

The Chameleon



I hope that you stop and reflect with these poems. They are meant to ponder over and to ask yourself some basic questions about life. I sincerely hope that they will trigger a longing inside to search for the diamond that exists inside of you.

I wish to offer my humble gratitude to my brother John. John did all the music for this CD I believe that poetry and music together can enhance the poetic experience. It adds an extra layer of emotion. Unfortunately, in America, poetry has taken a back seat in our culture. Let's bring back the power of the spoken word.

## Contents

When I Returned From India.....	5
Today .....	6
The Signs Of God Are Everywhere .....	7
Honesty.....	8
Recalibration.....	9
Sat Chit Ananda .....	10
The Probability Of God.....	11
Is There Empty Space? .....	12
The Four Minute Mile .....	13
Are There New Rules To Discover God? .....	14
Kindness Is My Religion.....	15
Leave Your Baggage Behind .....	16
We Are All Together On This Journey .....	17
Is There A Game Far Grander Than What We Know? .....	18
God Is Patient .....	19
Hey Slow Down .....	20
Humble .....	21
Namaste.....	22
It Takes Effort.....	23
Lost Friends.....	24
The Storm .....	25
Do You Remember? .....	26
Wisdom Of Life .....	27
How Times Change?.....	28

Afraid Of The Dark .....	29
No Free Rides.....	30
How Many Different Ways Can You Say It?.....	31
Dragons.....	32
Higher Self.....	33
The Hidden Laws.....	35
The Lighthouse.....	36
Is There A Plan? .....	37
President.....	38
Prophets .....	39
Happiness .....	40
The Inner Well .....	41
The Chameleon.....	42
The Lantern.....	43
Love .....	44
Meditation .....	45
The Savior .....	46
The Game Of Life .....	47
Grace .....	48
God Is Ever Where But I Can't See It.....	49
Best Of Both Worlds .....	50
Human Being .....	51
Entanglement with God.....	52
The Scientist.....	53
God Is Hidden .....	54

What Is An Angel? .....	55
The Gift .....	56
Friends .....	57
Walk In The Park .....	58

## When I Returned From India

When I returned from India I thought many of my friends would love to learn how to meditate.

I was wrong.

Most of my friends were not interested in the slightest.

Some were and some weren't.

I learned not to think what's good for me is good for you.

We are all on this journey together.

On this path, there is no conversion.

There is no judgment.

We just present the simple facts.

We present what we have learned on this journey.

We love our fellow man.

We respect the journey that you are on.

If this message responds to you that's ok.

If this message doesn't respond to you that's OK.

We are just speaking from our hearts.

## Today

Today I would like to talk about meditation.

For the majority on this planet, it's a strange thing.

A person closes their eyes and goes within.

I tried it once and I couldn't stop thinking.

My mind was like a pesky mosquito.

Who would ever like to meditate?

I don't have time for it.

I would get bored if I tried.

I'm not religious.

I'm not spiritual.

I'm not a Buddhist.

I'm a Christian we don't meditate.

We only pray.

The list goes on and on.

If the word meditation gives you a charge.

Change the word.

Change it to I'm discovering my true home.

That's how simple it is.

## The Signs Of God Are Everywhere

The signs of God are everywhere.

From the time you get up till the time you go to bed the signs of God are everywhere.

It's funny we think we are alone.

We say things to ourselves thinking no one is watching us.

Yet there is someone who is there 24 hours a day.

God never judges us.

He is hidden within.

Every person you talk to.

Every action you take.

The signs of God are everywhere.

From the birth of a child.

To the death of a loved one.

The signs of God are everywhere.

Know that life is precious.

The signs of God are everywhere.

## Honesty

Are there different shades of being honest?

Someone bakes you a cake.

It took a lot of time and effort.

You don't like the cake.

What do you say?

If you say the cake was awful you will hurt the person's feelings.

Yet you aren't truly honest.

What is more important I didn't like the cake?

Or I love this person.

They did their best.

A lot of love went into this cake.

Personally, I would go with this one.

Maybe I'm not 100% honest but I saved a friendship.



## Recalibration

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

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

Is this a new recalibration of man?

Is the entire universe watching in suspense?

Will there be peace on earth?

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

The journey of life is going on.

The rules have changed.

The old energy of war is going away.

People are fed up.

Watch the recalibration of man.

We will bring peace to the planet.

## Sat Chit Ananda

In the Upanishads, a great Indian holy book is this saying.

Sat chit Ananda

Truth is the consciousness of bliss.

When the mind vibrates with Truth the awareness is in bliss.

The entire universe is alive.

The entire universe is aware.

The entire universe is built with supreme bliss and love from the creator.

This experience lies within your heart.

It's your choice.

Looking inside for the answer.

## The Probability Of God

When I was young at times I wondered about the probability of God.

How could some power beyond time and space?

Why is there constant war?

Why doesn't God stop it?

Why doesn't God stop the nonsense in this world?

How do I find God?

These are the questions I had.

Over the years of meditating, I realized that we have free choice.

God has always been inside of us.

We just have to open the door.

Wars can stop.

God won't stop them.

Only human being can stop them

The problems man have God won't solve them.

Only man can fix them by working together.

## Is There Empty Space?

When we look at the stars at night we see the majority of the sky as empty space.

Is it truly empty?

Scientists have a theory that dark energy exists.

Kyron says there is a field of multidimensional energy which pervades the entire universe.

No present-day instruments can detect it.

Why?

There is no instrument known to man that can detect the quantum energy of God.

We have this same energy inside of us and the majority of people on earth have not discovered it.

If we don't find it with ourselves how can we discover it in the universe?

In reality, there is no empty space.

The universe is alive.

It's your choice to solve this riddle.

## The Four-Minute Mile

It took man centuries for man to break the four-minute mile.

Roger Bannister from England broke it on one fine day.

Ever since the barrier was broken many men have run faster.

It seems in life once something is attained the door is wide open.

The same goes for the heart.

Millions of people are like you and me.

The doorway to the heart is being opened.

Love and compassion are beginning to be the norm.

By healing ourselves we are healing the planet.

The light we discover within ourselves shines throughout the world.

The four-minute mile of discovering your true essence has been broken.

It's your choke to discover this jewel within.

## Are There New Rules To Discover God?

Are there new rules to discovering God?

You don't need a Guru or teacher.

God lives in your heart.

Rule number 1.

With your intent open up your door within.

God has been waiting for you.

His hands have always been stretched out to you.

Rule number 2

Day by day focus on your friend.

God and your higher self are the same.

You are never alone.

You are not a sinner.

You are the universe.

The choice is up to you.

You can take it or leave it.

No judgment will be made.

## Kindness Is My Religion

The Dalai Lama once said the following.

My religion is very simple.

My religion is kindness

I fell in love with this statement.

The universe is kind.

We would have peace on earth if man would be kind to one another.

Why does man have to be so macho?

It's so easy to get angry.

Kindness is true power.

It's very difficult to master kindness.

I once heard the Dalai Lama say that at the end of the day he looks at all the interactions he has.

He tries to learn from any mistakes that have occurred.

He is consciously weeding his garden.

Maybe we should do the same.

Pull the weeds of anger and toss them away.

God won't pull them for you.

## Leave Your Baggage Behind

On this journey of life, I recommend the following.

Leave your baggage behind.

Even if you don't believe in God.

Leave your baggage behind.

Your anger is unnecessary baggage.

It doesn't serve you in any way.

Get rid of your pettiness.

Your selfish nature does you harm.

All of your negative emotions are a burden on your shoulders.

Lighten up the load.

This life is incredible.

You will really enjoy it once you leave your baggage behind.



## We Are All Together On This Journey

We are all together on this journey.

We are all the same.

We think we are so different.

Ultimately we are the same.

We only see the duality.

That's why the planet is a mess.

We can't see the unity of life.

The world around us says we are right and you are wrong.

My religion is better than yours.

You are going to hell.

The wise man says we are all together on this journey of life.

Discover this truth within.

## Is There A Game Far Grander Than What We Know?

Is there a game far grander than what we know?

Imagine if God played such a game.

He spent billions of years setting up the game.

The goal was for man to discover the God within.

He gives you free choice.

You can discover the God within as a whole.

Or you can blow yourself up.

This is the end of the game.

Are we at the point in time humanity is waking up?

We are fed up with war.

We are striving for peace on earth.

We want to discover the God within.

We will see that mankind will realize this game of life.

God has always been there coaching us.

We are the ones who have to play the game.

Peace will prevail.

## God Is Patient

God is patient.

Many scientists see the patience of God.

This earth was not created in 7 days.

Billions of years occurred before man showed up.

God is not in a rush.

Man is.

We drive around with our cell phones in our hands.

We might miss something.

Yet God is patient and relaxed.

When we were young we could hardly wait to be older.

When I'm this age I will be happy.

We turn this age and we aren't.

We think that somewhere in the future we will achieve happiness.

Maybe we should learn from God.

Slow down.

You are moving too fast.

You are a human being, not a human doer.

## Hey Slow Down

Hey, slow down.

Where are you going?

You are going in circles.

You are driving yourself crazy.

Your cell phone isn't going to reveal to you, God.

You can't sleep at night.

I have to get this done is the mantra of the day.

I don't have enough hours in the day.

Slow down.

The universe is alive.

Where are you lost in your mind?

You are never completely satisfied.

You go from one thing to another.

Maybe it's about time to go inside.

You will see what the master has said all along.

Slow down and experience your true essence.

## Humble

God is humble.

He doesn't boast about himself.

He doesn't say believe in me or you will die.

He is hidden within.

It's only by your free choice he will reveal himself.

Until then he is hidden in your heart with arms stretched out.

God does not boast about what he does.

He is the engine of life.

The creator of all.

Yet God is humble

Maybe we should take up this trait.

The world would be in a better place.

## Namaste

In India when you greet someone you say Namaste.

This means I bow to the divine within you.

What a wonderful greeting!

In our culture, many people say what's up?

Hopefully, for the people who say Namaste daily, it becomes a part of their life.

How wonderful would it be if we saw the divine in everyone?

Our entire world would change.

## It Takes Effort

It takes effort to know God.

It takes effort not to know God.

You can live your entire life without ever going inside.

No judgment is made by your creator.

He accepts you as you are.

Yet your life may be a struggle.

You have nothing to hold on to.

There may be no guard rails on your boat of life.

A storm may blow you away.

Going within the same storm might be there but you know how to snuggle in the warm cabin.

Same storm but different outcomes.

A person who discovers the hidden treasure might have the same obstacles you have.

He knows how to deal with them.

Remember it takes effort to solve this puzzle.

## Lost Friends

Hold on to your friends.

I have two dear friends who I haven't seen in thirty years.

The trouble is I can't find them anywhere.

We were all on the same wavelength.

We were discovering our inner core.

I met them over 40 years ago in Mexico.

We are still friends today.

I just don't know where they are.

It seems they have disappeared from the earth.

They are both off the radar.

My heart loves the great times we had together.



## The Storm

Is life like a storm?

A storm comes in and dumps a lot of rain.

A day later it is sunny.

Do we have mood swings in this play of life?

Are our actions dictated by what happens to us?

We constantly swing back and forth on the swing.

We have lost control.

We constantly react to what is facing us.

The masters have said you can learn how to weather out the storms of life.

You can learn how to be in the center of the hurricane.

The winds are howling all around you.

You are in the eye of hurricanes.

Peace lies inside.

## Do You Remember?

Do you remember who you truly are?

You are the universe.

How can you say that?

My name is John.

I am a surfer living in Maui.

Yet you are the sun, moon, and stars.

A part of you never forgets.

Your DNA came from the stars.

You are never alone.

Dive within your heart to answer this riddle.

## Wisdom Of Life

I bow down to the creator inside my heart.

I have gained great wisdom.

I have made many mistakes.

Yet I have learned from the mistakes that I have made.

I have become wiser.

That isn't to say I have mastered life.

Far from the truth.

Yet for once I'm content with life and feel many blessings.

I can get laid off and know everything will be all right.

Life has taught me not to struggle.

Flow with the river of life.

Don't try to go upstream.

Luke Skywalker learned how to be in harmony with the force within.

This same force lives inside of you and me.

## How Times Change?

I remember when I first took a yoga class.

I was in high school.

It was like I committed a crime.

You did what.

People thought I was a commie.

How could you think you could meditate?

Nobody does that.

You are going outside the box.

My doctor said I would die if I became a vegetarian.

He was smoking a cigar while saying this.

Fast forward to the present.

Yoga is everywhere.

Every fitness center has yoga instructors.

It's in the mainstream.

What's happened?

Times change.

People get more open.

What was once radical and dangerous becomes a part of life.

Even my Mom and her friend took the same yoga class years later.

How do times change?

## Afraid Of The Dark

When I was young I was afraid of the dark.

I had a couple of incidents that shaped my vision.

Once at night, I was collecting money for my paper route.

I was walking down the street and a man was hiding in the bushes.

He said hey kid come here.

I ran away as fast as I could.

I would always cringe when I had to put out the trash at night.

I would run to the trash can and run back.

I felt darkness and fear inside.

I turned 18 and was about to travel around the world.

I wondered how I could do this when I'm scared of the dark.

I had two choices.

One was I had to learn to conquer my fears.

Or to the fears would conquer me.

I could stay at home and not go on my grand adventure.

Fortunately, I learned that by shining the light inside darkness goes away.

My fear of the dark disappeared.

## No Free Rides

Everyone thinks that a master gets a free ride.

For him, life is a walk in the park.

The sun always shines.

He can make no mistakes.

Life is always rosy.

Nobody gets a free ride in life.

Everyone has to play the game.

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

It doesn't work that way.

God is your coach.

He will guide you along the way.

He won't play the game for us.

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

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

The universe knows your name.

## How Many Different Ways Can You Say It?

How many different ways can you say it?

Hey Richard where does it all come from?

You go on and on.

The fountain of life is endless.

Man has forever talked about the creator.

It is built into our DNA.

We aren't here to judge you.

We don't want to convince you.

It's hot outside.

Here's a Popsicle that will cool you down.

Here's an umbrella that will keep you dry in the rain.

Come inside the house when there is a blizzard outside.

Be in the center of the hurricane.

We are all talking the same.

The masters have said go within to solve this riddle.

## Dragons

Once upon a time a long time ago

Dragons were upon this land.

Great creatures they were.

They contained much wisdom and mystery.

Back then man and dragons were friends.

We both shared the same secrets of life.

We yearned to experience the key to life.

We both helped one another along the way.

Back then a dragon was a wise man's best friend.

Something happened along the way.

Man thought he knew all of the answers.

Slowly throughout time man's idea of a dragon was something evil or greedy.

Maybe man has turned himself into a monster.

Maybe a dragon still has the same virtues today.

Has man given up on himself?

Have we lost the true meaning of life?



## Higher Self

When I was young my brother and I would laugh when someone would talk about the higher self.

We were so ignorant.

We would laugh and say is there a higher self and lower self then who are we?

Yet years later wisdom creeps in.

Imagine inside of us lies the higher self yet we don't realize it.

We are the sun, the moon, and the trees.

You and I are all one.

There is a part of us that never leaves the kingdom of God.

We are never alone.

The entire universe supports us.

Help is always there.

Yet our door is closed.

How do we open the door?

Well, the first step is to know that the door is closed and you want to open the door.

The second step is the intent to open the door.

The same steps that exist in the physical to open a door are the same steps to open your door within.

With your intent declare that I intend to open this door and day by day sit still and calm your mind and a little light will come in.

Practice.

Follow your breath.

Your breath is your friend.

Within each and every action practice patience.

Practice kindness.

Practice tolerance.

Practice loving your fellow man.

It takes work and effort to open this door.

Nobody gets a free ride.

Your car is inside the garage just sitting there.

Open up your garage door and take your car for a spin.

You are in for quite a ride.

## The Hidden Laws

Many people think I go to church once a week and I give my offering to God.

Where is my experience?

Where is God?

Where is the kingdom of heaven?

The greatest game in the universe is being played out yet we have no idea the game is going on.

We search for God throughout all life looking for him everywhere.

God is hidden inside of you.

It says in the Bible the kingdom of heaven lies within.

Every person has to discover the key that will open the door.

Only by you making an inside effort will you discover the keys to the universe.

A part of you is God.

A part of you is the universe.

You are just not aware of it.

Only you can save yourself.

Only you can open the door within.

Only you can open the garage and take your car for a spin.

The more you drive your car the more you will discover who you truly are.

Love and compassion are the fuel.

Daily love your fellow man.

These are hidden laws that exist.

Remember only you can open up the garage door of your heart.

## The Lighthouse

It's a dark and gloomy night.

A huge storm is underway.

The waves are huge and a tiny ship is trying to find the harbor. There is a lighthouse on the horizon.

It shows the captain of the ship where to steer the ship to calm waters.

The lighthouse simply shines a light.

It has no other mission.

Yet this light has saved many from going aground.

We are all lighthouses.

Discover your inner light and shine it throughout this land.

Remember we are human beings, not human doers.

### Is There A Plan?

Imagine the earth has been around for over a billion years.

Yet man has been around for only a moment in time.

Is there a master plan?

Is there a reason why we are here?

We have free choice.

Does man like what he has created?

Anger, war, and poverty.

I think the majority of mankind wants peace.

We want harmony for all.

We love our fellow man.

Is life on earth a grand experiment?

Are we as humans going to blow ourselves up?

I don't think so.

We will bring peace to the earth.

The answer lies within.

We will surprise the universe.

We can overcome our obstacles.

## President

I admit I'm a little confused.

In olden times a president would be thrown out of the office saying such things.

I can grab women by the pussy and get away with it.

I can shoot someone in the street and nobody would care, they would still vote for me.

Let's build a giant wall and Mexico will help build it.

No more Muslims will be allowed into our country.

Let's put Hillary in prison.

The list goes on and on.

Yet America voted for him.

Have we lost our morals?

We know the system is broken.

Both parties have lost touch with the common American.

A president used to be dignified.

Your fired is coming your way.

## Prophets

The world is waiting for the prophets to come back.

The Jews are awaiting this savior.

The Christians are waiting for their Christ.

The Muslims are waiting for Mohammad.

We are all waiting.

How would it be in this go around if they all merge as one and are here on earth?

Indivisible but cheering us along.

Is it possible?

Yes.

By the way when you die you become indivisible.

Maybe we can feel the sunshine and warmth of their love.

Maybe deep in our DNA they are there saying look within your heart.

We never left you.

You are never alone.

You just think you are.

This is the greatest time to be alive.

It doesn't look that way.

Your prophets are here.

Look inside your heart and you will see.

## Happiness

Many people think that if you pursue truth you must be a prude.

I could never sacrifice my life.

I love my vices.

Nobody ever said you have to give up anything.

You have free choice.

No judgments are made.

This life is an incredible journey.

We are simply saying there is another way.

We are wearing tinted sunglasses.

We are not seeing the grandeur of life.

We don't understand this cosmic joke.

Once you understand laughter will be heard throughout the universe.

You are God you just don't know it.

The happiness you are looking for is hidden in your heart.



## The Inner Well

Imagine you're in the desert and you are looking for water.

Your lips are parched.

Your body is dying.

The only thing on your mind is I need water.

You have visions of water but they disappear in the distance.

I see a mirage.

Suddenly an old man appears and says are you thirsty?

He leads you to a well where you drink to your delight.

He says to stay here for a while.

Get some rest.

I'll cook you a fine dinner.

Here are some clean clothes to wear.

There is a well within.

Christ said he who would drink the living waters of life would have everlasting life.

This well is keeping you alive.

No substance on earth will get you higher.

There are no harmful side effects.

This is your true nature.

## The Chameleon

The chameleon blends itself into its environment.

It's there but not full of pride.

It moves around yet is gentle.

Man's ego is grand.

Look at the watch I'm wearing.

Look at the car I'm driving.

The ego is shouting "I'm important".

Look at me when I enter the room.

A wise man has nothing to prove.

He blends in with man.

He is kind and loves all.

He has been there and done that.

He just smiles when you try to display yourself.

## The Lantern

Throughout history, man has stumbled in the dark.

Man has distrusted one another.

War is the norm.

I'll take what is mine.

This land belongs to me.

I'm going to rule you.

Darkness is in the land.

There is a lantern within us all.

It is not lit.

Now is the time to light the lantern.

This light will wake up mankind.

It will dispel the darkness around.

Peace will come to earth when mankind lights the lantern within his heart.

## Love

Love makes the universe dance in joy.

Love makes the stars dance in harmony around the galaxy.

Love makes two loves dance in the night.

Love makes the sun send beams of light.

Love is the substance of light.

Love is true communication.

Love is the foundation of DNA.

Love creates waves to a surfer's delight.

Love exists inside of your heart.

Listens to the song of love within your heart.

You will understand this riddle.

## Meditation

Meditation is like surfing.

It's hard at first.

It takes time and effort.

Nobody is a great surfer when they first start.

The same goes for meditation.

The techniques are so ever simple.

They are so simple that the mind says is that all you got.

Yet day by day the water of life is dissolving the darkness inside.

You first begin to meditate purely for yourself.

Over time you meditate for everyone on earth.

At first, you meditate and try to connect to God inside.

Over time you realize that God is meditating on you.

He is keeping you alive.

You are never alone.

## The Savior

Many people pray to be saved.

Yet they don't want to make any effort.

I can go to a house of worship pay my five bucks and that's my dedication for the week.

I can continue with my old ways.

It says all of have to do is believe in the savior.

The savior says that you must save yourself.

He is your best coach.

Yet you are the only one to play the game of light.

Only you can save yourself.

All the tools exist inside.

It takes effort to mine your heart.

Blood, sweat, and tears.

It's not easy yet the goal is in sight.

Your coach loves you so dearly he hides in your heart just waiting to be discovered.

## The Game Of Life

Man loves to play games.

We play monopoly or shoots and ladder.

The rulers play war games sending youth to war.

Husbands play games with their wives while wives play games with their husbands.

Children play hop and scotch.

Does God create the game of life?

Was the entire universe created for a reason?

It took billions of years just to create the earth.

That's a long time in the making.

We look at the stars and we know there must be a God.

But where does he hide?

Our search for God is everywhere but inside our hearts.

God hides within a place you would never think to look.

The wise men have always said the Kingdom of heaven lies within.

## Grace

Did you know that because of free choice grace is falling from heaven but we are not aware?

God is reaching out to us yet we don't see it.

The angels are singing our songs yet we don't listen.

The universe is keeping us alive yet we live in such a mundane existence.

The earth sends us her love yet we can hardly wait to talk on our cell phones.

The wind is blowing in our faces and we are on Facebook catching up on the latest.

The sun is broadcasting love to us while we gently go on our ways.

The solar system is dancing into eternity.

We are oblivious.

Have we forgotten the mysteries of life?

Grace is everywhere but our eyes are closed.

The wise men says to find the grace within and you will see the answer to this riddle.



## God Is Ever Where But I Can't See It

How is it that we come from God and we are born into this world we forget where we come from?

A baby is in that state of joy.

A baby is not separated.

How could it be when an angel is holding it?

As we grow older day by day we forget.

Our hormones kick in and by that time God is foreign to us.

The evidence of God is everywhere.

Where ever you look God is smiling at us.

He does not judge us.

All the great books have said to discover God within you.

Day by day dive within your soul and discover the diamond within.

It is within reach.

## Best Of Both Worlds

I'm so thankful I discovered God within.

I have the best of both worlds.

The treasure within is shared with mankind.

Happiness, joy, and contentment.

Love for mankind.

I have the best of both worlds.

I love learning to master myself.

Inside and outside this life is a gift.

I'm so lucky to be alive.

The danger is all around yet the path I walk on is safe.

I may get laid off yet, in the end, another job opportunity is just around the bend.

This life is an incredible journey.

Enjoy every step on the way.

## Human Being

We are human beings.

Yet in our actions, we are human doers.

We are on our cell phone driving to work.

When we meet someone new we say “What do you do for a living”.

If you’re a stay-at-home Mom they will look up and down at you in disgust.

Money is our religion.

We have forgotten the innocence of life.

How much love have you accumulated?

Are you a being of patience and tolerance?

Have you found the essence of life?

Will you take your money with you when you die?

This is a riddle that must be solved by you.

Are you a human being or a human doer?

There is no judgment here.

The choice is simply yours.

## Entanglement with God

Now I'm not a scientist

Yet I'm curious about energy.

There is a theory that energy can entangle with another energy millions of light years away.

It means there can be communication between one another.

Does this mean the universe talks and listens?

How fascinating!

The whole universe is entangled with God.

How about us?

Are we entangled with God and the universe?

The answer is yes!

Does that blow you away?

Or

I don't react one way or another.

It's just theory.

From time memorial the wise men have said in their own words you are entangled with God.

The Kingdom of heaven is within.

Only you can solve this puzzle.

## The Scientist

How much fun would it be to be a scientist?

Can you imagine discovering DNA?

How about finding the sequence of DNA and saying 94% is junk?

Does God create junk or do we not understand what we see?

How about discovering a black hole or quasar?

How much fun to explore space?

Have we lost the adventure of discovering life?

Imagine the entire universe know us.

Isn't that exciting?

We can communicate with the universe and the universe will talk back.

These are exciting times for us.

The true scientist exists inside of us.

The essence of life is to be discovered.

## God Is Hidden

God is hidden.

God hides inside your newborn baby.

With every step you take God is walking beside you.

You are never alone.

God dances in the stars at night.

God is beaming warmth from the sun.

The birds are soaring above.

Fishes are in the sea.

The universe is alive.

Do you want to partake in this magic?

God is hidden because your door is closed.

Open up your door within.

You will see that God has always been there.

He was waiting for you all the time.

## What Is An Angel?

What is an Angel?

We tend to make Angles human-like.

They have a human body and wings.

But what if Angels are multidimensional energy?

They have no body or form.

We imagine a God with a long beard sitting on a thorn.

How much do we place our human conditions on God?

When we die we go back to the source.

We become the sun, the moon, and the stars.

This is our true nature.

We came from the infinite and are born into this world.

We forget our true nature.

This coming and going is the game of life.

Have we forgotten who we truly are?

What is our true nature?

Where did we come from?

How do I discover my true nature?

This is the greatest game in the universe.

## The Gift

Can you imagine you are the sun, moon, and stars?

You are the universe.

You are eternal

You are life itself.

You must think I'm crazy.

But there is truth in all of us.

A part of you is on the other side.

You are never alone.

The universe supports you.

There is a gift inside of you.

Open up this gift and you will solve this riddle.



## Friends

You have friends in many incredible places.

God is your friend.

The universe is your friend.

The earth is your friend.

The wind is your friend.

The waves in the ocean are your friend.

The stars are your friend.

The sun is your friend.

Even your enemy is your friend.

You just don't know it.

How would it be to know truly in your heart your friends are everywhere?

You are never alone.

## Walk In The Park

Let's take a walk in the park.

You will not need your cell phone today.

Take step by step and be aware of your breath.

Slow down there is no rush.

Something is keeping you alive.

Look at all the wondrous flowers.

All the different colors of the rainbow are there.

As you cross the bridge noticed the frogs hidden in the lotus pads.

Did you know the lotus flower its roots live in the murky water while the petals  
rise above and aren't touched by the dirty water?

What a sight to see.

Butterflies are everywhere.

Bees are gathering nectar from the flowers.

Look at the turtle basking in the sun.

Do you see koi fish swimming in the water?

The earth is alive.

When you truly slow down you will never get bored.

I once did.

Come with me for a walk in the park.