



# Where Did Yesterday Go

## Fletcher Soul Traveler

© Marco Burali, Tiziano Capecchi,  
Marco Mancini (Osservatorio MTM)

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## Where Did Yesterday Go

Where did yesterday go?  
I first heard this phrase where did yesterday go many moons ago?  
I had no idea how to respond.  
When George Harrison's album 'All things must pass' came out I didn't  
understand the meaning.  
When Richard Albert's book 'Be Here Now' came out I didn't really understand  
the meaning.  
When I was young I heard in the bible 'the kingdom of heaven is within'.  
I didn't see it.  
Here's another great bible quote.  
If thy eye be single thy whole body shall be filled with light.  
It seems to me there is a mystery to be solved.  
Maybe just maybe the mystics were on to something.  
They have been talking about this for thousands of years.  
Kabir a great mystical poet said the following.  
Mind you I'm paraphrasing it.  
Well here goes.  
There is a palace in the sky.  
A blind man sees a light more brilliant than a thousand suns.  
A deaf person listens to the unstruck music.  
A lame man climbs the ladder and gets drunk on the nectar of immortality.  
This poem goes on and on.  
The last thing Kabir says is only a wise man understands what I'm talking about.

## Don't Try To Change Anyone.

Don't try to change anyone.  
Especially when it comes to politics.  
There is a great Jewish story.  
A man takes his son to a Rabbi.  
The man says to the Rabbi "can you help my son quit smoking"?  
The Rabbi says to come back in a month.  
The man brings back his son a month later.  
The son and the Rabbi have just a one-minute conversation.  
The boy stops smoking/  
A few weeks later the Rabbi bumps into the man.  
What did you tell my son?  
Why did he have to come back in a month?  
Well, the reason why is that I had to quit smoking.  
It was going to take me a month to quit.  
When I quit I told your son my story.  
He decided on his own to quit.  
Don't try to change anyone.  
Just be an example.

## Sudoku

My wife loves to play Sudoku.  
It's one of her hobbies.  
She started with the easy ones and worked her way to the most challenging ones.  
At each step, she learned when an obstacle comes her way to walk away.  
Answers come in stillness.  
It seems like when the mind is relaxed the answer is like a bubble coming to the surface.  
At each level, this happens.  
If she tries to use brute mental force to solve the problem, the answer never comes.  
It seems like we need to take action and at the same time no action.  
Yes, that is a paradox.  
We don't learn that in our schools.  
Our school systems are all about rote memory.  
It doesn't teach us to think.  
We can learn how to make our actions more Zen-like.  
Zen-like is being conscious of the now in each and every moment.  
It's easy to say.  
It's the latest buzzword.  
Advertisers love to use it.  
It brings up the unknown.  
Just think this state of awareness is your true nature.  
Yet we are texting on the freeway of life.

## I'm astonished

I'm astonished.  
The signpost of God is everywhere.  
Yet we don't have the eyes to see.  
What a paradox!  
We are on the freeway of life.  
Many people are texting on the phone and miss the sign saying road work ahead.  
Consequently, they hit a huge bump on the road going seventy miles per hour.  
This causes major suffering yet we keep on texting.  
Many people get detoured from the highway of life.  
They drown their miseries in drugs and alcohol.  
Look I'm not saying to use them.  
There is always a time for celebration.  
Yet be in control, not the other way around.  
People are dying every day.  
They didn't mean to die yet they did.  
How did the fish drown in the water?  
How does chaos exist when signposts are all around us?  
Mystics have been talking about this for thousands of years.  
Mind you the mystics don't quarrel with each other.  
They know that each one has a custom experience of the source of life.  
The funny thing is so do you.

## What A Glorious Day

What a glorious day!  
It may be a sunny or cloudy day.  
Yet today is a glorious day.  
I'm so thankful for being alive.  
Nobody knows when it is their last day on earth.  
Rejoice in every moment.  
Be aware of your breath.  
One who is conscious of their breath truly sings the beauty of life.  
Problems may come yet a wise man knows all things must pass.  
A storm comes.  
Yet meditation is the umbrella that keeps us from getting wet.  
A wise man can weather any kind of storm.  
In each and every breath one can feel the glory of the day.  
The day is not supported by the daily events that occur.  
The day is supported by the breaths we take.  
This is the true foundation of life.  
The entire universe breathes with us.  
We are not alone.  
What a glorious day!

## Getting Drunk

I've been drunk by alcohol only a few times in my life.  
I disliked the feeling the next day.  
I would wake up and my head was exploding.  
I found out quickly my body didn't like it.  
I'm not sure if the high is worth it.  
With anything, there is a high, and then comes the low.  
I asked myself is it worth it?  
How about getting drunk on life?  
There are no harmful side effects.  
One is conscious and aware.  
Alcohol tends to bring up the dark side of man.  
How many insidious actions have taken place?  
Some of my friends can handle alcohol.  
It brings them enjoyment.  
It is a way for them to bond with other people.  
What is good for one person is poison for another.  
It's funny it works out that way.  
Our DNA is the deciding factor.  
Yet our minds do control us.  
I feel so sorry for those who are alcoholics.  
The addiction is so strong.  
Even after 30 years without a drink, the desire is still there.  
That's the power of the mind.  
It's often a force all of its own.  
No wonder the mystics said to control your mind is the most difficult thing to do in  
the universe.



## Discernment

Discernment is the ability to obtain sharp perceptions or to judge well.

Discernment is really needed in this world today.

Today our world has tons of spin doctors.

They spin the truth to whatever direction they want it to be.

To be quite honest discernment should be taught in schools.

So much that we are taught is incorrect or biased.

We spend our entire lives chasing a carrot on a stick.

Discernment is built-in yet the gauge doesn't quite work.

We are paying attention externally.

Discernment is a state of mind.

When the mind is focused solely on the external world cloudy vision occurs.

Man then has a tendency not to judge very well.

Our wisdom to judge something is tainted due to the glasses we are wearing.

When ones truly reside in the present moment the glasses disappear.

The mystics of old call this clear vision.

Note this is a practical experience.

You may think that these are just words.

Yet there is a practical experience to have in your daily life.

The universe is open to you.

Are you open to the universe?

## Archetypes

This is from Wikipedia.

Carl Jung understood archetypes as universal, archaic patterns and images that derive from the collective unconscious and are the psychic counterpart of instinct. They have inherited potentials that are actualized when they enter consciousness as images or manifest in behavior on interaction with the outside world.

Probably less than one percent of the population uses Archetypes in their daily lives.

Imagine that each symbol can help to tap into the collective unconscious of man. There is a world that exists in which humanity has no idea of being there. Yet we are all one. Ponder this over. The great mystics have understood this for thousands of years.

## Ability To Receive New Wisdom

How do we get the ability to receive new wisdom?

Imagine a pipeline that is plugged in.

No water can flow through it.

As the workers unplug the debris in the pipeline the water starts to flow through it.

In the same way, our way of thinking and lack of being open creates debris for us.

Our current state of thinking limits us.

Someone could explain the keys to life and we totally miss the picture.

We can't even see the TV in life.

Our limited thoughts hold us down.

We think we are totally alone in life.

Think this over.

Where are your limitations?

What is keeping you from soaring?

## Reflections Upon A Pond

Yesterday I sat on a bench overlooking a pond.  
Imagine a Maxfield Parrish painting coming to life.  
The sky was painted with so many incredibly vivid colors.  
The pond reflected the sky above.  
The reflection of the trees was mixed with the sky in the pond.  
It reminded me of the phrase as above so below.  
A picture could never truly capture the beauty of this.  
My eyes have never seen such beauty of a reflection before.  
What a grand day it was.  
I feel totally blessed.  
Signposts of God all around.  
Many people probably missed this.  
They are walking around with cell phones in their hands.