

The Wild West

Fletcher Soul Traveler

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The Wild West

We still live in the Wild West.
Our mentality is still conquering one another.
Do you know there are no winners in conquering one another?
You may have conquered a country yet the citizens will hold a very long grudge.
Conquering is very old energy.
We started with sticks and stones and progressed to atomic bombs.
Our weapons have been quite sophisticated.
Yet the Wild West still lives on today.
Did you know in order to change the world you must change?
You can't pass the buck on to someone else.
You can't say do the work for me.
I'm lazy.
I'm this and this and give all sorts of excuses.
Quite frankly humanity must stop in its tracks.
We must make a conscious decision for peace on earth.
Humanity is running the same tapes over and over again.
It's like a hamster spinning its wheels and going nowhere.
We are all human beings.
Note I emphasize being?
We ask each other what do you do?
In our present state of consciousness doing is more important than being.
Maybe we should ask what the state of your being is.
Is it full of love and compassion towards your fellow man?
This is your true nature.
There are simply clouds covering the inner light.
You are the universe.
You just don't know it.
You can roll your eyes all you want.
Yet that's the truth.
Who were you before you were born?
What are you going when you leave this precious earth?

Hang In There

Hang in there.
Don't put that rope around your neck.
All things must pass.
Even your deepest problems will go away.
You are never alone.
It may seem like it.
That's part of the problem.
You are magnificent.
There are only clouds that hide it.
You were probably taught that you were born a sinner.
Yet you came from God and when you die you return to God.
You can always change for the better.
Nobody is stopping you.
Your true essence is pure wisdom.
Maybe just maybe you should discover your true nature.

The Wall

Did you know that if you are upset about some situation and it lasts more than a month you are building a wall?

You are daily pouring concrete on the situation.

In biological terms, you are building a neural network around this.

It is literally wiring into your human body.

Over time its part of our neurosis.

Each time we fret about it the web gets bigger.

It seems like it's so easy to fret about life.

All we have to do is get in a frazzled state of mind.

That will take us down the rabbit hole.

Some people never recover.

They complain about it for the rest of their life.

Look I've done my share of complaining.

I'm really trying to change myself.

It's not easy.

I have compassion for others.

It's easy to give advice.

Yet to change oneself is probably one of the hardest things to do.

We all have our unique problems.

Maybe kindness and compassion would help us on our way.

We are all wounded in some way.

Our true nature lies inside.

Yet clouds are covering it.

Hope is always there.

We can weed our inner garden.

Maybe that is the attitude we should take.

A farmer knows that pulling weeds is part of being a farmer.

The harvest is right around the bend.

Worry

The definition of worry is as follows.
Give way to anxiety or unease; allow one's mind to dwell on difficulty or troubles.
"he worried about his soldier sons in the war"
To be honest I have worried about my life.
Quite frankly it has not brought me anywhere.
It has never helped to solve a problem.
The problem with worry is that it creates a neural network of its own.
The more you worry the more enhanced is your neural network.
Your body and mind then get addicted to this sensation.
It's like a drug addict.
Every day you need stronger doses.
This is all running from our subconscious.
That's why I say we play the same tapes over and over again.
We just reinforce what's already there.
Did you know that being in silence will help eliminate your worries?
Being in a silent state erases the neural networks of being worried.
Mind you it does not happen overnight.
Two steps forward and one step backward.
This is how we learn.
When we learn how to observe our worries and not get caught up with them we
can change.
Being in silence allows us to observe our worries and transform them.
Each time we do this our worries will slowly go away.
The next time you get worried try this.
Make a daily practice of going into silence.
You can reprogram yourself.

RIP Laia Hansen

I just found out yesterday from Donn Rochlin that Laia passed away a few days ago.

My wife Barbara and she were great friends.

They were on the same path of discovering life.

I will always remember Laia spending a few weeks with us after our daughter Aleia was born.

She was so kind and helpful.

Laia had this incredible laughter for life.

When she laughed we all laughed.

When she smiles we all smiled.

Laia had a great sense of humor.

She knew had to laugh at diversity.

Laia has come in and out of our lives.

Yet that thread of true friendship binds us together.

True friendship will always exist no matter what side of the veil we are in.

A part of Laia exists inside of me.

A part of Laia exists inside of you.

That is called the power of love.

Love is our true nature.

Goodbye Laia.

You are back home.

Observer

The definition of an observer is as follows.
A person who watches or notices something
As you probably know I say this slogan many times.
We play the same tapes over and over again.
We are unconscious that we do this.

Imagine that we can be an observer of our thought, emotions, and actions.
By being an observer we can learn how to cut our old tapes and create new ones.
Dwelling in silence allows one to be in a state of observing.

One is in a different state of consciousness.

One can watch and notice what the unconscious is bringing up.
In this state, one can then decide how to act in an uplifting and positive manner.

For example, someone yells at you.
A reactive being will yell right back, therefore, placing more gasoline on the fire.

A wise man will simply smile.

He has nothing to prove or convince anybody.

Mind you he didn't get a free ride.

He had to learn how to be an observer.

A wise man stumbled and failed along the way.

Two steps forward one step backward are the name of the game.
When one truly learns to be an observer one life will truly transform.

Ponder this over.

Are you an observer of life?

Or.

Do you play the same tapes over and over again?
The choice is up to you.

Fixity

The definition of fixity is as follows.
The state of being unchanging or permanent.
When I was young would laugh at someone who would concentrate on a candle.
Yet today I have a different story.
When one concentrates the mind on a flickering candle one is training the mind.
In fact, ingenious people have been looking at the fire for thousands of years.
When one fixes the mind on fire eventually one has a transcendence experience.
Fire is a key element in life.
Many different cultures meditate on a candle.
It's like using training wheels much like many modern days scientific apparatuses
used today.
They get the snowball rolling down the hill.
Once it starts to gather momentum you no longer need the training wheels.
All tools are needed in the self-discovery process.
What works for one doesn't work for another?
You may have the greatest technology known to man.
Yet it may work only for you and not for others.
There are many different kinds of fruit on the tree of life.
The main thing is to eat the fruit and transform.
If you only talk about fruit wisdom is not gained.
Only by eating the fruit does one gather wisdom.
Cultures around the world have discovered different kinds of fruits.
Remember the quantum field has unlimited possibilities.
Don't get stuck that your way is the only way.
Each person has unique hardware and software installed.

Splendor

The definition of splendor is as follows.
Magnificent and splendid appearance; grandeur.
I find it quite fascinating that splendor is all around us.
Yet we are divorced from it.
We think that heaven doesn't exist all around us.
We get complacent and think what our eyes see is the only reality.
Yet our eyes only see around one percent of the light spectrum.
Does that register maybe we are missing out on what is around us?
Maybe your ancestors are still alive.
Mind you not in a human body.
Maybe heaven is all around us.
Modern-day scientists and Mystics are both talking about the same thing.
Isn't it amazing that we have the hardware and software to discover our true
nature?
Yet we play the same tapes over and over again.
One can experience moment by moment the splendor of the universe while you are
alive.
Does that seem boring?
Does that excite you?
Or
Do you have any reaction at all?
Are you numb?
Do you enjoy living in your tiny box?
Do you love playing the same tapes over and over again?
Do you love to react over and over again?
The magnificent and grandeur is all around you inside and out.
You just have to use your will to tap into it.
It's as simple as that.

The Voice

My wife and I love watching the voice.
We love especially the blind auditions.
I love each one of their own personal stories in life.
Each one of us has curveballs thrown at us.
Yet each person strives to better themselves.
I love it.
Because it's a blind audition what really counts is the emotion and singing ability.
You can sing an incredible song yet without emotion it's dry as toast.
When the singer can tap into both four chairs will turn around.
Unlike other musical shows, the hosts are kind to the contestants.
They never put them down.
They help to uplift the other person.
Many times they say to come back next year here are a few tips for you.
I love to see human decency.
Most of the shows today are about crime, war, and hospitals.
I love a show that values human life.
I'm amazed at the talent today.
It gives me great hope for the future.
Music is a way to express our soul,
We need this more desperately today.

Ancient Aliens

I love watching Ancient Aliens.
It makes me think outside of the box.
Yet so many people think it is a hoax.
Just think you are an ancient alien.
You are eternal.
You were never created nor will you ever die.
Your body will.
This life is like a costume party.
We all are wearing unique and custom-designed costumes.
Unfortunately, we get so identified with our costumes.
We forget our true nature.
We then mock anything that reminds us of our true home.
I find that fascinating and hilarious and sad at the same time.
Why are we trapped in the cage of life?
We are like the parrot with the cage wide open and refusing to fly.
Does this cage give us comfort?
We can just live in our tiny cages and think there can't be more to life.