

A cosmic background image featuring a dark space filled with stars and nebulae. A prominent, bright, pinkish-red nebula with a central bright spot is visible, surrounded by blue and purple gas clouds. The text "Who Am I ?" is overlaid in a large, black, sans-serif font.

Who Am I ?

Fletcher Soul Traveler

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Intro



Who am I? Man has been asking this question for thousands of years. Yet are we getting closer to answering this question? All the wise ones from the past said the answer lies inside.

I say this a lot. You are the universe. You just don't know it. Most people roll their eyes when I say this.

Michio Kaku said the following.

In string theory, all particles are vibrations on a tiny rubber band; physics is the harmonies on the string; chemistry is the melodies we play on vibrating strings; the universe is a symphony of strings, and the "Mind of God" is cosmic music resonating in 11-dimensional hyperspace.¹

I love this example from Paramahansa Yogananda ²

Another time I was sitting in a movie theatre watching a movie on a screen. And then I looked into the projection booth. I saw that the projectionist was not interested in the movie, because he has seen it over and over again. Instead, he was reading a book. The projector was doing its job: there was the sound, and the beam of light was casting realistic images on the screen. And there was the audience caught up in the drama.

Note the wise men of old and the quantum scientists are both talking about the same thing but there is a huge difference. The quantum scientists look external while the wise man looks within. The sages throughout time would talk about our true nature yet the majority of people rolled their eyes when hearing about this.

This book goes through all sorts of angles for you to ask yourself these basic questions on life. If you can try to have your heart open. We are thinking outside

¹ https://www.azquotes.com/author/7702-Michio_Kaku

² <https://sites.google.com/site/theselfawareness/section-5/life-is-a-dream-yogananda>

of your box. There is a part of you the heart knows when love wants to open the door inside of you.

Mediation

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

How elegantly said.

Imagine the mind is like a tuning fork.

Whatever it touches it vibrates at that frequency.

Have you ever felt that material happiness is finite?

Imagine the car you always dreamed of.

A yellow Ferrari.

In the beginning, it brings so much joy.

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

Day and night you are satisfied.

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

Day by day your yellow Ferrari becomes a hassle.

How many times to the shop?

I need an oil change.

My brakes need changing.

The transmission just went out.

Everything material wears out.

Material happiness will soon lead to pain.

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

Do we have to live the life of a hermit?

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

Mediation brings an individual to the center of the hurricane.

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

This is your true state.

Absolute joy, total bliss.

Your mind is vibrating with the word of life.

Who Were You Before You Were Born?

Who were you before you were born?

Where did you come from?

Both are good questions.

Have you ever stopped and pondered these questions?

Where will you go when you die?

It's not the grave.

Yes, your body will return to the earth.

But where will you go?

Mystics have said the answers lie within.

Open the door within.

Remember it's one small step after another.

You can solve this riddle.

The Wheel Of Life

Are we like the wheel of life?

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

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

We think we are a particular spoke.

We have forgotten our true nature.

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

We are always supported.

There is a center of the wheel.

The center is home.

You are the universe.

Remember who you truly are.

Ponder the meaning of this message.

You Are Your Own Creator

You are your own creator.

You create your own destiny.

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

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

You must take responsibility.

We must learn to become mature.

We can learn from our mistakes.

We can transform our negativity.

The power exists inside of you.

You are the universe.

All wisdom lies inside.

You are truly wise.

Discover this essence inside.

Cosmic Travelers

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

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

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

We all have a piece of the puzzle.

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

We are cosmic travelers.

Castles In The Sand

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

I remember building them when the tide was low.

It was so much fun.

We had our buckets of water and sand.

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

Yet we had our sandcastles.

These were our creations.

It was always amusing when the tide came in.

There was nothing you could do.

The rising tide simply dissolved the castles.

It did matter how grand or simple the castles were.

The rising tide did not discriminate.

The tides always came in and the tides always returned.

Doesn't that kinda represent the tides of life?

We come into this world.

We live and build our own creations.

Someday the tide comes in and washes us away.

I'm not trying to scare you.

These are just the facts of life.

Like the four-season everything changes.

Nothing is permanent.

Everything changes.

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

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

God does not judge.

God does not condemn us.

I like this kind of thinking.

In my experience these words are true.

God is our partner.

He has never left our side.

This is one reason why these poems are created.

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

What an incredible journey we are on.

Building sandcastles in the sand.

Come and join me in building sandcastles among the stars.

If Death Approaches You

If death approaches you what do you do?

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

You will never get out of it alive.

It's not a question of if but when.

We roll the dice in our life.

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

If you feel you were in for your worst nightmare.

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

At times you may be held down for two waves.

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

You mustn't panic.

You must let go and totally relax.

I think that surfing and meditation teach one about death.

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

It could go either way.

Yet the surfer keeps on surfing.

Not all.

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

It was the wave of the century.

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

He got obliterated.

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

Your respect for life is enhanced.

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

Somehow you can see how precious life is.

Maybe that's what it is all about.

The gratitude of being alive fuses into your being.

Wow, I'm alive.

Last Breath

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

You are about to take your last breath.

This was an incredible journey you had.

Another journey is about to be embarked on.

You see your body dies but your essence is eternal.

You are about to become one with the universe.

You are about to become one with God.

This is your true nature.

You are like a raindrop returning to the ocean.

The raindrop merges into the ocean.

You merge with God.

You come unto this world from God.

Slowly over time, you forget your true nature.

Upon death, you go back to the source.

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

Something is keeping you alive.

Your breath is ever so precious.

Don't take it for granted.

Your breath is a gift from God.

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

Your true nature is kindness.

Your true nature is love and compassion.

Your true nature is patience and tolerance.

You are the universe.

You just don't know it.

The greatest treasures lie inside of us.

We tend to think that happiness lies outside of ourselves.

It never has and never will.

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

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

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

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

Unfortunately, after some time the thrill is gone.

BB King even wrote a song about this.

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

Well, there is a mine within.

Yes.

There are diamonds within.

Yes

How do you dig for diamonds?

You need a shovel and a pick.

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

That's what all these sayings are for.

The miracle of life lies behind your breath.

Follow your breath from moment to moment.

This is where your incredible journey begins.

Temple Of God

Where is the temple of God?

Man searches near and far.

We think the true temple exists outside of ourselves.

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

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

But where does God reside?

God resides everywhere.

God resides in this universe and beyond.

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

Yet man at times is looking in the wrong place.

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

Is that a paradox?

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

I see some irony in this picture.

Yet we have been told many different stories.

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

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

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

This is your true place of worship.

Now I'm not saying change your religion.

God, in essence, is no religion.

Keep your religion.

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

The Cosmic Merry Go Round

Is life like a cosmic merry-go-round?

Everything is spinning.

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

Look at the spinning galaxies.

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

Everything is in synch and motion.

Nothing ever stops.

It's constantly in motion.

Yet at times we are oblivious to this.

We are driving in our cars with our cell phones.

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

What a ride that must be!

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

How about a calendar that lasts 24,000 years?

Where did they get that kind of knowledge?

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

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

Both the scientist and the mystic have their own laboratories.

The mystic has one within and the scientist is external.

Both of them are doing research.

Both of them are gaining wisdom.

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

The mystic will simply smile.

There is nothing to prove.

The truth needs no convincing.

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

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

When man embraces peace many incredible inventions will come out.

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

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

A human being can connect to the field.

Mystics have known that for thousands of years.

Ponder this over.

Discover the merry go round of life inside of you.

Time Passes Every Breath

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

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

We Are Made To Experience

We are made to experience.

What in the world does that mean?

As humans beings, we come to experience life.

We come to see and understand the world around us.

This life is an incredible journey.

This journey is infinite.

It will never end.

Did you know that you are hardwired to experience God?

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

What would be the point?

A yellow Ferrari is meant to be driven.

Yet your garage door is closed.

Your yellow Ferrari is gathering dust all around.

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

Did anyone tell you that?

You are the universe.

You just don't know it.

God is hiding inside of you.

The human body is hardwired to find God.

You have free will to discover God inside of you.

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

Inside of you lies the truth.

You just need to open the door.

You just need to take small baby steps.

You can't take a giant leap.

It doesn't work that way.

All the great masters have said the same thing.

The kingdom of heaven lies within.

Yes, we are made to experience God.

Does that excite you?

Does that catch your attention?

Or

Thanks but no thanks.

I'm not interested.

No problem.

You have free will.

The universe won't judge you.

Ponder this over.

You are hardwired to find God.

You Are Made Of The Same Stuff As the Universe

You are made of the same stuff as the universe.

Wow.

Isn't that exciting?

You are stardust.

You came from the universe.

In fact, you are the universe.

Isn't that exciting?

The great masters of old talked about your great essence.

We thought they were fairy tales.

We thought they were just stories.

Today we sent satellites out to the unknown in space.

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

The modern-day mystic goes within.

The modern-day scientist explores the universe.

Both are leading mankind in the search for the unknown.

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

Just stop and think for a moment.

What a glorious world we live in.

The signpost of God is all around us.

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

What do we see?

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

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

Imagine heaven can be all around you.

Yet you are not aware and conscious of it.

You see consciousness and awareness are the keys to life.

That's why I say the spiritual path is the most practical path.

In each and every moment you must be aware and conscious.

The more you are aware and conscious the more you have gratitude.

This is an endless journey.

You can never clap your hands and say I've totally aware.

The journey of life is eternal.

You were never created.

You will never die.

Your body will.

I find this fascinating.

Just think you are made up of the same stuff as the universe.

Ponder this over.

Does Life Throw You A Curve Ball?

Does life throw you a curveball?

We are in the game of life.

We are playing the game.

We have a coach that is God.

He is on the sidelines.

He is rooting for us.

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

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

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

We must go within and find the inner coach.

It's always been there.

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

Ponder the meaning behind this puzzle.

What A Magnificent Drop You Are

Kabir a mystic from the 15 century said the following.

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

Now that is profound.

A modern-day Einstein might have said that today.

The entire universe exists inside of us.

We are a part of the universe.

Is this a paradox?

We are beyond time and space.

There are billions of universes.

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

It is spiritual.

No instrument known to man can detect this yet.

Yet the mystics have said all along.

You are hard-wired for this experience.

Ponder this message.

The divine words from Kabir are alive.

Why Do I Meditate?

Where would I be without meditation?

Many people ask me “why do you meditate”?

That’s a great question.

I have been meditating for many moons.

I started when I was eighteen years old.

Meditation is the glue that binds all life.

Meditation is the thread that ties us all together.

Meditation is the means to listen to God.

I first started to meditate for myself.

Over time it morphed into I meditate for the planet.

We are all candles in the wind.

Meditation place the precious candle inside a glass lantern.

The wind can’t blow the candle out.

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

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

It takes years to train the mind.

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

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

They had no idea how powerful the mind is.

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

Years later the source connects to you.

When you close your eyes God is there.

He has been there all the time.

You are never alone.

This is why I meditate.

We see only 1% of the light spectrum

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

Yet we have the hardware and software to discover God.

One of the greatest Mystics once said the following.

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

The world of science and mystics are merging.

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

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

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

Mankind thinks what he sees is real.

Yet we are almost missing the entire picture.

The great mystics call this Maya.

Maya is a great illusion.

Ponder this over.

We can't even imagine what we are missing.

Space Dust

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

Imagine a supernova exploding.

It gets so hot it melts the dust together.

This then forms small rocks.

These rocks then bump into each other.

Therefore creating larger rocks.

Therefore creating boulders.

Billions of years later a planet is born.

Just think without the moon we would all be dead.

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

The entire universe is conscious and alive.

What an incredible journey of life.

What gets created ultimately gets destroyed.

Even our universe will someday disappear.

Billions of years later a new universe will be created.

This journey of life is eternal.

This is your true nature.

The jewel exists inside of you.

Agitated

When the mind is agitated.

The body is agitated,

When the body is agitated your cells are agitated.

When your cells are agitated they no longer communicate properly.

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

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

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

Take a look around you.

Our politicians live in a state of agitation.

When one lives in this state wisdom does not exist.

Wisdom only exists when the mind and body are calm.

Ponder this over.

What state of mind do you live in?

The universe is always existing inside of you.

Your body Is Your Drug Store

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

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

This elixir is not an herb or any external substance.

This elixir exists inside of us.

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

Yet here we are taking drugs for our ailments.

Each drug has a huge side effect.

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

I'm saying maybe there is a better way.

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

You don't pay when you are sick.

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

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

In our culture everything is fragmented.

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

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

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

Here's an example of being out of balance.

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

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

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

I was miserable.

Why because I missed the ocean.

Now that is out of balance.

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

Currently, man has divorced himself from our precious earth.

We pride ourselves on the technology that we have.

Yet we are totally emotionally immature with the earth.

Where am I going with this?

Imagine if a man was in absolute harmony with the earth.

Can you imagine the wisdom that it has?

It might tell you that your body is your drugstore.

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

Currently, most of America is totally out of balance.

Look at all the problems today.

I used to work for the USDA.

I saw my friends taking up vaping.

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

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

No wonder there is such an epidemic.

Imagine drugs are existing inside of you that are dormant.

To receive them you must be in balance and harmony.

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

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

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

Your body has the intelligence to produce these for you.

How many people listen to their bodies?

How many people monitor their thoughts?

How many people dive into silence?

How many people monitor their actions?

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

When we are unconscious chaos exists.

Look at the world around you.

Does it seem to be in balance and harmony?

The question is do you want to change?

Are you content with the current conditions?

This isn't just Richard on a soapbox.

I'm asking real questions.

What do you think?

You are your savior.

Nobody is going to save you except yourself.

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

This human body is hardwired to find God within.

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

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

These are exciting times.

Millions of people are waking up.

Apathy

The definition of apathy is as follows.

Lack of interest, enthusiasm, or concern.

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

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

Apathy is there.

When the mystics and scientists say you are the universe.

Apathy is there.

When one says you are never alone.

Apathy is there.

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

Look at the roaring crowd rooting for their home teams.

What a buzz of energy is in the air.

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

I find that quite fascinating.

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

This human body is hardwired to discover God within.

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

No wonder humanity is in such a mess.

Intuition

The definition of intuition is as follows.

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

We all have intuition built in.

Yet for the majority of people, it is dormant.

We spend much time developing our intellect.

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

I find that ironic.

We all have had that gut feeling of intuition.

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

For many people, their intuition has saved their life.

Intuition can be cultivated.

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

It's like a tuning fork.

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

For example, close your eyes.

Focus on your breath.

When you feel calm focus your attention on your gut.

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

Focus your attention there.

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

Your subconscious will talk to you thru feelings

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

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

We are thinking inside of the box.

Your intuition is outside of the box.

Great wisdom streams through your intuition.

You are tapping into the quantum field.

Many great scientific discoveries came from the field of intuition.

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

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

Good old Albert Einstein uses intuition in his daily life.

Teach your children this wisdom.

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

They will soar in life.

Intuition is the key to helping guide us.

We all have an internal GPS within us.

Fixity

Fixity is a state of being unchanging or permanent.

Everything changes in the external world.

We buy a brand-new car and it gets old.

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

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

He sold it just recently for 10 grand.

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

This is the nature of the external world.

Everything changes.

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

Even your human body will someday disappear before you.

What can we fix that is permanent and unchanging?

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

We all breathe in each and every moment.

Yet we take it for granted.

To be honest most people are oblivious to their breath.

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

You got to be kidding me.

What have you been smoking?

The doors to perception have always been there.

The signpost is there.

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

That's too easy.

Occam's razor is a principle from philosophy.

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

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

It's so simple.

Yet we don't believe it.

The path must be complicated.

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

Mystics have said this path is super easy.

Just watch your breath.

That's how easy it is.

This has been known for thousands of years.

Today it's still unknown in our society.

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

When a society does this chaos is all around.

Need I say more?

The Heart Of God

Where is the heart of God?

It exists in the entire universe.

Yet we think we are alone.

Love exists everywhere yet we still have wars.

Isn't that a paradox?

It is like a fish drowning in water.

The ocean of love is all around us.

Yet we are drowning.

The world is struggling.

People are divided.

Conflict is all around.

Just turn on the news.

Better yet just turn off the news.

Close your eyes.

Concentrate on your heart.

Feel the love of God inside of you.

This is your true home.

You can always be in this place.

This is your sanctuary.

Whenever you want to feel the heart of God it exists inside of you.

The Mind Of God

Can we fathom the mind of God?

What infinite intelligence lies in the universe?

Can you imagine the intelligence that created the universe?

We live such mundane lives.

We are texting on the freeway of life.

Our lives are so shallow.

Who won the game last night?

I woke up with a hangover.

Do we ever contemplate the mind of God?

Just imagine the divine intelligence of our DNA.

What a miracle it is.

Imagine billions of cells dying and being born at the same time.

Billions of functions are occurring and we aren't aware of it.

The entire universe lies inside of you.

Yet we go on like nothing is going on.

Have we become stagnant?

Are we so focused on the mundane?

Can we see the forest from the trees?

The mind of God exists everywhere.

Learn how to tune into it.

Slow Down

Slow down.

You are moving too fast.

Why are you waving out of lanes in the traffic of life?

The way you drive is your state of mind.

If you are agitated you will drive like a maniac.

You think you will get to your destination faster.

One who is totally relaxed while driving and doesn't have a care in the world will get to his destination at the same time.

When the agitated person reaches work he will listen to someone and think about what I am going to say next.

He doesn't truly listen.

He just reacts.

A calm person will listen to what you have to say.

He doesn't get rattled if he has a different opinion than yours.

One who is in the center of the hurricane has slowed down in life.

One who lives in the winds of the hurricane constantly rushes around and misses the beauty of life.

One may drive home with the most beautiful sunset ever and miss it entirely.

You are in such a rush that you can't see it.

Signposts of God are all around you.

Yet in our fast-paced life, we don't have eyes to see.

I have seen people loyal to their jobs.

They sacrifice their family life to work overtime.

Yet the companies no longer are loyal to you.

You are just a number.

Profits are to be made.

Slow down and see the forest from the trees.

Without you, the company can't exist.

If everyone could slow down they would see the madness that we have created.

On your death bed are you going to care about your job?

The Path Is What You Think It Is

The path is what you think it is.

I think that is ironic.

Your thinking dictates your path in life.

If you are lonely your path will be lonely.

If you are angry your path will be angry.

If you are sad your path will be sad.

If you are happy your path will be happy.

It seems like our emotional state and mental state create our paths in life.

Did you know that all your ancestors walk with you on this precious path?

You are never alone.

Ask a quantum scientist.

You exist everywhere.

Your loved ones are all around you.

They just moved into another room in the mansion of life.

Remember it's one mansion.

It has many rooms.

What am I saying?

Learn to think outside of your box.

You are limiting yourself.

Tap into silence.

From there you will experience the quantum field.

Your essence is pure light.

You are hardwired for this experience.

This light exists inside of you and the entire universe.

This is your true essence.

Hopefully, you will contemplate these words.

They have a deep meaning.

They are meant for you to connect directly to the source of all.

You will then have a deeper meaning on this path of life.

Occam's razor

Occam's razor is a principle from philosophy.

Suppose there exist two explanations for an occurrence.

The more assumptions you have to make, the more unlikely an explanation is.

We all live in a cosmic soup.

Every quantum scientist knows that.

Yet why don't we perceive that?

Wise men have been talking about that for thousands of years.

They didn't use the word quantum.

Behind your breath lies the answer.

It's as simple as that.

We make it so complicated.

In the silence, one can perceive the ocean of life.

Daily close your eyes.

You will solve this riddle of life.

Relax Your Muscles Every Day

Did you know that past traumas get stored in your body and muscles?

Day by day, year by year they fester.

This ultimately leads to disease.

When I was young I learned a very easy yoga technique.

It was so simple I ignored doing it for many years.

Fast forward 48 years.

I just started to practice this again.

It's very easy.

Just tighten and relax starting from your toes to the top of your head.

Tighten each part three times.

Start with your toes.

Ankles.

Thighs

Stomach and hips.

Upper chest and back.

Tighten your hand's elbows and upper arms.

Tighten your throat.

Tighten all the muscles in your face.

The last part tightens all in one sequence all of the above.

Do this three times.

This should take around 4 minutes.

At first, you probably will have a hard time doing this.

The body and mind are not used to being in sync with each other.

Over time you are training the body to be more relaxed.

Anybody can do this.

Garbage Collector For The Mind

We need a garbage collector for our minds.

It seems like so much garbage is in this world.

Mankind is spewing hatred upon the land.

We need a reset button.

We need to turn on the garbage disposal of the mind.

Turn on the water of life within and flush out the garbage.

Mystics have used this process for thousands of years.

The inner light within dispels the darkness.

Flip on the light switch within.

Only you can do it.

The world needs you to flip on your switch.

The light dissolves all negativity.

Don't embrace the chaos in this world.

It wants you to be enticed.

It wants to draw you in.

It doesn't want you to embrace the light.

Even if you have meditated for thousands of years you still must be on your toes.

Remember the Tao of life.

You must be in perfect balance.

Playing With Your Chemistry Kit

We are all playing with our own chemistry kits.

Unfortunately, we aren't aware of it.

Many people blow themselves up without realizing it.

In each and every moment thousands of chemicals are being released throughout
your human body.

Mankind is spinning out of control.

We are drinking our own poison.

We get angry at someone or a political point of view.

In the meantime, we drink our angry poison.

We then wonder why illness arrives on our doorsteps.

The wise man understands the repercussion of negative thoughts and emotions.

Moment by moment one plays this video game of life with awareness.

One tap into the infinite ocean of love and compassion.

This is our true home.

My advice is to learn how to change your own chemistry.

Remember you are the master chemist.

Only you are playing with your chemistry kit.

Ponder this over.

This could make your life so much easier.