

Patanjali Yoga Sutras

Fletcher Soul Traveler

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Prayer



These poems are dedicated to all those whose lives have been spent bringing peace to this planet. Where ever you are I bow my head. May Peace be on this earth. We are all united by the thread of Love. May each one of us realize the garland of life?

Intro



Synchronicity is a concept, first introduced by analytical psychologist Carl Jung, which holds that events are "meaningful coincidences" if they occur with no causal relationship yet seem to be meaningfully related.

A few months ago my dear friend David Schweizer told me that his wife Sherry was just finishing up a year-long course on Patanjali Yoga Sutras. I was intrigued. I always wanted to know more about it. All of my spiritual practice uses bits and pieces of it yet I never studied the complete picture.

So two weeks ago on Facebook I stumbled upon this post. It was a free eleven-day course presented by the Art of Living Foundation. It was a talk presented by Sri Sri Ravi Shankar. Talk about synchronicity. Perfect timing.

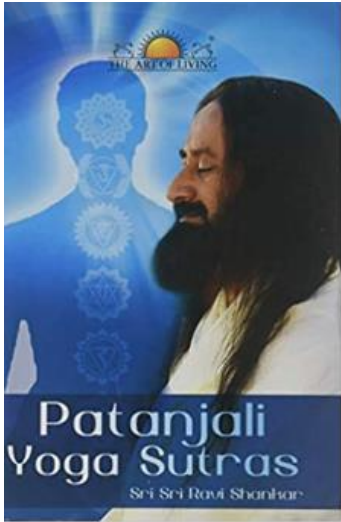
Now, this is an online course. I'm taking it during this global shutdown. I signed up on a Friday and the course started the following Monday.



This course was given in 1995 in Switzerland. Granted that's 25 years ago yet the content hasn't changed in over 2,500 years.

Usually, the talk is around 45 minutes to one hour with around 15 minutes of group discussion.

I would highly recommend it. The discussion talked about the key components of his talk.

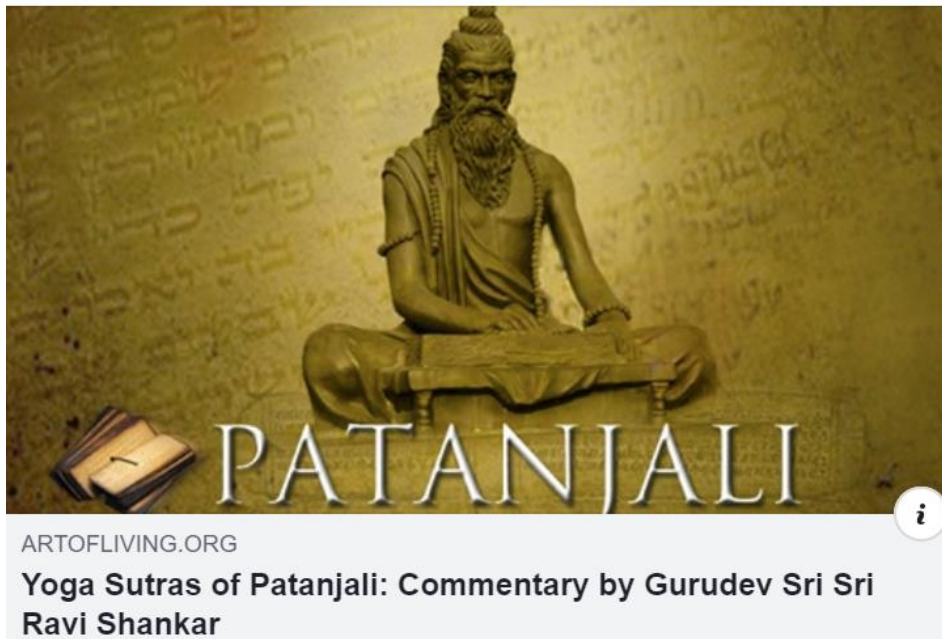


This is the link to his book. I'm ordering it today. From what I see it might be a transcript of his talks. Personally, a person could study this his entire lifetime and still skim the surface.

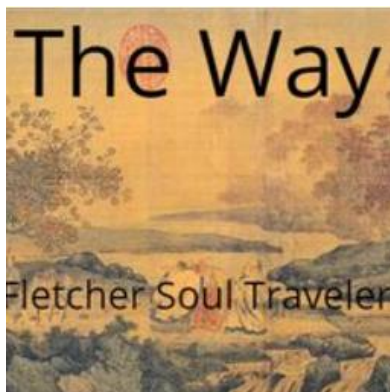
What are the Patanjali Yoga Sutras about?

Read this interesting story to know from where this knowledge came and why is it important for you?

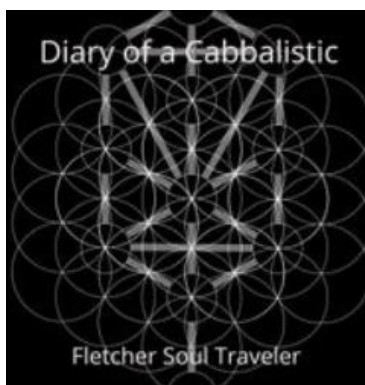
[#SundayRead](#)



One way I learn is by writing and teaching. A few months ago I wrote a book called 'The way'. It was a commentary of the Tao Te Ching. This book was written by Lao Tzu over 2,500 years ago. In the seventies, Jane English translated this book. It was considered a classic for its time. It is still considered a classic.



I'm slowly but surely trying to connect the dots between spiritual traditions. I've been posting one chapter a day from my book 'The Way' and 'Diary of a Cabbalastic'



This book is about Patanjali Yoga Sutras. Don't let that title scare you off. I'm going to try to make it as simple as I can. I'm stripping out most Sanskrit words.

This ancient book was one of the original texts to help mankind on the road of life. It provided helpful hints for mankind to discover the jewel within. This ancient wisdom is the foundation for millions of people around the world. Many people use this wisdom yet they don't know where it came from. I was one of

them. I use these practices in my life yet I wasn't aware of where it came from. Mind you for over 48 years I've been using these practices without knowing the source.

What is the central theme of this book? Why was it written in the first place? Man has been fighting for thousands of years. Nothing good ever comes out of the war.

Yet we continue fighting for thousands of years with no end in sight. Where does war first start? Inside of our minds. The eastern world has said for thousands of years that conquering your mind is the most difficult thing to do in the universe.

I have friends who tried to meditate in the seventies and gave up because they said they didn't know how powerful the mind is.

This book will give you tricks of the trade. Mind you even knowing the tricks of the trade won't do you any good if you don't practice them.

Most of mankind are reacting beings. We are like leaves blowing in the wind. We react to each and every situation. If someone does something you don't like we automatically explode and put gasoline on the fire.

Our subconscious runs the show. 95% of our actions are dictated by our subconscious while 5% is from our conscious mind. Our subconscious contains the good, bad, and ugly in life.

From 0 to around 7 years old the mind would absorb everything like a sponge. Then, the brain wave state is theta. Theta is the sponge that soaks it all in and passes it to our subconscious.

A wise man lives in the center of the hurricane. The winds of the mind are howling yet stillness lies inside. The Yoga sutras provided practical down-to-earth advice to take you on this precious journey of life.

The human body, mind, and soul are all interconnected. Our present state of living is in total chaos. We don't take responsibility for our own welfare. A few years ago I worked for a firm that developed software for heart surgeons. Each

step of the way in the operation a series of questions and steps would be presented to the surgeon. Anyway, I casually ask the CEO if the company why isn't preventive medicine more pervasive.

He told me that nobody wants to take responsibility for their lives. They want western medicine and doctors to fix them. Wow, no wonder we have such immense problems today. Common sense is uncommon.

We have lost touch with the building blocks of life. Man builds sandcastles in the sand. The tide comes in and washes them away. There is no foundation in place. Look at the world today.

A global shutdown is occurring and Mother Nature sends all of us to our rooms to think things over. Yet we get bored. We can't see the forest from the trees. Most of humanity never stops and asks questions like why this is occurring. We live in automatic mode.

Did you know that systems were put into place thousands of years ago? These systems provide practical down to earth advice to help you in every nook and cranny of life. All help and guidance were included in these systems. T

hey were never taught in our schools. Consequently, our world is in chaos. We are human beings but currently, for thousands of years, we are human doers. What do you do for a living? Currently, youngsters go from one activity to another.

By the time they are adults, this is embedded directly into their subconscious. The state of being is forgotten. Humanity has lost the jewel. They think it exists outside of them. Yet the jewel exists inside of them. The yoga sutras' ancient book provided pathways to discover this jewel.

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. Here's a poem I wrote talking about the jewel within.

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

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

It's Been There All The Time

It's been there all the time.

What are you talking about?

What's been there all the time?

You are the universe.

You just don't know it.

There are about 7,000,000,000,000,000,000,000,000 (7 octillion) atoms in your body.

All our billions of years old.

At the deepest level, you are the universe in human form.

Wow!!!

Isn't that incredible.

On top of that, you are hardwired to discover your true nature.

The signpost of God is all around you and inside of you.

Yet we are talking on our phone while driving down the freeway of life.

The greatest miracle of life is keeping you alive.

You are magnificent.

Every single cell of your body is custom-designed by God.

You are infinite.

Your body will someday die yet your true essence will go on forever.

You have the opportunity to discover your true nature.

Behind your breath lies the answer.

What is keeping you alive?

All the great masters have said to be aware of the essence of your breath.

Behind your breath lies your true nature.

Infinite kindness, love, and compassion.

This is the water that will put out the bonfires of anger and hatred upon this land.

The sun is appearing on the horizon.

Mankind is waking up from his slumber.

We are going from darkness to light.

Darkness has nowhere to hide.

Discover your true nature.

It's been there all the time.

Ponder this over.

It's been there all the time.

The greatest game is being played right between your eyes.

The Palace In The Sky

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

There is a palace in the sky without any foundation.

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

A deaf man listens to the unstruck music.

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

The poem goes on and on.

The final clincher is the following.

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

These aren't some pretty words.

The entire universe exists inside of your heart.

Here's the actual poem by Brahmanand

Palace in the sky



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

Commentary

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

Patanjali was a master internal chemist. What do I mean by that? A modern-day scientist knows that what you think determines the kinds of chemicals released into the bloodstream. For example, anger releases over 1500 different stress chemicals into the bloodstream. Many people around the world can't turn off this facet. It is running around the clock. Consequently, overtime huge illness will

manifest. Patanjali was well aware of this fact. He understood the mind, body, and soul connection.

War

War is worse than any four-letter word.

We think we are so smart yet we kill our young.

Let's put our politicians in the ring.

I am right and you are wrong.

We are both talking about the same thing.

Yet for centuries we go on.

War is a dangerous thing.

Are we truly smart?

At least a forest fire, in the end, creates flowers.

While man guns create a cemetery.

We think we are so smart.

Let's put an end to war and concentrate on the real issues.

Because your life is not in order you want the world to be in chaos.

Eight limbs on the tree of life



This journey of self-discovery is infinite. It's like peeling an onion. There are infinite layers to this onion. A person can never clap your hands and say I've mastered it all.

Our whole sense of understanding the world around us has to change. The journey is going from a reactive state to a pro-active state.

Going from the hurricane state of the mind to absolute silence.

This takes time and patience. You see darkness is the flip side of the coin of light. You can walk into a room when it's dark flip on the switch and the lights will turn on.

In the same manner, you can walk into a room where there is light and then turn off the lights, and darkness will occur. Darkness is simply the absence of light. In both examples, you decide whether darkness or light will manifest in the room.

The same goes for your life. Most of us are unconscious therefore we don't make proper decisions. We live on automatic pilot so we have our ups and downs in life. Nothing is stable.

We spend our lives not wanting to change even if it means for us to have miserable lives. We don't know that we can climb out of the hole that we have dug. This is the state of mind today.

We don't ask questions about life. Even during this shutdown when Mother Nature is sending us to our rooms we aren't asking questions like why. We are so busy and bored to get back to our everyday life.

The eight limbs represented the tree of life and how we can be in harmony with it. Over time one discovers one is a scientist, physiologist, dreamer, mystic, lover, and practical. One learns to have the feet on the ground and your head in heaven.

Patanjali set out his definition of yoga in the Yoga Sutras as having eight limbs (अष्टाङ्ग aṣṭ āṅga, "eight limbs") as follows:

The eight limbs of yoga are abstinence, observances, yoga postures, breath control, withdrawal of the senses, concentration, meditation, and samadhi (absorption).

Imagine a doctor prescribing a program that will heal you in your body, mind, and soul. Note the doctor does not heal you. You heal yourself.

In the last fifty years, yoga has been mainstream in America. When I first started practicing yoga in 1971 you were considered a weirdo to practice yoga. Yoga posture is only one limb on the tree.

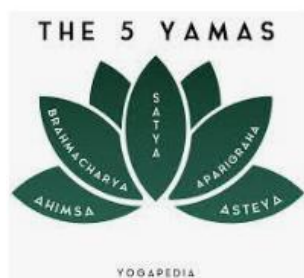


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This is a living tree. You are a living tree. So many benefits occur just by practicing yoga postures. People's health and state of mind have been drastically improved just by doing these. Note practicing yoga postures is only one limb on the tree of life. We will talk about the various limbs in separate chapters.

³ <https://www.youtube.com/watch?v=vSaf47zusx4>

1. Yamas social restraints



Yamas (Sanskrit: यम), and their complement, Niyamas, represent a series of "right living" or ethical rules within Hinduism and Yoga. It means "reining in" or "control". These are restraints for proper conduct. They are a form of moral imperatives, commandments, rules, or goals.

Ahimsa (अहिंसा): Nonviolence, non-harming other living beings.



In the west, they use Ahimsa while the Jains use Ahinsa.

Both Gandhi and Martin Luther King Jr. used non-violence for their causes. What does that have to do with me? Just think America has only spent around thirty years not fighting a war.

Where do these wars begin? Inside of our minds. Our movie industry makes billions promoting violence.

Bullying is rapid among children. The United States has more murders than any western civilization. More people in America have died from shootings than all the wars that soldiers have died in.

Violence is almost the norm in America. We talk about the Wild West but today in Kansas citizens can walk around with weapons. Just last week, a group with sub-automatic guns held a rally in the Michigan congress hall.

We have millions of people hooked on drugs and opioids. Drug manufacturers made billions knowing that people misused the drugs. Many of them got hooked by taking the drugs prescribed by their doctors. People flame each other on Facebook.

This all stems from a violent mind. People love violent movies and shows on TV. We have become numb and immune to it. Violence creates dark storms in the mind.

Being nonviolent starts with clearing out your own rock, boulders, and weeds. It all stems from our disharmony in the mind and body connection. Violent people are in a state of fear.

Anything small thing can tip them off. The opposite of violence is peace. Peace only comes from within. Peace is a state of awareness. It is a state of being.

When a person lives in peace automatically one is non-violent and non-harming. That means to oneself and others. True peace is the awareness that we are all one. This being goes from the awareness of me to w

Satya (सत्य): truthfulness, non-falsehood



This is so much more than speaking the truth. There is an Indian saying sat chit Ananda which means truth is the consciousness of bliss. When the mind is absorbed in truth the mind will be in bliss. Truth is a state of being. Absolute truth occurs when one's will is aligned with the

will of God. This is the ultimate state for man. One goes from darkness to light. Mind you this is an endless journey.

"Je Evam Janai, Se Savvam Janai"

He who knows the one knows all.

Asteya (अस्तेय): non-stealing



Everyone knows that you shouldn't steal a purse from an old lady. Well, I hope so. Some people are so desperate they will do so. At its deepest is letting go of the desire to possess or steal anything.

This gets quite deep. Stealing is manifesting as greed. Whichever you want and don't possess

you can't take it away from someone. This is very subtle.

In the business world, people steal ideas all the time. My wife told me stories where she performed something and her boss got all the credit. We live in a world where we are trained at a young age to possess goals, objects, and things.

We try to outmaneuver each other. We are taught to be clever. Which are other weaknesses and obstacles? Most people who are clever are probably cunning and want their way. They try to control the situation. These traits must be overcome.

All spiritual traditions talk about weeding the inner garden. One must be conscious and aware. Non-stealing is a state where thought, words, and actions are in alignment with their soul.

This takes constant awareness and effort. One must begin to monitor one's thoughts and actions. The Kabbalah would say stop, look, and listen before, during, and after you speak. In each moment be aware and conscious. Remember you are peeling the onion in life. One is fine-tuning the guitar of life.

Brahmacharya (ब्रह्मचर्य): chastity, marital fidelity or sexual restraint



The following came from Sri Sri Ravi Shankar ⁴

Brahmacharya is Godly conduct. Godly conduct brings you strength, lots of strength. Brahmacharya has a higher meaning than just Godly conduct. Brahma means infinity, charya means moving in

infinity.

Knowing your vast nature. Not thinking that you are just the body, but you walk like you are a glow of light. You move in the world as though you are in space. This is when Godly conduct naturally happens.

Do you see what I am saying? When you are sitting in meditation you do not feel like you are a body, a lump of heavyweight, 80 pounds, 90 pounds, 100 pounds, 60 kilos sitting there solid. You feel so light as though you are like a feather. Isn't it?

So many people cheat on their marriage. At times it is an epidemic in society. One thinks the grass is greener on the other side of the hill.

Yeah, it's burnt. One who wants to be humble in life must not cheat and still be in life. One does not possess another wife or husband. To reach the goal of realization one must be in alignment with your true self. One must not harm or hurt anyone.

By having marital fidelity trust is broken in the marriage. Once trust is broken it's hard to put back together again.

Our society is obsessed with sex. Many kids are brought up on pornography. The sexual act is something that is not special. When I was young many of my friends would boast about who they got laid with.

⁴ <https://www.artofliving.org/us-en/yoga/patanjali-yogasutra/knowledge-sheet-70>

It was a trophy. Madison Avenue sells sex. Sex makes a lot of money for them. We have taken something precious and downgraded it where young women are getting date raped.

There is a huge slave trade for young runaways. Tremendous sexual violence occurs daily in the world today. We are going from darkness to light. The world at large has a long way to go.

Aparigraha (अपरिग्रह): non-avarice, non-possessiveness



The definition of avarice is: an excessive or insatiable desire for wealth or gain:
GREEDINESS

Imagine we have eight billionaires who have more wealth than half of the world's population. Yet they are never satisfied. They are like a ghost who drinks a glass of whiskey

and it simply drains to the ground. T

hey can never be satisfied. How many people lie and cheat to get to the top. We have politicians who in crisis hold on to their power and ignore the desperate prayers from their citizens.

I'm writing this during the global shutdown. Over 30 million people have lost their jobs. No money is coming in. Politicians are fighting with one another so they can hold on to their power.

Our school systems teach our children that it is the survival of the fittest. You must fight your way to the top. Your fellow student is your enemy. You have to outfox him. Mind you this starts at a young age. It is built into our subconscious. The mentality of conquering the Wild West is much alive today.

We are destroying this planet because of this. Mother Nature has sent us to our rooms to think things over. Unfortunately, we just want things to come back to normal without thinking about the reason why.

The definition of possessiveness is demanding someone's total attention and love. Many people don't have the awareness of self-love inside of themselves.

Consequently, they demand their partner for total attention and love. This will always lead to disaster. This is the lowest state of love when one tries to control one another.

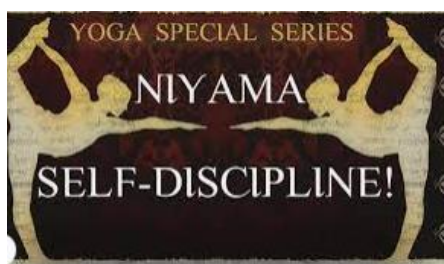
Love is not an object to be controlled. Love is not a trophy to show off to the world. Look how beautiful she is? God is love and love is God. A person who understands this and puts his life obtains a state of awareness that goes beyond these petty issues.

Unfortunately, mankind is stuck somewhere in the middle. Remember our subconscious is running the show.

Jainism prescribes seven supplementary vows, including three *guṇa vratas* (merit vows) and four *śikṣā vratas*.^{[97][98]} The [Sallekhana](#) (or *Santhara*) vow is a "religious death" ritual observed at the end of life, historically by Jain monks and nuns, but rare in the modern age.^[99]

In this vow, there is a voluntary and gradual reduction of food and liquid intake to end one's life by choice and with dispassion,^{[100][101]} This is believed to reduce negative karma that affects a soul's future rebirths.^[102]

2. Niyama self-disciplines



The second component of Patanjali's Yoga path is niyama, which includes virtuous habits and observances (the "dos")

Ralph Waldo Emerson once said 'a person is what he or she thinks about all day long'. That may seem simple yet our words create our life.

Shaucha (शौच): purity, clearness of mind, speech and body



Why is humanity in this state of misery? Yet most people don't know that they are drowning in misery. Most people don't want to change. Most people are lethargic.

We are constantly doing. Mankind gets bored when sitting still. Consequently, man

is not synched with natural laws. Our subconscious is running the show.

From a practical aspect, man is living in darkness. There is a jewel hidden within and man seeks for the jewel externally.

How does man purify itself?

The definition of purity is the following. Freedom from adulteration or contamination.

The definition of purify is the following. To purify something is to remove dirt, chemicals, or anything else that it's contaminated with

So the goal is to purify the mind and body. Modern-day scientists are discovering there is no demarcation point between the body and mind.

When the mind thinks the body reacts to the appropriate mental state and the emotion tied to it. For example, if a person is angry over 1500 different chemicals get secreted into the bloodstream.

This affects the entire body. Over time disease will occur. Cancer is a manifestation of angry cells.

Man lives like leaves blowing in the wind. He reacts to every situation. A wise man lives in the center of the hurricane. In India lies the lotus flower.

These flower roots live in the dirty mucky water yet it rises above it and blossom into an incredible flower.

We come into this world with a clear mind. We are pure. Yet slowly our minds get dirty. We lose our way in life.

I once met an Indian man who had just come to the states in the early seventies. He didn't know that the word brainwashing wasn't a good term. He said that meditation is brainwashing the brain.

I liked that. It had a positive spin to it and makes perfect sense. Do you know that western scientists only studied happiness only thirty years ago? In the east, they have studied the mental states of happiness for thousands of years.

clearness of mind



Man is hardwired to discover God inside of him. Imagine the most beautiful car that is sitting inside of you yet the garage door is shut.

Not only that but you have no idea that this car exists. God is sitting in the passenger seat having a jolly good time.

The laws of the universe dictate that only by your will can you discover this precious garage of life.

Nobody can force you to open up the garage. Just think the garage is present inside of you yet you aren't aware of it. There is a veil separating you from seeing it.

To see one must purify the mind. It's similar to putting contaminated water through a water filter. The water filter cleans the water so it is crystal clear.

The state of your mind also reflects the state of your body. If your mind wants to drink beer every day your body slowly over time will reap the harmful effects of the alcohol.

A wise man understands that in every moment one must monitor and train the mind. In the east, they say the most difficult thing to do in the universe is to control the mind.

clearness of speech



I'm saying this again. Ralph Waldo Emerson once said a person is what he or she thinks about all day long.

You are what you speak. To be honest when I first start on this path of awareness I didn't understand this. I heard it yet I didn't

comprehend it. The Dali Lama once said that every day he does a review of his activities.

He goes over each moment and tries to improve upon himself. He asks the question of how could I improve in this given situation. When I first heard this I didn't comprehend the meaning.

I thought by only meditating one could clear the mind. Clearing the speech clears the mind which clears the body. They are not isolated. One affects the other.

clearness of body



How do we fine-tune this body? Most people are oblivious to this. We go through life oblivious of the action we take will have either a positive or negative effect on the human body.

I mentioned this before but it is highly relevant today. A few years ago I worked for a firm that developed

software for heart surgeons.

Each step of the way in the operation a series of questions and steps would be presented to the surgeon. Anyway, I casually ask the CEO of the company why isn't preventive medicine more pervasive.

He told me that nobody wants to take responsibility for their lives. They want western medicine and doctors to fix them. Nobody wants to be responsible for their actions.

They expect a Doctor to cure them without taking any responsibility for themselves.

A wise man learns how to be in harmony with nature and God. I go into preventive medicine in high school. My theory was you get only one body. Might as well take care of it properly.

Many of my friends were into drugs and alcohol. I was into surfing and meditating. I learned to constantly fine-tune the mind, body, and soul.

Santosha (संतोष): contentment

acceptance of others, acceptance of one's circumstances as they are in order to get past or change them, optimism for

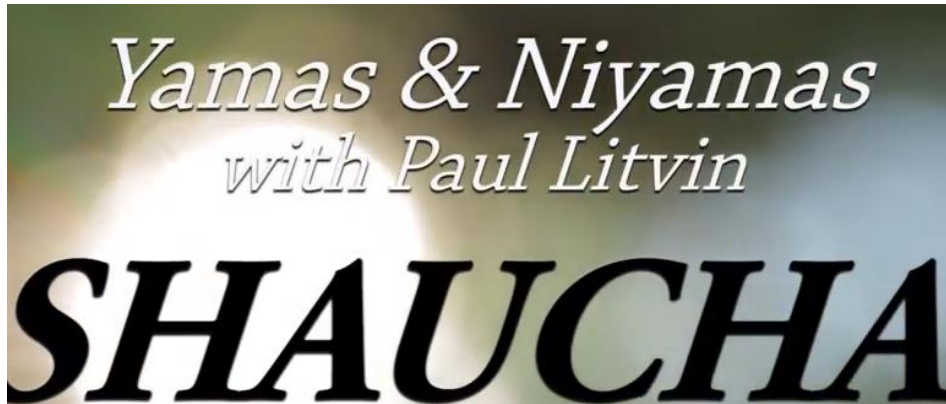
Tapas (तपस्): persistence, perseverance, austerity, asceticism, self-discipline

Svadyaya (स्वाध्याय): study of Vedas, study of self, self-reflection, introspection of self's thoughts, speech and actions

Ishvarapranidhana (ईश्वरप्रणिधान): contemplation of the Ishvara (God/Supreme Being, Brahman, True Self, Unchanging Reality)

As with the Yamas, Patanjali explains how and why each of the Niyamas helps in personal growth. For example, in verse II.42, Patanjali states that the virtue of contentment and acceptance of others as they are (Santosha) leads to the state where inner sources of joy matter most, and the craving for external sources of pleasure ceases.[20]

[This is an excellent overview of the Yamas & Niyanas.](#)



[Four Types of People - Yoga Sutras of Patanjali - Sri Sri Ravi Shankar](#)



How To Make the Yamas and Niyamas Work for You in the Modern World

Your body Is Your Drug Store

The art of Taoism has been around for thousands of years.
I find it quite fascinating that they talk about the elixir of life.
This elixir is not an herb or any external substance.
This elixir exists inside of us.
In India, they talk about the nectar from God that flows within.
Yet here we are taking drugs for our ailments.
Each drug has a huge side effect.
Now I'm not saying don't take drugs.
I'm saying maybe there is a better way.
For example, in China, you pay your doctor when you are healthy.
You don't pay when you are sick.
Mind you in modern-day China this isn't always the case.
But the point is that you focus on balance and harmony.
In our culture everything is fragmented.
We don't focus on the harmony of the mind, body, and soul connection.
When I was young I heard about the concepts of being in harmony with the universe.
To be quite frank I had no idea what they were talking about.
Here's an example of being out of balance.
In my junior year, my parents took our family to Yosemite.
It's probably one of the most incredible places on the planet.
Yet I couldn't see the forest from the trees.
I was miserable.

Why because I missed the ocean.

Now that is being 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 emotionally immature with the earth.

Where am I going with this?

Imagine if man was in absolute harmony with the earth.

Can you imagine the wisdom that it has?

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

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

Currently, most of America is totally out of balance.

Look at all the problems today.

I used to work for the USDA.

I saw my friends taking up vaping.

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

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

No wonder there is such an epidemic.

Imagine drugs are existing inside of you that are dormant.

To receive them you must be in balance and harmony.

In 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.

Playing With Your Chemistry Kit

We are all playing with our chemistry kits.

Unfortunately, we aren't aware of it.

Many people blow themselves up without realizing it.

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

Mankind is spinning out of control.

We are drinking our 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 chemistry.

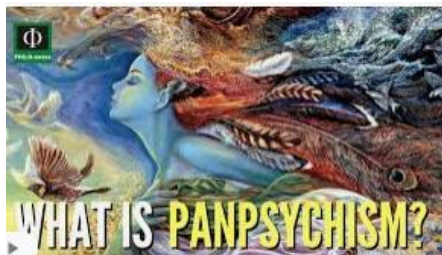
Remember you are the master chemist.

Only you are playing with your chemistry kit.

Ponder this over.

This could make your life so much easier.

What Is Panpsychism



Recently I read an incredible article that describes the nature of consciousness. It was talking about a term called Panpsychism. During the 1920s Bertrand Russell came up with this term.

It's kinda like what came first the chicken or the egg. What comes first a human

body and mind or is there an awareness beyond that?

Is the universe aware and conscious? Is there a cosmic quantum soup of consciousness? Does a rock or a flower aware? Does consciousness require a form? How big or how small can the form be to be aware?

Is dark matter aware? Is the sun in the sky aware? What denotes awareness?

Some people think which I also do that the foundation of the universe is consciousness. The entire universe is aware.

Before the big bang consciousness existed. This is not the first time a universe was created nor will it be the last time. Like the incoming of breath and the outflow of breath, the universe comes and goes.

Granted it takes billions of years. But still, that is a blink of an eye for eternity.

In this article, they described that even particles are alive and aware. These are part of a cosmic soup where everything is tied together. The entire universe is comprised of this soup.

Imagine making a homemade soup. You blend it all and combine milk or cream. Your family loves it.

Now can you take out a single ingredient? You can't. In the same way, there is a universal soup of consciousness of which we are a part. It is quantum. It is beyond time and space. We always think linearly.

In the quantum world the past, present, and future are melded together. There is a whole set of chaotic laws that we can't even conceive. Man thinks that by using logic that they can understand the quantum soup. But it's beyond logic and rational thinking.

I think the great mystics got a piece of the puzzle. Not the entire puzzle. But a piece of the puzzle contains the whole puzzle. It's like a hologram. A small piece contains the entire piece of the puzzle.

What if a person who meditates can be in a place where they are receptive to the inner light inside? Imagine this light is the same as the quantum universe.

Everything is a part of this light. $E=Mc^2$. Everything is energy and light. Everything is alive and aware.

Maybe, just maybe a meditator can see and feel the quantumness of the universe. Maybe the laboratory of life exists inside of us. Maybe we were created to find and discover this inside of ourselves.

I think we are in the beginning stages of development. Why we still are babies in emotional development?

We still fight and war with each other. We use our precious discoveries of the universe to make atomic bombs. We have a President who tweets my button is bigger than your button.

A thin thread is holding a knife over our heads and we are oblivious to it.

I have great hope for the future. I feel that science and the world inside will lead the way for humanity. Just think when a scientist truly begins to open the door inside.

They will begin to operate at a deeper level. They can embark on the scientific discoveries of the inner and the outer. Both of them will lead to the same place.

Life is a mystery. Both the scientist and the mystic are embarking on an incredible journey. The light particles that a mystic sees are the same light particles that a scientist uses in Cern Switzerland.

Both of them are in different laboratories. One is outer and the other is inner. I think the mystic has an advantage. The human body is wired for this experiment.

The human body has five senses and there are five eternal senses within. The human being can learn how to be aware of the consciousness of the universe. A human being is hardwired for this experience. Yet most of the time the car is sitting in the garage. The garage door needs to be open and you must back out the car and take it for a spin.

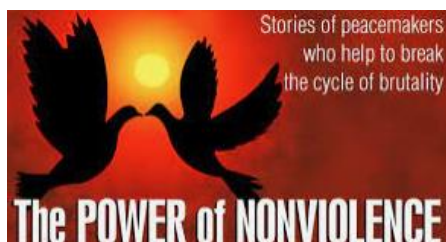
Humanity is just beginning to understand to open up the garage door within. When they do science will go to another completely different level.

There the universe can show humanity gifts we can never imagine. You see without kindness the universe will only show you so much.

It would be like handing a small child an atomic bomb. They wouldn't know the damage that it could do. We are in that state. Without humanity becoming a kind man we will never progress to our true potential.

You see the universe is kind and aware. The universe is love and compassion. Become like the mystic and discover your true nature.

You are the universe. You just don't know it.



What came first the chicken or the egg?

The body and the mind are so tangled with each other. It's like a huge bundle of string. Imagine for each thought you have a series of chemical reactions get released into your bloodstream.

The Buddhist has the following saying. Holding onto anger is like drinking poison and expecting the other person to die. You see each time we get angry a series of harmful chemicals gets released into the body. Some people are so out of sync that the facet never gets turned off.

Even if they want to it takes time, patience, and effort. Our subconscious is driving the show. If someone says something to you that you don't like you will automatically get angry.

The anger is wired directly into your body. By the time we reach the age of 35 our body is hardwired directly from the subconscious. It is driving the show. We are on auto-pilot. Habits good and bad are hardwired directly into our bodies. We are like leaves blowing in the wind.

Each morning we get up. We do the same thing over and over. It's like in the old days listening to a record and the album is scratched. It will play the same thing over and over and over.

This is our life. Even if we want to change we have to start to rewire our circuits consciously.

For that to happen, one must be able to break away from a beta state to change. You see a beta state of mind can't reach the subconscious. So if you say an affirmation to change it can't reach the subconscious to rewire the circuits.

This is where meditation comes in. A person who meditates learns over time how to connect to the quantum field.

The stronger the connection you have to this field the more capability you will have to rewire the human body. The scenarios are endless. It's up to your imagination. You have free will.

The quantum field doesn't judge us. Yet changing and rewiring your circuits require you to be in sync with love, kindness, patience, tolerance, and compassion. This is why it's so important to meditate. This is why it's so important to be conscious and aware of each moment.

The wise ones in the past would monitor their thoughts and actions. If they were in a situation where the person would say something to make them angry they would simply smile.

Why put gasoline on the fire? They understood that by getting angry they are drinking their poison. Yet this is difficult to do. That's why it takes constant training.

We have people in the office who will Twitter whatever comes to their minds. They don't know how to stop, look, and listen.

To be honest this was never taught in schools. Look at our nation today. Both sides are pissed off and can't work with one another. This is an emotionally immature society.

For the world to change for the better one must take responsibility and learn new ideas to discover their true nature.

We must all ponder over the state of mind we are in. As a society, we must discover ways to become mature adults. We must help those in need. We can do this. Millions of people are waking up from their slumber.

Emotions



Emotions can be scattered all over the place. Most of us are reactive beings. As you probably know by the time you are thirty-five your personality is usually set in stone.

Your subconscious is running the show. The body and mind are so ingrained. Our habits are driven by our subconscious. It's like we react

without being aware. Our subconscious has taken over.

Yes, that is a good thing and yet at the same time, it causes many problems in our life.

When we go through a traumatic experience in life it creates an emotional scare in our subconscious. All of us have traumas that have occurred in our lives. Many people may ask why this guy is so angry all the time.

Most of the time it was some event that happened years ago and never got resolved. The circuits are still hardwired to that event.

Humanity has been trying for years to learn how to go beyond our emotional issues.

Quantum field theory (QFT) extends quantum mechanics from single localized particles to fields that exist everywhere. These fields represent forces that permeate all of space and time.

In the quantum field, there is no trauma. In the quantum field, there is no anger, hatred, and negative emotions.

We are trying to solve our emotional issues using matter over matter. By using the quantum field to heal we are using kindness, love, and compassion to heal and transform ourselves.

We are using our free will to tap into the quantum field and rewire our nervous systems and our body.

Mystics have done this for thousands of years. Modern-day scientists are using the tools of mystics and combining them with scientific instruments and protocols.

These are exciting times for humanity. We are on the verge where it will be a common everyday practice to rewire our brain towards quantum awareness. We are only moments away. Yes, it will take time but the sun is rising.

Man will soon realize the harmful effects of negative thinking and negative emotions. They will see the practical evidence of how it has put a man in a downward spiral in life. We have been fighting for thousands of years. Need I say more?

Humanity is stuck on the merry-go-round of life. The mystics have declared there is a way around this mess that we created.

This is a divine video game. Once a person understands the rules and why the game was even created in the first place this person will simply smile.

We have free will. The message in this book is you are the universe. You just don't know it. Think outside of your box. The quantum field exists everywhere and that includes inside of you.

New Thought



Did you know that in every thought you have there is a chemical reaction to your thoughts? Your thoughts create who you are. They create your habits your personality and state of mind.

Your subconscious is driving your car in life. Most of us have put the car in the remote control. We aren't aware of the power that is keeping us alive.

We don't realize that we have a genie within. Every thought we have enforces our views on life. We are a collection of all our thoughts since we were born.

We contain the blueprints of all our thoughts. Our thoughts are where we stand today. It's kind of amazing that most of mankind has forgotten the power of thoughts.

We never ponder over what we think we become. We haven't put two and two together. I think without meditation mankind can't truly see the forest from the trees.

We are so much focused externally that we don't even know about the internal world within.

I don't have to say what happens when the world at large does this. We have been fighting for thousands of years. Many people think that man's nature. Well, it is if we as a world only focus externally. Need I say more?

Did you know that meditation over time will help slow down the mind? Many people have a hard time falling asleep. It is a major problem all around the world.

When the facet of adrenaline can't be turned off and you're in a high beta state of mind it's difficult to fall asleep.

The chemical melatonin can't be released. This chemical is responsible for telling the body to fall asleep. Many people take drugs to put them to sleep.

Unfortunately, the drugs will put them to sleep yet they are extremely harmful and over time causes tremendous damage to the body. Yet the drug industry is interested in making a profit.

Meditation brings one to the awareness of the quantum field. When one meditates one begins to tune in to a field of kindness, love, and compassion.

When one becomes kind this person will have over time kind thoughts. Life is like a tuning fork.

Whatever you think you vibrate at that frequency. If your thoughts are anger I can guarantee you will be in a state of anger.

You will enforce your anger into your subconscious. Over time this becomes your habit and this becomes your personality.

Many years ago I heard the Dalai Lama would go over his entire day when he was going to sleep. He would pay attention and think about how he could improve his thoughts and actions.

He would ponder over and consciously progress to be a better human being.

At that time I truly didn't understand it and see why it was so important. Years later I see it as a foundation for humans to transform. If we as a society become kind in all areas of life the world at large would change for the better.

So yes mediation is the key to helping transform our thoughts. When one begins to be aware and conscious of the quantum field the mind slowly begins to transform.

This is the ultimate brainwashing. You are learning how to clean the clothes of your mind. This is how true healing takes place. Because we are unconscious we live our life that is not in harmony. Consequently, our world at large is in chaos.

I remember I worked for a short time for a company that has a software program for heart surgeons. This program would guide them in certain heart procedures.

I remember asking the owner of the company why the health care industry didn't promote preventive medicine. His answer was the American public does not want this.

They expect doctors to heal them and not to take responsibility for their health issues.

This is how far off we are. A society that doesn't understand and know the quantum field is an immature society. Look at our political system. We want to

build a huge wall. The quantum field builds bridges. The quantum field does not judge. The quantum field is never angry. The quantum field does not know about war.

Because we are totally out of touch with our true nature this is where we stand today.

New thoughts will arise when humanity becomes to embrace the quantum field. All the wisdom to solve any problem lies in that field of intelligence.

You can only think based on your emotional maturity. The universe will only show and help based upon your awareness in life.

The more humanity taps into its true essence the more our world will transform. In the future, we will see that presently humanity is in a kindergarten state of awareness. We think we are at a high level.

We have these cell phones and think we are so advanced. But we use them for texting while we are driving our cars. We think we are so advanced. Our society thinks the indigenous people aren't civilized.

Yet they have been in harmony with Mother Earth for thousands of years. We are sawing the branch we are sitting on and are so smug in thinking we are superior.

Our egos have to lead us astray. Ponder this over. You are a piece of the puzzle.

New Concepts



I'm sorry to say but many people are locked into their boxes. Many people can only think inside their box. Take a look at American politics today. They are in shambles.

One side can't talk to the other side. Both sides say the other side is to blame. We are locked by our subconscious minds and we do the same thing over and over again. Our concepts of who we truly are are limited. They are archaic.

We are so focused externally that we have forgotten our true nature.

It's like we can't see the forest from the trees. We must be open to new concepts and ideas for society to progress to the next level in the video game of life.

Many people get stuck at a certain level in the video game and call that life. They have no idea that you can be aware and conscious of the quantum field.

The sun is about ready to come up for humanity. It has been a roller coaster of a ride for thousands of years. War has been going on, it seems like an eternity.

Yet millions of people are waking up from their slumber. A new dawn is occurring for mankind. Man is slowly evolving into a kind man.

When humanity understands that we are the universe incredible transformations will occur on this planet.

You see with greater transformations comes new concepts and ideas that will be developed and implemented on this planet. Take for example kindness. Many people think that kindness is weak yet the entire foundation of the universe is kind.

Slowly over time kindness will manifest in all areas of life. Take a look at politics today. The way politicians campaign today is to slander their opponents. We have politicians today who mock anyone who has a different point of view. Both sides of the party only vote on issues that support their party.

When true kindness comes into the picture people no longer will support anyone who is not kind to their opponent. They may have different points of view yet kindness allows a person to see through the other person's eyes.

Kindness leads to love and compassion. Kindness allows a person to think outside of the box. Kindness can solve any problem on earth. Every problem has a solution. If you are stuck in your belief system you will not be open to a practical solution even if it's staring you in the face.

For example, the quantum field is all around. You are the universe you just don't know it. Humanity must learn how to think outside of the box. We must learn how to be tolerant of all.

Light is winning the battle against darkness. Darkness is the absence of light. Currently, we are seeing chaos all around the world. Darkness has nowhere to hide.

New concepts and ideas are being presented all around the world. Millions of people are looking at life's problems and thinking about how to solve the problems on earth.

Each one of us holds an individual piece of the puzzle. What good would a puzzle be if the entire puzzle was put together yet your piece was missing?

Ponder this over. Learn to think outside of the box. Go beyond your comfort zone in life.

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New Wiring



Mankind is on an incredible journey. We are going from darkness to light. We are on a journey to discover our true nature. As I said we are hardwired to find God.

We have everything set in place. The car is there sitting in our garage. God is sitting patiently in the passenger seat. All it takes for you to use your remote control and open the garage door within.

You see it's only by your will alone can you open the garage door. Nobody will open the door for you including the one in your passenger seat. You see the law for human beings is free will. You must make the practical decision to use your will to open the door within.

Well, what does this have to do with new wiring? Our subconscious is running the show. Almost every action we take is automatic. We go to bed. Our alarm clock goes off.

We use the same hand to shut it off and go back to bed for five minutes. The alarm goes off again. We shut off the alarm. We stumble out of bed and go to the bathroom. We brush our teeth.

We are trying to wake up. Off to the kitchen, we go to brew some coffee. It's time to head off to work just in time for rush hour traffic. We make a few phone calls along the way. Some of us text when the cars are stopped. We make it to the office and do the same dull routines. I could go on and on.

Our daily routines in life are hardwired. We party on the weekends to release stress and wake up in the morning with a hangover.

Day by day, year by year we continue this routine. Our subconscious picks this up and reinforces it in our everyday life.

Our wiring is complete. This is our being and personality. You are a combination of all the thoughts you have ever had. Mankind is locked inside of his box.

So what is this new wiring you are talking about? Imagine you are the universe. You just don't know it. What if I told you that slowly you could rewire your circuits to understand and experience your true nature?

What if your true nature is part of the quantum field? It is part of the universe and God. What if I told you, you are magnificent?

Meditation is a way to directly rewire your circuits within. It is a way to slowly reprogram your subconscious. You are a computer programmer for your subconscious. You can transform and change into a butterfly.

I have said before the mind is like a tuning fork. Whatever it focuses on it will vibrate at that level.

Meditation allows one to tap into the quantum field which is infinite love, kindness, compassion, and tolerance. These are just a few traits.

The more one meditates these traits are rewired into our circuits and create new wiring within. One learns to stop, look, and listen to live. Every moment a person makes a conscious decision to act and be aware.

These lead to proactive human beings instead of reactive beings whose leaves are blowing in the wind.

One learns over time to be in the center of the hurricane instead of the 150 miles per hour of the winds of the mind.

Our world at large is stressed out. Yet the person who meditates slowly learns to be in the center of the hurricane. Yes, this takes time and effort.

But with the same time and effort it takes to be angry and pissed off in the world is the same time and effort it takes to be a kinder person.

Everything takes time and effort. Mystics have talked about this for thousands of years, ways to go outside of your box. They have talked about the human body is designed to experience God within you.

Many people try to use affirmations to program directly to our subconscious. Only when a person learns how to dive deeper into meditation will this work. Imagine from 0 to 7 years old everything that came before you the good, bad, and ugly was directly stored in your subconscious. Your brain waves were in a theta state.

From seven on the waking state is in beta. Your subconscious is online. Over 90% of your actions are dictated by your subconscious. For so many people on this planet, they are living lives that are stressed out.

Their brain waves are in high beta. No matter what affirmations they say they can't rewire and reprogram their subconscious.

Only by learning how to meditate and learn how to go into more coherent brain waves states can one learn to reprogram the subconscious.

These are exciting times. There is a marriage between science and spirituality. Science is giving direct evidence to help mankind discover his true nature and to discover the quantum field within.

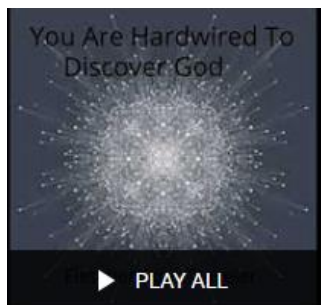
I don't know about you but I'm blown away by the possibility for humanity to change. We are on the journey of going from darkness to light. New tools are coming our way. Just wait and see.

The more a human being embraces his true nature one's imagination becomes larger. The universe starts to give you a different point of view on this journey of life. Ponder this over. Are we living in the matrix and don't realize that we have been asleep?

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New Personality



Your personality is driven by your subconscious. Over time one cements into his subconscious all the thoughts, feelings, and emotions. Our daily habits contribute to mostly our subconscious. To change and reprogram ourselves we must be conscious and aware.

We are like the snake shedding a new skin. To change we must develop a new personality. This requires great courage. We are learning how to drop the old and embrace the new. Why do humans resist change? Even if they know it will be beneficial to them

we resist it. We love our comfort zone even if it is making us miserable. Strange isn't it? Many people would rather wallow in their misery than overcome their problems and have a better life.

What kind of personality can I become? At the simplest level how about one who is kind in all circumstances? Amid adversity, one would simply smile. If another person would get angry at you, you would simply smile. It takes two to tango. Kindness will not participate in putting gasoline on the fire.

How about learning to see through the other person's eyes? You could see his point of view. You would listen to what the other person is saying. Most people don't. Most people are thinking about what to say next without actually listening to the other person.

How about loving life? You wake up in the morning and are so excited to be alive. What a glorious day it is. You get up and meditate. You get in tune with the quantum field.

Your mind, body, and soul get filled up with love, kindness, and compassion. You are in sync with the universe. Your will is focused on love. Your mind is your friend. You have sweet thoughts throughout your day. You become a kind human.

Incredible synchronicity occurs daily. Your love humanity. Every moment you are living in harmony.

One loves to be in nature. Gaia (Mother Earth) is by your side. She knows your name and you know that. You are living once again in perfect harmony with her.

Each person discovers his/her gifts to help solve the world's problems. With each problem a solution lies.

One begins to acquire incredible wisdom. This is a part of your true nature. You are in harmony with the universe. Exciting times are ahead of us.

We are becoming a new humans. Humans learn over time to directly reprogram ourselves. We discover we are our genie. In the past, our genie would work behind the scenes and we would be oblivious to it.

Mankind slowly learns that through his will he can learn how to reprogram his life. Someday in the future, this will be taught in schools throughout the world.

Science and religions are merging. Many new fields will open up. The higher our society advances the more harmony will be discovered.

Mankind will discover that war is obsolete. The bickering and fighting will stop when we can directly experience the thread that ties us all together.

We are going from me to we. This is how the world changes when we see the unity of all.

These are incredible times. The news mostly shows chaos. Yet millions of good deeds are happening all around the world.

Yet it takes effort and conviction. But every time you get out of bed it takes effort. Why not just reprogram yourself and discover your true nature? Imagine a hidden gold mine exists inside and we search throughout the four corners of the earth to find it.

One can spend lifetimes trying to discover it. It's a joke when one realizes that it has been there all the time inside of you.

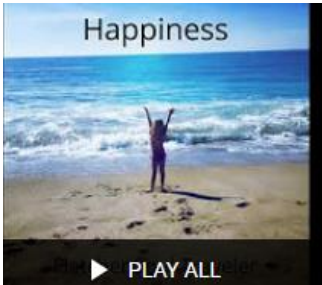
Mystics have been saying that for thousands of years. You are learning to become a mystic. You don't have to give up your life. You must embrace life.

Ponder this over. Exciting times are ahead of us.

PDF



YouTube



New Human



When one starts to implement new higher emotion, new thoughts, new concepts, new wiring, and new personality then one becomes a new human.

Christ was a perfect example of that. For thousands of years, man has been fighting and involved in wars. It seems quite

barbaric.

The world still fights wars all around the world. Many people say this is man's nature. In reality, it's not. We are going on a journey from darkness to light.

For thousands of years, we have been governed by different shades of darkness and light. Anger and hatred have ruled the land. Man doesn't know how to be civil so we go to war. War is obsolete.

Yet for war to become truly obsolete one must transcend our emotional state of mind. Anger and hatred towards one another must stop. Mankind is presently becoming a butterfly.

We were a worm and now millions of people all around the world are turning into a cocoon. In a matter of time, we will become butterflies. Yes, this will take time but a new human is emerging from the ashes. The greatest transformation is slowly occurring on this planet.

Science and spiritualism are merging. You see each individual is a piece of the grand puzzle.

A new human is born when we embrace God moment by moment in our daily life. It's not just the words but a state of being. The new human will learn how to be conscious of the quantum field 24 hours a day.

This new mindset will radically change the world. It will affect every single aspect of life. We will see through different eyes.

Mankind will become a kind man. We will begin to see the thread of love that ties us all together. We will become one unified mind. Yes, you will still be an individual yet your awareness will be in a state of oneness in life.

You will see that humanity is an extension of yourself. Presently we only see me. We are going on a journey from me to we.

I hope this excites you. This is not a fairy tale. It may take millions of years. You see the sun is rising. There is no doubt about that. Mankind is waking up from his slumber.

I believe that mankind can change for the better. Every day people are waking up. In the past, the mystic path was out of reach for the common person.

Presently people are seeing easy and practical ways to morph and change into a brand new way of seeing life. All the mumbo jumbo is taken out.

This does not change the experience of the quantum field. Nothing is taken away yet people now can practice simple techniques to directly connect to God.

I feel all the help in the universe is there. By our will alone we can ask for help in our daily life. We are not alone. Yet to experience this we must open the door within.

Humanity must learn how to rewire ourselves. Humanity must change and be open to greater adventures in life.

We have seen where man's present state of mind is and the consequences that occur. Just look at politics today. We are divided. Yet the new human will transform and leave all darkness behind.

You see when one embraces the quantum field darkness can't exist. Darkness is the absence of light.

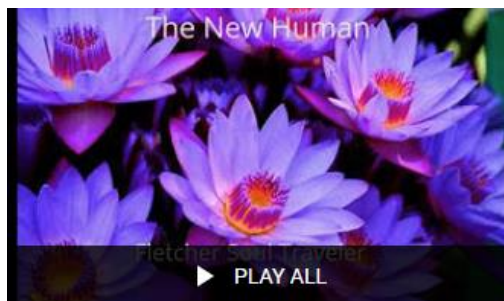
Someday in the future, we will look back at the present and we will say what an incredible roller coaster ride that was. What an incredible journey. This is the greatest story ever told.

We were on the verge of blowing ourselves up through nuclear. The consciousness of man knew deep down inside that we could overcome our petty difference and become united.

Not every civilization ends this way. Some have destroyed themselves. A new dawning is occurring for mankind. Just wait and see.



YouTube



You Are Closer Than You Think



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

Now with your eyes closed focus on kindness. When you feel yourself

experiencing kindness you are connected to the quantum field.

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

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

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

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

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

Meditation is the way to discover our true nature. Imagine in the beginning when you closed your eyes it was like taking a sponge bath.

Imagine in time that by practicing meditation you can jump into the infinite ocean of love, kindness, and compassion. How would that change your outlook on life? All problems that you have would seem so insignificant.

Presently most of us are stressed out. We can hardly wait for the weekend.

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

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

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

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

Meditation reveals that the infinite ocean of love exists inside of you.

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

We can be in the center of the hurricane. What does this mean practically? It means that one knows how to live beyond a high beta state of mind. What does that mean?

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

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

I believe that the world's problems can be solved when the world at large embraces the quantum field. All practical solutions exist inside of the field. The more humanity will embrace this field (which by the way is our true nature) the faster the world will be a better place.

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

If we are divine beings do you think this is our true nature? It doesn't make sense. Yes, this is a journey of going from darkness to light.

I completely agree with that. I feel that the scientific and religious world is being merged. For the first time, the common man is being shown practical tools to discover the jewel that exists inside. It doesn't matter if you believe in God or not the essence is the same.

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

In this manner by experiencing even little peace thousands of incredible chemicals are being released into your body.

Remember each thought you have either positive or destructive chemicals are being released into your body. You are your master chemist. You are in total charge of where you are going in life.

We were never taught this in school. It's so obvious and science has proven that thoughts create chemicals that create emotions. You can't separate the mind from the body.

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

Mindfulness



mind·ful·ness

/ˈmɪn(d)f(ə)lnəs/

noun

1. 1.
the quality or state of being conscious or aware of something.
"their mindfulness of the wider cinematic tradition"
2. 2.
a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

I remember in the early 2000's I went to Phoenix Arizona for a business trip. Back then I was working for Charles Schwab. There were probably around a couple of thousand employees attending the conference.

One day of the conference they had some classes that you could choose to attend. One of them was mindfulness. To be honest, at that time I heard of this Buddhist term yet I never understood its meaning. It was a great lecture. I was amazed that Charles Schwab even would present this topic.

Since then mindfulness has hit the mainstream. It's kind of a buzzword right now. You even see it on commercials on TV for selling products. But what is mindfulness?

According to this dictionary definition

a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Let's break this down a little.

A mental state is achieved by focusing one's awareness on the present moment.

How do you focus your awareness on the present moment? What is the present moment?

Does mankind ever truly connect to the present moment? Just think in the quantum field it is beyond time and space. Past, present, and future are one. The Buddhists have been studying mindfulness for thousands of years. They have been known to tap into the quantum field for thousands of years. Mind you they didn't call it the quantum field. They might have called it enlightenment or a state of nirvana.

I remember about 15 years ago I read this incredible Buddhist book called Crystal Clear. This book talked about the various stages of enlightenment. Now, this could be a rumor. I can't prove it but the Buddhists have some doubts about releasing this book to the public.

This was the utmost sacred wisdom. They decided to release it because the techniques were so simple. They involved concentrating on your breath. Mind you this is an ancient technique used in mediating practices all around the world.

But have we ever pondered "what is the power behind the breath that is keeping you and the universe alive"? The universe is conscious. I'm sure you think I'm a broken record when I say you are the universe you just don't know it. But that is the truth.

When a person begins to learn how to meditate on his breath transformation starts to occur in the mind, body, and soul connection. One is tapping into the quantum field.

Mindfulness is a state of bringing that inner awareness into the present state of mind. It's very subtle in the beginning. Mind you your circuits are slowly being rewired. I often say that in the beginning, you meditate on God. At some point in time, God begins to meditate on you.

You see the more attention you put on something the more attention is focused back on you.

Mindfulness is a state of being in the quantum field moment by moment. There are probably an infinite amount of stages of mindfulness.

Let's dive deeper into this definition.

a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique

Meditation is a stepping stone to calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. This is where we can truly rewire the body and mind. When one is directed connected to the quantum field one's emotions are of bliss, love, kindness, compassion, and gratitude. There are probably an infinite amount of positive emotions that we aren't even aware of.

Just think in this state thousands of positive chemicals are being released into your body. Moment by moment in meditation one has the opportunity to rewire our mind-body connections to be in harmony with the quantum field. Every person on earth is hardwired for this.

For this to happen we must be aware. This is what the whole book is about. Our subconscious is 95% running the show. No wonder we have so many problems in the world today.

Mindfulness is a way out of this situation. You could say a being like Christ or Buddha learned how to be in perfect harmony with the quantum field. Yes, they didn't call it that back then. They used different terminology. The essence is the same. This is just the tip of the iceberg in this discussion. Ponder this over.



When I was young I was fascinated by the universe. Somehow I knew I came from the stars. I knew that the universe existed inside of me. Well, I grew up in Newport Beach California.

Not a place for realizing your true essence. Back then yoga and meditation were considered to be quite radical. It was like you were a commie.

My parents had this Buddha statue and a Quan Ying statue that I was completely fascinated by. I can't quite put it into words. Somehow these statues conveyed to me that life is so much grander than what we know.

I knew that the universe existed inside of me yet I didn't know how to tap into it. Somehow I knew that I have been meditating for thousands of years.

Mind you not in a human body but united with the quantum field. This is mankind's natural state of existence. This is where we came from and when we die this is where we return.

Somehow I was aware of this. Inside of our DNA lies all our memories from the past, present, and future. I know that may seem absurd yet the quantum theory is thinking outside of our 3-dimensional box

3. Āsana Postures



स्थिरसुखमासनम् ॥४६॥

The meditation posture should be steady and comfortable.[22][23]

– Yoga Sutras II.46

Asana is a posture that one can hold for some time, staying relaxed, steady, comfortable, and motionless.

The Yoga Sutra does not list any specific asana.[24] Āraṇya translates verse II.47 of the Yoga sutra as, "asanas are perfected over time by relaxation of effort with a meditation on the infinite"; this combination and practice stop the quivering of the body.[25]

Any posture that causes pain or restlessness is not a yogic posture. Secondary texts that discuss Patanjali's sutra state that one requirement of correct posture for sitting meditation is to keep the chest, neck, and head erect (proper spinal posture).[23]

According to Patanjali, in the second book of Yoga Sutras, yoga is helping us to do the following:

- Restraining us from harmful behavior
- Developing beneficial behavior
- Developing physical posture
- Creating conscious breathing techniques

- Developing steady concentration

10 Top Benefits of Hatha Yoga

- Builds Flexibility and Mobility. ...
- Builds Strength and Core Stability. ...
- Develops Balance and Proprioception. ...
- Helps to Maintain Healthy Joints. ...
- Stimulates The Immune System. ...
- May Reduce Inflammation and Inflammatory Disease. ...
- Improves Sleep Quality. ...
- Helps Develop Discipline and Self Control.

Many people think Hatha yoga is the only thing to practice in the west. I've been on this path for over forty-nine years.

I first learned yoga in high school. Back then you were a commie if you thought outside of the box. Today yoga is mainstream. There are many different forms of yoga.

Unfortunately, many of them focus only on the physical. This is only a speck of dust compared to the vast universe of yoga.

The majority of yoga classes today lack integrity. They only emphasize the physical postures. That is only one branch on the tree of life. The student never understands the complete picture.

They are never allowed to know that the postures are only a small piece of the pie.

Most centers never discuss the moral principles of the yogic path. This path is about overcoming all the obstacles that keep us from recognizing our true nature. The path of yoga if used correctly can help eliminate mental suffering at all levels.

I was trained to be in a state of meditation when I practiced yoga. For forty-nine years I have been trying to be consciously aware of the power behind my breath.

The entire universe is keeping you alive. For me practicing the postures is sacred and holy. Note this is a mindset that should be developed over time. Never strain

or push yourself deeper into a posture. Listen to your body. Your body has intelligence.

Never look at another person and judge them or judge yourself. Each one of us has a different body. This is not a completion. Don't show off. You bring the world and the ego into your daily practice. Just let it go.

When I do a posture I close my eyes and focus on my breath. Just relax. Your body and mind will love it. It doesn't matter if you have mastered this posture or not.

There are infinite levels of any posture. The goal is to harmonize the mind, body, and soul.

Remember the yogis knew that a strong and flexible body helps one to meditate easier. When a body is stiff and sick it's hard to concentrate.

One begins to take responsibility for your mind, body, and soul. Your human body is the most precious temple on earth. When you have that understanding you begin to treasure every moment on earth.

Yoga is a way to harmonize yourself with the universe. At least that is what it is intended for. Today we have a three-legged stool with two legs chopped off. You can no longer sit on the chair.

Maybe you should ask yourself the question "how far do I want to go with this practice"? If it's only for your physical body and nothing more than just carrying on. Do your practice.

The ancient yogis spent each moment trying to be in contact with the power of the breath. This is the ultimate goal. One who does this truly becomes a human being.

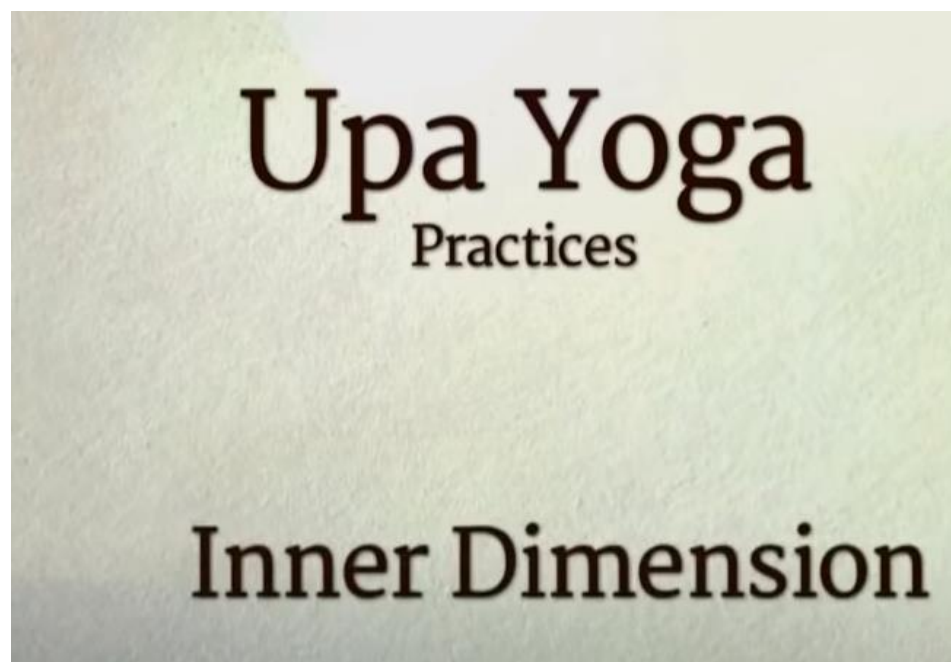
Hu means divine. Man = mind. A human being is a divine mind. Today most of us are a man which equal minds. Look at the condition of man today. Many people start learning to meditate and give up when they see how powerful the mind is.

The yoga sutras give tricks to the trade. They guide you in all areas of your life. They are a blueprint for discovering your true nature.

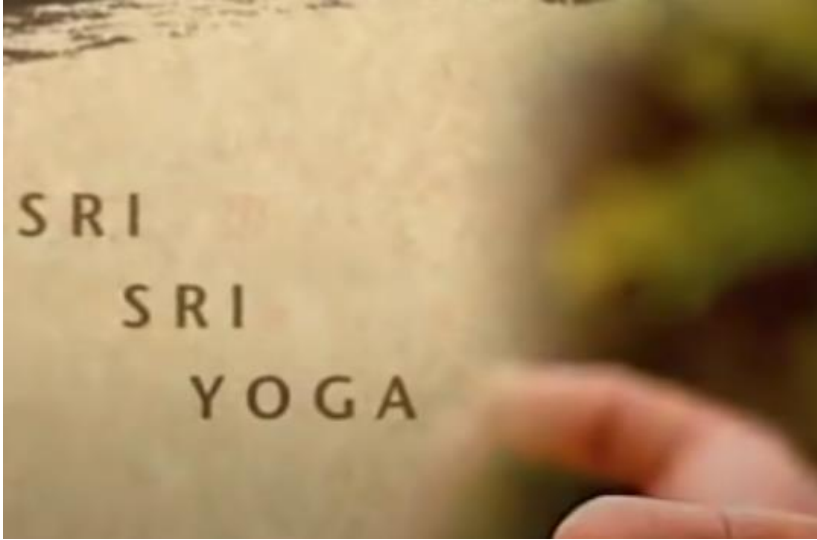
[THIS Is Classical Hatha Yoga - Sadhguru | Isha Hatha Yoga](#)



[Isha Upa Yoga - 30 mins](#)



[Sri Sri Yoga](#)



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 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.

Chakras



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

This chakra is associated with chakra colors Indigo and is connected to the Pineal or pituitary gland. Those with a well-balanced brow chakra can have telepathic abilities, and charismatic personalities and they often do not have any fear of death.

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

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

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

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

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

Here's the definition of the Sushumna from Wikipedia.

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

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

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

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

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

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

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

Endocrine System



The following information came from Wikipedia.

The endocrine system is a chemical messenger system comprising feedback loops of hormones released by the internal glands of an organism directly into the circulatory system, regulating distant target organs.

A hormone is any of a class of signaling molecules produced by glands in multicellular organisms that are transported by the circulatory system to target distant organs to regulate physiology and behavior.

Hormones have diverse chemical structures, mainly of 3 classes: eicosanoids, steroids, and amino acid/protein derivatives (amines, peptides, and proteins).

The glands that secrete hormones comprise the endocrine system. Hormones are used to communicate between organs and tissues for physiological regulation and behavioral activities, such as digestion, metabolism, respiration, tissue function, sensory perception, sleep, excretion, lactation, stress, growth and development, movement, reproduction, and mood.

Hormones affect distant cells by binding to specific receptor proteins in the target cell resulting in a change in cell function.

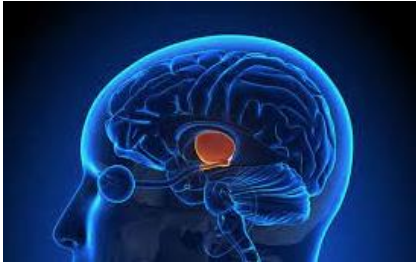
This may lead to cell type-specific responses that include rapid changes to the activity of existing proteins, or slower changes in the expression of target genes.

Amino acid-based hormones (amines and peptides or protein hormones) are water-soluble and act on the surface of target cells via signal transduction pathways; steroid hormones, being lipid-soluble, move through the plasma membranes of target cells to act within their nuclei.

Endocrine glands are glands of the endocrine system that secrete their products, hormones, directly into interstitial spaces, and then absorbed into the blood rather than through a duct.

The major glands of the endocrine system include the pineal gland, pituitary gland, pancreas, ovaries, testes, thyroid gland, parathyroid gland, hypothalamus, and adrenal glands. The hypothalamus and pituitary gland are neuroendocrine organs.

Hypothalamus gland



The hypothalamus is a portion of the brain that contains several small nuclei with a variety of functions. One of the most important functions of the hypothalamus is to link the nervous system to the endocrine system via the pituitary gland.

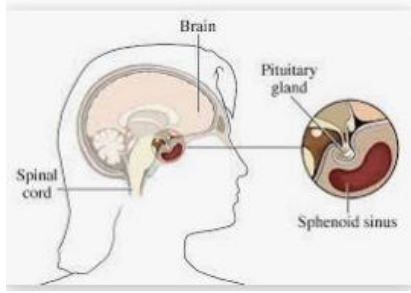
The hypothalamus is located below the thalamus and is part of the limbic system. In the terminology of neuroanatomy, it forms the ventral part of the diencephalon.

All vertebrate brains contain a hypothalamus. In humans, it is the size of an almond. The hypothalamus is responsible for the regulation of certain metabolic processes and other activities of the autonomic nervous system.

It synthesizes and secretes certain neurohormones, called releasing hormones or hypothalamic hormones, and these, in turn, stimulate or inhibit the secretion of hormones from the pituitary gland.

The hypothalamus controls body temperature, hunger, important aspects of parenting and attachment behaviors, thirst, fatigue, sleep, and circadian rhythms.[citation needed]

Pituitary Gland



The pituitary gland is a pea-sized gland that sits in a protective bony enclosure called the sella turcica (Turkish chair/saddle).

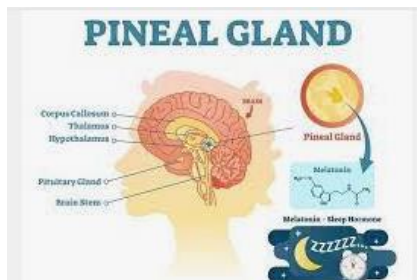
It is composed of three lobes: the anterior, intermediate, and posterior lobes.

In many animals, these lobes are distinct.

However, in humans, the intermediate lobe is but a few cell layers thick and indistinct; as a result,

it is often considered part of the anterior pituitary. In all animals, the fleshy, glandular anterior pituitary is distinct from the neural composition of the posterior pituitary.

Pineal Gland



The pineal gland is a small endocrine gland in the brain of most vertebrates.

The pineal gland produces melatonin, a serotonin-derived hormone that modulates sleep patterns in both circadian and seasonal cycles.

The shape of the gland resembles a pine cone from which it derived its name. The pineal gland is located in the epithalamus, near the center of the brain, between the two hemispheres, tucked in a groove where the two halves of the thalamus join.

The pineal gland is one of the neuroendocrine secretory circumventricular organs that are not part of the blood-brain barrier.

Nearly all vertebrate species possess a pineal gland.

The results of various scientific research in evolutionary biology, comparative neuroanatomy, and neurophysiology, have explained the phylogeny of the pineal gland in different vertebrate species.

From the point of view of biological evolution, the pineal gland represents a kind of atrophied photoreceptor. In the epithalamus of some species of amphibians and reptiles, it is linked to a light-sensing organ, known as the parietal eye, which is also called the pineal eye or third eye.

René Descartes believed the human pineal gland to be the "principal seat of the soul".

Academic philosophy among his contemporaries considered the pineal gland as a neuroanatomical structure without special metaphysical qualities; science studied it as one endocrine gland among many.

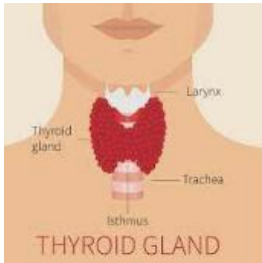
Seventeenth-century philosopher and scientist René Descartes were highly interested in anatomy and physiology.

He discussed the pineal gland both in his first book, the *Treatise of Man* (written before 1637, but only published posthumously 1662/1664) and in his last book, *The Passions of the Soul* (1649) and he regarded it as "the principal seat of the soul and the place in which all our thoughts are formed." In the *Treatise of Man*, Descartes described conceptual models of man, namely creatures created by God, which consist of two ingredients, a body, and a soul. In the *Passions*, Descartes split man up into a body and a soul and emphasized that the soul is joined to the whole body by "a certain very small gland situated in the middle of the brain's substance and suspended above the passage through which the spirits in the brain's anterior cavities communicate with those in its posterior cavities".

In the late 19th century Madame Blavatsky (who founded theosophy) identified the pineal gland with the Hindu concept of the third eye or the Ajna chakra. This association is still popular today.

Rick Strassman, an author and Clinical Associate Professor of Psychiatry at the University of New Mexico School of Medicine, has theorized that the human pineal gland is capable of producing the hallucinogen N,N-dimethyltryptamine (DMT) under certain circumstances.[61] In 2013 he and other researchers first reported DMT in the pineal gland microdialysate of rodents.

Thyroid Gland

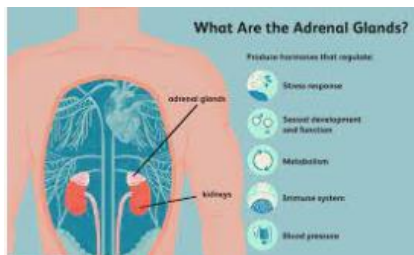


The thyroid gland, or simply the thyroid, is an endocrine gland in the neck, consisting of two lobes connected by an isthmus. It is found at the front of the neck, below Adam's apple.

The thyroid gland secretes three hormones, namely the two thyroid hormones (thyroxine/T4 and triiodothyronine/T3), and calcitonin.

The thyroid hormones primarily influence the metabolic rate and protein synthesis, but they also have many other effects, including effects on development. Calcitonin plays a role in calcium homeostasis.

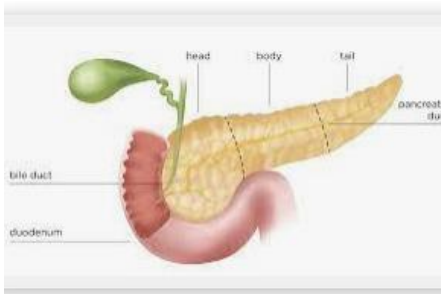
Adrenal Glands



The adrenal glands (also known as suprarenal glands) are endocrine glands that produce a variety of hormones including adrenaline and the steroids aldosterone and cortisol.

They are found above the kidneys. Each gland has an outer cortex that produces steroid hormones and an inner medulla.

Pancreas



The pancreas is an organ of the digestive system and endocrine system of vertebrates. In humans, it is located in the abdomen behind the stomach.

The pancreas is a gland, having both an endocrine and a digestive exocrine function.

As an endocrine gland, it functions mostly to regulate blood sugar levels, secreting the hormones insulin, glucagon, somatostatin, and pancreatic polypeptide. As a part of the digestive system, it secretes pancreatic juice into the duodenum through the pancreatic duct.

This juice contains bicarbonate, which neutralizes acid entering the duodenum from the stomach; and digestive enzymes, which break down carbohydrates, proteins, and fats in food entering the duodenum from the stomach.

Ovaries



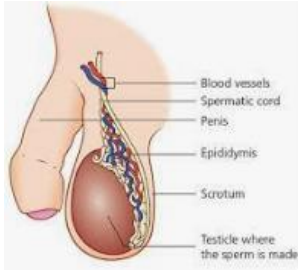
The ovary is an organ found in the female reproductive system that produces an ovum. When released, this travels down the fallopian tube into the uterus, where it may become fertilized by a sperm.

There is an ovary (from Latin ovarium, meaning 'egg, nut') found on the left and right sides of the body.

The ovaries also secrete hormones that play a role in the menstrual cycle and fertility.

The ovary progresses through many stages beginning in the prenatal period through menopause. It is also an endocrine gland because of the various hormones that it secretes.

Testis

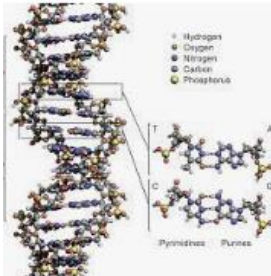


Testicle or testis is the male reproductive gland or gonad in all animals, including humans. It is homologous to the female ovary.

The functions of the testes are to produce both sperm and androgens, primarily testosterone.

Testosterone release is controlled by the anterior pituitary luteinizing hormone; whereas sperm production is controlled both by the anterior pituitary follicle-stimulating hormone and gonadal testosterone.

DNA



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

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

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

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

Now recently many people think that in our DNA we have multidimensional DNA that contains the blueprint of God.

Now imagine in this blueprint contains the entire essence of the universe and the essence of your soul journey in the universe. You are eternal. You can never die. Your body will.

Many people are discovering this concept and are learning how to mine the Akashic record for themselves.

Can you imagine how incredible that would be? It means that you could stop any disease from coming your way.

You would be in tune with God and listen to the wisdom that lies within. You could bring back all the positive attributes you have learned on your magnificent journeys in life.

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

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

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

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

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

Peace would always prevail on earth. Anger and war would not exist. Heaven would be on earth. Yet life is a grand adventure.

We come into this world to discover our true nature and to help transform this world from darkness to light. It is a cosmic game. This isn't the first time this game has been played.

For time immemorial this game has been played through this universe and countless other universes.

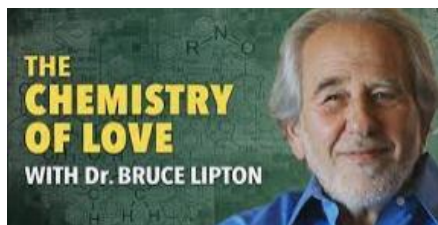
The entire universe is watching us and cheering for us. They are rooting us on. We have incredible coaches that help and assist us.

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

These are exciting times. We as humanity are going from me to we. For thousands of years because of thinking it's all about me, we have fought countless wars. We are living in an era where this is changing right before our eyes.

Ponder this over. You are hardwired to discover God. You contain within your DNA the blueprint of God.

Bruce Lipton



We are all custom-designed by God. Yesterday I heard an interesting interview with Bruce Lipton. He is a scientist and has a fascinating story to tell.

He wasn't interested in God, religion, or anything spiritual. His passion was science

and biology.

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

He thought to himself. Mind you I'm paraphrasing what he said. He asked himself what are these antennas for? For what purpose do we have for them?

In the real world, he thought of a TV set. You have an antenna that receives signals from a broadcast. You can change the channel and a different TV program will appear on the screen.

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

He realized that the body will die yet our essence is always the same. We can never die. Our essence is eternal.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

With our free choice and free will, we can moment by moment be on a conscious journey to discover

4. Prāṇāyāma



Alternate nostril breathing, one form of Pranayama

Main article: Pranayama

Prāṇāyāma is the control of the breath, from the Sanskrit prāṇa (प्राण, breath, and āyāma (आयाम, restraint)

After the desired posture has been achieved, verses II.49 through II.51 recommend prāṇāyāma, the practice of consciously regulating the breath (inhalation, the full pause, exhalation, and the empty pause)

This is done in several ways, such as by inhaling and then suspending exhalation for a period, exhaling and then suspending inhalation for a period, slowing the inhalation and exhalation, or by consciously changing the timing and length of the breath (deep, short breathing).

Most westerners don't breathe properly. Just think from the moment we take our first breath to the moment we take our last breath there is a power that is keeping us alive.

Yet the majority of mankind is not aware of it. We are completely oblivious to it. Due to the stress in our life, we have forgotten how to breathe properly.

If you want to observe incredible breathing, watch a newborn. They naturally practice deep, or diaphragmatic, breathing by using the diaphragm, a muscle under the lungs, to pull air into the lungs.

Visually, you'll see the belly expand and chest rise as they inhale air through the nose and into the lungs. As they exhale, the belly contracts.

5

For many people, this kind of breathing is no longer instinctive. Instead, many of us have become shallow chesters, or thoracic, breathers—inhalating through our mouth, holding our breath, and taking in less air.

Over time our breathing patterns have shifted as a reaction to environmental stressors, like temperature, pollution, noise, and other causes of anxiety. Cultural expectations, including the desire to have a flat stomach, encourage holding our breath and sucking in our stomachs, further tightening our muscles.

When we breathe in a shallow way, the body remains in a cyclical state of stress—our stress causing shallow breathing and our shallow breathing causing stress.

This sets off the sympathetic nervous system, the branch of the autonomic nervous system that primes us for activity and response.

"Shallow breathing doesn't just make stress a response, it makes stress a habit our bodies, and therefore, our minds, are locked into," says John Luckovich, an apprentice Integrative Breathwork facilitator in Brooklyn, New York.

My advice before one begins this practice is to before you begin to make sure you are breathing properly.

⁵ <https://www.headspace.com/blog/2017/08/15/shallow-breathing-whole-body/>

If you still breathe through your chest or your mouth spend three weeks learning how to breathe properly. I would advise anyone to spend three weeks meditating and focusing on their breath.

Do this from this moment on. This is the key to life. Without this, your practice won't take you far. There is a power that is keeping you alive. Behind your breath lies the keys to life.

So what does this breathing exercise do? There are 72,000 nadis or energy channels in the human body.

6

The following is a passage from Sadguru.

Sadhguru: Within the spine, if you know its physical construction, you will know there are two holes on either side of the spine which are like conduit pipes for all the nerves to pass. This is the Ida and the Pingala, the left and the right channels.

In the Pranamayakosha or the energy body, there are 72,000 nadis. The 72,000 nadis spring from three basic nadis – the left, the right and the central – the Ida, Pingala, and Sushumna. The word “nadi” does not mean nerve. Nadis are pathways or channels of prana in the system.

These 72,000 nadis don't have a physical manifestation. In the sense, if you cut the body and look in, you will not find them.

But as you become more aware, you will notice the energy is not moving at random, it is moving in established pathways. There are 72,000 different ways in which the energy or prana moves.

The pingala is the right or masculine energy channel.

The ida is the left or feminine energy channel.

Starting from the left nostril there are 36,00 nadis or energy channels.

Starting from the right nostril there are 36,00 nadis or energy channels.

⁶ <https://isha.sadhguru.org/us/en/wisdom/article/the-three-fundamental-nadis>

Prāṇāyāmai is a breathing exercise that cleans the ida and the pingala. This exercise will help balance the mind and body.

When the breath gets calm the mind and body will get calm. One begins to enter into a state of calmness and being in harmony with the mind, body, and soul connection.

How To Do Alternate Nostril Breathing (Nadi Shodhana)

- Sit in a comfortable position with the spine long and the hips relaxed. Release any tension from your jaw. Close your eyes.
- Place your left hand on your left knee with the palm face upward, or in the Chin Mudra by pressing the index finger and thumb together.
- Place the tip of the index finger and middle finger of the right hand in between the eyebrows with the ring finger and little finger on the left nostril, and the thumb on the right nostril. Use the ring finger and little finger to open and close the left nostril and use the thumb for the right nostril.
- On an exhalation, close the right nostril with your thumb and breathe out through the left nostril.
- Breathe in through the left nostril and then close with the ring finger.
- Release the thumb on the right nostril and breathe out through the right nostril.
- Inhale through the right nostril, close with the thumb, release the ring finger from the left side and exhale through the left nostril.
- These two full breaths are called one round of Alternate Nostril Breaths.
- Perform 5 to 9 rounds of this alternating breath between the nostrils.
- Remember to always inhale through the same nostril you just exhaled through.

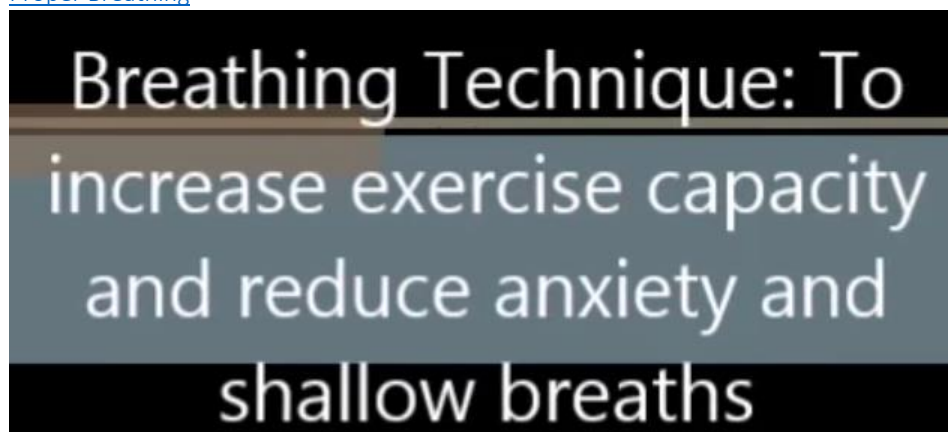
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There are many variations of this technique. Some hold their breath between breaths. Mind you should never use force. Breathe naturally. Over time the breath will be sweet and calm.

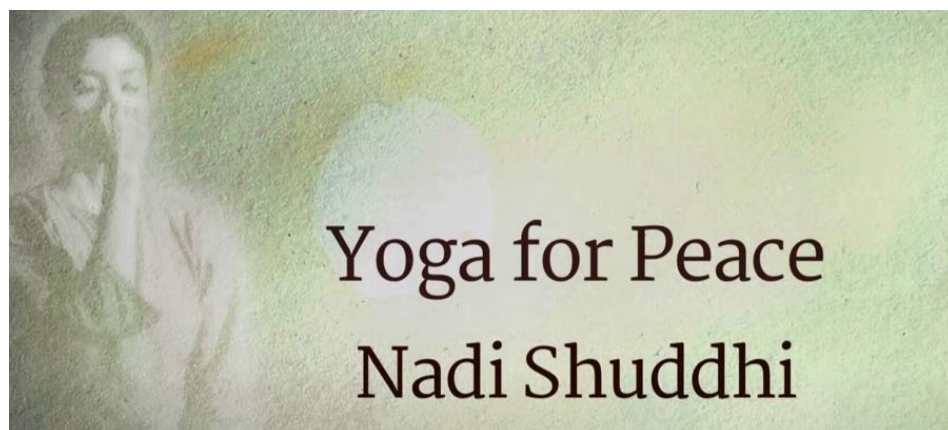
⁷ <https://www.artofliving.org/us-en/yoga/breathing-techniques/alternate-nostril-breathing-nadi-shodhan>

[What is Prana and Pranayama? | Gurudev Sri Sri Ravi Shankar](#)

[Proper Breathing](#)



[Nadi Shuddhi Pranayama - Guided by Sadhguru](#)



The Breath

The breath

It's kinda sad.

The majority of mankind takes the breath for granted.

Yes, we breathe in and breathe out.

That's so common to us.

We do this in every moment.

What could be more common?

We all breathe.

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

You are the universe.

You just don't know it.

The power behind your breath is keeping you alive.

You have the potential to connect to this source.

In essence, this is your true nature.

Many of the great masters taught this.

They taught me to meditate upon my breath.

It takes baby steps.

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

Have patience.

The mind is like a tuning fork.

It takes time to tune into the frequency of life.

This frequency is pure love.

Day by day simply follow your breath.

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

Breathing Through Your Mouth

I was in India many moons ago.

Over 47 years ago.

I remember hearing people talk about various kinds of breaths.

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

Our breath is a complicated system.

Scientists are just beginning to study the effects of breathing.

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

What does that mean?

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

Many of these in the short term is beneficial.

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

We reinforce this situation by improper breathing.

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

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

They understand the practical mechanics of breathing through the nose.

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

Our western day understanding for the general public is lacking.

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

We are totally off balance.

No wonder we have all our ailments today.

Ponder this over.

Fine Tune Your Radio Station

Fine-tune your radio station.

You are listening to an old station.

This station is reinforcing all your bad habits.

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

Listen to KGOD.

This signal is broadcast from within.

It is clear and constant.

You just have to tune your mind to this signal.

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

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

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

What is keeping you alive?

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

This is your true nature.

This signal is like a magnet.

It draws kindness, love, and compassion to you.

It's like taking a shower of love.

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

This radio station is live.

It has been broadcasting for eternity.

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

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

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

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

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

This radio station will make you laugh at life.

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

Kindness and compassion will be there.

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

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

Your mind is looking externally to fix your inner world.

Mankind has been running in circles for thousands of years.

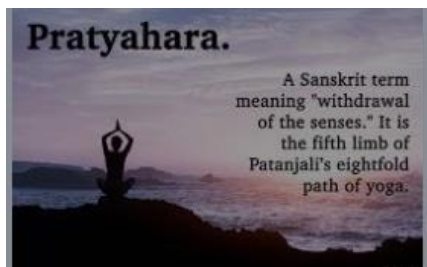
Look at the political landscape in America today.

Anger and chaos rule the land.

Fine-tune your radio station.

You are a piece of the puzzle.

5. Pratyāhāra withdrawing of the external senses



Pratyāhāra is a combination of two Sanskrit words prati- (the prefix प्रति-, "against" or "contra") and āhāra (आहार, "bring near, fetch").[38]

Pratyahara is drawing within one's awareness. It is a process of retracting the sensory experience from external objects. It is a step of self-extraction and abstraction.

Pratyahara is not consciously closing one's eyes to the sensory world, it is consciously closing one's mind processes to the sensory world.

Pratyahara empowers one to stop being controlled by the external world, fetch one's attention to seek self-knowledge, and experience the freedom innate in one's inner world.[39][40]

Pratyahara marks the transition of yoga experience from the first four limbs of Patanjali's Ashtanga scheme that perfect external forms, to the last three limbs that perfect the yogin's inner state: moving from outside to inside, from the outer sphere of the body to the inner sphere of the spirit.[41]

I first learned about Pratyāhāra withdrawing from the external senses in India many moons ago.

Forty-nine years ago to be exact. I learned that we have five external senses and five external senses.

O seeker of truth, I have witnessed such a great wonder:

A well, suspended in the sky, from which ambrosia ceaselessly flows.

A lame person climbs to it without any ladder and drinks jugs of that nectar.
Gongs, conches, and kettle drums ring out without being played by anyone.

The deaf hear them and become ecstatic: they lose track of body and mind.

Up there is a palace without foundation, which is radiant with light.
The blind see it and are so overjoyed they can't stop talking about it.

In that place a person dies, yet continues to live, and has strength without eating food.

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

By closing down the external senses one begins to develop the internal senses.
This is the doorway to discovering your true nature.

A wise man understands this. One begins to cultivate the inner senses. One begins to realize one's true nature. Instead of just being a physical body one slowly begins to see that you are the universe inside of a human body.

One begins to see harmony in all things. Most people's senses are always external. We think happiness exists outside of ourselves. Therefore we chase the carrot on the stick.

Our happiness is dependent on the external which always changes therefore our happiness will come and go. That is the nature of things. Everything comes and goes.

Just think you are the universe. You just don't know it. Yet every night when you go into a deep sleep you go back to the source. You just aren't aware of it.

The more one mediates and consciously withdraws the external senses one will advance on the journey of life.

It's ironic that the human body is wired and has the software for discovering the jewel within. It's been there the entire time since you were born.

Yet it is enigmatic and foreign to us. Most humans refuse to even recognize it. Don't go there. I don't want to hear about this. Don't tell me what to do. You are trying to convert me. Look there is nothing to convert to. This is your true nature.

A wise man learns there are infinite levels of withdrawing the external senses. We are always fine-tuning the guitar of life.

We can never rest on our laurels. Thinking you have laurels won't take you very far on this journey of life. One must become humble and in harmony with life.

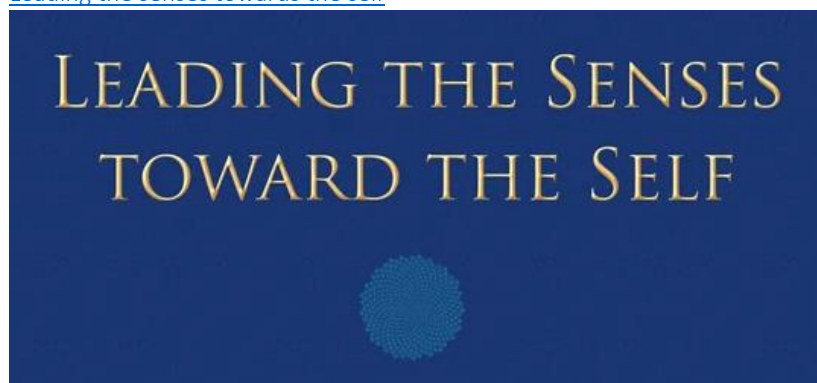
The sun in the sky doesn't boast and say worship me. Without me, you wouldn't be alive. The sun in the sky just shines.

The more one withdraws the external senses one becomes to be in harmony with life. The ego must be left behind.

There are safety mechanisms set into place. The ego can take you so far and then it reaches a wall and can't go further. Only a child at heart can enter the kingdom of heaven.

Remember you are the piece of this puzzle. Discover your true nature. Learn how to meditate and withdraw your external senses.

[Leading the senses towards the self](#)



[Pratyahara Meditation by Sadhguru](#)



[SWAMI VIVEKANANDA EXPLAINS PRATYAHARA, DHARANA, DHYANA & SAMADHI - STEPS OF RAJA YOGA](#)



Five Internal Senses

I have studied Meditation for fun for a very long time.

I have learned the following.

Just like we have 5 external senses to be in this world.

We have 5 internal senses to be in God's world.

The kingdom of heaven is within.

We are born to be hard-wired with God.

There is so much of God just contained in our DNA.

We were created to experience so much more than we have.

Our car is just sitting in the garage.

All the great masters have said go within.

Use your internal senses and experience, God.

There is a light to see.

This light is pure love.

Listen to the ringing in your ears.

This will help start your journey.

Behind your breath feel the power of love.

The universe is behind your breath.

This is not some theory.

Millions of people are experiencing this at this moment.

You can solve this puzzle.

Open up your eyes.

6. Dhāraṇā Fixity



Main article: Dharana

Dharana (Sanskrit: धारणा) means concentration, introspective focus, and one-pointedness of mind. The root of the word is dhr̥ (धृ), meaning "to hold, maintain, keep".[

Dharana, as the sixth limb of yoga, is holding one's mind onto a particular inner state, subject, or topic of one's mind.

The mind is fixed on a mantra, one's breath/navel/tip of tongue/any place, an object one wants to observe, or a concept/idea in one's mind.

Fixing the mind means one-pointed focus, without drifting of mind, and without jumping from one topic to another.[44]

One-pointed concentration, fixing one's full attention on one place, object, or idea at a time. It is the sixth limb, or requirement, to attain full Self-realization as outlined in the Yoga Sutras attributed to the sage Patanjali.

Dharana is the ability to bring the mind into focus and to hold the concentration on a single point. In true dharana all body consciousness and restless thoughts cease, enabling one to focus on the object of meditation without distraction.

In the Hindu epic, The Mahabharata, Arjuna demonstrates dharana. Dronacharya, the teacher of archery, is holding a contest.

There is a statue of a vulture placed high in a tree, and its head is the target. As each student approaches to take his turn Dronacharya asks him what he sees.

One replies, "I see you, my teacher, the tree, the sky, and all who have gathered around." This student misses his shot. The next replies in a similar manner, and he, too, misses.

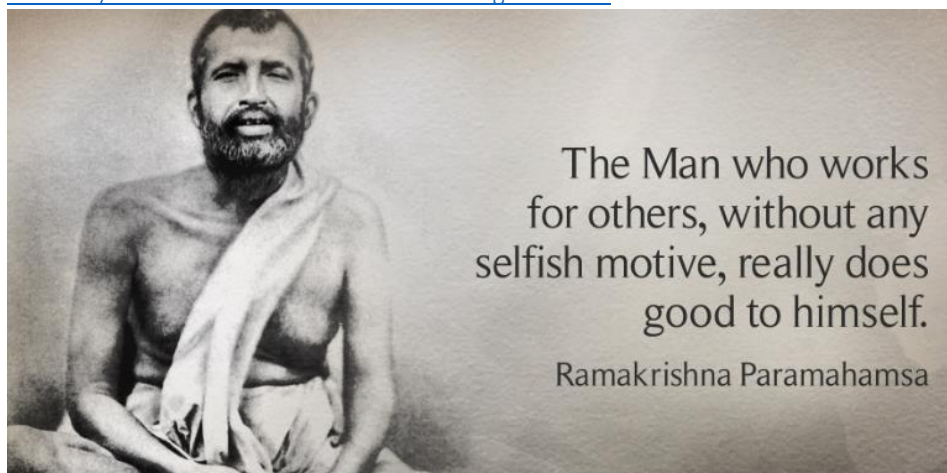
Finally, after everyone else has failed to hit the target, Arjuna approaches. In response to the question he answers, “I see the head of the bird.”

Dronacharya asks, “Don’t you see anything else?”

Arjuna replies, “I see only the head of the bird.”

He then shoots his arrow and hits it right on target.⁸

[The Story of Ramakrishna Paramahansa’s Enlightenment](#)



⁸ <https://www.ananda.org/yogapedia/dharana/>

DHARANA : THE ART OF CONCENTRATION

Breathe

Many moons ago I read in a magazine something which I haven't forgotten.

The magazine was interviewing a scientist.

They were talking about the expansion and contraction of the universe.

The interviewer said so it's just like breathing.

The scientist said "absolutely".

As you can see I never forgot this.

This was around 1972.

I have been fascinated by the power of breath most of my life.

Before I first started to learn how to meditate I knew there was an incredible experience inside.

I knew there was a power behind my breath keeping me alive.

Yet I didn't know how to sync with it.

It was a total mystery.

Most of us just breathe unconsciously.

We never think about it or pay attention to it.

Unfortunately, we don't experience the direct source inside of us.

Whenever I tell people that the most simple technique in meditation is the following.

Just watch your breath go up and down.

Follow your breath.

At this point, you can see their eyes roll up.

Yeah.

Don't feed me that crap.

That's too simple.

Yet it is simple.

The truth is so simple and obvious that we overlook it.

We expect some complicated technique where only a powerful Guru can give it to you.

Yet the truth is simple.

The Buddhists have a doctrine called "Crystal Clear".

This book was introduced to the West only decades ago.

They released this secret doctrine because they knew, unfortunately, westerners wouldn't believe it.

It was all about the breath.

Why is it in the East they have studied the breath for thousands of years?

They have mapped out the various stages of enlightenment through the breath.

Yet in the West, we just roll our eyes.

Doesn't that make you ponder for a moment?

Have you ever stopped for a moment and pondered "what is keeping you alive".

Imagine when you are born and you take your first breath you become alive.

Now imagine when you take your last breath you die.

What exactly left your body?

Your body is dead.

Some incredible life source left your body.

Now imagine that day by day you focus on your breath.

In the beginning, it takes time and effort.

You meditate on the source.

Over time you begin to realize that the source meditates on you.

What's once took hours to connect to, now when you close your eyes the
experience is there.

Words can not describe this experience.

Christ said the "kingdom of heaven lies within.

Only you can take this advice.

Only you can solve this mystery.

The entire universe exists inside of you.

You just don't know it.

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 lead to dissatisfaction?

This is the nature of the external world.

Everything changes.

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

Even your human body will someday disappear before you.

What can we fix upon that is permanent and unchanging?

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

We all breathe in each moment.

Yet we take it for granted.

To be honest most people are oblivious of their breath.

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

You got to be kidding me.

What have you been smoking?

The doors to perception have always been there.

The signpost are 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.
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?

Recalibrate

Recalibrate to determine, check, or rectify the graduation of (any instrument giving quantitative measurements)

I used to work for an observatory in Maui for six years.

For the observatory to run properly, our instruments had to be recalibrated.

If just one instrument didn't get recalibrated it could cause results that weren't right.

Many moons ago I realized that we have the hardware and the software to discover our true nature.

Yet many of these instruments are offline.

You may ask why.

Well, it's doing to the fact we aren't even aware of them.

You can only perceive something if you are conscious and aware.

We play the same tapes over and over again.

Consequently, we can only play the tapes from the past.

Mind you this is not taught in your schools.

Imagine your true nature is like a mirror.

Currently, dust is covering it.

Why?

Because you don't look inward.

It's as easy as that.

Once you look inward you see the mirror needs cleaning.

This is not just once that you do it.

Recalibration is moment by moment.

You are a master chemist.

Each time you focus on the power behind your breath you are recalibrating.

Every thought you have has an effect on you and the world around you.

We are lethargic.

This means we are so lazy and don't have the necessary energy to truly consider this.

Help is on the way.

It will take time.

Yet the sun is rising in the sky.

Mankind will soon wake up.

Millions of people around the world are waking up from their slumber.



7. Dhyāna Meditation



Dhyana (Sanskrit: ध्यान) means "contemplation, reflection" and "profound, abstract meditation".[46]

Dhyana is contemplating, reflecting on whatever Dharana has focused on. If in the sixth limb of yoga one focused on a personal deity,

Dhyana is its contemplation. If the concentration was on one object, Dhyana is non-judgmental, non-presumptuous observation of that object.[47] If the focus was on a concept/idea, Dhyana is contemplating that concept/idea in all its aspects, forms, and consequences.

Dhyana is an uninterrupted train of thought, current of cognition, and the flow of awareness.[45]

Dhyana is integrally related to Dharana, one leads to others. Dharana is a state of mind, Dhyana the process of mind.

Dhyana is distinct from Dharana in that the meditator becomes actively engaged with its focus. Patanjali defines contemplation (Dhyana) as the mind process, where the mind is fixed on something, and then there is "a course of uniform modification of knowledge".[48]

Adi Shankara, in his commentary on Yoga Sutras, distinguishes Dhyana from Dharana, by explaining Dhyana as the yoga state when there is only the "stream of continuous thought about the object, uninterrupted by other thoughts of a different kind for the same object"; Dharana, states Shankara, is focussed on one object, but aware of its many aspects and ideas about the same object.

Shankara gives the example of a yogin in a state of dharana on the morning sun may be aware of its brilliance, color and orbit; the yogin in dhyana state contemplates on sun's orbit alone for example, without being interrupted by its color, brilliance, or other related ideas.[49]

Above is the formal definition of meditation. I once had a great teacher who said meditation is perfect concentration upon a perfect point. How elegantly said.

There are thousands of meditation techniques out there. I always thought there was a super duper technique that if discovered one would be enlightened by using it, to be honest, it doesn't exist.

Your love for meditation will carry you on this journey. Your determination and willpower will carry you on this journey. Your moment-to-moment, day-by-day, year-by-year conscious practice will carry you on this journey.

When you stop meditating for yourself and mediate for the oneness of humanity one becomes a mature meditator.

We are going from the consciousness and awareness of me to we. For thousands of years, the separation of me has been the downfall of man, We no longer live in harmony with nature and God.

Many people are obsessed with their enlightenment that they can't see the forest from the trees. We are all on the same boat sailing home together. Meditation brings the awareness that we are all one.

Mediation is not a chore like brushing your teeth. If you have that attitude your experience of life and meditation will be mundane. You will get bored and maybe eventually give up.

You are the universe. You just don't know it. This sums up the meditative experience. You have the hardware and software inside of you. Don't get limitations and concepts about what society says.

They will say this is a figure of your imagination.

Read my Heart of Gold chapters or listen to the audio. You will see that for thousands of years mankind has spoken about the same thing.

They may use different languages yet the essence is the same.

Every moment love the breath that is keeping you alive. Be conscious and aware of the power behind your breath. That is the main key in life.

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[Dhyana Meditation-Simple Meditation](#)



Greetings. Welcome. Today let's increase our meditation to around 10 minutes. You can do this. Close your eyes and focus on your breath.

Watch your breath go up and down. Up and down. Just let your thoughts come and go. Just follow your breath. Watch your breath. Just relax into this experience.

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

[Dhyana Meditation-Anima](#)



Greeting. Welcome. Today we are going to talk about a mantra called Anima.

Anima is a vibration that exists in this world and the multidimensional world. It is the smallest of the small.

Supposedly a Yogi when mastering this thing can shrink himself to the point of being as small as an

atom.

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

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

Anima, Anima, Anima.

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

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

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

How Do I Meditate?

How do I meditate?

There are so many different versions out there.

Which one do I choose?

Will I pick up the right one?

Let's start with the foundation.

Are you breathing?

Yes.

What is the power behind your breath?

I don't know.

Focus on your breath in every moment.

When you wonder bring your attention back to your breath.

Do this for the rest of your life.

This is one way to go inside.

Remember the kingdom of heaven lies within.

This is the way to open the door inside of your heart.

Where Would I Be Without Meditation?

Where would I be without meditation?

I don't want to know.

Imagine the entire universe is alive.

I would never know that.

Imagine never truly knowing you are never alone.

When I close my eyes the light of God would be there yet I wouldn't see it.

I would see only darkness.

I would take this precious breath for granted.

I would never experience that the word of God is keeping me alive.

Behind each breath, the love of God exists.

I would be focusing on my cell phone or Facebook and be oblivious to God.

I would never know that God is my friend and coach.

He is on the sidelines watching the game.

He will never play for us but his presence permeates the game.

He will never get angry or yell at us.

I would never know if I didn't meditate.

Prayer is when you talk to God.

Meditation is when God talks to you without any words.

I can't imagine how painful that would be to the soul.

In each and every action we are looking for God.

Meditation allows us to experience God within.

Before I started to meditate I felt lost.

I didn't know how to find myself.

I knew the door existed within yet I didn't know how to open the door.

Fortunately, in this present day, you can open up your door within.

Just use your intent and open up the door within.

Concentrate on your breath.

This is the key.

Moment by moment place your mind on your breath.

Whatever action you are doing place your mind on your breath.

When you have free time close your eyes and follow your breath.

This is the key to the kingdom of heaven.

All the major meditation traditions say the same.

Behind your breath lies the entire universe.

You are the sun, moon, and stars.

You just don't know it.

Mediation

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

How elegantly said.

Imagine the mind is like a tuning fork.

Whatever it touches it vibrates at that frequency.

Have you ever felt that material happiness is finite?

Imagine the car you always dreamed of?

A yellow Ferrari.

In the beginning, it brings so much joy.

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

Day and night you are satisfied.

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

Day by day your yellow Ferrari becomes a hassle.

How many times to the shop?

I need an oil change.

My brakes need changing.

The transmission just went out.

Everything material wears out.

Material happiness will soon lead to pain.

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

Do we have to live a life of a hermit?

How can one live in this world and live in absolute joy?
Mediation brings an individual to the center of the hurricane.
The winds of change are blowing yet perfect calm resides inside.
This is your true state.
Absolute joy, total bliss.
Your mind is vibrating with the word of life.

Carry Your Meditation Into Your Daily Life

Carry your meditation into your daily life.

Day by day.

Year by year.

Every time you meditate allows the experience to flow into your daily activities.

Meditation isn't only when you sit down.

Meditation over time brings you to a point where it is constant.

In the beginning, you try to meditate on the source within.

Over time the source begins to meditate on you.

No words can describe how beautiful this is.

You are not alone.

Something is keeping you alive.

We are been magnetizing in love.

That is our true nature.

The Word

In the beginning, was the word.

Before time and space.

Before creation

Before the void.

Primordial energy, a Primordial word

This word is, was, and will always be.

This word was God and this word is God.

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

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

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

This word exists inside of you.

What is keeping you alive?

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

Religions

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

Is there a thread, which ties them together?

They all believe in some universal force.

Beyond time and space.

Is was and will always be.

Some people call it God.

Generator, Operator, and Destroyer.

The Hindus might say Brahma, Vishnu, and Shiva.

For the Buddhist it's Nirvana.

For the modern scientist, it's energy.

Energy cannot be created nor destroyed.

Positive, negative, and neutral energy.

Is there a common theme?

All religions talk about light.

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

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

Is that metaphoric speaking?

What happens when we split open an atom?

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

Every religion known to man talks about light.
Every religion talks about the word of God.
In the beginning, was the word.
The word was with God and the Word was God.
The Latin translation of the word was Logos.
Logos means power.
In the beginning, was an infinite power.
This power was with God and this power was God.
Hum, maybe they were talking about the same thing.
Are science and religion both talking about the same thing?
This word according to religions cannot be spoken.
According to the Tao beliefs.
The Tao that can be told is not the eternal Tao.
The name that can be named is not the eternal name.
The nameless is the beginning of heaven and earth.
Is there a primordial word or energy that is, was, or always be?
Could this word exist everywhere?
Beyond time, beyond space.
Universe
Uni One Verso Word.
One word.

Could there be a universal frequency that exists everywhere?
Before creation, before the void, before anything we can dream of.

Is there a way to connect ourselves to that experience?

What would happen?

The Hindus have a saying Sat Chit Anand.

Truth is the consciousness of Bliss

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

Truth is, was, and will always be.

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

Christ said the Kingdom of heaven lies within.

Buddha talks about the inner kingdom.

The Jews talk about the inner kingdom.

The Hindus talk about an inner kingdom.

The Taos talk about an inner kingdom.

How does one connect to this kingdom?

Is the human body wired for this experience?

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

Human beings.

Hu Divine man being.

Maybe all religions were talking about the same experience.

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

We are not just matter.

Energy vibrates at a frequency.

It creates sound.

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

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

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

The Buddhist call this Nirvana or being enlightened.

The Hindus call this Samadhi or liberation.

The Christians call this salvation.

All religions talk about this as music.

Music of the spheres.

Inner music.

Does this music exist inside?

So far we have infinite energy that exists everywhere.

The energy is both light and sound.

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

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

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

All religions talk about this in their abstract ways.

Christ talked about manna and the honey of life.

The Hindus talked about nectar.

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

All wisdom and knowledge exist inside of this nectar.

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

These experiences are built into the human body.

We just need to flip the switch.

God is one.

Everything goes back to its source.

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

8. Samādhi समाधि



Samadhi (Sanskrit: समाधि) means "putting together, joining, combining with, union, harmonious whole, trance".

Samadhi is oneness with the subject of meditation. There is no distinction, during the eighth limb of yoga, between the actor

of meditation, the act of meditation, and the subject of meditation.

Samadhi is that spiritual state when one's mind is so absorbed in whatever it is contemplating, that the mind loses the sense of its own identity. The thinker, the thought process, and the thought fuse with the subject of thought. There is only oneness, Samadhi.

There are many benchmarks that Yogi has come up with on this journey of life. Don't get caught up in them.

Remember this is not a competition. This is not a race. Be like the Tao. The Tao is meek, simple, and humble yet is the power behind all life. You may meditate for a trillion years yet you have just taken your first step.

Each step is brand new. You will never know how far you have gone. Common benchmarks are probably are you kind in every moment? Does your mind still get bitten by mosquitos of unharmonious thoughts?

Are you living in me or we consciousness? Are you conscious and aware of each moment of the power that is keeping you alive? Can you smile at any obstacle? Does politics affect your state of mind?

Are you still trying to fit into society? Can you walk into the shoes of others and have compassion? Do you still want to prove your point? Can you truly listen without thinking about what am I going to say next?

These are practical benchmarks. You may have an incredible experience yet how you treat others and life itself is the true benchmark of life.

Personally, one who brags about his experience goes down a couple of rungs on the ladder of life. That is not to say you can't ever talk about your experience. If it will help inspire someone that's a good thing. For example Brahmanand's poem of the palace in the sky.

I heard that in India forty-eight years ago and the bell of wisdom is still ringing in my ears. Words can't describe how it affected me back then and today.

Links on Samadhi

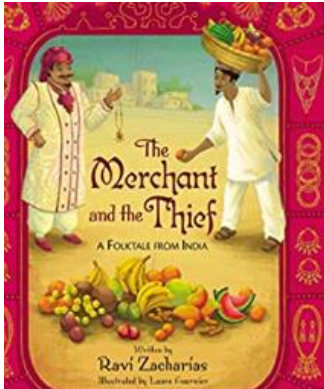
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Stories

The Jeweler And The Thief



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

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

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

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

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

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

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

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

The very first game they taught was hide and seek. This was a very practical game. They had a series of talks about the universe. They were taught that the universe existed inside of them. Well, to be frank, that was completely over their heads. They couldn't even understand one word.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Stop The Noise In Your Head



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Planting The Seeds



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The Frog in The Well



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Signposts Are All-Around



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Fellow Wizards Advice



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Wizards Handbook



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The Fight of Two Wolves Within You



An old Cherokee is teaching his grandson about life:

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

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

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

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

“Which wolf will win?”

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

Follow The Recipe



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

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

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

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

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

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

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

3 Blind Men And The Elephant

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

Each man touched a different part of the elephant.

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

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

I'm right and you're wrong.

I know all the answers.

You are a fool to believe in that.

What a child you are.

Yet they all had their individual experience.

It was a piece of the puzzle.

Not the puzzle itself but a piece.

Are we like the blind man touching the elephant?

My religion is better than your religion.

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

I'm going to declare war on you.

I'm going to convert you.

Religion has a piece of the puzzle.

It is not the puzzle itself.

Each religion is different and unique.

The essence is the same.

Which part of the elephant did you touch?

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

Your enemy is talking about the same thing you are.

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

In the end, the essence is the same.

The Mirror



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

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

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

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

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

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

nature.

The Ugly Duckling



This is a beautiful fable by Hans Christian Andersen.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The Sun And The Wind



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

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

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

"Kindness effects more than severity."

The Sun And Darkness



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

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

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

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

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

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



Initiation



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

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

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

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

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

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



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

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

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

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



Tommy Emmanuel - Initiation

455K views • 15 years ago



D. Kelly

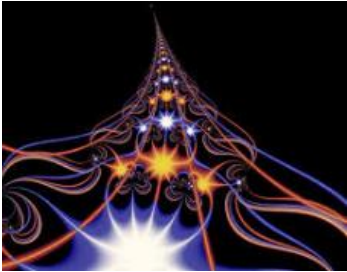
Another from the Sierra Nevada Centre Stage show in early-mid 2002. Great version this one! Still amazes me what Tommy can



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

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

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



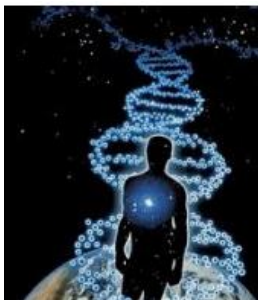
The first technique the initiator revealed was the light technique. I always knew that human beings could see the light inside. This is an actual experience.

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

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

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

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



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

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

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

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

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

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

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

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

inner music

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

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

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



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

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

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

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

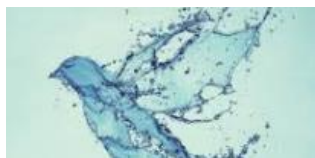
I know a lot of people who took this experience and never really tried it out. Over time I can consciously put myself in direct communication with this Word.

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

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

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

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



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

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

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

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

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

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

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

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

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



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

11M views • 9 years ago



V.A. HOSS

Don't forget to rate and subscribe...

Mediation Ganges



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

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

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



Castle in the air - Don McLean Original

4M views • 13 years ago

keyoshei morinaka

This song is my favorite since childhood... http://www.4shared.com/audio/FuRtNjDs/02_-_Castles_In_The_Air_-_Don_.html

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

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

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



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

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

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

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

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



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

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

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

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

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

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

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



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

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

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

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



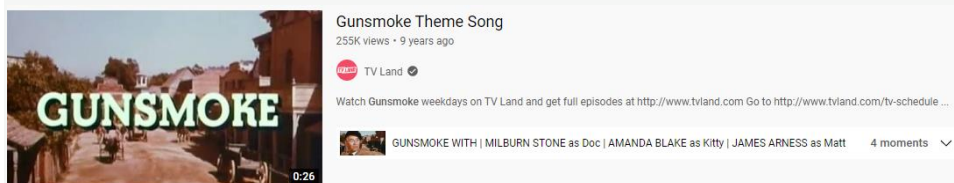
Before leaving Bihar my friend Peter left to go back to America. I loaned him the money which I got back in South Africa. The westerners left in January.



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

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

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



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

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

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

Kundalini Snake Experience



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

The energy was incredible. It was so real. I became a little afraid due to the power and the cobra. I knew I would not be harmed at all. I controlled my fear and let the experience grow.

The cobra went all the way to my third eye which is the pituitary gland. At each step of the way, I would have a different experience. I have always heard about the Kundalini experience but this was the first time I had the experience to see it.



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

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

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



Jai Uttal - Gopala

354K views • 11 years ago



Shakti Amrita

10:39



Wisdom

[Is This From A Mystic Or A Scientist?](#)

Is this from a mystic or a scientist?

Kabir a mystic from the 15 century said the following.

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

Now that is profound.

A modern-day Einstein might have said that today.

The entire universe exists inside of us.

We are a part of the universe.

Is this a paradox?

We are beyond time and space.

There are billions of universes.

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

It is spiritual.

No instrument known to man can detect this yet.

Yet the mystics have said all along.

You are hard-wired for this experience.

Ponder this message.

The divine words from Kabir are alive.

In The Beginning, Was The Word

In the beginning, was the Word.
The word was with God and the Word was God.
And the word was made flesh.
Now let's look at this with a rational mind.
In the beginning, was the Word.
Before time and space was the Word.
That means way before humans existed on earth.
Even before the earth was created there was the word of God.
The word was with God and the Word was God.
Is there a primordial frequency or quantum energy that is God?
Is God multidimensional energy?
This energy is beyond time and space.
This energy created the universe.
And the word was made flesh.
This energy creates us.
This energy lies inside of us.
97% of your DNA is not junked DNA.
It's quantum energy.
It's God.
You are made in his image.
The wise man says it's up to you to solve this riddle.

Can You Experience God While You Are Alive?

Can you experience God while you are alive?

When I was young I asked this question to my minister.

He said no only when you die can you experience God.

I didn't believe him.

Somehow I knew the human body was built for this experience.

It was hard-wired.

I knew that the light of God existed within.

I read many of the world's greatest scripture and they all said a great light exists within.

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

This is not a metaphor or a theory.

This is truth spoken by all the great masters.

Only you can open this door with your intent.

You have a free choice.

You can solve this riddle.

Your life won't be the same.

Silence

For the majority of mankind, silence can be deafening.

All they can hear is the chattering of the mind.

Silence can make some people go crazy.

Yet silence is divine.

How can it be so?

For one person it's medicine to the soul.

To others, it drives them crazy.

What is the difference?

When a person begins to learn about silence he is training himself.

Maybe he has heard about signposts along the way.

He sees the rambling of the mind and makes friends with it.

Are you friends with your mind?

That is highly recommended on this journey of life.

Make friends with your mind.

Be kind.

There is a point where you will love silence.

The entire universe is alive.

The Cosmic Merry Go Round

Is life like a cosmic merry-go-round?

Everything is spinning.

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

Look at the spinning galaxies.

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

Everything is in synch and motion.

Nothing ever stops.

It's constantly in motion.

Yet at times we are oblivious to this.

We are driving in our cars with our cell phones.

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

What a ride that must be!

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

How about a calendar that lasts 24,000 years?

Where did they get that kind of knowledge?

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

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

Both the scientist and the mystic have their own laboratories.

The mystic has one within and the scientist is external.

Both of them are doing research.

Both of them are gaining wisdom.

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

The mystic will simply smile.

There is nothing to prove.

The truth needs no convincing.

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

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

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

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

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

A human being can connect to the field.

Mystics have known that for thousands of years.

Ponder this over.

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

The Wheel Of Life

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

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

You think that reality exists only externally.

You are the universe.

You just don't know it.

You have been looking in the wrong place.

The journey exists inside of you.

This is the greatest game of hiding and seek.

God hides inside of you.

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

You have free will.

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

All the great masters have said the same thing.

They may use different words.

Christ said the "kingdom of heaven lies within".

This is not a metaphor.

Ponder this over.

You can solve this mystery.

The wheel of life is turning.

Discover your true nature.

How Did The Master Become The Master?

How did the master become the master?

Do you think the master was born that way?

The master became a master through a lot of work.

Nobody gets a free ride.

A master makes mistakes along the way.

He makes thousands of mistakes along the way.

Yet over time, he learns from his mistakes.

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

Over time there are no buttons to push.

He will just smile and listen to you.

He has nothing to prove.

A master loves to meditate.

Not only sitting in meditation.

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

Walking around is fun.

There is no boredom.

There is a love of this great journey of life.

This journey is eternal.

The master knows this and so can you.

You Are Made Of The Same Stuff As the Universe

You are made of the same stuff as the universe.

Wow.

Isn't that exciting?

You are stardust.

You came from the universe.

In fact, you are the universe.

Isn't that exciting?

The great masters of old talked about your great essence.

We thought they were fairy tales.

We thought they were just stories.

Today we sent satellites out to the unknown in space.

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

The modern-day mystic goes within.

The modern-day scientist explores the universe.

Both are leading mankind in the search of the unknown.

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

Just stop and think for a moment.

What a glorious world we live in.

The signpost of God is all around us.

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

What do we see?

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

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

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

Kingdom Of Heaven

Many people think that the Kingdom of heaven is a place.

There is a pearly gate and God has guards at the entrance,

You must pass the test to get in.

Yet what if Heaven is a state of mind?

What if heaven has always been there but there has been dust covering the inner mirror?

Maybe man's problems have always been looking outside of ourselves.

Maybe just maybe we have forgotten our true nature.

The hells that man creates are real.

Look at the wars all around the world.

Innocent people get killed and maimed.

Millions of people are fleeing from their homelands.

That must be hell.

We as a world must help them.

Forget our immigration policies.

Do you think Christ will accept that?

The US seems to have we don't care about policy.

Immigration was a thing of the past.

Immigration must be stopped.

Recently I saw where ICE sent a man who has been here for thirty years back to his home country.

He leaves behind his wife and kids.

The US is creating a living hell for thousands of people.

What happened to the love and compassion of America?

Have we lost our ways?

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

We get him the keys to our nuclear codes.

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

We are so much off the mark.

Anger is the norm.

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

America has a serious disease.

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

Everything is in a chaotic state.

Just like cancer.

It seems to describe our political system today.

Everything is in chaos.

Nobody knows what's going on.

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

Just ask Rex Tillerson and the rest.

Chaos is a manifestation of our minds.

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

It is as simple as that.

Remember you can choose between heaven and hell.

The choice is yours.

The Field Ripples Everywhere

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

It ripples faster than you can read these words.

It is felt instantaneous all across the universe.

How about that?

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

Yet the field transfers information instantly.

Do you see how your actions affect the universe?

Did you ever ponder that over?

Your anger ripples across the universe.

Is it worth it?

Now is the time to change.

Be kind.

Your kindness will ripple everywhere.

Your light will shine everywhere.

You can be a true beacon.

You have no idea how grand you are.

The universe is rooting you on.

You have a grand part in this play.

You are the main actor.

Ponder these words.

We see only 1% of the light spectrum

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

Yet we have the hardware and software to discover God.

One of the greatest Mystics once said the following.

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

The world of science and mystics are merging.

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

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

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

Mankind thinks what he sees is reality.

Yet we are almost missing the entire picture.

The great mystics call this Maya.

Maya is a great illusion.

Ponder this over.

We can't even imagine what we are missing.

Putting Into Practice



So far this has been a theory for you. To go the next step it helps to have a firm foundation of the process. When one understands the theory it's easier to do the practical work. My advice is to listen to the YouTube videos of Joe Dispenza. He is on the cutting edge of melting the mystical with the scientific world. I'm on the same wavelength as he is.

Both of us are aware that the world is going through a huge transformation. I have spent the last 48 years meditating and fine-tuning the process along the way.

In the eighties, I was interested in the marriage of scientific instruments and the mystical side of things. I went to the Monroe Institute for a week and was deeply involved with Hemi-Sync for some time.

In San Diego, my friend Jeffrey Thompson started a brain wave institute. My wife Barbara and I checked out the various instruments.

Meditation has always been the main focus of my life. I'm always looking at ways to fine-tune it and make it practical in my moment to moment existence.

Meditation is not just when you close your eyes. Meditation is directly connecting to the quantum field 24 hours a day. I'm not there but I see that it is a possibility and a probability in the future for mankind.

It's like when Roger Bannister broke the four-minute mile in the early fifties. A few weeks later more runners broke this barrier. Today we have high school runners breaking the four-minute mile.

Once something has been achieved the ceiling has been broken and the floodgates of possibilities are open.

Personally, as mankind evolves to be in harmony with the quantum field the more incredible breakthroughs will occur. We are babies taking our first steps into the quantum field.

Can you imagine a thousand years from now where mankind will be? How about a million years or ten million years. Read my book "From me to we" to learn more about our possibilities.

We are at a point where humanity is going from darkness to light. For thousands of years, darkness has ruled the land. Well, a brand new dawning is occurring. What a wild ride we had last night. At times we had sweet dreams. At times we had nightmares. War was all around. Many people said that was man's nature. Well, the sun is arising. A brand new day is upon us.

You are a piece of this incredible piece of the puzzle called life.

How To Do Alternate Nostril Breathing (Nadi Shodhana)



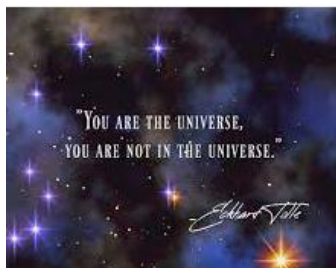
- Sit in a comfortable position with the spine long and the hips relaxed. Release any tension from your jaw. Close your eyes.
- Place your left hand on your left knee with the palm face upward, or in the Chin Mudra by pressing the index finger and thumb together.
- Place the tip of the index finger and middle finger of the right hand in between the eyebrows with the ring finger and little finger on the left nostril, and the thumb on the right nostril. Use the ring finger and little finger to open and close the left nostril and use the thumb for the right nostril.
- On an exhalation, close the right nostril with your thumb and breathe out through the left nostril.
- Breathe in through the left nostril and then close with the ring finger.
- Release the thumb on the right nostril and breathe out through the right nostril.
- Inhale through the right nostril, close with the thumb, release the ring finger from the left side and exhale through the left nostril.
- These two full breaths are called one round of Alternate Nostril Breath.
- Perform 5 to 9 rounds of this alternating breath between the nostrils.
- Remember to always inhale through the same nostril you just exhaled through.

⁹

There are many variations of this technique. Some hold their breath between breaths. Mind you should never use force. Breathe naturally. Over time the breath will be sweet and calm.

⁹ <https://www.artofliving.org/us-en/yoga/breathing-techniques/alternate-nostril-breathing-nadi-shodhan>

Concentrate On Positive Emotions



Let's start simple. You are the universe. You just don't know it. Close your eyes. Focus on your breath. Watch your breath go up and down. All mystical traditions talk about the power behind your breath. The same power behind your breath is keeping the universe alive.

With your mind concentrate on peace. When you feel peace you are connected to the quantum field. When your mind wanders focus it back on your breath. Over time the more you do this the deeper peace you will experience. The first step is to place your toes into the infinite ocean of life.

The more you focus on peace, peace will start to focus on you. Day by day you will slowly immerse yourself into this incredible ocean.

The goal is to take that peace when your eyes are closed and keep it there in your daily activities. Ultimately you want to live in the center of the hurricane. The winds of the mind can be howling but you can live in the center where there is no turbulence.

Love, compassion, kindness, peace, and, infinite other positive emotions exist inside of you. Peace of mind does not come from external events. Peace comes from within. This is your true nature.

In the beginning, this may take some time. For those who live stressed-out lives, it will take time to learn how to unwind from stress. Take your time. Don't be hard on yourself. This is not a race.

Simply take a few moments a day and build on it. Just follow your breath. Over time you will experience such peace that you have never experienced before.

So let's try this.

Focus on your breath. Watch it go up and down. That's all there is to this. The next step is optional. At the same time, you focus on your breath and imagine feeling peace inside of you.

When you feel even an ounce of peace you have connected to the quantum field. Day by day keep this up.

So focus on your breath (start mediation)

This is just the beginning. You have taken the first step on your incredible journey. Even if you have been mediating for thousands of years each step you take takes you closer. Yet the journey will never end. It is timeless.

Sitting Down Meditation



I've been meditating for forty-eight years. You could say I have a knack for it. I love it. It's my hobby. I have studied all sorts of techniques.

In the beginning, I thought there must be a super duper technique. This technique would take you 10 steps where you presently are.

Well after forty-eight years I can say your motivation is the key. Many people think they have to meditate and yet they hate it. Where do you think that will take you? Many people have high expectations.

They think they are going to have a super duper experience. When they don't over some time they give up.

Meditation is like surfing. It takes practice. When I first learned how to surf when I was 13 years old I was a total beginner. In surfing terms, I was a kook (a beginner).

My dad gave my twin brother John and me a surf lesson from a famous surfer Mickey Munoz. I still remember being pushed into a wave that was probably less than one foot. I felt that the wave was 10 feet. I was hooked from then on.

Meditating is taking small baby steps day by day. You never know how far you have gone. In the eyes of eternity, you have just taken one precious step. Yet your awareness grows.

The following is a beautiful quote from a dear friend of mine. It was posted on Facebook a few days ago. I've known him for around 46 years. This describes that at times we have no idea how far we have gone on this path.

A couple of years ago, I was at a New Age trade show, promoting my books. I was walking the show and came to a booth where a guy offered me a free psychic reading.

We sat down together and he told me he was going to close his eyes for a minute and "tune into" me. He closed his eyes, so I closed mine and took advantage of the moment to turn inside.

All of a sudden, he exclaimed, "What are you doing?" I said, "Huh?" He said, "You just disappeared into this huge peace zone! How did you do that?" I told him it

was just something I'm in the habit of doing, and we had a brief conversation about it.

He told me he had never seen anything like it, this disappearing trick, executed so quickly. I was mildly amused. But ever since then, I've had a renewed respect for the incomparable gift bestowed on me well over 40 years ago, that allows me to disappear from the confusion of the world around me, so quickly and easily, every time I have the clarity to use it.

And what has become so second nature to me that it seems like a small thing, a thing I don't even feel I have mastered, it's truly a miracle beyond reckoning. I lack the means to express how grateful I am for this one small thing that changes everything.

This sums up how meditation changes one's life yet at times we don't see it and take it for granted.

Phase 1



Phase 1 is the foundation of your practice. Everything stems from this awareness. Focus on your breath. Watch it go up and down. That's all there is to this. Many people think it's too simple. It is.

We have been breathing all our lives yet most of the time we aren't aware of the breath. There is a power that is keeping you alive.

Behind your breath lies the quantum field. This field is infinite love, kindness, and compassion. It is beyond words. It's beyond time and space. It is keeping you alive. Personally, this should be our main focus while we are alive.

This is one way to directly connect to the quantum field moment by moment in our daily lives. The more attention you pay to it the more attention it pays to you. Like I said in the beginning you meditate on God. At some point, God starts to meditate on you.

Don't get discouraged. It takes time and practice. Have fun with it. The universe is fun. When the mind wonders simply bring it back to following your breath. In the beginning, you may feel or sense a sparkle of peace.

You may see sparks of light inside of you. You may hear some ringing in your ears. These are sign posts that you are tapping into the quantum field.

These sign posts are everywhere. The more you practice the sign post change and morph along your journey. At some point, your breath turns into a force field of love.

Once you can close their eyes and immediately enter into the quantum field. Divine light surrounds you and you are in a force field of the quantum. This is an infinite journey. You can never stop and say I have mastered it all.

The goal is to fuse this light and energy into your human body. You are learning to rewire your circuits. Presently your nervous system can't handle the voltage from the quantum field. Most people's lives are so stressed out.

They are living and breathing in a high beta state of existence. Many people's adrenaline is constantly turned on.

This practice will slowly tap you into the quantum field. You just have to pay attention to your breath. Over time your mind and body become your true friend. One slowly becomes in harmony with the quantum field.

Close your eyes. So breathe in. Watch your breath. When your mind wonders simply focus your attention on your breath.

Phase 2



Modern-day scientists know about the mind-body connection. They realize that both are interconnected. A thought that you have is expressed into a chemical reaction that creates either positive or negative emotions.

Our human body stores all experiences in our subconscious. Remember that 95% of the subconscious versus 5 % of the conscious runs the show. Most of the time we are reactive beings. Our lives are driven by past events. Our mind is so infused with the past that our bodies respond automatically. It's like we are on auto-control which in reality we are.

So much of humanity is driven by stress which damages our overall health for the mind body and soul connection.

I have a great friend who believes he will die around 83 years old. He is planning to retire at 60 years old. He is a great guy. I try to tell him that we can live a great life well into our hundreds.

You see our thoughts drive us to our destiny. Many of us are driven by some traumatic event that occurred in the past. We can't go beyond that. We can't let it go. That event has scared us. That event is existing somewhere inside of our human body.

The next meditation will help harmonize the mind, body, and soul connection. I have been doing this in many different forms since the eighties. It's very simple and powerful to do.

Both the chakras and the endocrine system are tied together. One is physical and the other one is a subtle energy. Both of them are in synch with one another.

When you have a disease that will be manifested both in your endocrine system and your chakras.

This mediation starts from the root chakra and works up to your crown.

Breathe in. Concentrate on your breath. Watch it go up and down. When you feel stillness go on to the next step. Don't rush this. Take your time. If you are agitated or angry just watch your breath. With practice, you will break through.

When you have broken through concentrate on your root chakra. Continue watching your breath. The more your attention is focused on your root chakra you will slowly experience a great expansion of your consciousness.

Each chakra contains a universe inside of a universe. Over time all negative emotions will be dispelled from darkness into the light.

Create loving thoughts. If your mind wonders which it will bring it back to your breath? If you have a hard time doing this say I am full of gratitude. Feel that emotion of gratitude. When you do you are tapping into the quantum field.

The goal is to allow the quantum field to be expressed into each chakra. The quantum field is the light that dispels darkness. You don't need to fight or struggle.

By embracing love, kindness, compassion, and patience in each chakra are how we can totally transform. In essence, you're learning to be in harmony with the quantum field. When you are in harmony with the quantum field your mind, body, and soul connection will be in harmony.

Enjoy this process. Science and mystics are melding together. This technique has been around for thousands of years. Only since the eighties have scientists mapped out the mind-body connection and how scientifically how they work together.

This is just the start of your journey. Yes, it takes time. I feel that humanity will progress much faster than in the past. Millions of people are waking up which will make the evolution much faster. I call it the evolution revolution.

This phase and phase 1 can take you to places you never dreamed of. At the same time, your adventures on earth will be incredible. You can smile at diversity. You can see through other people's eyes.

You will be humble. You will be kind. You will become aware of the quantum field where ever you go. You will have a passion for life.

All it takes for you to simply try. The greatest jewel lies inside of you. You have been taught to only look outside of yourself to discover the jewel.

Phase 3



One early morning around 1986 I was meditating. I felt such joy and happiness. All of a sudden I felt this incredible power.

I saw this incredible cobra at my root chakra. This cobra was slowly rising up my spine. The energy was incredible. It was so real. I became a little afraid due to the power and the cobra.

I knew I would not be harmed at all. I controlled my fear and let the experience grow. The cobra went all the way to my third eye which is the pineal gland.

At each step of the way, I would have a different experience. I have always heard about the Kundalini experience but this was the first time I had the experience to see it.

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

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

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

Let's fast forward to the early 2000s. I'm living in Ashland Oregon. My wife and I love to go to the ashram in the sky. That's what I call it.

Imagine in the winter in a snowstorm a large group of people is meditating. It is a guided Kundalini mediation. A huge taiko drum is vibrating throughout the ashram.

What is this thing called kundalini? What does kundalini have to do with the quantum field? Read the chapter on chakras to find out.



Let's fast forward to 2019. Lately, I'm researching the works of Joe Dispenza. He is using the ancient kundalini techniques but he is also using the latest scientific instruments to measure what is going on when one practices these techniques.

Scientists know that the body and mind are united. You can't separate the two. All our emotions are stored in our bodies. That means the good bad and ugly. For most of our lives, we are living in a survival mode of existence. We are reactive beings. Our subconscious is running the show.

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. Yet how many are new thoughts?

We have been playing the same record for years. We have the same exact routine.

We go to bed. Our alarm clock goes off. We use the same hand to shut it off and go back to bed for five minutes. The alarm goes off again. We shut off the alarm.

We stumble out of bed and go to the bathroom. We brush our teeth. We are trying to wake up. Off to the kitchen, we go to brew some coffee. It's time to head off to work just in time for rush hour traffic.

We make a few phone calls along the way. Some of us text when the cars are stopped. We make it to the office and do the same dull routines. I could go on and on.

Imagine that our negative emotions are stuck in the first three centers of the lower chakras. There is a law that whatever strong emotion you have stored emotion will be predominant in your life.

Say for example someone really makes you angry. You can't drop it and you hold on for twenty years. You can't forgive this person. Well unfortunately you have drunk your own poison.

This gets stored in your subconscious mind. Whenever you think about this you will secrete chemicals into your body and these chemicals will bring you angry emotions.

Your stress level will go out. You will be in a fight or flight syndrome. Unfortunately for the majority of human beings, this is our present state.

This breathing technique allows the negative emotions to be released and travel up the spine to the crown chakra. There a physical/spiritual alchemy takes place. It transforms that anger into pure love. That is the goal.

Joe Dispenza and his crew have wired up thousands of participants and have mapped out the regions of the brain which get affected.

Many of his students go into high gamma waves which are off the normal charts. The reason why is that most people live in a high beta

state of mind and have no idea how to change. We are stuck in our ways. Most people are comfortable staying in misery and don't want to change.

Fortunately, millions of people are waking up from their slumber. A new dawning is occurring for mankind.

We are our own pharmacy. Every day our bodies create hundreds of thousands of chemicals. These chemicals create strong emotions. Say for example you are angry. Your emotional state will be angry.

Therefore you will have angry thoughts. These thoughts will then create angry emotions. We are caught in a cycle. The goal is to be free. The goal is to be in tune with the quantum field. Ponder this over.

Phase 3 Meditation



Slowly breathe in. tighten your muscles as if you are having a bowel movement. At the same time tighten the muscles around your navel (lower abdomen). Bring them up and in.

Tighten your muscles around your solar plexus (upper abdomen). Bring them up and in.

As you are breathing in follow your breath up the spinal column past the heart, throat, and pineal chakras to the top of your head.

Hold your breath comfortably until you need to take a breath. Be gentle with yourself. Keep on tightening your muscles.

When you have too slowly exhale your breath. A wave of bliss is about to be released. Do this for five to ten minutes. Slowly build up your time doing this.

In essence, this technique is converting locked negative emotions up your spine where it is transformed into the quantum field. This is pure alchemy. You are transforming darkness into light.

On the material side, your body is sending spinal fluid up your spinal column to your pituitary gland. The pituitary gland then secretes thousands of chemicals that turn this negative energy into love, kindness, and compassion.

In this state, tremendous healing can occur and does occur. Look at the work Dr. Joe Dispenza has done and you will see there are thousands of people being healed in all sorts of manners. This technique is thousands of years old.

Mind you this technique will seem awkward at first. Just take your time. After some point, it will become second nature to you.

Walking Meditation



I've been practicing walking meditation for forty-eight years. As you probably know by now that meditation doesn't start nor end with closing your eyes.

Yes by closing your eyes one dives deep within yet one takes that experience into his daily life. Walking meditation consists of being aware during your daily life.

For example, walking from your car to work one meditates on his breath. Your awareness is on the quantum field.

When you have a conversation with somebody. While the person is talking you can listen and at the same time focus on the quantum field.

Your awareness will be on the now and you will truly listen. Most people are thinking about what to say next while listening. They truly don't listen from the now.

The goal of meditation is to be in the quantum field 24 hours a day. Yes, it takes practice. Anything in life that is worthwhile takes practice. For me, this is a hobby.

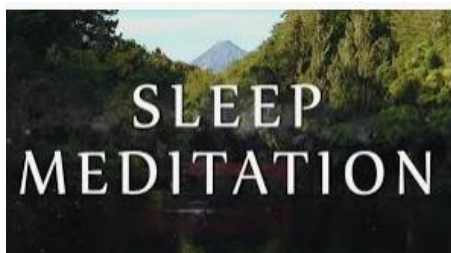
It's not a drag. I don't sit down and close my eyes saying when this meditation session is going to be over. A proper attitude is everything. Be like an open child.

Remember the more attention you pay to something the more attention comes back to you. You can live in this world and at the same time have your attention on the quantum world.

This is the goal. If mankind truly did this moment by moment this world would truly transform.

We as a society would truly transform. I say that war is obsolete. In this state of unity, man would no longer create wars. I could write tons of books describing huge transformations in all aspects of life. We are just slowly waking up from our slumber. These are exciting times. Remember you are a piece of the puzzle. What would the puzzle be without you? Pay attention to your breath. Behind your breath lies the quantum field.

Sleeping Meditation



Many people think that sleep is a drag. They wish that they didn't have to go to sleep. Yet sleep is an incredible doorway to the quantum field. Sleep is a doorway to finding our true nature. It's amazing every night when we truly fall asleep we go back to the quantum field yet we aren't aware of it. When we

wake up in the morning our bodies are recharged.

How would you like when you are sleeping to have your awareness in the quantum field and be conscious at the same time?

As I have said many times the more attention you focus on the power behind your breath at some point the power of your breath focus back on you. In the beginning, you meditate on God. At some point, God starts to meditate on you.

Sleeping meditation allows you in the comfort of your bed to be aware of the quantum field. There is an infinite source of kindness that exists inside of you.

Each one of us is custom designed by the quantum field. When you go to sleep focus on your breath. Over time a door opens within and the power of love will fill you up.

You start to enter into the quantum field. This is your true nature. Just dwell in this love. There is never a point in time where you can't go deeper. This journey is infinite.

Many times when I wake up early in the morning I concentrate on each of my chakras. I do the chakra meditation. Imagine being in a state of heaven and moving through each chakra.

The whole mind, body, and soul connection is being healed. The brain is being washed by waves of love. One resides in a field of divine light and a force of infinite love.

Wow, words truly can't describe that experience. This experience exists inside of you. The key lies inside of you. Only by your will can you open the door. As I said

many times before signpost of God is all around you both inside and outside of you.

When one truly loves to engage in sleeping meditation one truly begins to enjoy life to its fullest. One wakes up in the morning and rejoices on being alive. One is truly grateful.

He loves to meditate upon waking up and truly loves to be aware of the quantum field. One put's his dreams into reality. We slowly learn how to not react to the world around us.

Most of humanity is living in the winds of the hurricane. A wise person lives in the center of the hurricane. Yes, he will stumble and fall. When he does one sees that at this point one is in the hurricane winds of the mind.

This person will then focus on his breath and in due time be in the center of the hurricane.

So when you go to bed at night here are some helpful suggestions. Bless the day that was given to you. It may be in a form of a prayer or simple grateful thoughts in your mind.

Look over your interaction with the people with that you were connected to. Learn from your mistakes. Look at the same tapes that were being played over and over in your life. Be conscious of them.

Only when you are aware of your actions can you truly change for the better. You can learn to rewire the actions that cause you to get angry into a state of love, compassion, and kindness. When you realize that by getting angry you are drinking your own poison literally.

Learn to truly appreciate and have gratitude towards sleep. Many times when I'm about ready to come down with a cold my body tells me to go to bed an hour earlier. Consequently, in the morning my body has healed itself. Sleep is your best friend. He helps maintain and recalibrate your mind, body, and soul connection.

Your dreams are talking to you. They give you helpful insights and advice. They also give you warnings if you are about to walk off the cliff of life. Your dreams help guide you on this journey in life. Unfortunately, most of us see them as a waste of time. We place no value on them

I think we probably get less than one percent on the importance of sleep and its true value. Our daily lives are so driven. Most of the time we are living from tapes from the past.

We don't think outside of the box. What a paradox that signposts are all around us yet we don't have the eyes to see them.

Many people try to go asleep yet they can't. Their mind and body are so stressed out that they can't sleep. Millions of people all around the world have this problem. Millions take drugs so they can go asleep. Yet they will go asleep taking these drugs yet they have a huge side effect.

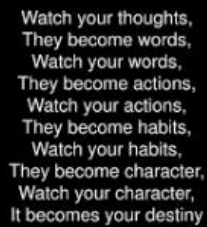
All it takes is small baby steps to learn how to connect to the quantum field. Ponder this over. You are a piece of the puzzle.

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Monitoring Your Thoughts And Emotions



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,
It becomes your destiny

As you know by now we live 95% from the subconscious and 5 percent from the conscious mind. Most human beings never stop to see the correlation between the mind and body. Many scientists say they are the same. They are not distinct and different. Imagine someone pisses you off. That thought creates a chemical in your brain. Cortisone gets released.

Stress chemicals get released. Over 1900 chemicals get released. You are now in an emotional state of anger. This anger gets stored in your body. Many scientists say that cancer is created by angry cells.

Most of the time we have automatic tapes from the past in any given situation. Because we are reactive beings we are like leaves blowing in the wind. We never stop and think before we act. Many people Twitter without thinking.

So the goal is to rewire our circuits. When someone makes us angry stop in your tracks. Focus on your breath. Imagine an infinite field of peace surrounding you. By the way, it does it 24 hours a day. This is your true nature.

Smile and don't say a thing. When you have your composure back speak with kindness.

Mind you this is extremely difficult to do. Here's some advice for you on this journey. Write down all the areas that have caused great trauma in your life.

Many times a great trauma never gets processed properly. It is stored in our subconscious. The greater the trauma the greater the emotional impact.

Unfortunately, so many people hold on to the past. An event may happen over 30 years ago and we still hold on for dear life. We still hold a grudge and are angry toward that one person.

We need to learn and forgive. We need to let go of that emotion. In the last 30 years, much insight has been into the relationship between the mind and body.

There are many different techniques out there to heal and release our emotional scars.

Here is one that I like.

The emotional Freedom Technique (EFT) is a self-help technique that involves tapping near the endpoints of “energy meridians” located around the body. ... EFT works by lowering cortisol levels and the body's stress response because it helps to promote relaxation

Imagine you have some anger issues. The first step is to identify the issue. For this, to work you need to identify the issue. Make sense.

Step two. On a scale of the lowest 1 to the highest 10 what is intensity? What is the intensity of your emotional or physical pain?

Step 3

In this step, one acknowledges the issue and accepts yourself despite the problem.

We are going to use anger as our problem

The common setup phrase is: “Even though I have this problem, I deeply and completely accept myself.”

The common setup phrase is: “Even though I have this anger issue, I deeply and completely accept myself.”

Step 4

This is the tapping phase.

Begin by tapping the karate chop point while simultaneously reciting your setup phrase. You may do this for around 30 seconds to one minute. Concentrate on your breath as you do this. The calmer you get the better results you will have.

Karate chop small intestine meridian

Now for each one of these meridian points you use a reminder phrase. Suppose you have an anger issue. You then would recite in your mind “anger” while tapping at these points below. Tap for around thirty seconds at each meridian point.

eyebrow bladder meridian

side of the eye gallbladder meridian

under the eye stomach meridian

under the nose: governing vessel

chin central vessel

beginning of the collarbone kidney meridian

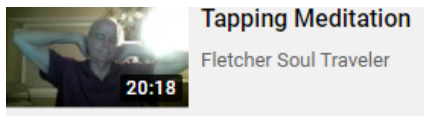
under the arm spleen meridian

top of head governing vessel

When you are finished rate the intensity level. Let’s say that your initial rate was a 9. Your rate is now at a 5.

Repeat this process until you have reached zero. Mind you some problems will take time to reach a zero.

The greater you take total responsibility for your thoughts and actions the greater results you will have.



[How EFT Tapping Works - Gary Craig](#)



[The Most Inspirational EFT Video With Founder Gary Craig \(Emotional Freedom Technique\)](#)



[EFT: The Basic Recipe by Founder Gary Craig](#)



Mind Movies



The definition of a Guru takes you from darkness into the light. A guru takes you from light into darkness.

If there is a guru today it is the drug commercials on TV. There was a time when they didn't allow drug commercials on TV. That's a long time ago. I won't call it sinister. OK, I will.

The commercial industry has been very effective to program the subconscious. They have used the medium of TV to program your mind and body.

They are extremely clever and know exactly what they are doing. In the fifties when a movie was being shown subliminal messages would be displayed on the screen such as buying popcorn or buying a coke.

It would appear so fast your conscious mind wouldn't see it but your subconscious mind would. This was banned when the FCC figured that out.

Well, they have got quite sophisticated. Today's drug commercials directly go into your subconscious mind. Imagine some of these same commercials are played over and over again on the evening news.

They are slowly brainwashing people without the audience even knowing it.

Have you ever wondered why America is so messed up? I could go on for hours. Many of these drug commercials are directly programming you to get sick so you can take their drugs.

It is insidious and evil. Yet it is done in such a soft voice and nature is all around. Sadly, they know exactly what they are doing. As a capitalist society, they are there solely to make a buck.

They want you to get sick. They don't want you to be healthy and take responsibility for your well-being.

There is a company called mind movies that use the same technology as the drug commercial yet it's used to bring you from darkness to light. Check out mindmovies.com.

Dr. Joe Dispenza made a mind movie for connecting to the quantum field. It is absolutely genius. I highly recommend it.

It should be played before going to bed and upon waking up. I play it right before I close my eyes to meditate. The more you play it over time the mind, body, and soul rejoices in the words.

There are words and pictures displayed. Both of them work to put the message into your subconscious. As you know we need to rewire ourselves. Humanity is living in darkness and needs to embrace the light.

Mind Movies are a way to program the subconscious to help us discover our true nature.

[Preview YouTube video Dispenza Mind Movie](#)



[Preview YouTube video MIND MOVIE - Dr Joe Dispenza - Best Law of Attraction Tool](#)



Preview YouTube video John's Mind Movie



Preview YouTube video Deb's Mind Movie



[Preview YouTube video SheilaWright mind movie 86568](#)



Talks

5-12-2017 Does the universe stop



Does the universe stop and pay attention to us or do we stop and pay attention to the universe? Does the universe help us on our journey of life? Can the universe be our coach in teaching us about the mysteries of life?

Is it true that more you pay attention to the universe you will see signposts everywhere? Is

the universe gently showing us the way? Look over in this direction.

Is life like a video game where you go from one level to another level? Does life throw curveballs so you can ultimately hit a home run out of the park? When we strike out do we think we failed or do we see the opportunity to learn and grow?

Recently when I meditate I have a sense of being coached. For the past month or so on a daily bases when I dream and wonder and I'm at a point where I'm in the dream all of a sudden I get pulled from the dream and back into the light. I feel the universe is saying everything comes from light.

I read the autobiography of a yogi many moons ago. One of my favorite passages is when he describes going to a movie theater. The entire audience is captivated by the movie. It becomes real. Yet how many people turn around and realize that a projector is streaming light upon the screen. The wise masters have been talking about this for eons.

How do we fine-tune the guitar of life? Has the entire universe always been inside of us and we haven't been aware? Does the perfect wave exist inside of us?

These are exciting times for us. In the midst of Trump and politics, the universe is beckoning us to discover our true nature.

We are the universe and just don't know it. Our civilization is quite young. Probably less than 200,000 years. Most scientists say probably less than 34,000 years. I'll tack on a few years.

Yet imagine there are probably civilizations that are over 5 billion years old. Imagine they reached a point in evolution where they had a choice to blow themselves up or evolve to a state where they became the universe. War becomes obsolete.

The universe is kind. The universe is supreme love. The universe is compassion. The universe is aware. Is the human body hard-wired for the experience? Are we create in God's image?

Quite frankly I believe the universe is always evolving. Can you imagine the joy of the universe when an entire civilization becomes the universe? Granted it takes a long time. Some say a million years but if you are never created nor ever destroyed what is a million years? A blink of an eye.

Are we here on earth as individuals to grow and evolve? Have the great teaches in the past been representatives of the universe to show us the way? They can coach us on the sidelines but remember only you can play the game.

What will cause humankind to wake up from our slumber and discover we are the universe?

4-8-2017 definition of a mystic



The definition of a mystic is the following. A person who seeks by contemplation and self-surrender to obtain unity with or absorption into the Deity or the absolute, or who believes in the spiritual apprehension of truths that are beyond the intellect.

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

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

No, you don't have to give up anything in your life except for a few things. You must learn to give up anger, greed, war, intolerance, lack of patience, gossip, and all your negative emotions.

Don't you think it's wise to take out the trash every once in a while? We have tons of internal housekeeping to do. At times it's difficult and painful for a human being to change.

We tend to hold on for dear life yet we are carrying a huge bolder on our back. Maybe the great mystics were right. Maybe their path was to demonstrate or show that we can throw away our garbage.

We don't have to change or walk away from our lives. In a matter of fact, we need to embrace life. The universe is kind. We need to cultivate kindness in our life.

We need to plant the seeds of kindness and water them every day. A farmer tills the soil and takes out the weeds. We need to do the same thing. We need to be aware of our actions.

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

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

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

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

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

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

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

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

We can see the thread of love tying us all together. This life that we are given is to truly become the best that we can be in all areas of life. This practice enables us

to see beyond the box. We can be open to so much more than our limited beliefs and ideas.

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

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

3-01-2017 [Welcome to a brand new day](#)



Greeting. Welcome to a brand new day. On Monday of this week, I had a job interview. They asked a very interesting question. Who inspires you? I said the Dalai Lama. I loved that he said, "Kindness is my religion".

I told them the world needs kindness. He goes all around the world and gives kindness where ever he goes. I told them that I'm inspired by people who are kind to each other. I love random acts of kindness.

My wife and I love Fridays on CBS Evening News where they have a section called "On the road with Steve Hartman". It's my favorite section of the news. Steve finds these incredible people who are kind to one another.

Some may do random acts of kindness. It is very touching. It demonstrates to me the essence of being a human being. Each story is different yet there is a thread of love tying us all together.

I love even seeing the news host Scott Pelley hold back tears. It's nice to see a newsman combine his mind and heart. It's quite rare to see.

I feel kindness is the answer to the world's problems. Humanity has been spewing anger for thousands of years yet it never solves any problems. Look at Facebook today. Anger is just putting fuel on the fire. Kindness extinguishes the fire. It transforms it.

These are basic principles we need to bring back into our lives. Your family, friends, community, state, nation, and the world would rejoice if we did that.

Kindness is not a Pollyanna state of mind. Kindness takes the greatest strength you can muster. It is so easy to get angry. Anyone can do it. Yet to be kind in diversity that takes strength. You have to cultivate that.

You must plant the seed of kindness in your heart. Daily you must weed your garden. Take out the negative weeds. Water the seed and watch it grow. If we all did this the world will be in a better place.

3-02-2017 Anger = gasoline on fire



Anger = gasoline on fire

Kindness = Putting out the fire

3/10/2018 Universe



One of my favorite expressions is “You are the universe. You just don’t know it”. What a powerful expression. Does that excite you at all? We are so much more grandeur than we think.

Most people would probably say I don’t believe it. I have been meditating for many moons. In fact, since day one I loved to meditate. My intuition tells me this is true. Wherever I go this experience goes with me.

In the beginning, I would meditate on God. After some point in time, God meditates on me.

The same energy that is made up of the universe lies inside of me and I’m aware of that. The energy is pure kindness. This energy is pure love and compassion.

This energy is our true nature. You see we don’t die. We are eternal. Our bodies will die yet we will live forever.

Meditation is the link between man and the universe. Imagine having a URL to God. If you don’t have that URL you can’t go to that website. But if you enter that proper URL in your browser and hit enter, presto you are at that site.

Meditation is the URL that you enter into the browser of life. Mind you this web page is always changing. It is not a static site. All the knowledge of the universe lies there.

But to tell you the truth the main key is to transform yourself and become a better person.

It’s like taking a shower. This is not just an ordinary shower. This is a shower of kindness. This is a shower of love and compassion. This is a shower of patience.

Slowly, I mean slowly one transforms. One begins to pull the negative weeds within. Weeds such as anger, greed, war, and on and on and on.

Nobody gets a free ride in life. Everyone is responsible for their actions. We must be conscious and aware of every moment of our life.

Life is like a video game. At each level, you play the game becomes more interesting and exciting.

Imagine life throws you a curveball. Someone says something to you that you don't agree with. We see this all the time. Just look at people flaming each other on Facebook.

Now think that in this video game of life the pitcher throws a curveball your way to see how you would react.

If you react and flame someone you get a strike. If you don't react and simply smile with kindness you hit the ball out of the park. You then go to the next level in the game of life. This person loves to play video games and is aware of the steps he takes day in and day out.

We have never been trained in this game. We have never been taught that this video game of life exists inside of ourselves. We just constantly react to situations. We are like a ship without a rudder.

The goal of this video game is to become like the universe. The universe is kind. The universe is love and compassion. The universe doesn't judge us.

The universe doesn't say look at how many strikes are against us. The universe says you have free will so why judge? Yet this video game of life provides all the necessary levels where you know this is a divine game.

Bugs Bunny once said, "Don't take life so seriously because you will never get out of it alive". I like that. Don't take life so seriously. Be like the sun in the sky. Just shine. Don't react to every situation.

Yet when dear old Bugs said you will never get out alive the great video masters of old have a different story. They said you could be aware of your true nature while you are alive. Big difference.

When I was young I was scared to death of dying. I was told when you die that you simply vanish and never become aware again. I didn't like that story. So I have spent many moons pursuing this answer.

To be frank I still don't want to die. I love this place. Yet in my experience, I'm bringing heaven down to earth. Heaven lies inside of us. It's not a place we go to. Heaven is a state of mind.

Depending on how we are pro-active and aware or simply reacting in this video game of life will correspond to our state of mind. People ask me why I love Eastern thought. Well for one the Buddhists have been talking about a crystal clear mind for over three thousand years.

In the West, it was only since the mid-eighties did universities gave a class on subjects like happiness. Buddhist have been talking about this since day one.

I'm not saying you have to be a Buddhist. I'm not. I adore all religions. There is a thread that ties all religions together. It is the thread of love.

I'm just saying that in the west we need to become more aware of this video game of life, The world needs us to step up and consciously be aware and play this game with a sense of knowingness.

For example, it's a little dangerous in this video game of life when our President tweets at three o'clock in the morning. He ridiculed little rocket man. My button is bigger than your button.

These kinds of words can lead to nuclear war. Our words and actions can either bring heaven to earth or a modern-day hell. Just take a look around the world today. We need to be aware and as my friend, Bill Cunningham told me we need more respect in this world.

We are all in the same boat together. We either sink or swim. We need to be more tolerant, kind, and respectful of each other. Mankind needs to be a kind man. That's the most difficult thing in life. Look at all the conflicts and wars around the world. It's so easy to flare up with anger. It's so easy to put gasoline on the fire. Yet to act with kindness in the face of adversity is the most difficult thing to do.

You are a piece of the puzzle in life.

2/03/2017 Life's mystery



When I was young I was fascinated by the mystery of life. I knew there was more than a 9 to 5 existence. When I was around 5 years old my Uncle Bill took my brother and me to Bob's Big Boy for a shake.

At that time they have these paper placemats with a Martian saying take me to your leader. My brother and I placed these masks over our faces and started to laugh and laugh. We knew that we were from the stars. My Uncle had no idea why we were laughing.

How did we know that we came from the stars? Most people would say it was your childhood imagination. Yet you can't explain it. How do you explain the power of love?

Where does it come from? Does our DNA contain parts of us that are eternal? Does our DNA contain the essence of God? Scientists say that 95% of our DNA is junk DNA. Does God create junk?

I don't think so. According to Kyron, he says junk DNA is multi-dimensional. In other words, our DNA is part of the physical and spiritual. We don't have any instruments on earth to prove this.

Yet Bruce Lipton from Stanford says that through his research that they have discovered the following. Your DNA may have the propensity for a certain disease. Yet with lifestyle changes and the mind being in a state of being that is spiritual you can overcome your propensity to get the disease. You can in essence program yourself out of this problem.

Can you imagine if a part of your DNA contains your higher self that means you are hard-wired to discover God inside of you? A part of you exists in the cosmic soup of God and a part of you exists on this planet.

For ages, the great masters have said that the kingdom of heaven lies within. Maybe we have all the tools inside of us. We have been looking in all the wrong places.

For example, imagine only a short time ago we thought that the world was flat. We thought that by sailing deep into the ocean there would be a point where the ship would fall off the face of the earth. This was only about 600 years ago. Yet Christopher Columbus sailed to America and debunked that theory.

Now imagine the Mayans and other ingenious cultures. They developed several calendars the calendar cycle was around 24,000 years. They had around 10 different calendars that they used to calculate different cycles of time.

They have from one day to 64 million years. How did they get this information? The Mayans had this knowledge around the 5th century BC. This is around a thousand years before Christopher Columbus discovered America.

How did they get this knowledge? They didn't have computers or modern-day telescopes. Could their knowledge come from within? I certainly think so. The universe within is a microcosm of the universe outside of us.

They could tap into the source. You are the universe. They understood that principle and had a direct relaxation of that. They knew about entanglement and the Universal Field.

Scientists are just beginning to focus on and understand these laws. Yet they had this knowledge 2500 years ago. Many indigenous people all around the world had this knowledge. They knew they came from the stars.

Westerners would laugh at them and say how cute that is. Imagine if a scientist would discover their true nature and work with his scientific nature. Imagine how far we could go.

We have satellites that go around 16,000 miles per hour. Imagine even if we could go 186 thousand miles per second it would take around two years to reach the closest star. What if a man could go within and use the field and go anywhere in the universe in less than a second?

Imagine if a civilization has been around for 16 billion years. How advanced do you think they would be? Imagine that they had the same problems that we had. War, poverty, crime, etc. they learned overtime to advance themselves physically, mentally, and spiritually.

They reached a point where the entire civilization became the universe. At this point in evolution, they decided to help another planet achieve the same.

The cycle would occur over and over again. Sometimes it would not work out. The people might have a great war and destroy the planet. When the planet was mature enough they would then go to another planet and start anew.

This sounds like science fiction. Yet you are eternal. You were never created and you will never die. Your body will. So think this over. Maybe our planet was created as a great experiment. Maybe our DNA came from the stars. We are stardust as Carl Sagan once said. Let's put it this way Life is a great mystery.

2-4-2017 Many people think



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

I've surfed waves as high as a two-story building. I hitchhiked from France to India with my surfboard. I hitchhiked from Kenya to South Africa. Been to South America and the Galapagos Islands.

You see a spiritual life is practical. It is a life that truly is meant to bring you secrets of the universe while you are alive. Before you came to earth you were the universe. When you die you become the universe.

Wouldn't you like to know that you aren't alone when you are alive? Wouldn't you like to know that there is a family out there?

The kingdom inside is your true home. It will transform your character. It will over time make you kind, patient, and full of tolerance, love, and compassion. This is your true nature.

You will transform from darkness into light. It takes work but what rewards come your way? You can be in the center of the hurricane. The whirlwind of the mind may be there but calmness resides inside.

Overtime a spiritual person loves every moment. You love going to work. You put your heart and soul into your actions. Nobody knows your beliefs. You just blend in. You have nothing to prove.

You are stable in your emotions. A person learns to stop look and listen instead of reacting automatically. The universe slowly begins to train you in its ways.

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

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

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

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

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

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

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

2-5-2017 Did you get to practice



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

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

You are not alone on this journey. It may seem like it. By practicing meditation daily you will begin to feel the love and tranquility that exists inside. Taming your mind is not easy.

It's probably the most difficult thing to do in the universe. But with practice, you can do it. Don't fight the mind. When a thought comes in just let them disappear into the night.

You can never truly stop the mind but you can master it. You can be in control of the mind instead of the mind-controlling you. Big difference.

The body has to learn how to relax when you meditate. Be patient with it. Be kind to yourself. Start to pay attention to your body and listen. The body has intelligence.

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

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

There are many mediation practices. When I first began to meditate I thought that there was a magic one. There was one where if I received it, it would be so easy to meditate.

Years later I realized that all the ways will take you there. Each one is different and unique yet the experience is the same. Trust me on this. I have practiced a lot of different techniques.

I still use the technique where I focus on my breath. I would consider this to be a universal technique. All the meditation practices I have been using this technique. It seems so simple. It is.

To the mind, it's come on. Is that all you got? Yet the entire universe is breathing and so are you. There is a power behind your breath that is keeping you alive. Now that is a literal fact. When this power leaves the body you have died. This is the soul that all religions have talked about.

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

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

There will never be a time when you can clap your hands and say I got it. On this incredible journey, you will never stop learning. This is the way of life. Even the universe is learning moment by moment.

So start to develop a practice wherein every moment you try to concentrate on your breath. When you lie down for the night concentrate on your breath. Make the breath your friend. Which it is.

Without it, you won't be alive. The entire universe lies inside. All the great masters have said the kingdom of heaven lies within.

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



Let's look at this common scenario. It's Monday morning. Your alarm clock didn't go off. You're late for work. You stumble out of bed and take a quick shower. You don't have time to go to Starbucks for your morning coffee.

You are stressed out. You are in a huge traffic jam. You missed a very important meeting. Once again you get stressed out. Things don't go quite as planned. Without your morning coffee, you are on edge. You don't think properly. You are in a funky mood.

Imagine how many Americans this happens to every Monday morning. Did you know that the majority of heart attacks occur on Monday morning? Did you know that the majority of Americans hate their jobs?

Let's take a look at the biological aspects of what is occurring. From the moment you wake up to the moment you go to sleep you are running the same tapes over and over again. Did you know that your subconscious is running the show?

Scientists say that 95% of our actions are driven by our subconscious. Only 5 percent are conscious. Imagine your body and mind are fused. Scientists say they are almost the same. You can't separate one from the other.

We are playing old tapes. A day like today is not uncommon for most Americans. When you wake up and realize you're late for work your mind-body connection is stressed. You think "oh my God I'm late for work. My boss is going to get pissed off".

Just the mere thought of being late over 1500 stress chemicals are being released into your body. This is how you set your day. Automatically you can't think properly and you are in a negative emotional state. This state carries you throughout the day.

You came back from work and your lovely wife says something to you. You snap back automatically and a huge argument occurs. Mind you it doesn't have anything to do with your wife. You can't control your state of mind and emotions.

Multiply this by 300 million Americans and this is our current state of awareness in our country today.

You see we were never taught about in school the mind-body connection. We were never taught that all thoughts will either make us sick or make us healthy. We have no idea that our way of thinking leads to our diseases today.

Did you know that the majority of diseases aren't caused by your genetic make-up? Most people think they are. Yet scientists say only 2 percent of diseases are caused by your genetics. The rest is caused by your environment. It's caused by stress. It's living day by day in a life of stress.

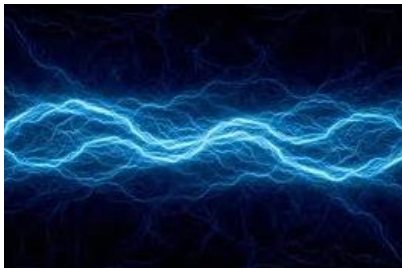
Imagine you may be super athletic and try to take care of your body. You do everything external to the tee. Yet if you aren't aware of your thoughts and change them your life is still under constant stress. I wrote an article called your body is a drug store. Read that to get a better understanding of this.

Imagine we have thousands of consultants who will give you advice on how to improve your life yet how many of them go back to the mind-body connection of how your thoughts trigger powerful chemicals?

As I said these chemicals will ultimately lead to disease. Not only that but your emotional state is being driven by your thoughts. It's a classic circle of running the same tapes over and over again.

The whole world is living in this state. We have been living like this for thousands of years. We are reactive beings. We react in every situation either positive or negative.

What is the solution to this? We will discuss this next.



What is the solution? In my last talk, I wrote about our current conditions. For the average person, it might seem normal. What is the solution? This is the current state of affairs. I can't do anything about it. We are saying yes you can.

What is the future of humanity? Did you know that disease can't live in the quantum field? Did you know that man will evolve into a creature filled with light and have a physical body? Imagine the universe's vast storehouse of chemicals that exist inside. They can't be released until one starts changing their thoughts and actions.

Negative emotions are obsolete. They have not served us in any way. We have fought for thousands of years. We continue to fight. Without genuine kindness for all, the world will continue in this downward spiral.

Your mind and body are one. As you know that for every negative thought you have over 1500 different chemicals get released into your bloodstream. Did you know that for every positive thought you have over 1500 positive chemicals get released into your bloodstream?

By being aware of the quantum field in your daily life one begins to transform and change. We are on the cutting edge of transforming.

Did you know the human body is wired to live for 900 years? You may scoff at that and say that is ridiculous. Yet some trees live to be around three thousand years. The majority of humanity is living under intense stress. The majority die way before what they are wired for.

I have a friend who said I will die when I'm 88 years old. He will die when he is 88 years old. Imagine we have no idea of the power of the mind. We think we are helpless and diseases just manifest out of the blue. Yet we create our disease through our lifestyles, thoughts, and actions.

We are oblivious to playing the same tapes over and over. Baby steps are needed. Two steps forward and one step backward. This is how humanity and the universe learn. This is a learning process. The entire universe takes baby steps. Yes, certain events seem to occur in seconds. Look at a volcano blowing. It seems like it just explodes. But it might have been simmering for hundreds of years.

What has this got to do with me? Everything. Imagine you are hardwired for this experience. The car is sitting in your garage gathering dust. It was meant for you to drive down the freeway of life. Yet the majority of people don't even know that the car exists inside.

We have been raised only to focus on the external. Society says only the artist, musicians and mystics dive deep into their hearts. They were born that way. Yet we all have that capability.

We are skimming the surface of the ocean of life and think that it is reality. The mystics have said there is an infinite ocean that lies inside of you. They didn't have the name quantum field during their days. Yet it's all the same.

Can you imagine a world where mankind is truly kind to each other? We could easily solve the world's problems. How would you like a world where negative thoughts and emotions don't exist?

Yes, you may laugh. Imagine some civilizations went through the same path of going from darkness to light. No civilizations get a free ride. Yet they truly transformed. They went from war to a state of living in the quantum field.

This is our destiny. Look it's not going to happen overnight. Many people say it takes over a million years. Fortunately, millions of people are waking up from their slumber.

Our life is about to change in ways that we can't even conceive. Many incredible scientific discoveries will come along the way. The more the world embraces the quantum world there are an infinite amount of discoveries to come.

You see humanity is like a tuning fork. It vibrates at the frequency of human consciousness. We have been in a state of darkness and chaos for thousands of years. That is about to change. Personal empowerment is gaining momentum.

When people understand the principles that they can change and then science helps humanity to take practical steps to change.

For example, I truly didn't know those thoughts produced chemicals directly into the bloodstream.

Just this one discovery alone changed my life. Mind you I've been meditating for many moons. I didn't pay attention to my thoughts. Yet now I try to monitor my thoughts which leads to monitoring my emotions, which leads to monitoring my actions. This is quite different from people who tweet what comes to their minds.

Here are some simple steps which have helped me.

Try to meditate every day. Even if it is for five minutes. Just follow your breath. I know it sounds too simple.

Focus on your breath doing your daily activities. Why? Just do it for a year and then you tell me?

Monitor the words that you speak. If it is not kind don't say it.

Pay attention to your heart. Have gratitude that you are alive. The heart contains the incredible emotions of love, kindness, mercy, and compassion. This is your true state. I could go on for a long time about the heart. Look at the various research on heart coherence. Just this alone blows my mind.

Learn how to be aware of the negative emotions that are stored in your body. There are many different techniques out there. Find one which matches your needs. You can learn how to reprogram your old tapes.

Read the latest fusion between science and Mystics. It will bring you to the understanding this is a practical path.

Learn to be in harmony with nature. Look at the four seasons for an example. Nature can truly teach us if we ask.

Your ancestors are always there. They have never left you. As I read about a week ago they just moved into the next room into the mansion of life. As we get older you might understand how this would help us grieve healthily. We might even learn how to knock on their door. You see the quantum field contains all.

Get enough sleep. Your body truly needs sleep to repair itself. Scientists have found that athletics who get extra sleep recover much quicker and are less prone to injuries. The less sleep you get the more prone to injuries. This even goes with us, everyday folks.

Your body and mind are your friends. Treat it that way. Many of the world's diseases could have been prevented.

Mankind lives mostly from old tapes. Learn to reprogram yourself. I have been a software engineer for over 35 years. I have learned to reprogram myself for many years.

Health is your greatest wealth. If you are a billionaire and you are sick you can't quite enjoy it. Take care of yourself. Take care of your mind, body, and soul.

Remember God is your co-pilot. He will not drive your car for you. It's only by your will yet God is there to help you on this journey in life. Only you can open the inner car door.

Be kind to yourself. Laugh at life. We all make daily mistakes. Learn from them. Some mistakes may take thousands of tries. Just laugh if you fall to the ground. Dust yourself and stand up and continue along on your journey. Life will always throw us curveballs. Someday we will be able to hit the ball out of the park.

We then proceed to the next video game level. You see we are always in a state of evolving.

Be kind to the world around you. Smile and be considerate of others. Listen from your heart to those who are in pain. I mean truly listen. Don't think about what I'm going to say next. When you pray to God does he think what am I going to say or does he truly listen?

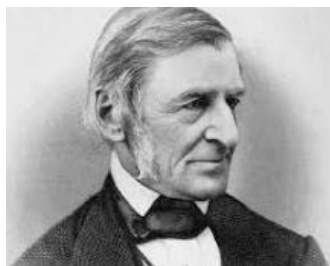
Learn how to cultivate to become the mind of God. Mind you in this present moment that might sound outlandish. Yet try to think like God. Monitor your thoughts to be in alignment with God. God thinks totally outside of the box.

Learn how to cultivate to become the heart of God. Same thing this sounds outlandish. Even if you gathered one drop from the heart of God your life would transform. Remember what you pay attention to you it becomes.

This is a totally practical path. You don't have to renounce anything. Well maybe. You just let go of the garbage that is weighing you down.

So take these ideas. Some may work for you while some won't. The goal is for you to take practical steps on this journey of life. Be aware of the actions you take. The world will enjoy being around you.

Food and nutrition



Ralph Waldo Emerson once said ‘a person is what he or she thinks about all day long’. That may seem simple yet our words create our life. It is also the foundation of our nutrition.

Most Americans quite frankly have a horrible diet. They have microwaved food, and drink tons of soda and junk food. They do this year after year never

thinking or carrying about the consequences of their actions. This is normal American life.

I started to live a preventive lifestyle early on in life. My belief was this is the only body you get. You might as well take care of it.

Yoga and the 3 Gunas: Sequencing for Sattva ¹⁰

In yoga and Ayurveda, there are 3 gunas, or qualities: *sattva*, *rajas*, and *tamas*. *Tamas* is associated with feelings of lethargy, heaviness, and inertia. If you wake up groggy and tired in the morning, it's usually a sign that *tamas* is dominating after a long night of inactivity.

Rajas can be described as feelings of excitement, being energized and full of activity, but also often a certain degree of restlessness and mental agitation.

Sattva is the third quality and it corresponds to feeling expansiveness, joyfulness, lightness, and being the witness to your life. There is a feeling of being the observer and full of joy for no particular reason, all at the same time.

The original intention of yoga, according to the *Yoga Sutras* of Patanjali, was to enhance the quality of *Sattva* (a calm yet alert state of mind). If the student goes into *Sattva* daily over many weeks and months, the transformation of his or her life happens naturally. The student begins to carry that *Sattva* into his or her life.

What is a Rajasic, Tamasic, and Sattvic Diet? ¹¹

¹⁰ <https://www.yogauonline.com/yoga-practice-tips-and-inspiration/yoga-and-3-gunas-sequencing-for-sattva>

¹¹ <https://yogaindailylife.org.au/blog/2013/06/20/food-and-the-three-gunas>

A Rajasic diet is one that is overly spicy or hot, includes food with onion and garlic, coffee, fizzy soft drinks, tea, sugary foods, and too much chocolate. These foods may give us a lift in energy but ultimately we experience low or increased stress. A predominately rajasic diet destroys the mind-body equilibrium, feeding the body at the expense of the mind.

A rajasic person will eat on the run, rush food, and experience poor digestion and health as a result.

If your children were to eat only these foods you would be quickly looking to change their diet.

A Tamasic diet consists of dead food such as meat, fish, poultry, eggs, stale food, processed food full of chemical additives, take away fast foods, reheated food, alcohol, cigarettes, and drugs of addiction. A sattvic food can become tamasic when processed, old or fried.

These foods and substances do nothing to lift our energy and consciousness, in fact they pull us downward into laziness and inertia. Living on tamasic food and substances will lead to complaints such as obesity, diabetes, heart, and liver disease. We will feel unmotivated, be careless, unaware of ourselves, and others.

A Sattvic diet is pure vegetarian nourishment and includes fresh fruit and vegetables, fruit and vegetable juices, wholemeal bread, pulses, grains and sprouts, nuts, seeds, honey, herbs, milk, and dairy products which are free of animal rennet.

These foods will raise our consciousness, inspire us to positive action, deeper meditation, and unleash our hidden potential and creativity. Sattvic food is cooked with love and eaten with full awareness and gratitude.

Yogis are vegetarian for several reasons. Apart from the health aspect, the main reason being the principle that **“all living beings are my Self”** therefore all creatures need to be treated with respect and love.

In today’s fast world I would drop fast food, sodas, junk foods, box foods, and limit your alcohol. Don’t be a fanatic. Start to listen to your body. It will talk to you slowly over time.

Remember the food that you eat transforms into you in the body. Make your changes slowly. Don’t rush or your mind and body will revolt. This is very delicate. What works for one doesn’t work for all. What is good for you may be poison for someone else?

For example, the Satvic diet has milk and dairy products. Many people are allergic to both of these foods.

The goal is to eat fresh organic foods if you can. Don't eat GMO foods. Slowly drop all junk foods. Try to cook your food.

When I was in India the Indians, in general, had a whole different idea about the style of cooking. Their concept was to cook a meal for the Lord. Imagine all the care, love, and kindness you would put into the food.

Cooking would become an art and devotion. This food would then be presented, blessed, and served to your family and friends. I loved that idea.



Fast forward to the present we have cooking shows like chopped where they have 20 minutes to cook a dish. They hurry around in the kitchen and slap

together a dish to be judged.

The audience including myself is entertained by that. Yet are they conscious? All their frustrations about time, the rushing around, competition between competitors and the anger goes into the food.



How about fast food restaurants like Burger King? This is a profit-driven company. Do they cook with the concept of cooking a meal for the lord? You can answer that question yourself.

In summary, start to take responsibility for your mind, body, and soul. Your body and mind will love it. We are learning to fine-tune the guitar of life.

Chanting & Mantras

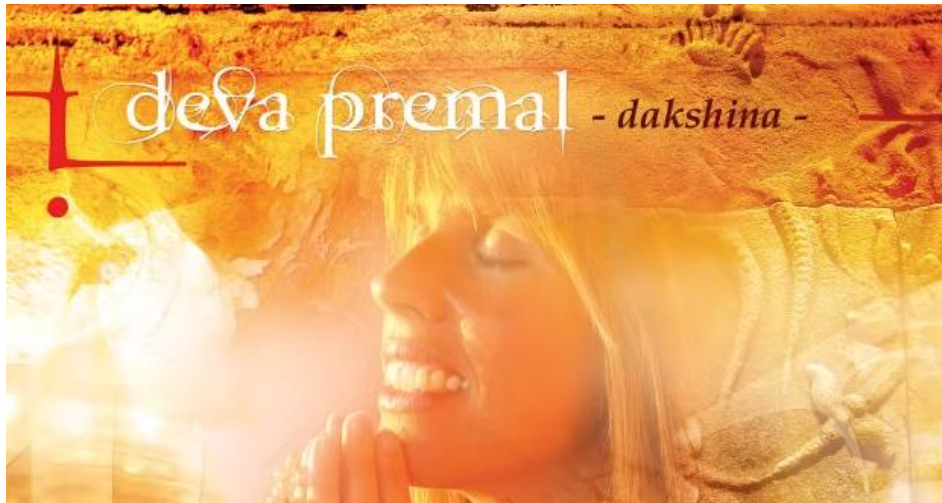
Mantras are more than words. Mantras are sacred words and vibrations sent directly from God. It is a live communication channel between you and your beloved.

“*Mantra is not a mere collection of words. It is a compounded set of words pregnant with enormous significance. It emanates from the inner power of man. Filled with such power, the mantra, when it is pronounced properly, brings out the divine power in man. The vibrations produced by the utterance of the mantra, uniting with the cosmic nāda (primal sound) in the universe, become one with the Universal Consciousness. It is these cosmic vibrations, which assumed the form of the Veda (sacred revelations of spiritual knowledge).*

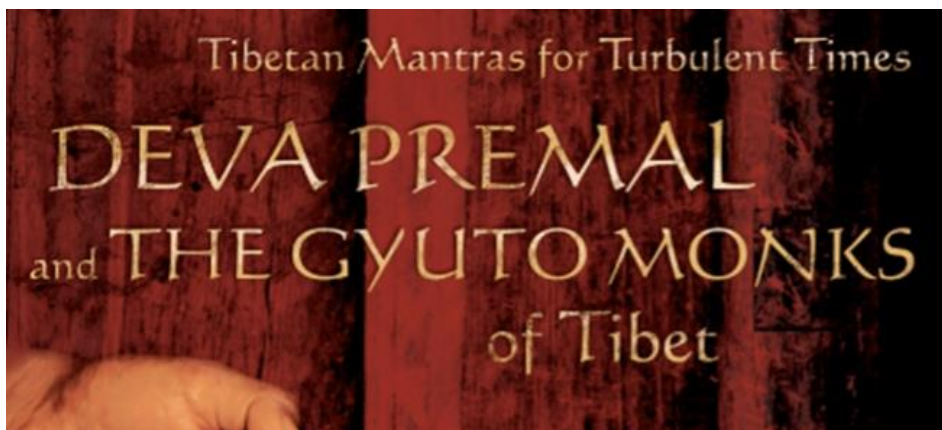
[Sathya Sai Speaks, vol 17.25: October, 01, 1984]

Deva Premal

[Dakshina](#)



[Compassion: Om Mani Padme Hum](#)



Gayatri Mantra



12

I love this chant. When I finish my morning practice I will lay down and listen to the incredible ancient mantra.

Gayatri Mantra - A Universal Prayer - Meaning & Significance

**Om Bhur Bhuvah Swah
Tat-savitur Varenyam
Bhargo Devasya Dheemahi
Dhiyo Yonah Prachodayat**

General meaning: We meditate on that most adored Supreme Lord, the creator, whose effulgence (divine light) illumines all realms (physical, mental and spiritual). May this divine light illumine our intellect.

Word meaning: **Om**: The primeval sound; **Bhur**: the physical body/physical realm; **Bhuvah**: the life force/the mental realm **Suvah**: the soul/spiritual realm; **Tat**: That (God); **Savitur**: the Sun, Creator (source of all life); **Varenyam**: adore; **Bhargo**: effulgence (divine light); **Devasya**: supreme Lord; **Dhīmahī**: meditate; **Dhiyo**: the intellect; **Yo**: May this light; **Nah**: our; **Prachodayāt**: illumine/inspire.

What is the Gayatri Mantra?

The Gayatri is a universal prayer enshrined in the Vedas. It is addressed to the Immanent and Transcendent Divine which has been given the name 'Savita,' meaning 'that from which all this is born.' The Gayatri may be considered as having three parts - (i) Adoration (ii) Meditation (iii) Prayer. First, the Divine is praised, then It is meditated upon in reverence and finally, an appeal is made to the Divine to awaken and strengthen the intellect, the discriminating faculty of man.

¹² <http://www.sathyasai.org/devotional/gayatri>

The Gayatri is considered as the essence of the Vedas. Veda means knowledge, and this prayer fosters and sharpens the knowledge-yielding faculty. As a matter of fact, the four core-declarations enshrined in the four Vedas are implied in this Gayatri mantra.

[‘Sathya Sai Speaks’, vol 13.34: June, 20, 1977]

The Gayatri Mantra is a sacred chant that demonstrates the unity that underlies manifoldness in creation. It is through the recognition of this unity that we can understand the multiplicity. Clay is one and the same thing, though pots of different shapes and sizes can be made from it. Gold is one, though gold ornaments can be multifarious. The Atma is one, though the embodied forms in which it resides may be many. Whatever the colour of the cow, the milk is always white.

[‘Sathya Sai Speaks’, vol 16.6: March, 17, 1983]

[Benefits of chanting Gayatri Mantra](#)

Through meditation on the Gayatri, one can become aware of the inner motivating principle of the five elements, the five vital airs in the human body, and the five sheaths which encase the Atma. Just as there are three basic energies that govern man---the physical, the metaphysical and the psychical, the ādhi-bhoutik, the ādhi-daivik and the ādhi-atmic, Gayatri has three facets, Gayatri, Savitri and Saraswati. Gayatri fosters the metaphysical, Savitri, the physical, and Saraswati, the psychical. These three karaṇas or instruments have to be cleansed and sublimated so that man can realise the goal of life. Through the recital of Gayatri mantra and meditation thereon, this great task can be achieved.

[‘Sathya Sai Speaks’, vol 15.11: June, 26, 1981]

It will protect you from harm wherever you are --traveling, working, or at home. Westerners have investigated the vibrations produced by this mantra and have found that when it is recited with the correct accent as laid down in the Vedas, the atmosphere around becomes visibly illumined. So Brahma-prakāsha, the Divine Effulgence, will descend on you and illumine your intellect and light your path when this mantra is chanted. Also repeat shanti thrice at the end, for that repetition will give shanti or peace to three entities in you --body, mind, and soul.

[‘Sathya Sai Speaks’, vol 13.34: June, 20, 1977]

It is essential to recite the Gayatri mantra at least three times during the morning, noon, and evening. This will serve to reduce the effects of the wrong acts one does every day. It is like buying goods for cash, instead of getting them on credit. There is no accumulation of karmic (a result of action) debt since each day's karma (action) is atoned for that day itself by reciting the Gayatri mantra.

[‘Sathya Sai Speaks’, vol 16.6: March, 17, 1983]

"Sarva roga nivaarini Gayatri" (Gayatri is the reliever of all diseases). "Sarva dhukha parivaarini Gayatri" (Gayatri wards off all misery). "Sarva vaancha phalashri Gayatri" (Gayatri is the fulfiller of all desires). Gayatri is the bestower of all that is beneficial. If the mantra is chanted, various kinds of powers will emerge in one.

[‘Sathya Sai Speaks’, vol 28.22: August, 23, 1995]

[When to say the Gayatri](#)

Do not sing cheap and defiling film songs. Instead, recite the Gayatri. When you bathe, the body is being cleansed; let your mind and intellect also be cleansed. Make it a point to repeat it when you bathe as well as before every meal, when you wake from sleep, and when you go to bed. And

also repeat shanthi (peace) thrice at the end, for that repetition will give peace to three entities in you --body, mind, and soul.

[‘Sathya Sai Speaks’, vol 13.34: June, 20, 1977]

Time, like man, has three qualities: satva, rajas, and tamas (qualities of purity or serenity, passion, and inaction). The day is divided into three parts:

- 4am to 8am and 4pm to 8pm have the sātvic quality
- 8am to 4pm are rājasic
- 8pm and 4am are tāmasic

The eight hours from 8pm to 4am are used mainly for sleep. The eight hours of the day (from 8am to 4pm) are employed by all beings, including animals and birds, in the discharge of their day to day duties and are regarded as rājasic. When the four sātvic hours of the morning are used for engaging oneself in good actions like worship, virtuous deeds, and keeping good company, one is sure to raise oneself from the human to the Divine level. It is during the sātvic period (4am to 8am and 4pm to 8pm) that the Gayatri mantra should be recited.

[‘Sathya Sai Speaks’, vol 16.6: March, 17, 1983]



The Story of the Origin of the Gayatri Mantra of Enlightenment

Ananda Sangha Worldwide • 1M views • 1 year ago

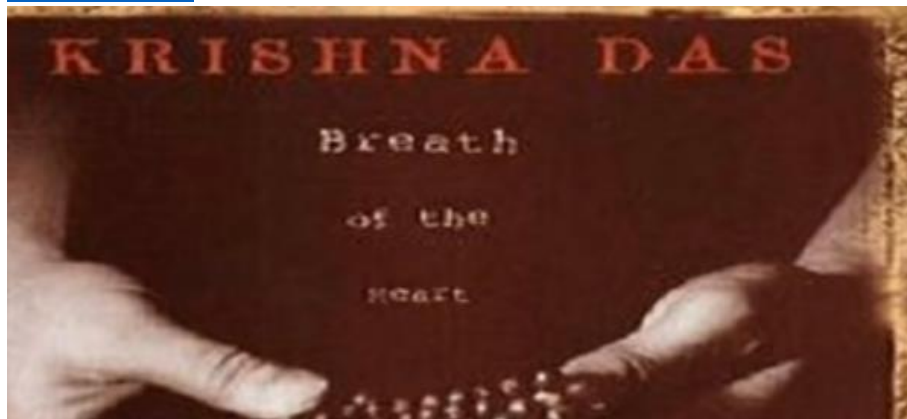
Watch this beautiful and inspiring story, told masterfully by Murali Venkatrao, during Spiritual Renewal Week at Ananda Village ...

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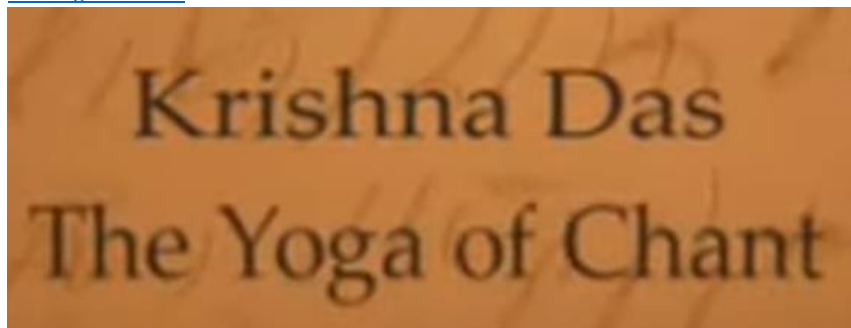
[Krishna Das](#)

Up in the palace in the sky, Krishna Das chants would be played.

[Breath of the heart](#)



[The Yoga of Chant](#)



Door Of Faith



[More favorites](#)

Love Tina Turner. What an inspiration to all.

[Sarvesham Svastir Bhavatu \(Peace Mantra\)](#)

Tina Turner - Regula Curti - Dechen Shak-Dagsey
Sarvesham Svastir Bhavatu (Children Beyond 2011)

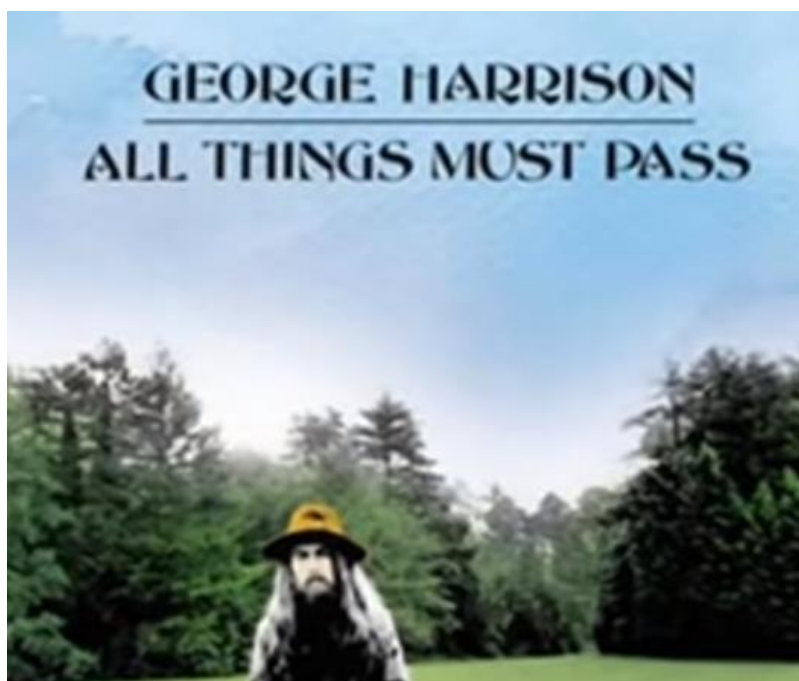
[Om Mani Padme Hum](#)

Wow. This chant sails me away. What a beautiful chant.



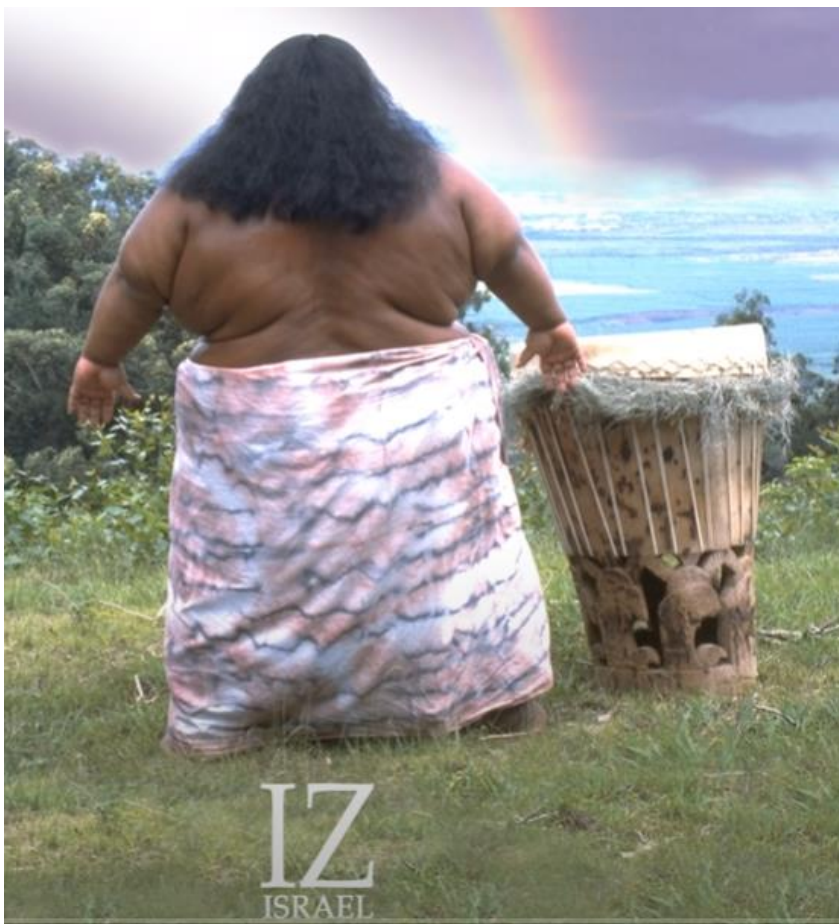
[My Sweet Lord](#)

I first heard this in high school. Never heard the hare Krishna chant before. The title 'all things must pass' went way over my head at the age. I didn't comprehend it at all. Years later it is embedded in my consciousness.



[Somewhere Over The Rainbow](#) [What A Wonderful World](#)

When I lived in Hawaii I fell in love with IZ. His singing will live forever.



[AUM CHANTING ~ OM at 396 Hz | Universal Mantra](#)

Universe chant.

Om or Aum is a sacred sound and a spiritual symbol in Indian religions. It signifies the essence of the ultimate reality, consciousness, or Atman. More broadly, it is a syllable that is chanted either independently or before a spiritual recitation in Hinduism, Buddhism, and Jainism



[Chant With Sadhguru || Brahmananda Swaroopa || Most Powerful one hour chant](#)

Brahmananda Swaroopa, Isha Jagadisha

Akhilananda Swaroopa, Isha Mahesha

Brahman means boundless or the ultimate reality. *Ananda* means the blissfulness or ecstasy of the Creator, and *Swaroopa* is the form or image of the ecstasy of the Creator.

Isha is that which rules and Jagadisha is the ruler of the existence. *Akhila* means everything, all-inclusiveness is Akhila. And that which is everything, the image of that, is *Mahesha*. So the Creator is referred to in so many ways. When we chant Brahmananda Swaroopa, we are saying everything is an image of the ecstasy of the Creator.¹³



¹³ <https://www.patheos.com/blogs/drishtikone/2012/10/meaning-and-significance-of-brahmananda-swaroopa-mantra-consecrated-by-sadhguru/>

[I Will Sing Thy Name](#)

Paramahansa Yogananda chant.

Om guru Om guru Om guru Om

I will sing Thy name I will drink Thy name

I will sing Thy name I will drink Thy name

I will sing Thy name I will drink Thy name

And get all drunk oh! with Thy name.



[Music Of Cathedrals and Forgotten Temples](#)

Wow. Music from heaven.



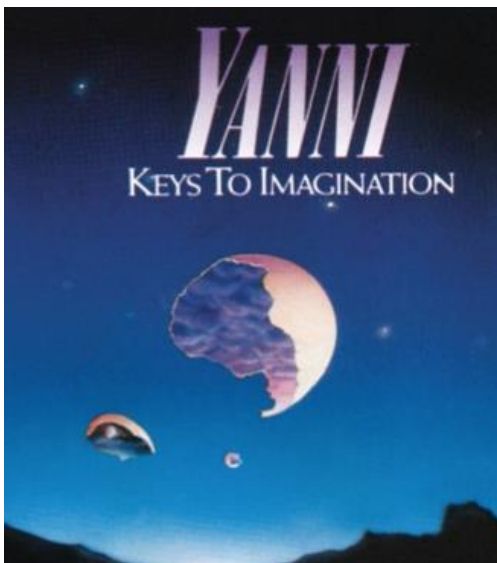
[Kitaro 喜多郎 - Silk Road](#)

One of my favorites of all time. First heard this in a week-long festival in Orlando around 1979. Every time I hear this it sends waves of bliss down my spine.



[Yanni Keys To Imagination](#)

Zoran where ever you are I love you. Thank you for all that you have given me in life. Looking forward to seeing you again.

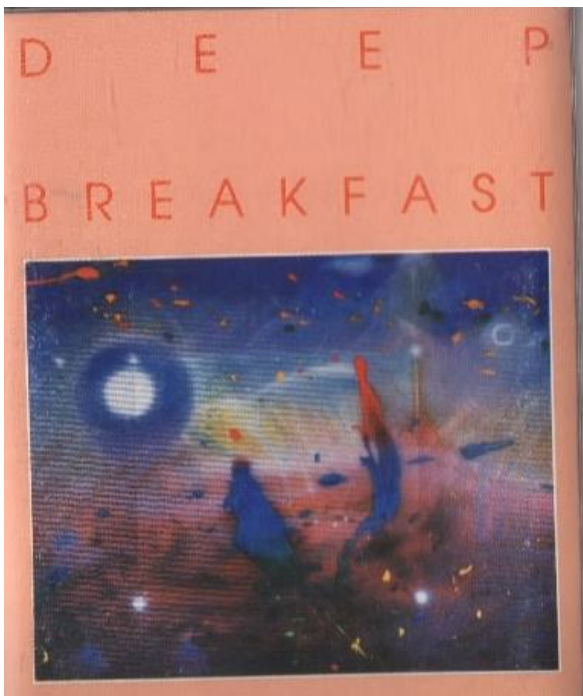


[The Cars - Drive - Who's Gonna Drive You Home Tonight](#)



[Ray Lynch - Deep Breakfast](#)

The first time O hear this was at the Monroe Institute in 1985. It was a week-long seminar.



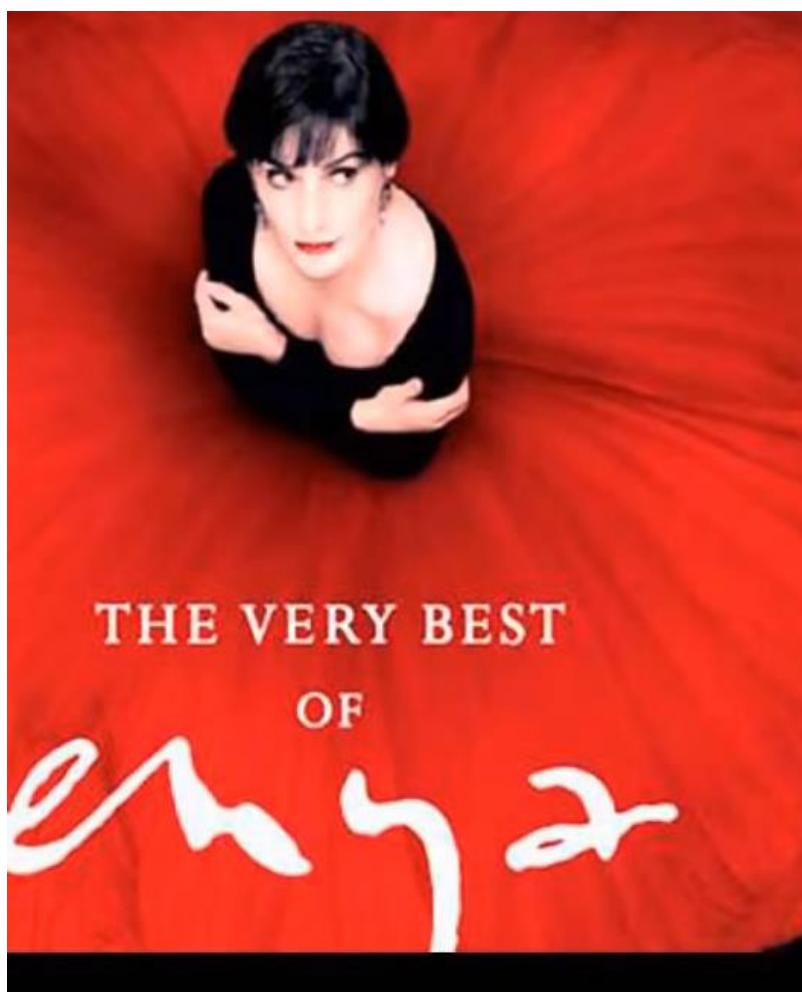
[Somewhere In Time](#)

First time I heard this was at the ashram in the sky. Wow. Sent from heaven. How can we have wars when we have music like this?



[ENYA Best Songs](#)

What can I say? This is haunting in the most incredibly.



Playlist Collection

[Elvis Can't Help Falling In Love](#)

One of the best songs he ever sang.



Spiritual Mentors

Each of us had teachers who guided and molded our lives. The three teachers who molded my life were Prem Rawat, Mafu and Zoran. Each one of them gave me different kinds of insights.

Prem Rawat



I told you I first met Prem Rawat in India. He was only 13 years old when I met him. Prem Rawat as a person was incredible. He was very funny.

I remember being with him and hearing him tell one-line jokes one after another. I felt I was going to die from laughter. He was very bright as a boy. He was probably the most intelligent kid I knew yet at the same time he loved to play games.

He had a serious side and yet the love to play. I only interacted personally with him for only a few years. I felt he was my best friend. Yet at the same time, he was my teacher.

He motivated me and encouraged me to discover who I truly was. It was so wonderful to have a teacher to assist you in your own personal growth. I saw he was totally motivated by his mission.

He had millions of people who were practicing meditation. His whole life was spent traveling around the world and helping others. One side I liked is that Prem Rawat wasn't a hermit.

He married quite young, had a family, and was involved with the world. He was quite rich. Many people criticized him for having money but to this day it doesn't faze me.

I like the idea that we can create our dreams. This world isn't meant to escape. Each one of us has a different dream. I like the idea to see one man's dream manifested. It brought to me that I can create my own

happiness. I can create anything I want. It was beautiful to see that as a person he was growing.

One thing I learned was that I was responsible for my own life. Nobody would live it for me. Prem Rawat simply advised on living your life. His talks were inspiring to hear.

He inspired me to transform my whole life. Each one of us has to make effort for our own transformation. To this day I still use his mediation techniques. They opened my door to myself. Years later I'm still on the same path of self-discovery. It keeps on getting better.

Mafu and Zoran



Mafu was another profound teacher. Mafu is channeled by a beautiful lady name Ammaji. Mafu was radically different than Maharaj Ji.

In the beginning, his meditations were guided meditations with a lot of imagery. He brought in a lot of ancient wisdom from cultures all around the world and not of this world.

His message was that we were in charge of our development. I learned about the power of thought and how to empower my own life. His teaching was radically different.

I learned a lot about my own emotions. When I was in his presence I felt like I was with my best friend. He treated us as equals. His goal was for each one of us to discover the way to come home.

Mafu was also incredibly funny. He had a great sense of humor. He was highly emotional. His wisdom touched me deeply. I learned some powerful prayers from him. There were very touching. He brought me in touch with my love for God. Around four years ago he started to bring the old Vedic wisdom.

He introduced a lot of old meditation techniques to get in touch with ourselves. This ancient wisdom was the foundation upon which India was built.

I haven't spent much time personally with Mafu but I consider him to be a good friend and teacher. I have gained much wisdom each time I have been in his audience.

I had many profound experiences with his audience. I found a lot about my past through many visions.

The last time I saw Mafu was on his land in Oregon. I just happened to be on a business trip to Portland and I received a phone call from a dear friend Harry Bartz.

Harry told me that there was a 4-day retreat and why don't I come. A rental car was arranged for me so I drove four hours to the retreat site. I had a great time there.

The event was extremely organized. Mafu was sharing old Vedic meditation techniques with us. I remember the first time I walked into his temple I sat down with the group and I was a little embarrassed.

This huge rainbow stream of light came out of my being and filled the whole room. I felt a little awkward because I didn't want to be disrespectful.

I didn't want to announce my presence. I had a wonderful time there. I wrote Mafu a letter saying I wanted to move my family there. It never happened.

I felt very fortunate to have the chance to have been there. I feel the work that Ammaji and Mafu are doing is very beneficial to this planet.

I could set in both of their audiences for hours. It is highly entertaining and at the same time most enlightening.

Zoran was another great teacher in my life. From the day I first met him we became good friends.

Zoran is channeled by Makara. Zoran was different than both Mafu and Maharaj Ji. His whole teaching was through play and laughter.

I learned more about my child's aspect of myself. He also had great wisdom. Through his teachings, I had incredible meditation experiences.

At times I felt my whole body would disintegrate into light. We went to Mexico together for one month. It was an incredible trip. Both Zoran and Mafu taught me that we are our own masters of this life.

A teacher guides us but we have to do the work. Zoran's philosophy was simple. His way to enlightenment was through ecstasy.

Mediation was a joy. Life was not a struggle. He taught truly to be in love with life. Zoran was the one who was my teacher in the past all the planet called Nucleus.

There I learned about the innermost secrets of energy. He was the one who was responsible for taking me on the tour of his ship which you already read about. A lot is going on that meets the eye.

Each one of these teachers taught me something unique about myself. I learned about emotions, meditation the power of thought.

I learned so many incredible tools. Each teacher respected me and I respected them. It is and will be a great learning experience.

For some years now I have integrated the tools I have learned into my daily life. I respect all teachers from all walks of life. We all are in this dance together.

As Mafu put it we are only strong as the weakest link. By making one of us strong we will become stronger. It's a new step in evolution.

The first time I met Mafu I knew I had met my long-lost brother. It was a long time ago in ancient Egypt but that's another story.

Ammaji is a beautiful American saint of our time. She is the one who channels Mafu. She is as far as I know the only American woman who has been ordained a Swami by the order in India.

There are many rigorous tests that you have to pass. I believe it is almost next to impossible to pass but she did. Mafu is an enlightened Lord who enlightens during the time of Christ on Mount Vesuvius in Italy.

He was a leper during that time. To make a long story short he has a group of people he is working with worldwide. He is one of many beings on this planet who are here to help us make a shift in conciseness.

He has a group in Oregon with who he works on personal basics. I was first told about Mafu by my guides even before Ammaji began to channel Mafu. I was told that Mafu would be one of my teachers in this life. His teaching was revolutionary and quite different.

My guides said I would have quite the experience. There were correct. My connection with Mafu has been mostly spiritual. I have been in his presence probably 40 times since 1986.

The first time we ever talked was in Los Angeles. I saw him 5 or 6 times before he talked to me. This occurred in February of 1987. I was in the audience with some of my friends.

Mafu was going around the room and talking to certain people. At one point he came up to me and asked me "What can I give you?" Do you want riches? He started to offer me anything I desired. I just smiled and knew he was my friend.

I was satisfied. I didn't ask for anything but I was overwhelmed. I felt such love and compassion. It was like my long-lost friend seeing me and wanting me to feel completely at home.

Mafu would have probably given me the world if I wanted it. There was such a connection between us. Over the years I have been in contact with the group in Oregon through my friends.

My connection is on a different level. For a long time whatever I was experiencing, I found out that the group was experiencing or going through the same thing. I wasn't left out at all.

I had my daily seminars. Ever since I moved to Hawaii I haven't been involved in hardly any events. My time has been simply cultivating the experience.

One time I saw Mafu in Arizona. He was walking around the large auditorium and asking people questions. He asked me "Do you like your Lips'? I said yes. He said do you know why. I said because it's part of my body.

He said what I'm about to say will cause great controversy to you. OK here goes. You have not been on this planet earth for 35,000 years.

You have the same body the same chemistry as in Egypt. For 35,000 years you have been an unlimited being. I can't tell you in words what kind of experience I was having then.

It was like a whole veil was being lifted. What Mafu taught then and now is the techniques from the ancient world and present. He uses the ancient wisdom of the Vedas, the ancient ways of Egypt, the American Indians.

He is using this wisdom for those who want to know pure and simple. Some of this wisdom hasn't been ever shared on this planet before.

I have included the transcript of that seminar in Arizona.

Mafu-Do you love your mouth?

Richard-Yes

Mafu-do you know why you do?

Richard-Because I love myself

Mafu-do you know why it is so familiar to you?

Richard- no

Mafu-Are you prepared for an evenness?

Richard-Yes

Mafu-It will cause controversy inside of you. Well here goes.
(Laughter from audience)

You have not been on this planet regardless of what limited entities have given unto you in your fantasy of it and therefore they have responded for 34,000 years.

That is the truth. And this mouth directly comes from there. The whole of your cellular memory you have been an unlimited god for 34,000 years.

You are like unto a woman of the day of yester and unto Sophia entity. Council with her and take your nutrition with her on this day (have lunch). It will be a great saving grace for you.

You brought it here because you loved them. This is the cellular memory of 34,000 years ago.

That is why the penis functions differently than others, that is why the heart is different, and the breath because it doesn't understand how the 20 century works at all.

Great entity. We shall do much together you and me. So be it. (Pointing to Sophia) You council with this man. He is a great companion of yours.

The reason I'm mentioning Mafu is that this is an example of a group that is trying to live in a way that is into the 21 century. Wisdom isn't merely intellectual but also practical.

They are for a group one of the cutting ages on new thought and technology. Remember all it takes is for one person to be transformed.

Many people I know disagree with so-called channeled entities. They say it's the subconscious speaking from that person.

If it is so it. Isn't it wonderful then that the subconscious is powerful enough to come out and relay useful information?

According to scientists, we use only a fraction of our brains. So many things are going on a subconscious level. If channeling is only the subconscious then great. Oracles have been around for thousands of years.

I give the analogy of a telephone conversation from one dimension to another. As a matter of fact, there is a different kind of oracles. Mafu, when he comes in, he takes over all bodily functions as Ammaji.

She leaves the body and Mafu comes in. Her physical size changes. We seem to think as humans that we are the only source of life in this whole universe. Anything new we are skeptical.

I'm glad there are beings like Ammaji on the face of the planet. I believe we need a spiritual evolution revolution. We don't need guns or war to achieve it. We simply need to change ourselves.

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Kryon



My wife and I love to go to Barnes & Noble. We love to relax in their comfy chairs and look at books and magazines. My wife loves to look at the Sedona Journal. She keeps telling me about Kryon who is channeled by Lee Carroll.

She probably told me around 5 times and I finally said: "OK I'll take a look at it". At first, I wasn't impressed. He would always start with his standard greeting "Greetings, dear

ones, I am Kyron of Magnetic Service".

I was thrown a curveball because I didn't understand this concept. The more I read the channeled material the more I understood this incredible message. Imagine all the past great masters unifying themselves into the magnetic grid of this planet.

You might say so what? Imagine so many great masters said they would be returning to earth and helping human beings to realize their true nature.

The more I heard and listen with an open heart I realized this was indeed true. Can you imagine that this magnetic grid is built with the Love of God? If we didn't have a magnetic grid surrounding the earth human beings would no longer be alive.

This is the problem of space travel. They need to simulate the magnetics of the earth. We have this incredible DNA.

A scientist has broken the code and has said that 93 percent of our DNA is junk DNA. Kyron has said that it's not junked DNA but multidimensional DNA.

This is a huge difference. Kyron has written a book called the twelve layers of DNA.

I highly suggest that you read this book. Your life will change if you do. Magnetics from our DNA and the magnetics from GAIA (Mother Earth) is in communication with one another. I know this sounds incredible but it's true.

This is a small part of the story. Kyron's main message is that you don't need any teacher or Guru to find your way home. All of the tools exist inside of you.

All of humanity believes in a higher self yet we go on a merry way without even trying to connect to it. Imagine this higher self is multidimensional.

What does this mean? You are the sun the moon and the stars. You are the universe. You are God. Because we are liner we say I'm George or I'm Barbara.

Who are you? That is the puzzle of life. On the other side is multidimensional energy or cosmic soup which contains all. Can you take salt out of a soup?

You can't. We have the higher self inside of us and yet we think we are alone. We are never alone.

Because of free choice we have closed the door and continue to search for God outside of ourselves. This is the incredible game that God set up.

We are the ones with our intent who request to open the door to our higher selves and discover who we truly are.

Imagine the entire universe is supporting us but can't say or do anything until we consciously give intent and begin this process of self-discovery.

What's beautiful about this process is this is how peace on earth will happen. By changing yourself and by discovering yourself you will truly radiate Love, tolerance, and compassion to all.

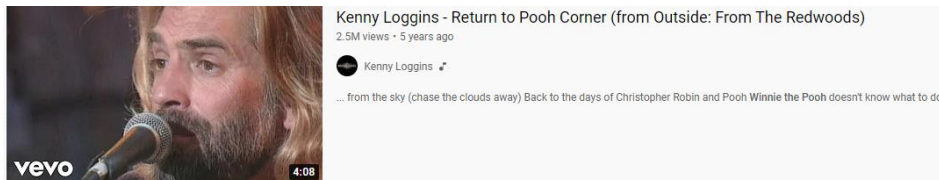
You will be a human being. You won't try to convert anyone because life does not need anyone to be converted. A lighthouse just shines. It doesn't know the ships that sail by.

The lighthouse exists on dangerous shores yet it shines the light so bright that it helps protect the boats to reach the harbor.

I could go on and on. The past year has been extremely slow at work and I had the wonderful opportunity to listen to and read this wonderful material.

My understanding and practical experience have grown exponentially. Words cannot describe how my relationship with this planet, the universe, and God has been so personal.

This is an incredible time to be alive. Peace will be on this planet. It may not seem like it but peace will prevail.



Closing



Well, we reached the end of this book. It's only a scratch of the surface. I only talked about the high-level branches of the trees. There are many other books out there that go into more detail on the specifics.

I wrote this book to see where my practices lie on the tree of life. I was happy to see that my entire practice corresponded to all the branches on the tree. To be honest that was a sigh of relief. <grin>.

Go slow on this journey. Have fun. The more fun you have the easier it gets. Be like an open child. Be kind to everyone you meet.

Don't fight, especially flaming others on social media. The secrets of the universe are shown to those who are humble and meek. Your ego will not take you far on this journey. My advice is to drop it.

It doesn't serve you in any way. A huge boulder lies on your shoulders. Simply let it go. Follow the advice from each of the branches. This is meant to be a practical experience. This is not a theory or philosophy. This is a blueprint of discovering your true nature in each moment of your life.

This isn't designed for only the Far East but the entire world. Have an incredible journey. Remember you are the universe. You just don't know it.