

# Peeling The Onion



Fletcher Soul Traveler

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## Peeling The Onion

Wise men have always said to be aware of peeling your onion.  
Quite frankly I think this is an endless process.  
Yet the rewards are immense.  
After letting go of one layer of the onion a great burden has been released.  
It's like a huge boulder has been lifted off our shoulders.  
Unfortunately, we think that the bolder we are carrying is so important.  
I can never forgive that person.  
Mind you that happened fifty years ago but we still hold on for dear life.  
Meanwhile, the other person has long lost that memory of even happening.  
Society at large would be in a much better place if we all tidied our inner house.  
Most of us never learned this.  
We all tend to stuff it under our carpets.  
In this case, we stuff it into our precious bodies and subconscious.  
Thereby we play the same tapes over and over again.  
Why is humanity so obstinate?  
Do we like the misery we have created?  
Or do we think I could never let go?  
Let's be practical.  
Millions of people all around the world are consciously peeling their inner onion.  
Why don't you join them?  
What have you got to lose?  
How about losing all the boulders that are weighing you down.

## No Pain No Gain

I remember my track workouts as a kid.  
My coaches said if you had no pain you will have no gain.  
To be quite frank that was horrible advice.  
I ran the 1320-yard race.  
I was quite good at it.  
In fact, I won every track meet of the season.  
Our workouts were quite intense.  
I developed shin splints.  
They were quite intense.  
I found a technique where I would breathe through my nose for 2 laps.  
The last lap I breathe through my mouth.  
By doing this I conserved greater energy than my competitors.  
You see in Yoga breathing through your mouth is called the breath of death.  
Many world-class athletes are using this technique.  
When you breathe through your mouth all sorts of stress hormones get released.  
One of these chemicals is lactic acid.  
When the body has too much lactic acid the muscles start to ache and possible  
injuries can occur.  
Currently, a brand new science is being developed.  
What we know now surpasses our understanding of the past.

## Pete Monroe's Pool

Once upon a time probably around 57 years ago I went swimming at Pete  
Monroe's pool.

Well, it was a short swim.

I dove into the pool and chipped my tooth.

As soon as I hit the bottom I felt this numbness in my tooth.

Fast forward 57 years.

Whenever I think about this incident I get the same response that I had 57 years  
ago.

You see our memories are stored in our subconscious and body.

When I think about this all the feelings and emotions are replayed.

The body can't tell the past event by merely thinking about it.

To the body and mind, it's all the same.

We need to change the tapes that are playing.

It seems like we are playing the same tapes over and over again.

## Housecleaning

At one of my class reunions, someone came up to me.  
She said that my brother and I used to bully her at our bus stop.  
This was probably in 7<sup>th</sup> or 8<sup>th</sup> grade.  
Unfortunately, someone else came up to me and we couldn't finish this  
conversation.  
This has been on the back of my mind.  
Please forgive my brother and me for any unkind actions.  
We take full responsibility whether we did it consciously or unconsciously.  
The result is the same.  
We all learn valuable lessons on this journey in life.  
Two steps forward.  
One step backward.  
Thank you for coming up to me.  
May your life be blessed with kindness.

## Inner Cell Phone

Did you know that you have an inner cell phone?  
Bruce Lipton discovered in the sixties that each one of our cells has tiny antennas  
on them.  
At that time he didn't believe in God.  
He was a scientist.  
Yet in less than five minutes he was convinced there was one.  
He thought if there are antennas on our cells what are they receiving and who is  
broadcasting?  
You are hardwired to discover God.  
Yet we are texting on the freeway of life.  
My theory is the cell phone is one extra layer we have created between us and our  
true nature.  
When I work out the majority of people are staring down looking at their cell  
phones.  
Meanwhile, hundreds of marvelous geese are flying above the sky.  
What a sight to see.  
Signpost is all around us.  
Both inside and outside of us.  
We are too busy to even notice.  
We are oblivious to the secrets of life.  
We have to respond to the next text message.

## From Me To We

Can you imagine there are civilizations out there that are billions of years old?  
Just think they went through the same scenarios we did.  
War, war, and war.  
Some blew themselves up.  
Some graduated from a war state to a kind state.  
They went from a consciousness of me to we.  
Mind you we are quite far from that.  
Our world is in turmoil.  
I even see it in my life.  
When I get caught up in me I can't see the forest from the trees.  
I take things too personally.  
Yet when I have the awareness of we my life is calm and serene.  
Personally in each and every moment we are learning and growing.  
We have a long ways to go.  
Everything must change for the better.  
An evolution revolution is occurring right before our eyes.  
We are going from me to we.  
Mankind has never done this before.  
We have had glimpses of it.  
Granted it will take time.  
Millions of people are dreaming about the same thing.  
Peace on earth.



## Santa Clause

Did you know that Santa Claus is an archetype symbol?  
It is contained within our collective unconsciousness.  
This symbol gives great hope to humanity.  
It's about love and compassion toward each other.  
It doesn't matter your race, creed or religion.  
Santa Claus reflects the good in all.  
There is a web of love tying us all together.  
This archetype symbol represents this web of love.  
In the past, the theme of Santa Claus occurred only during December.  
Many channels play Santa Claus movies throughout the year.  
Before you say this is overkill consider the following.  
Mankind is yearning for peace on this planet.  
Our unconscious mind is yearning to become truly united in love.  
These movies are an expression of what we are looking for.  
As I have said signposts of God are all around us.  
Sometimes they are in clear sight.  
Yet we get annoyed by them.  
Maybe we should learn to change our mindset.  
The universe is giving a wonderful message and we are tuning it out.

## Infinity

The definition of infinity is the following.

The quality of being infinite.

The unlimited extent of time, space, or quantity: BOUNDLESSNESS.

An indefinitely great number or amount.

An infinity of stars.

The limit of the value of a function or variable when it tends to become numerically larger than any preassigned finite number

A distance is so great that the rays of light from a point source at that distance may be regarded as parallel.

You are infinite.

Yet it seems like we are texting on the freeway of life.

What happened?

## Zen And Advertising

Recently many advertisers use the image of Zen in their commercials.

Buy this popcorn.

Buy this car.

Buy this soda.

Buy this footwear.

I know when I see this my mind gets excited.

Yet the mindset of the advertisers is to get you hooked to buy.

They don't care how they do it.

They will do almost anything to achieve this goal.

In the past decade, they have got extremely sophisticated.

They have ways to program the unconscious mind to accept their message.

You aren't even aware of it.

The commercial contains images and emotions that bypass the conscious mind and goes directly into the subconscious.

This is a billion-dollar industry whose mission is for you to buy and consume.

They will use any angle or technique to do this.

The general public is totally unaware of this.

Quite frankly these commercials should be banned.

Yet the industry says that my commercial could harm someone.

We don't do anything to the subconscious mind.

What are you talking about?

The denials will go on and on.

They are solely interested in making a profit.

They will do anything to make you buy.

After all, you are a consumer.