


Bring The Genie
Back Into The Bottle

Fletcher Soul Traveler

A golden, ornate genie lamp is positioned on the right side of the image. A bright blue flame emerges from the spout, and a plume of blue smoke rises from it, drifting towards the left. The background is a dark, deep blue space filled with numerous small, white, star-like specks. The lamp itself is highly detailed with intricate carvings and a small, pointed finial on its lid. A soft, blue glow emanates from the base of the lamp, casting a subtle light on the surface it rests upon.

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To attempt to revert a situation to how it formerly existed by containing, limiting,
or repressing information, ideas, advancements, etc., that have become
commonplace or public knowledge.

Almost always used in the negative to denote the impossibility of such an attempt.
Climate change comes to my mind.

We have a serious problem here.

Nobody can say they haven't noticed how the climate around the world is
changing.

Yet even two years ago the President left the Paris accords.

We are back.

Yet many nations around the world see that we are flip-flopping on the issue.

We are serious yet at the same time not so serious.

That is not the message we want to give to the world.

Every single person on the planet will have to change their ways.

We will have to think outside of the box like never before.

We can't just lip-sing our way out of this mess.

Practical actions must be taken.

The world must be united.

We can't keep sawing the branch we are sitting on.

Yes, life must go on.

Remember this is the only earth we live on.

If we don't do something very soon future generations might not be around.

If they are our world could see drastic weather increase year by year.

Just think even a fraction of increasing temperature causes huge effects on the
weather.

Just a fraction.

We don't know the true ramifications of our actions.

We are seeing it each and every day.

You are a piece of the puzzle.

Learn to live in harmony with the earth.

If we all did this we can change this world.

Surprise

The definition of surprise is as follows
An unexpected or astonishing event, fact, or thing.
Life is full of surprises.
Life is not dull.
We may become dull in life yet life is never dull.
We become dull and stuck in our ways.
A wise man lives his life in a constant state of surprise.
Each moment is a miracle that we are alive.
Behind our breath lies the essence of all.
One never gets tired of talking or hearing about it.
Well, I can't say that with a straight face.
Many of my friends probably roll their eyes and say that goes Richard again.
Yet a wise man enjoys the mysteries and surprises of life.
It is infinite.
It boggles the mind.
One can meditate for a trillion years and still scratch the surface.
We are on an infinite journey.
Yet we place so much focus externally.
We came and go as the flicker of an eye in eternity.
Yet the illusion is we have all the time in the world.
Friends and family are slowly disappearing into the night.
Never to come back again.
Treasure your time with your loved ones.
Don't carry the boulders of the past.
They are just wearing you down and serve no purpose.
Someday we will recognize that there is a thread of love tying us all together.
That will be an incredible day.

Clear Mind

Your mind can be your worst enemy or your best friend.
It's how you take care of it.
You can meditate your entire life yet if you don't wash your clothes off the mind
they will still stink.
The clear mind is our natural state.
We are in essence the Buddha mind and empty mind.
There are many different states of mind.
The mind is like a tuning fork.
Whatever it touches it vibrates at that frequency.
A wise man is in a constant state of washing the mind in clear light.
You could call it brainwashing at its finest.
The goal of human life is to return to a clear mind.
We are so focused externally that we have lost touch with the innocent mind.
Children have incredible minds yet over time they lose them.
We tell children at a young age to stop dreaming and stop imagining.
Einstein said Imagination is more important than knowledge.
Knowledge is limited.
Imagination encircles the world.
The Buddha had a clear mind and a great imagination.
This is our potential if we want to cultivate it.
The garden exists inside of us.
Only you can plant the seeds within.
Currently, plenty of weeds exist.
One must pull the weeds and till the soil.
Daily one must take care of the garden within.
Chaos exists because we have neglected the garden within.
When the world at large neglects the inner garden how can we get along with
each other?
We think we are separate.
This is a grand illusion.

Life Is A Mystery

Life is a mystery.
We never know what's around the corner.
Life will throw us many curveballs.
We may strike out yet we will always get another opportunity to bat.
Just think in baseball a person who gets on base 1 out of three times is considered
a great player.
Babe Ruth was considered one of the best in the game.
His home run record was the best until Henry Arron broke it.
Did you know he also was a strikeout king?
We all have our abilities and weakness.
We can constantly learn and improve.
Many people stop learning years before they die.
They become old and rigid years before their deaths.
Many people dread the great mysteries of life.
I'll be content if everything stays the same.
Mind you my life is boring and I want to keep it that way.
Yet life is a mystery.
It will always be.
There are many levels in this grand mystery of life.
We will never clap our hands and say I know it all.
Our universe is kids on the block.
Imagine some universes that existed trillions of years ago.
We have been around 14.5 billion years ago.
Humans are around 100,000 years give or take.
Our life is just a flicker in time.
Yet we think at times we will never die.
We live in such a grand illusion.
Magic is all around yet we find it more interesting to text on the freeway of life.
Isn't that ironic?
We are participating in the movie of life.
The wise man turns his head around and sees the movie projector is sending light
to the screen.
He understands that the movie is a grand illusion.
He simply smiles inside.
He has nothing to say or prove.

There Is Hope In Your Life

There Is Hope In Your Life.
No matter how deep a hole you have dug yourself.
You can get yourself out of the hole.
Nothing lasts forever.
It's all water underneath the bridge.
The river of life constantly flows.
Hope is a thread that brings solace to the unknown.
In this present moment lies hope.
Hope is real.
Hope is a state of mind.
One who loves to meditate brings hope to the forefront of awareness.
One who has hope cultivates gratitude.
One who has gratitude is truly alive.
Gratitude changes the heart to be even more open and loving.
Scientists have been able to capture the electric-magnetic field of the heart in
gratitude.
The mind and heart are in harmony.
For many people in the world, the mind is dominant.
When that occurs chaos is all around.
Need I say more?
Look at the world around you.
Yet this is not our natural state of being.
Hope is all around us.
We just need to open our eyes.
One must slow down in life and be grateful.
The outside world tends to take out hope in our lives.
Many people live their lives in despair.
This is not natural yet at times is the norm in society.
All it takes is the will to change and try a different approach.
Maybe we should focus on a change in awareness.
If we start focusing on the internal to external our focus would change.
We live our lives focusing solely on the external world.
Ponder this over.

Refinement

The definition of refinement is as follows.
The process of removing impurities or unwanted elements from a substance.
This sounds like weeding the inner garden to me.
First of all, we must realize that the inner garden even exists.
Many people just live their lives on the weekends.
I'll be so happy when Friday evening comes.
I can party away.
Note there's nothing wrong with that.
A celebration is always a good thing.
Yet if one is unhappy working Monday through Friday one is missing out on life.
We can be in a state of celebrating life in midst of our work environment.
Yet our co-workers won't even know.
Isn't it amazing one can have his feet on the ground and his head in heaven?
The majority of people won't even have a clue.
I often said that if Christ came back and didn't say a word how many people
would recognize him?
We are so busy with our lives.
We don't have time just to relax and ponder the magnificence of life.
Refinement is the process to morph and grow into something sublime.
It's like a caterpillar transforming into a butterfly.
The cocoon is in the transformation stage.
Tilling the garden within is the cocoon stage for man.
One can see the unity of life.
One can see we are all interconnected.
There is a thread of love tying us all together.
The opposite of refinement is dullness or coarseness.
The world at large is dull and coarse.
For many in Congress, they know what the truth is.
Yet they prefer to spin truth into fiction and fiction into truth.
They are the opposite of a Guru.
A Guru takes one from darkness to light.
A Rugu takes one from light into darkness.
Our Democracy is at stake.
There is a sword hanging above us.
We must wake up before it's too late.

Supreme Kindness

The great mystics of the past have said to discover the supreme kindness inside of
you.

This is not a prank or fairy tale.

It's as real as can be.

This is your true nature.

One may roll their eyes yet it is the truth.

The treasure chest lies within you.

What is keeping you from opening the treasure chest at all times?

The kindness you are looking for is right between your eyes.

There is an infinite well within breaming with the sweet nectar of kindness.

It has always been there.

We place such importance on the external world.

We work ourselves to death trying to maintain our lifestyles.

Each year it gets harder and harder to maintain.

How long can this chaos go on?

We are human beings, not human doers.

Mind you I said human beings.

Most of humanity can't turn off the facet of adrenalin.

Billions are spent on sleep medications which don't solve the puzzle.

In fact, they make the problem go worse.

Be kind to your body, mind, and soul.

Be kind to your friend and family.

Remember this is your true nature.

Isn't that wonderful?

There are simply clouds covering the inner sun.

Everyone can discover this in their lives.

Nobody gets a free ride.

Nobody can walk in your own shoes.

You can solve this riddle.

Watching Water Boil

The mind needs to be trained.
Most people would get bored watching water boil.
It would seem like forever.
The untrained mind is a fickle thing.
It can't hone in like radar and hold it.
It's constantly chattering and moving from one object to another.
Many people say not my mind.
Well sit down and try to meditate and prove me wrong.
The wise man says conquering the mind is the most difficult thing to do in the
universe.
One can live in the center of the hurricane.
In the center is perfect calm.
In that state, one can easily watch water boil.
The mind is clear and at ease.
Versus.
One lives in the hurricane state of the mind.
We are like leaves blowing in the wind.
Chaos is all around.
If you don't believe that look at the state of the world around us.
I would not say that we are living in harmony with the earth and each other.
Most importantly we are not in harmony with our true nature.
Disease is the norm.
Disease is when the mind, body, and soul are not at ease.
We have forgotten the basic laws of nature.
During this pandemic, Mother Nature sent us to our rooms and told us to think
about what we are doing.
We got bored.
The lesson never got learned.
We are repeating the same mistakes over and over again.
Common sense is uncommon.
We need an attitude adjustment.
The world at large needs to find the answer to this riddle.

Blown Away

I'm blown away.
I took biology from Mr. Haley in high school.
I really enjoyed the topic.
Back then we were in the dinosaur age of biology.
So much has changed in 50 years.
The finding of mystics and science are merging together.
Hemal H. Patel and his research staff are doing incredible research on the
biological and neuroglial effects of meditation.
They are finding incredible results.
This human body is magnificent.
We are just at the cusp of discovering our true nature.
The most incredible laboratory exists inside of you.
To be honest we live such boring lives.
Mind you they are incredible yet we are just skimming the surface of human
potential.
We are on the verge of transforming our species.
Granted it will take time.
Millions of people are waking up from their slumbers.
In the past few months, my understanding of the mysteries of the human body
has increased.
We are energy by nature.
Soon energetic medicine will be at the forefront of health and wellness.
Every drug we take can have serious side effects.
Some say it can lead to death.
We are playing Russian roulette.
Modern-day drugs mask the symptoms.
They don't go to the root cause.
If we as a society learned preventive medicine our world would be in a better
place.
Common sense is uncommon.
Many people don't want to take responsibility for their minds, body, and soul.
The US spends the highest on health care but we are one of the sickest nations in
the world.
Ponder that over.
Is your mind and body in harmony?

02-13-2022 Science and meditation

As many of you know my twin brother and I love to meditate. It's built into our genes. We also love to research many different things in life. Fifty years ago I dreamed of assisting in some way in researching the bridge between meditation and science. Since then thousands of research documents have come out.

Recently I saw a live feed with Joe Dispenza and the research scientists at the University of San Diego. Wow, I was blown away at the sophistication. We have come so far in just fifty years. Here's the link

<https://drjoedispenza.com/pages/scientific-research>

I sent an email to the chief scientist explaining my background. This was about a month ago. I sent out the email not expecting a response.

Last Monday I received an email from Hemal and he wanted to do a zoom interview with me and my brother. We had an amazing conversation. We were on the same wavelength. Any way Hemal said he would love to have my brother and I assistance in helping in his research by finding different meditation groups that are out there.

The first stage would be to gather people during covid to give some saliva, urine, and other samples. A test kit would be mailed to each participant. Note this is in the infant stage but will be ramping up soon.

I'm asking assistance from all my friends who meditate. We can slowly change this world one drop after another. Fifty years ago I was considered a commie because I meditated and did yoga. Fifty years later it's in the mainstream culture.

Hemal told me it's very hard to find people to participate in research projects. I'm hoping that my friends will participate. This research will involve many different groups. We are all united through the thread of love. We must rejoice in the different diversities and at the same time realize the thread that is tying us all together.

This link explains the latest findings.

<https://drjoedispenza.com/blogs/dr-joes-blog/hello-geniuses>

If you are interested please message me or send me an email at richardpfletcher@gmail.com

We can slowly change this world. The more research is done on this and comes into the mainstream the faster the world can change. Even if you don't meditate you are welcome to participate. Your findings can be used as a benchmark.