

A diamond-shaped image of a galaxy, possibly the Whirlpool Galaxy, with a vibrant red and blue color scheme. The galaxy's spiral arms are visible, with the red areas likely representing hydrogen emission and the blue areas representing star formation or dust. The background is black with scattered stars.

Life is A Miracle

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Contents

Life Is A Miracle.....	3
Modern Day Gold Rush.....	4
He Who Hesitates Is Lost	5
Celebration Of Life	6
Imagine	7
Quicksand	8
Reset Button.....	9
Spring Break	10
Close to home	11
Fear	13

Life Is A Miracle

Life is a miracle.
My brother and I are very curious.
When we were around four years old we found some matches.
We wondered what would happen if we lit a match and put it into the gas tank of
our parent's car.
Well, we tried over and over again.
Nothing happened.
We got bored and gave up.
Yes, life is a miracle.
We didn't die that day.
Science, says the following.
If you drop a lighted match in the tank with vapor outside the flammable limit (
which is more likely)
Nothing will happen.
The match strip will extinguish in liquid.
But if it is in a flammable range, then the vapor will ignite with explosive force.
The liquid in the raptured tank will catch fire.
Just think of two innocent kids playing around.
What saved them from dying?
Was it science or their Angels?
Maybe at times, they are the same.
What do you think?
It's a miracle you and I are alive.

Modern-Day Gold Rush

On the discovery channel is a show called Gold Rush.
I was riding the bike yesterday and stumbled upon it.
It's about a group of men trying to find gold during a depressed economy in
Alaska.
Well, to be honest, I was horrified.
They brought in three huge machines and within minutes totally raped the land.
I couldn't believe this.
All this for a few ounces of gold.
I truly think we are divorced from nature.
We have no common sense.
We think all the resources are ours.
No wonder there is climate change.
We are sawing the branch we are sitting on and yet we are smug at the same time.
I know there are billions of people who have kind hearts.
We must change our ways.
Just think around five men can cause such destruction all in the name of
conquering the Wild West.
Alaska is the last frontier to conquer.
I think we need to clean up our act.
Just think the earth is conscious and aware.
Yet as humans, we aren't.
We have a long way to go.
We have been divorced from our true nature for ever so long.
What are we going to do about this?

He Who Hesitates Is Lost

Sometimes good advice should be taken with a grain of salt.

Take for example the following.

He who hesitates is lost.

This works well if you are taking off on a huge wave.

You have better be committed.

Just one split second of hesitation is all it takes to have the ride of your life or the wipeout of your life.

A quarterback who hesitates has freight trains barreling down on him.

In less than an instant one make a great play or you find yourself on the ground.
Yet when we play the same tapes in life over and over again one who hesitates is
the wise man.

Only in the hesitation does one have the awareness to overcome the unconscious
mind.

One learns how to live in the center of the hurricane.

We must learn how to dance with life.

Much of what we learn is not absolute.

There are a time and places for everything.

Nothing is cast in stone.

A wise man gathers wisdom along the way.

Curveballs will be thrown at us in life.

Each moment is different yet it's the same.

Only you can solve this puzzle.

Celebration Of Life

We all celebrate life differently.
In Oregon, there is a palace in the sky.
Image around midnight a group is meditating together for world peace.
A master Tako drummer is banging on these huge drums.
It's snowing outside.
People's hearts are melted together.
At the same time, a concert is going on.
Thousands are singing and using their cell phones to lite the auditorium.
Harmony is in the air.
A glimpse of peace on earth exists for a few minutes.
Meanwhile in Thailand over a million students have gathered to meditate outside.
Now that's a sight to see.
Someone just woke up and starts the day in praying and focusing on the power of
the breath.
It's going to be a glorious day.
Fans are watching football in a huge stadium.
They are rooting for their teams.
A celebration is in the air.
A baby just got born.
Friends and family celebrate this precious moment.
A couple just got married.
Everyone dances and toasts for their happiness.
Your daughter just graduates from high school.
Your entire family witnesses her receiving her diploma.
Wow.
We are alive for another day.
Let's celebrate each and every moment.

magine

One of the most glorious songs ever written is Imagine.

It carries the central theme of peace on earth.

It really does start with you.

You are the cornerstone of peace.

Peace on earth truly begins with you.

If I could offer any advice I would say to be kind.

Drop the political anger.

Just be kind.

It really is that simple.

Just smile at diversity.

Don't put fire on fire.

Kindness puts water on the fire.

Imagine if we all did this today.

And tomorrow and the day after.

Let's start a ripple effect all around the world.

Imagine that.

Let's appreciate the miracle of life.

We are human beings, not human doers.

We are so off the mark.

Yet kindness is there all the time.

Kindness can and will change the world.

Did you know that most habits take about three weeks to get established?

How about consciously making an effort to develop kindness moment by moment?

Kindness is an infinite well.

Imagine just imagine.

Now just put it into practice.

Quicksand

When I was young I watched a lot of B movies and westerns.
They would always have a scene where the hero falls into quicksand.
Someone would always come in and save the day.
We were told and shown that quicksand would pull you under for good.
Well, the Quicksand Myth is debunked
You Can Float Free.
Falling into quicksand isn't quite as bad as some movies make it out to be.
Instead of being sucked all the way in, quicksand victims will float once they get
about waist deep.
In the same manner how about the quicksand of the mind?
Is there a way out of our depression?
Can we stop the sinking of depression in our minds?
Can we learn how to float above the quicksand?
I firmly believe that kindness is the answer.
Our young go to war and come back with PST.
Our government is only putting a Band-Aid on this.
They don't know what else to do.
Maybe just maybe we should stop fighting wars.
What have they brought us?
Nothing but misery.
We should learn practical tools that help us to improve in all areas of life.
We are all human beings.
Notice I said beings.
Maybe we should discover the essence of what being is.
We have a lot to learn and unlearn.
Society needs to know that we are all one.
Maybe that's why we have so much friction around the world today.
We think we are separated.
Due to this, our mind is agitated.

Reset Button

It seems to me like the entire world was pushed a reset button.
At this point, everything has changed in only a week.
Everything is shut down.
Is this a blessing in disguise?
Take a moment and embrace gratitude in your life.
Slow down you have no choice.
What really matters in your life?
Open your windows and listen to nature/
The birds are singing sweet songs to you.
Nature is alive even in a big city.
For once just breathe and feel the sweetness of breath.
It is calling you.
Behind your breath lies the universe.
You are magnificent.
Take this time to truly slow down.
Humanity has been on such a fast track.
We can't see the forest from the trees.
Listen to music that calms your soul.
You have been living such a stressful life.
It's time to unwind.
Discover your true nature.
The reset button was pushed for a reason.
Take advantage of it.
Peace lies right between your eyes.

Spring Break

I saw on the CBS evening news the following last night.
In Clearwater, Florida spring break was going on in full force.
Mind you their universities and colleges were shut down.
Thousands were drinking and partying on the beach.
One student said he would rather get the virus than stop drinking and partying.
Wow-what can I say?
The entire world is almost shut down and you dare to party away.
Most of you come from outside states and will go home in a few days.
Some of you will bring home the silent virus.
How many people will die because of you?
During WWII the youth helped out our country.
Today a worldwide silent war is going on.
Millions of people may die.
I pray that you can change your ways.
Your grandfather or grandmother could be affected by your stupid actions.
The city of Clearwater should be ashamed that they are allowing this.
They said they will close this down after seven days.
Meanwhile, thousands of youngsters are coming in to party away.
Remember we either sink or swim during this crisis.
Never before has the analogy of you are a piece of this puzzle been more
appropriate,
Let's go beyond our stupidity.
You are a college student.
You are there for higher learning and wisdom.
Many poor people would love to have the opportunity of getting a degree.
Don't be so selfish.
Your actions could affect millions.
Remember this got started by just one person in China.
Look at where it's at today.

Close To Home

Wow, this coronavirus is so close to home.
It's not in our neighborhood yet.
Yet people have gotten it only six minute's drive from here.
All of the movie theaters, restaurants, and bars are closed.
This is happening all over the world/
A few days ago I spoke about the world hitting the reset button.
It looks like the world we knew only a few weeks ago is changing dramatically.
Every day a mind-blowing event is occurring.
The news can hardly keep up.
To all my friends out there remember the precious jewel lies within.
Nobody can take it from you.
You are never alone.
At times you may think you are.
Unfortunately, we are just seeing the tip of the iceberg.
My advice is, to start practicing concentrating on your breath.
Do this in each and every moment.
Many people will roll their eyes.
Yeah, that's a bogus thing to do.
Yet you are the universe.
You just don't know it.
Once again another eye-rolling moment.
My question is if the entire world is going to shut down maybe we can learn from
this?
Maybe just maybe we can stop in our tracks literally.
Millions of people are in isolation.
They are literally cut off from this world.
Maybe we should pay attention to the jewel that lies within.
You are magnificent.
This is your true nature.
Maybe it's about time for you to experience it.
The world as we know it has disappeared right before our eyes.
I'm not trying to scare you.
Yet my everyday normal routines of going to the gym and working out are over for
now.
Who knows when we can go back?
Your favorite restaurants are closed.
I'm trying to give helpful suggestions.
What I'm talking about is the most practical thing you can do.

Unfortunately, we were never taught this in schools.
We have been searching for the ultimate externally yet it has always been there
inside of you.

Ponder this over.

The world has stopped in its tracks.

Do we go on with the same old same old?

Or

Maybe the world can wake up from its slumber.

Millions of people are waking up.

Fear

Fear is defined by the following.

An unpleasant emotion is caused by the belief that someone or something is dangerous, likely to cause pain or a threat.

The world as we know it is shutting down.

Unfortunately, this is not an exaggeration.

Things are going to get worse instead of getting better.

At least for the next few months or so.

Many people are in fear.

They have every right to do so.

Yet fear never solves anything.

In fact, fear compromises the immune system.

This is exactly what we don't want during this time.

What is my silly advice?

Learn to concentrate on your breath moment by moment.

How would you like to be able to get to a place inside of you where the world's problems can't touch you?

Imagine a beach inside of you where you can surf the eternal wave of bliss.

The sun shines rays of love, mercy, and compassion.

The sweetest music is being played.

Intoxicating drinks are being served.

This is medicine to the soul.

You open up your eyes and the world's problems don't affect you.

Yes, they are there in full force but your awareness is still focused on the inner beach within.

The mystics have been talking about this for thousands of years.

Right now millions of people are told to be in isolation.

You have two choices.

One is in fear.

Not a good choice.

Two discover the inner beach within.

Be aware of your breath.

You are not alone.

The simplest thing we can do yet we still roll our eyes.

The choice is ours.

What are you going to do?

Millions of people are waking up from their slumber.

How about you?