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## Intro



The definition of Recalibration is as follows.

: to calibrate (something) again

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

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

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

Many of them spin the truth so much they can't even discriminate between truth and fiction in their minds. Mind you this is dangerous territory. Consequently, many Americans believe this.

Just look at the Capital building riot in early January. Many politicians have spun the truth to say it was a peaceful demonstration. Try telling that to Vice President Pence and his family. He had to run for dear life.

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

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

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

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

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

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

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

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

Your human body is wired for this. The operating system, hardware, and software have been there since your birth. You just have to turn it on. You must turn on the switch. All the great masters did this.

They had the same problems you have. Nobody gets a free ride. But they overcame their problems. They discovered the jewel within. They told humanity there is a way out of this chaos.

For most people, this went over their heads. They couldn't understand the message. The message is always simple. True kindness exists inside of you. You have an infinite well of kindness inside of you.

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



## The Law Of Calibration



To understand this law one must first understand that everything from the sun to the moon and the stars everything changes, shifts, and transforms. Nothing is static in the universe.

Everything changes. Your body is alive. Your cells are constantly going through the process of being born, living, and dying. Nothing stays the same. Your mind is constantly moving.

The emotional state is constantly changing your different modes of emotions. We are driven by our thoughts, habits, and emotions.

To recalibrate oneself means to consciously begin to shift and transform our awareness towards the highest potential. Day by day we begin to use all the Laws and Rays and begin to use them in our daily life.

We begin to drop our old destructive energies and begin to use our mind body and soul to enhance each moment.

Much like the metamorphosing of the butterfly, we begin to change at every level and become human beings. We merge the mind and heart and truly become human being who drops the old destructive energies that mankind has allowed for thousands of years.

Day by day the Law of Calibration allows us to transmute our old destructive energies and transform them into something we can't even imagine at this point. Built into our DNA lies the potential of mankind.

This life is meant to be lived where we fine-tune ourselves moment by moment in all our actions. We live in a state of being in a reactive mode. It's very easy to react.

It's very difficult for one to stop, ponder and not respond reactively. If someone says something you don't like it's very easy to get super angry and burst out with destructive words.

The wise man plays life like a master chess player. Before he/she even speaks he looks and ponders his move towards transmuting the situation unto the highest good for all.

He/she looks 5 steps ahead just like a master chessman and sees the necessary steps of action to take place. He/she is a master of life. This skill is a day-by-day learning effort.

We must learn to recalibrate our daily actions from the old energies to the new. This is a spiritual person making conscious efforts in every moment.

It takes time. It's not easy but the journey is one small step after another. We don't leap and get there. We will stumble and fall and yet we will learn so much along the way.

We can convert our old destructive ways of doing things and change for the better. This is built into our DNA. So much of our society is socially driven artificially.

We adore our movie stars and pop stars yet we forget how precious life is. We live so much driven by a culture that has forgotten the true values of being a human being.

Can you imagine a planet of human beings who live in a state of bringing these laws and rays to fruition at every moment? I would say that would be heaven on earth.

Built onto our DNA are the codes for us to tap into. To achieve this day by day, we must be consciously aware of our actions. This life is an incredible game. We haven't seen anything yet.

The game of transforming life, this planet, and yourself begins with you. It always was and will always be.

Peace on earth will happen. It depends upon every human being to take conscious responsibility. It's a fun journey when one begins to consciously calibrate daily.

These laws and rays are in your DNA. This is truly who you are. This is not a religion to live by. This is our true state of existence. We are truly infinite. We all shift in different ways.

Each of us will drop our destructive energies in different ways. People who smoke will begin to see practical ways to stop smoking. They may see that to change something you must replace one habit with another.

They may learn how to meditate or take a walk when the urge comes up. Each of us can learn to look at our destructive ways and begin to shift. Awareness is the key.

Our society is advertisement-driven. Coke and Pepsi are cool to drink. Macdonald's commercials are everywhere yet do we ever see a commercial on a simple thing as a fruit and vegetable?

We have lost our way. GMOs are everywhere in our food. When one begins to recalibrate one understands that the true temple is our human body. It feels good to nurture our bodies.

Our body constantly speaks to us yet most of the time we ignore it or we aren't in touch with it. The key is awareness.

We must be more aware that what is presented on our TV. Our movies constantly reinforce ways of being that are in the past and don't serve us any longer.

What I'm trying to say is that by bringing the reins back to yourself you will be in total control not some random commercial on TV. You will begin to take responsibility for your life and actions.

You will take action to be happy. You will take action to exercise and eat good food. You will begin to meditate and experience the joy inside of you. You will begin to start not being reactive when people are angry around you.



You will begin to be aware of your body and listen to it. You will begin to learn patience on a moment-to-moment level. In every moment you will learn how to consciously recalibrate, adapt and change for the better.

We will stumble and fall. That's part of the game and learning process. This is truly the game of life. This is probably the most important game you will ever play because it's your life.

Only you can change yourself. People can help you but the changes begin with you. You are the main character in this game.

## Recalibration

When I worked for the observatory in Maui we had to recalibrate many instruments for them to work properly.

Does a man get recalibrated and isn't aware of it?

Is this a new recalibration of man?

Is the entire universe watching in suspense?

Will there be peace on earth?

Is the earth recalibrating for man to discover his true nature?

The journey of life is going on.

The rules have changed.

The old energy of war is going away.

People are fed up.

Watch the recalibration of man.

We will bring peace to the planet.

## Our Education System Needs Recalibration



Here are some of my thoughts that are out of the box concerning education.

Teach children at a very young age to meditate. Remember the more you pay attention to something the more attention it pays to you.

The younger a child is, the less garbage that exists inside of them. Teach them to daily weed their gardens. Teach them to plant the seeds within and water them every day.

Give them practical examples of what happens when a society doesn't do this. Note this is where history and current events come in. Learn how to overcome our chaotic lives which lead to malfunctions in all areas of society.

The mind is your friend, not your foe. As one trains your favorite dog the mind must be trained. An untrained mind, and one who has lost true discrimination are extremely harmful to the world at large. When truth becomes fiction and when fiction becomes truth, are warnings that your system is on the verge of collapsing. See this in our politics today.

We should teach our youth that the hardware, software, and operating system are installed inside of you even before you were born.

We must teach them to activate the computer otherwise it will bring society to the state we are in today. Children must learn that they are master chemists.

They are responsible for creating their emotional state of being. As a child society taught me to stuff my emotions. Society never taught us how to deal with them and to transform our subconscious minds.

Over ninety-five percent of our actions come from our subconscious minds. Only around five percent are conscious. Children must learn how to reprogram their subconscious every day. There are incredible tools out there.

We must teach children the relationship between the mind and body. Your state of mind dictates the state of your body. An unhealthy mind will have an unhealthy body. Children should learn about proper nutrition. They should have practical experience eating junk food and experience within the effects of them. The same goes for nutritional foods. They should have first-hand experiences of how they affect the mind and body.

The problem today is around ninety-nine percent of society has lost inner intuition. Only through silence can one break through. The body and mind will tell you what it needs.

This leads to preventive medicine. We put full trust in our pharmaceutical drugs to heal us. We don't want to take any responsibility on our own. The pharmaceutical drug industry knows this and takes advantage of this.

They don't want to cure you. That would hurt their bottom line of making profits. They even have the gall to say this. About a year ago I saw an interview with a large drug company.

The CEO said we are not in the business of curing people. We are in the business of making money for our shareholders. That about sums it up. Every drug on the market has a serious side effect.

Listen to the sweet commercials and they will tell you each drug what they are. Yes, even death is included on the list. Humanity is playing Russian roulette when taking these drugs.

Remember they are only masking the symptoms not curing the problem. Each member of society should take responsibility for their mind and body. Tools must be provided in all stages of life for everybody.

We are constantly learning and growing. What was said ten years ago might be obsolete today.

Society must allow those who think and invent outside of the box to be an integral part of society. The medical system must include them in everyday living.

Currently, they will do anything possible to stop them. They threaten them to the core. Not all great discoveries threaten present-day societies. Ask dear old Galileo. He dared to say our earth revolves around the sun.

The Catholic Church loved him so much that he was put on house arrest for the rest of his life.

Energetic medicine is the wave of the future. All diseases first start on the energetic level and then slowly manifest in the material, the human body. In the future, one will be able to walk into a booth and a device will scan the body and find areas that need to get fixed.

The proper energy frequency will be dispensed. The person will be healed. Mind you once healed one must take practical measures to make sure it doesn't happen again. Remember only through your will and actions can you heal yourself.

If one abuses this and goes back to present-day thinking that I don't have to do anything at some point this treatment won't work. Your will is the driving force in all this.

That's why God gave you free will. You can use it in any way you like. Mind you a will that is not in alignment with the universe will soon backfire. You can't break natural laws and think you can get away with them.

Take a look today in society, especially during this pandemic, and you will see what I mean.

#### Practical tools

- Meditating
- Yoga
- Taken care of mind and body.
- Exercise
- Be outdoors. Get sunlight.
- Drink water
- Eat good food
- Learn to reprogram your subconscious.
- Think outside of the box.
- Be kind. Probably the most important.
- Learn to the thread that is tying us all together.
- You are never alone.

- You are the universe. You just don't know it.
- You are not separate from your fellow man.
- Learn to enjoy the diversity of life. That means every human being on this planet.
- Learn to let go of all your emotional baggage. It places a heavy burden on you and others.
- Change the system by only voting for those who have a foundation in kindness. Don't vote for bullies in office. This has been done for thousands of years. Look at the state of the world today. Do you like the current condition?
- A society or nation can only change for the better when both sides realize they must cooperate and compromise with each other. Holding on to power only leads to greater problems. Your enemy is saying the same thing yet has different ways of saying it. Read the Tao Te Ching to understand what I mean.
- Learn to be in harmony with all especially Mother Earth. We were sent to our rooms for a reason during this pandemic. Unfortunately, most of us didn't learn anything. A timeout was called yet we got bored in our living rooms. Most of humanity didn't ponder and think about what's going on and the message we must embrace.
- Happiness only exists inside of you. The jewel exists inside of you. As a society to survive we must make this inner connection. We are oblivious to it. Scientists are speaking up but everyone on earth has to change. Time is running out.
- We must change in every area of life. Recalibration is needed in all aspects of life. There isn't a single area that doesn't need to be recalibrated.
- Common sense is uncommon. We see only around one percent of the light spectrum yet we think we can see all of it. Therefore there is a far greater reality than what we currently know. Each one of us must discover our true nature. If we don't we will continue to go down this path in life. Only through discovering the missing piece of the puzzle can the world survive.
- Changing the state of the world begins with you. If you don't change the world won't change. It's simple as that.



- You can't take anything with you when you die. Yet your treasure of kindness, patience, and tolerance comes with you. All the infinite treasures inside of you go with you. You were never taught this.
- Learn to live in the center of the hurricane. Presently the winds of the mind blow you like leaves blowing in the wind. This is the current condition today.
- Take care of your chemistry set. You are your master chemist. You were never taught this.
- Take care of your inner garden.
- Turn on the computer inside. Learn to practically program your inner life.
- Life is a blessing and a miracle.
- Wake up and smile and laugh.
- Learn to sleep like a newborn child. Live your life so when you put your head on the pillow you will not have a care in the world.
- Learn to love problems. They are the spice in life. Curveballs will come your way. You can learn to hit the ball out of the park or bunt and get on base.
- Only you can play the game. The coaches can't play them for you. Nobody gets a free ride.
- Teach your young these practical principles. They can change our society.
- Practice makes perfect. We will all stumble and fall. That is called life.
- Love your fellow man. We are all on the same boat sailing home.
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## Recalibration in Media



When truth becomes fiction and fiction becomes truth you know it's time to recalibrate your media world. When a channel spins the truth and millions of people get their information from that channel it's time to recalibrate.

When a station advises the President daily it's time to recalibrate.

Unfortunately, they don't see it that way. They firmly believe they are speaking the truth. They are presenting the facts. How dare you insinuate we aren't? When you wear rose-colored glasses that is what you will see.

Not until you convince them to take off their glasses will they take them off. In the present time good luck.

When a thought turns into action. When an action turns into a habit. When a habit turns into your personality you have wired your subconscious mind. Therefore you will act instantaneously without any conscious awareness. This is where we are today.

Changing this mindset takes skill and effort. First of all, one must be in a state where one wants to change. If they aren't in this state they will never be able to change. Your will must be in alignment with your choice to change. This is not easy. When one identifies totally with a group consciousness it is very hard to break out of.

In the media world even if you do it personally, you will get fired if you act upon it. The cycle continues and the situation only gets worse. We get tangled in our web.

The media has to change yet it's complicated to do. The system needs recalibration yet every individual involved needs to press the reset button. Not impossible but huge hurdles are there.

The media is not at a point where they can do this. The basic laws of recalibration can't occur when your will is out of alignment.

Over fifty years ago good old Walter Cronkite would read the news. It didn't try to spin it one way or another. He just presented the facts. You had to interpret what he was saying.

The news being delivered wasn't slanted one way or another. This was a journalist. One was trained this way in school. A journalist just presented the facts. We have gone a long way from this.

Our media has turned into spin doctors. We spin the truth to go to our way of thinking. We will turn the truth into fiction and fiction into truth on a whim.

The capital building riot is a perfect example. Both sides condemned it and spoke against it. Yet month's later one side said it was only a peaceful demonstration. They are fighting to have an outside investigation so this event will never occur again.

The media takes this and spins their points of view. This is dangerous territory. We have witnessed this many times throughout history with no positive results. Millions of people have died due to twisted thinking and blaming a particular group to be a scapegoat.

The eagle has both a left-wing and right-wing. It can't fly if one wing is broken. How far down the rabbit hole do we have to go to change our ways?

## Recalibration in Entertainment

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### How Much Is the Gaming Industry Worth? Think Billions

- The global gaming market is set to reach \$256.97 billion by 2025.
- More than 2.5 billion people worldwide play games.
- In 2020, the console gaming market will experience its slowest growth rate since 2015.
- Players will spend \$4.5 billion on immersive games by the end of 2020.
- Sony Interactive Entertainment's estimated value is \$13.4 billion.
- eSports enjoy an audience of around 456 million people.
- High-fidelity mobile games are on the rise.

These are incredible figures. More than 2.5 billion people worldwide play games. Yet is this great for the overall health of the mind and body. Yes, it is entertainment.

The definition of entertainment is as follows

en·ter·tain·ment

noun

the action of providing or being provided with amusement or enjoyment.

"everyone just sits in front of the TV for entertainment"

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<sup>1</sup> [How Much Is the Gaming Industry Worth in 2021? - TechJury](#)

Society plays games for amusement and enjoyment. But are all games good for you? Let's take a practical look at this. I just took a look at 'call of duty modern warfare.

Did you know that the mind doesn't know the difference between a game and real events in your life? The more realistic a game is the more impactful it is to the mind and body.

Playing video games is directly rewiring the subconscious mind. One is using the entire five senses. The firing of various weapons is directly connected to the mind and body.

Look I'm not going to get into the moral issue. That's you to decide. But I will mention that in every moment one is reprogramming the mind and body. The present-day disease occurs when the body and mind are not in harmony.

Our chaotic world around us compounds the problem when the entire world needs to recalibrate and press the reset button. It's hard enough as it is to learn how to be in harmony with chaos all around.

Now just think billions of people get hooked and addicted to these games. They want you to be addicted. That's their point so you will buy the next version.



Remember this is a profit-driven company. That is the bottom line.

Making money is the name of the game. Period. They hire the best people in the world to do incredible jobs.

Many of them have no idea of the mind-body connection. Many do and could care less.

Making money is the bottom line. Yes, all in the name of entertainment on your precious day off from work. You need to be entertained and gaming is a great way to do so. Look I don't disagree. We all need a break from reality. We need to have

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<sup>2</sup> [Call of Duty®: Modern Warfare | Home](#)

entertainment in our lives. Yet the question is what kind of entertainment. Just think any game on earth is reprogramming the mind and body.

In every moment you are reprogramming the subconscious. Ninety-five percent of your actions are dictated by your subconscious mind. Only five percent are conscious.

Playing violent video games is rewiring directly the mind and body. There is no getting around this. The video game goes directly into your subconscious being.

You are rewiring the neural circuits of the brain. You can't get a better way to reprogram than that. It's like hooking up a computer and downloading violence into the nervous system.

Mind you when the mind is violent the body will be violent. You can't separate the two. When both the mind and body are violent disease will occur. Scientists are discovering that there is a one-to-one connection between disease between the mind and body.

I have ethical concerns when society plays violent games. But let's stick only to the scientific research on playing these games. In each moment one is reprogramming the mind and body.

That is a fact. We are unaware of this. We never learned this in school. We don't know that we are master chemists in life. Scientists are begging to know this. Thousands of experiments have been done in the last thirty years. The Far East has been on this bandwagon for thousands of years.

If one understands this basic principle one begins to recalibrate and push the reset button in one's life. One begins to refine their thoughts, emotions, and actions.

When one begins to see that this life is the ultimate video game. We are going from darkness to light. There are infinite levels. Each level has something to learn from. That's why the ultimate experience is gathering knowledge and wisdom along the way.



Note there is a huge difference between knowledge and information. We are inundated with too much information. There is system overload and society can't handle it.

That's why billions of people escape to entertainment. We need a break from reality. Yet we are compounding the problem when we use our free time to directly reprogram our neural circuits. We are brainwashing the mind and body.

Here's a great blog I discovered. It's by Garrett Hoyos <sup>3</sup>

New Revolutionary Video Game for Emotional and Spiritual Intelligence

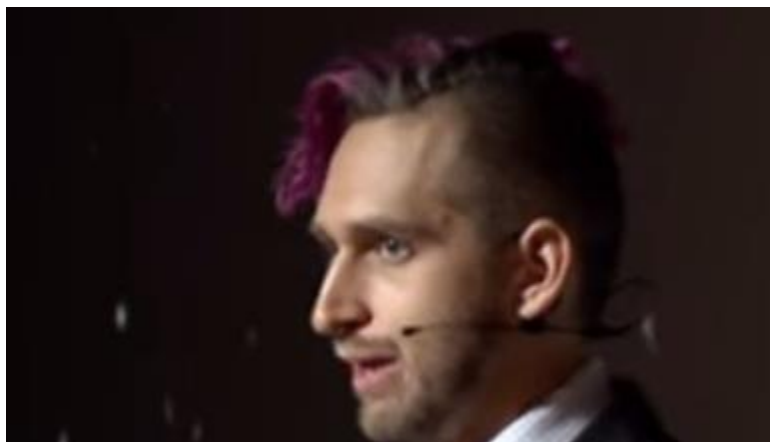
“Video games are becoming emotionally and spiritually intelligent. If you're not seeing it yet, we are at the tip of the iceberg. It's only cresting above the waves, but it's coming.”

[Designing Videogames For a More Mindful World](#) <sup>4</sup>

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<sup>3</sup> [New Revolutionary Video Game for Emotional and Spiritual Intelligence | by Garrett Hoyos | Medium](#)

<sup>4</sup> [Robin Arnott: Designing Videogames For a More Mindful World | TED Talk](#)



“Sound Self is more like meditation or psychedelics than it is like a video game.”

We have a legal psychedelic resurgence happening right now through research therapy led by M.A.P.S., the Multidisciplinary Association for Psychedelic Studies.

I think it’s just a few years we’re going to see massive legalization of psychedelics which can’t help but have a massive impact on the **psychology** and the **empathy** and just the level of care we show for one another and well-being across the country.

We actually have “unitive states of consciousness” being achieved through playing this game **WITHOUT any any psychedelic or any chemical intervention.**

“You just turn off the lights, use your voice, and just fall into it. It’s magical.”

It brings up lots of emotions because it’s a totally abstract experience. I think it’s very beautiful, we see people come out of it, sometimes crying, often laughing.

Maybe you have a memory of your mother and you have some part of your identity that hinges upon it like a great leverage point that you can then use to evolve yourself.

In Sound Self you start at the base of a tree and you’re taught how to engage with the experience using your voice and you use long tones and the experience slowly responds to you. It begins bringing geometric shapes, the music fills and resonates with your voice and harmonizes with you.

It disengages the judging part of your mind that normally would help you go through the world and make distinctions between things.

A lot of emotions can come up.

So for people who have no interest in psychedelics, that’s totally fine. What’s great about this versus a psychedelic substance is with this is you could just take it off if you’re uncomfortable.

“This is a deeply healing experience, a sensual bath of reality.”

It can take you to really deep place of stillness without having any meditation experience. Because it's a game, the interactive system pulls you in.

I think the biggest takeaway for me has been realizing early on that there's a lot of assumptions we make as game designers about who we design the game for.

So many therapeutic practices like yoga can be life changing for people. They bring you out of your head and identity. You root yourself deeply into reality through your body and sensations.

Most of the time when you play a game, you relate to your “self” as a person. You have an avatar on the screen you're controlling and you're relating to other avatars as well so the game design reinforces a sense of identity.

I had the realization that meditation is a game you're playing that's not targeting the top level of your being, the identity. **When you're meditating, you are engaging deeper levels of reality beyond the identity and we can do the same with game design.**

We can have games which as a system of interaction which engages a person on a deeper level of their identity through the voice and the breath. We treat the player as a body, as a soul, as vibration.

“We’re really only just scratching the surface of what’s possible when you design a game.”

As biosensors are integrated into video games and we get more biometric data from players we will see more sophisticated game designs that are targeting deeper systems into players being beyond their identity.

Typically we engage with games through a controller or keyboard and with VR it’s a little more bonded to an actual body. As soon as the the input mechanism shifts, it naturally invites designers to think in a more subtle and sophisticated way about what the player is like.

VR is great if you’re interested in leveraging human psychology.

Gaming is a really great place where you can have people because of the scale of the institutions having surpassed the size of the film industry. You can have people practicing something in a massively scalable way.

The interactivity of games really lends itself to a quality of being in a relationship with a piece of art or entertainment in a way that is deeper than a narrative.

“The only technology that I think is on par with gaming in terms of how powerful it is for the human psychology is music.”

Gaming is a huge institution that has enormous capacity for impacting a player’s psychology but the tool as it is being used now is unsophisticated.

If you look at the whole scope of what’s possible to do with just a minute of lived human existence, the best video games in the world can’t touch on romantic intercourse, a psychedelic revelation or deep meditation. And it’s not because of a limitation of the technology because like we’ve seen these interactive immersive ex touch our psychology deeply.

It’s just a set of assumptions built into the disciplines of design.

From the business infrastructure to the psychological leverage of immersive systems is an incredibly powerful tool that is being completely underused right now.



We can massively increase the potency of experiences that are available to people everywhere.

Video games are becoming Emotionally and Spiritually Intelligent. If you're not seeing it yet, it's because it's the tip of the iceberg. It's only just kind of cresting above the waves, but it's coming.

It's not a game, it's a digital transcendental way to overcome the ego.

In closing, we are at the cusp of hopefully changing our ways. This is the wave of the future.

## Recalibration in Entertainment 2



Last night I was talking to my daughter Aleia. We were talking about the chapter I wrote on entertainment. Aleia said thank God that there are games to play during this pandemic.

This saved us during these times. To be honest I never thought along those lines. Gaming provided people from being completely bored during this crisis. There are always two sides to the coin.

We are all at different stages in the video game of life. What is food for me maybe poison for you? What is food for you may be poison for me? We are going from darkness to light. Hopefully, we can fine-tune the guitar of life.

I'm brainstorming different ways that we can change for the better. As I said before I'm not going to get into the moral or ethical issues of war games. I'm presently the latest scientific facts on the mind and body connection. Scientists all around the world know this.

Every moment we are directly rewiring the mind and body. As I said we are master chemists. During this pandemic, gaming provides a way to survive without getting completely bored.

My lifestyle is extremely refined. There are no words to describe it. I've spent 50 years recalibrating in all areas of my life. I don't want to condescend to what people are doing.

I've been there and done that. Hopefully, you can learn the tricks of the trade. The world would be in a better place if we all did this. These tools are extremely simple and practical at the same time.

They are not complicated at all. Just look at a newborn baby. You can't get simpler than that. That my friend is our natural state. I'm trying to help pinpoint areas that we can change for the better. This would not only help you but the world at large.

## Recalibration in Politics



Abraham Lincoln once said 'Government of the people, by the people, for the people, shall not perish from the Earth'. Whatever happened to this great country?

The reset button must be set immediately. Recalibration must take place. Unfortunately, it's not as easy as that. I'm just speaking words.

Actions must take place. First of all, we must have the awareness there is a serious problem and are willing to change.

When fiction becomes truth and truth becomes fiction we have a serious problem at hand. When we had people in office who told over 30,000 lies and continue to spin the truth and millions of people believe the ship is sinking.

Our democratic process is in huge jeopardy. People want to stay in power at all costs, even if it brings America to its knees.

Morals, ethics, and politics must be in complete alignment with each other. The off-base politicians are, the more off-base our political system will be. For some reason, morals and ethics take a back seat in politics today.

It's all about gaining control and power. I will do whatever it takes for my party to remain in power, even if it goes against my moral fiber. The more we do this we twist our morals and ethics.

When this happens we become even more twisted and distorted. This is an endless cycle. Eventually, democracy will fall and we will lose our freedoms. This is a slippery slope we are in.

The problem is when one wears tainted glasses of power that is all you see. When we lose our moral fiber we lose true discrimination. We then further continue down the path of telling lies and distorting the truth.

Currently, members of congress have the gull that the capital building was a peaceful demonstration. The entire world saw the violence occurring live on TV. This went on for hours.

Tell that to Vice-president Pence. He had to run for his life. Yet to many they are spinning this event as a leisure walk in the park.

The problem is that we are so off base in our thinking that we try to spin reality our way. We can't face the truth. We can't be honest. We have to maintain power at any cost. What happens when a political party does this?

Everything becomes distorted. Yet when you wear rose-colored glasses you can't see the forest from the trees.

The state we are in is not only a political issue but a moral and ethical issue. We have lost our moral compass. We think that north is south and south is north. We think that we can lose our moral fiber and rule with justice and freedom for all.

We think we can govern through politics only without any sense of kindness, love, patience, tolerance, and compassion. Somehow along the way these qualities signify weakness.

Being a bully and antagonizing your opponent is a sign of strength. Telling lies is the highest virtue. Even if the entire electoral process says that the elections were not rigged millions still believe it was.

This is the breakdown of America. If we accept this to the core what will happen in future elections? This is a serious problem that we are facing. In the past parties come in and get voted out.

We have never questioned the electoral process. Even when Gore lost it was only by 750 votes. Yet in the current election, the loser lost by seven million votes. He even said months before the election that it was rigged.

America must wake up from its slumber. The time for sleeping is over. We are going down the drain. All great civilizations crumble when we lose our moral fiber.

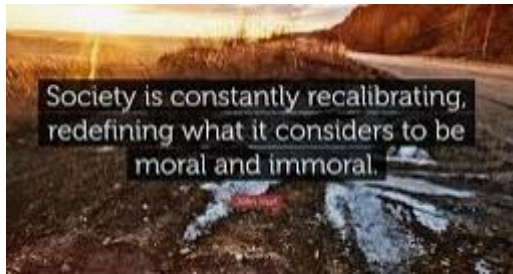
When parties can't compromise and slam the other side and call them evil you have a grand mess on hand. I have friends who consider the other side as the enemy. Many politicians think like that. Yet the grand eagle needs a left-wing and a right-wing to fly.

The eagle can't fly with one wing. We are in that predicament today. Being unconscious we can't see that we are sawing off the branch we are sitting on.

We have lost our ways. Only by becoming conscious and aware can we start to heal our political process. I still say the spiritual path is the most practical.

Without it, we become lost as a nation and we lose our moral fiber. We become even more distant from our creator. We develop huge egos and will never compromise with the other side. That my friend is the current situation today in America.

## Recalibration in Society



“Watch your thoughts; they become words.  
Watch your words; they become actions.  
Watch your actions; they become habits.  
Watch your habits; they become character.  
Watch your character; for it becomes your  
destiny. – Upanishads”

This sums up the character of a man. This is who we become. Yet it's so simple we ignore it for our entire life. Yes, there are millions of people trying to change this world.

They understand this concept. We are waking up from our slumber. There has never been a better time to wake up than this present moment.

I find it fascinating that our thought becomes our words. Our words can help heal this planet or bring more chaos to it.

Currently in the political climate, the thoughts are so twisted the words become twisted. Truth is fiction and fiction becomes the truth. From these words they become actions.

Our actions aren't aligned with nature and the universe. Consequently, we bring more darkness to this land. Look at all the chaotic endeavors on this planet today. Need I say more?

The actions that we take become habits. Did you know that it takes only three weeks to establish a habit? This habit can be a good one or one that is destructive.

When society at large spins the truth constantly it becomes a habit. Over time this becomes our character. You can see this in politics today.

Facebook is another prime example. People are constantly flaming each other today. People are putting gasoline on the fire of life. Smoke fills the air and we can't see clearly. Our eyes burn from the smoke. We have a hard time breathing.

Kindness puts out these flames. Kindness is our true nature. Kindness will help solve any problem. Society today has been indoctrinated to think that kindness is



weak and that being a bully is true strength. Yet nothing can be further than the truth. The entire universe's fabric is kindness.

Yet so many people twist this fact. We have allowed bullies into our social world and they have infiltrated directly into society at large. As a society, we have taken their words at heart.

The opposite side is always the enemy. Make them the target of our disgust. We have seen this in the world for thousands of years. WWII was a prime example.

Yet our discrimination is only along party lines. What the party says we align with it. Even if it's a spiral effect doomed for disaster.

True character is easy to obtain. Yet one must be conscious and willing to change in every moment. When one understands this phase one embarks on the journey of transforming oneself for the better.

Peace on earth can never come if we don't change individually. A savior cannot save the world. He or she is probably the greatest coach on earth yet a coach can never play the game for you.

He remains on the sidelines in life. You have to play the game yourself. Great guidance will come your way. You just have to take the guidance and implement it into your daily life.

The more one realizes this simple concept and practices it daily the world will slowly change for the better.

The problem is that ninety-five percent of our actions are subconscious while five percent are conscious. We must learn how to reprogram ourselves to solve this puzzle. One must press the reset button and recalibrate oneself.

## Recalibration in Sports



I remember as a kid playing sports after school. My elementary school has this huge playground where we could play football and baseball. Mind you these were all pickup games.

There were no coaches involved. We had so much fun. Everybody got along with each other regardless of ability or age. I don't ever remember any fights breaking out. I don't remember any cheating that occurred.

We just loved to play together. The object was friendship and having fun. It wasn't to win at any cost. It wasn't to kill your competitor. Mind you these teammates became incredible athletes in later years.

I believe those initial years became the fabric of our life. We didn't have a coach hovering over us, yelling at us when we made stupid mistakes. We were fortunate that most of our coaches loved to coach.

They put their heart and soul into it. They inspired us. When we made a mistake they wouldn't condone us or yell at us. How can one grow as an athlete if you don't make mistakes?

Mistakes are a part of life. They can bring us to a higher level in playing the game. Mistakes are a way to fine-tune ourselves.

I once heard a great story about Ted Williams. He would not go to the movies because watching movies might damage his precious eyes. He didn't drink alcohol because he didn't want to be impaired.

Mind you these were the glory days of drinking to excess. Baseball players were known for their drinking. You could say he was a baseball mystic. He refined his life during his professional days to be fine-tuned at his craft.

This is from Wikipedia. <sup>5</sup>

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<sup>5</sup> [Ted Williams - Wikipedia](#)

He finished his playing career with a .344 batting average, 521 home runs, and a .482 on-base percentage, the highest of all time.

He was a sportsman on and off the field. The general public held him in his highest esteem. Sports stars are worshipped by the public.

Being a sports star places one under public scrutiny. It takes quite a bit of emotional maturity. One can play the sport quite well yet lack the emotional maturity of life.

Those who taunt their opponents are a sign of their emotional insecurity. When a person gets famous it can boost their ego and they feel entitled to it.

They lose discrimination and perform foolish actions. We have seen numerous times stars with a lot of money squander it away. The average football star loses his money within five years of retiring.

That's a sad fact. They should be trained by their teams about money management. Many of these athletes are young and need to learn the ropes in life. Imagine being poor one instant and the next instant one gets a contract for half a billion dollars. No wonder there is so much turmoil today.

Once again I say the spiritual life is the most practical. One who monitors his thought, words, and actions in each moment is truly a wise man. This sets the foundation in all areas of life.

Yes, curveballs will be thrown at you. That's part of life. That's how you learn and grow in compassion. Curveballs thrown your way are a part of life. A wise man understands that.

He uses this as an advantage. With the proper mind set one learns how to live in the center of a hurricane. The average person lives in the hurricane forces of the mind.

The mind can be either your friend or foe. It's a constant battle in life. We all train our dogs. A disciplined dog is a delight to be around. He is well trained and has all the incredible dog-like qualities.

An untrained dog barks constantly in the backyard. We all know what that is like. In the same manner, we were never taught how to control the mind. There is a science behind it. The East has known this for thousands of years. We are just at the forefront of discovering the same tools and concepts from the East. It is being refined to the western mind.

Our world at large must press the reset button and recalibrate. We can make this world a better place.

## Recalibration in Mind And Body



We live in such a shallow state of existence. We only see around one percent of the light spectrum. Because of this, we live shallow lives. We have lost the connection between the mind, body, and soul.

You are the universe you just don't know it. That is probably one of my favorite expressions. Ask Mark McClellan. The whole universe is singing to us yet we are texting on the freeway of life.

Our foundation is built on the external. The external does not hold the keys to life. Yet we are so stubborn or lazy to do anything about it. If I can't see if I can't believe it.

Yet we have the chemistry set within. It has been there since the day we were born. Mind you we use this chemistry set in every moment.

Unfortunately, we have not become master chemists. We are performing experiments that go against our true nature. The mind and body are not in harmony.

The mind controls us. It should be the other way around. We should be in control of our minds. We all train our dogs yet we don't train our minds. Common sense is truly uncommon.

The hardest thing to conquer in the entire universe is your mind. We have sunk to such a level where chaos is all around us and we accept that situation. When fiction becomes truth and truth becomes fiction we have entered a dangerous state of mind.

A calm mind and a calm body lead to harmony. When one is in harmony one simply smiles at the curveballs thrown at you. One has nothing to say or prove.

We have trillions of cells in the body. There are all aware. They are a part of you. Your mind is a precious part of you. Your soul is a precious part of you.

As human beings, we are wired to have this unity and harmony in each moment. Does that excite you? Or is this some mumbo jumbo of words?

We have such unlimited potential built-in. The car in the garage is gathering dust. This car was meant to drive.

We can press the reset button and recalibrate our minds and body. When I was young I thought this is the only body you get, at least for this go around.

You might as well take care of it. This has been my mission and purpose for many moons.

We are always fine-tuning the guitar of life. We will never stop growing and learning. The universe does not rest on its laurels. It is constantly changing and morphing into something greater.

We have such unlimited potential inside of us. We are never alone yet we think we are. We have no idea of our magnificence. This spiritual path is practical.

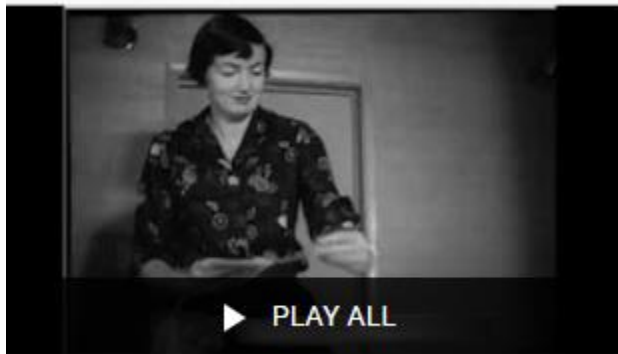
When we develop the will to become master chemists this world will change for the better. You don't have to have a Ph.D. Look at a newborn baby. She comes into this world with a perfect chemistry set. Nothing can be grander.

We must return to a child state of existence. One can be like a child and have incredible wisdom inside. As adults, we have twisted our nature into something that is not in harmony with life.

We think that is normal and the way to be. I like my life the way it is. Why would I want to change? That's the problem. Our subconscious mind is running the show. It has been for thousands of years.

The great master of the past and future says you can learn how to reprogram yourself. They talked about learning to read the instruction manual within. They did it and so can you.

## Recalibration in Science and Inventions



Did you know that many inventions occur when people think outside of the box and outside of what society thinks that's possible?

Many great inventions get squashed by people in power and control. For example, my Dad and Grandfather built

the House of the Future in 1954. It was years ahead of its time. Even sixty-seven years later many of these concepts have not been incorporated into mainstream society.

Look at Nicolas Tesla. He was a genius yet for most of his life he had no great backing for his idea. Most inventions are created by outcasts and those who have a completely different mindset than society at large.

We believe in a rigid way of thinking. Those who think outside of the norm are ridiculed and cast away. Those who have the power don't want to share the power.

Outcast never wants power in the first place. They just want to create inventions. That is their sole purpose. That is their driving force.

There have been thousands of Teslas since the early 1900s. Most of them died without ever seeing their creations come alive. Even during this pandemic many scientists' ideas of being squashed today for thinking outside of the box.

We should allow different preventive measures into society. Much attention has been paid to the vaccines but hardly any attention has been placed on the practical steps society can take to help reduce people getting this virus.

Preventive medicine still is a missing word in society today. Nobody wants to take care of themselves. We rely solely on drug companies so we don't have to be responsible for our health.

Look I'm not saying don't take these vaccines. I'm saying we must allow those who think outside of the box to be heard. They must be incorporated into

mainstream society. We must have the mindset to listen to what they have to say. Currently, science listens to those only in power and control. This has to stop if we want to progress. We could be light years ahead of where we are now.

What did Nikola Tesla mean by his quote, if you wish to understand the universe, think of energy, frequency, and vibration.

Energetic medicine is the wave of the future. It's been here for a while but hasn't hit mainstream awareness. The idea of you being your master chemist has been around for thousands of years.

Yet only in the last thirty years have western scientists begun to map this out. Even today most of the world hasn't heard anything about this. For the world to change society must be aware of what is possible and the discoveries that are occurring.

If these discoveries are squashed we as a world will not progress. We must allow people to tackle the problems that we have. By doing so we can grow in leaps and bounds.

A new mindset must occur. We need a recalibration in thinking. We must allow those who think outside of the box into mainstream society. We should cheer on those who have a different way of thinking.

Currently, the mass media and the current scientific community only endorse those who have similar ideas. What I'm saying everybody should have an equal voice. We are all in the same boat in life.

Most inventions take place through trial and error. Many inventions occur by mistakes. They thought by doing this, this occurred. Somehow this didn't occur but a whole other event took place. Presto a new invention occurred.

Going back to Tesla. The day our world gives up all our nuclear bombs will we grow in ways that we can't even imagine? The universe will not give out secrets to those who can destroy the world and the worlds beyond.

When the world at large truly understands and practices in each moment that we are our master chemists. When this happens our world will change in ways that currently we can't even conceive.



Science starts from within. The more internal wisdom occurs the greater wisdom manifests in this world. The more one discovers the jewel within the more one becomes in harmony with his true nature.

We are on the verge of an evolution revolution of love. Mark my words exciting times are ahead of us. Presto the reset button has been pressed. Hold onto your seats. This is going to be an incredible ride. We are going from darkness to light.

## Childhood (House Of The Future)



My brother and I were born on December 24, 1952, in Pasadena Calif. We had an incredible childhood. My Dad and Grandfather owned an aerospace company.

The first house I remembered was near an orange grove. My brother and I would sneak through the fence and walk in the orange grove.

There was a tree house and we would climb up in it. We were probably three years old. Our house was years ahead of its time. My father and grandfather were both inventors.

They developed a house where you could walk in the house clap your hands and the lights would come on.

The outlets weren't on the wall but hidden in the carpets. We had sensors that when it rained the windows would close.



*Move the lamp a where and it would light up. 1*



*Windows would close when it rained. 1*



*Move to watch us on TV 1*

My mom would watch us in the backyard by video cameras while she was cooking dinner. This house was featured in the Los Angeles Times Home section. This was back in the early

fifties..



*Steering wheels for kids 1*





*Floating frying pan 1*

In the early 2000's I saw a Burger King commercial where my Mom was making hamburgers. The frying pan was floating in the air. The stove used induction coils. [Check it out.](#)

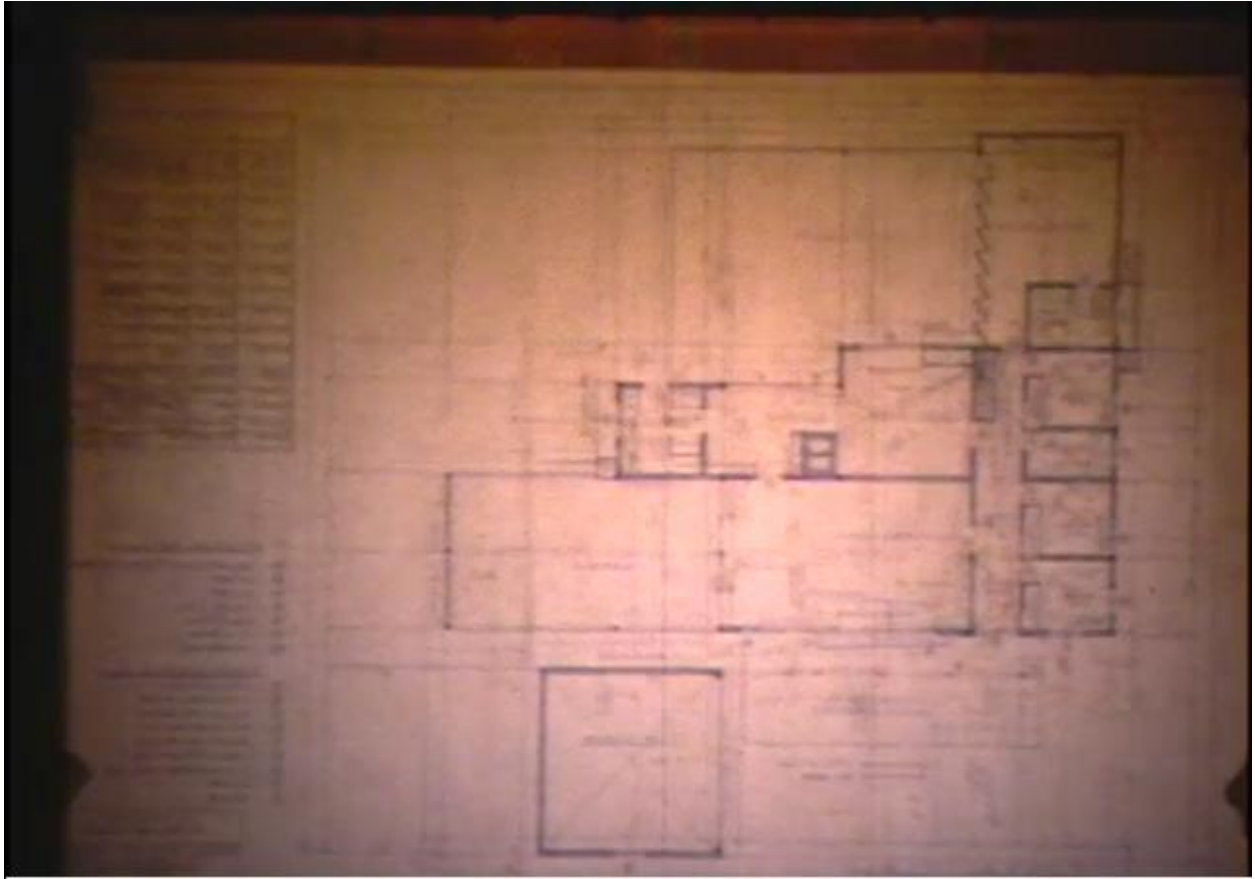


*Control room 1*





*Designing house 1*

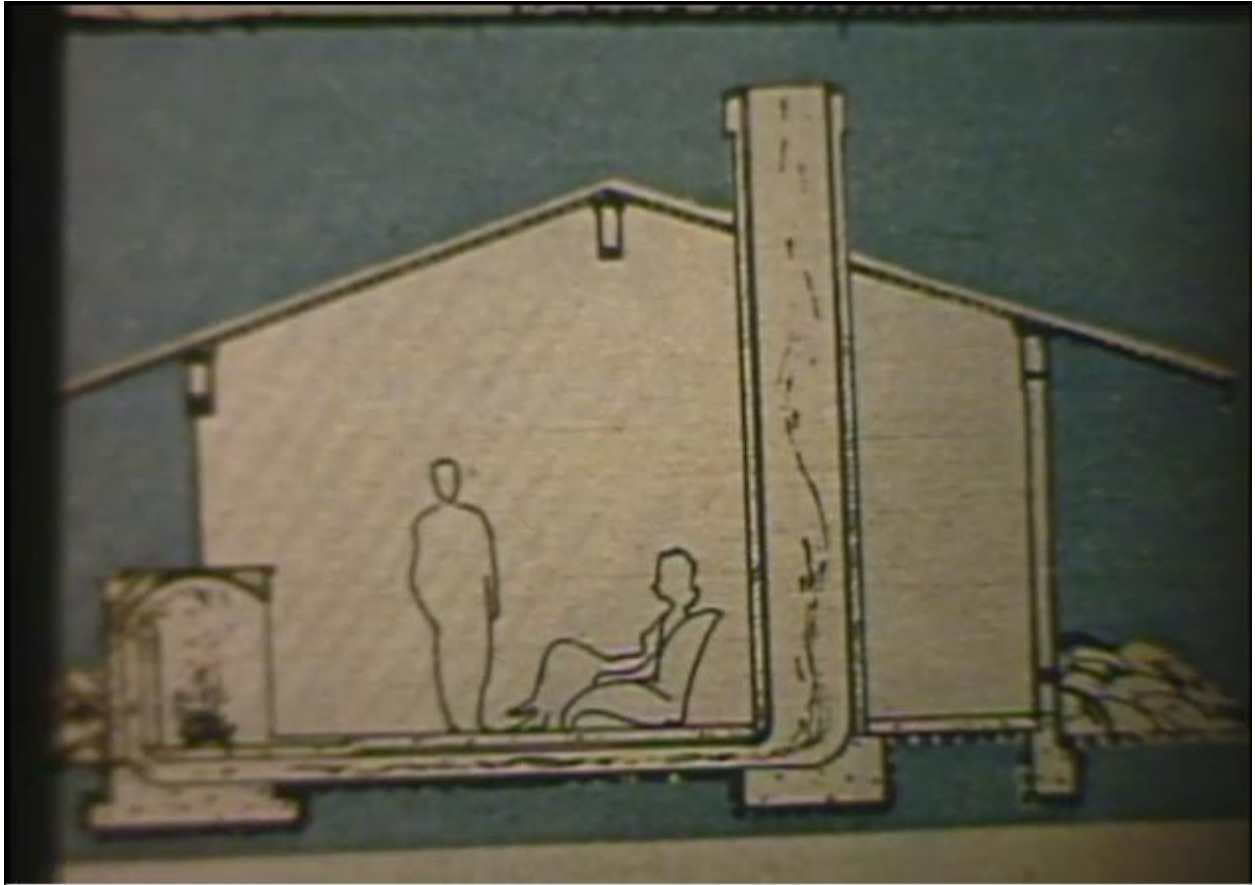


*Plans 1*



*LA Times House section 1*





*chimney underneath floor. 1*





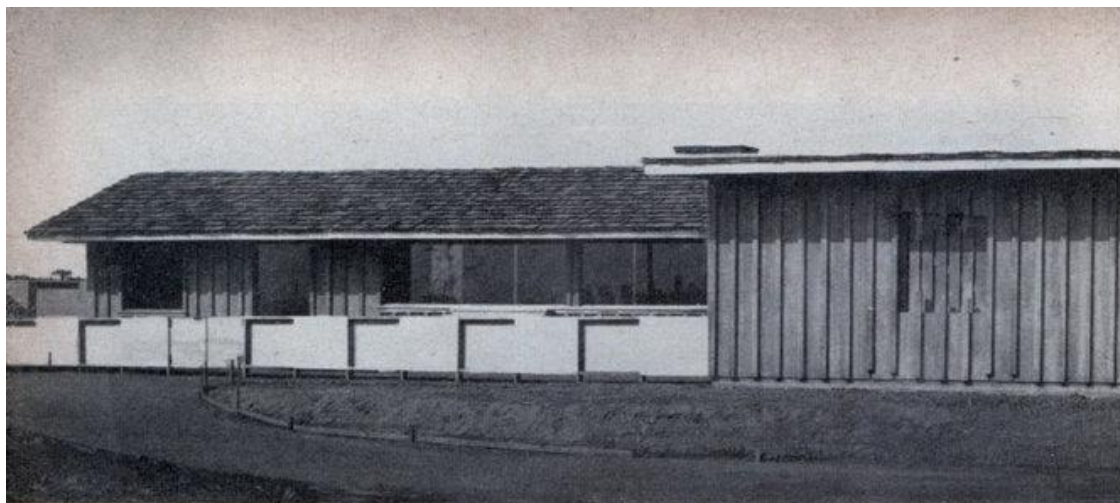


*Lights turn on and off by waving a hand. 1*



*Could see out but not in. 1*





"House of the 21st Century" has rustic shake roof and board-and-bat siding. Makeshift fence is only temporary

## *Built for Modern Living*

# A HOUSE OF MAGIC

By Thomas E. Stimson, Jr.

**I**N JACK FLETCHER'S new home, the windows close themselves whenever the wind blows hard for more than 15 seconds. They close automatically, too, when a rainstorm starts or when the outside temperature drops too low for comfort.

Guests never trip over the wires to a floor lamp in Fletcher's living room. The floor lamps in this "House of the 21st Century" have no electric cords. Their fluorescent tubes, in fact, could be burned out and still operate perfectly when placed over certain spots on the living-room floor.

Mrs. Fletcher's stove has an attractive hardwood top and she does her cooking over the stove, not on it. A concealed electromagnetic cooking element not only heats the pans but keeps them suspended in the air while the meal is cooking. There's no need for an "old fashioned" metal stove top.

If the children start quarreling in their play yard, Mrs. Fletcher can admonish them at once from the house via a loud-speaker attached to the play-yard wall. She sees the youngsters by means of a television camera that scans the yard area and is linked to TV receivers in the kitchen, living room and master bedroom. These picture tubes also receive standard TV programs.

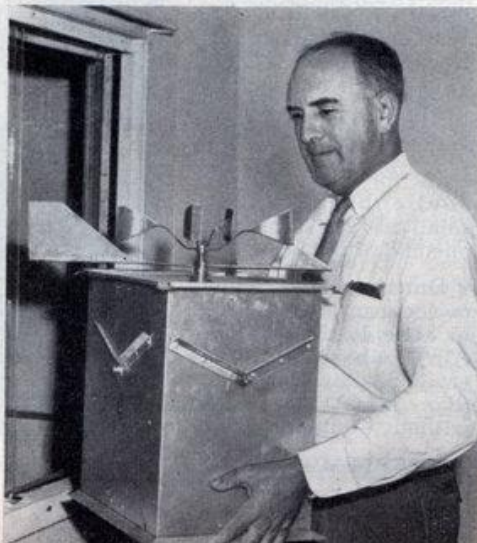
In the Fletcher house you don't need to press a wall switch to turn on the room lights; they turn on automatically as you

enter a room, then switch themselves off when the last person leaves. This "walk-a-light" switching system likewise rings the doorbell when a visitor approaches and serves as an alarm against prowlers.

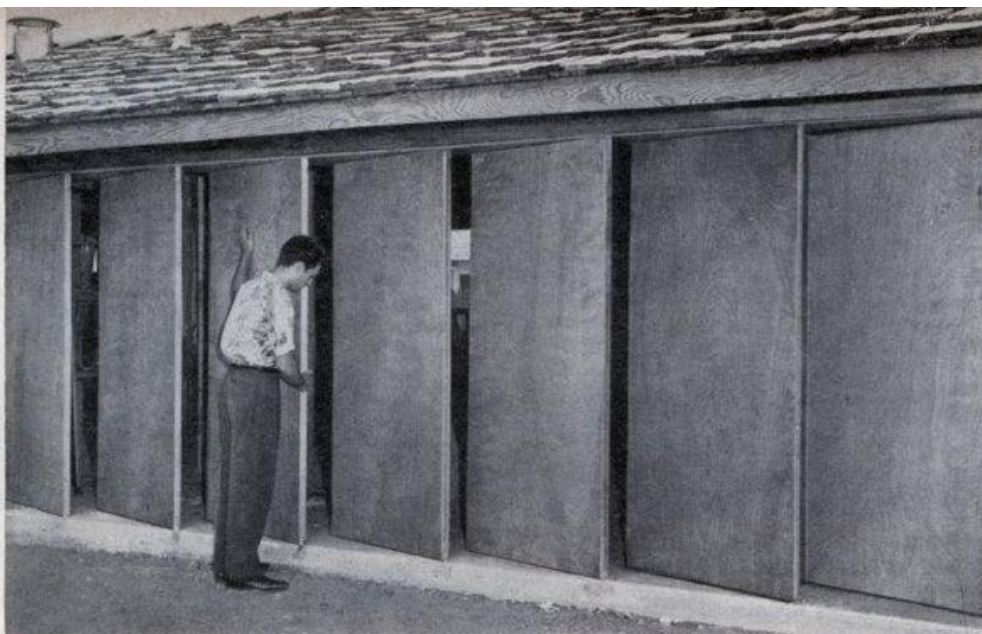
To phone his office or various friends Fletcher presses a button opposite the name he desires, then lifts the receiver when a signal lamp shows the connection has been made. The actual dialing of the number is performed by a concealed rotary switch.

One of the fantastic features of Fletcher's

"Window brain" with rain troughs, weather vane and wind gauge, shuts windows exposed to bad weather







Bedroom wall consists of slab doors permanently set at a stagger. Movable glass panes will be between

thus can be simple nonload-bearing curtain walls built up from short inexpensive lengths of material. The wall panels, in fact, were assembled at a temporary factory instead of on the job. They consist of one-by-six-inch vertical stiffeners nailed to two-by-four horizontal spacers. There are no vertical studs in the ordinary sense. Any scrap lengths of wood as short as 29 inches can be used.

This wall core is erected, then building paper and insulation are added, and finally the exterior and interior wall surfaces are applied. In Fletcher's home the exterior consists of redwood boards and bats. Wall-board paneling is used in the interior.

Steel-pipe columns support the roof beams. The beams are hollow and are built in accordance with aircraft design. A typical beam may consist of a two-by-six on top, a three-by-six on the bottom with 16-inch-deep walls of one-half-inch plywood and with an internal wood stiffener every eight feet. One of these beams will support a 25-foot span and can be nailed and glued together "by the mile" at less cost than solid timbers. For some shorter spans two-by-fours are used for the top and bottom of the beam.

To provide privacy, light and ventilation in his bedroom Fletcher used slab doors for one exterior wall, the doors being staggered to create a louvered effect. The space between each pair of door panels contains a narrow pane of glass for ventilation.

Patio areas outside the house have louvered roofs that screen out the sun and yet permit air to circulate. The patio-roof boards are set on edge, in slots, and may be

removed when winter sunlight is desired.

Fletcher's self-closing windows are actuated by a "window brain" located on the roof. The brain is actually a metal box with rain-catching channels on each side and with a weather vane and anemometer on top. Inside the box is a bimetallic thermometer. When bad weather strikes, the instruments actuate an electric circuit. Solenoids beneath the windows trip locks to release springs which close the windows.

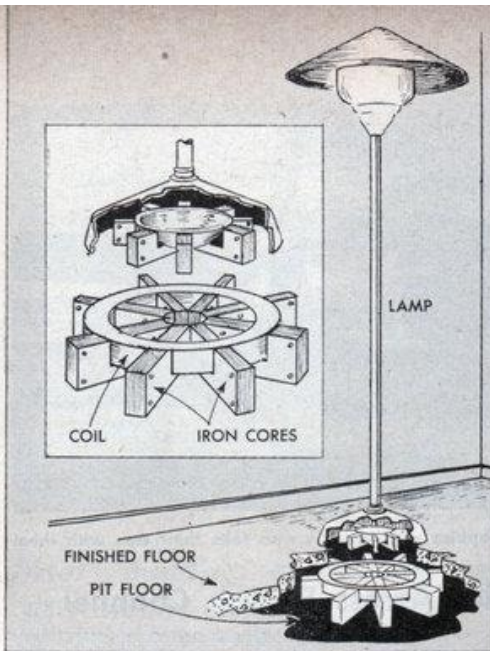
Mrs. Fletcher's mysterious stove operates by electromagnetic repulsion. Be-

Wood louver roof over patio provides shade in summer, may be lifted out for additional sunlight in winter



POPULAR MECHANICS





Cordless floor lamp relies upon induction coil buried in concrete slab floor, secondary coil in lamp base

neath the hardwood stove top are four main lifting coils that also heat the metal pan floating above it. Three adjustable stabilizing coils steady the pan.

To operate his cordless floor lamps, Fletcher buried induction coils at various points in his living-room floor. Contained in the base of each floor lamp is a secondary coil. The current flowing between the coils provides enough wattage to fluoresce the gases in the fluorescent tube at the top.

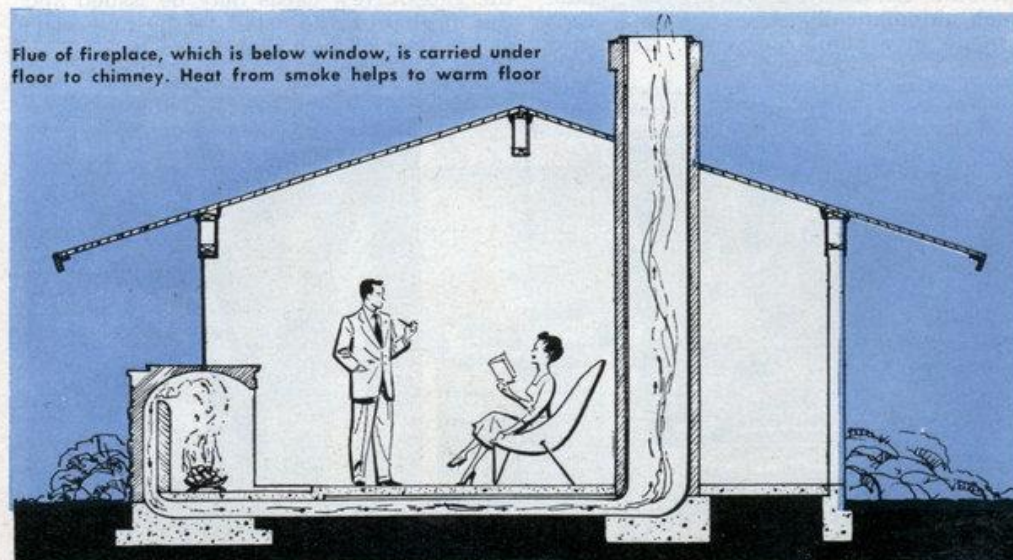
The walk-a-light switching system throughout the house operates on the capacity principle. The presence of a person's body changes the capacity of a plate



John Campbell shows that fluorescent tube of lamp glows brightly even when lamp is lifted from floor

connected to a vacuum-tube circuit. A relay then switches on the lights. The same capacity effect operates the doorbell when a person walks onto the porch. It is used outside the house to operate lights and on a burglar-alarm system.

By the time you read this, Fletcher may have added some other improvements to his house. He and John Campbell are studying the feasibility of an outdoor air conditioner that would keep the large patio areas at comfortable temperatures even on the hottest days. And they are thinking about an invisible ultrasonic screen that would keep flies away. ★ ★ ★



Flue of fireplace, which is below window, is carried under floor to chimney. Heat from smoke helps to warm floor

At that same period, they developed a jeep that you could shoot at the tires and nothing would happen. This jeep could float downstream. It was lighter and got more miles per gallon than the standard jeep.

They tried to get the US government to buy the jeeps but after several years of losing bids, they saw the handwriting on the wall. If you don't have inside connections with the government you could have a futuristic jeep and nobody would care.

During this time they came up with a way to make houses that would cost 1/10 of the present-day house. It was all modular. They could put up a complete house in a week. The trade union was strongly opposed to this.

Consequently, it was never marketed. I guess those early years had an impact on me. I subconsciously adapted to always look towards the future and bring that technology back to the present. One of my first was multimedia.

Even before multimedia was born I had a company with a good longtime friend John Slowsky. We developed a visual database for the real estate market.

You could put in a search for a house and all of the houses which matched the criteria of the house would come up. When you saw a house you liked it would take you on a tour of the house.

This program won awards at trade shows but it was too far ahead of its time. We developed some trial photo database programs for the Department of Justice but lost finally to IBM who bided one dollar for the job.



*Our great Dane Carmel 1*

One of my first impressions, when I was young, was that when my brother and I were born that I said to him you go first and check it out.

My brother remembers going down a long bright tunnel in ecstasy and then telling me to come down. I remember it was a rush and both of us laughed inside.

When we were young my brother and I had telepathic communication with each other. A lot of people thought we had communication problems because we didn't talk English very well. I remember our state of communication was non-verbal but with thoughts, pictures,





emotions, and experiences. It was like if you wanted to know about an apple and you have never seen one talking was one way to explain about the apple.

A way was to graphically send the experience of an apple. I remember hearing stories about tribes in the South Pacific Islands who would communicate with their loved ones telepathically.

Today we use telephones. Our sense of communication is more physical. It's kind of funny that people think it is mystical when it is probably very natural.

We have simply not used this communication so we forget we ever had this ability. So now we scoff at the idea that man can communicate in ways that we don't imagine.

## Galileo's Telescope

Can you imagine young Galileo pointing his telescope towards the stars?

What was in his young mind?

What kinds of thoughts would float up to the surface of his mind?

He went against the concepts of his time.

During this age, scientists and the Church believed the Sun and the planets revolved around the earth.

Galileo and some scientists before such as Copernicus believed the earth and the planets revolved around the Sun.

Galileo was the first scientist to use a telescope to prove his theory.

Yet why does man hold on so tightly to his ideas and beliefs?

The Catholic church and the Pope himself couldn't believe Galileo.

They said he was a heretic.

How dare you challenge the idea that the Sun and the planets revolve around the earth.

Who do you think you are?

Imagine being tried by the Inquisition.

They found him guilty and place him under house arrest.

Fortunately, they didn't kill him.

Yet he spent the rest of his life under house arrest.

Today Galileo is known as the father of the following.

Father of Observatory astronomy.

Father of modern physics

Father of the scientific method.

Father of science.

All I can say is wow.

Imagine Galileo also studied and mastered the following.

Astronomer.

Physicist.

Engineer.

Philosopher.

Mathematician.

He was in my eyes a genius.

He was way ahead of his time.

Isn't it amazing we don't want men to challenge our way of thinking?

Man at times loves living in the box.

It's a comfort zone.

You don't want to learn anything new or be challenged.

If someone has something to say that is different we get angry.

How many innocent people got killed in the Inquisition?

To be honest I probably would have died back then from what I'm speaking.

Just think Christ died on the cross.

Yet the Inquisition killed millions of people who believed in Christ differently.

What do you think Christ would say?

He would shake his head and probably have tears of compassion flowing from his eyes.

Look this adventure of life is all about discovering the mysteries of life.

We should be grateful when we meet someone who has a different idea or concept of life.

I was fortunate to be brought up in a household that accepted all ideas in life.



Till today I still love to hear life stories from people all around the world.

Imagine today we have telescopes scattered throughout the universe.

We are looking for the mysteries of life.

## Recalibration in Thought



The following quote comes from Remez Sasson <sup>6</sup>

How Many Thoughts Does Your Mind Think in One Hour?

Do you know how many thoughts your mind thinks of each hour of the day?

Experts estimate that the mind thinks between 60,000 – 80,000 thoughts a day. That's an average of 2500 – 3,300 thoughts per hour. That's incredible.

Other experts estimate a smaller number, of 50,000 thoughts per day, which means about 2100 thoughts per hour. This too is a great number of thoughts.

If you were able to sell each thought, you would be rich in no time.

How about that? Interesting.

Mystic has said for thousands of years that conquering your mind is the most difficult thing to do in the universe. The mind is a tricky thing to conquer. It is either your friend or foe or somewhere in between.

We come into this world innocent and pure. Look at a newborn baby. That smile is pure joy. The mind and body come from God. Not a care in this world. A baby just is. It doesn't live in the past or future.

It's thought is pure. The mind is calm. It's not flaming the world with its negative thought.

Unfortunately over time society teaches you to entertain your thoughts. Only my political part is correct. The other side is evil. This group is a source of all my problems. Let's eliminate them.

Truth becomes fiction and fiction becomes the truth. Have you seen that lately? I'm going to spin the truth. If I spin it every day eventually people will believe it. Does that sound familiar?

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<sup>6</sup> [How Many Thoughts Does Your Mind Think in One Hour? \(successconsciousness.com\)](http://successconsciousness.com)

Over 70% of Republicans believe the election was rigged. No evidence was ever supported. Yet new laws are being made to suppress voter rights.

These all stem from thoughts in the mind. Have you ever taken an inventory of your thoughts? Have you ever seen the garbage dump that has been created? We hold onto our negative thought as it's the word of God.

From these negative thoughts, we put them into action. From our actions they become habits. From our habits, they become our personalities.

Have you ever noticed that a person who flames almost always flames? How about a person who is kind and will almost always post kind things? This is a state of our mind and thoughts.

A wise person will let a negative thought enter the front door and let it go out the back door. It will never entertain that thought. A man who lacks wisdom will constantly entertain negative thoughts and let the good thoughts out the back door.

Have you seen this lately in our politics?

All the world's problems stem from our untrained thinking. Would you rather have a dog that is trained than an untrained dog? A trained dog is kind, obedient, and loves his master.

An untrained dog is a menace to society. It will bark at all hours of the night. If you touch him he may bite you. Love is the key. A dog that is loved will reflect its true nature to you. An untrained dog will reflect anger in its actions. It's as simple as that.

Look we should have been taught this in schools. Our world will be better off if it did.

Going back to how many thoughts we think in a day. Every moment we are bombarded with thoughts. Thoughts come and thoughts go. Most of them wiz into the night or do they?

Unfortunately, they get stored in our subconscious. 95% of our actions come from our subconscious minds. Hum another huge dilemma.

Looks like we need a reset button and need to recalibrate.

This morning during my sleep I came up with this theory. I say all the time the more attention you pay to something the more attention it pays to you. We are going from darkness to light. This I mean literally. That's why it's called enlightenment.

Billions of people entertain their negative thoughts. The subconscious runs the show. A wise person learns that we are our master chemists. Not only that but we can reprogram our subconscious minds.

We can rewire our neural circuits and brain. We can rewire our minds and body. Western scientists have proven this over and over again. It's not mainstream in our society yet thousands of studies are out there. People are teaching this to the general public in seminars.

My theory is meditation is the key to slowing down thoughts. At the beginning of my mediation practice, it would take an hour to slow down the mind just to enter the mediation state.

Over the years the mind slows down tremendously. At times the mind slows down so much that it takes effort just to think. In this state, one can easily have the negative thought go in the front door and out the back door. No effort is involved.

Yes this takes practice. Remember nobody gets a free ride. Remember the more attention you pay to something the more attention it pays to you.

The problem with the world is we are unconscious. We see only 1% of the light spectrum. Yet we think we are wide awake.

I love the expression you can take a horse to water but you can't make them drink. A wise master once said but you can put salt into his food. Hopefully, this is salt to you. I could ramble on and on.

Maybe just maybe you might reflect and ponder this over. We are living in a matrix. We are playing the video game of life. There are an infinite amount of levels to play on. We are just on level one.

## Recalibration in Environment



This is from Gaia

Stop throwing your garbage in my living room. How dare you do this? I'm always here to support you. I'm your Mother. You tend to mock the ingenious people all around the world.

You say they are primitive. Yet they are the custodians of the land. They are not consumers of the land but protectors. They see the forests as precious jewels to be protected. You see them as commodities to be taken and sold to the highest bidder. Huge difference.

Remember I do not need you but you need me. Without your mother, you would not be here. Time is ticking away. I have given you warnings many times before.

The problems you face will only get worse if you ignore them. You must embrace the concept of conscious economics. There have been even books written about this.

I'm always with you. I hold you in my arms. You are too busy texting on the freeway of life. You are never alone. As the author said you are the missing piece of the puzzle.

Only you can change and embrace me. Your house is filled with empty trinkets taken from my precious resources. After some time it ends up in the dump. You need a simpler life.

Your lifestyle can not be sustained. You work yourself to death so you may enjoy the weekends. Yet when Sunday comes along you dread that tomorrow you have to go back to work. What a wasted way to live.

The ingenious people try to live with me constantly. They are simple people yet they can communicate with me. Can you communicate with me? If so why aren't you?

There is a better way to live. You are so locked into your little boxes. Warning signs are all around you. Humanity can sense great danger. Yet the world at large is paralyzed.

It will take the whole world to change for the better to solve this problem. Your lifestyle must change dramatically. Are you up for this?

Humanity is going from darkness to light. This has been foretold for thousands of years. The end of the story is unknown.

That's why it is called a story. You decide the end of the story. Your actions decide the end of the story. Your will decides the end of the story.

Your ignoring the problem decides the end of the story. Your unwillingness to change decides the end of the story.

You can change for the better. I'm always with you both externally and inside of you. I'm always whispering in your ears I love you.

## Recalibration in Nutrition



You are what you eat. There is no getting around this. When I was in grade school a good friend of mine would have a glass of coke and a Winchell's doughnut for breakfast. It did this for years.

I have friends that only drink soda instead of water. Our human bodies are the most magnificent thing in all of creation. It is truly a divine temple. It is more precious than any external temple, church, or synagogue. Inside of us lies the creator of all.

It's quite sad we never learn about nutrition in our lives. It's hardly mentioned in our schools. In medical school, it's glossed over. You might at the most have 8 to 40 hours of training depending on the medical school.

That's it. As I said many times before you are your master chemist. You provided the chemicals for your lab. Your thought, emotions, actions, and the food and water you drink are essential components of your internal lab.

Madison Avenue has brainwashed us to get hooked and addictive to junk food. We take better care of our cars than our human bodies. We take our cars for an oil change and tune-up.

We provide maintenance on a car depending on what needs to be serviced. This is embedded into our consciousness. Yet taking care of our precious human body is not. How ironic!

Our health care system is antiquated. It's a disease-based system. Society, in general, does not want to take responsibility for its human bodies. We leave it up to the doctors and pharmaceutical industry to do that.

We put full trust in our pharmaceutical drugs to heal us. We don't want to take any responsibility on our own. The pharmaceutical drug industry knows this and takes advantage of this.

They don't want to cure you. That would hurt their bottom line of making profits. They even have the gall to say this. About a year ago I saw an interview with a large drug company.

The CEO said we are not in the business of curing people. We are in the business of making money for our shareholders. That about sums it up. Every drug on the market has serious side effects.

Listen to the sweet commercials and they will tell you each drug what they are. Yes, even death is included on the list. Humanity is playing Russian roulette when taking these drugs.

Remember they are only masking the symptoms not curing the problem. Each member of society should take responsibility for their mind and body. Tools must be provided in all stages of life for everybody.

We are constantly learning and growing. What was said ten years ago might be obsolete today.

My advice is don't eat junk food. I'm not saying never but eat good nutritional food 99% of the time. The average American eats around 99% junk and 1% nutrition food.

Don't microwave your food. In some elementary schools, kids will microwave water and try to grow plants with it. They will also use good water and water another set of plants.

The microwave plants never survive over some time. Once again common sense is uncommon. Microwaves change the molecular structure of water and destroy the nutritional value of food.

Ever since my teenage years, I've said that food is my best medicine. Eating good nutritional food is the best life insurance policy you can ever have. I have been sick only a few times in my life.

I'm very conscious of what I eat. I try to eat only organic food and foods that are GMO-free. You may think that is fanatical.



Yet going back to the chemistry set I'm providing the best nutrition and chemicals for my chemistry set. Is that being fanatical or is that the most practical thing you can do? Common sense is uncommon.

Our western diet of junk food is destroying us yet we think a person that eats good wholesome organic food is a fanatic. I'm amused by that. We have lost precious wisdom when it comes to taking care of our bodies. We have lost the wisdom of being in harmony with the universe and Gaia.

We don't ever think that most of our crops are sprayed with harmful chemicals. A person has to wear a facemask and protective clothing to do this. Yet we have no problems eating this.

To society, it's the way to go. Yet cancer eventually might come knocking on your doorstep someday. My wife sold life insurance during the seventies to farmers. It was an easy sell.

Even back then farmers knew that farming with pesticides was extremely dangerous and life-threatening. It was common for some members of the family to get cancer.

Yet nothing has changed in fifty years. In society today we continue with our old ways. We think that our government officials would change the laws. Yet so far that hasn't happened.

We go on our destructive ways and never think about the repercussions. Our lives are on remote control and we never think we are responsible for our actions.

The blind are leading the blind. There is a profit to be made. Whether it is extremely dangerous or harmful to you the bottom line is profit-driven.

## Recalibration in Medicine



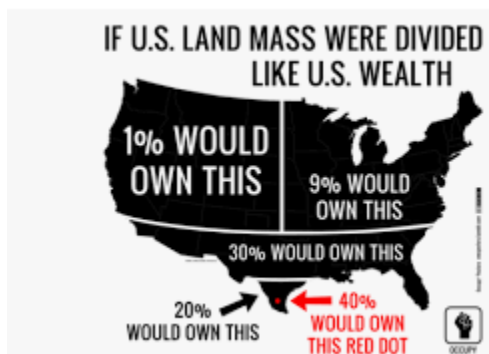
Try this natural prescription. Even if you implement just a few watch your health will slowly turn around.

- Be kind.
- Have a heart like a child.
- Learn to meditate.
- Take a daily walk in nature. Get fresh air.
- Exercise and stretch every day.
- Eat only food that is good for your body.
- Laugh whenever you can. Laughter is the greatest medicine.
- Drink plenty of water throughout the day. We tend to be dehydrated. Remember most of the human body is comprised of water.
- Wake up with gratitude. That will help you throughout the day.
- Pray and take positive actions in your life.
- You are in charge of your chemistry set. Monitor your thought, words, and actions at every moment.
- You are the universe. You just don't know it. Daily ask yourself that question and put actions to solve that puzzle of life.
- Learn how to reprogram your mind and body. The hardware, software, and operating system were put in place when you were born. You can rewire your neural circuits. Remember over 95% of our actions come from the subconscious mind.
- Be tolerant towards others. You might be surprised.
- Love your fellow man. He has a difficult journey just like you do. Friendship and love go a long way in life.

- Don't get into flame-throwing and reading it on social media. It's a waste of time. You are reprogramming your mind and body to be angry at your fellow man. You are drinking your poison by the way.
- Take time to chill out every day. Listen to music. Write some poetry. Create art or just sit in a chair with the doors wide open and listen to the birds singing their sweet songs.
- You are never alone. Remember that daily. Your ancestors are always with you. Learn how to be in harmony with them.
- Develop your intuition. Listen to your gut feelings. Your body is always telling you what it needs to maintain health. Intuition is the key to being aware of your ancestors.
- You have 5 external senses and 5 internal senses. Learn about your 5 internal senses. The East has been talking about this for thousands of years. We are behind the time.
- Be curious. See the miracles in life.
- Focus on your breath in each moment. The same breath you take is the same breath the universe takes.
- Have your feet on the ground and your head in heaven.
- Remember whatever you pay attention to it starts paying attention to you. Take that to the highest levels. You are the universe. You just don't know it.
- The mind is a tuning fork. It vibrates at whatever it touches. Use it wisely.
- The mind is either your friend or foe or somewhere in between. Learn to train your mind to be your friend. You train your dog why not train your mind?
- Get plenty of sleep and rest. Learn to love your dreams. Your ancestors talk to you through your dreams. Your subconscious mind shows you what you should do. It gives warning signs and signs that if you continue down this dangerous path the repercussions might manifest.
- Live your life so that when you put your head on the pillow not a care about this world enters your mind. Sweet dreams.
- Don't take life so seriously. At work don't get attached or bothered by the craziness. Learn to live in the center of the hurricane, not in the whirling winds of the mind.

- You did not come down to this world solely to work. Maintain a work-life balance. Never give up your vacations to your workplace. If you get sick there is always someone who will take your place.
- Common sense is uncommon. Need I say more?
- Take care of your body. It's the only one you get. At least for this go around.
- Everyone has a different and unique story to tell. Listen to your fellow man. I mean listen. Don't think what I'm going to say next but listen to his thread of thought. You will get great wisdom that way. Some new wisdom may be shared. It may be as simple I don't want to walk down that path.
- Use less of your carbon footprint. The universe contains the vast treasures inside of you. Everything external will be taken away from you someday. Including you. The only thing you take is your internal treasures.
- Establish a relationship with Gaia(mother earth). Your mother is always holding you in her arms. You aren't even aware of it. Learn to tune within. Is that text message that important in the enormous scheme of the universe?

## Recalibration in Economics



This is from Bernie Sanders via Twitter<sup>7</sup>

Wealth of Jeff Bezos in 2009: \$6.8 billion

Wealth of Jeff Bezos in 2020: \$184 billion

Wealth of Mark Zuckerberg in 2009: \$2 billion

Wealth of Mark Zuckerberg in 2020: \$103 billion

U.S. Minimum Wage from 2009-2020: \$7.25

We need an economy that works for all of us, not the 1%.

World's first trillionaire?<sup>8</sup>

We already have trillion-dollar companies. How soon before we have our first trillionaire?

According to Comparison, a company that allows small- to medium-sized firms to compare different business products, the world's first trillionaire will likely be Amazon founder and CEO Jeff Bezos.

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<sup>7</sup> [Bernie Sanders on Twitter: "Wealth of Jeff Bezos in 2009: \\$6.8 billion Wealth of Jeff Bezos in 2020: \\$184 billion Wealth of Mark Zuckerberg in 2009: \\$2 billion Wealth of Mark Zuckerberg in 2020: \\$103 billion U.S. Minimum Wage from 2009-2020: \\$7.25 We need an economy that works for all of us, not the 1%." / Twitter](#)

<sup>8</sup> [Jeff Bezos as world's first trillionaire sparks heated debate \(usatoday.com\)](#)

Their projection shows Bezos reaching trillionaire status by 2026. The company said its projection is based on taking the average percentage of yearly growth over the past five years and applying it to future years.

Comparison shows Bezos' net worth grew an average of 34% over the last five years.

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A stack of one billion dollar bills would be 67.9 miles high. A trillion-dollar bills would reach 67,866 miles into space.

Tradeshow Times cA trillion dollar bills, laid end to end, would stretch 96,906,656 miles—further than the distance of the earth to the sun.

A trillion dollars laid side to side, would cover more square miles than the states of Rhode Island and Delaware combined.

A trillion dollars on skids would need to be transported by 478 semi-trailers. Unloaded, it would fill a football field from sideline to sideline, and almost goal line to goal line.

If you were to spend \$40/second, it would take 289 days to spend a billion dollars. And that's at a spending rate of almost \$3.456 million per day.

At the same spending rate of \$40/second, it would take 792.5 years to blow through one trillion dollars.

I don't know about you but this is insane. Our modern-day political system is solely for the rich. I wrote a book called Conscious Economics last year. It was about how we must have economics based upon the principles of Mother Earth.

We are consumers on this planet. We should be protectors of this precious land. The US minimum wage has been the same for 10 years. It is \$7.25. Nobody I mean nobody can live on that.

1 out of every 5 children doesn't have any food for breakfast. We are the richest nation in the world yet so many people live in poverty.

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<sup>9</sup> [How Big is One Trillion Dollars? » Exhibit City News](#)

Here's the headline from the Washington Post.<sup>10</sup>

Walmart and McDonald's have the most workers on food stamps and Medicaid, a new study shows.

Our politicians complain about the citizens living off welfare and food stamps while our government is footing the bill for thousands of Fortune 500 companies.

The biggest by far are the companies that don't pay their workers a living wage and have the government pitch in. Meanwhile, they make huge profits. The days of Kings and serfs are still alive today.

They just have different names. I could go on and on. A reset button must be pushed. I don't see it coming soon.

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<sup>10</sup> [Bernie Sanders report shows McDonald's, Walmart as top employers of Medicaid, SNAP recipients - The Washington Post](#)

## Recalibration in Housing



Here we are in the richest county in the world and we have a housing crisis at hand. I saw on the news recently the homeless people in Los Angeles. I could not believe my eyes.

There were thousands of people living in the streets. It looked like a third-world country. Most of these people are hard-working Americans and

lost their jobs.

They couldn't pay their rent and ran behind on their bills. Over time they became homeless. Many of these people have families.

On one hand, we have a person who in five years will become a trillionaire, and on the other hand, millions of people are living in the streets.

In Southern Oregon, a huge fire came last September and over 3,000 homes got destroyed. The prices of houses skyrocketed by 100,000 to 150,000 dollars in just six months.

Unfortunately, they keep on climbing. We all need a roof over our heads. We all need to make a decent wage. The middle class in America is slowly dwindling.

I was a software engineer for most of my career. During the eighties and nineties, the salaries went up. This was a good time.

Since 2009 when the market tanked and housing tanked the salaries have tanked. When I retired a few years ago I was making 20 grand less than what I made since 2009.

In the software industry salaries have remained stagnant. My best friend was making around 200,000 a year as a consultant. Those golden years are long gone.

It seems to me like the entire working force is struggling just to remain alive. Our jobs are not stable. Millions of Americans are struggling just to pay their mortgage and their bills.



On top of that, the pandemic has millions of workers out of work. Mind you they still have to pay their bills.

We need to hit the reset button. To be frank I don't see an answer. Our mindset has to change.

Our large companies must make their employees number one instead of shareholders. I have seen thousands of people lose their jobs because the bottom line is profit.

They hire and lay off people on a whim. America must reclaim its soul. We have gone from light to darkness and it's getting worse day by day. We have a congress that doesn't have the wisdom to face the problems today.

Truth is fiction and fiction is truth. If we have a part of congress that will spin the truth so much that people believe it we are doomed as a nation. Many politicians are in it for power only.

They only say they are representing their people. Lately, it seems we are regressing not progressing. We are returning to darker days. Thousands of laws are being passed based on lies and deception.

They know they are lies but spin the truth to make things more difficult for their opponent. It's all a huge mind game and the public is being affected.

Our democracy is at state. The American life that we know is at stake. We desperately need leadership at all levels. We must all change for the better.

## Recalibration in Raising Kids



If I could press the reset button for raising kids this is what I would love to do.

- Raise kids to be kind in all situations. Every in midst of adversity; be kind and calm. The world doesn't need bullies.
- Teach them to truly listen in every moment. One can gather great wisdom that way. Teach them to walk in another's person's shoes. Be tolerate. Everyone is walking on their own journey. What works for them might not work for you.
- Teach them to meditate at a young age. Meditation is the key to finding the jewels within.
- Teach them to pray daily. Praying is talking to God. Meditation is God talking to you in silent words. The word cannot be spoken hint hint.
- Teach kids to focus on their breath in each moment. Behind the breath is the same breath that is keeping the universe alive. Calm one will live in the center of the hurricane. Currently, we live our lives like leaves blowing in the wind.
- Everyone has the chemistry set built-in from the day they were born. From a young age teach them to program it from the get-go. The hardware, software, and operating system are there. We can reprogram our lives.
- This life is an incredible video game. Children need to know there are infinite levels. Each level has unique lessons to learn.
- You are never alone. The universe is supporting you.

- Whatever you focus on you become. By focusing on the inner jewels you become the inner jewels. Focus on chaos you become chaos. Look at present-day politics and you will see what I mean.
- Winning is not everything. If you cheat and lie to win you have not won. Do your best. Love what you are doing or playing. Be calm and serene. A calm mind will always play better than an angry mind. Many players taunt their opponents to make them more flustered.
- See the beauty in all. Even weeds are beneficial.
- Feel the web of love tying us all together.
- Be curious. Think outside of the box. Learn to love learning and gathering wisdom. The whole education system needs a reset button.
- Enjoy each moment in life. If life throws you a curveball just smile. The clearer one is the better vision one will have. All things must pass.
- If someone is down in the dumps be compassionate towards them It could be you. Be kind to them. Listen to them. Support them. Help them. We are all interconnected.
- When one is angry a person is drinking their poison. Scientists have discovered over 1500 harmful chemicals get released into the bloodstream when one is angry. I'm not saying suppress it but transform the anger into calmness. The Buddhists will get more and more calmer when their opponent will get angrier and angrier.
- Food is medicine. Not the other way around. Common sense is uncommon today. A child should not survive on junk food.
- Children should learn life skills at a young age. Teach them about saving, how the stock market works etc. The ultra-rich teach this to their kids but in society today we don't teach basic life skills.
- Each one of us is a piece of the puzzle. Currently, we don't even realize there is a puzzle in life. Peace on earth depends upon all the individual pieces of the puzzle.
- Drink plenty of water.
- Children should be taught to go outdoors every day. Walk in nature. Play games. Learn to exercise. Learn to stretch every day. Work out. Constantly learn to fine-tune the mind, body, and soul connection.

- You are your doctor. Society needs to learn preventive medicine. Society teaches one to go to a doctor who will give you a pill. They will not take responsibility for their actions. The pharmaceutical industry loves this.
- What supposedly is destined in your DNA is not the final outcome. The environment decides this. Your actions and lifestyles are the deciding factors. One must learn to monitor and reprogram the operating system, hardware, and software. Very few people realize that today.

## Recalibration in Thinking



The world at large must press the reset button when it comes to thinking. For thousands of years, man has tried to capture where thoughts come from. Today it is still a mystery.

We are quite baffled by it. The East is the original psychologist. Buddha studied the depths of the mind which presently day scientists only are beginning to marvel upon.

Thought can be purified. Thoughts can be crystal clear. The ordinary state of man lies externally. Currently, man does not discriminate his thoughts very well. When truth becomes fiction and fiction becomes truth is dangerous territory to be in.

The mind over time will become twisted. When the mind becomes twisted the body will be twisted. You become what you think. Your actions are dictated by what you think.

Your habits are dictated by what you think. Your personality is dictated by what you think. Your dharma and future are dictated by what you think.

The mind is like a tuning fork. Whatever thought comes your way they vibrate at that frequency. An untrained mind will wreak havoc in the world. Take a look at the perilous condition of the world today.

Currently, we act up all the good, bad, and ugly thoughts that we have. We haven't been trained to let bad thoughts enter the door within and let them go out the back door. We learn through concentration to ignore them. We learn how to purify our thoughts.

I give the analogy all the time that meditation brings one into the center of the hurricane. The world at large is like leaves blowing the hurricane forces of thoughts. We can't control our thoughts and we act upon all of them.

This is the problem today. I say many times that a spiritual path is the most practical path. One who is constantly refining and purifying one's thoughts is truly the most practical person alive. One who learns how to be in harmony with the universe is truly a wise man.

This is brainwashing at its finest. Brainwashing has been used as a tool to get critical information from your adversaries. You can drive someone crazy with these techniques.

But the brainwashing I'm talking about is to place your clothes of thoughts into the universal washing machine of life. Let the detergent of light transform you.

The light within can dissolve any darkness. This is your true nature. The Buddhist call this the crystal clear state. There is no absolute state of existence. There are infinite levels in the video game of life.

Why we were never taught this in schools is beyond my comprehension. We as a society think that by having thorns in our thinking is the norm the society at large will malfunction.

We will gladly vote for other politicians who are in a state of not controlling their minds. We will kick out and demote others who don't follow the party lines. Even if the ones being kicked out are listening to their conscience and are acting on it.

The majority refuses to listen to their inner conscience and act upon the party line.

We all must listen to our inner conscience for the world to survive. Once fiction becomes truth in America our democracy will soon be over. It will rapidly destroy itself.

These are dangerous times my friend. Never before has our democracy been at stake as it is now. It is crumbling from within. No enemy forces invaded us. The invasion came from within.

Currently one of my most quotable expressions is what you pay attention to you will eventually become. Currently, we have a party that believes in twisting the truth, and turning it into fiction is the way to hold onto power and control.

The more they do that the further from the truth they become. It is an ugly cycle. Once a snowball goes down a mountain it gets very difficult to stop. The world at large never looks at our state of mind that creates all the problems that we face today.

We never see the connection between our thoughts and actions and our conscience. We can't discriminate properly. A person who loses discrimination is lost and confused.

They will force their ideas upon you. You are considered evil if you don't agree with them. Many of my friends would send photos of President Obama dressed in a nazi uniform. They thought it was funny yet the tremendous harm it represents.

The eagle needs both wings to fly. We should honor and respect the other side. Without it, the eagle can't fly. Our founding fathers realized it. In God we trust. We need both parties to survive.

We must bring back compromise, patience, and tolerance. We must stop demonizing the other side. We are all Americans. Our democracy is crumbling and we blame the other side.

We can't even talk civilly with each other. We blame the other party for all the problems we face today. Darkness is loving this moment. Darkness loves when the world at large twists the truth into fiction and twists the fiction into truth.

We have blinders on our eyes and we think we can see properly. What is the state of your mind? Do you even care? What are you going to do? Remember if you don't do anything darkness has already won the battle. Each one of us is responsible for our thinking and the actions that we take.





## Reset Button

It seems to me like the entire world was pushed a reset button.

At this point, everything has changed in only a week.

Everything is shut down.

Is this a blessing in disguise?

Take a moment and embrace gratitude in your life.

Slow down you have no choice.

What matters in your life?

Open your windows and listen to nature/

The birds are singing sweet songs to you.

Nature is alive even in a big city.

For once just breathe and feel the sweetness of breath.

It is calling you.

Behind your breath lies the universe.

You are magnificent.

Take this time to truly slow down.

Humanity has been on such a fast track.

We can't see the forest from the trees.

Listen to music that calms your soul.

You have been living such a stressful life.

It's time to unwind.

Discover your true nature.

The reset button was pushed for a reason.

Take advantage of it.  
Peace lies right between your eyes.

## The Revolution Is Here

The revolution is here.

It's a silent one.

There are no guns.

There is no anger.

It's a peaceful one.

There are no protests or marches.

Nobody is trying to convince you.

The revolution is occurring in your heart.

Millions of people are waking up from their slumber.

Mankind is embracing the heart.

Mankind is slowly waking up and discovering its true nature.

You are the universe.

You just don't know it.

It's an amazing time to be alive.

Mankind has so much potential.

We are just skimming the surface of the ocean of life.

We were meant to dive deep into the depths of the ocean.

This is our true nature.

We have passed a marking point in history where peace will prevail.

I know it doesn't look that way.

There is a big stick stirring things around.

The light for the first time in many moons is more prevalent than the light.

Darkness can't hide.

It comes out.  
This is darkness's last stand.  
It knows the battle is over.  
The sun is rising.  
It's a beautiful sunrise.  
Can you feel the love oozing from within?  
Man will once again learn how to be in harmony with nature.  
We can do this.  
We can solve any problems once we are united.  
We have so much incredible potential.  
The journey starts with taking one small step after another.  
Yes, we will fall.  
Yes, we will get off the ground and take another step.  
Maybe is two steps forward, one step backward.  
That is how we grow.  
We can learn from our mistakes.  
Ponder this over.

## The Wise Man Just Simply Smiles

The wise man just simply smiles.

He has nothing to prove.

He is absorbed with his creator.

The ignorant man will do battle while the wise man will listen to what you have to say.

The wise man will share his joy while the ignorant man wants to feel superior.

The wise man may or may not be book earned but his knowledge comes from further than the sun.

The ignorant man will quote and say your dumb

The wise man loves this life while the ignorant man judges his fellow man to create self-worth.

The wise man loves the brotherhood of man while the ignorant man just can't see.

## Fine Tune Your Life

Have you ever heard of a person who has mastered the guitar?

Imagine an Eric Clapton.

How much dedication did it take to get where they are today?

So many hours of practice.

I'm sure there was stumbling along the way.

They made errors.

Yet they continued on this journey.

I love to discover who I truly am.

I've spent most of my life meditating.

I'm discovering how to be a better human being.

I'm facing the dragons within.

What joy it is to let go of anger.

Every moment is an opportunity to be tolerant of others.

Practice what you preach.

Every moment is an opportunity to improve on this road of life.

Your life is a canvas and you create your reality.

What kind of world do you want to live in?

## Little Drops Of Mercy

Did you know that with every small gesture you make little drops of mercy fall  
from heaven?

This one small act makes God proud.

Imagine if the entire world would make one small gesture day by day.

God doesn't bring peace on earth.

Only humans can.

God is our coach in life.

He will not play the game for you.

Nobody gets a free ride.

Little drops of mercy fall from heaven.

## You Are Your Own Doctor

When I was young I realized something profound.

It was the following.

You are your own doctor.

Many people go to the doctor and expect the doctor to fix them.

They don't want to take any responsibility.

Hey, doc I'm sick. Fix me.

Sadly this is the reference point for our health care today.

I recently got a job offer that helps hospitals save money on health procedures.

We had a great conversation.

I mentioned that for many moons I believe in preventive medicine.

I said we must make lifestyle changes to be healthy.

The man said it couldn't be done.

People don't want to take responsibility.

No wonder our health system is in shams.

Thousands of people a year die from the drugs given by their doctors.

What about the side effect?

This drug could cause cancer or even death.

You want me to take this.

Every person needs to take responsibility for our health.

This is the only body you get at least for this go around.



## There Is A Point In Life

There is a point in life when we question what purpose do I have.

What is the meaning of life?

I'm having a good time.

I'm making a lot of money and I'm partying on the weekends.

I'm traveling all around the world.

I live in a grand house.

But there is a mosquito in my mind.

I can't sleep at night.

I am restless.

What is going on?

This is a turning point in life.

You can have all of this yet true happiness lies inside.

The journey of self-discovery begins within.

Nobody will take away your treasures.

The endless treasure lies in your heart.

## The Struggle

We all struggle in life.

Life is not easy.

So many obstacles along the way.

Yet at times we are like drama queens.

We love to rage through our emotions.

We make a mountain out of a molehill.

We blow things out of proportion.

What life throws at us we react?

We go from one extreme to another.

All the great masters have taught us that only you can change the outcome of  
your struggle.

You are never alone.

You can see everything is a blessing in disguise.

No matter what happens to you God is holding you in his arms.

That is a fact.

You are the sun, moon, and stars.

Does the universe struggle?

## Your Treasure Chest

Did you know that inside of your DNA contains a treasure chest?

It contains the book of life.

Eternity lies there.

A part of you that is universal lies there.

How do you think the great masters performed their miracles?

Their DNA was running at 100%.

Man was built in the image of God.

It's in our blueprint of life.

It's inside our DNA.

You can discover your inner treasure.

It's been there all along.

It's up to you to discover this treasure within.

## We Are Wired For God

We are wired for God.

We are the only creature on earth that is wired for self-discovery.

There is a master electrician who wired our body in his image.

You contain the blueprints of life.

Does this excite you?

I hope it does.

You are not alone.

You were built to drive your car of life.

The car wasn't meant to sit in your garage for your entire life.

There is a vast highway of the universe that is waiting to be discovered.

## Listen To Your Body

Listen to your body.

It speaks to you.

We have ignored its signals for far too long.

The body is intelligent.

It is way smarter than we think.

It is always there to give you advice.

When you are about to get a cold the body may say go to bed an hour early.

I would take that advice.

If you do most likely the cold will not manifest.

The body knows what food is good for you.

Unfortunately, we are junk food addicts.

We don't take any responsibility for our health.

Remember this is the only body you have.

Your life will be 100 times better if you would learn to listen to your body.

It's up to you to solve this riddle.

## Where Did Our Wisdom Go?

Where did our wisdom go?

We think as the western man we are so smart.

Yet only 600 hundred years ago we thought the world was flat.

If you sailed too far your ship would fall from this world.

Galileo was put in prison for saying the earth is not the center of things.

The pope said heavens forbid and threw him in jail.

Modern man thinks that ingenious people were dumb.

Yet these people said their ancestors came from above.

So many tribes had the same creation story.

Man did not come from Adam and Eve.

Something grander occurred.

The Mayans have calendars that last for over 26,000 years.

Our calendar system was developed by August and Julies Caesar.

One of them wanted to have an extra day of the month in their honor.

What an ego trip.

Where did wisdom go?

What in the world happened?

## The Inner Scientist

From time immemorial the masters have said to discover the truth that lies within.

Discover your inner scientist.

You were created to discover the mysteries of life.

You were meant to have a direct experience of God.

You are not alone.

You are the sun, moon, and stars.

All of the tools exist inside of your heart.

Sit still and listen.

That's all that it takes.

I know that sounds so simple.

It's so simple you say it can't be that easy.

Before you even start you give up.

The master has said to solve this riddle.

## Just One More Book

When I was young I was looking for a book that would give me all the answers.

I read all the holy books.

I would think just one more book.

I'll find it.

Yet a book can only talk about truth.

It is not truth.

It is a part of the truth.

It describes truth.

One day I discovered that truth exists hidden in our hearts.

The truth was there all the time just waiting to be discovered.



## At The Speed Of Light

Our rockets are like Junkers in the sky.

Chug, chug, chug

We can go around 18,000 miles per hour.

We think we go so fast.

Yet even if we go 180,000 miles per second it would take a long time to get to the nearest star.

How can we truly explore space?

Can you imagine an advanced civilization that in a blink of an eye can be anywhere in the universe?

How's that for time travel?

Beyond time and space.

In the quantum world, there is no A to B.

Travel is not linear.

We have a lot to discover.

## The Engine Of DNA

Man finished the genome project around 15 years ago.

What were their findings?

97% is junk DNA while 3% is known

Kyron a great being says that God did not create junk.

You just don't have the tools to understand what you are seeing.

The so-called junk DNA is quantum.

Inside of your DNA lies God.

Inside of your DNA lies your higher self.

Your engine of life is running at 30%.

The great master had their engines roaring at 100%.

They were no different than you.

Maybe it's about time to realize the God within.

Your gas tank is nearly empty.

Maybe it's about time to fill it up.

You are running on fumes.

## The Tuning Fork Of Life

The mind is like a tuning fork.

Whatever you focus on your mind will vibrate at that frequency.

If you focus on anger your entire body will be angry.

Some people are so angry that stress hormones are being released constantly.

What a sad state that is.

We choose what to focus on.

It's our free choice.

We can be happy or sad.

Imagine the same circumstances happening to two different.

One gets angry or sad.

The other is just like a duck.

It flips the water off his back and goes on his merry way.

Your attitude is everything.

What you say is what you get.

The great masters have learned this.

They learned how to tune in to the God within.

Maybe you should learn the same.

## No Free Rides

Everyone thinks that a master gets a free ride.

For him, life is a walk in the park.

The sun always shines.

He can make no mistakes.

Life is always rosy.

Nobody gets a free ride in life.

Everyone has to play the game.

You can't sit on the sidelines and think that God will play for you.

It doesn't work that way.

God is your coach.

He will guide you along the way.

He won't play the game for us.

I think discovering the truth within gives that person an advantage.

As your journey goes on you discover you are not alone.

The universe knows your name.



