

Kingdom Of Heaven Lies Within



Fletcher Soul Traveler

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## Intro



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

<sup>20</sup> 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:

<sup>21</sup> 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 their significance. Just think many of the world's religions considered Christ as one of the greatest mystics.

## mys·tic

/ˈmɪstɪk/

*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 thy 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.

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Joe is both a scientist and a mystic.



My suggestion is to think outside of the box. Many people think Christopher Columbus was crazy when he said the world is round.

People got quite angry when he said it. Let's go on an incredible journey. You are the universe. You just don't know it.

# The Light Within <sup>1</sup>

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By [Abbot George Burke \(Swami Nirmalananda Giri\)](#)



**A Vedic Rishi writing the Upanishads**  
*Section 73 of the Upanishads for Awakening*



## The Light of the Self

“The light that shines above the heavens and above this world, the light that shines in the highest world, beyond which there are no others—that is the light that shines in the hearts of men” (Chandogya Upanishad 3:13:7). Gambhirananda: “

Now, that Light which shines beyond this heaven, beyond the whole creation, beyond everything, in the highest worlds which are unsurpassedly good, it is certainly this which is the light within a person.”

It is the Atma Jyoti, the Light of the Self, which is also Divinity Itself. As a student of the Upanishadic wisdom through his master, Jesus, Saint John wrote: “This then is the message which we have heard of him [Jesus], and declare unto you, that God is light” (I John 1:5).

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<sup>1</sup> <https://ocoy.org/dharma-for-christians/upanishads-for-awakening/the-chandogya-upanishad/the-light-within/>



That Light is purely spiritual (Spirit, actually) beyond the light we see in this world, but which nevertheless is also a manifestation or extension of that Light, as is the entire creation.

In all the worlds—and beyond all the worlds—it is the One Light that shines in, and as, all. What a glorious truth, as profound as it is simple. “The Lord shall be unto thee an everlasting light, and thy God thy glory” (Isaiah 60:19). This was the Essene teaching which Jesus received even in infancy.

Original Christianity—which was rooted in the Upanishads—taught that the Divine Light “was the light of men...the true Light, which lighteth every man” (John 1:4, 9) without exception.

That Light cannot be alienated from us, but is ever the essence of our existence, making us “the children of light” (John 12:36). This is the real Gospel, the Good News, of real religion.

### **The Light that IS Brahman**

This Light is transcendent because God is transcendent—and so are we! Because: “Truly has this universe come forth from Brahman. In Brahman it lives and has its being. Assuredly, all is Brahman.

Let a man, freed from the taint of passion, worship Brahman alone” (Chandogya Upanishad 3:14:1a). Again Gambhirananda: “All this is Brahman. This is born from, dissolves in, and exists in That.

Therefore, one should meditate by becoming calm.” Really, what can—or need be—said about this incredible assertion: ALL is Brahman?

What we can consider is the final part, the practical advice, which in the Sanskrit text is only two words: *shanta upasita*. Literally, they mean: “Draw near peacefully” or: “Go near peacefully.”

*Upasana* means to sit or draw near, and is usually understood to mean either worship or meditation. In the Greek original of the New Testament the word translated “prayer” is *proseuki*, which also means to draw near. The Greek word translated “worship” is *proskuneo*, which has the same meaning.

The important thing to realize is that true worship and meditation are both an inner process, for God is the light that shines within each one of us, as the first verse quoted points out.

So to draw near to that light we must turn within. As Jesus said: “Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you” (Luke 17:21).

The inner search must be done *shanta*—peacefully. This is a major key in yoga. All meditation must be done calmly and carefully, otherwise it will be impossible to perceive and assimilate the subtle states of awareness which meditation should produce.

The mind must be as still as a mirror to really meditate, and meditation alone produces that stillness. Meditation is being described by Saint Paul when he says: “We all, with open face beholding as in a mirror the glory of the Lord, are changed into the same image from glory to glory” (II Corinthians 3:18).

That is why in the book of Revelation, which Paramhansa Yogananda said is a book about yoga, it says that a “sea of glass” like a great mirror is before the throne of God, and that the saints “stand” upon it. This symbolizes the perfectly still mind of the yogi by which he experiences higher realities. (Revelation 4:6, 15:2).

### **The yogi’s will**

Now the second half of the verse we just examined: “A man is, above all, his will. As is his will in this life, so does he become when he departs from it. Therefore should his will be fixed on attaining Brahman” (Chandogya Upanishad 3:14:1b).

This is surely one of the most important statements in the Upanishads. The will is the highest faculty we possess. It is higher even than the intellect, for we often say: “I won’t think about that right now...” and we do not, because the will controls it.

The only thing higher than the will is the Self. The will approaches closer to the Self than any other aspect of our being. This is so important, because the quality of our religion and our yoga is determined by which aspect is the basis of our belief and practice.

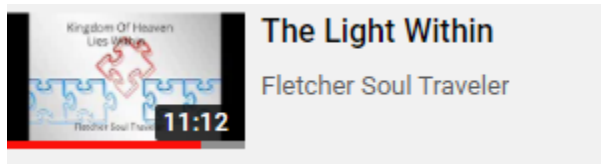
We have five levels or “bodies.” They are: 1) the physical, material body (annamaya kosha), 2) the magnetic or bio-energetic body (pranamaya kosha), 3) the sensory mind (manomaya kosha), 4) the intelligent mind, the intellect (jnanamaya kosha), and 5) the will (anandamaya kosha). These also correspond to the five elements: earth (prithvi), water (apa), fire (agni), air (vayu), and ether (akasha) which are also the seats of the five senses—smell, taste, sight, touch, and hearing.

The will is the anandamaya kosha, which corresponds to the element of ether, whose special faculty is sound (shabda), both the passive faculty of hearing and the active faculty of speech. Which is why yoga also works with sound. Yoga is the way to correct and develop the will. Since we *are* our will according to the upanishad, it must be made alive through meditation. Only through yoga can we gain mastery of the will, and thereby of ourselves.

If in this life we become united to Brahman, when we leave this world we will go to Brahman. “Then Satyakama, son of Shibi, asked him [the Rishi Pippalada]: ‘Venerable Sir, what world does he who meditates on Om until the end of his life, win by That?’ To

him, he said: ‘That which is the sound Om, O Satyakama, is verily the higher and the lower Brahman. Therefore, with this support alone does the wise man reach the one or the other.’...If he meditates on the Supreme Being [Parampurusha] with the Syllable Om, he becomes one with the Light, the Sun. He is led to the world of Brahman. He sees the Person that dwells in the body, Who is higher than the highest life. ...That the wise one attains, even by the mere sound Om as support, That Which is tranquil, unaging, immortal, fearless, and supreme” (Prashna Upanishad 5:1,2,5,7). You can’t get more detailed—or more authoritative—than that.

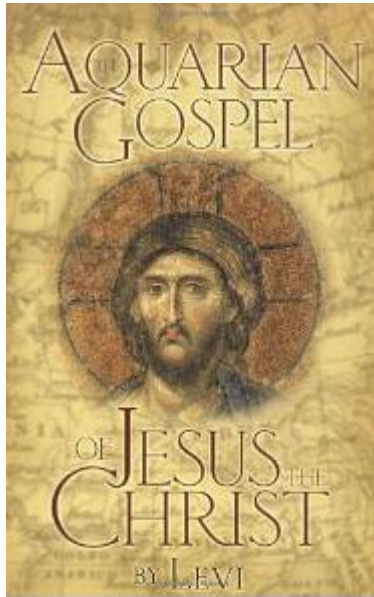
“Therefore should his will be fixed on attaining Brahman,” concludes this verse. For as Krishna said: “When a yogi has meditated upon me unceasingly for many years, with an undistracted mind, I am easy of access to him, because he is always absorbed in me” (Bhagavad Gita 8:14).



This is the way.

## The Aquarian Gospel of Jesus the Christ/Chapter 89

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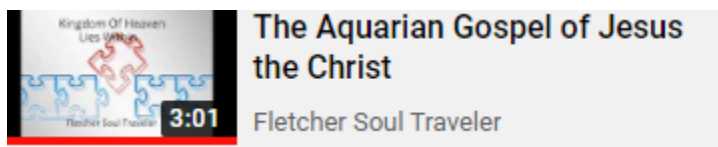
The twelve apostles are at Jesus' home and are consecrated to their work. Jesus instructs them. He goes to the synagogue on the Sabbath and teaches. He casts an unclean spirit out of one obsessed. He heals Peter's mother-in-law.

1. Now, on the day before the Sabbath day, the twelve disciples who had received the call were met with one accord in Jesus' home.
2. And Jesus said to them, This is the day to consecrate yourselves unto the work of God; so let us pray.
3. Turn from the outer to the inner self; close all the doors of the carnal self and wait.
4. The Holy Breath will fill this place, and you will be baptized in Holy Breath.
5. And then they prayed; alight more brilliant than the noonday sun-filled all the room, and tongues of flame from every head rose high in air.
6. The atmosphere of Galilee was set astir; a sound like distant thunder rolled above Capernaum, and men heard songs, as though ten thousand angels joined in full accord.
7. And then the twelve disciples heard a voice, a still, small voice, and just one word was said, a word they dared not speak; it was the Sacred name of God.
8. And Jesus said to them, By this omnific Word you may control the elements, and all the powers of air.
9. And when within your souls you speak this Word, you have the keys of life and death; of things that are; of things that were; of things that are to be.
10. Behold you are the twelve great branches of the Christine vine; the twelve foundation stones; the twelve apostles of the Christ.
11. As lambs I sent you forth among wild beasts; but the omnific Word will be your buckler and your shield.
12. And then again the air was filled with song, and every living creature seemed to say, Praise God! Amen!
13. The next day was the Sabbath day; and Jesus went with his disciples to the synagogue, and there he taught.

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<sup>2</sup> [https://en.wikisource.org/wiki/The\\_Aquarian\\_Gospel\\_of\\_Jesus\\_the\\_Christ/Chapter\\_89](https://en.wikisource.org/wiki/The_Aquarian_Gospel_of_Jesus_the_Christ/Chapter_89)

14. The people said, He teaches not as do the scribes and Pharisees; but as a man who knows, and has authority to speak.
15. As Jesus spoke, a man obsessed came in; the evil spirits that obsessed the man were of the baser sort; they often threw their victim to the ground, or in the fire.
16. And when the spirits saw the Christine master in the synagogue they knew him, and they said,
17. You son of God, why are you here? would you destroy us by the Word before our time? we would have naught to do with you; let us alone.
18. But Jesus said to them, By the omnific Word I speak; Come out; torment this man no more; go to your place.
19. And then the unclean spirits threw the man upon the floor, and, with a fiendish cry, they went away.
20. And Jesus lifted up the man and said to him, If you will keep your mind fully occupied with good, the evil spirits cannot find a place to stay;
21. They only come to empty heads and hearts. Go on your way and sin no more.
22. The people were astonished at the words that Jesus spoke, the work he did. They asked among themselves,
23. Who is this man? From whence comes all this power that even unclean spirits fear, and flee away?
24. The Christine master left the synagogue; with Peter, Andrew, James and John, he went to Peter's house where one, a near of kin, was sick.
25. And Peter's wife came in; it was her mother who was sick.
26. And Jesus touched the woman as she lay upon her couch; he spoke the Word; the fever ceased and she arose and ministered to them.
27. The neighbours heard what had occurred, and then brought their sick, and those obsessed, and Jesus laid his hands on them, and they were healed.



### Claims of young Jesus in Britain]<sup>3</sup>

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The story of Jesus visiting [Britain](#) as a boy is a late [medieval](#) development based on legends connected with [Joseph of Arimathea](#).<sup>[5]</sup> [«See Tfm»](#)<sup>[failed verification]</sup> During the late 12th century, Joseph of Arimathea became connected with the [Arthurian cycle](#), appearing in them as the first keeper of the [Holy Grail](#).<sup>[5]</sup> This idea first appears in [Robert de Boron](#)'s *Joseph d'Arimathe*, in which Joseph receives the Grail from an apparition of Jesus and sends it with his followers to Britain. This theme is elaborated upon in Boron's sequels and in subsequent Arthurian works penned by others.<sup>[5]</sup>

Some [Arthurian](#) legends hold that Jesus traveled to Britain as a boy, lived at [Priddy](#) in the Mendips, and built the first wattle cabin at [Glastonbury](#).<sup>[25]</sup> [William Blake](#)'s early 19th-century poem "[And did those feet in ancient time](#)" was inspired by the story of Jesus traveling to Britain. In some versions, Joseph was supposedly a tin merchant and took Jesus under his care when his mother Mary was widowed.<sup>[26][27]</sup> [Gordon Strachan](#) wrote *Jesus the Master Builder: Druid Mysteries and the Dawn of Christianity* (1998), which was the basis of the documentary titled *And Did Those Feet* (2009). Strachan believed Jesus may have traveled to Britain to study with the [Druids](#).<sup>[28]</sup>



### Claims of Jesus Christ in India and/or Tibet before crucifixion]

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#### Louis Jacolliot, 1869]

The idea of Indian influences on Jesus (and Christianity) has been suggested in [Louis Jacolliot](#)'s book *La Bible dans l'Inde, Vie de Jezeus Christna* (1869)<sup>[29]</sup> (*The Bible in India, or the Life of Jezeus Christna*), although Jacolliot does not claim travels by Jesus to India.<sup>[30]</sup>

Jacolliot compared the accounts of the life of [Bhagavan Krishna](#) with that of Jesus Christ in the gospels and concluded that it could not have been a coincidence that the two stories have so many similarities in many of the finer details. He concluded that the account in the gospels is a myth based on the history of ancient India. However, Jacolliot was comparing two different periods of history

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<sup>3</sup> [https://en.wikipedia.org/wiki/Unknown\\_years\\_of\\_Jesus](https://en.wikipedia.org/wiki/Unknown_years_of_Jesus)

(or mythology) and did not claim that Jesus was in India. Jacolliot used the spelling "Christna" instead of "Krishna" and claimed that Krishna's disciples gave him the name "Jezeus," a name supposed to mean "pure essence" in [Sanskrit](#).<sup>[30]</sup>

### Swami Abhedananda, 1922]

Main article: [Swami Abhedananda](#)

In 1922 Swami Abhedananda, the founder of Vedanta Society of New York 1897 and the author of several books, went to Himalayas on foot and reached Tibet, where he studied Buddhistic philosophy and Lamaism. He was one of the skeptics who tried to debunk Nicholas Notovitch and disprove the existence of the manuscript about Jesus in India. However, when he reached Hemis monastery he found the manuscript which was a Tibetan translation of the original scrolls written in Pali. The lama said that it was a copy and the original was in a monastery at Marbour near Lhasa. After Abhedananda died in 1939, one of his disciples inquired about the documents at the Hemis monastery, but was told they disappeared.<sup>[41][42]</sup>

### Levi H. Dowling, 1908[

Main article: [The Aquarian Gospel of Jesus the Christ](#)

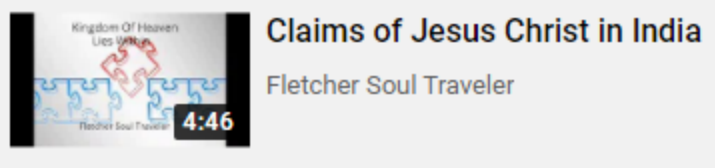
In 1908, [Levi H. Dowling](#) published the [Aquarian Gospel of Jesus the Christ](#) which he claimed was [channeled to him](#) from the "[Akashic Records](#)" as the true story of the life of [Jesus](#), including "the 'lost' eighteen years silent in the New Testament." The narrative follows the young Jesus across India, Tibet, Persia, Assyria, Greece and Egypt.<sup>[43]</sup> Dowling's work was later used by [Holger Kersten](#) who combined it with elements derived from other sources such as the [Ahmadiyya](#) beliefs.<sup>[12]</sup>

### Nicholas Roerich, 1925

Main article: [Nicholas Roerich](#)

In 1925, [Nicholas Roerich](#) recorded his travels through Ladak in India. This portion of his journal was published in 1933 as part of *Altai Himalaya*. He recounts legends of Issa shared with him by the Ladak people and lamas including that Issa (Jesus) traveled from Israel to India with merchants and taught the people. An extended section of this text parallels sections of Notovitch's book and Roerich comments on the remarkable similarity of the accounts of the Ladak to these passages, despite the Ladak's having no knowledge of Notovitch's book. He also recounts that the stories of others on his travel refer to various manuscripts and legends regarding Jesus (Issa) and that he personally visited the "[abbot](#)" of Hemis.<sup>[44]</sup>





## References

^ E.g., see [Emil Bock](#) *The Childhood of Jesus: The Unknown Years* ISBN 0863156193

1. ^ Jump up to: [# 1 2 3](#) [James H. Charlesworth](#) *The Historical Jesus: An Essential Guide* 2008 ISBN 0687021677 "From twelve to thirty then are "Jesus' silent years," which does not denote he was silent. It means the Evangelists remain silent about what Jesus did." ... "Only Luke reports that Jesus was in the Temple when he was twelve, apparently for his bar mitzvah (2:42), and that he began his public ministry when he was "about thirty years of age" (3:23). What did Jesus do from age twelve to thirty?"
2. ^ E.g., see *Lost Years of Jesus Revealed* by Charles F. Potter ISBN 0449130398
3. ^ Jump up to: [# 1 2 3 4 5 6](#) *All the People in the Bible* by Richard R. Losch (May 1, 2008) Eerdmans Press ISBN 0802824544 209: "Nothing is known of the life of Jesus during the seventeen years from the time of the incident in the temple until his baptism by John the Baptist when he was about thirty. Countless theories have been proposed, among them that he studied in Alexandria in the Jewish centers there and that he lived among the Essenes in the Judean desert...there is no evidence to substantiate any of these claims and we have to accept that we simply don't know.... The most likely thing is that he continued to live in Nazareth and ply his trade there..."
4. ^ Jump up to: [# 1 2 3 4](#) *The Cambridge Companion to the Arthurian Legend* by Elizabeth Archibald and Ad Putter (10 Sep 2009) ISBN 0521677882 page 50
5. ^ *"The Passion - Articles - Judas"*. BBC. 15 September 2006. Retrieved 22 January 2020.
6. ^ Jump up to: [# 1 2 3](#) *New Testament Apocrypha, Vol. 1: Gospels and Related Writings* by [Wilhelm Schneemelcher](#) and R. Mcl. Wilson (Dec 1, 1990) ISBN 066422721X page 84 "a particular book by Nicolas Notovich (Di Lucke im Leben Jesus 1894) ... shortly after the publication of the book, the reports of travel experiences were already unmasked as lies. The fantasies about Jesus in India were also soon recognized as invention... down to today, nobody has had a glimpse of the manuscripts with the alleged narratives about Jesus"
7. ^ Jump up to: [# 1 2 3](#) [Crossan, John Dominic](#); [Richard G. Watts](#) (1999). *Who is Jesus? : answers to your questions about the historical Jesus*. Louisville, Ky: Westminster John Knox Press. pp. 28–29. ISBN 0664258425.
8. ^ Jump up to: [# 1 2](#) [Voorst, Robert E. Van](#) (2000). *Jesus Outside the New Testament : an introduction to the ancient evidence*. Grand Rapids, Mich.: Eerdmans. p. 17. ISBN 0-8028-4368-9. ... Jesus' putative travels to India and Tibet, his grave in Srinagar, Kashmir, and so forth. Scholarship has almost unanimously agreed that these references to Jesus are so late and tendentious as to contain virtually nothing of value for understanding the Historical Jesus.
9. ^ Jump up to: [# 1 2](#) [Borg, Marcus J.](#) (2005). *"The Spirit-Filled Experience of Jesus"*. In [Dunn, James D. G.](#) (ed.). *The Historical Jesus in Recent Research*. Winona Lake, [IN]: Eisenbrauns. p. 303. ISBN 1-57506-100-7.
10. ^ Jump up to: [# 1 2 3 4 5](#) [Voorst, Robert E. Van](#) (2000). *Jesus Outside the New Testament : an introduction to the ancient evidence*. Grand Rapids, Mich.: Eerdmans. pp. 78–79. ISBN 0-8028-4368-9.
11. ^ Jump up to: [# 1 2 3 4 5](#) *New Testament Apocrypha, Vol. 1: Gospels and Related Writings* by [Wilhelm Schneemelcher](#) and R. Mcl. Wilson (Dec 1, 1990) ISBN 066422721X page 84. Schneemelcher states that Kersten's work is based on "fantasy, untruth and ignorance (above all in the linguistic area)" Schneemelcher states that ""Kersten for example attempted to work up Notovitch and Ahmadiyya legends with many other alleged witnesses into a complete picture. Thus Levi's *Aquarian Gospel* is pressed into service, along with the Turin shroud and the Qumran texts."



12. ^ [Jump up to:](#)<sup>a b</sup> *Focus on Jesus* by [Gerald O'Collins](#) and Daniel Kendall (Sep 1, 1998) [ISBN 0852443609](#) Mercer Univ Press pages 169-171
13. ^ [Maier, Paul L.](#); [Yamauchi, Edwin M.](#) (1989). "[The Date of the Nativity and Chronology of Jesus](#)". In [Vardaman, Jerry](#) (ed.). *Chronos, kairos, Christos: nativity and chronological studies presented to Jack Finegan*. Winona Lake, [IN]: Eisenbrauns. pp. 113–129. [ISBN 0-931464-50-1](#).
14. ^ [Lloyd Kenyon Jones](#) *The Eighteen Absent Years of Jesus Christ* "as a skilled and dutiful artisan and as a loving son and neighbor, Jesus was using those qualities which were to flame forth...was the work which He was to do that He did not leave that home and that preparation until the mature age of thirty."
15. ^ [Reiner, Edwin W.](#) (1971). *The Atonement*. Nashville: Southern Pub. Association. [ISBN 0812700511](#). [OCLC 134392](#). Page 140 ""And Jesus himself began to be about thirty years of age, being (as was supposed) the son of Joseph." Luke 3:23. But Christ, of course, did not belong to the Levitical priesthood. He had descended neither from Aaron nor from the tribe of Levi."
16. ^ [Jump up to:](#)<sup>a b</sup> *The Gospel According to Mark: Meaning and Message* by George Martin (Sep 2005) [ISBN 0829419705](#) Loyola Univ Press pages 128-129
17. ^ *The Gospel of Matthew* (Sacra Pagina Series, Vol 1) by [Daniel J. Harrington](#), Donald P. Senior (Sep 1, 1991) [ISBN 0814658032](#) Liturgical Press page 211
18. ^ *The Gospel of Matthew* by [R.T. France](#) (Jul 27, 2007) [ISBN 080282501X](#) page 549
19. ^ W. D. Davies, [Dale Allison](#), Jr. *Matthew 8-18* 2004 [ISBN 0567083659](#) T&T Clarke Page 456 "For the suggestion that Jesus worked not only in a wood-worker's shop in Nazareth but perhaps also in Sepphoris, helping to construct Herod's capital, see R. A. Batey, 'Is not this the Carpenter?', NTS 30 (1984), pp. 249-58. Batey also calls ..."
20. ^ [Menahem Mansoor](#) *The Dead Sea Scrolls: A College Textbook and a Study Guide* [Brill Publishers](#); 1964, Page 156 "Edmund Wilson suggests that the unknown years in the life of Jesus (ages 12-29) might have been spent with the sect, but there is no reference to this in the texts."
21. ^ [Charles F. Potter](#) *The Lost Years of Jesus Revealed* Random House 1958 "For centuries Christian students of the Bible have wondered where Jesus was and what he did during the so-called "eighteen silent years" between the ages of twelve and thirty. The amazing and dramatic scrolls of the great Essene library found in cave after cave near the Dead Sea have given us the answer at last. That during those "lost years" Jesus was a student at this Essene school is becoming increasingly apparent. ..."
22. ^ [Brennan Hill](#) *Jesus, the Christ: contemporary perspectives* 1991 [ISBN 1585953032](#) Page 6 "than about the people with whom Jesus lived. Josephus (d. 100 C.E.) was born just after the time of Jesus. He claims to have studied with the Pharisees, Sadducees, and Essenes as a young man"
23. ^ [James H. Charlesworth](#) *The Historical Jesus: An Essential Guide* 2008 [ISBN 0687021677](#) The New Testament Apocrypha and Pseudepigrapha preserve many legends concocted to explain Jesus' youth. Tales have him ... The Evangelists have left "a narrative vacuum," and many have attempted to fill it. Only Luke reports that Jesus ...
24. ^ *Camelot and the vision of Albion* by Geoffrey Ashe 1971 [ISBN 0434034010](#) Page 157 "Blake may be referring to one of the odder offshoots of the Arthur-Grail imbroglio, the belief that Jesus visited Britain as a boy, lived at Priddy in the Mendips, and built the first wattle cabin at Glastonbury. This tale seems to have arisen quite ..."
25. ^ *Milton, A Poem (The Illuminated Books of William Blake, Volume 5)* by William Blake, Robert N. Essick and Joseph Viscomi (Sep 4, 1998) [ISBN 0691001480](#) Princeton Univ Press Page 214 "The notion that Jesus visited Britain may have been reinforced for Blake by the name 'Lambeth' (house of the lamb - see 4:14-15 note). Compare Isaiah 52.7 ('How beautiful upon the mountains are the feet of him that bringeth good tidings, that ..."
26. ^ *Jesus: A Life* by [A. N. Wilson](#) 1993 [ISBN 0393326330](#) page 87 "One such legend, which haunted the imagination of William Blake and, through Blake's lyric 'Jerusalem', has passed into British national legend, is the story that Jesus visited Britain as a boy. Though written sources for this folk-tale are ..."
27. ^ "[Jesus 'may have visited England', says Scottish academic](#)". (Film review) "[And Did Those Feet](#)". BBC News. 26 November 2009. Retrieved 4 March 2013. *St Augustine wrote to the Pope to say he'd discovered a church in Glastonbury built by followers of Jesus. But St Gildas (a 6th-Century British cleric) said it was built by Jesus himself. It's a very very ancient church which went back perhaps to AD37*

28. <sup>^</sup> L. Jacolliot (1869) [\*La Bible dans l'Inde\*](#), Librairie Internationale, Paris (digitized by Google Books)
29. <sup>^</sup> [Jump up to:](#) <sup>^</sup> Louis Jacolliot (1870) [\*The Bible in India\*](#), Carleton, New York (digitized by Google Books)
30. <sup>^</sup> Max Müller (1888), *Journal of the Transactions of the Victoria Institute Volume 21*, page 179
31. <sup>^</sup> *The Unknown Life Of Jesus Christ: By The Discoverer Of The Manuscript* by Nicolas Notovitch (Oct 15, 2007) [ISBN 1434812839](#)
32. <sup>^</sup> [Jump up to:](#) <sup>^</sup> *Forged: Writing in the Name of God--Why the Bible's Authors Are Not Who We Think They Are* by Bart D. Ehrman (Mar 6, 2012) [ISBN 0062012622](#) page 252 "one of the most widely disseminated modern forgeries is called *The Unknown Life of Jesus Christ*"
33. <sup>^</sup> [Simon J. Joseph](#), "Jesus in India?" *Journal of the American Academy of Religion* Volume 80, Issue 1 pp. 161-199 "Max Müller suggested that either the Hemis monks had deceived Notovitch or that Notovitch himself was the author of these passages"
34. <sup>^</sup> *Last Essays* by [Friedrich M. Mueller](#) 1901 (republished in Jun 1973) [ISBN 0404114393](#) page 181: "it is pleasanter to believe that Buddhist monks can at times be wags, than that M. Notovitch is a rogue."
35. <sup>^</sup> [Jump up to:](#) <sup>^</sup> Bradley Malkovsky, "Some Recent Developments in Hindu Understandings of Jesus" in the *Journal of Hindu-Christian Studies* (2010) Vol. 23, Article 5.: "Müller then wrote to the chief lama st Hemis and received the reply that no Westerner had visited there in the past fifteen years nor was the monastery in possession of any documents having to do with the story Notovitch had made public in his famous book" ... "[J. Archibald Douglas](#) took it upon himself to make the journey to the Hemis monistry to conduct a personal interview with the same head monk with whom Müller had corresponded. What Douglas learned there completely concurred with what Müller had learned: Notovitch had never been there."
36. <sup>^</sup> [Jump up to:](#) <sup>^</sup> *Indology, Indomania, and Orientalism* by [Douglas T. McGetchin](#) (Jan 1, 2010) Fairleigh Dickinson University Press [ISBN 083864208X](#) page 133 "Faced with this cross-examination, Notovich confessed to fabricating his evidence."
37. <sup>^</sup> D.L. Snellgrove and T. Skorupski (1977) *The Cultural Heritage of Ladakh*, p. 127, Prajna Press [ISBN 0-87773-700-2](#)
38. <sup>^</sup> [Ehrman, Bart D.](#) (February 2011). "8. Forgeries, Lies, Deceptions, and the Writings of the New Testament. Modern Forgeries, Lies, and Deceptions". *Forged: Writing in the Name of God—Why the Bible's Authors Are Not Who We Think They Are* (First Edition. EPub ed.). New York: HarperCollins e-books. pp. 282–283. [ISBN 978-0-06-207863-6](#).
39. <sup>^</sup> *The Heart of a Continent, a Narrative of Travels in Manchuria, Across the Gobi Desert, Through the Himalayas, the Pamirs, and Hunza* (1884-1894), 1904, pp. 180-181.
40. <sup>^</sup> Chaitanya, Brahmachari Bhairab; Swami Abhedananda's Journey into Kashmir and Tibet; Ramakrishna Vedanta Math, Calcutta, 1987 (first published in Bengali in 1929) pp.119-121, 164-166; [ISBN 0874816432](#)
41. <sup>^</sup> Richard, Hooper; Jesus, Buddha, Krishna, and Lao Tzu; 2012 p. 176 [ISBN 1571746803](#)
42. <sup>^</sup> *The Aquarian Gospel of Jesus the Christ* by Levi H. Dowling by Levi H. Dowling (original publication 1908) [ISBN 1602062242](#) pages 12 and 65
43. <sup>^</sup> *"Altai-Himalaya by Nicholas Roerich"*. [www.roerich.org](#). Retrieved 2020-04-15.
44. <sup>^</sup> *Jesus: The Complete Guide* 2006 by Leslie Houlden [ISBN 082648011X](#) page 140
45. <sup>^</sup> Fredriksen, Paula. *From Jesus to Christ*. [ISBN 0300084579](#) Yale University Press, 2000, p. xxvi.
46. <sup>^</sup> *What You Need to Know about Islam and Muslims*, by George Braswell 2000 [ISBN 978-0-8054-1829-3](#) B & H Publishing page 127
47. <sup>^</sup> Günter Grönbold *Jesus In Indien – Das Ende einer Legende*. Kösel, München, 1985
48. <sup>^</sup> *Jesus' Tomb in India: The Debate on His Death and Resurrection* by [Paul C. Pappas](#) 1991 [ISBN 0895819465](#) ; page 155: "Al-Haj Nazir Ahmad's work *Jesus in Heaven on Earth*, which constitutes the Ahmadi's best historical defense of Jesus' presence in Kashmir as Yuz Asaf, appears to be full of flaws, especially concerning [Gondophares'](#) reign", page 100: "The Ahmadi thesis can rest only on eastern legends recorded in oriental works, which for the most part are not reliable, not only because they were written long after the facts, but also because their stories of Yuz Asaf are different and in contradiction", page 115: "It is almost impossible to identify Yuz Asaf with Jesus"
49. <sup>^</sup> In *The Journal of Ecclesiastical History* Volume 18, Issue 02, October 1967, [pp 247-248](#), John Rippon summarizes the work of [David Marshall Lang](#) on the subject as follows: "In *The Wisdom of Balahvar* Professor Lang assembled the evidence for the Buddhist origins of the legends of the Christian saints Barlaam and Josephat. He suggested the importance of Arabic intermediaries, showing that confusion of diacritical markings turned Budhasaf (Bodhisattva, the Buddha-to-be) into

Yudasaf, Iodasaph, Yuzasaf and Josaphat. By a curious roundabout journey this error reappears in once-Buddhist Kashmir where the modern Ahmadiyya Muslims, well known for their Woking mosque, claim that a tomb of Yus Asad was the tomb of Jesus who died in Kashmir, after having been taken down live from the cross; though the Bombay Arabic edition of the book Balahvar makes its hero die in Kashmir, by confusion with Kushinara the traditional place of the Buddha's death."

50. [^ Per Beskow](#) in *The Blackwell Companion to Jesus* ed. Delbert Burkett 2011 [ISBN 140519362X](#) "During the transmission of the legend, this name underwent several changes: to Budhasaf, Yudasaf, and finally Yuzasaf. In Greek, his name is Iosaph; in Latin, Josaphat, ..."
51. [^ Meher Prabhu](#): *Lord Meher, The Biography of the Avatar of the Age, Meher Baba*, Bhau Kalchuri, Manifestation, Inc. 1986, p. 752
52. [^ Jesus Lived in India: His Unknown Life Before and After the Crucifixion](#) by Holger Kersten 1981 [ISBN 0143028294](#) Penguin India
53. [^ Gregorianum](#) Page 258 Pontificia università gregoriana (Rome) "The whole story of how this legend was simply created (without a shred of evidence in its support), spread widely among a gullible public and still finds such latter-day exponents as Holger Kersten is splendidly told by Günt[h]er Grönbold."
54. [^ Die Jesus-in-Indien-Legende - Eine alternative Jesus-Erzählung?](#) by Mark Bothe 2011 [ISBN 3640439791](#) Page 29 "... schließlich in Srinagar niedergelassen habe, liest Faber-Kaiser Mahapurana.<sup>85</sup> Aus seinem Gespräch mit Professor Fida Hassnain entwickelt er zudem die ... aus einem Werk namens Tarikh-i-Kashmir und dem Bhavishya
55. [^ Rethinking India's Oral and Classical Epics](#) by Alf Hiltebeitel 2009 [ISBN 0226340511](#) Univ Chicago Press Page 276 "Thus 1739 could mark a terminus a quo for the text's history of the Mughals. If so, the same terminus would apply to its Genesis-Exodus sequence in its first khanda, its Jesus-Muhammad diptych in its third (the Krsnam&acaritd) , and the history ..."
56. [^ Jesus the Man](#) by [Barbara Thiering](#) [ISBN 0552154075](#)
57. [^ Yeshua, the Nazorean, the Teacher of Righteousness](#) by Kenneth V. Hosking 1995 [ISBN 1857561775](#) Janus Publishing
58. [^ "The Book of Mormon, 1 Nephi 1".](#) *The Church of Jesus Christ of Latter-day Saints.*
59. [^ "The Book of Mormon, 3 Nephi 11".](#) *The Church of Jesus Christ of Latter-day Saints.*
60. [^ Diane E. Wirth](#) (1993-07-08). ["Quetzalcoatl, the Maya Maize God, and Jesus Christ - Diane E. Wirth - Journal of Book of Mormon Studies - Volume 11 - Issue 1".](#) [Maxwellinstitute.byu.edu](#). Retrieved 2012-11-16.
61. [^ Blair](#) 2008
62. [^ Gardner, Brant](#) (1986). ["The Christianization of Quetzalcoatl" \(PDF\)](#). [Sunstone](#). **10** (11).
63. [^ National Geographic Channel](#) (25 May 1996) *Mysteries of the Bible*, "The Lost Years of Jesus".
64. [^ W. Barnes Tatum](#) Jesus: A Brief History 2009 Page 237 "On the site, there appears the title in English with eye-catching flourishes: Jesus in India.<sup>50</sup> Instead of a narrative retelling of the Jesus story, Jesus in India follows the American adventurer Edward T. Martin, from Lampasas, Texas, as he ..."
65. [^ Maass, Donald](#) (Mar 14, 2011). *The Breakout Novelist: Craft and Strategies for Career Fiction Writers*. p. 222. [ISBN 978-1582979908](#).

# The Christ of India <sup>4</sup>

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By [Abbot George Burke \(Swami Nirmalananda Giri\)](#)



## Essene roots of Christianity



The Christ of India  
Fletcher Soul Traveler

**A**t the time of Jesus of Nazareth, there were two major currents or sects within Judaism: the Pharisees and the Sadducees. The Pharisees were extremely concerned with strict external observance of their interpretation of the Mosaic Law, ritual worship, and theology.

The Sadducees, on the other hand, were very little concerned with any of these and tended toward a kind of genteel agnosticism. Today these two groups might be compared with the Orthodox and the Reformed branches of Judaism respectively.

There was also a third sect which both was and was not part of Judaism. They were the Essenes, whose very name means “the Outsiders.” (“Essene” is the Greek equivalent of the Hebrew *Chitsonim*—“the outsiders.”)

Since Philo and other Jewish historians used “Essene” in writing about them, that has become the common usage.) Whether they chose this name for themselves or whether it was applied to them by the disdainful Pharisees and Sadducees is not known. But that

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<sup>4</sup> [https://ocoy.org/original-christianity/the-christ-of-india/?gclid=EAlaIQobChMlo7aAJO-l6wIViljCh1-Qw9EEAAYASAAEgKfvvD\\_BwE](https://ocoy.org/original-christianity/the-christ-of-india/?gclid=EAlaIQobChMlo7aAJO-l6wIViljCh1-Qw9EEAAYASAAEgKfvvD_BwE)

they were incongruent (even incompatible) to the normal life of Israel at that time is certainly known.

Jesus of Nazareth was an Essene, as were most of his followers, including the twelve Apostles. When Jesus said “I will build my church” (Matthew 16:18), the word used in the Greek text of the Gospels is *ecclesia*, which literally means “the called out” or “the separated” in the sense of “the aliens.”

It is not far-fetched, then, to wonder if the correct translation should not be: “I will establish My *Essenes*.” Many elements distinguished and even separated the Essenes from the rest of Israel.

Their claims about their very existence was certainly a controversial matter. For the Essenes averred that Moses had created them as a secret fraternity within Judaism, with Aaron and his descendants at their head.

The prophet Jeremiah was a Master of the Essenes, and it was in his lifetime that they ceased to be a secret society and became a public entity. From that time many of the Essenes began living in communities.

Isaiah and Saint John the Baptist were also Masters of the Essenes. Their purpose was to follow a totally esoteric religious philosophy and practice that was derived from the Egyptian Mysteries.

As the grandson of the Pharaoh, Moses had been an initiate of those mysteries and destined to ultimately become the head of the Egyptian religion. It was common in Egypt for the eldest son of the Pharaoh to inherit the throne, and the next eldest son to be made the head of the Egyptian religion.

Although Moses was the only son of the Pharaoh’s daughter, he was adopted and his bloodline was not known. For this reason he could not be Pharaoh, but he could be put into the position usually given to the second son.

The Egyptian Mysteries were themselves derived from the religion of India: Sanatana Dharma, the Eternal Religion.

Because of this the Essenes had always maintained some form of contact and interchange with India—a fact that galled their fellow Israelites. Regarding this, Alfred Edersheim, in his nineteenth century classic *The Life and Times of Jesus the Messiah*, wrote: “Their fundamental tendency was quite other than that of Pharisaism, and strongly tinged with Eastern elements.”

The reality of this contact with India is shown in the *Zohar* (2:188a-b), a compilation of ancient Jewish mystical traditions and the major text of the Jewish Kabbalah. It contains the following incident regarding the knowledge of an illumined rabbi concerning the

religion of India and the Vedic religious rite known as the sandhya, which is an offering of prayers at dawn and sunset for enlightenment.

“Rabbi Yose and Rabbi Hiyya were walking on the road. While they were walking, night fell; they sat down.

While they were sitting, morning began to shine; they rose and walked on. Rabbi Hiyya said, ‘See, the face of the East, how it shines!’

Now all the children of the East [in India], who dwell in the mountains of light [the Himalayas], are bowing down to this light, which shines on behalf of the sun before it comes forth, and they are worshipping it....Now you might say: ‘This worship is in vain!’ but since ancient, primordial days they have discovered wisdom through it.”

Their contact and interchange with Indian religion—Brahminical practices in particular—were manifested in several ways among the Essenes:

1. They practiced strict non-violence.
2. They were absolute vegetarians and would not touch alcohol in any form. Nor would they eat any food cooked by a non-Essene. (Edersheim says: “Its adherents would have perished of hunger rather than join in the meals of the outside world.”)
3. They refused to wear anything of animal origin, such as leather or wool, usually making their clothes of linen.
4. They rejected animal sacrifice, insisting that the Torah had not originally ordered animal sacrifice, but that its text had been corrupted—in regard to that and many other practices as well. Their assertion was certainly corroborated by passages in the scriptures such as: “Will I eat the flesh of bulls, or drink the blood of goats?” (Psalms 50:13). “To what purpose [is] the multitude of your sacrifices unto me? saith the Lord:...I delight not in the blood of bullocks, or of lambs, or of he goats” (Isaiah 1:11). “For I spake not unto your fathers, nor commanded them in the day that I brought them out of the land of Egypt, concerning burnt offerings or sacrifices” (Jeremiah 7:22). The quotation from Isaiah is particularly relevant since he was himself the Master of the Essenes.

It was the Essenes’ contention that the “animals” originally offered in sacrifice were symbolic effigies of animals that represented the particular failing or fault from which the offerer wished to be freed.

Appollonius of Tyana taught this same thing in relation to the ancient Greek sacrifices, and urged a return to that form. Long before that, in India dough effigies were offered in “sacrifice.” (See page 42 of *Ganesha*, by Chitralekha Singh and Prem Nath, published by Crest Publishing House of New Delhi.) In the Essene practice, each person molded the effigies with his own hands, while praying and concentrating deeply on the traits he



wished to have corrected, feeling that it was being transferred into the image. The effigies were made of five substances: powdered frankincense, flour, water, olive oil, and salt.

When these had dried, they were taken to the tabernacle whose altar was a metal structure with a grating over the top and hot coals within. The effigies were laid upon this grating and burnt by the intense heat.

As they burned, through the force of the heat the olive oil and frankincense liquefied and boiled or seeped upward. This fragrant liquid was called “the blood” of the sacrifice. It was this with which Moses consecrated the tabernacle, its equipment, and the priests (Exodus 24:6,8), not animal blood. And it was just such a “lamb” whose “blood” was sprinkled on the doorposts in Egypt (Exodus 12:7).

For the Passover observance, the Essenes would bake a lamb effigy using the same ingredients—except for the frankincense they would substitute honey and cinnamon. (Or, lacking honey, they would use a kind of raisin syrup.) This was the only paschal lamb acceptable to them—and therefore to Jesus and His Apostles.

Consequently, the Essenes refused to worship in Jerusalem, but maintained their own tent-tabernacle on Mount Carmel made according to the original directions given to Moses on Mount Sinai.

They considered the Jerusalem temple unacceptable because it was a stone structure built according to Greco-Roman style rather than the simple and humble tabernacle form given to Moses—a form that symbolized both the physical and psychic makeup of the human being.

Further, the Jerusalem temple was built by Herod who, completely subservient to Rome, disdained Judaism and practiced a kind of Roman agnostic piety. Because of this the temple was ritually unclean in their estimation.

They placated the Jerusalem Temple priests by sending them large donations of money. On occasion they gave useful animals to the Temple in Jerusalem, but only with the condition that they would be allowed to live out their natural span of life.

5. They interpreted the Torah and other Hebrew scriptures in an almost exclusively spiritual, symbolic, and metaphysical manner, as did the Alexandrian Jewish philosopher Philo.

They also had esoteric writings of their own which they would not allow non-Essenes to see. But even more objectionable to the other Hebrews was their study and acceptance of “alien” scriptures—the holy books of other religions—so much so that an official condemnation was made of this practice.

In light of this we can say that the Essenes were perhaps the first in recorded history to hold a universal, eclectic view of religion.

6. Celibacy was prized by them, being often observed even in marriage, and many of them led monastic lives of total renunciation.

7. They considered their male and female members—all of whom were literate—to be spiritual equals, and both sexes were prophets and teachers among them. This, too, was the practice in Hinduism at that time, women also wearing the sacred thread.

8. They denied the doctrine of the physical resurrection of the dead at the end of time, which was held by some Pharisees—who usually believed in reincarnation—and later became a tenet of Mediterranean Christianity.

9. They believed in reincarnation and the law of karma and the ultimate reunion of the soul with God. This is clearly indicated by the Apostles asking Jesus about a blind man: “Master, who did sin, this man, or his parents, that he was born blind?” (John 9:2. See *May a Christian Believe in Reincarnation?*).

10. They believed that the sun was a divine manifestation, imparting spiritual powers to both body and mind. They faced the rising and setting sun and recited prayers of worship, refusing, upon rising in the morning, to speak a single word until the conclusion of those prayers.

They did not consider the sun was a god, but a symbol of the One God of Light and Life. It was, though, felt that appropriate prayers directed toward the sun would evoke a divine response. (See Jesus’ words to the king of Kashmir as recorded in the *Bhavishya Maha Purana* that are given later on.)

11. They believed in both divination and the powers of prophecy.

12. They believed in the power of occult formulas, or mantras, as well as esoteric rituals, and practiced theurgy (spiritual “magic”) with them.

13. They believed in astrology, cast horoscopes, and made “magical” amulets of plants and gems according to astrological aspects. They also believed that angels had taught Moses the practice of herbalism.

14. They believed that miraculous cures were natural extensions of authentic spiritual life.

15. They would wear only white clothes as a sign that they worshipped God Who is Light and were clothed by Him in light. This so provoked the other Israelites that praying in white clothing was prohibited by the Pharisees and Sadducees, and laws were drafted



accordingly. (The Mishnah *begins* with such a prohibition.) The disciples of Saint Thomas in India had a similar rule, only wearing white clothes in worship.

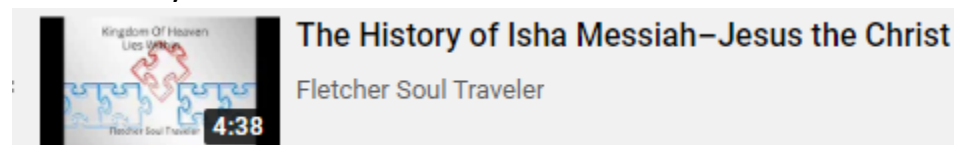
16. They observed the identical rules of purity (shaucha/shuddhi) as the Brahmins in India at that time, especially in the matter of bathing frequently.

17. They practiced the strictest adherence to truthfulness. (Travelers in past centuries cited the strict adherence to truth by the Brahmins of India as a great and admirable wonder.)

It should also be noted that most of these Brahminical practices were observed by Buddhists as well, so it is not out of place to consider that the Essenes—and Jesus and His disciples—possessed the qualities of both Hindu and Buddhist religion in “the West” at that time.

From all this we can see why Edersheim states that “In respect of doctrine, life, and worship, it [the Essene community] really stood *outside* Judaism.” As a result of these differences from ordinary Judaism, the Essenes lived totally apart from their fellow Hebrews, usually in separate communities or in communal houses in the towns and cities. (The supposed “communal experiment” in the book of Acts (4:32) was really a continuation of the Essene way of life. The Last Supper took place in just such an Essene “house.”)

### The History of Isha Messiah—Jesus the Christ



Among the Essenes of Israel at the threshold of the Christian Era, none were better known or respected than Joachim and Anna of Nazareth. Joachim was noted for his great piety, wealth, and charity.

The richest man in Israel, his practice was to annually divide his increase into thirds, giving one third to the temples of Carmel and Jerusalem and one third to the poor, keeping only one third for himself.

Anna was renowned as a prophetess and teacher among the Essenes. Their daughter Mary [Miryam], Who had been conceived miraculously beneath the Holy of Holies of the Temple, had passed thirteen years of her life as a Temple virgin until her espousal to Joseph of Nazareth.

Before their marriage was performed, She was discovered to have conceived supernaturally, and in time She gave birth to a son in a cave of Bethlehem. His given name was Jesus (Yeshua in Aramaic and Yahoshua in Hebrew).

This Son of Miryam was as miraculous as his mother, and astounding wonders were worked and manifested daily in his life—for the preservation of which his parents took him into Egypt for some years where they lived with the various Essene communities there.

But before that flight, when the child had been about three years old, sages from India (Matthew 2:1, 2) had come to pay him homage and to establish a link of communication with him, for his destiny was to live most of his life with them in the land of Eternal Dharma before returning to Israel as a messenger of the very illumination that had originally been at the heart of the Essene order.

Through the intermediary of merchants and travelers both to and from India, contact was maintained with their destined disciple.

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Watch this YouTube video to get an overview of the “Lost Years” of Jesus discussed in this article.

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At the age of twelve, during the passover observances on Mount Carmel (not in Jerusalem), Jesus petitioned the elders of the Essenes for initiation—something

bestowed only on adults after careful instruction and scrutiny. Because of his well-known supernatural character, the elders examined him before all those present.

Not only could he answer all their questions perfectly, when the examination was ended he began to examine *them*, putting to them questions and statements that were utterly beyond their comprehension.

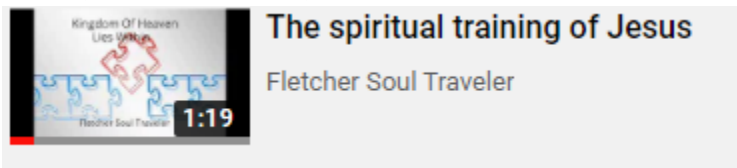
In this way he demonstrated that the Essene order had nothing whatever to teach him, and that there was no need for him to undergo any initiation or instruction from them.

Upon his return to Nazareth preparations were begun for his journeying into India to formally become a disciple of those masters who had come to him nine years before.

The necessary preliminaries being completed, Jesus of Nazareth set forth on a spiritual pilgrimage that would end at the feet of the three masters who would transform Jesus the Nazarene into Isha the Lord, the Teacher of Dharma and Messiah of Israel.

Nicholas Roerich, in his book *Himalaya: A Monograph*, said that according to the Tibetan scrolls he found in 1925, Isha was thirteen when he left for India. The *Nathanamavali* of the Nath Yogis, which we will be considering later on, says that Isha reached India when he was fourteen.

#### The spiritual training of Jesus

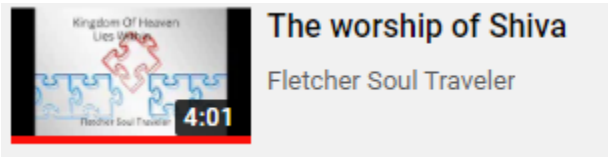


In India the masters initiated Jesus into yoga and the highest spiritual life, giving him the spiritual name “Isha,” which means Lord, Master, or Ruler, a descriptive title often applied to God. It is also a title of Shiva.

The masters also instructed Jesus in the form his spiritual teachings should take and the specific yogic practices that should be given to his disciples. It was also decided that one of those disciples should be sent to India for the identical spiritual empowerment and instruction that was being imparted to Jesus.

For some time Jesus meditated in a cave north of the present-day city of Rishikesh, one of the most sacred locales of India. In the years He spent in the Himalayas, He attained the supreme heights of realization. To augment the teachings he had received in the Himalayas, Jesus was sent to live in Benares, the sacred city of Shiva.

## The worship of Shiva



The worship of Shiva centered in the form of the natural elliptical stone known as the Shiva Linga (Symbol of Shiva) was a part of the spiritual heritage of Jesus, for His ancestor Abraham, the father of the Hebrew nation, was a worshipper of that form.

The Linga which he worshipped is today enshrined in Mecca within the Kaaba. The stone, which is black in color, is said to have been given to Abraham by the Archangel Gabriel, who instructed him in its worship. Such worship did not end with Abraham, but was practiced by his grandson Jacob, as is shown in the twenty-eighth chapter of Genesis.

Unwittingly, because of the dark, Jacob used a Shiva Linga for a pillow and consequently had a vision of Shiva standing above the Linga which was symbolically seen as a ladder to heaven by means of which devas (shining ones) were coming and going.

Recalling the devotion of Abraham and Isaac, Shiva spoke to Jacob and blessed him to be an ancestor of the Messiah. Upon awakening, Jacob declared that God was in that place though he had not realized it.

The light of dawn revealed to him that his pillow had been a Shiva Linga, so he set it upright and worshipped it with an oil bath, as is traditional in the worship of Shiva, naming it (not the place) Bethel: the Dwelling of God. (In another account in the thirty-fifth chapter, it is said that Jacob “poured a drink offering thereon, and he poured oil thereon.”

This, too, is a traditional form of worship and offering.) From thenceforth that place became a place of pilgrimage and worship of Shiva in the form of the Linga stone. Later Jacob had another vision of Shiva, Who told him: “I am the God of Bethel, where thou anointedst the pillar, and where thou vowedst a vow unto me” (Genesis 31:13).

A perusal of the Old Testament will reveal that Bethel was the spiritual center for the descendants of Jacob, even above Jerusalem.

Although this tradition of Shiva [Linga] worship has faded from the memory of the Jews and Christians, in the nineteenth century it was evidenced in the life of the stigmatic Anna Catherine Emmerich, an Augustinian Roman Catholic nun. On several occasions when she was deathly ill, angelic beings brought her crystal

Shiva Lingas which they had her worship by pouring water over them. When she drank that water she would be perfectly cured.

Furthermore, on major Christian holy days she would have out-of-body experience in which she would be taken to Hardwar, a city sacred to Shiva in the foothills of the Himalayas, and from there to Mount Kailash, the traditional abode of Shiva, which she said was the spiritual heart of the world.

## Benares and Jagannath Puri



Benares and Jagannath Puri  
Fletcher Soul Traveler

Benares, the spiritual heart of India, was the major center of Vedic learning. During his time in the Himalayas, Jesus' endeavors had been centered almost exclusively on the practice of yoga.

In Benares Jesus engaged in intense study of the spiritual texts of Sanatana Dharma, especially the upanishads and the Bhagavad Gita—which he later quoted in his discourses in Israel.

When Jesus had come to the point where the acharyas of Benares were satisfied with his level of scriptural and philosophical knowledge, he was sent to the sacred city of Jagannath Puri, which at that time was a great center of the worship of Shiva, second only to Benares.

In Puri Jesus lived some time in the famous Govardhan Math, today a major center of the monastic order of the foremost philosopher-saint of India known as Adi Shankaracharya.

There he perfected the synthesis of yoga, philosophy and renunciation, and began to publicly teach the Eternal Dharma. In the nineteen-fifties, the former head of the Govardhan Math, and head of the entire monastic Swami Order of Shankaracharya, Jagadguru Bharat Krishna Tirtha, claimed that he had discovered "incontrovertible historical evidence" that Jesus had lived in the Govardhan Math as well as in other places of India.

He was writing a book on the subject, but died before it could be finished. Unfortunately the fate of his manuscript and research is presently unknown.

As a teacher Jesus was as popular as he was proficient in teaching, and gained great notoriety among all levels of society. However, those who were making religion into a business became intensely jealous and even began to plot his death.

Therefore he left Puri and returned to the Himalayan regions. There final instructions were given him regarding his mission in the West and the way

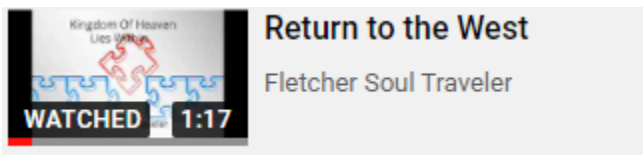
messages could be sent between Jesus and his Indian teachers. Jesus also lived in various Buddhist monasteries in the Himalayan region at this time.

Jesus was aware of the form and purpose of his death from his very birth. But it was the Indian masters who made everything clear to him regarding them.

They promised Jesus that he would be sent a container of Himalayan Balsam to be poured upon his head by a close disciple as a sign that his death was imminent, even “at the door.”

When Saint Mary Magdalene performed this action in Bethany, Jesus understood the unspoken message, saying: “She is come aforehand to anoint my body to the burying” (Mark 14:8).

Return to the West



Jesus then set forth on his return journey to Israel with the blessings of the masters. All along his way, Jesus taught those who were drawn to his spiritual magnetism and who sought his counsel in the divine life.

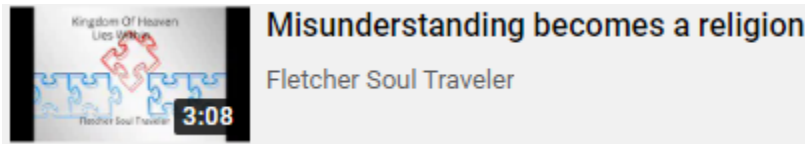
He promised that after some years he would be sending them one of his disciples who would give them even more knowledge and benefit.

Arriving in Israel, Jesus went directly to the Jordan where his cousin John, the Master of the Essenes, was baptizing.

There his Christhood was revealed to John and those who had “the eyes to see and the ears to hear” (Deuteronomy 29:4). In this way His brief mission to Israel was begun. Its progress and conclusion are well known, so we need not recount it here except to rectify one point.



## Misunderstanding becomes a religion



Throughout the Gospels we see that the disciples of Jesus consistently misunderstood his speaking of higher spiritual matters. When he spoke of the sword of wisdom they showed him swords of metal to assure him they were well equipped (Luke 22:36-38).

When he warned them against the “leaven” of the Scribes and Pharisees they thought he was complaining that they did not have any bread (Mark 8:15,16). Is it any wonder, then that he said to them: “Perceive ye not yet, neither understand? have ye your heart yet hardened?

Having eyes, see ye not? and having ears, hear ye not? How is it that ye do not understand?” (Mark 8:17, 18, 21). Even in the moment of his final departure from them, their words showed that they still believed the kingdom of God was an earthly political entity and not the realm of spirit (Acts 1:6).

This being so, the Gospels themselves must be approached with grave caution and with the awareness that Jesus was not the creator of a new religion, but a messenger of the Eternal Religion he had learned in India.

As a priest of the Saint Thomas Christian Church of South India once commented to me: “You cannot understand the teachings of Jesus if you do not know the scriptures of India.”

And if you do know the scriptures of India you can see where—however well-intentioned they may have been—the authors of the Gospels often completely missed the point and garbled the words and ideas they heard from Jesus, even attributing to him incidents from the life of Buddha (such as the Widow’s Mite) and mistaking his quotations from the Upanishads, the Bhagavad Gita and the Dhammapada for doctrines original to him.

For example, the opening verse of the Gospel of John, which has been cited through the centuries as proof of the unique character and mission of Jesus, is really a paraphrase of the Vedic verse: “In the beginning was Prajapati, and with

Him was the Word.” (*Prajapati vai idam agra asit. Tasya vak dvitiya asit.* Krishna Yajurveda, Kathaka Samhita, 12.5, 27.1; Krishna Yajurveda, Kathakapisthala Samhita, 42.1; Jaiminiya Brahmana II, Samaveda, 2244).

Having confused Christ with Jesus, things could only go downhill for them and their followers until the true Gospel of Christ was buried beneath two millennia of confusion and theological debris.

## Return to India—not ascension



### Return to India—not ascension

Fletcher Soul Traveler

It is generally supposed that at the end of his ministry in Israel Jesus ascended into heaven. But Saint Matthew and Saint John, the two Evangelists that were eye-witnesses of his departure, do not even mention such a thing, for they knew that he returned to India after departing from them.

Saint Mark and Saint Luke, who were not there, simply speak of Jesus being taken up into the heavens. The truth is that he departed to India, though it is not unlikely that he did rise up and “fly” there. This form of travel is not unknown to the Indian yogis.

That Jesus did not leave the world at the age of thirty-three was written about by Saint Irenaeus of Lyon in the second century. He claimed that Jesus lived to be fifty or more years old before leaving the earth, though he also said that Jesus was crucified at the age of thirty-three.

This would mean that Jesus lived twenty years after the crucifixion. This assertion of Saint Irenaeus has puzzled Christian scholars for centuries, but if we put it together with other traditions it becomes comprehensible. Basilides of Alexandria, Mani of Persia, and Julian the Emperor said that Jesus had gone to India after His crucifixion.

Why did Jesus return to India? Anna Catharine Emmerich said that in her visions of Jesus’ life she clearly saw that in India Jesus loved the people and was wholeheartedly loved in return.

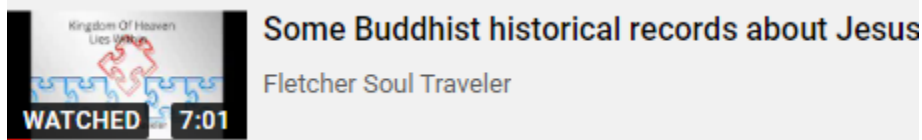
Even more, everyone there understood everything Jesus had to say and teach. In contrast, he was little liked in Israel and virtually no one knew what he was talking about.

This would certainly be an inducement to return. There may be another reason. Some contemporary anthropologists and historians believe that Abraham was a member of the Yadava clan of Western India, the family of Krishna, who disappeared from India after Krishna’s departure from this world. Swami

Bhaktivedanta, founder of the Hare Krishna movement said the same. If this is so, then Jesus was really returning to the homeland of his ancestors.

And finally, Jesus may have realized that his teachings could only be preserved in the context of Eastern religion and philosophy. An ancient Chinese text on the history of religions and their doctrines, known as *The Glass Mirror*, had this to say about Lord Isha (Jesus) and His teachings: "Yesu, the teacher and founder of the religion, was born miraculously....His doctrines did not spread extensively, but *survived only in Asia.*"

## Some Buddhist historical records about Jesus



A contemporary written record of the life and teachings of Jesus in India was discovered in 1887 by the Russian traveler Nicholas Notovitch during his wanderings in Ladakh.

He had it translated from the Tibetan text (the original, kept in the Marbour monastery near Lhasa, was in Pali) and, despite intense opposition from “Christians” in Russia and Europe, published it in his book *The Unknown Life of Jesus Christ*.

As would be expected, the authenticity of Notovitch’s book was attacked and various articles written claiming that the monks of the Himis monastery, where Notovitch had found the manuscript, told investigators that they knew nothing of Notovitch or the text.

But both Swami Abhedananda and Swami Trigunatitananda—direct disciples of Sri Ramakrishna and preachers of Vedanta in America—went at separate times to the Himis monastery. The monks there not only assured them that Notovitch had spent some time in the monastery as he claimed, they also showed them the manuscript—part of which they translated for Swami Abhedananda, who knew from having read Notovitch’s book that it was indeed the same writing found in [\*The Unknown Life of Jesus Christ\*](#).

Subsequently, Abhedananda had the English translation of Notovitch’s text printed in India where the “Christian” authorities had until then prohibited both its publication or its importation and sale. Immediately after the publication of the English edition of Notovitch’s book, the British Government in India hired Moslems to go throughout Ladakh and neighboring areas posing as Hindus in search of further manuscripts about Jesus in India.

They were to buy the manuscripts and bring them to their employers to be destroyed. Whether this shameful ruse succeeded to any degree we have no knowledge.

Swami Trigunatitananda not only saw the manuscript in Himis, he also was shown two paintings of Jesus. One was a depiction of his conversation with the Samaritan Woman at the well.

The other was of Jesus meditating in the Himalayan forest surrounded by wild beasts that were tamed by his very presence. In America the Swami described the painting to an artist who produced the following:



Later, Dr. Nicholas Roerich, the renowned scholar, philosopher, and explorer, traveled in Ladakh and also was shown the manuscript and assured by the monks that Jesus had indeed lived in several Buddhist monasteries during his “lost years.” He wrote about his own viewing of the scrolls in his book *The Heart of Asia*.

In 1921 the Himis monastery was visited by Henrietta Merrick who, in her book *In the World's Attic* tells of learning about the records of Jesus' life that were kept there.

She wrote: "In Leh is the legend of Jesus who is called Issa, and the Monastery at Himis holds precious documents fifteen hundred years old which tell of the days that he passed in Leh where he was joyously received and where he preached."

In 1939 Elizabeth Caspari visited the Himis monastery. The Abbot showed her some scrolls, which he allowed her to examine, saying: "These books say your Jesus was here."

Robert Ravicz, a former professor of anthropology at California State University at Northridge, visited Himis in 1975. A Ladakh physician he met there spoke of Jesus' having been there during His "lost years."

In the late 1970s Edward Noack, author of *Amidst Ice and Nomads in High Asia*, and his wife visited the Himis monastery. A monk there told him: "There are manuscripts in our library that describe the journey of Jesus to the East."

Toward the end of this century the diaries of a Moravian Missionary, Karl Marx, were discovered in which he writes of Notovitch and his finding of scrolls about "Saint Issa."

Marx's diaries are kept in the Moravian Mission museum. The pages about Notovitch and the scrolls have "disappeared" and their existence is now denied in an attempt to discredit Notovitch, but before their disappearance they were photographed by a European researcher and have been made public.

Notovitch also claimed that the Vatican Library had sixty-three manuscripts from India, China, Egypt, and Arabia—all giving information about Jesus' life.

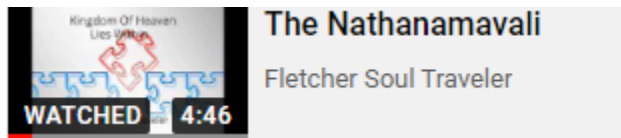
In 1812, Meer Izzut-oolah, a Persian, was sent to Ladakh and central Asia by the East India Company. Though religion was not his mission, he observed much and subsequently wrote in his book *Travels in Central Asia*: "

They keep sculptured representations of departed saints, prophets and lamas in their temples for contemplation. Some of these figures are said to represent a certain prophet who is living in the heavens, which would appear to point to Jesus Christ."



When Swami Abhedananda was in the Himis monastery doing his research on the records of Jesus life in India he was told by the abbot that Jesus had not departed from the earth at the time his apostles saw him ascend, but that he had returned to India where he lived with the Himalayan yogis for many years.

The Nathanamavali



The Bengali educator and patriot, Bipin Chandra Pal, published an autobiographical sketch in which he revealed that Vijay Krishna Goswami, a renowned saint of Bengal and a disciple of Sri Ramakrishna, told him about spending time in the Aravalli mountains with a group of extraordinary ascetic monk-yogis known as Nath Yogis.

The monks spoke to him about Isha Nath, whom they looked upon as one of the great teachers of their order. When Vijay Krishna expressed interest in this venerable guru, they read out his life as recorded in one of their sacred books, the *Nathanamavali*. It was the life of him whom the Goswami knew as Jesus the Christ!

Regarding the Nath Yogis' tradition, Sri Pal comments: "It is also their conjecture that Jesus Christ and this Isha Nath are one and the same person." Perhaps they were the yogis with which Isha lived either before his return to Israel or after his secret return to India after his ascension. Here is the relevant portion of the *Nathanamavali*:

"Isha Natha came to India at the age of fourteen. After this he returned to his own country and began preaching. Soon after, his brutish and materialistic countrymen conspired again him and had him crucified.

After crucifixion, or perhaps even before it, Isha Natha entered samadhi by means of yoga. [Yogis often leave their bodies in samadhi, so it is not amiss to say that Jesus did indeed "die" on the cross.]

"Seeing him thus, the Jews presumed he was dead, and buried him in a tomb. At that very moment however, one of his gurus, the great Chetan Natha, happened

to be in profound meditation in the lower reaches of the Himalayas, and he saw in a vision the tortures which Isha Natha was undergoing. He therefore made his body lighter than air and passed over to the land of Israel.

“The day of his arrival was marked with thunder and lightning, for the gods were angry with the Jews, and the whole world trembled.

When Chetan Natha arrived, he took the body of Isha Natha from the tomb, woke him from his samadhi, and later led him off to the sacred land of the Aryans. Isha Natha then established an ashram in the lower regions of the Himalayas and he established the cult of the lingam there.”“

The cult of the lingam” refers to the Shaivite branch of Hinduism. We will speak more on that later.

This assertion is supported by two relics of Jesus which are presently found in Kashmir. One is his staff, which is kept in the monastery of Aish-Muqan and is made accessible to the public in times of public catastrophe such as floods or epidemics.

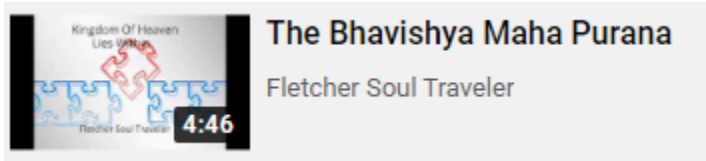
The other is the Stone of Moses—a Shiva linga that had belonged to Moses and which Jesus brought to Kashmir. This linga is kept in the Shiva temple at Bijbehara in Kashmir.

One hundred and eight pounds in weight, if eleven people put one finger on the stone and recite the bija mantra “Ka” over and over, it will rise three feet or so into the air and remain suspended as long as the recitation continues.

“Shiva” means one who is auspicious and gives blessings and happiness. In ancient Sanskrit the word *ka* means to please and to satisfy—that which Shiva does for His worshippers.

I have met two people who have “raised the Stone of Moses.” One of them said that the number required to raise the stone relates to their spiritual development—that he had raised it with only three others.

## The Bhavishya Maha Purana



One ancient book of Kashmiri history, the *Bhavishya Maha Purana*, gives the following account of the meeting of a king of Kashmir with Jesus sometime after the middle of the first century:

“When the king of the Sakas came to the Himalayas, he saw a dignified person of golden complexion wearing a long white robe. Astonished to see this foreigner, he asked, ‘Who are you?’

The dignified person replied in a pleasant manner: ‘Know me as Son of God [Isha Putram], or Born of a Virgin [Kumarigarbhasangbhawam]. Being given to truth and penances, I preached the Dharma to the mlecchas....O King, I hail from a land far away, where there is no truth, and evil knows no limits. I appeared in the country of the mlecchas as Isha Masiha [Jesus Messiah/Christ] and I suffered at their hands.

For I said unto them, “Remove all mental and bodily impurities. Remember the Name of our Lord God. Meditate upon Him Whose abode is in the center of the sun.”

There in the land of mleccha darkness, I taught love, truth, and purity of heart. I asked human beings to serve the Lord. But I suffered at the hands of the wicked and the guilty.

In truth, O King, all power rests with the Lord, Who is in the center of the sun. And the elements, and the cosmos, and the sun, and God Himself, are forever. Perfect, pure, and blissful, God is always in my heart. Thus my Name has been established as Isha Masiha.’

After having heard the pious words from the lips of this distinguished person, the king felt peaceful, made obeisance to him, and returned” (*Bhavishya Maha Purana* 3.2.9-31. The word *mleccha* means a foreigner, a non-Indian.)

Another Kashmiri history, the *Rajatarangini*, written in 1148 A.D., says that a great saint named Issana lived at Issabar on the bank of Dal Lake and had many disciples, one of which he raised from the dead.

When teaching in Israel, Jesus told the people: “Other sheep I have, which are not of this fold” (John 10:16), speaking of his Eastern disciples.

For when Jesus came to the Jordan at the beginning of his ministry, he had spent more years of his life in India than in Israel. And he returned there for the remainder of his life, because he was a spiritual son of India—the Christ of India.

As Swami Sivananda wrote in *Lives of Saints*: “[Lord Jesus] disappeared at the ages of thirteen and reappeared in his thirty-first year.

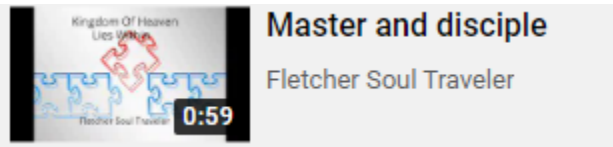
During this period, from his thirteenth to his thirty-first year, he came to India and practiced Yoga....Jesus left Jerusalem and reached the land of Indus in the company of merchants. He visited Varanasi, Rajgriha and other places in India.

He spent several years in Hindustan. Jesus lived like a Hindu or a Buddhist monk, a life of burning renunciation and dispassion. He assimilated the ideals, precepts and principles of Hinduism.

Christianity is modified Hinduism only, which was suitable for those people who lived in the period of Christ. Really speaking, Jesus was a child of the soil of India only.

That is the reason why there is so much of similarity between his teachings and the teachings of Hinduism and Buddhism.”

## Master and disciple



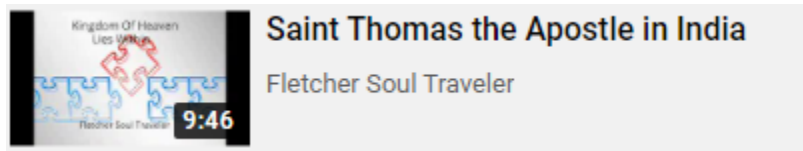
In India it is often said that “the father is born again in the son.” This ancient adage applies also to the worthy disciple—in him the master continues his work.

This being so, the character and mission of Jesus the Christ of India can be traced in that of his apostle Thomas.

Thomas is a nickname derived from the Syrian (Aramaic) word *t’omo*, which means twin.

The Apostle’s true name was Judas, as is recorded in the ancient Syriac Gospel texts, but it was not used in the Gospels so he would neither bear the name of the Betrayer nor be mistakenly identified with him by those who would only hear them read.

## Saint Thomas the Apostle in India



After the departure of Jesus from Israel and the empowerment bestowed on the Apostles at Pentecost, it was decided that they would separate and go throughout the Mediterranean regions teaching those who sought the revelation of their own Christhood.

Accordingly, eleven of the Twelve Apostles and many of the Seventy determined through divination where they should go and preach the Good News of Christ.

One alone did not participate in this, and that was Judas Thomas, called "the Twin." His assignment had been given him by Jesus himself. Thomas was to depart for India where he would live with Jesus and those great masters who had taught Jesus before him.

For Jesus had destined him for a work completely unlike that of the other Apostles. He was indeed to become the "twin" of his Master, perhaps the most true in his likeness to Jesus both inwardly and outwardly.

(It is a matter of record that Judas Thomas was also physically identical to Jesus. This was unusual but not impossible or even unknown, since he was a cousin of Jesus—as were most of the Apostles.)

In the forty days between his resurrection and his leaving Israel Jesus had fully outlined to the apostles and disciples how they should teach others who would also spiritually be his disciples through them. But in India Thomas was to teach and follow the purest Arya Dharma, as had Jesus before him.

So overwhelming did his task seem to Saint Thomas that he tried to avoid this mission.

Yet it was not long before a government official from India came to Israel to find an architect for his king, who wished a palace built by an artisan from the land of the renowned Hiram Abiff, whose construction of the Temple of Solomon was known throughout the world.

Jesus manifested in a physical body and sold Saint Thomas to the man as a slave, giving him a signed document to that effect.

When confronted with this document, Saint Thomas abandoned his resistance and left for India where he did in truth follow the steps of his Master and become his “twin” in all things.

In the life of Saint Thomas written by the Christian Gnostic Bardaisan based on letters written by Saint Thomas, perhaps to his Persian disciples, he is referred to as: “Twin brother of Christ, apostle of the Highest who shares in the knowledge of the hidden word of Christ, recipient of His secret pronouncements.”

Regarding the records of Jesus’ life that he found in the Himis monastery, Notovitch wrote this interesting remark in relation to Saint Thomas: “[The scrolls] may have actually been spoken by St. Thomas, historical sketches having been traced by his own hand or under his direction.”

In the Himalayas Saint Thomas was reunited with Jesus until he received the inner call to return to “the West” for the impending departure of the Virgin Mary from this earthly life.

Just as he had been separated from his brother apostles for a special mission, so he was in the final hour of the Virgin’s life.

For he did not reach Ephesus in time to be present at her going forth from the body, but only came there on foot the third day after her burial.

As he was approaching her tomb unawares, he was astounded to see her radiant living body emerge from the stone sepulchre and ascend.

Realizing that she had finished her span of life without his presence, and fearing that he would never see her divine form again, he cried out to her in anguish of heart, imploring her not to leave him desolate.

Looking upon him with loving tenderness, the Virgin took from her waist the belt she habitually wore and threw it down to him with words of blessing.

Carrying the precious relic of her belt, Saint Thomas hastened into Ephesus and announced to the grieving apostles and all those gathered in the Mother’s house that she, too, was risen from the dead.

Whereas he had doubted the good news of Jesus' resurrection and had received proof of its reality by touching the resurrected body of his Lord, now it was Thomas who gave physical evidence that Mary, too, was "alive for evermore" (Revelation 1:18).

Saint Thomas took the Virgin Mother's belt with him to India, and there it became the most valued treasure of his disciples, whose descendants in time came to be known as "Saint Thomas Christians."

A few centuries ago, in times of upheaval in India, it was taken into Syria, where during subsequent troubles in that country it disappeared.

About thirty years ago the present head of the Syrian Jacobite Church, Patriarch Zachariah, felt an intense urge to find the belt, and began studying the ancient records concerning it.

Noticing that one of the handwritten books he consulted had an unusually thick binding, he was inspired with the thought that the belt might be hidden there. Cutting it open, he found the prize, whose simple touch began to work great miracles.

Most of the belt has been returned to India and enshrined in a great church where every Saturday (the day sacred to the worship of the Mother aspect of God in Hinduism) thousands of Christians, Hindus, and Moslems gather for the sacred Eucharist (Qurbana) and prayers to the Virgin.

The miracles granted are beyond number. When I visited the shrine one Saturday as the guest of its administrator, Bishop Gregorios—who preached on the subject of the concept of Mahashakti (Supreme Power: the Divine Feminine) in Hinduism, Christianity, and Islam—I witnessed this wonderful demonstration that it is worship and not theologizing that can unite the adherents of all religions in love and harmony.

Bishop Gregorios also spoke of Mahashakti being the same as the Holy Spirit, and the Virgin Mary as a perfect reflection of the Holy Spirit.

Before returning to India for the fulfillment of his commission from Jesus, Saint Thomas went to visit the Essene communities of Israel, urging that some of them come with him to India to both escape the imminent destruction by the Romans and to help him in his spiritual work.



Many did so, and a company of Essenes headed by Saint Thomas arrived in South India (Kerala) in 52 A.D. These Essenes started several villages in the same area. At the end of the twentieth century those sites were excavated and many coins like those found in the Qumran caves were unearthed.

A Hindu Brahmin family near the town of Palur, Kerala, has a document of family history wherein it is written: "In the Kali year 3153 [52 A.D.] the foreigner Thomas Sannyasi came to our village and preached there."

It is noteworthy that Saint Thomas is described as a Hindu monk (sannyasi), which he would have to have been if he truly followed in the steps of Jesus.

Ancient records say that frequently Jesus was seen in South India and mistaken for Saint Thomas. He and Saint Thomas were sometimes seen speaking together.

Apparently Jesus occasionally came down from his Himalayan abode to visit Saint Thomas and supervise his work.

## The disciples of Saint Thomas



The disciples of Saint Thomas  
fletcher Soul Traveler

By their own preference the disciples of Saint Thomas were usually referred to in India as “Ishannis.” This means “of Isha,” just as Lutheran means “of Luther.”

Although Jesus’ Aramaic name was Yeshua, in India he was known as Isha. Perhaps Ishanni could awkwardly, but accurately, be translated “Jesusites” or “Isha-ites.”

Some Indian scholars such as Swami Abhedananda make the conjecture that either Ishanni is actually a derivation of Essene (Essenees), or that the Essenes themselves were called Ishannis, “Isha” in their case being a reference to God “the Lord.” This would certainly reveal their Indian spiritual roots.

In his commentary on the Gospels, Paramhansa Yogananda wrote: “It is important to note the difference between Jesus the man and Jesus the Christ. Jesus was the name of the man.

The Sanskrit origin of this name is found in the word ‘Isha,’ or Lord of Creation. Mispronounced by travelers in many lands, and being used in many different languages, the word ‘Jesus’ came to be used in place of Isha.”

This very sentiment was spoken long before by Saint Thomas himself. According to *The Acts of Thomas*, when King Mazdai, who would eventually have him martyred, asked Saint Thomas: “Who is thy master? And what is his name?” Saint Thomas answered: “

Thou art not able to hear His true Name now at this time, but the Name that is given to Him is Jesus the Messiah”—that is, Jesus Christ (Yeshua Messiah).

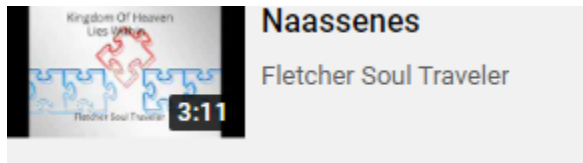
After the death of Saint Thomas his murderer, King Mazdai, became converted to the Ishanni Marga (Ishanni Way), and it was then that he learned the true Name, Isha, which he had not been qualified to even hear beforehand.

Nearly all those who accepted the teachings of Saint Thomas were devout Brahmins of the highest level (Nambudiri and Nair) who continued their religious observances, but did so according to the principles Isha and Saint Thomas had received as disciples of the masters.

Acknowledging this fact, Cardinal Eugene Tisserant wrote in *Eastern Christianity in India*: “Christianity was introduced in Malabar [Kerala] and accepted spontaneously without changing the indigenous character of the inhabitants.” So strict and correct were they in their Brahminical character and observance that they were frequently asked by the other Hindus to perform the rites of purification (*shuddhi karanam*) for defiled objects and even of Hindu temples.

Even today, some Saint Thomas Christians wear the sacred thread (*yajnopavita*) that is the distinctive mark of Hindu Brahmins. But all the Saint Thomas Christians are considered Brahmins by contemporary Hindu society.

## Naassenes



Ancient Indian historical records sometimes refer to the Ishannis as Naassenes. This may be a corruption of “Essene” but in the ancient Gnostic Christian texts discovered at Nag Hammadi, Egypt, we find the term “Nazoreans,” so the Saint Thomas Christian Essenes must also have used it in referring to themselves.

So this would indicate their esoteric Christian character and affinity with those esoteric Christians of Egypt—most of whom were Essenes or descendants of Essenes.

Regarding the Essenes, Edersheim further wrote that in later times “the general movement had passed beyond the bounds of Judaism, and appeared in some forms of the Gnostic heresy.”

Because of the great number of Ishanni (Saint Thomas) Christians in the southernmost state of Kerala, it is sometimes called “the country of the Nazaranis” even today. The daily train from Madras to Kerala is known as “the Nazarani Express.”

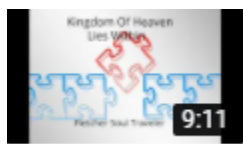
When the Pope of Rome wrote a letter to the Ishannis in the fourteenth century he addressed them as “the Nazarani Christians.” Considering the spiritual character of the Ishannis this expression could mean either that they were “Nazarenes”—followers of Jesus of Nazareth—or that because of their ascetic character and usual observance of celibacy they were Nazarites—the term used for semi-monastic ascetics among the Hebrews as outlined in the sixth chapter of the book of Numbers.

Whatever the derivation, this was definitely a name sometimes used in reference to themselves. In the book of Acts it is said of Saint Paul by his accusers that he was “a ringleader of the sect of the Nazarenes” (Acts 24:5).

The Ishannis had much in common with both Hindus and Buddhists. In fact, Tamil historical records contemporaneous with Saint Thomas say that he taught “a Buddhist religion.”

This was no doubt because of Saint Thomas’ intense monastic and philosophic nature which contrasted with the usual form of Hinduism at that time which was extremely bound up in external rituals and the use of religion to attain utterly materialistic goals.

### The Ishanni Sampradaya



The Ishanni Sampradaya  
Fletcher Soul Traveler

A sampradaya is a lineage of spiritual teaching stemming from an enlightened teacher, such as the Shankara Sampradaya, Ramanuja Sampradaya, Madhavacharya Sampradaya, or according to the form of God they particularly worship such as the Shaivite, Vaishnava, Shakta, or Ganapatya sampradayas.

Externally the Saint Thomas Christians were an integral part of Vedic, or Aryan, religion (dharma). Even though they would have primarily described themselves as Ishannis, they would have meant it in the sense of a sampradaya within Sanatana Dharma, not a separate religion.

Whatever distinctive customs a sampradaya might possess, they would all consider themselves to be fundamentally followers of Sanatana Dharma, the religion based on the Vedas and the teachings of the vedic seers known as rishis.

And the majority of their customs and spiritual doctrines would be absolutely identical and harmonious with one another. This is the trait that most horrified and infuriated the “Christians” from outside when they encountered the Ishannis.

The Ishannis never referred to themselves as Christians. Among themselves and with other Indians they used Ishanni in reference to themselves. After their “discovery” by European Christians they began to call themselves “

Saint Thomas Christians” to make their spiritual nature comprehensible to them and also to affirm that their form of the teachings of Jesus (Isha) was their

heritage from the Apostle Thomas himself and was positively to be distinguished from the Petrine (Roman Catholic) or Pauline (Eastern Orthodox or Protestant) forms of Christianity.

Although they had friendly interchange with the Eastern Christians of Persia, Syria, and Iraq, they were insistent upon their distinction from them, as well. Bar-Hebraeus, an early Syrian Christian writer, records that when Christians from Persia visited India the Ishannis told them: “

We are the disciples of Saint Thomas.” It was those Persians who created the phrase “Saint Thomas Christians” and first began to use it. And that is why I am sometimes using that appellation now.

Because there were profound ties between India and Persia—many Persians being followers of Vedic Religion—the Saint Thomas Christians (Ishannis) always considered themselves brethren of the Persian Christians, who were of the Chaldean tradition which after the destruction of Christianity in Persia became centered in Iraq.

Both the Persian and Iraqi Christians were condemned as heretics by the other churches of East and West since they did not believe that Jesus Christ was God in the sense of being an incarnation of one of the Trinity. Rather, they believed that he had begun as a man just like us and had attained the status of Christ—Son of God—as could (and should) all Christians.

The Ishannis believed this as well, and they, too, were called heretics by the Western Christians who persecuted them.

Just as modern “Christians” ignore the fact that reincarnation is an orthodox Jewish belief, so they ignore that there exist two churches—one founded by the Apostle Thomas in India and the other founded by the Apostle Thaddeus in Iraq—with a continuous history from the Apostolic age that do not believe in the Mediterranean doctrine of Jesus being the incarnation of the Second Person of the Trinity.

The fact that the Ishannis did not originally use the expression “Christian” underscores their fundamental difference from the Mediterranean Christianity derived from the other Apostles. In the last century or so, mostly as a result of pressure from the latterly mentioned Christians of the East, for the sake of

expedience the titles of “Indian Orthodox Christians” and “Indian Orthodox Church” have become current for external use.

Again, the Ishanni Sampradaya should not be equated or confused with the Christian religion as it developed in the Mediterranean world and is now embodied in the Eastern Orthodox, Roman Catholic, and Protestant churches. In modern times, to give something of an idea of its character to those who know only these just-mentioned churches, it is also called “Saint Thomas Christianity.”

But it is not a “church.” Rather it is a sampradaya—spiritual current or movement—within the Vedic Religion of India that is commonly (though somewhat inaccurately) called Hinduism.

In other words, Ishannis are not Christians in the generally accepted sense, though they are followers of Sri Isha Deva. Rather, they are followers of the Sanatana Dharma, the religion of India.

Regarding this, Father Jacob Kurian, teacher of theology at the Kottayam seminary in Kerala, had this to say to Christine Chaillot, the author of *The Malankara Orthodox Church*: “

We should feel that we have an Indian role to play and we should present to the world a specific picture of our church. We cherish so much the [fact] that we could build our Christian tradition on the foundations of the *Sanatana Dharma*. Of course, there is the foundation laid by Christ and the Apostles and the long spiritual tradition of Christianity.

But the theological tradition of the Indian Church has to be in line with the Indian philosophical tradition, which is not necessarily only the Hindu one, but also that of the Buddhists, the Jains and other non-Christian traditions which also contribute to the Indian philosophical tradition.

So we have to take this into consideration together with the Eastern Orthodox spirituality and theology. We want to present to the world a model of Christianity that has lived for the last twenty centuries in a tradition of pluralism, but at the same time we want to keep the central elements of Orthodox Christian spirituality and doctrinal integrity....

When Christians adopt this attitude of *Sanatana Dharma* which incorporates all truth, they will be able to overcome all anxiety regarding syncretism”—an anxiety

not on the part of the Saint Thomas Christians but on the part of those who simply do not understand their historical and spiritual character any more than they understand the historical and spiritual character of Isha Masiha, the Christ of India, the spiritual heir of the Vedic Rishis and Gautama Buddha, whose teachings contain quotations from the Veda, the Upanishads, the Bhagavad Gita, and the Dhammapada.

#### History of the Ishanni Sampradaya

In Mylapore near modern Madras, the Apostle Thomas was pierced with a lance on December 19, 72 A.D., but he did not die until December 21. He was buried nearby, and the earth from his tomb worked many miracles.

In 1292 Marco Polo visited his tomb and took some of the red-colored earth from there. Upon his return to Venice he healed many people with it according to his own testimony.

The spiritual family of Saint Thomas continued and grew. Just before his martyrdom, King Mazdai said to him: "I have not been in haste to destroy thee, but have had patience with thee; and thou hast added to thy deeds, and thy sorceries are spoken of through the whole country.

But I will do unto thee so that they shall accompany thee and go along with thee, and that our country shall be relieved of them." To this Saint Thomas answered: "These 'sorceries,' which thou sayest shall accompany me, *shall never fail from this place.*"

And so it has been seen to be. The Ishanni Sampradaya spread throughout India, though never of large numbers. It is remarkable, but historical records indicate that there was no region of India in which the Ishannis were not represented, though they were mostly in South India. In 1430, Nicholas di Condi in writing of his travels in India said that the Ishannis "are scattered over India like the Jews with us."

Except for the vicissitudes that all societies endure, the Ishannis lived in complete peace, enjoying spiritual interchange with various Eastern Christian churches, though jealously maintaining their autonomy and distinctive ways.

More than one unsuccessful attempt was made in the early centuries by the Mediterranean Christians to establish their form of Christianity in India. At the



coming of the Europeans in large numbers, however, this began to change, culminating in a full-scale persecution by the Portuguese colonialists, who first came to India in 1498.

Christians from Europe were always received in total friendship by the Christians of Saint Thomas and often given places to live. In many instances the Ishannis interceded with the local rulers in gaining residency and trade permissions for the Europeans.

But sadly, on the part of the opportunistic Europeans there was no such sincere openness, and as soon as any political ascendancy was attained, pressure would be brought to bear on the Ishannis to convert to the Christianity of the Westerners.

This came to an appalling climax in the last year of the sixteenth century when the Portuguese Roman Catholic Archbishop of Goa, Alexius Menezes, summoned all the Ishanni clergy and a considerable number of laymen to the town of Diamper to supposedly bring peace and reconciliation between the two churches. In response one hundred fifty-three priests and about six hundred and sixty laymen attended.

The Ishannis were asked to bring all their liturgical and theological texts—especially their ancient texts containing the teachings of Saint Thomas—so they could be “examined.”

Believing that the Europeans wanted to sincerely discover the apostolic traditions of Saint Thomas (and, therefore, of Jesus), they did so. Their chagrin cannot be described when they found themselves surrounded by Portuguese soldiers who forced them at gunpoint to surrender their precious manuscripts, which were then burned in their presence at the order of the Archbishop.

Because of this “It is not possible to write a complete history of the Christians in South-West India, because the ancient documents of their churches were destroyed by fire at the Synod of Diamper in 1599,” as Tisserant also admits.

“What history will not willingly forgive is the literary holocaust which was carried out on the authority of this decree, when all books that could be laid hands on were consigned to the flames.

It was comparable in many ways with the vandalism of Omar, who by similar wanton destruction ordered the noble library of Alexandria to be consumed by flames.

The Syrian Christians of today believe that because of this cruel decree, no records are available with them to recover and establish beyond all dispute their past Church history. None will deny that there is some substance in this belief" (S. G. Pothan, *The Syrian Christians of Kerala*).

Among the books burned were many copies of three books. Two of them, *The Book of Charms* and *The Ring of Solomon*, were on Christian magic.

The third was a book on esoteric healing and the making of amulets from gems and herbs (as the Essenes had also done) called *The Medicine of the Persians*. They now exist only as nearly-forgotten names.

Not only were the books brought to Diamper destroyed, Archbishop Menezes went from church to church searching for "bad" books and burning entire libraries in many places—even in areas where the Portuguese had no political power whatsoever.

The liturgical texts containing the rites of the Chaldean tradition were especially sought out and destroyed because they revealed how utterly the other churches had departed from the original ways of Christianity, and because they expressed the correct view of Isha as a Son of God by attainment and not as the creator God incarnate as the Mediterranean Christians held.

A list of forbidden books was made at Diamper, and any who read or listened to them being read were condemned out of hand.

Over the course of the next days the Archbishop also engaged in harangues to "correct" the ways of the Ishannis and bring them into conformity with those of "the one, holy, catholic, and apostolic See of Rome."

The Portuguese even forced the Christians of Saint Thomas to change the way they made the Sign of the Cross (right to left) to the way the Western Christians had only recently themselves come to do it (left to right).

The official acts of the Synod particularly inveighed against the Ishannis who taught school and made provisions for the religious instructions of the students in

their own religions, even keeping the images of Hindu deities in the schools so the students could learn and perform their daily worship.

Those who sent their children to schools taught by Hindus where they, too, worshipped the deities were declared excommunicated, and the children were forbidden to enter a church.

Since participation in “idolatrous” worship and the making of offerings in Hindu temples was the norm for the Ishannis—since they *were* Hindus—that, too, was soundly castigated.

Especially denounced was the use of Hindu rites of exorcism by the Ishanni priests, as well as other “idolatrous” and “superstitious” Vedic rituals. Priests who dared to have themselves registered as Nair Brahmins were condemned, not for a religious reason, but because it supposedly made them liable to be called up for military service.

Saint Thomas had given the Ishannis a book which they used for divination to obtain guidance in the making of important decisions and to determine the future.

This was a special target of the Portuguese, who also railed against the use of Hindu diviners by the Ishannis, and all copies of this invaluable document were consigned to the flames of bigotry. (The Saint Thomas Christians still use divination of various sorts.)

The Ishannis considered astrology a legitimate means of forecast and guidance, and used it accordingly. There were considered to be especially skilled in determining astrologically what days and times were the most favorable for marriage and the starting of journeys or any other type of endeavor.

In David Daniel’s book *The Orthodox Church of India*, published and sold by the Orthodox Church in India, we find this: “The Saint Thomas Christians are accustomed to consult astrologers to ascertain the auspicious moment for setting out for any purpose, e.g., for a journey, a wedding, etc. Drawing horoscopes in not uncommon amongst them.” Many Saint Thomas Christian priests are astrologers.

Oddly, condemnation was even pronounced against the Ishannis' laudable custom of adopting as many orphans as they could so they would not be homeless. This was a custom of the Essenes, also.

As it is the Hindu custom to name their children after deities, the Ishannis naturally were accustomed to sometimes name their male children "Isha."

This—along with their habit of giving Old Testament names, as well—was violently censured by the Portuguese. They were also condemned for piercing their ears and taking too many baths!

Hardly any of the Ishannis could even understand the language in which all this was done, and they were forced through cajolery and threats to sign documents of concurrence with all that had taken place—these documents being represented to them as nothing more than statements that they had been present at the gathering.

Before sending them to Rome, Archbishop Menezes interpolated many items into the signed documents to make it appear that the Ishannis had agreed to things either not actually spoken about or that were firmly resisted by them when they were brought up.

The Synod of Diamper did have one positive effect, though a backhanded one. By reading the fulminations against the "pagan" ways of the Ishannis and the official condemnations of them we are able to establish that the Ishannis were indeed practicing Hindu Brahmins who worshipped Isha but considered the other segments of Hinduism—as well as the other religions of the world—to be equally viable in the search for God.

Finally, "approved" Syriac liturgical texts were issued to the clergy along with other written directives, and they departed in a daze to their flocks, accompanied by Portuguese "assistants" who were to make sure that they carried out the demands of the Europeans.

When the Jesuits that were present at the Diamper assembly officially objected to the outrageous actions of Archbishop Menezes, he coolly remarked that "he behaved like that just to show the way of salvation to the assembled without hindrance."

Cardinal Eugene Tisserant was apparently of the same mentality when, in 1957, he wrote in *Eastern Christianity in India*: “Instead of destroying the existing Syriac manuscripts, he [Archbishop Menezes] could have had them corrected, but his method was that of certainty, so that any future heresy could be more easily averted.”

Thus was “the beginning of sorrows” that were to continue for nearly a century. Slowly the ways of “the faith which was once delivered unto the saints” were eroded, though in the rural and mountainous areas not prosperous enough to attract the rapacious attention of the Portuguese clerics and traders little changes occurred.

Friendly clergy from the Syriac-speaking Orthodox Churches who came to visit their Indian brothers were arrested and deported or imprisoned. (The fact that these “Syrians” made no objections to the Ishannis’ “Hindu” character indicates that in earlier centuries they themselves held comparable or compatible ideas or else considered them neither heretical nor of any spiritual detriment.) Some were actually taken to Portugal and Rome and subjected to “interrogation” by the Inquisition.

A few were burned to death for heresy. Others vanished forever. Atrocities committed against the Indian Christians were not unknown, though never officially sanctioned by the invaders—a common tactic of tyrants.

In 1653, at the order of Portuguese ecclesiastics, a Syrian bishop, who had come to find out why communication with the Ishannis had been so long in abeyance, was imprisoned.

When the Ishannis learned of this outrage they came in thousands to protest. The bishop was then smuggled out of the prison and eventually murdered. This so exasperated the Ishannis that many thousands of them assembled at the church in Mattanchery and swore on the Coonan Cross the solemn vow that they would no longer have any association whatsoever with the Portuguese or their “Petrine” religion.

Happily, this was successful, and the yoke of spiritual bondage was thrown off permanently. Despite skirmishes with the Europeans who were determined to re-impose their enslavement, the Ishannis managed to keep their spiritual integrity, protected by the Hindu rulers from further persecution.

It is tragically true that unworthy friendship is often more treacherous than enmity, and so it proved to be in the nineteenth century when the Protestant missionaries (mostly Church of England) managed to exert great influence over the Ishannis and bring about the abandonment of many valued traditions and beliefs.

In time this form of invasion was repulsed to some degree, but not until many had forsaken the ways of their ancestors and embraced the minimal religion of the missionaries. In this way both Catholic and Protestant Europe managed to wreak undeniable and profound damage on the Ishanni Sampradaya.

I saw the effects of this for myself when speaking at a church meeting in Niranam where Saint Thomas had founded the congregation. (Several examples of his woodwork—especially carvings in traditional Hindu temple style—were shown to me.)

During my talk, I felt so galled by not being able to speak freely of the higher, esoteric aspects of religion that I decided to break loose and say what I pleased, and hang the consequences.

At the far back many very elderly men and women were sitting, their heads bowed down in abject boredom and disinterest. But when I had spoken just a few sentences of real Christian (Hindu-Ishanni) belief, they all began looking eagerly at me, smiling, nodding, and gesturing to one another in approval.

At the end they all surged forward to express their appreciation of my talk. It was evident that as children they had heard the very things I was now speaking, but it had been a long and dreary time since those truths had been publicly expressed.

We can confidently say that in reality the Ishanni Sampradaya, in its fidelity to its heritage from the Lord Isha and Saint Thomas, was a legitimate segment (sampradaya) of Vedic Religion (Hinduism), vastly differing from what is commonly known as Christianity.

This is why Cardinal Tisserant could (uncomprehendingly) write: “It does not seem, however, that the Indian Christians were ever greatly concerned with the great Christological disputes of bygone days.” That was because the doctrinal controversies, alterations, and aberrations of Mediterranean Christianity meant

nothing to them as followers of Arya Dharma according to the teachings of Isha and Saint Thomas. History substantiates this, so a brief look should suffice.

#### The witness of history

When, because of the movement of population, the Ishanni temples became Hindu temples, the Ishanni icons remained in those temples and were worshipped by the Hindus along with the other images.

Even more revealing was the discovery in 1925 and 1926 of scores of ancient stones at Kodiveri upon which are engraved symbols of the various Hindu sampradayas, including those of the Ishannis. (At Tangste, in Ladakh, there are also large stone boulders upon which crosses have been carved.)

It is a matter of historical record (sometimes by European Christians who were displeased) that as a matter of course the other Hindus contributed money and labor for the building of Ishanni temples and the Ishannis did the same when other types of Hindu temples were built. This was because they were of one religion.

The traditions of the Ishannis say that Saint Thomas built a temple in Nilackal, presently a completely deserted area. Recent excavations in the area of Nilackal have revealed that a kind of Hindu temple city existed there at the time of Saint Thomas and that the Ishanni temple had been built within the compound of the Mahadeva (Shiva) temple as a subsidiary temple.

This demonstrates that Saint Thomas and his followers were viewed as a Shaivite sampradaya (sect) of Hinduism. (Many Saint Thomas Christians still wear rudraksha beads, a mark of worshippers of Shiva.)

However, at the time of Jesus and Saint Thomas Shaivism was something very different from what it is now in India. “Shiva” did not mean the mythological ascetic with matted hair, smeared with ashes, riding on a bull, and married to the daughter of King Himalaya. “Shiva,” which literally means “He Who is All Bliss and the Giver of Happiness,” was considered a name of the Absolute Being and often carried the connotation of God as Infinite Light.

It was not the name of a “god.” Originally Shaivism was that philosophy which now is called Advaita Vedanta, and Yoga was its prime characteristic.

In 345 A.D., when the ruler of Carnellur gave the suburb of Muziris to the Ishannis for their exclusive use, they renamed it *Mahadevar Pattanam*, the City of Mahadeva (Shiva). The king laid the first brick for the Ishanni temple that was built there, and upon its completion he led the first service of prayers to be conducted there.

This would not have been done if the Ishannis were not themselves Hindus. Eventually an Ishanni kingdom, with Mahadevar Pattanam as its capital, was established.

At Nilamperur, near the site of a Hindu temple, the effigy of a king wearing a pectoral cross was unearthed at the end of the last century. In the north, in the area traditionally known as “the Hindu Kush” a coin from the first century was found depicting the local raja riding a horse and carrying a cross in his hand.

Whenever a child reached the age of three years the Ishannis always had a Brahmin pandit come to their home and symbolically begin his formal education by guiding the child’s fingers to trace the mantra *Om Sri Ganapataye Namah*—“I bow to Lord Ganesha”—in a plate of rice before which a ghee lamp was burning that had previously been worshipped as an emblem of the goddess Saraswati.

This is still the custom among the Saint Thomas Christians, but the mantra is now usually *Hari Sri Ganapataye Namah*. Ganesha is the Hindu deity that is depicted with the head of an elephant. He is always worshipped before any undertaking, including, in this instance, the beginning of education.

Hari is a name of the god Vishnu, the Preserver in the Hindu Trinity of Brahma, Vishnu, and Shiva. It is interesting that many of the very old Ishanni temples in South India have golden “dharma towers” in front of them just like those in the temples of Vishnu.

In *The Orthodox Church of India* the author, David Daniel, himself a Saint Thomas Christian, writes: “The festivals in Hindu temples and Christian Churches are often festivals of the entire village community.

A church procession, for example, will have the same familiar music played in Hindu temples, the same type of lace silken umbrellas, flags and festoon, decorated elephants and ear-breaking beating of drums and noise of crackers. The festivals invariably end with remarkable displays of fireworks in the night.” And he concludes, “Needless to say, the Saint Thomas Christians have assimilated



many of the social customs and practices of the land *and are indistinguishable as an entity in the society.*"

The crowning glory of Saint Thomas Christianity was the great bishop-saint Gregorios of Parumala who lived in the nineteenth century.

Every day thousands of pilgrims of all religions visit his island-shrine in Parumala. I can bear witness that the moment you enter the boundaries of the island you step into another world altogether, and that the room where he left his body is one of the most spiritually powerful places I have ever been. (Fortunately I was able to meditate there for some time.

) In America I was fortunate enough to meet a remarkable yogi and Hindu scholar, Sri Nandu Menon. He told me that although his uncles were strictly traditional Hindu Brahmins, Saint Gregorios was their best friend who spent a great deal of time with them in spiritual discussions. Nanduji told me that Saint Gregorios told his uncles that he considered his mission in life was to bring about the restoration of three essential teachings to the Saint Thomas Christian Church: 1) the belief in karma; 2) the belief in reincarnation; and 3) the belief that God and the individual spirit-Self are one.

#### Some Distinctive Traits of the Ishanni Sampradaya

A great number of the Ishanni Sampradaya's characteristics have already been discussed, but a few more should be mentioned to help us better understand the Ishanni Sampradaya.

1. Ishannis were vegetarians, abstaining absolutely from meat, fish, and eggs—as well as from alcohol—in any form or quantity. (In 1604, many Ishannis of Cranganore fled into the hills to escape being forced by the Western missionaries to eat fish.)

2. Like the Essenes, Ishannis usually interpreted the Bible as allegory, believing that even if actual historical events are recorded there, they were meant to be symbols of mystical and esoteric principles.

This is especially true of the Gospels, Jesus' life being looked upon as a mystery drama outlining the journey of the soul to perfection. The Old Testament is also part of that drama, showing the progress of the soul known as Adam to its perfection as Jesus the Messiah. The Old Testament past lives of Jesus were:

Adam, Noah, Abraham, Joseph, Moses, David, Elisha, and Isaiah. (Since the ninth life of perfection was that of Isha, the number nine was particularly sacred to Ishannis.)

Thus the entire Bible is at its core the history of one person, all the rest of the material being adjuncts for its understanding.

Ishannis considered that much of both the Old and New Testament texts had been altered to suit the exoteric ways and prejudices of Judaism and Mediterranean Christianity.

Moreover, some of the books included in the present-day Bibles were considered of negligible value, if not altogether valueless. (Saint Paul and the other Apostles simply did not come into the picture for the Ishannis.)

On the other hand, the Ishannis accepted many “apocryphal” books about the life of Jesus and the Virgin Mary as valid history—though not holy scripture—and used them accordingly.

Ishanni tradition says that when Saint Thomas returned to India with some of the Essenes from Qumran he brought an Aramaic text of the Gospel of Saint Matthew which had been given him by the evangelist.

The other three New Testament Gospels were not considered to be as authoritative as that of Saint Matthew, and many Ishannis would use no other as a source for Jesus’ teachings. (The Saint Thomas Christians today possess Aramaic copies of all four Gospels that are the oldest texts of the Gospels in existence, antedating all known Greek texts.)

Most importantly, no text was considered authoritative that conflicted with the fundamental scriptures of Arya Dharma and the six orthodox systems of Hindu philosophy.

This was because Jesus was considered to have been a teacher of the purest Vedic Religion, as was Saint Thomas, his twin. As I mentioned earlier, one Saint Thomas Christian priest from Kerala once remarked to me: “You cannot understand the teachings of Christ unless you know the scriptures of India.”

What about the so-called Gospel of Thomas? It has been conjectured that it was compiled by the Ishannis after Saint Thomas’ death. But any copies must have

been burnt by the Portuguese. Whether the Coptic text is an accurate translation from the Indian text cannot be known. But the same rule applies to it as to the Bible and, for that matter, to the sacred writings of any religion.

3. Ishannis held that the twin laws of karma and rebirth were the fundamental truths about human existence, and that without them no religious or personal philosophy can be either true or viable.

4. Ishannis believed that there are three eternal things: God (Parameshwara), the individual souls (jivas), and primordial matter (pradhana or mulaprakriti). These three are the real Father, Son(s), and Holy Spirit (Mahashakti)—or: Pita, Putra, and Prakriti.

From the standpoint of God these three are one in an incomprehensible manner. From the standpoint of the individual soul these three are distinct from one another.

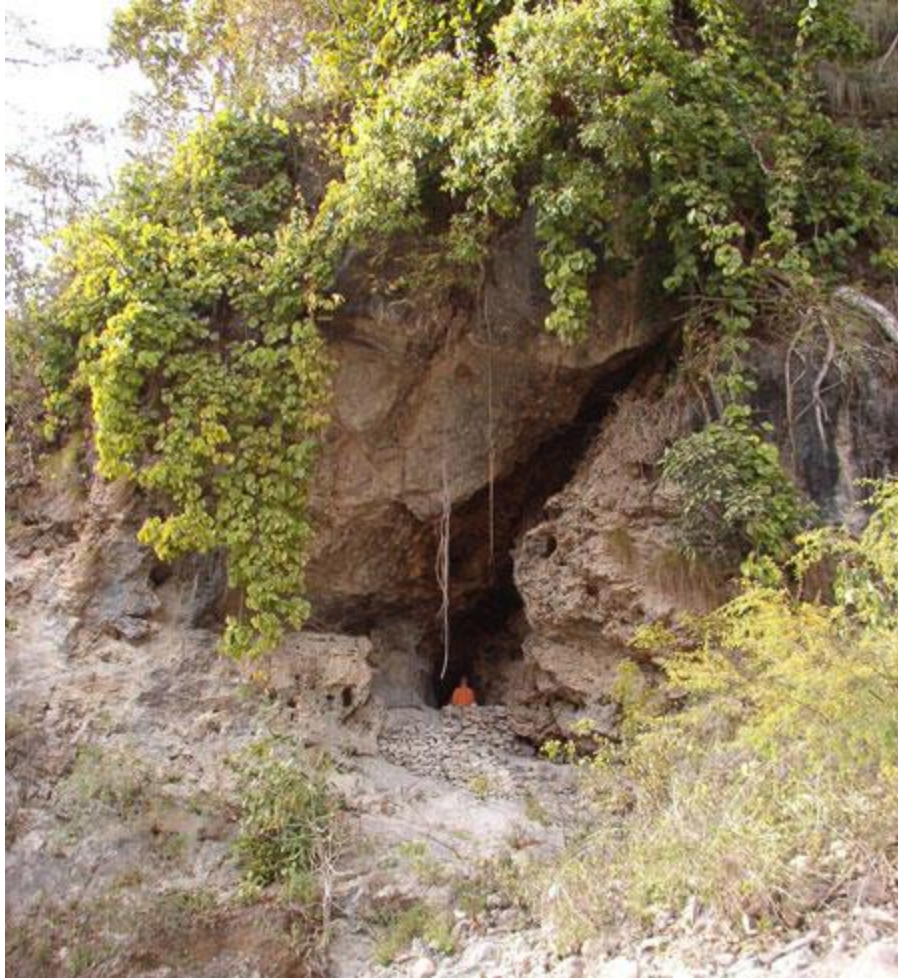
5. For Ishannis the means by which the state of union with God could be attained by them were the classical samskaras (initiatory and sacramental rites) of Hinduism and the traditions of ancient Shaivism, which included Yoga. They also had their own forms of the Christian Sacraments as Saint Thomas had transmitted to them.

These, too, perished in the persecutors' fires, so they adopted the rituals of the Iraqi and Syrian churches. Among the present-day Saint Thomas Christians there are those who wish to discontinue them and return to their original practices—but who can determine what those are?

A few congregations have built churches in the traditional Hindu style, but that is as far as they have gone. Some Saint Thomas Christians use the earlier forms of the Western Sacraments, and the mission to the West in the nineteenth century adopted the rituals of the Old Catholic Church of Holland translated into English.

6. The purpose of the Ishanni Sampradaya was clearly stated by Jesus when he petitioned the Father that: "they may be one, even as we are one: I in them, and thou in me, that they may be made perfect in one" Divine Consciousness (John 17:22, 23). This is the common goal of all the other sampradayas of Vedic Religion, an

d of true religion wherever it is found throughout the world.



This is the cave north of Rishikesh in which Jesus lived for some time. In the last century both Swami Rama Tirtha and Swami (Papa) Ramdas lived there (at separate times), and had visions of Jesus meditating there, though they had no prior knowledge of his having lived there.

### Further Reading:

- [The Apostle of India](#)
- [Basic Beliefs of Saint Thomas Christianity](#)
- [Our View of Dharma as Saint Thomas Christians](#)

### Jesus Lived In India!

THE STORY OF THE MISSING YEARS OF JESUS

with Craig Hamilton-Parker (Parameswara) 20:40

Did Jesus Live in India? | The story of Isha and the tomb of Jesus in Kashmir

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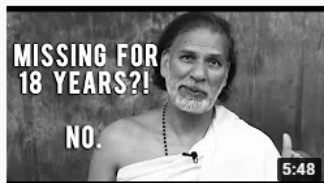
<https://psychics.co.uk> Craig talks about Jesus (Isha) and the evidence that Jesus not only visited India but lived there from the age ...



## Jesus in India - The Lost and Missing Years?

Eternal Perspectives • 1.9K views • 1 year ago

This video examines the credibility of the documents/sources normally cited as evidence for Jesus traveling to India and the Far ...



## Where was Jesus for 18 years? Missing in Bible Part 1/2

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Acharya Shree Yogeesh

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Tobias Lars

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Vishuddha Das

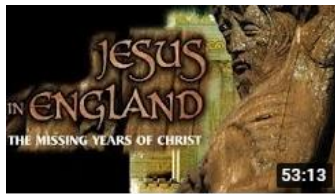
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## Light In The West - Jesus "lost years" and Joseph of Arimathea in Britain

Martin Trench • 28K views • 5 years ago

Did you know that Joseph of Arimathea was the apostle to Britain & France, and that the Christian faith arrived on the shores of ...



## Jesus in England: The Missing Years of Christ FREE

quay luff • 702 views • 2 years ago

The Bible tells us the story of **Jesus Christ**, but it misses out on one major point - where was he during the eighteen missing years?

## Glastonbury: archaeology is revealing new truths about the origins of British Christianity

5

New archaeological research on Glastonbury Abbey pushes back the date for the earliest settlement of the site by 200 years – and reopens debate on Glastonbury’s origin myths.

Many Christians believe that Glastonbury is the site of the earliest church in Britain, allegedly founded in the first or second century by Joseph of Arimathea. According to the Gospels, Joseph was the man who donated his own tomb for the body of Christ following the crucifixion.

By the 14th century, it was popularly believed that Glastonbury Abbey had been founded by the biblical figure of Joseph. The legend emerged that Joseph had travelled to Britain with the Grail, the vessel used to collect Christ’s blood.

For 800 years, Glastonbury has been associated with the romance of King Arthur, the Holy Grail and Joseph of Arimathea. Later stories connected Glastonbury directly to the life of Christ.

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<sup>5</sup> <https://theconversation.com/glastonbury-archaeology-is-revealing-new-truths-about-the-origins-of-british-christianity-93805>





Joseph of Arimathea Preaching to the Inhabitants of Britain. [William Blake \(via British Museum\)](#)

In the 19th century, a popular West Country folk tale claimed that Christ had visited Britain with his great uncle, Joseph of Arimathea, in pursuit of the tin trade.

The myth that Jesus visited Glastonbury remains significant for many English Christians today and is immortalised in the country's unofficial anthem, Sir Hubert Parry's hymn, Jerusalem, based on [William Blake's 1804 poem](#).

*And did those feet in ancient time  
Walk upon England's mountains green:  
And was the holy Lamb of God,  
On England's pleasant pastures seen!*



Historical accounts describe an “ancient” church on the site in the tenth century. It was still standing in the 12th century, described by the historian [William of Malmesbury](#) as “the oldest of all those that I know of in England”. But this revered and ancient church was destroyed by a [devastating fire in 1184](#), along with much of Glastonbury Abbey.



Reconstruction of the old church. Centre for the Study of Christianity, Culture University of York, Author provided

The old church was the first structure to be rebuilt – a new chapel was erected on the site of the old church that had been destroyed by fire. The Lady Chapel that was consecrated in 1186 commemorates the old church and still stands today at Glastonbury Abbey.

Any archaeological evidence for an early church would have been destroyed by the later construction of the crypt beneath the Lady Chapel.

## Archaeological evidence

So how can archaeology shed light on the question of Glastonbury’s origins? Research [led by the University of Reading](#) has reassessed the full archive of

excavations that took place at Glastonbury Abbey throughout the 20th century.

The excavation records confirm that the site of Glastonbury Abbey was occupied before the foundation of the Anglo-Saxon monastery around AD 700.

Near the site of the medieval Lady Chapel, there were traces of a timber hall within the bounds of the early monastic cemetery. A roughly trodden floor contained fragments of late Roman amphorae imported from the eastern Mediterranean, dating back to about 450–550AD.



period – extending from the pre-Saxon phase of the site at around 500AD and into the period of the Saxon monastery – potentially up to 300 years.

This new archaeological evidence does not prove the presence of an early church – or support a connection with Joseph of Arimathea. But it does confirm that the Anglo-Saxon monastery was preceded by a high status settlement dating back to the fifth or sixth century – one with elite trading connections to the eastern Mediterranean.

It may also suggest that the Saxon monastery carefully “curated” the timber building – in other words, preserved it for future generations, perhaps because it held special religious or ancestral significance for the monks.

## Spiritual meanings

Today, Glastonbury appeals to a wide range of spiritual seekers, many of whom are drawn by the abbey’s associations with Celtic Christianity. Joseph of Arimathea is important in making the connection to Glastonbury’s Celtic origins – the belief that Joseph founded a church of British Christianity that predated the Roman mission to England (from 597AD).

These archaeological findings are relevant to Glastonbury’s spiritual seekers because they push the origins of the site back to a period before the Anglo-Saxon abbey – into the time of the legendary King Arthur.

In a personal letter to the director of Glastonbury Abbey, Geoffrey Ashe – the Arthurian expert and doyen of Glastonbury’s alternative community – commented on the significance of these archaeological findings.

*To me, the most gratifying thing is the proof – at last – that the original community was British and existed before the Saxons’ arrival, as I always maintained. The foundation has now been moved back 200 years to the period where it belongs. Brilliant!*

The archaeological research provides extensive new insight into Glastonbury Abbey in Anglo-Saxon and medieval times – including digital reconstructions of the Anglo-Saxon churches and the interior of the medieval Lady Chapel.

For the first time, Glastonbury’s legendary traditions can be assessed alongside its archaeological evidence.



The Anglo Saxon Church in its modern setting 1100AD. The Centre for the Study of Christianity & Culture, University of York, Author provided

Archaeology will not prove or disprove Glastonbury's legendary associations with King Arthur or Joseph of Arimathea. But archaeology helps to explain what these myths meant to medieval people, how the story of Glastonbury has changed over time, and why it remains important to spiritual beliefs today.



## Did Jesus As A Boy Visit England? <sup>6</sup>

November 9, 2013



The 1986 Christmas Stamp of the Glastonbury Thorn

That's the legend anyways. Few people know that England's de facto National Anthem [Jerusalem](#) is based on that very question. Here is the first stanza speaking of Jesus ( the "Lamb of God") :

And did those feet in ancient time,  
Walk upon England's mountains green:  
And was the holy Lamb of God,  
On England's pleasant pastures seen?

Artist and poet, William Blake, wrote the poem, [And Did Those Feet In Ancient Time?](#) in 1808. Over a hundred years later, in 1916, England's poet laureate, Robert Bridges, plucked the poem from its bin of historical obscurity for a collection of British poetry. Composer [Hubert Parry](#) in the same year set the poem to music. It has been known as "[Jerusalem](#)" ever since.

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<sup>6</sup> <https://www.davidpaulkirkpatrick.com/2013/11/09/did-jesus-as-a-boy-visit-england/>

The song has since become a staple of modern British culture, sung at the recent Royal Wedding and at the funeral of Princess Diana. It has been featured in a number of movies and television works, including the Academy Award winning picture, [Chariots of Fire](#). The picture derives its name from the celebrated chorus in the song.

*Bring me my Bow of burning gold;  
Bring me my Arrows of desire:  
Bring me my Spear: O clouds unfold!  
Bring me my Chariot of fire!*

Few people, even few Brits, realize that this song celebrates the mythology that Jesus as a young boy traveled to England. This trip was made with his uncle, Joseph of Arimathea, a tin merchant and Mary's brother. This was a business trip to England. The only mentions of Joseph of Arimathea in the Bible are in association with providing the tomb for Jesus' body. The Bible is largely silent on Jesus from childhood to public ministry.

This legend, and it is unsubstantiated history, has been alive for almost 2000 years. Further legend believes that Joseph of Arimathea returned after the death of Jesus and started the first "cristen" church of England in the village of Glastonbury around 60 A.D.

The myth purports that Joseph decided upon Glastonbury because when he put his staff into the ground on Wearyall Hill, it took root and flowered. This tree is known as the [Glastonbury Thorn](#). A descendant of that first tree still stands and blooms small white flowers twice a year. One of the flowerings happens, some say "miraculously," around Christmastime.

For the last hundred years, it has been a royal tradition for the King or Queen of England's family to celebrate Christmas dinner with a bough of blooms from the [Glastonbury Thorn](#) on the table. The bough is cut every year at Christmastime by the oldest child in the second grade in the Glastonbury school system.





Engraved by W Blake 1773 from an old Italian Drawing  
 This is One of the Gothic Artists who built the Cathedrals in what we call the Dark Ages  
 Wandering about in sheep skins & goat skins of whom the World was not worthy  
 such were the Christians in all Ages  
 Michael Angelo Pinxit



Engraving by William Blake (1773) – Joseph of Arimathea on the Rocks of Albion. Depiction of Joseph is Herculean.

The Barefoot King and The Barefoot Stories largely take place in Glastonbury, England. The song known as Jerusalem occurs in the text several times.

In [In The Works Anthem](#), [christian mythology](#), [England](#), [Glastonbury](#), [Holy Grail](#), [Jesus](#), [Jesus As A Boy](#), [Jesus As A Young Boy](#), [Joseph Of Arimathea](#), [The Barefoot King](#), [those feet in ancient time](#), [Visit England](#)

## Joseph of Arimathea <sup>7</sup>

Joseph of Arimathea was a wealthy Jewish man who buried the body of Jesus Christ after the Crucifixion.

There are many legends about him, including one that he visited Britain with the young Jesus, and another that after the Crucifixion he brought the Holy Grail to Glastonbury in Somerset and established the first Christian church there.

### The story of Joseph of Arimathea

The story of Joseph of Arimathea is told in all four gospels.

Joseph was a wealthy man who came from Arimathea in Judea.

He was a good and righteous man who managed to be both a member of the Council (the Sanhedrin) and a secret supporter of Jesus - which is why he did not join in the Council's actions against Jesus.

After the death of Jesus, Joseph asked Pilate for permission to take Jesus' body and bury it properly.

Permission was granted and the body was taken down. Joseph, helped by Nicodemus, wrapped the body in cloth with the addition of myrrh and aloes.

They buried Jesus in an unused tomb that Joseph may have intended for himself, where it was protected by a heavy stone rolled against the opening.

### What the Bible says about Joseph of Arimathea

When it was evening, there came a rich man from Arimathea, named Joseph, who was also a disciple of Jesus. He went to Pilate and asked for the body of Jesus; then Pilate ordered it to be given to him.

So Joseph took the body and wrapped it in a clean linen cloth and laid it in his own new tomb, which he had hewn in the rock. He then rolled a great stone to the door of the tomb and went away.

*Matthew 27:57-60*

When evening had come, and since it was the day of Preparation, that is, the day before the sabbath, Joseph of Arimathea, a respected member of the council, who was also himself waiting expectantly for the kingdom of God, went boldly to Pilate and asked for the body of Jesus.

Then Pilate wondered if he were already dead; and summoning the centurion, he asked him whether he had been dead for some time. When he learned from the centurion that he was dead, he granted the body to Joseph.

Then Joseph bought a linen cloth, and taking down the body, wrapped it in the linen cloth, and laid it in a tomb that had been hewn out of the rock. He then rolled a stone against the door of the tomb.

*Mark 15:42-64*

Now there was a good and righteous man named Joseph, who, though a member of the council, had not agreed to their plan and action. He came from the Jewish town of Arimathea, and he was waiting expectantly for the kingdom of God.

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<sup>7</sup> [http://www.bbc.co.uk/thepassion/articles/joseph\\_of\\_arimathea.shtml](http://www.bbc.co.uk/thepassion/articles/joseph_of_arimathea.shtml)

This man went to Pilate and asked for the body of Jesus. Then he took it down, wrapped it in a linen cloth, and laid it in a rock-hewn tomb where no one had ever been laid.

*Luke 23:50-53*

After these things, Joseph of Arimathea, who was a disciple of Jesus, though a secret one because of his fear of the Jews, asked Pilate to let him take away the body of Jesus. Pilate gave him permission; so he came and removed his body.

Nicodemus, who had at first come to Jesus by night, also came, bringing a mixture of myrrh and aloes, weighing about a hundred pounds.

They took the body of Jesus and wrapped it with the spices in linen cloths, according to the burial custom of the Jews. Now there was a garden in the place where he was crucified, and in the garden there was a new tomb in which no one had ever been laid. And so, because it was the Jewish day of Preparation, and the tomb was nearby, they laid Jesus there.

*John 19:38-42*

## The legends of Joseph of Arimathea

But there's much more to Joseph of Arimathea than is found in the gospels. A whole host of other stories have grown up around him...

- He was the first person to bring Christianity to Britain, having been sent with other disciples by St Philip
- He built Britain's first church (some say this was actually the first church in the world)
- He was Mary's uncle, and thus Jesus' great-uncle
- He was a merchant who visited England to buy Cornish tin
- He took Jesus with him to England when Jesus was a teenager (local legends say that among the places they visited were St Just in Roseland and St Michael's Mount)
- He brought to England two vials containing the blood and sweat of Jesus (or two vials containing the sweat of Jesus)
- He brought the Holy Grail to England and hid it in a well at Glastonbury, now called the Chalice Well

## Joseph was related to Jesus

This story may originate from the tradition that the senior male relative of a crucified person was obliged to deal with the body. Jesus' father was no longer around, so if Joseph of Arimathea did volunteer for the task, that suggests that he must have been related to Jesus in some important way.

## Joseph of Arimathea in England

There are two well-known legends about visits Joseph paid to the West of England.

However when historians looked at the evidence, they could find no mention of Joseph of Arimathea until the 13th century. It's been suggested that the association of Joseph of Arimathea with Glastonbury was a deliberate ploy to add to the status of Glastonbury by associating it with such a prestigious person.

## Joseph visited England with the young Jesus

One of the abiding legends of early English Christianity is that Joseph of Arimathea visited the West Country of England with the teenage Jesus. Both Somerset and Cornwall claim to have been visited by Joseph and Jesus.

The contemporary troubadour Van Morrison has put the legend to music in his song *Summertime in England*...

...Won't you meet me down by Avalon  
In the summertime in England  
In the Church of St. John...  
Did you ever hear about Jesus walkin'  
Jesus walkin' down by Avalon?

*Van Morrison, Summertime In England, from the album Common One*

The name 'Avalon' refers to Glastonbury, and Glastonbury parish church is dedicated to St John.

But far better known is this poem by William Blake, based on the same legend, and famously set to music by Sir Hubert Parry as 'Jerusalem':

And did those feet in ancient time  
Walk upon England's mountains green?  
And was the holy Lamb of God  
On England's pleasant pastures seen?  
And did the countenance divine  
Shine forth upon our clouded hills?  
And was Jerusalem builded here  
Among those dark satanic mills?

Bring me my bow of burning gold!  
Bring me my arrows of desire!  
Bring me my spear! O clouds, unfold!  
Bring me my chariot of fire!  
I will not cease from mental fight,  
Nor shall my sword sleep in my hand,  
Till we have built Jerusalem  
In England's green and pleasant land.

*William Blake (1757-1827)*

## The legend of the Glastonbury Thorn

The Glastonbury Thorn (*Crataegus monogyna* 'Biflora') is a variety of hawthorn that flowers twice a year in winter and spring - or, given suitable conditions, at Christmas and Easter.

The legend states that Joseph of Arimathea became a missionary after the death of Jesus and was eventually sent to England to preach the Gospel. He took with him the Holy Grail, and his pilgrim's staff.

After landing in England he made his way to Glastonbury. When he stuck his pilgrim's staff in the ground at Wearyall Hill it overnight turned into a flowering thorn tree.

In time Joseph converted thousands to Christianity, including, it is said, 18,000 in a single day at the town of Wells. He also converted Ethelbert, the local king.

Joseph went on to found Glastonbury Abbey.

He became so well-known and admired that when he died at the age of 86, his body was carried by six kings in the funeral procession.

The Glastonbury Thorn is said to flower on Christmas Day every year, and blossom from the plant in the churchyard of St John's Church Glastonbury is said to be used to decorate the Christmas breakfast table of the Queen each year.

St John's Church has a stained glass window commemorating Joseph of Arimathea

## Perception Of Breathing

8

Regulate your breathing; make it slow, deep, and rhythmic. Let the vibrations of each breath reach your navel. Allow your abdominal muscles to expand during inhalation and contract during exhalation.

Now concentrate your mind fully on your navel. Practice deep, slow, and rhythmic breathing, by allowing each breath to take the same time. Perceive each inhalation and exhalation through the expansion and contraction of the abdominal muscles accompanying each inhalation and exhalation respectively.

Continuing the slow, deep and rhythmic breathing, now shift your attention from the navel and focus it inside the nostrils at the junction of both nostrils. Perceive each incoming and outgoing breath. Remain fully aware of every breath.

Continuously practice slow, long, and rhythmic breathing—inhale and exhale each breath while remaining fully aware of it. Fully occupy your mind in the perception of breathing.

If you are distracted by any thought, do not try to stop it forcefully, but also perceive it, and then again start perceiving your breath. If the distraction is frequent, you may hold your breath for a few seconds without causing any discomfort.

Maintain the continuity of the awareness of breathing. Merely perceive it without like and dislike.

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<sup>8</sup> <https://jainworld.com/philosophy/others/preksha-dhayan/a-handbook-of-preksha-meditation-for-the-trainers/5-perception-of-breathing/>

## Meditation Talk 2-13-2017

Greetings. Welcome to a brand new day. Let's continue our discussion on mediation. As I said before we are hard-wired to experience our true nature. We have simply forgotten our true nature.

Meditation allows us to open the door within. It's a simple practice yet at the same time it takes time to master. There will never be a point where you can clap your hands and say I have mastered all that there is.

So close your eyes. Focus your mind on your breath. Relax. Watch your breath go up and down. That's all there is to it. When thoughts come in don't struggle. Just watch your breath go up and down. Enjoy the rhythm of your breath.

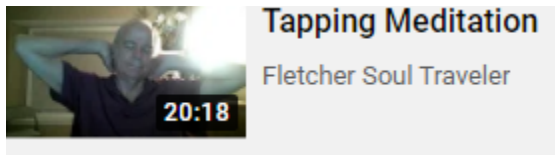
Now slowly open your eyes. What did you feel? Take that feeling and incorporate that feeling into your whole body. You want to integrate this experience into your body. Day by day practice this. Over time your experience will grow.

Remember to try to focus on your breath whatever actions you are taking. Over time it will be natural.

## Meditation Talk 2-14-2017

Greetings. Welcome. Today let's increase our meditation to around 10 minutes. You can do this. Close your eyes and focus on your breath. Watch your breath go up and down. Up and down. Just let your thoughts come and go. Just follow your breath. Watch your breath. Just relax into this experience.

Slowly open your eyes. How does that feel? Remember to try to watch your breath in your day-to-day moments. You are on a path of self-discovery.





## Fixity

Fixity is a state of being unchanging or permanent.

Everything changes in the external world.

We buy a brand new car and it gets old.

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

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

He sold it just recently for 10 grand.

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

This is the nature of the external world.

Everything changes.

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

Even your human body will someday disappear before you.

What can we fix upon that is permanent and unchanging?

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

We all breathe in every moment.

Yet we take it for granted.

To be honest most people are oblivious of their breath.

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

You got to be kidding me.

What have you been smoking?

The doors to perception have always been there.

The signpost is there.

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

That's too easy.

Occam's razor is a principle from philosophy.

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

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

It's so simple.

Yet we don't believe it.

The path must be complicated.

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

Mystics have said this path is super easy.

Just watch your breath.

That's how easy it is.

This has been known for thousands of years.

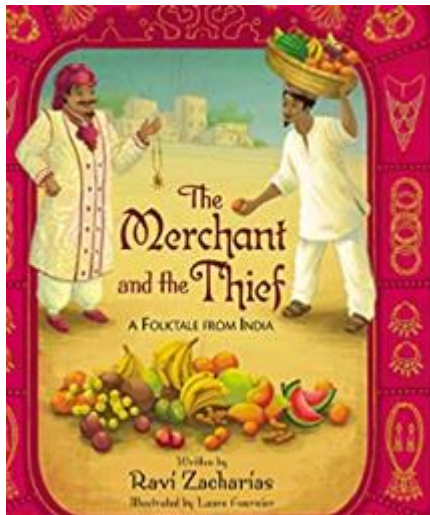
Today it's still an unknown in our society.

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

When a society does this chaos is all around.

Need I say more?

## The Jeweler And The Thief



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

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

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

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

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

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

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

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

The very first game they taught was hide and seek. This was a very practical game. They had a series of talks about the universe. They were taught that the universe

existed inside of them. Well, to be frank, that was completely over their heads. They couldn't even understand one word.

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

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

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

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

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

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

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

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

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

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

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

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

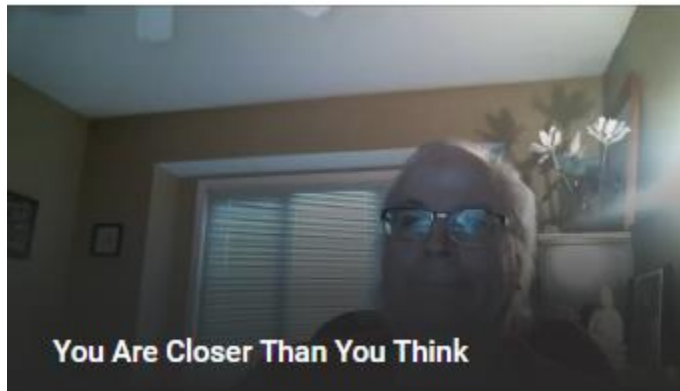
The dragons said let's play a game of hide and seek again. This time focus on your breath.

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

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

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

## You Are Closer Than You Think



Close your eyes. Focus on gratitude and love. When you feel a small sparkle of love inside you are connected to the quantum field.

Now with your eyes closed focus on kindness. When you feel yourself experiencing kindness you are connected to the quantum field.

How about peace? Concentrate on peace. When you feel peace inside you are connected to the quantum field.

How about compassion? Concentrate on compassion. When you feel compassion inside of you are connected to the quantum field.

You see you are closer than you think. This is not an abstract object. This is the real you. Yet this is just the tip of the iceberg.

The more you pay attention to something the more aware you become. The more attention you pay to your true nature the more aware you become of it. This is just a simple fact.

We think that love, kindness, and compassion get triggered by external events. These emotions are our true nature. We have just forgotten. At any time we can connect to our true selves.

Meditation is the way to discover our true nature. Imagine in the beginning when you closed your eyes it was like taking a sponge bath. Imagine in time that by practicing meditation you can jump into the infinite ocean of love, kindness, and compassion.

How would that change your outlook on life? All problems that you have would seem so insignificant. Presently most of us are stressed out. We can hardly wait for the weekend.

Yet imagine that meditation leads one from being stressed out to a place where one loves life. One wakes up every morning and is happy to be alive.

When one truly begins to moment by moment be aware of the quantum field, one's life is transformed. Truly it's impossible to explain it but we keep on trying.

For me, signposts are all around us and inside of us. We live such a busy life that we are oblivious to it. We have all these incredible emotions that are our true nature yet we don't realize how incredible they are. It's like we experience these emotions randomly in our life.

It's like falling in love with someone. We fall in love and think that the other person is responsible for it. As easily we fall in love we fall out of love. Thousands of people get divorced. Meditation reveals that the infinite ocean of love exists inside of you.

This path reveals your true nature. This path shows you how to be a proactive being. We are not leaves blowing into the wind. We can be in the center of the hurricane.

What does this mean practically? It means that one knows how to live beyond a high beta state of mind. What does that mean? It means you won't be stressed out. It means that you can laugh at life.

It means your adrenaline is not out of control and can't be turned off. It means that you start to live in harmony and your health will increase.

One learns to talk to the body and the body starts talking to you. There is an incredible harmony between the mind, body, and soul. Your mind becomes your friend. In our society millions of people have addictions and the mind causes such pain in people's life.

I believe that the world's problems can be solved when the world at large embraces the quantum field.

All practical solutions exist inside the field. The more humanity will embrace this field (which by the way is our true nature) the faster the world will be a better place.

Isn't it amazing that man has fought for thousands of years? Many people say this is our true nature.

If we are divine beings do you think this is our true nature? It doesn't make sense. Yes, this is a journey of going from darkness to light. I completely agree with that. I feel that the scientific and religious world is being merged.

For the first time, the common man is being shown practical tools to discover the jewel that exists inside. It doesn't matter if you believe in God or not the essence is the same.

So the next time you get stressed out simply close your eyes. Watch your breath. Imagine the peace of mind. Hold onto that. This is your true nature. This is the first step of being conscious and aware of your true nature.

In this manner by experiencing even little peace thousands of incredible chemicals are being released into your body. Remember each thought you have either positive or destructive chemicals are being released into your body. You are your master chemist.

You are in total charge of where you are going in life. We were never taught this in school. It's so obvious and science has proven that thoughts create chemicals that create emotions. You can't separate the mind from the body.

I don't know about you but I'm completely fascinated by this. I have been meditating for around forty-eight years and I'm still a youngster learning about the mysteries of life. I am completely blown away.



## The Breath

The breath

It's kinda sad.

The majority of mankind takes a breath for granted.

Yes, we breathe in and breathe out.

That's so common to us.

We do this at every moment.

What could be more common?

We all breathe.

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

You are the universe.

You just don't know it.

The power behind your breath is keeping you alive.

You have the potential to connect to this source.

In essence, this is your true nature.

Many of the great masters taught this.

They taught me to meditate upon my breath.

It takes baby steps.

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

Have patience.

The mind is like a tuning fork.

It takes time to tune into the frequency of life.

This frequency is pure love.

Day by day simply follow your breath.

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

## Breathing Through Your Mouth

I was in India many moons ago.

Over 47 years ago.

I remember hearing people talk about various kinds of breaths.

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

Our breath is a complicated system.

Scientists are just beginning to study the effects of breathing.

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

What does that mean?

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

Many of these in the short term are beneficial.

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

We reinforce this situation by improper breathing.

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

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

They understand the practical mechanics of breathing through the nose.

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

Our western day understanding of the general public is lacking.

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

We are totally off balance.

No wonder we have all our ailments today.

Ponder this over.

## Fine Tune Your Radio Station

Fine-tune your radio station.

You are listening to an old station.

This station is reinforcing all your bad habits.

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

Listen to KGOD.

This signal is broadcast from within.

It is clear and constant.

You just have to tune your mind to this signal.

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

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

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

What is keeping you alive?

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

This is your true nature.

This signal is like a magnet.

It draws kindness, love, and compassion to you.

It's like taking a shower of love.

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

This radio station is live.

It has been broadcasting for eternity.

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

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

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

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

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

This radio station will make you laugh at life.

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

Kindness and compassion will be there.

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

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

Your mind is looking externally to fix your inner world.

Mankind has been running in circles for thousands of years.

Look at the political landscape in America today.

Anger and chaos rule the land.

Fine-tune your radio station.

You are a piece of the puzzle.

## The Fight of Two Wolves Within You



An old Cherokee is teaching his grandson about life:

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

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

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

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

“Which wolf will win?”

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

## Learning How To Ride A Bicycle

Once upon a time, there was two twin brother named little Ricky and little Johnny. Little Johnny was a genius in picking up and learning new things. While little Ricky was what you would call on the slow side. It took him hundreds of tries to learn new things.

For example one Christmas morning their wonderful parents presented them both with brand new bicycles. Both of them were so excited. Well, they took them outdoors. Little Johnny hopped on his and immediately started riding down the block. Well, Little Ricky didn't have the same luck. In fact, it was kinda funny to see how clumsy he was. He didn't give up. He knew deep down inside he could learn how to ride this. It took him about a month.

The first time he realized that he was actually riding the bicycle he was filled with joy. He was so grateful. I did t. I did it. I didn't give up.

This incident carried him throughout his life. Every time he had to learn something new he remembered the experience of learning how to ride a bike.

In fact, years later his wife said that he learned things so quickly. Little Ricky just smiled. He knew that life taught him such a precious lesson at such a young age. New give up. Preserve. You can learn anything. It may just take your time.

## Follow The Recipe



Little Ricky loved ethnic foods, He was brought up since he was born to eat ethnic foods.

He loved them. Yet he never knew how to cook them. One day in high school he enrolled in a cooking class.

He wanted to learn how to cook. To his amazement, he learned that there were cooking recipes that you can follow to make each dish. A recipe usually had a list of ingredients along with the actual step-by-step steps needed to make the dish.

He was so excited. From that precious course, he took he learned hundreds of recipes throughout the years. He took the same concept to his own life.

He learned how to use spices like kindness and patience in his life. He would sprinkle these on his daily actions. He knew that life was an incredible adventure. He adds these precious spices to his everyday affair.

Ponder this over. What spices can you use to enhance your life? Kindness, tolerance, patience. Love and compassion. These are incredible spices that the world loves.

Learn how to avoid the spice of anger, being a bully, and fighting. These never are good in the end. They are old habits from the past.



## The Frog in The Well



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### 3 Blind Men And The Elephant



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

Each man touched a different part of the elephant.

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

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

I'm right and you're wrong.

I know all the answers.

You are a fool to believe in that.

What a child you are.

Yet they all had their own individual experience.

It was a piece of the puzzle.

Not the puzzle itself but a piece.

Are we like the blind man touching the elephant?

My religion is better than your religion.

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

I'm going to declare war on you.

I'm going to convert you.

Religion has a piece of the puzzle.

It is not the puzzle itself.

Each religion is different and unique.

The essence is the same.

Which part of the elephant did you touch?

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

Your enemy is talking about the same thing you are.

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

In the end, the essence is the same.

## Stop The Noise In Your Head



As the children began to learn how to meditate they saw how powerful the mind is. They never noticed that before.

They asked the dragons how to stop the noise in my head. Of course, all the dragons laughed. ‘

They laughed because everyone goes through this. You see the mind is the most different thing to control in the universe. The majority of man reacts to every situation. Man is reactive.

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

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

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

Well, the genie told this man you can have as many wishes as you want. The man said wow that's incredible. I love that idea. The genie said well there's a catch. The man said, "what's that". You must always give one wish after another.

If you don't I will chop off your head with my sword. Are you sure you want to continue with this? The man hesitates for a moment and says reluctantly sure.

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

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

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

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

The genie said with a smile give me a wish or I will chop off your head. As you can see the genie wasn't particularly nice. Well, the young man told the genie to go up and down the pole.

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

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

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

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

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

## The Mirror



Mirror, Mirror on the wall. Who's the fairest one of all? What if we have an actual mirror that exists inside of us? Wouldn't that be an incredible fairy tale? Now, what if I told you that you are the universe?

You just don't know it. How's that for a fairy tale? You see your mirror is dusty. Throughout your life, nobody told you that this mirror exists inside of you.

Well, let the fairytale begin. You can start learning how to clean your precious mirror. You can start by being kind in every moment. The more you are kind the more you will clean your mirror.

Learn how to meditate and enjoy the silence inside of you. At first, you may get bored but the more you practice the more you are cleaning your mirror. Remember this is a play not work.

Cleaning your mirror is like removing huge boulders that you carry around. They weigh you down. Each time you remove a boulder you get lighter and lighter.

You see you are your own Prince Charming. You can remove all obstacles inside of you. Now that's a fairy tale. Ponder this over. You are the universe. You just don't know it.

## Mediation

I once had a grand teacher who said mediation is perfect concentration upon a perfect point.

How elegantly said.

Imagine the mind is like a tuning fork.

Whatever it touches it vibrates at that frequency.

Have you ever felt that material happiness is finite?

Imagine the car you always dreamed of.

A yellow Ferrari.

In the beginning, it brings so much joy.

You take all of your friends around the block for a spin.

Day and night you are satisfied.

One day you notice that a little dissatisfaction has entered your door.

Day by day your yellow Ferrari becomes a hassle.

How many times to the shop?

I need an oil change.

My brakes need changing.

The transmission just went out.

Everything material wears out.

Material happiness will soon lead to pain.

Does this mean we can't enjoy the comforts of life?

Do we have to live the life of a hermit?



How can one live in this world and live in absolute joy?

Mediation brings an individual to the center of the hurricane.

The winds of change are blowing yet perfect calm resides inside.

This is your true state.

Absolute joy, total bliss.

Your mind is vibrating with the word of life.

## Who Were You Before You Were Born?

Who were you before you were born?

Where did you come from?

Both are good questions.

Have you ever stopped and pondered these questions?

Where will you go when you die?

It's not the grave.

Yes, your body will return to the earth.

But where will you go?

Mystics have said the answers lie within.

Open the door within.

Remember it's one small step after another.

You can solve this riddle.

## The Wheel Of Life

Are we like the wheel of life?

We come and go into this world like the spokes on the wheel.

We forget that all the spokes are connected to the center.

We think we are a particular spoke.

We have forgotten our true nature.

Our wheel goes round and round on our journey of life.

We are always supported.

There is a center of the wheel.

The center is home.

You are the universe.

Remember who you truly are.

Ponder the meaning of this message.

## You Are Your Own Creator

You are your own creator.

You create your own destiny.

The actions you take and the words you speak will create the world you live in.

You can't blame others in this game of life.

You must take responsibility.

We must learn to become mature.

We can learn from our mistakes.

We can transform our negativity.

The power exists inside of you.

You are the universe.

All wisdom lies inside.

You are truly wise.

Discover this essence inside.

## Cosmic Travelers

We are all cosmic travelers  
Unfortunately, we have forgotten our true identities.  
You are the universe,  
You just don't know it.  
You came from the stars.  
You are stardust.  
You were never born and you will never die.  
You are eternal.  
I bet you never heard this in Sunday school.  
You are not a sinner.  
God does not judge you.  
Man judges.  
Man tries to tell you your religion is no good.  
God accepts all religions.  
Even if you don't believe in God, God loves you.  
This is the nature of the universe.  
The universe does not judge.  
We throw human emotions to God.  
We say that God is a wrathful God.  
We say that God is an angry God.  
Those are negative human emotions thrown at God.  
God is a love so pure that nothing can taint it.  
The creative force knows only love.

No negativity exists there.  
There are no wars in heaven.  
There are no fallen Angels.  
Well, maybe you can put a man in that category.  
We came down to earth to discover our true nature.  
When our body dies we go back to God.  
We are not born sinners.  
God does not judge us.  
Yet we should learn from our mistakes.  
This is a goal in life.  
Gaining wisdom from your mistakes.  
We will never stop learning and growing.  
You have been around forever.  
Don't get stuck in the same record grove where you do the same thing over and over again.  
Maybe the spiritual path is so practical that we can't see the use for it.  
Imagine seeing this world through a peephole.  
You can see the world but your sight is limited.  
Your way of thinking is limited.  
Now imagine walking through the door and out into this world.  
At first, you would be blinded by the light.  
Over time your eyes would adjust and you would then see the world more clearly.  
All the great masters have talked about this in their own ways.  
Spirituality is living a practical life.  
The Buddhists say "Chop wood, carry water".

This world would change if we live up to the responsibility.

We all have a piece of the puzzle.

Discover your piece on put it on the board of life.

We are cosmic travelers.

## Castles In The Sand

When I was young I loved building castles in the sand.

I remember building them when the tide was low.

It was so much fun.

We had our buckets of water and sand.

We were never very good like what they can do today.

Yet we had our sandcastles.

These were our creations.

It was always amusing when the tide came in.

There was nothing you could do.

The rising tide simply dissolved the castles.

It did matter how grand or simple the castles were.

The rising tide did not discriminate.

The tides always came in and the tides always returned.

Doesn't that kinda represent the tides of life?

We come into this world.

We live and build our own creation.

Someday the tide comes in and washes us away.

I'm not trying to scare you.

There are just the facts of life.

Like there is the four-season everything changes.

Nothing is permanent.

Everything changes.



There is a beauty behind it.  
All the great masters have talked that life seems to be permanent.  
Yet it isn't.  
This life on earth is so short.  
It's only a blink in time.  
I remember when I was young.  
My illusion of time was that time was slow.  
Summers lasted forever.  
Now at sixty-four summers just fly by.  
The years just fly by.  
At times I look back and say what happened?  
Where did the time go?  
This life is so precious.  
Yet the great masters have said hold on to the jewel within.  
Go inside and discover your true nature.  
Your true essence is timeless.  
You were never created nor will you ever be destroyed.  
Life is eternal.  
I remember when I was young I was told once that when you die you no longer  
existed.  
You vanished into thin air never to be seen again.  
I really didn't like that theory.  
That was cold to me.  
I love the idea there is an ocean of love and we merge into the universe.  
I love the idea that we are the universe we just don't know it.

That at the time of death we go back to the source.

God does not judge us.

God does not condemn us.

I like this kind of thinking.

In my experience these words are true.

God is our partner.

He has never left our side.

This is one reason why these poems are created.

Hopefully, it will entice you to discover your true nature.

What an incredible journey we are on.

Building sandcastles in the sand.

Come and join me in building sandcastles among the stars.

## If Death Approaches You

If death approaches you what do you do?

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

You will never get out of it alive.

It's not a question of if but when.

We roll the dice in our life.

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

If you feel you were in for your worst nightmare.

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

At times you may be held down for two waves.

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

You mustn't panic.

You must let go and totally relax.

I think that surfing and meditation teach one about death.

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

It could go either way.

Yet the surfer keeps on surfing.

Not all.

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

It was the wave of the century.

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

He got obliterated.

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

Your respect for life is enhanced.

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

Somehow you can see how precious life is.

Maybe that's what it is all about.

The gratitude of being alive fuses into your being.

Wow, I'm alive.

### Last Breath

Wow, the end of your journey is about to end.

You are about to take your last breath.

This was an incredible journey you had.

Another journey is about to be embarked on.

You see your body dies but your essence is eternal.

You are about to become one with the universe.

You are about to become one with God.

This is your true nature.

You are like a raindrop returning to the ocean.

The raindrop merges into the ocean.

You merge with God.

You come unto this world from God.

Slowly over time, you forget your true nature.

Upon death, you go back to the source.

All the great masters have said to discover the essence behind your breath.

Something is keeping you alive.

Your breath is ever so precious.

Don't take it for granted.

Your breath is a gift from God.

The more you become aware of your breath the vast mysteries of life will be revealed.

Your true nature is kindness.

Your true nature is love and compassion.

Your true nature is patience and tolerance.

You are the universe.

You just don't know it.

The greatest treasures lie inside of us.

We tend to think that happiness lies outside of ourselves.

It never has and never will.

That precious car you always wanted will soon be a headache.

At first, it was like wow I always wanted this.

In the first few weeks, the car brings you so much happiness.

You show it off to your friends and take them for a spin in your new car.

Unfortunately, after some time the thrill is gone.

BB King even wrote a song about this.

Many people think that if these gifts are truly there why don't I know it?

Well, there is a mine within.

Yes.

There are diamonds within.

Yes

How do you dig for diamonds?

You need a shovel and a pick.

To answer this riddle in life you need to learn how to dig for the jewel inside of you.

That's what all these sayings are for.

The miracle of life lies behind your breath.

Follow your breath moment to moment.

This is where your incredible journey begins.

## Temple Of God

Where is the temple of God?

Man searches near and far.

We think the true temple exists outside of ourselves.

Billions of dollars have been spent over time building external places of worship.

Yes, they are great ways for communities to come together.

But where does God reside?

God resides everywhere.

God resides in this universe and beyond.

There is not a single space in the universe where God does not exist.

Yet man at times is looking in the wrong place.

The great masters of old said that the great temple lies in your heart.

Is that a paradox?

Man has spent his entire life searching for God and the whole time the answer lies within.

I see some irony in this picture.

Yet we have been told many different stories.

Some of them were true and some of them were made up.

Some of them were meant to control you and make you feel bad.

But the journey of the heart begins when you realize that God exists inside of you.

This is your true place of worship.

Now I'm not saying change your religion.

God, in essence, is no religion.

Keep your religion.



You will see the true beauty of your religion.  
When you discover God within you will see the unity of all religions.  
There is a thread of love tying us all together.  
This is our true state.  
God wants us to discover our true nature.  
When mankind does this peace will be on earth.  
War is obsolete.  
The universe does not fight itself.  
God does not fight itself.  
Only man fights.  
This is an old way of thinking.  
Humanity can change.  
The temple of God lies inside.  
You can discover it.  
Moment by moment your awareness can be on God.  
Ponder this over.  
A great awakening is taking place.  
You have a piece of this puzzle.

## The Cosmic Merry Go Round

Is life like a cosmic merry-go-round?

Everything is spinning.

Look at the earth and the planets spinning around the sun.

Look at the spinning galaxies.

To me, it looks like a cosmic merry-go-round.

Everything is in synch and motion.

Nothing ever stops.

It's constantly in motion.

Yet at times we are oblivious to this.

We are driving in our cars with our cell phones.

Did you know the Mayans had a calendar where the cycle was 24,000 years year,

What a ride that must be!

We are proud to have a calendar base on the earth traveling around the sun for  
one year.

How about a calendar that lasts 24,000 years?

Where did they get that kind of knowledge?

They didn't have any kind of modern-day instruments.

To be honest I'm loving seeing that science and religion are slowly melting into  
each other.

Both the scientist and the mystic have their own laboratories.

The mystic has one within and the scientist is external.

Both of them are doing research.

Both of them are gaining wisdom.

The scientist may say what's does a mystic know.

The mystic will simply smile.

There is nothing to prove.

The truth needs no convincing.

I'm looking forward to the day when scientists are mystics.

When that happens I think that's when things really will be interesting.

When a man embraces peace many incredible inventions will come out.

These inventions can't come to earth if man is still warring with each other.

The mystics is discovering the field which is quantum energy that ties the entire universe together.

A human being can connect to the field.

Mystics have known that for thousands of years.

Ponder this over.

Discover the merry-go-round of life inside of you.

## Time Passes Every Breath

Time passes in every breath.  
The mystics have said that you only have so many breaths.  
Nobody knows how many we have.  
Each individual has a different count.  
Yet I really don't think destiny is cast in stone.  
We can learn how to be conscious and learn how to change our ways.  
But time slips away with each breath.  
We must be aware of the miracle of the breath.  
We take it for granted.  
All the great masters talked about the breath of life.  
Behind our breath is the power that is keeping the universe alive.  
We just aren't aware of it.  
We always look external to find God.  
But the great masters have said the kingdom of heaven lies within.  
God is hidden under our inner pillow.  
What an incredible game of hiding and seek?  
This is probably the greatest game man can play.  
The great masters have given us hints as to where to find God.  
Many great books have been written on this.  
They can't walk the path for you.  
They can't play the game for you.  
It's up to you to decide if you want to play in this game.  
You have free will.

This is the law of the universe.  
Nobody will take that away from you.  
These sayings or poems are hopefully inspiring you.  
They were meant for you to ponder over life.  
They are meant for you to see a different side of the story in life.  
We aren't trying to convince you or trick you.  
The truth doesn't need that.  
The sun just shines in the sky.  
The truth just shines.  
The truth lies inside of you.  
It will never go away.  
This is your true nature.  
Ponder this over.  
You are eternal.  
You are the universe.

## We Are Made To Experience

We are made to experience.

What in the world does that mean?

As humans beings, we come to experience life.

We come to see and understand the world around us.

This life is an incredible journey.

This journey is infinite.

It will never end.

Did you know that you are hardwired to experience God?

Imagine having a yellow Ferrari and keeping it in your garage your entire life.

What would be the point?

A yellow Ferrari is meant to be driven.

Yet's your garage door is closed.

Your yellow Ferrari is gathering dust all around.

In the same manner, you are hardwired to find God.

Did anyone tell you that?

You are the universe.

You just don't know it.

God is hiding inside of you.

The human body is hardwired to find God.

You have free will to discover God inside of you.

This is the great hide and seeks game in the universe.

Inside of you lies the truth.

You just need to open the door.

You just need to take small baby steps.

You can't take a giant leap.

It doesn't work that way.

All the great masters have said the same thing.

The kingdom of heaven lies within.

Yes, we are made to experience God.

Does that excite you?

Does that catch your attention?

Or

Thanks but no thanks.

I'm not interested.

No problem.

You have free will.

The universe won't judge you.

Ponder this over.

You are hardwired to find God.

## You Are Made Of The Same Stuff As the Universe

You are made of the same stuff as the universe.

Wow.

Isn't that exciting?

You are stardust.

You came from the universe.

In fact, you are the universe.

Isn't that exciting?

The great masters of old talked about your great essence.

We thought they were fairy tales.

We thought they were just stories.

Today we sent satellites out to the unknown in space.

The more we learn the more we can our knowledge is a grain of sand.

The modern-day mystic goes within.

The modern-day scientist explores the universe.

Both are leading mankind in the search of the unknown.

Did you know that all matter on earth came from beyond?

Just stop and think for a moment.

What a glorious world we live in.

Signpost of God is all around us.

Yet we are driving in our cars with our cell phones in our hands.

What do we see?

In this condition, we are lucky to see even the road.

I was once told that if God ever did come back most people wouldn't be aware.



Imagine heaven can be all around you.  
Yet you are not aware and conscious of it.  
You see conscious and awareness are the key to life.  
That's why I say the spiritual path is the most practical path.  
In every moment you must be aware and conscious.  
The more you are aware and conscious the more you have gratitude.  
This is an endless journey.  
You can never clap your hands and say I've totally aware.  
The journey of life is eternal.  
You were never created.  
You will never die.  
Your body will.  
I find this fascinating.  
Just think you are made up of the same stuff as the universe.  
Ponder this over.

## Does Life Throw You A Curve Ball?

Does life throw you a curveball?

We are in the game of life.

We are playing the game.

We have a coach that is God.

He is on the sidelines.

He is rooting for us.

Unfortunately, we don't know that he is there.

Life throws us a curveball and we go into a tizzy.

The great masters of the past taught how to hit a home run when a curveball is thrown.

We must go within and find the inner coach.

It's always been there.

We have free choice to open the door or have the door remain shut.

Ponder the meaning behind this puzzle.

## What A Magnificent Drop You Are

Kabir a mystic from the 15 century said the following.

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

Now that is profound.

A modern-day Einstein might have said that today.

The entire universe exists inside of us.

We are a part of the universe.

Is this a paradox?

We are beyond time and space.

There are billions of universes.

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

It is spiritual.

No instrument known to man can detect this yet.

Yet the mystics have said all along.

You are hard-wired for this experience.

Ponder this message.

The divine words from Kabir are alive.

## Why Do I Meditate?

Where would I be without meditation?

Many people ask me “why do you meditate”?

That’s a great question.

I have been meditating for many moons.

I started when I was eighteen years old.

Meditation is the glue that binds all life.

Meditation is the thread which ties us all together.

Meditation is the means to listen to God.

I first started to meditate for myself.

Over time it morphed into I meditate for the planet.

We are all candles in the wind.

Meditation place the precious candle inside of a glass lantern.

The wind can’t blow the candle out.

I have learned the mind can be your friend or foe.

In the beginning, I never knew how powerful the mind is.

It takes years to train the mind.

The majority of people on the planet have no idea who's in control of their life.

Many of my friends were astonished when they first start to sit down and meditate.

They had no idea how powerful the mind is.

In the beginning, you meditated and got connected to the source.

Years later the source connects to you.

When you close your eyes God is there.

He has been there all the time.

You are never alone.

This is why I meditate.

## We see only 1% of the light spectrum

I find it quite fascinating that we see only 1% of the light spectrum.

Yet we have the hardware and software to discover God.

One of the greatest Mystics once said the following.

If the eye be single thy whole body shall be filled with life.

The world of science and mystics are merging together.

Modern-day scientists are talking about the human body is wired to the quantum field.

We can only see 1% of the light spectrum with our physical eyes.

Yet inside of us lies the pineal gland which is the doorway to the quantum field.

Mankind thinks what's he sees is reality.

Yet we are almost missing the entire picture.

The great mystics call this Maya.

Maya is a great illusion.

Ponder this over.

We can't even imagine what we are missing.

## Space Dust

Did you know that the formation of stars, solar systems, and galaxies came from space dust?

Imagine a supernova exploding.

It gets so hot it melts the dust together.

This then forms small rocks.

These rocks then bump into each other.

Therefore creating larger rocks.

Therefore creating boulders.

Billions of years later a planet is born.

Just think without the moon we would all be dead.

There is a yin yang balance between the moon and earth.

The entire universe is conscious and alive.

What an incredible journey of life.

What gets created ultimately gets destroyed.

Even our universe will someday disappear.

Billions of years later a new universe will be created.

This journey of life is eternal.

This is your true nature.

The jewel exists inside of you.

## Agitated

When the mind is agitated.

The body is agitated,

When the body is agitated your cells are agitated.

When your cells are agitated they no longer communicate properly.

When one's daily state of mind is agitated, harmony does not exist.

The disease is when the mind and body are not at ease.

The whole universe is in harmony yet man has forgotten his true nature.

Take a look around you.

Our politicians live in a state of agitation.

When one lives in this state wisdom does not exist.

Wisdom only exists when the mind and body are calm.

Ponder this over.

What state of mind do you live in?

The universe is always existing inside of you.



## Your body Is Your Drug Store

The art of Taoism has been around for thousands of years.

I find it quite fascinating that they talk about the elixir of life.

This elixir is not an herb or any external substance.

This elixir exists inside of us.

In India, they talk about the nectar from God that flows within.

Yet here we are taking drugs for our ailments.

Each drug has a huge side effect.

Now I'm not saying don't take drugs.

I'm saying maybe there is a better way.

For example, in China, you pay your doctor when you are healthy.

You don't pay when you are sick.

Mind you in modern-day China this isn't always the case.

But the point is that you focus on balance and harmony.

In our culture everything is fragmented.

We don't focus on the harmony of the mind, body, and soul connection.

When I was young I heard about the concepts of being in harmony with the universe.

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

Here's an example of being out of balance.

In my junior year, my parents took our family to Yosemite.

It's probably one of the most incredible places on the planet.

Yet I couldn't see the forest from the trees.

I was miserable.

Why because I missed the ocean.

Now that is out of balance.

Before we can begin to be in harmony with the universe let's try being in harmony with the planet earth.

Currently, man has divorced himself from our precious earth.

We pride ourselves on the technology that we have.

Yet we are totally emotionally immature with the earth.

Where am I going with this?

Imagine if man was in absolute harmony with the earth.

Can you imagine the wisdom that it has?

It might tell you that your body is your drug store.

Every thought whether positive or negative secretes over 1400 positive or negative chemicals.

Currently, most of America is totally out of balance.

Look at all the problems today.

I used to work for the USDA.

I saw my friends taking up vaping.

I couldn't believe how much smoke came out when they exhaled.

It was at least 5 times the smoke from regular smoking.

No wonder there is such an epidemic.

Imagine drugs are existing inside of you that are dormant.

To receive them you must be in balance and harmony.

In each and every moment we have the opportunity to be conscious and aware.

Currently, we are playing the same tapes over and over again.

I can guarantee that these elixirs of life will work better than any physical drugs.

Your body has the intelligence to produce these for you.

How many people listen to their bodies?

How many people monitor their thoughts?

How many people dive into silence?

How many people monitor their actions?

You see this is a moment-by-moment conscious event.

When we are unconscious chaos exists.

Look at the world around you.

Does it seem to be in balance and harmony?

The question is do you want to change?

Are you content with the current conditions?

This isn't just Richard on a soapbox.

I'm asking real questions.

What do you think?

You are your savior.

Nobody is going to save you except yourself.

All the scripture point the way but you must walk on this path.

This human body is hardwired to find God within.

We are on this incredible journey to discover our true nature.

We are out of balance and yet we can learn how to be in balance.

These are exciting times.

Millions of people are waking up.

## Apathy

The definition of apathy is as follows.

Lack of interest, enthusiasm, or concern.

When it comes to a man discovering the jewel within apathy is there.

When the great teachers told you to be aware of your breath at all times.

Apathy is there.

When the mystics and scientists say you are the universe.

Apathy is there.

When one says you are never alone.

Apathy is there.

Man is more interested in his football games than the secrets of the universe.

Look at the roaring crowd rooting for their home teams.

What a buzz of energy is in the air.

Yet we have a total lack of interest, enthusiasm, or concern for the unknown.

I find that quite fascinating.

Signposts of God are all around yet we could care less.

This human body is hardwired to discover God within.

Yet a football game gathers great enthusiasm while the unknown seems boring.

No wonder humanity is in such a mess.

## Intuition

The definition of intuition is as follows.

The ability to understand something immediately, without the need for conscious reasoning

We all have intuition built-in.

Yet for the majority of people, it is dormant.

We spend much time developing our intellect.

As a child we had it yet society over time frowned upon it.

I find that ironic.

We all have had that gut feeling of intuition.

We all at some point in time listened to our gut in times of danger.

For many people, their intuition has saved their life.

Intuition can be cultivated.

The more you pay attention to something the more attention it pays to you.

It's like a tuning fork.

A tuning fork will vibrate at the frequency that is in the air.

For example, close your eyes.

Focus on your breath.

When you feel calm focus your attention on your gut.

Scientists have found there is a second brain in your gut.

Focus your attention there.

The calmer you get over time your intuition will be clearer.

Your subconscious will talk to you thru feelings

You will be able to understand something without your conscious mind.

Your intuition will take you places where you can't even imagine.

We are thinking inside of the box.

Your intuition is outside of the box.

Great wisdom streams through your intuition.

You are tapping into the quantum field.

Many great scientific discoveries came from the field of intuition.

A person who learns to develop his intuition becomes wiser over time.

With so much information we are bombarded with, a person with intuition can sort through what is true and what is false.

Good old Albert Einstein uses intuition in his daily life.

Teach your children this wisdom.

You may not be interested but your children or grandchildren definitely need this.

They will soar in life.

Intuition is the key to help guide us.

We all have an internal GPS within us.

## The Heart Of God

Where is the heart of God?

It exists in the entire universe.

Yet we think we are alone.

Love exists everywhere yet we still have wars.

Isn't that a paradox?

It is like a fish drowning in water.

The ocean of love is all around us.

Yet we are drowning.

The world is struggling.

People are divided.

Conflict is all around.

Just turn on the news.

Better yet just turn off the news.

Close your eyes.

Concentrate on your heart.

Feel the love of God inside of you.

This is your true home.

You can always be in this place.

This is your sanctuary.

Whenever you want to feel the heart of God it exists inside of you.

## The Mind Of God

Can we fathom the mind of God?

What infinite intelligence lies in the universe?

Can you imagine the intelligence that created the universe?

We live such mundane lives.

We are texting on the freeway of life.

Our lives are so shallow.

Who won the game last night?

I woke up with a hangover.

Do we ever contemplate the mind of God?

Just imagine the divine intelligence of our DNA.

What a miracle it is.

Imagine billions of cells dying and being born at the same time.

Billions of functions are occurring and we aren't aware of it.

The entire universe lies inside of you.

Yet we go on like nothing is going on.

Have we become stagnant?

Are we so focus on the mundane?

Can we see the forest from the trees?

The mind of God exists everywhere.

Learn how to tune into it.



## Slow Down

Slow down.

You are moving too fast.

Why are you waving in out of lanes in the traffic of life?

The way you drive is your state of mind.

If you are agitated you will drive like a maniac.

You think you will get to your destination faster.

One who is totally relaxed while driving and doesn't have a care in the world will  
get to his destination at the same time?

When the agitated person reaches work he will listen to someone and think about  
what I am going to say next.

He doesn't truly listen.

He just reacts.

A calm person will listen to what you have to say.

He doesn't get rattled if he has a different opinion than yours.

One who is in the center of the hurricane has slowed down in life.

One who lives in the winds of the hurricane constantly rushes around and misses  
the beauty of life.

One may drive home with the most beautiful sunset ever and miss it entirely.

You are in such a rush that you can't see it.

Signposts of God are all around you.

Yet in our fast-paced life, we don't have eyes to see.

I have seen people are loyal to their jobs.

They sacrifice their family life to work overtime.

Yet the companies no longer are loyal to you.

You are just a number.

Profits are to be made.

Slow down and see the forest from the tress.

Without you, the company can't exist.

If everyone could slow down they would see the madness that we have created.

On your death bed are you going to care about your job?

## The Path Is what You think It Is

The path is what you think it is.

I think that is ironic.

Your thinking dictates your path in life.

If you are lonely your path will be lonely.

If you are angry your path will be angry.

If you are sad your path will be sad.

If you are happy your path will be happy.

It seems like our emotional state and mental state create our paths in life.

Did you know that all your ancestors walk with you on this precious path?

You are never alone.

Ask a quantum scientist.

You exist everywhere.

Your loved ones are all around you.

They just moved into another room in the mansion of life.

Remember it's one mansion.

It has many rooms.

What am I saying?

Learn to think outside of your box.

You are limiting yourself.

Tap into silence.

From there you will experience the quantum field.

Your essence is pure light.

You are hardwired for this experience.  
This light exists inside of you and the entire universe.  
This is your true essence.  
Hopefully, you will contemplate these words.  
They have a deep meaning.  
They are meant for you to connect directly to the source of all.  
You will then have a deeper meaning on this path of life.

## Occam's razor

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.

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 the silence, one can perceive the ocean of life.

Daily close your eyes.

You will solve this riddle of life.

## Relax Your Muscles Every Day

Did you know that past traumas get stored in your body and muscles?

Day by day, year by year they fester.

This ultimately leads to disease.

When I was young I learned a very easy yoga technique.

It was so simple I ignored doing it for many years.

Fast forward 48 years.

I just started to practice this again.

It's very easy.

Just tighten and relax starting from your toes to the top of your head.

Tighten each part three times.

Start with your toes.

Ankles.

Thighs

Stomach and hips.

Upper chest and back.

Tighten your hand's elbows and upper arms.

Tighten your throat.

Tighten all your muscles in your face.

The last part tighten all in one sequence all of the above.

Do this three times.

This should take around 4 minutes.

At first, you probably will have a hard time doing this.

The body and mind are not used to be in sync with each other.

Over time you are training the body to be more relaxed.

Anybody can do this.

## Garbage Collector For The Mind

We need a garbage collector for our minds.

It seems like so much garbage is in this world.

Mankind is spewing hatred upon the land.

We need a reset button.

We need to turn on the garbage disposal of the mind.

Turn on the water of life within and flush out the garbage.

Mystics have used this process for thousands of years.

The inner light within dispels the darkness.

Flip on the light switch within.

Only you can do it.

The world needs you to flip on your switch.

The light dissolves all negativity.

Don't embrace the chaos in this world.

It wants you to be enticed.

It wants to draw you in.

It doesn't want you to embrace the light.

Even if you have meditated for thousands of years you still must be on your toes.

Remember the Tao of life.

You must be in perfect balance.



## Playing With Your Chemistry Kit

We are all playing with our own chemistry kits.

Unfortunately, we aren't aware of it.

Many people blow themselves up without realizing it.

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

Mankind is spinning out of control.

We are drinking our own poison.

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

In the meantime, we drink our angry poison.

We then wonder why illness arrives on our doorsteps.

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

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

One tap into the infinite ocean of love and compassion.

This is our true home.

My advice is to learn how to change your own chemistry.

Remember you are the master chemist.

Only you are playing with your chemistry kit.

Ponder this over.

This could make your life so much easier.

3/16/2018 Panpsychism

Recently I read an incredible article that describes the nature of consciousness. It was talking about a term called Panpsychism. During the 1920s Bertrand Russell came up with this term. It's 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 a 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 which we are a part of. 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's it's beyond logic and rational thinking.

Personally, 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 light as the quantum universe. Everything is a part of this light.  $E=Mc^2$ . Everything is energy and light. Everything is alive and aware.

4/28/2018 Chicken



Last week I heard on NPR radio this fascinating story. A group of scientists was studying animal behavior.

They studied a group of chickens for three years. These scientists took the so-called brightest and smartest chickens and placed them into a group.

The so-called normal chickens were placed into another group. After three years they saw the results of the test. Out of 30 chickens, only three survived. They fought and killed one another. It was the strongest survive. No sense of cooperation. No harmony whatsoever.

These chickens were living in hell with no sense of purpose. War is what they knew how to do.

Well, the normal chickens lived as chickens do. They laid eggs and were content. No fighting occurred among them. They had nothing to prove. Everyone thrived in this environment.

Well, this discussion changed course and then they started to take a look at the top 10 Ivy League schools.

They are super hard to get in. The average student would thrive at another college. Yet they found out that this created conditions just like the chicken study.

These students were placed in a situation where they always had to be the best. You learned to cheat, steal, and lie to the top. Mind you I'm not saying all students are like that. But the intense pressure is there to perform.

Know these top colleges place students into the top fortune 500 companies today. Their psychology is embedded directly into the work environment. It's subtle yet there.

As a worker, you are only valued for your performance. Period. This places a lot of stress on the worker.

As a worker, you fight your way to the top. There are only so many promotions to go around. You live in fear of layoffs. Your CEO makes probably 1000 times that you do.

They then took a look at present-day politics. Need I say more? Constant bickering and fighting. No cooperation. Name-calling is the name of the game. There is no sign of discrimination.

We have media that is on one side or the other. Both sides can hardly speak to one another.

Our President has told so many lies that nobody knows what truth is. Just one of his major blunders would have brought a past President to resign. How many affairs has the President had and the Christian majority still supports him?

Well, the rest of the chickens are living their lives. They are going to school. They have friends and family. They go to work. They go on vacation. They are good people. They love their fellow man.

I'm not saying there are no problems. There are tons of them. I remember people always talking about Darwin's theory. The survival of the fittest. Did you know that Darwin considered this to be the lowest in his view of evolution?

His view was cooperation. Nature cooperates. The entire world of nature is in cooperation with each other.

If nature did not cooperate this planet would have been gone a long time ago. This is the main theme that the scientist discovered. Without cooperation, we are doomed. We must reclaim this.

We are all Americans. We aren't just Republicans or Democrats. We are united. It is about time for us to wake up. I see a new wave of hope occurring in us today. People are starting to wake up and demand change.

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

I think we are in the beginning stages of development. Why we still are babies in emotional development? We still fight and war with each other.

We use our precious discoveries of the universe to make atomic bombs. We have a President who tweets his button is bigger than your button. A thin thread is holding a knife over our heads and we are oblivious to it.

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

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

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

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

The human body has five senses and there are five eternal senses within. Human beings can learn how to be aware of the consciousness of the universe. A human being is hardwired for this experience.

Yet most of the time the car is sitting in the garage. The garage door needs to be open and you must back out the car and take it for a spin.

Humanity is just beginning to understand to open up the garage door within. When they do science will go to another completely different level. There the universe can show humanity gifts we can never imagine. You see without kindness the universe will only show you so much.

It would be like handing a small child an atomic bomb. They wouldn't know the damage that it could do. We are in that state. Without humanity becoming a kind man we will never progress to our true potential.

You see the universe is kind and aware. The universe is love and compassion. Become like the mystic and discover your true nature.

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

## A Man Who Knows His True Home

A man who knows his true home has no enemies.

Christ considered the world as a family.

He had many enemies.

Yet in his eyes they were family.

A man who knows his true home is never alone.

He is the universe.

He is totally free.

He is patient.

He is kind.

He is full of compassion.

He is full of love.

He is beyond time and space.

Mark my words he left negativity behind.

He dropped his emotional baggage.

Ponder this over.

Are you missing something?

You can solve this riddle.



## Are There New Rules To Discover God?

Are there new rules to discovering God?

You don't need a Guru or teacher.

God lives in your heart.

Rule number 1.

With your intent open up your door within.

God has been waiting for you.

His hands have always been stretched out to you.

Rule number 2

Day by day focus on your friend.

God and your higher self are the same.

You are never alone.

You are not a sinner.

You are the universe.

The choice is up to you.

You can take it or leave it.

No judgment will be made.

## When I Returned From India

When I returned from India I thought many of my friends would love to learn how to meditate.

I was wrong.

Most of my friends were not interested in the slightest.

Some were and most were not.

I learned not to think what's good for me is good for you.

We are all on this journey together.

On this path, there is no conversion.

There is no judgment.

We just present simple facts.

We present what we have learned on this journey.

We love our fellow man.

We respect the journey that you are on.

If this message responds to you that's ok.

If this message doesn't respond to you that OK.

We are just speaking from our hearts.

## Are We Wired For God?

Are we wired for God?

I remember when I was young I learned how to meditate.

I learned that this body is wired to discover heaven within.

I learned so much about the hidden human body.

Recently I learned about human DNA.

Scientist says 97% is junk.

God does not create junk.

We just don't know what this is.

According to Kyron, this 97% is quantum DNA.

God is hidden in your DNA.

Does that make you excited?

I am.

These truly give further evidence that we are wired for God.

These are exciting times.

We can discover the mysteries of the universe.

We can discover the kingdom within.

This is a precious puzzle.

## Can You Experience God While You Are Alive?

Can you experience God while you are alive?

When I was young I asked this question to my minister.

He said no only when you die can you experience God.

I didn't believe him.

Somehow I knew the human body was built for this experience.

It was hard-wired.

I knew that the light of God existed within.

I read many of the world's greatest scripture and they all said a great light exists within.

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

This is not a metaphor or a theory.

This is the truth spoken by all the great masters.

Only you can open this door with your intent.

You have a free choice.

You can solve this riddle.

Your life won't be the same.

## Five Internal Senses

I have studied Meditation for fun for a very long time.

I have learned the following.

Just like we have 5 external senses to be in this world.

We have 5 internal senses to be in God's world.

The kingdom of heaven is within.

We are born to be hard-wired with God.

There is so much of God just contained in our DNA.

We were created to experience so much more than we have.

Our car is just sitting in the garage.

All the great masters have said go within.

Use your internal senses and experience, God.

There is a light to see.

This light is pure love.

Listen to the ringing in your ears.

This will help start your journey.

Behind your breath feel the power of love.

The universe is behind your breath.

This is not some theory.

Millions of people are experiencing this at this moment.

You can solve this puzzle.

Open up your eyes.

## The Light Of God

In Matthew 6:22 it says if thy eye be single thy whole body should be full of light.

What in the world does this mean?

Are we Cyclops?

Do we have a monster within?

I heard this scripture many moons ago.

All religions talk about the light of God within.

God is Light.

Light is God.

We have the potential to discover this light within.

The kingdom of heaven is within.

This is not just words or a theory.

You have the potential to discover your true nature inside of you.

You are the universe.

You just don't know it.

This is a practical experience.

This experience builds upon itself.

The more you pay attention to it the more attention it will pay to you.

It's like a magnet of love.

Meditation brings great love to yourself and the world.

It's very subtle.

Day by day you don't feel the practical results.

When you put seeds into the ground you don't see results overnight.

It takes time and effort to harvest your crop.

You can solve this puzzle.

You have a free choice.

No judgments will be made.

## Theory Versus Practical

Theory versus practical.

On this journey of life, you can memorize your theory perfectly.

You can memorize the great scriptures.

You can quote them from the heart.

You know God's laws.

Yet without practicing what you preach, you are like a parrot.

Your words have no true meaning.

This journey to find God is a practical path.

It takes tremendous work.

That's why they are called lightworkers.

Every moment you have to be aware.

You must conquer your fears.

You must drop your negative emotions.

This is not easy.

The rewards are great.

Peace of mind.

We are here to encourage you.

Only you can solve this puzzle.



## Why Were We Never Told?

Why we were never told that our wars only bring more wars?

Why were we told if someone or a country is different we condemn them?

Why were we never told that God lives inside?

Why were we never told that true happiness is a state of mind?

Why were we never told you can rule the world and you can be miserable?

Ask Alexander the great.

Why were we never told the true riches exist inside of our hearts?

Why were we never told that politicians don't have our interests at heart?

I know it doesn't look that way.

Why were we never told to drop all of our anger?

It will never solve your problems.

You just get more baggage.

It seems at times man has been in a rut.

We are running in circles and not learning from the past.

You can change.

The entire universe is watching us.

You can solve this riddle.

## Crystal Clear

The Buddhists have a book called Crystal Clear.

This book is sacred doctrine.

They decided to release this book to the west.

The story goes the techniques are so simple that no one will believe them.

Isn't that amazing?

It involves concentration on your breath.

Every moment we breathe.

Behind our breath is the power that keeps the universe alive.

Yet it's too simple.

Many people just say it can't be that easy.

Well for them it's true.

If you say it's too simple you will never look within.

You can solve this puzzle.

Concentrate upon your breath moment by moment.

The universe will become alive.

## I Don't Know Why People Pass This Up.

I don't know why people pass this up.

We all are searching for happiness externally.

We get glimpses of happiness yet it disappears like a thief in the night.

There is no conversion or convincing.

The facts are laid out.

The kingdom of heaven is within.

It doesn't matter if you follow a religion or not.

The facts are laid out.

The kingdom of heaven lies within.

It doesn't matter your background.

Nobody cares about your race.

We are one after all.

All we are saying your car is sitting in your garage getting dusty.

You have the opportunity to take your car for a spin.

Become the race car driver.

Your car was meant to be driven.

## There Are signs Post Of God Everywhere

There is a signpost of God everywhere.

No matter where you go, God, is there.

He even knows what you are thinking.

Oh, how can God know me?

He has so many important things to maintain.

The power of love knows you more than you know yourself.

It's knowing your true essence.

At times when you are driving put your cell phone down.

Just enjoy the ride.

Take time to relax on this journey.

The more you pay attention inside, the more signpost of God will appear in your life.

You will see the universe is alive.

There is a signpost of God everywhere.

You can solve this puzzle.

## Take Care Of Your Body

Take care of your body.

It's the only one you get.

Your body is a temple of God.

God is hidden inside of you.

Look at what you eat.

The junk food industry is only interested in your money.

Stop drinking sodas every day.

You may like them but your body can't cope with them.

Over time illness and disease will come.

Many people treat their cars with more respect.

They never forget an oil change.

It's time for a tune-up.

We need to do the same.

Your body is precious.

Know why you are alive.

## Silence

For the majority of mankind, silence can be deafening.

All they can hear is the chattering of the mind.

Silence can make some people go crazy.

Yet silence is divine.

How can it be so?

For one person it's medicine to the soul.

To another, it drives them crazy.

What is the difference?

When a person begins to learn about silence he is training himself.

Maybe he has heard about signposts along the way.

He sees the rambling of the mind and makes friends with it.

Are you friends with your mind?

That is highly recommended on this journey of life.

Make friends with your mind.

Be kind.

There is a point where you will love silence.

The entire universe is alive.

## How Do I Meditate?

How do I meditate?

There are so many different versions out there.

Which one do I choose?

Will I pick up the right one?

Let's start with the foundation.

Are you breathing?

Yes.

What is the power behind your breath?

I don't know.

Focus on your breath in every moment.

When you wonder bring your attention back to your breath.

Do this for the rest of your life.

This is one way to go inside.

Remember the kingdom of heaven lies within.

This is the way to open the door inside of your heart.

## If I Could Recommend One Thing

If I could recommend one thing what would it be?

Discover who you truly are.

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

How about that?

You have forgotten your true nature.

What is keeping you alive?

Before you were born you were one with the universe.

When you die you will return to the universe.

We have forgotten who we truly are.

If I could recommend one thing it would be this wish.



## Why Weren't We Taught Where To Look For God?

Why weren't we taught where to look for God?

Good question.

Why were we taught that to see God you must die?

You can't see God while you are alive.

Only the saints can communicate with God.

Why were we taught that you need an intermediary between you and God?

You aren't good enough only the priest can pass on the message.

Why were we taught that we are born sinners?

If we came directly from God how could we be born a sinner?

Why were we taught there is a hell?

The only hell exists in man's mind.

Why were we taught that God judges us?

God does not judge.

We judge one another.

All the great masters have said the same thing.

The kingdom of heaven lies within.

It seems like the same message has been changed along the way.

## Prison

A man may be in prison and yet be totally free.

A man may be free yet may live in the prison of his mind.

What makes us truly free?

The master has said to discover your true nature.

The truth shall set you free.

When I first learned how to meditate it was difficult.

I learned real quickly that I lived in a prison.

I was confined.

I didn't know how to control my mind.

To go out of your prison, takes effort.

The hardest thing in the universe is to conquer the mind.

Yes, the journey is hard but the results are awesome.

Ponder this riddle.

Find out who you truly are.

## Brainwash

Many people think that by reading these poems I'm brainwashing them.

Well, that is certainly the case.

We are washing the mind.

We are asking questions you have probably never asked yourself.

The mind needs to be crystal clear.

Our minds are muddy.

When we were born they were crystal clear.

Over time we forgot our true nature.

Meditation and prayer are a means to clean the mind.

It's like taking a shower every day.

We get dirty and a shower fills so go.

The shower of love is medicine to the soul.

This is why the great master said to discover your true nature.

Ponder this over.

You can solve this mystery.

## Questions

Here are some basic questions to ask yourself.

Who am I?

Where did I come from?

Where will I go when I die?

Is there a purpose to life?

What is keeping me alive?

Where is God?

Ponder this for a while.

These answers lie within.

## Ponder It Over

To ponder it over means to think it over.

When I was young I didn't truly understand the concept of pondering it over.

I would say let's get to the facts.

We can brush it over.

Yet pondering makes the mind go within.

It helps connect us to our higher selves.

It enables us to connect where we can be open.

To ponder something over is to stir the pot.

When the soup settles the answer comes to the surface.

Pondering is a way to connect to something far greater than yourself.

Have we forgotten why we should ponder in our life?

If so why?

Are we so distracted in our daily affairs?

We miss out.

We have forgotten our true nature.

## I Like The Wine That I Have become

I like the wine that I have become.

I started as grapes a long time ago.

I started looking inside many years ago.

My ego was crushed time and time again.

Life crushed the grapes.

It was a great learning experience.

I'm always learning.

As we age we can become like fine wine.

We have weathered many storms.

Our skin may be weathered yet our soul is still young.

We are eternal.

I'm at peace with myself.

That is a great feeling.

## Does Life Throw You A Curve Ball?

Does life throw you a curveball?

We are in the game of life.

We are playing the game.

We have a coach that is God.

He is on the sidelines.

He is rooting for us.

Unfortunately, we don't know that he is there.

Life throws us a curveball and we go into a tizzy.

The great masters of the past taught how to hit a home run when a curveball is thrown.

We must go within and find the inner coach.

It's always been there.

We have free choice to open the door or have the door remain shut.

Ponder the meaning behind this puzzle.

## Who Am I?

Have you ever asked the question?

Who am I?

Are you only this body?

If you say yes then what is keeping you alive?

You say my breath.

Well, what is the power behind your breathing?

When you die you stop breathing.

What power left you?

You are no longer alive.

Your body is now a corpse.

Did you know that your body is hard-wired to solve this mystery?

All the great masters have said look within.

You are the universe.

You just don't know it.



## The Mind Is A Mirror

The mind is a mirror.

Whatever you see in someone is a reflection of your mirror.

Whatever faults you see in others are faults that you have.

Whenever you point your fingers towards someone you have three fingers pointing back towards you.

The great master has said clean your mirror.

It is dirty.

You can't see clearly.

Your mind is tricking you.

You think if only that person would change my problems would go away.

You must change then the problem will go away.

We as a society must change ourselves.

Our mirror needs to be clean.

Ponder this message.

Your understanding of life will change.

You can't change anybody except for yourself.

## The Mosquito Itch

Have you ever been bitten by a mosquito's mind?

The mind itches and you are bothered by something.

Yet you don't know what it is and you feel off-centered.

You can't pinpoint what's going on?

Did you know that meditation and paying attention to the itch will soothe it away?

Meditation will help focus on where the itch is.

Once you can see it you can focus on it and embrace it.

Once you embrace it, it will disappear.

The Buddhists were the original psychologists.

They have been studying the mind ever since Buddha was around.

They are experts in positive mental health.

Did you know it was only 30 years ago did western psychologists studied positive mental health?

We need as a society to have a positive mind.

How the world would change for the better?

## Throw Away The Anger

Throw away the anger.

Your anger is like throwing kerosene on a fire.

Your anger is only hurting you.

Facebook lately is full of anger.

It's full of frustrations.

How do we go beyond our anger and yet talk about the problems that face us in  
the world today?

How do we talk like mature adults?

How can we talk like we are all united?

Yes, we have different points of view.

How can we talk without putting someone down?

If all of us would stop being so angry maybe we could calm down and see  
different solutions.

Peaceful solutions.

We can all do this.

Anger is not the solution.

## True Nature Of The Mind

What is the true nature of the mind?

Before a person begins to meditate or contemplate mostly likely the question is never asked.

Most people would say I've never asked that question.

Yet that is probably one of the best questions you can ask yourself.

What is the true nature of the mind?

Have we discovered it?

All the great masters have taught about it.

Why do we have many mental problems?

Is there a correlation between the mind and the body?

Have we forgotten our true nature?

I'm missing something inside.

I don't know what it is.

Why do I feel happy about obtaining something 6 months later I could care less about the object I obtained.

Why do I feel like a small mosquito is inside my mind?

There is a small constant irritation buzzing in my mind.

Why do I act so irrationally?

Why do I fly off the handle so easily?

Have I learned that getting angry at someone only harms me?

These are practical questions to ask yourself.

Only you can solve them.

## You Are A Genie

You are a genie.

Whatever you think you become.

If you get angry easily you will be an angry person.

If you gossip about people they will gossip about you.

Whatever you think the genie responds.

The more you think and take action the genie responds in an instant.

You can control the genie.

You can control your mind.

You can control your actions.

Stop look and listen.

Your genie can be your friend.

It's your choice.

Do you want to be a reactive being or one who is a Co-Creator of God?

Ponder these words.

The world will be in a better place.

## Give Up

Many people think that this path is boring.

Oh, I have to give up my lifestyle.

No, you don't.

To see God, you must be poor.

Nope.

Keep your money.

I don't want to be celibate.

You don't have to.

I don't want to be a monk.

You don't have to.

Be yourself.

Yet here are a few things to give up.

Give up your anger.

Give up your intolerance.

Give up your lack of patience.

Give up your evil ways.

Give up all your negative emotions.

Each one of you has things to give up.

You and the world will be in a happier place when you do this.

## Have You Ever Tried To Meditate?

Have you ever tried to meditate?

Are you up for a challenge?

Did you know that taming the mind is the most difficult thing to do?

It takes determination, patience, and kindness.

Just sit for one moment and concentrate on your breath.

Focus on the incoming and outcoming of your breath.

There is something that is keeping you alive.

At first, the mind will be like a monkey's.

It will jump from branch to branch.

It will jump from thought to thought.

Over time a stillness will enter you.

Thoughts are all around, yet you are in the center of the hurricane.

Chaos is around yet you are still.

Sit still and listen.

Your journey has just begun.

## Is This From A Mystic Or A Scientist?

Is this from a mystic or a scientist?

Kabir a mystic from the 15 century said the following.

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

Now that is profound.

A modern-day Einstein might have said that today.

The entire universe exists inside of us.

We are a part of the universe.

Is this a paradox?

We are beyond time and space.

There are billions of universes.

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

It is spiritual.

No instrument known to man can detect this yet.

Yet the mystics have said all along.

You are hard-wired for this experience.

Ponder this message.

The divine words from Kabir are alive today.



## Forgive

I love the definition of forgiving.

Stop feeling angry or resentful toward (someone) for an offense, flaw, or mistake.

Imagine a person doing you wrong.

You have every right to be angry.

Time passes and the person who wronged you has forgotten the situation.

But you haven't.

The anger is still festering within.

The poison left by the arrow lies inside of you.

The moment you truly forgive yourself and the other person true alchemy occurs.

True healing can take place.

This is the law of forgiveness.

It doesn't say you must forget the experience.

The laws say to forgive.

Big difference.

Like the world, we would truly be more content if we forgive ourselves and others.

Learn from your mistakes.

Forgive yourselves and others along this journey of life.

## I Don't Get It

I don't get it.

Why do you meditate?

Isn't that a waste of time?

Why do you want to know yourself?

I know who I am.

Why should I care if I'm trying to improve myself?

I simply am what I am.

Who cares about the other person?

I have what I need.

Let's party on.

Rock and roll.

There is no tomorrow.

This is what I have heard over the years.

## Ego

Here's some definition of ego.

A person's sense of self-esteem or self-importance.

"A boost to my ego"

For a PSYCHOANALYSIS

The part of the mind that mediates between the conscious and the unconscious and is responsible for reality testing and a sense of personal identity.

For metaphysics

A conscious thinking subject.

Our ego can be man's best friend or his worst enemy.

We have seen that for thousands of years.

In the Buddhist tradition, they have studied the mind and ego for thousands of years.

They have learned practical tools to cultivate the ego and mind.

Imagine a farmer planting the seeds and going through the process of the final picking of the crop.

Mystics have taught the same inward farming.

You can cultivate the mind and ego to be a truly reflective nature of ourselves.

This is the greatest thing we can do for ourselves and the world at large.

You can't take anything with you when you die.

But you can take the fruits that you have cultivated with you.

Imagine you are a conscious thinking subject inside of a human body.

You are the universe.

You just don't know it.

## Beat A Rug

The poet Rumi once said the following.

When someone beats a rug, the blows are not against the rug, but against the  
dust in it.

When we go through the ups and downs of life remember we are not alone.

Struggles and beating of life are meant to clean ourselves.

They make us stronger.

They help build character.

How can you truly have compassion for your fellow man if you never experienced  
hardships?

Life is truly a video game.

This game appears so real.

We even feel pain along the way.

The beatings are not against us.

We do not get punished by God.

Yet life has its lessons to learn.

We come unto this earth to grow and love all of life.

We are all in the same boat.

We are all on the same journey.

All the great teachers in the past spoke that we are all the same family.

We have forgotten our true nature.

Life tries to wake us up from our slumber.

You are the universe.

You just don't know it.

## Pay Attention To Your Craft

When I was young I loved baseball.

I once heard a story that Ted Williams didn't go to the movies because he said it would hurt his eyes.

He had exceptional sight and reflexes.

You had to be if you had many seasons when your batting average was over 400.

He didn't party, smoke, or drink.

I'm sure many people thought he was a fuddy-duddy.

Yet he was the best of the lot.

He paid attention to his craft.

Maybe he was baseball's mystic.

He turns baseball into a science and an art.

He had complete devotion to the game.

He did not get sidelined by the many distractions of life.

He just loved to play the game.

He was the best of the best.

Many famous ballplayers need to look at his devotion to the game.

Pride and ego weren't in his game.

He did not need to show off.

He had nothing to prove.

Sounds like a mystic to me.

## Take care of your body

Take care of your body.

It's the only one you get.

I have seen some of my friends die way before their time.

The doctors won't heal you.

They may hide your symptoms.

But the disease is still there.

The medicine they give you has many side effects.

One of my wife's friends started with one medicine and ended up with around 20.

One side effect needed another pill until she had twenty.

I'm not saying don't take medicine.

I'm saying be 100% responsible for your health.

You probably treat your car better.

It has its tune-ups and oil change every year.

Learn that food is medicine.

A very powerful medicine.

You are in charge of your health.

You must take responsibility for it.

No wonder our health care is such a mess.

We need to get educated.