



Maya

Fletcher Soul Traveler

## Contents

Maya .....	3
How To BE Light-Hearted.....	4
Maya Deepfakes.....	5
Row Row Row Your Boat .....	6
The Sugar Cube.....	7
Tune In To Kindness.....	8
Adios Senor.....	9
Rocket Man .....	10
Alchemy At Its Finest .....	11
I Love To Write .....	12
Buenos Dias .....	13

## Maya

I first encountered this word in India fifty years ago.

It means illusion.

Illusion means the appearance may seem real but in reality, they are not.

Modern day scientists and the wise men of old are talking about the same thing.

The whole world is an illusion.

When I was 18 years old I read the autobiography of a Yogi.

One of my favorite parts was when Yogananda went to a movie theater.

The audience was captured by the movie.

Yet what was causing the movie to be a movie.

There was a projector sending light which hit the screen and created the illusion of  
a movie

Well, the wise men of old said the same thing about this world and the universe.

Quantum scientists have come to the same conclusion.

Yet despite this, we are still living in the Newtonian era.

We focus only on the external.

A wise man focuses on both the external and internal.

Humanity sees only one percent of the light spectrum when looking external.

There is so much which we don't see.

We have the hardware, software, and operating system to see the source of all.

Maya is sometimes defined as a web of illusion.

Mankind gets trapped into it.

Mind you we don't even think we are trapped.

That's called the ultimate illusion.

We are so trapped that when someone says we are trapped we simply roll our eyes.

Somehow we are living in a state of apathy and are quite content with it.

Today fiction is truth and truth is fiction.

As a nation, we aren't in an uproar about this.

We are complacent.

By bending the truth it has become the norm.

When morals and ethics go out the door in everyday life the world will become  
more chaotic.

Chaos comes from a mind that has no discipline.

A disciplined mind is a mind that is in harmony.

To go beyond this illusion is the purpose of life.

You can solve this puzzle.

## How To BE Light-Hearted

How to be light-hearted.  
Take out the boulders in your inner garden.  
They are wearing you down.  
They have no good purpose in your life.  
Pull the inner weeds.  
They can and will take over the garden if you don't pay attention to them.  
Develop a daily habit of being grateful.  
Being grateful every day is the key.  
One may have the same problems as others yet being grateful makes you rise  
beyond the problem.  
Many people make a mole hole into Mount Everest.  
Learn to meditate.  
Meditation brings helium to the inner balloon of life.  
It allows one to rise to great depths within where the problem seems like a million  
miles away.  
Laugh at life.  
Laughter is great medicine for the body and mind.  
Laughter can melt your troubles away.  
Be kind.  
A kind person has a kind body and a kind mind.  
Much needed today.  
Come from your heart, not your mind.  
As a matter of fact the wise man merges the heart and mind.  
This is called wisdom.  
In a state of wisdom, one has nothing to prove.  
He doesn't try to convert you to his point of view.  
A wise man simply smiles at life.  
He sees the divine humor in all.  
Wake up each day with a sense of wow I'm alive.  
Life is an incredible journey.  
Learn how to concentrate on the power behind your breath.  
Most of humanity has no clue about the love that is keeping you alive.  
Monitor your thoughts and actions.  
If something negative comes up in your mind don't say it.  
Hold your tongue until you have something kind to say.  
Your true nature is light-hearted.  
You can change for the better.  
It's up to you.

## Maya Deepfakes

I saw this on 60 minutes a few days ago.

It was an episode on Deepfakes.

As Bill Whitaker reports this week on 60 Minutes, artificial intelligence can manipulate faces and voices to make it look like someone said something they never said.

The result is videos of things that never happened, called "deepfakes."

Often, they look so real, people watching can't tell.

Just this month, Justin Bieber was tricked by a series of deepfake videos on the social media video platform TikTok that appeared to be of Tom Cruise.

This is scary stuff.

Where are we heading?

I wasn't kidding that truth has become fiction and fiction has become truth.

It seems in the future anybody will be able to do this.

You can smear your opponent and manipulate anyone.

Anyone is fair game.

This is Maya presented into this world.

It's an extra layer from you and reality.

What is the truth?

Even aside from the real truth inside of you, what is truth?

What is going on?

The world seems to tumble downhill like a snowball.

Technology is heading in the wrong direction.

I have been in this field for around thirty-eight years.

I've used this technology to do incredible stuff.

Lately, I'm seeing it is used at times without morals and ethics.

I even wrote a book about it called Pandora's box.

Frances Haugen, said "I am here today before congress because I believe that Facebook's products harm children, stoke division, and weaken our democracy," she said during her opening remarks. "The company's leadership knows how to make Facebook and Instagram safer but won't make the necessary changes because they have put their astronomical profits before people.

I'm sure this is the tip of the iceberg.

We are being used for companies to make billions of dollars.

They know how to addict the population for profit.

This won't be the last time we hear of this.

## Row Row Row Your Boat

Row, row, row your boat  
Gently down the stream  
Merrily merrily, merrily, merrily  
Life is but a dream.

In the last few years I had a couple of enlightening dreams.  
In my dream, everything would slowly dissolve into light or a state of emptiness.  
It was really quite incredible.

This is our natural state.

A state of complete bliss, love, and compassion for all.  
Many quantum scientists and wise men of old have come to the same conclusion.  
The universe is a dream.

Behind this dream is the source that is trying us all together.  
We come into this world and someday we will leave this world.  
It is only a flicker of a moment in time.

Yet every one of us has the operating system, hardware, and software to discover  
our true nature.

This is not a theory my friend.  
Millions of people all around the world are waking up from their slumber.  
The jewel exists inside of you.

We search for happiness near and far.  
When I was young I even traveled around the world looking for it.  
I eventually found it in my own inner backyard.

That is the paradox.

We are so sure that it exists outside of us.  
If somebody tells you the jewel exists inside of you one will roll their eyes.  
This story has been told for thousands of years.

We are living in a dream that seems so real that we call this reality.  
Yet tell me what happens to your earthly reality when you die?

The bubble will be burst.

At the time of death one goes back to the source of all.

You are the universe.

You just don't know it.

Wouldn't you like to have just a tiny speck of that experience while you are alive?

## The Sugar Cube

How's this for an ultimate Maya or illusion.  
According to the institute of physics, the atom is 99.999999999% empty space.  
Wow!!!  
If you removed the empty space from all the atoms of all people, the entire human  
race could fit in the volume of a sugar cube.  
I don't know about you but that blows my mind.  
What do you think?  
What we think is solid is mostly empty space.  
Yet according to our senses, the world around us is solid, which it is to some point.  
Yet quantum science knows the world as we know it is mostly empty space.  
I first heard about the concept of being empty over fifty years ago.  
To tell you the truth I really didn't like the idea.  
A universe that was empty or void was something I didn't like.  
Yet fifty years later my understanding of emptiness has changed dramatically.  
In emptiness lies supreme bliss, love, and compassion.  
From these divine qualities, all of creation comes.  
The ancient Yogi would say Sat Chit Ananda.  
Truth is the consciousness of bliss.  
The seen and unseen worlds all stem from this plane of existence.  
Both the ancient ones and quantum scientists are both talking about the same thing.  
The divine sugar cube lies inside of you.  
You have the capability to dissolve this sugar cube and solve this precious puzzle.  
It's by your will and determination can you solve this puzzle.  
When you have that kind of conviction synchronicities will happen to you.  
The universe will start opening up your inner doors within.  
This is an endless journey.  
It will never end.  
You have been around since the dawn of creation and even eons before that.  
Yet we are texting on the freeway of life.  
We are oblivious of our true nature.  
That my friend is called Maya  
We see only one percent of the light spectrum and think that's reality.  
Many animals have senses more developed than we do.  
Yet we have the hardware, software, and operating system in place.  
We just haven't turned the computer on.  
Our subconscious mind is running the show.  
We are playing the same tapes over and over again.  
The world is in chaos and we don't seem to mind it too much.

## Tune In To Kindness

Some people have the concept that kindness is weak.  
Before the universe was created there was kindness.  
Universes come and go.  
They get created and ultimately get destroyed.  
Kindness still exists.  
It is eternal.  
It exists everywhere in all dimensions seen and unseen.  
Today kindness seems like a misnomer.  
Currently in our political process kindness is millions of miles away.  
Anger and distortion of the truth are at the forefront.  
Holding on to power is the ultimate goal.  
A kind person is considered weak.  
Yet a kind person has you in his heart.  
He isn't there for power or control.  
He is there to serve you and hopefully make your life easier.  
My advice is to only vote for a kind person.  
An angry person or one who believes fiction is truth will never serve you properly.  
They have their own political agenda at hand.  
Their goal is to stay in power and will do anything to do that.  
Does that sound familiar to you today?  
We have political parties that will do anything to stay in power.  
That means they can't and won't serve you properly.  
A person who is kind is full of wisdom.  
Where do you think wisdom comes from?  
Kindness.  
Wisdom and kindness go hand in hand.  
To rule one must have both.  
Anger and lies can never rule properly.  
Take a look at the chaos around you and you will see what I'm talking about.  
If you don't see it you might want to change your ways.  
Kindness comes from within your being.  
If you aren't kind you are part of the problem.  
We all stumble and fall.  
We all make mistakes.  
That's how we learn.  
We can all tap into our true nature of kindness.  
This world would be in a better place.



## Adios Senior

Did you know that the Tibetan Lama can leave their bodies consciously up death?  
Mind you not all of them  
Lama Glen Mullen said that 15 out of 20 of his teacher have left the body that way.  
Imagine knowing your time is up, you sit in meditation.  
They have a special technique they have practiced for years.  
In essence, they enter the quantum state of mind.  
All systems shut down naturally and they are consciously aware.  
Unlike most of us, we are oblivious to this process.  
They use this same process every day when going to sleep.  
They become aware and consciously drift off to sleep.  
Most of us are totally unaware of the process.  
We are oblivious of natural laws that all sentient beings are in alignment with.  
Yet we are oblivious.  
The body and mind follows universal laws when it comes to sleep and death.  
Each night when you go to sleep one enters the deathless state.  
The kicker is we are not aware of it.  
Meditation helps bring one's awareness to this state of mind.  
Before creation, this emptiness was there.  
It is bliss, kindness, love, and compassion.  
One can learn to cultivate this while you are alive.  
It's like a tuning fork.  
Whatever it touches it vibrates at that frequency.  
When the mind touches kindness, bliss, love, and compassion it vibrates at that frequency.  
Imagine an infinite force field that exists.  
It is also inside of you.  
This is your true nature.  
You are the universe.  
You just don't know it.  
The hardware, software, and operating system have been there since your birth.  
Maybe it's a good idea to learn how to turn it on.  
This is a practical puzzle to solve.  
As I said many times before the spiritual path is the most practical path.

## Rocket Man

The wise men of old were true rocket men.  
They explored inner space.  
They knew how to ignite their inner engines.  
They put gasoline on the fire of life to take inner voyages to the beyond.  
They were discovering their true nature.  
This is your true home.  
You have the same rocket engine inside of you.  
It is lying dormant.  
The inner fire within dispels all darkness over time.  
Over time all your fear, anger, and negative emotions will be vaporized.  
This sacred science is older than mankind.  
It brings a person from darkness to clear light.  
One who tries to use the power for control of others will never ignite the inner fire  
within.  
Safety measures are put in place.  
A person of power will never ignite the engines.  
Over time he will stop trying.  
This is not saying the inner engines will never fire.  
It means this person is not ready to take the inner ride.  
Nobody stops you on this inner journey except for yourself.  
One must be humble and kind.  
A wise man naturally is humble and kind because the universe is humble and kind.  
Many politicians think that gathering power at any cost helps this world.  
It only brings down the world into chaos.  
Your human body is a vessel to the unknown.  
Take care of it.  
I mean take care of it.  
Did you know that most diseases are caused by you?  
There are natural laws the body abides by.  
You can break the laws but unfortunately, over time the laws will come back to  
haunt you.  
They don't judge you.  
You just didn't follow the natural law so you got sick.  
One who learns how to be a rocket man tries to be in tune with these natural laws  
in each and every moment.  
You can learn how to blast off into the heavenly realms and still be walking on this  
precious planet.  
Feet on the ground and your head in heaven is the name of the game.

## Alchemy At Its Finest

This is alchemy at its finest.  
Image two drops.  
One female.  
One male  
One drop drips down.  
One drop drips up.  
They both merge together in the heart.  
A great union just occurred.  
This takes place every time one goes to sleep.  
You enter the quantum field.  
You enter a state of emptiness.  
Yet you are not conscious of it.  
During sexual union that bliss you experience is coming directly from emptiness.  
Emptiness contains infinite bliss.  
When you die you experiences this blissful state of awareness.  
The wise men of old daily practiced this.  
It is said that over time all your negative traits will disappear into the wind.  
This is pure alchemy at its finest.  
It takes one from darkness to light.  
This is your true essence.  
The sun is always shining inside of you.  
We have put dark clouds that have covered the inner sun.  
This human body and mind are magnificent.  
Your true state of mind is purer than any gold.  
Yet in our current condition, we have lost sight of our purity.  
We have all the tools we need inside of us.  
We just need to gather our will and do something about it.  
Apathy and lack of willpower will never solve our problems.  
One must have great motivation to solve this puzzle.  
You were born to discover your true nature.  
Yes, it is elusive.  
That's why I call it the video game of life.  
When one understands there is a grand video game being played and you are the  
star hopefully one might get motivated.  
Whether you like it or not the video game of life is all around you.  
Life will throw you curveballs.  
Why.  
One can learn how to hit curveballs out of the park.

## I Love To Write

I love to write.  
It wasn't always that way.  
When I was young I hated to write.  
I loved to read books but hated writing.  
I didn't have the mindset back then.  
Yet today I love to write.  
Writing to me is like radar.  
You know you are going somewhere and the radar shows you where you are.  
There have been times in my life when I felt I was on a ship without a rudder.  
I was wandering in the ocean of life.  
I found out that when you try to be conscious of fine-tuning the guitar of life, life  
becomes easier.  
The same curveballs get thrown your way.  
Many times writing about them helps me to have a deeper understanding.  
Many times I try to pass this on.  
Hopefully, we can all learn from each other.  
We all have our inner wisdom to share.  
We all have our moment of being there and done that.  
I learned that lesson.  
Yet life will throw you a lesson again to help bring an even greater understanding.  
When we write we bring our stories to life.  
Stories are a way to reflect on the meaning of life.  
They entertain us and at the same time tap into life itself.  
There is always a hidden meaning to a story.  
You have to look more than the surface level.  
I'm learning throughout my life to become aware of the words that I speak and  
write.  
Words have power behind them.  
One can speak words that lead toward the light.  
One can speak words that lead toward darkness and help promote chaos in this  
land.  
We carry our own weapons.  
A wise man uses his speech towards uplifting his fellow man.  
He understands there is a thread of love tying us all together.  
With proper eyes, one can understand this riddle.

## Buenos Dias

Buenos Diaz.  
Have a good day.  
You are alive.  
Last night you went to heaven yet you were unaware of it.  
Your ancestors were there.  
You are never alone yet you think you are.  
This life is an illusion.  
It is playing tricks on you or should I say you are playing tricks on yourself.  
The funny thing is you think the external events either cause you great happiness  
or pain.  
In essence, you have a clear mind and a blissful mind.  
You have a quantum mind which means you exist beyond time and space.  
You are even beyond this known universe.  
Your mind exists in the seen and unseen worlds.  
We are all interconnected.  
There is one mind operating this divine show.  
Yet we think we are separate.  
In this state, chaos exists in this world.  
We can all learn from each other.  
We all have different points of view.  
My way is my way.  
Your way is your way.  
The truth needs no convincing.  
Being kind is truly the best way.  
If we were all kind this world would be a better place.  
Many people think being kind is a form of weakness.  
Tell me do you think the universe is weak?  
Kindness created the universe.  
Today it is popular to embrace anger and the power of control over others.  
We see it in our everyday life.  
All this does is put humanity into chaos.  
They have no morals or ethics.  
How can they rule or govern in this sad state of mind?  
Mind you it is a state of mind.  
Your essence is good.