

A photograph of a large stack of cut logs in a forest. The logs are stacked horizontally, showing their circular cross-sections. The wood is light brown with some darker, charred areas. The background is a dense forest with green foliage and tree trunks. The text is overlaid on the image in a white, serif font.

To Be Spiritual
Is To Be Practical

Fletcher Soul Traveler

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To Be Spiritual Is To Be Practical

To be spiritual is to be practical.
Many people think a spiritual person has his head in the clouds.
He is far away from the practical ways of earth.
The Buddhists have a book chop wood carry water.
You must have your head in heaven and your feet on the ground.
This is a practical journey.
Every action you take must be in harmony.
O there are many lessons along the way.
Many have tread upon this path.
At times it will be rocky and the path goes up a mountain.
Every moment you learn along the way.
It's not easy to drop your negative emotions.
If it was we would have been on top of the mountain a long time ago.
I feel to be spiritual a person needs to be more practical than ever.
You have to be conscious moment by moment.
That is not easy.
Have you ever tried to tame your mind?
Sit still for one minute and tell me the truth.
It's difficult.
Chop wood carries water.
Only you can understand this riddle.

Trains

Ever since I moved back from Hawaii, I have spent time on trains.
Twice a week I board the train.
I guess I love the train.
I don't have to drive.
I can leave during rush hour and never have to worry about the traffic.
I love watching the scenery.
At times it reminds me of Africa.
On board, I can write poetry or spend some time working.
I have met some incredible people.
I love the sound of the train whistling.
It reminds me of my Grandmother.
My brother and I would spend the night at her house, and the train would whistle
bye.
When I was young, my family would take trains all over Europe.
I remember the incredible time we had.
Eating French bread, with tubed mustard, salami, cheese, and tomatoes.
There was a time some Europeans give us a treat.
It was candy laced with alcohol.
It was horrible.
Yet we didn't show it to our guests.
They thought it tasted wonderful.
Trains are wonderful.

Trust

Trust is like fine-tuning a radio station.
The station is KGOD.
The more you fine-tune yourself to this frequency your level of trust goes up.
You first start as a skeptic.
Yet over time the more you focus within the trust level goes up.
Instead of you meditating on God, God begins to meditate on you.
God wants to be your partner.
You want to be a partner of God.
The more you focus on the channel your trust level goes up.
God always is supporting you.
Once you see that your life will take a different dimension.
You will no longer worry about the future.
You will know you are supported in each and every moment.
I think that is incredible.
The journey starts within.
It's fun.
It's a lot of work.
You are discovering your true nature.

Turn Up The Heat

If your life is cold, turn up the heat.
If your relationship is cold, turn up the heat.
What are you shivering for?
The heat will melt the ice.
But you have to turn on the heat.
Nobody can do it for you.
Only you can make your life better.
Come in from the cold.
There is a heater within that can take away the chill.

TV

Is TV a reflection of our values?
In the fifties, TV had so much innocence.
Slowly it began to be a real-life drama.
Are we really interested in violence?
We pay money for our cable.
How did you see that show last night?
His head was blown apart.
Yet
If your head were blown apart it would be a tragedy.
Yet we love to watch it anyway.
I need to escape from life.
Yet
Life is very profound.
You don't need to escape from it.
You need to embrace it.

TV Mogul

Hi, I'm your TV Mogul.
I am interested in making a lot of money.
Boy, do I have some great stories to tell?
I got some great Soaps to dish out.
Sex and Violence are the names of the game.
Why do I believe in the first amendment?
Freedom of speech.
Why can you order x-rated videos from your TV?
Sex is what sells.
I don't want my child to watch such trash but yours, it's up to your discretion.
I'm not interested in the arts or culture.
Sex sells.
It brings me home the bacon.
Regulations are for the birds.
I want to be free and live in the gutter.
At least I can make what I want.
Isn't this what you want?
Isn't your life for the better?
You can watch anything you want on TV.
Hey, give me that changer?

Two Weeks In San Francisco

I 'm going home to my family.
It seems like a long time ago.
I've been away for two weeks.
It's time to go home and recuperate.
The road is nice, but there's no place like home.
My body is tired and I need to relax.
There's no place like home.

Vietnam

Many people's first-time impressions of Vietnam came from their restaurants.

How grand is their cuisine?

Yet when I was a child a war erupted.

Nobody in America really knew what it was really about.

Yet our young died by the thousands.

They were innocent.

To this day the Vietnam veteran will not say.

He came home and was not honored.

Fortunately, years later a memorial was made in his honor.

I remember walking to the memorial in Washington DC.

I was on business.

The memorial reflected so many honors.

Our young children died.

For what reason?

These young boys served their country.

Did we really serve them?

Shouldn't we really think when 50,000 died?

America I love you.

Let's keep the flame alive.

Why Is There So Much Violence In Movies?

Why is there so much violence in movies?
The world is already violent.
Why do we need it for our leisure time?
What makes violence so attractive?
Have we been raised to see violence as being attractive?
How did you see that movie?
They chopped off their head.
Does Hollywood make violent movies because they know it sells?
The more violent movies we see the more our mind turns violent.
We are feeding our minds with darkness.
We are slowly going away from the light.
It is like a rugu.
A rugu is the opposite of a Guru.
A Guru will take you from darkness into light.
A rugu will take you from light into darkness.
Your mind does not know the difference between a movie and real life.
The same emotions get fired off.
Maybe it is time to pay attention.
What are you putting inside of your body and mind?
Is it garbage or is it helpful for your journey in life?

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.