



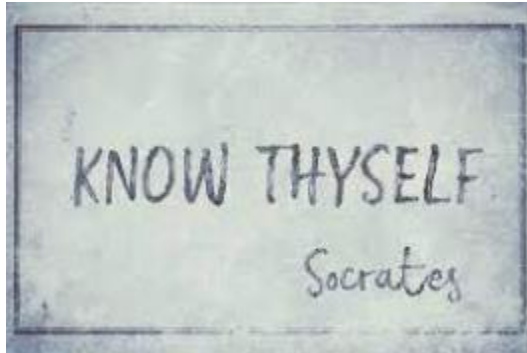
Fletcher Soul Traveler

## Contents

|  |    |
|--|----|
| Intro.....   | 4  |
| The Palace In The Sky .....                          | 6  |
| Palace in the sky .....                              | 7  |
| You Can Take A Horse To Water .....                  | 9  |
| Stories .....  | 10 |
| The Jeweler And The Thief.....                       | 11 |
| Stop The Noise In Your Head .....                    | 14 |
| Planting The Seeds .....                             | 16 |
| The Frog in The Well .....                           | 19 |
| Signposts Are All-Around .....                       | 21 |
| Fellow Wizards Advice .....                          | 24 |
| Wizards Handbook.....                                | 28 |
| The Fight of Two Wolves Within You .....             | 31 |
| Follow The Recipe .....                              | 32 |
| 3 Blind Men And The Elephant .....                   | 33 |
| The Mirror .....                                     | 35 |
| The Ugly Duckling.....                               | 36 |
| The Sun And The Wind.....                            | 38 |
| The Sun And Darkness .....                           | 39 |
| Initiation.....                                      | 40 |
| Mediation Ganges.....                                | 48 |
| Kundalini Snake Experience .....                     | 53 |
| Wisdom .....   | 55 |
| Is This From A Mystic Or A Scientist?.....           | 55 |
| In The Beginning, Was The Word.....                  | 56 |
| Can You Experience God While You Are Alive? .....    | 57 |
| Silence .....  | 58 |
| The Cosmic Merry Go Round .....                      | 59 |
| The Wheel Of Life.....                               | 61 |
| How Did The Master Become The Master? .....          | 63 |
| You Are Made Of The Same Stuff As the Universe ..... | 64 |
| Kingdom Of Heaven .....                              | 66 |

|  |    |
|--|----|
| The Field Ripples Everywhere .....         | 68 |
| We see only 1% of the light spectrum ..... | 69 |
| Closing.....                               | 70 |

## Intro



I remember when I was in India I said to myself why anyone would not want this experience of knowing thy self.

Years later I see that the spiritual path is the most practical. Many people would say the opposite. In fact probably most of the world.

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

We are good at that. In fact, we are so good that if we have to slow down and do nothing we get bored. Take for instant the global shutdown. Most people got bored out of their minds.

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

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

Going back to the spiritual path is the most practical. How would you like to live in the present moment? How about never getting bored again? Yes, that takes time but with practice and awareness, it can happen.

How would you like to live in the center of the hurricane? Humanity is living in the hurricane-force winds of the mind and is getting battered by the wind.

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

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

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

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

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

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

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

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

Anyway, we once discussed seeing light inside. My all-time favorite poem is Brahmanand's palace in the sky'. We have five external senses and five internal senses. We are literally hardwired to know thy self.

My dear friend Jim thought we were crazy. Looking back maybe we were. My brother John and I were learning how to have our feet on the ground and head in heaven. That is the definition of the word idiot.

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

## The Palace In The Sky

When I was young and in India I heard this incredible poem.

There is a palace in the sky without any foundation.

A blind man sees a light more beautiful than a million suns.

A deaf man listens to the unstruck music.

A lame man climbs the ladder and drinks the nectar and gets intoxicated.

The poem goes on and on.

The final clincher is the following.

Only a wise man understands what I'm talking about.

These aren't some pretty words.

The entire universe exists inside of your heart.

Here's the actual poem by Brahmanand

Palace in the sky



O seeker of truth, I have witnessed such a great wonder:  
A well, suspended in the sky, from which ambrosia ceaselessly flows.  
A lame person climbs to it without any ladder and drinks jugs of that nectar.  
Gongs, conches, and kettle drums ring out without being played by anyone.  
The deaf hear them and become ecstatic: they lose track of body and mind.  
Up there is a palace without foundation, which is radiant with light.  
The blind see it and are so overjoyed they can't stop talking about it.  
In that place a person dies, yet continues to live, and has strength without eating food.

Brahmanand says that only a rare soul can understand his tale.

*Commentary*

I first heard this poem when I was 18 years old in India. It made a precious memory inside of me. There is a jewel inside that mankind can discover. Only a wise man understands what I'm talking about. The secret has always been there yet man has looked external to find the answer to life.

Patanjali was a master internal chemist. What do I mean by that? A modern-day scientist knows that what you think determines the kinds of chemicals released into the bloodstream.

For example, anger releases over 1500 different stress chemicals into the bloodstream. Many people around the world can't turn off this facet. It is running

around the clock. Consequently, over time huge illnesses will manifest. Patanjali was well aware of this fact. He understood the mind, body, and soul connection.



## You Can Take A Horse To Water

I once had a grand teacher who said you can take a horse to water and you can't make it drink.

But you can put salt in his food.

Hopefully, these poems are the salt in your food.

May you drink the waters of life within?

Throughout time masters have come and gone and sprinkled a little salt along the way.

Are you getting thirsty?

## Stories



I'm fascinated by the power of stories. I love to hear a good story. One of the best TV shows I ever saw was the Power of Myth by Bill Moyer and Joseph Campbell.

I was in my late twenties. Stories help transform mankind. There is something

behind a story that the conscious mind can't grasp yet we know that something significant is going on. It is like the soup is brewing inside. We can't taste it yet we all feel the collective unconscious of man.

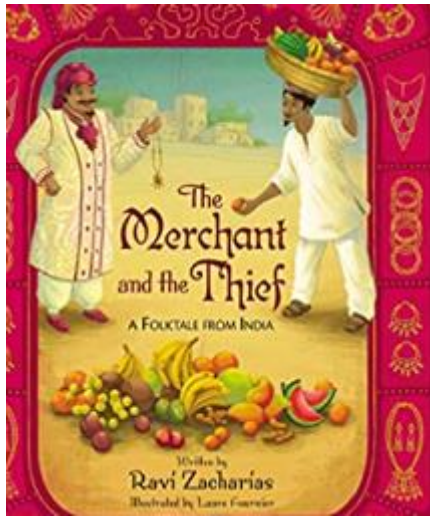
This collective unconscious is yearning for a better future. It contains all our hopes and dreams. Carl Yung called these archetype symbols. Stories contain these symbols. A story that has true meaning will connect to that collective unconsciousness and express it.

The following stories have been told in some way for many moons. Some I heard in India in the early seventies. Many of these stories are the foundation of knowing thy self. Behind these stories lie triggers that can help open the door to self-discovery.

The Zen Buddhists have traditions of telling stories that pave the way to enlightenment. These stories if implanted can help one discover his true nature.

May you discover your true nature?

## 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.

## Stop The Noise In Your Head



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## Planting The Seeds



The dragons have a master plan. They know you need a solid foundation to build one. Baby steps are needed on this journey.

At first, the youngsters had to learn how to focus inside and meditate. If they didn't learn that at even a simple level the youngsters would pay all attention to the outside world.

This is why they had to play hide and seek over and over again until it became a habit. It became second nature.

They learned over time that God and the universe exist within.

One another game the dragons used was the game peekaboo. The dragons had their style to this game. The child would close their eyes and say peek a boo and the dragons would instantaneously be appearing inside of them.

The children would laugh so hard each time they did this. They never got tired of this. Even when they got older they still got a big kick out of this game.

This taught the child that the dragon world exists within. You are never alone. This helped the child in daily life.

You see their life was rough. Most of them never had the opportunity to go to school. Even at a young age, they had to work in the fields. It was tough and demanding.

The dragons understood the laws of the universe. They understood that the kids learned that if you plant a seed in the ground there is a process.

A seed doesn't grow overnight. The crop must be tended to. You must pull your weeds. If you don't the weeds will overtake your precious crop. You had to toil the soil and water it. It took a tremendous amount of energy.

Well, the kids had no problem understanding those principles. The dragons then explaining you have an inner garden that must be attended to.



You must pull your inner weeds of anger, war, greed, hate, and intolerance. You must learn how to pull the weeds of bullying.

You see that was a major problem in China and Tibet. It is still rampant in the west.

The dragons were probably the best psychologist in the world. They understood the mind to such a great extent. They truly knew the ways to develop a healthy and positive mind.

They understood that the universe is kind. The universe is patient. The universe is love and compassion. The universe is tolerant.

You see you are the universe. You just don't know it. The youngsters never heard of such a thing.

They only used to see war, bickering, and anger. Sure at times, they experience a little happiness. But they never knew that they could change their emotional state.

They didn't have to be angry and bully other people around.

The kids learned how to truly transform themselves. The dragons taught them how to hesitate before they speak. They taught them to be conscious of what they spoke.

They were taught if something is negative don't say it. They understood it was placing more wood on the fire.

The dragons knew about bullying. Remember they were bullied throughout their lives. Remember that was one reason they left.

There was this innocent girl named Pema. Pema name means lotus. She was like a lotus very pure. Because she was pure and innocent the boys loved to taunt her and bully her. She constantly had to endure this.

The dragons were quite aware of her pain. Anyway, to make a long story short they came up with a master plan. The next time the boys tried to bully her the dragons would come to her rescue and roar. I'm mean roar. It could be heard all over the valley. The bullies would run away in fear.

Pema was so kind she would console the bullies and they would become best of friends. One by one the bullies were transformed. They become students with the dragons and were transformed.

It was kind of funny that modern-day psychology didn't embrace positive mental health until the 1980s. They only taught about the ailments of the mind.

The east has been teaching and learning for thousands of years. There was even a rumor that Buddha learned from the dragons. He got his learning from the inner dimensions.

Buddha was considered the first psychologist of his time. He understood the mechanics of the mind which are still in play today.

## 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.

## Signposts Are All-Around



Can you imagine signposts are all around but do we have eyes to see? Nature is alive and communicating with each other. But we have cell phones in our hands. Magic is all around us but we can't see it. Imagine the mysteries of life are all around us but we don't see them.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



This is a story within a story. We all love Harry Potter. Harry was a simple boy but he was an incredible wizard. Somehow, he knew how to go inside and tap into the miracles of life.

But did you know you have the same capabilities? Not turning a stone into a pig. But you can transform yourself from darkness into light.

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

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

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

The more he is aware of the breath he notices that something behind his breath is keeping him alive. Over time he realizes that the entire universe is alive. When he places his mind upon the breath he feels such bliss, such love, and compassion for all.

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

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

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



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

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

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

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

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

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

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

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

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

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

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

Anybody can watch their breath. Yes, it takes practice. It took me about a month to ride a bicycle. My brother just got on one and rode away into the night. Everything you learned took practice. Even learning how to crawl and taking your first steps. There was a learning curve.

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

Yet does that mean the joke is on you? Maybe by having no words in the book, the book is telling you something. You can describe truth but is it the truth?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

It has been this way ever since the dawning of man. Across the universe, this is the way. Only by being aware of the universe will the book reveal itself. Many people don't think this is real. Many people think that it is a fairy tale. Yet where do the fairy tales come from? There are many tales of where we come from.

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

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

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

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

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

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

## 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.”

## 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.



### 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, and 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 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.

## 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.

nature.

## The Ugly Duckling



This is a beautiful fable by Hans Christian Andersen.

It is a beautiful summer day. The sun shines warmly on an old house near a river.

Behind the house, a mother duck is sitting on ten eggs. "Tchick." One by one all the eggs break open.

All except one. This one is the biggest egg of all.

Mother duck sits and sits on the big egg. At last, it breaks open, "Tchick, tchick!"

Out jumps the last baby duck. It looks big and strong. It is grey and ugly.

The next day mother duck takes all her little ducks to the river. She jumps into it. All her baby ducks jump in. The big ugly duckling jumps in too.

They all swim and play together. The ugly duckling swims better than all the other ducklings.

Quack, quack! Come with me to the farmyard! - says mother duck to her baby ducks and they all follow her there.

The farmyard is very noisy. The poor duckling is so unhappy there. The hens peck him, the rooster flies at him, the ducks bite him, and the farmer kicks him.

At last one day, he runs away. He comes to a river. He sees many beautiful big birds swimming there. Their feathers are so white, their necks so long, and their wings so pretty.

The little duckling looks and looks at them. He wants to be with them. He wants to stay and watch them. He knows they are swans. Oh, how he wants to be beautiful like them.

Now it is winter. Everything is white with snow. The river is covered with ice. The ugly duckling is very cold and unhappy.

Spring comes once again. The sun shines warmly. Everything is fresh and green.

One morning the ugly duckling sees the beautiful swans again. He knows them. He wants so much to swim with them in the river. But he is afraid of them. He wants to die.

So he runs into the river. He looks into the water. There in the water, he sees a beautiful swan. It is he! He is no more an ugly duckling. He is a beautiful white swan.

We are all swans. We just don't have the eyes to see. Looking inside of your heart. You will see your true nature.

## The Sun And The Wind



THE WIND and the Sun were disputing which was the stronger. Suddenly they saw a traveler coming down the road, and the Sun said: "I see a way to decide our dispute. Whichever of us can cause that traveler to take off his cloak shall be regarded as the stronger You begin."

So the Sun retired behind a cloud, and the Wind began to blow as hard as it could upon the traveler. But the harder he blew the more closely did the traveler wrap his cloak around him, till at last, the Wind had to give up in despair.

Then the Sun came out and shone in all his glory upon the traveler, who soon found it too hot to walk with his cloak on.

"Kindness effects more than severity."

## The Sun And Darkness



Once upon a time, a wise man was having a conversation with the sun. He told the sun that darkness did not like him.

He felt that the sun ruined everything for him. Darkness love to keep everyone in a state of ignorance. Darkness loved to see humanity bickering and fighting with one another.

The sun just loved to shine and give love, kindness, and compassion to all. Well, the sun said to the wise man bring darkness to me and we can have a wonderful conversation.

The wise man said, "I will bring him to you tomorrow". Well, the sun waited and waited. The next day darkness never came.

He waited for over a month. Darkness never showed up. You see darkness is only the absence of light. The sun is always shining so darkness can never appear.

Discover the light inside of you. That is your true nature.





The following day I packed up my bags and took a train to Prem Nagar, Maharaj Ji ashram near Hardwar is a small town in the foothills of the Himalayas.

For the next two weeks, I listened to discourses about this knowledge. Something inside of me knew that I was

to receive the experience of a lifetime. I knew the door to my soul was to be opened.

Words are hard to express the feeling that was going inside of my being. I knew that in a short time I would be shown and revealed the secret of life itself.

I knew this experience was real. I talked to a lot of people who had this experience and I could tell and sense that something wonderful was going on.

I liked the idea the proof is in the pudding. I didn't want to join a cult or a religious group. I just wanted a direct and continuous experience of the power that is keeping me alive. I knew through practice this could be achieved.





During this time the war between India and Pakistan was going on. Each night air raid sirens were going on and off in the distance we could hear bombs going off.

There was a general blackout at night. Pakistani bombers were only miles away.

Air raid sirens were heard in the distance. At the ashram, the whole place was so serene while in this part of the world people were dying.

Trains of Pakistanis were being massacred going from India to Pakistan and train loads of Indians were being massacred going from Pakistan to India. Such a dichotomy.



Tommy Emmanuel - Initiation

465K views • 15 years ago



D. Kelly

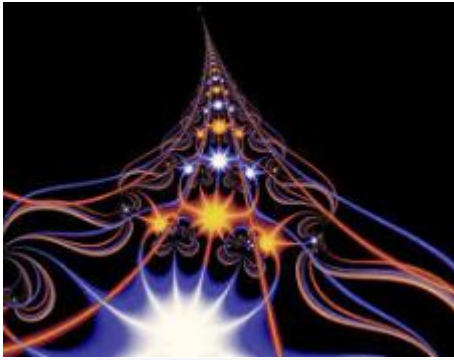
Another from the Sierra Nevada Centre Stage show in early-mid 2002. Great version this one! Still amazes me what Tommy can



I'll never forget my initiation. There were probably about 20 of us in a small room. Maharaj Ji had initiators who revealed his knowledge.

We were in the room while Maharaj Ji was playing on top of the roof directly overhead of us.

The experience that I had that day still sends shivers of joy just merely the thought.



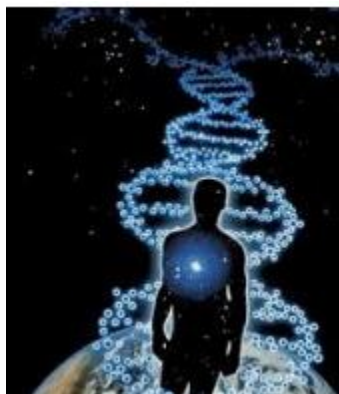
The first technique the initiator revealed was the light technique. I always knew that human beings could see the light inside. This is an actual experience.

When the initiator touched my forehead I felt this incredible surge of energy. I knew at that point that something incredible was going to happen.

My whole body and soul sensed it. My conscious completely left this physical existence. A golden circle of light appeared. Inside of this circle a brilliant blue star appeared.

This golden circle of light and this blue star were so beautiful. It was probably the most beautiful thing I have ever seen.

Waves of love, joy, and peace were surging inside my consciousness. All of a sudden the star transformed into a ray, a tunnel of blue light that went on infinitely. I merged with the blue ray. It's very hard



to describe this experience. I was at home. The doors were opened. I was given the keys and it was up to me to cultivate the experience.

I have definite proof that we are more than these bodies. All of a sudden the mystery of life was revealed. I knew the secrets behind all religions.

There was a genuine experience that could be shown and experience. Years later I realized that this experience was an initiation into Lord Michael's blue ray. It was the Jacobs ladder. This experience was the ladder to God. To this day I'll never forget this

experience. It gave me practical proof that God existed. I knew it but this was a practical experience.

It was more real than any outside human experience. I knew that my life was on track. I have waited years to go home and I was shown such a glorious place.

When I returned to this earth and regained physical consciousness my whole body was shaking like a duck.

My body had a hard time. Can you imagine being hooked up to the power plant of the whole universe?

I knew no damage was done. Over time I knew that the body was built and designed to handle that kind of currents. Day by day through meditation man can slowly harmonize with these frequencies and begin to vibrate at this frequency.

## *inner music*

Three other techniques were revealed. One was the music techniques. I was shown how to listen to the innermost frequencies of life.

Since God is energy, man can be in tune and listen to subtle energy frequencies. Different religions have different concepts of this experience.

By listening to this music over time man is filled with such joy and peace in his life. The mind slowly begins to slow down. In this state, man gets in contact with an energy frequency that is infinite.



This energy is pure love and bliss. The whole universe is composed of this energy. It was is and will always be.

This is the Word of God. Every major religion talks about the Word in some form or another. There is a very simple

technique where a man can be in direct communion with this subtle energy.

When a person first receives this initiation the word is very subtle. The majority of people don't understand the power of this word.

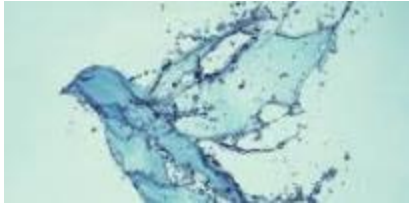
I know a lot of people who took this experience and never really tried it out. Over time I can consciously put myself in direct communication with this Word.

My whole being is instantly filled with such a wave of love and bliss. I'm not there 24 hours a day but I know it is possible. I have had experiences that I was completely taken out of this physical world and taken to a place where there is no time and space.

The only thing that existed was this incredible energy of love. I knew I was at home with my father. This energy exists through all of the creation.

It exists in the manifest and unmanifest. It exists throughout time and space and beyond. All of creation comes from this word. In the bible, in Saint John, the verse goes like this.

In the beginning, was the Word. The Word was with God and the Word was God. Human beings can tune into this experience.



The last experience was one of the living waters or nectar experiences. When a man is in this experience powerful hormones and enzymes are secreted through the endocrine system.

Through the ages, man has learned that he can experience this nectar or living water. Just one drop of this is an incredibly powerful experience.

One drop can take man's consciousness into an altered state. This fluid is very cleansing to the body. When Christ was in the desert for 40 days and nights he lived off this manna.

This experience is energy in its subtle form. It is energy yet it transmutes itself into matter. This experience is very powerful to the endocrine system.

I have had numerous experiences with this nectar. It's probably the most intoxicating drug known in the universe. Unlike a drug that has a side effect, this experience is completely beneficial to the body and soul.

These experiences reveal over time who we are. We are more than our mind and body. We are this source of life.

Each one of us is part of this universal consciousness. We just don't remember it. It's amazing when we were born we came from the source.

Our whole being was this consciousness. Over time we forgot. Years later we have completely forgotten our true existence.

After the initiation, I thanked my creator for revealing himself to me. My dreams come true. I had the tools. Everything made sense to me. I could read the scriptures and understand the hidden meaning. The scriptures were at the same wavelength. I had a lot of respect for the major religions.



### Hank Williams Sr... I Saw The Light - 1948

11M views • 9 years ago



V.A. HOSS

Don't forget to rate and subscribe...



## Mediation Ganges



The following day I was sitting by the Ganges meditating when I completely lost consciousness of this planet. I saw a light more brilliant than the noonday sun.

My consciousness was flowing into a river of nectar. I felt the whole Ganges River was flowing through me. Maharaj Ji had a beautiful poem by Rumi a great Sufi teacher that sums it up. It goes like this.

There is a palace in the sky without any foundation. A blind man sees a light more brilliant than a million suns. A deaf man listens to the unstuck music.



Castle in the air - Don McLean Original

4M views • 13 years ago



keyoshei morinaka

This song is my favorite since childhood... [http://www.4shared.com/audio/FuRrNjDs/02\\_-\\_Castles\\_In\\_The\\_Air\\_-\\_Don\\_.html](http://www.4shared.com/audio/FuRrNjDs/02_-_Castles_In_The_Air_-_Don_.html)

A lame man climbs up a well and drinks the nectar and becomes intoxicated. The clincher is only a wise man who understands what I'm talking about.

From then on my life was to change drastically. After my initiation and this experience, my life was never the same. I was shown something so incredible that my focus was on this experience. My whole life from



then on was based on practically cultivating this experience. Day by day I was going deeper and deeper into my existence.



My days in India were spent in meditation and spending time with Maharaj Ji.

Mediation was such an incredible experience. I call it going to the movies.

Day by day I was going deeper and deeper into realms I have never been before. Prem Nagar was such a beautiful place.

I was thousands of miles away from home and then again I was truly at home. I was content and full of such incredible bliss. My mind was learning to focus on something inside of me that never changes that is, was, and will always be.

I was learning how to be connected to that experience twenty-four hours a day. I practiced meditation liked how I surfed with joy and the thrill of riding the wave of life.



To this day I'm still blown away that this experience is lying dormant inside of humanity just waiting to be discovered. We are searching for the jewel and the jewel is hidden inside of each one of us.

Over time it's not all bliss and roses with this experience. I had to face my mind. The mind is such a powerful thing. It can be your friend or enemy.

I learned over time to become its friend. In the beginning, at times I thought I would go crazy. The mind was constantly chattering. I would sit for hours and at times I wanted to get up and just forget the whole thing.

But then I would break through. Then the experience would rush in and completely saturate your being. You are bliss. I felt that I had to break down the door.

Over time I walked through the door and my mind hasn't bothered me in this way since. I'm not saying my mind doesn't bother me at times it does.

But when I close my eyes or put my connection to this Word of God my whole being is filled with bliss. In the beginning, it took tremendous effort to have this kind of experience. In the beginning, you meditate on the experience. Years later the experience meditates on you.

I remember that on a few days before Christmas the whole ashram took a train ride from Hardware to Patna a city in Bihar India. Bihar is one of the poorest states in India.



The scenery was beautiful. We were traveling on this old funky Indian train. We would see swamps that were full of Lotus flowers. Wildlife was everywhere.

Maharaj Ji was having a three-day program. I remembered at the festival there were probably a million people there.

At one point in the festival, the Arya Samaj attacked the festival. I'm not sure how many people died. This group caused a lot of trouble in India.

It was kind of scary to sit on the stage watching fighting only a half-mile away. India was quite a different place. The people were quite friendly. They liked westerners. The Indian people, in general, had a strong conviction for God.



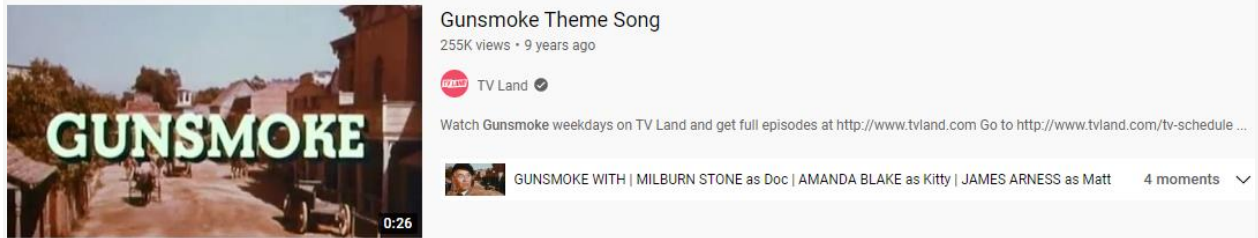
Before leaving Bihar my friend Peter left to go back to America. I loaned him the money which I got back in South Africa. The westerns left in January.



There were only a few of us left. I spent my remaining time in Delhi. I remember I would meditate and go into town. The Indian food was great.

I bumped into the son of James Arness. His father was a famous actor in Hollywood. He

played in Gunsmoke on TV. He had a son (Rolf) at the time was a world champion surfer.



It was quite funny meeting him. I was buying a kilo of cashews for one dollar. I just started talking to him.

During this time Maharaj Ji was planning to go to South Africa. He needed a few westerners to go and help set up the necessary arraignments.

Somehow Maharaj Ji's mother asked me to go. So in early February, we embarked to Bombay.

## Kundalini Snake Experience



One early morning I was meditating using Mafu techniques. I felt such joy and happiness. All of a sudden I felt this incredible power. I saw this incredible cobra at my root chakra. This cobra was slowly rising up my spine.

The energy was incredible. It was so real. I became a little afraid due to the power and the cobra. I knew I would not be harmed at all. I controlled my fear and let the experience grow. The cobra went all the way to my third eye which is the pituitary gland. At each step of the way, I would have a different experience. I have always heard about the Kundalini experience but this was the first time I had the experience to see it.



The Vedas talk about this experience. The cobra was so real. It was like you had to face your greatest fears and then and only then could you be taken to a different level of consciousness.

Amazingly, this experience exists inside of our being, and yet it is dormant. We are so involved in this world that we are simply unaware of a greater reality.

I learned that the scriptures of the past were based upon practical experiences. We have simply convoluted the meaning of the experience and come up with a different meaning altogether.



## Jai Uttal - Gopala

354K views • 11 years ago



Shakti Amrita



[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 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.

## In The Beginning, Was The Word

In the beginning, was the Word.

The word was with God and the Word was God.

And the word was made flesh.

Now let's look at this with a rational mind.

In the beginning, was the Word.

Before time and space was the Word.

That means way before humans existed on earth.

Even before the earth was created there was the word of God.

The word was with God and the Word was God.

Is there a primordial frequency or quantum energy that is God?

Is God multidimensional energy?

This energy is beyond time and space.

This energy created the universe.

And the word was made flesh.

This energy creates us.

This energy lies inside of us.

97% of your DNA is not junked DNA.

It's quantum energy.

It's God.

You are made in his image.

The wise man says it's up to you to solve this riddle.



## 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 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.

## 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 others, 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.

## 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 upon 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 knows.

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 are 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.

## The Wheel Of Life

The wheel of life.  
Is life a cosmic wheel?  
The wheel turns and turns for eternity.  
We come and go.  
Civilizations come and go.  
Universes come and go.  
This is the wheel of life.  
Nothing is constant.  
Everything changes.  
Nothing will remain the same.  
Someday the earth will no longer exist.  
I'm not being morbid.  
I'm just saying the facts.  
Everything in the universe comes and goes.  
Even the universe will disappear in a blink of an eye.  
Yet you are eternal.  
You were never created nor will you ever be destroyed.  
Yes, your body will die.  
But you will never die.  
There is at of you that is eternal.  
You may ask that's incredible.  
If that's true why don't I know it?  
Because you are looking in the wrong place.

You are driving in your car with your cell phone in your hand.

You think that reality exists only externally.

You are the universe.

You just don't know it.

You have been looking in the wrong place.

The journey exists inside of you.

This is the greatest game of hiding and seek.

God hides inside of you.

Yet you are looking all over and never can find it.

You have free will.

You can learn how to take baby steps to discover your true nature.

All the great masters have said the same thing.

They may use different words.

Christ said the "kingdom of heaven lies within".

This is not a metaphor.

Ponder this over.

You can solve this mystery.

The wheel of life is turning.

Discover your true nature.

## How Did The Master Become The Master?

How did the master become the master?

Do you think the master was born that way?

The master became a master through a lot of work.

Nobody gets a free ride.

A master makes mistakes along the way.

He makes thousands of mistakes along the way.

Yet over time, he learns from his mistakes.

He learns what buttons people push that are his weak links.

Over time there are no buttons to push.

He will just smile and listen to you.

He has nothing to prove.

A master loves to meditate.

Not only sitting in meditation.

A master learns to be in a constant state of meditation.

Walking around is fun.

There is no boredom.

There is a love of this great journey of life.

This journey is eternal.

The master knows this and so can you.

## 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.

The 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.  
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 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.

## Kingdom Of Heaven

Many people think that the Kingdom of heaven is a place.  
There is a pearly gate and God has guards at the entrance,  
You must pass the test to get in.  
Yet what if Heaven is a state of mind?  
What if heaven has always been there but there has been dust covering the inner  
mirror?  
Maybe man's problems have always been looking outside of ourselves.  
Maybe just maybe we have forgotten our true nature.  
The hells that man creates are real.  
Look at the wars all around the world.  
Innocent people get killed and maimed.  
Millions of people are fleeing from their homelands.  
That must be hell.  
We as a world must help them.  
Forget our immigration policies.  
Do you think Christ will accept that?  
The US seems to have we don't care about policy.  
Immigration was a thing of the past.  
Immigration must be stopped.  
Recently I saw where ICE sent a man who has been here for thirty years back to  
his home country.  
He leaves behind his wife and kids.  
The US is creating a living hell for thousands of people.

What happened to the love and compassion of America?

Have we lost our ways?

How can we still have a President who mocks the world?

We get him the keys to our nuclear codes.

To be honest, America must learn to discover heaven within.

We are so much off the mark.

Anger is the norm.

Anger is the point on the thermometer of life where you know our society is sick.

America has a serious disease.

Not a disease is a point where there is no ease.

Everything is in a chaotic state.

Just like cancer.

It seems to describe our political system today.

Everything is in chaos.

Nobody knows what's going on.

You can be fired just like in The Apprentice show on TV.

Just ask Rex Tillerson and the rest.

Chaos is a manifestation of our minds.

If our minds are chaotic the world around us will be chaotic.

It is as simple as that.

Remember you can choose between heaven and hell.

The choice is yours.

## The Field Ripples Everywhere

Did you know there is a field of life that ripples everywhere?

It ripples faster than you can read these words.

It is felt instantaneous all across the universe.

How about that?

We haven't even developed anything near the speed of light.

Yet the field transfers information instantly.

Do you see how your actions affect the universe?

Did you ever ponder that over?

Your anger ripples across the universe.

Is it worth it?

Now is the time to change.

Be kind.

Your kindness will ripple everywhere.

Your light will shine everywhere.

You can be a true beacon.

You have no idea how grand you are.

The universe is rooting you on.

You have a grand part in this play.

You are the main actor.

Ponder these words.

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.

Modern-day scientists are talking about the human body being 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 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.

## Closing



Stories and myths have been told for time immemorial. Hopefully, these stories can help you with your precious journey. You are the universe. You just don't know it.

It's time to wake up from your slumber. This world will transform. Just wait and see. The sooner you wake up the sooner peace will exist inside of you. Peace is a state of mind.

You will never find permanent peace externally. It is an illusion. You can grasp it one moment and the next moment it is gone.

It's time for the world to be kind.