

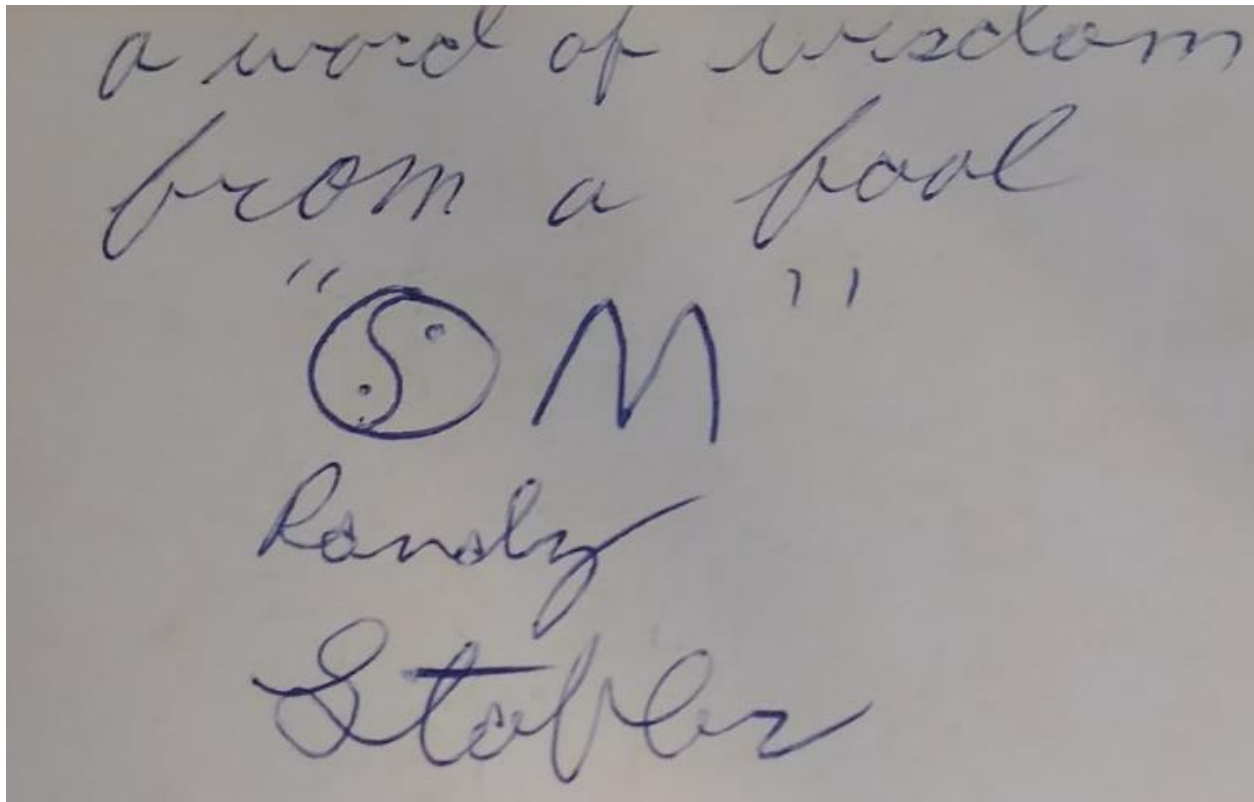
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Old Man

It's amazing how the west regards the elderly.
Let's put them in an old age home to die.
Have we lost our minds?
How out of touch we are?
The ones, who brought us into this world, we put them out to pasture.
Have you ever learned from the old ones?
Is America the home for the young?
What discrimination have we?
In Hollywood a female has a hard time getting roles over forty.
We think she is over the hill.
Yet the perception lives on.
Man dreads his old age.
He longs for his youth.
Yet wisdom is garnished throughout a man's life.
The older you get the wiser you become.
The wine improves with age.

Randy Stabler



I just learned yesterday that a dear friend of mine Randy Stabler died last Friday.
In my high school yearbook, Randy wrote the following.
A word of wisdom from a fool.

Randy's one word was OM yet he used the letter O as a ying yang symbol.
To be honest it was quite profound for its time.

Randy had a great heart.

My twin brother and I ran cross-country and track together with Randy.

He was always a delight to be around.

I last talked to Randy only a few months back.

He talked about his kids and spending time in Iraq.

Both of us love to cook.

We both love the ocean.

We had so much in common.

I would see incredible posts on Facebook with Randy and his six kids.

They all had an incredible love for each other.

The day he died all six kids were there.

What a beautiful way to leave this world.

Randy's body died yet his spirit is eternal.

His ashes were spread across the universe.
Randy is still alive.
Close your eyes and go into silence.
You will sense Randy's presence.
Randy lives inside your heart.
He is a part of you.
So whenever you are sad about your dear Dad living on this planet remember he is
a part of you.
Those glorious memories never go away.
They are a part of you.
Randy is riding the incredible wave of the universe.
He is a cosmic surfer now.
Some things never change.
They just transform and go into another dimension.
Love you Randy.
We will see your shining face again.

Wild Fires

It seems like an eternity that the wildfires in California are still blazing.
So much devastation upon the land.
An entire town Paradise was destroyed.
Some people never got out alive.
Thousands are still missing.
I send my love to all the firefighters.
They work until they have to sleep.
The work is heavy and dangerous.
The Santa Ana winds can cause such havoc when there is a fire.
The winds can reach speeds up to 70 miles per hour.
What kind of luck do you have when you awake with only a few seconds to run for
dear life?
When I was young many moons ago the fire season was quite short.
Today it lasts the whole year.
Climate change is real.
I pray for California and all sentient beings.
Someday the forests will grow back and wildflowers will grow.
Houses will be rebuilt.
The trauma will be gone but never forgotten.

Happy Thanksgiving

Happy Thanksgiving to all.
May we give in each and every moment of kindness to all?
May we see unity in all?
With each precious breath that comes our way may we give compassion and love
to our fellow man.
The true feast lies within.
Today's dinner will soon be a part of the past.
It will be forgotten within the next week.
Yet we can feast on kindness for eternity.
This is our true nature.
Light does not know darkness.
If at the dinner table someone is trying to antagonize you just smile and don't say a
thing.
This tip could help you stay happy for the rest of the day.
Many people love to try to make you angry.
When that happens just hold up your inner mirror.
The mirror will just project the anger back to them.
Just simply smile and say I'm grateful for spending time with you.
That will throw them in a loop.
Kindness will eventually win in the end.
It's like water dripping on a rock.
Over time the rock of anger will dissolve.
Happy Thanksgiving to all.

One Man's Food Is Another Man's Poison

I have a friend of mine named Vince.
Vince is extremely allergic to peanuts.
In fact, he could die if he ate a peanut.
How it is that one man's food is another man's poison?
Some of my friends can't eat a single strawberry.
Yet I love Strawberry pie.
Each of us is truly different and unique.
There is no single food that we can all eat.
When it comes to food, the only thing we have in common is that we all eat.

One Rain Drop

When you first start meditating it's like one raindrop that falls from the sky.
Day by day you start a meditation practice.
From that one drop, two drops fall.
Over time there is a puddle which you jump up and down like a child.
Over time there is a thunderstorm.
The raindrops turn into a stream.
You are drifting downstream on a mat.
Wow, this is fun!
Over the years the stream turns into a river.
You are on a sailboat that has a rudder.
You are sailing towards your destination.
At some point in time, the river will merge with the ocean.
You are home.
Ponder these words.
They have great meaning.

Original Sin

Many people say the moment you are born you have original sin.
How could that be?
Before you were born you came from God.
God does not contain sin.
So how can you be a sinner when you are born?
Now, are you get older in life man performs sinful actions.
We go to war.
I hate you.
We must all learn from our actions.
Can we clear our slates?
The master has said it's up to you to become a better person.
You have free choice.
Maybe we should moment by moment make a conscious effort to become good.
The choice is ours.
We can make a huge difference in the world around us.
We can silently make changes to improve our lives.

Paddle Out

When I was young I paddled out on a huge day.
You always had a little fear inside.
The ocean is alive.
At times you are almost to the lineup.
A huge set appears in the sky.
Before you know it the white water throws you underneath the water.
You are thrown around like the clothes in a washing machine.
Eventually, you come up.
Your board is washed to the shore.
You go again and try again.
You finally make it out.
The wave of the day comes through.
You ride it with pure delight.
You have overcome your fear for today.

Paradise

I lived in Hawaii for 6 years.
You would think that every moment you were in paradise.
I was a surfer and surfed every day.
Yet at times I made trouble in paradise.
Not every day was paradise.
We create our own states of mind.
You can be in paradise yet the mind can create problems for us.
There can be obstacles on the way.
I have learned that Kansas can be a paradise.
It's a state of mind.
There are no waves here.
But I found to enjoy the waves that come my way.
I've learned to balance my life.
It makes life much more precious.

Paradox

Isn't it a paradox that before we were born we were one with the universe?
When we die we return to the universe.
We once again return back home.
Yet when we are born we are aware of the oneness and then it slowly starts to
disappear.
Over time we forget who we truly are.
We forget our true nature.
We think we are alone.
Isn't that a paradox?
Is this a game?
Well, quite frankly I think it is.
This is the greatest game in the universe.
The universe is rooting for us to find our true essence while we are alive.
It takes a tremendous amount of work and effort.
But each day is an incredible journey.
We are learning to transform ourselves.
We are learning to let love, patience, compassion, and tolerance be truly in our life.
Kindness to all.
The list is endless.
The masters have taught moment by moment to be connected to the core of your
being.
You can solve this paradox.

Partnering With God

Can you be a partner with God?
Can you walk side by side with your creator?
Drop your ego and pride.
Drop your negative emotions such as anger and fear.
Day by day meditate within.
Bring that experience to your state of mind.
Treat everyone as if they are God.
Let go of your judgments.
God does not judge.
Become a vessel of love, patience, and compassion.
Be kind.
Every moment you can build a greater relationship with God.
Yes, you can be a partner with God.
There already is a part of you walking with God right now.
You can solve this riddle.