

Meditation

Fletcher Soul Traveler

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Intro



This book is about my love for meditation. I have been meditating for around 47 years. I love to meditate. You could say I have a knack for it. I completely was drawn to it.

Meditation is probably the most practical thing a human can do. It places a person to have their feet on the ground and their head in heaven.

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

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

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

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

I have included all sorts of different things I have learned about meditation on this journey. Some of them are in poems. Some of them are chapters I have written about Meditation previously. Some of them are talks that I gave to myself.

Did you know you can learn a lot by listening to the words you say? Personally day by day I intend to grow in every moment. I try to learn from my mistakes and consciously grow in the process.

Meditation has been practiced for time immemorial. It's a place to discover your true nature. It's a place to realize that we are all one and united by the thread of love.

I hope you will enjoy this book. Ponder over these words. I'm not trying to convince you. This is nothing to convert to. This is your true nature.

How Can A Fish Drown In Water?

How can a fish drown in water?

How can a man choke on his own words?

How can pride and ego bring a country to the brink of war?

How can the loss of innocence take away the child inside?

How can man pretend to be so smart when he is sawing off his own limbs?

Mediation

I once had a grand teacher who said meditation 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 a 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.

Sit Still And Listen

Sit still and listen

Inside the silence lies such peace.

A wave of bliss is about to release.

The secret of creation lies between your eyes.

Behold a light more beautiful than anything in this world.

This light is pure love ready to take you on a ride.

Surfers ride the waves of the ocean, while the wise man rides the waves of life.

Imagine riding the waves of life.

Behind our breath lies the answer.

Divine music will accompany you.

The mind becomes drunk on this bliss.

Yet this intoxication is medicine to the soul.

For eons of time man has explored.

Buddha, Christ, and much more have told their story.

Behold the kingdom of God lies within.

It doesn't matter if you're a saint or a sinner.

We all have the same opportunity to go back home.

All it takes is one small step after another.

Sit still and listen

The answer to this riddle is found in this easy step.

Looking For God

The modern-day man looks for God on the moon and beyond.

He studies the molecular structure of nature.

Through his telescope, he looks for him in all the reaches of the universe.

He sends out satellites to search for the unknown.

Yet he doesn't find the answer he is looking for.

The wise man looks within his heart and finds the hidden treasure.

He finds his way home.

Pick Up The Phone

Have you ever dialed into the source of your life?

Have you ever felt like you had a conversation with your creator?

How would you like to phone your creator?

What would you say?

From time immemorial we have been wired for a direct connection to God.

You don't even need an operator.

God lives inside your heart.

You are the temple of God.

No temple on this planet is as magnificent as you are.

The creator hides inside of you.

The phone has been ringing since your birth.

Pick up the phone.

There are no collect calls.

This call is the most important of your life.

Please tell Suzie or John that I'll call you back.

I've been waiting for this call all of my life.

Hello

Words cannot describe the joy inside.

Direct communication to the heart.

Your heart is filled with love.

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 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.

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 perform this simple action. 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.

The Word

In the beginning, was the word.

Before time and space.

Before creation

Before the void.

Primordial energy, a Primordial word

This word is, was and will always be.

This word was God and this word is God.

All scriptures talk about the word, yet it is beyond the scriptures.

All religions talk about the word, yet it is beyond religion.

Science talks about the word, but it is beyond science.

This word exists inside of you.

What is keeping you alive?

When you know this you will know the answer to this puzzle.

Religions

Have you ever wondered about the common denominator of all religions?

Is there a thread, which ties them together?

They all believe in some universal force.

Beyond time and space.

Is, was, and will always be.

Some people call it God.

Generator, Operator, and Destroyer.

The Hindus might say Brahma, Vishnu, and Shiva.

For the Buddhists it's Nirvana.

For the modern scientist, it's energy.

Energy cannot be created or destroyed.

Positive, negative, and neutral energy.

Is there a common theme?

All religions talk about light.

If thy eye be single the whole body shall be full of light.

In the Gita, Krishna reveals a light more brilliant than a billion suns.

Is that metaphoric speaking?

What happens when we split open an atom?

The Buddhists have scriptures that talk about a great light upon death.

Every religion known to man talks about light.

Every religion talks about the word of God.

In the beginning, was the word.

The word was with God and the Word was God.

The Latin translation of the word was Logos.

Logos means power.

In the beginning, was an infinite power.

This power was with God and this power was God.

Hum, maybe they were talking about the same thing.

Are science and religion both talking about the same thing?

This word according to religions cannot be spoken.

According to the Tao beliefs.

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

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

The nameless is the beginning of heaven and earth.

Is there a primordial word or energy that is, was, or always be?

Could this word exist everywhere?

Beyond time, beyond space.

Universe

Uni One Verso Word.

One word.

Could there be a universal frequency that exists everywhere?

Before creation, before the void, before anything we can dream of.

Is there a way to connect ourselves to that experience?

What would happen?

The Hindus have a saying Sat Chit Anand.

Truth is the consciousness of Bliss

When the mind is absorbed in truth, the consciousness is in bliss.

Truth is, was, and will always be.

If the word of God can't be spoken and is, was, and always aren't they talking about the same experience?

Christ said the Kingdom of heaven lies within.

Buddha talks about the inner kingdom.

The Jews talk about the inner kingdom.

The Hindus talk about an inner kingdom.

The Taos talk about an inner kingdom.

How does one connect to this kingdom?

Is the human body wired for this experience?

If we are created in the image of our father I think he would wire us up properly.

Human beings.

Hu Divine man being.

Maybe all religions were talking about the same experience.

Since the advent of the nuclear age, man has discovered that everything is a frequency.

We are not just matter.

Energy vibrates at a frequency.

It creates sound.

Could it be that all religions are trying to find the sound of God through their chants, mantras, and prayers?

Could these sounds act like a tuning fork that can transform man?

What would happen to a man if he could vibrate at an infinite frequency?

The Buddhist call this Nirvana or being enlightened.

The Hindus call this Samadhi or liberation.

The Christians call this salvation.

All religions talk about this as music.

Music of the spheres.

Inner music.

Does this music exist inside?

So far we have infinite energy which exists everywhere.

The energy is both light and sound.

Science knows that both energy and mass are the same things.

Is there a pure mass that is contained in the whole universe?

If there is then it must be contained inside of you and me.

All religions talk about this in abstract ways.

Christ talked about manna and the honey of life.

The Hindus talked about nectar.

Kabir a famous Sheik poet talks about how one drop of this nectar can make a man totally intoxicated.

All wisdom and knowledge exist inside this nectar.

By the grace of God, I had the entire Ganges River flowing inside of me.

These experiences are built into the human body.

We just need to flip the switch.

God is one.

Everything goes back to its source.

Let's all go back home and transform this world.

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.

The World Is A Drama

Guru Nanak once said

The world is a drama, staged in a dream.

Mystics throughout the ages have pondered this over.

We are living in drama, staged in a dream.

Is our dream real?

What is considered a dream?

We come and go from this world.

Is this a dream or where we come from a dream?

We live our lives in so much drama.

We react to the beatings of life.

Is there a way to solve this puzzle?

It seems very complicated.

One layer over another.

Yet the answer is simple.

Open the door within.

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.

Meditation Talk 2-15-2017 Anima



Greeting. Welcome. Today we are going to talk about a mantra called Anima. Anima is a vibration that exists in this world and the multidimensional world.

It is the smallest of the small. Supposedly a Yogi when mastering this thing can shrink himself to the point of being as small as an atom.

This is a very powerful mantra even without acquiring this ability. Just the ability to tap into the multi-dimensional world is good enough for me.

To start close your eyes. Place your attention on your third eye. Mentally repeat Anima. Just like this

Anima, Anima, Anima.

When thoughts come just let them go. Bring your awareness to Anima. This technique is super simple. Now let's practice this together.

Close your eyes. Focus on your third eye. Mentally repeat Anima. Anima, Anima, Anima.

Now slowly open your eyes. Bring that experience into your body. Focus on your breath and carry on your day.

Spiritual Life Is Not Boring 2-4-2017



Many people think that living a spiritual life must be boring. You just sit around and meditate. What a boring thing to do. Yet a spiritual life is exquisite. I've been all around the world.

I've surfed waves as high as a two-story building. I hitchhiked from France to India with my surfboard. I

hitched hiked from Kenya to South Africa. Been to South America and the Galapagos Islands.

You see a spiritual life is practical. It is a life that truly is meant to bring you secrets of the universe while you are alive. Before you came to earth you were the universe. When you die you become the universe. Wouldn't you like to know that you aren't alone when you are alive? Wouldn't you like to know that there is a family out there?

The kingdom inside is your true home. It will transform your character. It will over time make you kind, patient, and full of tolerance, love, and compassion. This is your true nature. You will transform from darkness into light. It takes work but what rewards come your way? You can be in the center of the hurricane. The whirlwind of the mind may be there but calmness resides inside.

Over time a spiritual person loves each moment. You love going to work. You put your heart and soul into your actions. Nobody knows your beliefs. You just blend in. You have nothing to prove. You are stable in your emotions. A person learns to stop look and listen instead of reacting automatically. The universe slowly begins to train you in its ways.

The universe is kind. The universe is love. The universe is patient. The universe is compassion. The universe is alive. A human being has the opportunity to become these traits. All the great masters have said this. The kingdom of heaven lies within.

Remember you are eternal. You were never born and you will never die. The game of life is to discover your true nature while you are alive. We search for God outside our entire life. He has been hidden inside the entire time.

The most obvious place a person should look a person looks outside for the answer. Isn't that fascinating? Maybe the whole universe is a game. It was created so we could find God within ourselves.

What an elaborate setup it is. The entire universe is a stage and we are actors on the stage. We come down to earth to discover our true nature.

So for many, we are oblivious to this. We live our lives. Now I'm not trying to convert you. I'm not trying to convince you. I'm just telling my side of the story. The truth needs no convincing.

When you die you will see that God doesn't judge. This life is a learning experience. Imagine a raindrop with its journey of returning to the ocean. In the same manner, we are traveling back to the ocean of life. Enjoy this journey. Spend time with your kids.

Spend time with your family and friends. Call them on the phone. Find out what truly has meaning in your life. Most of all you are never alone. The universe is watching over you.

Meditation Talk 2-5-2017



Greetings. Welcome back. Did you get to practice your simple meditation? If so how does it feel? Did you hear any different sounds? Did you have any glimpses of light?

Each one of us is wired differently. Each one of us will have a different experience. Each one of us is on the same path yet we all are on different parts of the road.

You are not alone on this journey. It may seem like it. By practicing meditation daily you will begin to feel the love and tranquility that exists inside. Taming your mind is not easy. It's probably the most difficult thing to do in the universe. But with practice, you can do it.

Don't fight the mind. When a thought comes in just let them disappear into the night. You can never truly stop the mind but you can master it. You can be in control of the mind instead of the mind controlling you. Big difference.

The body has to learn how to relax when you meditate. Be patient with it. Be kind to yourself. Start to pay attention to your body and listen. The body has intelligence. Remember your DNA is both physical and spiritual. Imagine your DNA is talking to you.

It is all the time. We are just not aware of it. Your higher self is contained in your DNA. Imagine you have trillions of cells in your body. Stop look and listen daily.

Slowly increase your meditation time. Don't get lazy or too aggressive. There is a balance. Start with 5 minutes and slowly increase your time. Learn to love to meditate. Your attitude is everything in your practice. Without a proper attitude, you will have a hard time meditating.

There are many mediation practices. When I first began to meditate I thought that there was a magic one. There was one where if I received it, it would be so easy to meditate. Years later I realized that all the ways will take you there. Each one is different and unique yet the experience is the same. Trust me on this. I have practiced a lot of different techniques.

I still use the technique where I focus on my breath. I would consider this to be a universal technique. All the meditation practices I have seen using this technique. It seems so simple. It is. To the mind, it's come on. Is that all you got? Yet the entire universe is breathing and so are you.

There is a power behind your breath that is keeping you alive. Now that is a literal fact. When this power leaves the body you have died. This is the soul that all religions have talked about.

In essence, by concentrating on your breath you are tapping into your true essence. Another reason why the technique is so powerful is that you can use this in your everyday activities of life not just sitting down.

What does this mean? It means that you have the potential to be one with your true nature. As I have said that in the beginning you meditate on the source and at some point in time the source begins to meditate on you. You still must make effort but you can see and feel this connection so strongly.

There will never be a time when you can clap your hands and say I totally got it. On this incredible journey, you will never stop learning. This is the way of life. Even the universe is learning moment by moment. So start to develop a practice wherein every moment you try to concentrate on your breath.

When you lie down for the night concentrate on your breath. Make the breath your friend. Which it is. Without it, you won't be alive. The entire universe lies inside. All the great masters have said the kingdom of heaven lies within.

So once again be patient with your practice. Love your practice. Be thankful that you are learning and experiencing your true nature. You are kind. You are love. You are patience. You are compassionate. All these traits are the power of your true nature. Over time by meditating on your breath this journey will unfold.

Meditation Talk 4-8-2017

The definition of a mystic is the following. 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.

Many moons ago I heard about the world of a mystic or Yogi. I was quite fascinated by it. What were they experiencing? How did they tap into this experience? Is this for a privileged few? How come everyone doesn't know about this? Do you have to give up your life and move to an ashram? I like my life. Can I become a mystic and still carry on with my life?

These are the questions I asked myself. Fast forward 46 years. Wow-what an adventure life is. I learned that anyone can learn to go inside and discover their true essence. It's not for a privileged few. In fact, we are hard-wired for this experience. We were designed for this experience. Somehow along the way we have forgotten.

No, you don't have to give up anything in your life except for a few things. You must learn to give up anger, greed, war, intolerance, lack of patience, gossip, and all your negative emotions. Don't you think it's wise to take out the trash every once in a while?

We have tons of internal housekeeping to do. At times it's difficult and painful for a human being to change. We tend to hold on for dear life yet we are carrying a huge bolder on our back. Maybe the great mystics were right. Maybe their path was to demonstrate or show that we can throw away our garbage.

We don't have to change or walk away from our lives. In a matter of fact, we need to embrace life. The universe is kind. We need to cultivate kindness in our life. We need to plant the seeds of kindness and water them every day. A farmer tills the soil and takes out the weeds. We need to do the same thing. We need to be aware of our actions.

Humanity needs to plant the seeds of love, compassion, tolerance, patience and so much more. Follow the steps of planting the seeds of kindness. Guess what over time you will become a mystic.

Every day watch your breath moment by moment. Pay attention to it. Focus on it. Try to do this 24 hours a day. It will take time. At first, it will be extremely difficult. Just relax.

When you are driving turn off the music, put down the cell phone, pay attention to the road and follow your breath. It's that easy. Over time you will experience that there is something behind your breath that is keeping you alive. A sense of peace, compassion, love, and bliss will arise.

Learn to love to close your eyes and watch your breath go up and down. Learn to be relaxed and focused at the same time. With too much relaxation you will fall asleep. Too much focus is like trying to break down a door.

The door will open on its own time and terms. Just love the opportunity to sit there and discover your true nature. This is not a race. Be patient with yourself.

Over time this world will merge into yours. You can simply close your eyes and you will be filled with love and compassion. Still every day we take baby steps. We will never truly say I have learned everything about our true nature.

We will always be infants. Even if you meditate for over a billion years we will still be infants. Remember we are never born and we never die.

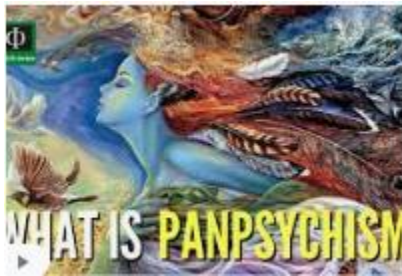
So this life is quite the adventure. What we learn from inside we take the experience outside. We learn to be kind in midst of anger. We learn to be compassionate on Facebook. We learn to have patience and tolerance toward others.

We can see the thread of love tying us all together. This life that we are given is to truly become the best that we can be in all areas of life. This practice enables us to see beyond the box. We can be open to so much more than our limited beliefs and ideas.

The universe wants you to discover who you truly are. The universe wants you to reach for the stars.

This is the life of a mystic. This is your true nature. Discover who you truly are.

What Is Panpsychism 3/16/2018



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 kinda 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 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.

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.

Personally, 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 my 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 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.

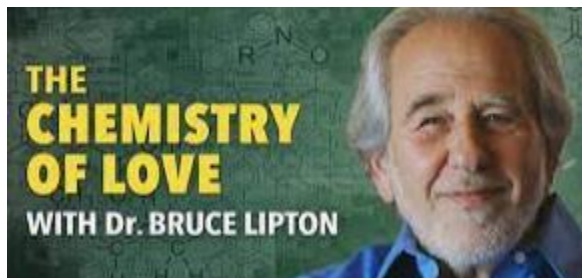
Humanity is just beginning to understand to open up the garage door within. When they do science will go to another completely different level. There the universe can show humanity gifts we can never imagine. You see without kindness the universe will only show you so much.

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.

Custom Designed By God



We are all custom-designed by God. Yesterday I heard an interesting interview with Bruce Lipton.

He is a scientist and has a fascinating story to tell. He wasn't interested in God, religion, or anything spiritual. His passion

was science and biology.

He was studying the structures of cells. One day he discovered that our cells have antennas embedded on the surface of the cells. We have trillions of cells and each cell had an antenna. He thought to himself.

Mind you I'm paraphrasing what he said. He asked himself what these antennas are for. For what purpose do we have for them? In the real world, he thought of a TV set.

You have an antenna that receives signals from a broadcast. You can change the channel and a different TV program will appear on the screen.

At this point, it gets extremely interesting. Somehow he has an epiphany that our awareness and consciousness are being broadcasted from God or the quantum field.

Each one of us has a unique signature. He realized that the body will die yet our essence is always the same. We can never die. Our essence is eternal.

To his amazement, he discovered that God exists inside of us. The treasures exist inside. We are hardwired to discover the universe within.

Imagine all this took place within five minutes. From that point on his goal was to discover his true essence. The clues are there in plain sight. Bruce then as a scientist begins to use the lab within to discover his true nature.

In the interview, Bruce said that some Jesuits said gave me a child for seven years and I will tell you how the child will grow up. For the first seven years, a child will pick up the good bad, and ugly.

A child's brain wave is theta in which everything external gets sucked in from 0 to 7 years old. This goes directly into our subconscious. Now imagine that we live our lives 98% of the time from our subconscious. Our subconscious drives our life.

This means that our lives are being driven from our early childhood. Without pursuing ourselves and discovering our true nature we live most of our lives driven by our subconscious. We react like leaves blowing in the wind.

Our body is so entwined with our subconscious that we react automatically without being aware.

Imagine our subconscious is like a hard drive. It has tons of data stored for the ages of 0 to 7. When an event occurs the subconscious will go instantly to the hard drive and it knows how to react.

Notice we are oblivious to what's going on. This is mankind to a tee.

We have been fighting forever. The world is on fire. People flame each other on Facebook. We have a President who tweets whatever comes to his mind.

Humanity is on the verge of a breakthrough. The signs that we were built to discover are all around us. We have all the instruments inside of us to discover our true nature.

We are about to go from me to we which is the title of this book. Imagine every single person on earth is hardwired to discover we all came from the same place. We are all family regardless of race, color, or creed.

Our true nature is kindness. Our true nature is love and compassion. We are all a spark of the divine. We are the universe. We just don't know it. These are exciting times. You hold a piece of the puzzle of life inside of you.

You can change and discover your true nature. Millions of people are waking up. Recently science and religion are really talking about the same thing. Discoveries that Bruce saw are major scientific breakthroughs for all of us.

Bruce saw in a flash of light that we are being broadcasted from the quantum field. We have our name that God knows and the universe knows. Every human life is special.

With our free choice and free will, we can moment by moment be on a conscious journey to discover our true essence. Ponder this over.

Custom Designed By God 2



Let's continue how a human being is hardwired to find God. Many scientists think that a part of our DNA is multidimensional and quantum.

We contain the blueprint of God inside of us. From this blueprint, a human being is created. We are created in the image of God.

When I was young I loved to study the great wisdom of India. I still do. The Indians have a theory that everything we do and say is recorded into an energy frequency.

This energy frequency can be read in some part of the time in the future. Some people have fine tuned themselves to be able to read the Akashic record from another person.

Now recently many people think that in our DNA we have multidimensional DNA which contains the blueprint of God. Now imagine in this blueprint contains the entire essence of the universe and the essence of your soul journey in the universe.

You are eternal. You can never die. Your body will. Many people are discovering this concept and are learning how to mine the Akashic record for themselves.

Can you imagine how incredible that would be? It means that you could stop any disease from coming your way. You would be in tune with God and listen to the wisdom that lies within.

You could bring back all the positive attributes you have learned on your magnificent journeys in life.

A person could tap into the future and bring back wisdom such as inventions that would help our fellow man.

From that state, it would be easy to go from me to we if you could consciously tap into the oneness and blueprint of the universe.

As you can see the car is sitting in the garage gathering dust. The car is meant to be driven on the freeway of life. Moment by moment we can drive our car and gather a greater understanding of why we are alive.

We spend most of our lives in a survival mode. We spend most of our time living by our habits and subconscious. Imagine we are hardwired to discover our true essence. Yet so many humans are oblivious to this fact.

You see we have free will and free choice. The entire universe lives by this law. At times I think well maybe human beings shouldn't have free choice and we would come into this world and never forget our true nature.

Peace would always prevail on earth. Anger and war would not exist. Heaven would be on earth. Yet life is a grand adventure. We come into this world to discover our true nature and to help transform this world from darkness to light.

It is a cosmic game. This isn't the first time this game has been played. For time immemorial this game has been played through this universe and countless other universes.

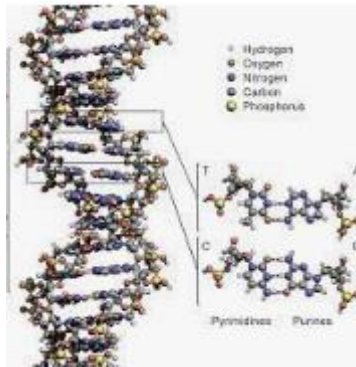
The entire universe is watching us and cheering for us. They are rooting us on. We have incredible coaches that help and assist us.

Yet they can't take a single step for us. You see each of us has to play the game without any steps taken by another being.

These are exciting times. We as humanity are going from me to we. For thousands of years because of thinking it's all about me we have fought countless wars.

We are living in an era where this is changing right before our eyes. Ponder this over. You are hardwired to discover God. You contain within your DNA the blueprint of God.

DNA



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Chakras



For over five thousand years the Indians have discovered flower petal-shaped vortexes of energy lying across seven different areas on our spinal column.

These chakras are directly connected to the endocrine system of glands.

These chakras are responsible for distributing energy through the body. Where there is a blockage disease will occur. In our next chapter, we will talk about the Chinese discovery of meridians.

I won't go through the specifics of each chakra. Here's a general overview of each one. The following information came from color-meanings.com

The Root Chakra – The Sanskrit word for this Chakra is Mooladhara Chakra (mool means root). The chakra color associated with the root chakra is Red.

The root chakra defines our relation to Earth. It impacts our vitality, passion, and survival instincts. The red chakra colors are also indicative of our need for logic and order, physical strength and sexuality as well as the fight or flight response when faced with danger.

The sense of smell in the human body is connected to the Root Chakra. The gland to which the root chakra is attached is the Gonads.

The Sacral Chakra –The chakra color associated with the sacral chakra is orange. This chakra relates to the water element in the human body.

The chakra colors are orange which impacts sexuality, reproductive function, joy, desire and even creativity, and compassion for others.

The sense of Taste is associated with the Sacral Chakra. Glands and organs impacted by this chakra include the lymphatic system, female reproductive organs, large intestine, pelvis, and bladder.

The Solar plexus Chakra – The Sanskrit word for this chakra is Manipura Chakra which translates to “city of jewels”.

Thus the solar plexus chakra is the personal power chakra that is responsible for one's personal and professional success.

The chakra colors yellow of this energy vortex are associated with fire, energy, charge, etc.

This element of fire, when balanced and harmonious allows one to feel more confident, cheerful, and energetic along with the right amount of respect for self and others.

Our sense of sight is associated with the solar plexus chakra. The glands or organs associated with the Solar plexus chakra are the Adrenal glands.

The Heart Chakra – Anahata Chakra or the heart chakra is associated with the chakra color Green. This chakra influences our relationships and has the Air element.

A weak heart chakra is responsible for sabotaging relationships through distrust, anger, envy, etc. The sense of touch is impacted by the heart chakra and the glands connected to it are Thymus and lymph.

The Throat Chakra – The Vishuddhi chakra refers to our true voice. As the name suggests, the Throat chakra with its chakra colors Blue is associated with the ability to communicate, listen, etc.

The glands to which the Throat chakra is attached are the esophagus, ears, throat, thyroid, jaws, teeth, and neck vertebrae.

The ethereal element of the Throat Chakra, when balanced, allows an individual to have a pleasant voice, artistic abilities, expressive ways, and also the ability to be in a higher place spiritually.

Individuals with a balanced throat chakra can meditate well and use their energy efficiently and artistically.

The Third Eye Chakra – The Ajna Chakra translates to the “center of knowing or monitoring”.

This chakra is associated with chakra colors Indigo and is connected to the Pineal or pituitary gland. Those with a well-balanced brow chakra can have telepathic

abilities, and charismatic personalities and they often do not have any fear of death.

The element of electricity or telepathy along with the chakra colors of Indigo are associated with our sense of Thought.

The Crown Chakra – This chakra is known as Sahasrara chakra in Sanskrit and is associated with the chakra colors of violet or purple.

The crown chakra is associated with the pituitary gland, nervous system, and the brain and head region with its element of light.

In its balanced state, this chakra can render individuals the ability to perform miracles, transcend the laws of nature, and have a heightened awareness of death and immortality.

Now according to the great masters and mystics, the journey begins at the base of the spine. There lies the Ida and the Pingala nerve. Imagine a column called the Sushumna which is not physical and goes from the bottom of the spine

Here's the definition of the Sushumna from Wikipedia.

Sushumna (सुषुम्णा, suṣumṇā "very gracious", "kind" [3]) runs along the spinal cord in the center, through the seven chakras.

Under the correct conditions, the energy of kundalini is said to uncoil and enter Sushumna through the brahma dwara or gate of Brahma at the base of the spine.

The Shiva Samhita treatise on yoga states, for example, that out of 350,000 nadis 14 are particularly important, and among them, the three just mentioned are the three most vital.

It seems to me that God hardwired each human being to help them discover his true nature. The journey begins at the base of the spine of the root chakra. Here the consciousness of me me and me reside.

The human being is existing in a state of survival mode. The goal in life is to master each chakra and ultimately arrive at the crown chakra and enter its door. At this stage, one will realize that I am the universe. We are all one.

This is our true state of existence. We are all one huge gigantic family. Each one is responsible for discovering our true nature.

The world will be in a better place if we all did this. Ponder this over. So do you think that you are hard-wired to find God? Maybe it's time to use your inner key to start the engine.

Closing



I hope you enjoyed this audiobook. If you are just started to learn how to meditate this should give you a starting foundation. Take your time. Take one step at a time. Don't expect instant results. The changes, in the beginning, are subtle.

In fact, you never know how far you have traveled on this path. Remember there is no destination. Smile at life. Laugh at it. Don't take life so seriously.

Live life as a child. Learn from your mistakes. We all make them. This is how we grow.

Meditation will teach you how to live in the center of the hurricane. The winds can be swirling all around, yet you reside in the center where it is calm.

Remember whatever activity you do you can focus on your breath. This is how you stay centered. This is how you can be in the center of the hurricane.

As I said before in the beginning you meditate on the universe. After some point in time, the universe starts to meditate on you.

Just enjoy this ride in life. This life is meant to be enjoyed. You were created to laugh at life. When a curveball comes your way don't freak out. Stay centered. You can overcome any obstacle.

You can tame your mind. You can be best friends with your mind. It is a matter of attitude and effort.

The glass is half full. You can fill the glass up with the water of life. It is endless and boundless.

Start to educate yourself. Expand outside of your box. Explore new ideas. Be excited about learning new things. Make small baby steps in all areas of your life. Learn how to take care of your mind, body, and soul. Educate yourself on the power of food as medicine. Exercise daily. Make small changes not huge leaps.

If you fall just dust yourself off and continue this journey. Remember it's two steps forward and one step backward. This is how we learn. Mistakes are a part of life.

I have been a software engineer for many moons. Every day you make mistakes coding. Well, you just fix them. You don't freak out. Same thing in life. You learn from your mistakes.

Remember meditation is probably the most practical thing you can do. All aspects of life stem from it. Unfortunately, we were probably brought up that it's a weird thing to do. Well, weirdly or not you do have a hidden jewel that lies inside. It's your free will and free choice to discover your true nature.