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## Is The Universe Biased

Is the universe biased?  
Have you ever asked that question?  
Is the game of life rigged?  
Why do I always repeat the same mistakes?  
Why does happiness go up and down?  
Why does life throw me curveballs?  
Does peace of mind even exist?  
Is there a God or all we all alone?  
Is there a point to life?  
Is life a random series of events?  
How can I control my mind?  
How can I control my emotions?  
How can I heal my body?  
Why do we fight one another?  
Why is there so much chaos in this world?  
Why can't humanity get along?  
Why do we work ourselves to death?  
If junk food is junk food why do we eat it?  
Why do we have such narrow thinking?  
Why do we condemn someone who thinks outside of the box?  
Where is heaven?  
Is heaven a state of mind?  
Why do I have a hard time sleeping?  
Why is my body so tired all the time?  
Why am I so depressed?  
Why am I so lonely?  
Why don't I ever try to meditate?  
What is keeping me alive?  
What is the power behind my breath?  
Do we have 5 internal senses?  
What is this inner garden you talk about?  
Is life a video game?  
Can we reprogram our subconscious?  
You are a master chemist.  
You can solve this puzzle.  
The answers exist inside of you.

## Is The Universe Biased 2

Yesterday a friend of mine sent me a message on yesterday's post.  
One thing I know. Life is not fair. So enjoy it anyway.  
I responding with this.  
Unfortunately, that is true.  
But our attitude definitely helps in the situation.  
My friend was an incredible basketball player.  
At times I'm sure that winning the game was by being in the zone.  
Imagine in two seconds the buzzer is about ready to go off.  
The ball is in your hand.  
You are in the zone and you shoot the ball.  
The ball goes in and you have just won the game.  
Or  
You are hesitant and afraid.  
You shoot and the ball doesn't go in.  
You may miss the shot regardless of being in the zone or not.  
Yet the one who can maintain being in the zone has a great advantage in life.  
Life is not fair.  
Yes, that is true.  
Yet one can live in the center of the hurricane.  
That makes all the difference in the world.  
One performs actions and is not attached to the curveballs that may be thrown your way.  
It's how we respond to events that create our happiness.  
An actor on stage knows that by acting in a sad scene he knows he is acting.  
After the play is over he might go out to drink a few beers.  
That sad part never enters his mind.  
He was just acting.  
In the same way, we should have this same attitude in life.  
We get so unhappy in life when it doesn't go our way.  
It's how we respond to a situation that governs our happiness.  
Calmness under adversity is the way to be.  
In today's world calmness is an unknown word.  
People freak out and think that it's normal.  
Clarity is so far removed in our daily lives.  
Is the universe biased?  
Whatever you pay attention to you ultimately become.  
Pay attention to the universe and the universe pays attention to you.

Pay attention to God and God pays attention to you.  
It's as simple as that

## Rose Colored Glasses

We tend to see the world with rose-colored glasses.  
Yet we think we have a clear vision.  
Many of my friends daily love to mock someone who has a different point of view.  
They would prefer the other political party was not around.  
A one-party system is called totalitarianism not democracy.  
The eagle needs two wings to fly.  
You can't amputate an eagle's wing and expect the eagle to fly.  
Some of my friends have this attitude.  
They can't see any kindness from the other side.  
They promote anger, hatred, and love to mock others.  
In fact, they are only creating deeper darkness within.  
When you can't even say a simple nice word about a person or thing my advice is  
don't say anything.  
Yet this will never happen.  
Well, maybe in a thousand years or so.  
The world at large is extremely emotionally immature.  
Innocent children at times are more mature than adults.  
We add our own toxic layers to our glasses.  
When one sees the unity of all life one has a crystal clear vision.  
The crystal vision exists inside of us.  
It is our true nature.  
When society at large embraces this our world will change for the better.  
We have two choices.  
One is walking towards the light.  
Two continue walking towards darkness.  
That's very easy to do.  
We don't have to do anything or change our ways.  
It takes responsibility to walk toward the light.  
It takes responsibility to claim your missing piece of the puzzle.  
We can dance to another tune in life.  
The station KGOD is always broadcasting.  
Can you listen to the sweet music being played?  
Even the commercials are divine.  
They inspire us to realize our true nature.  
The music being played is intoxicating to the soul.  
The intoxication is the soul's medicine.  
The mind and body get healed.  
The layers of darkness slowly fade away.

## Slow down and smell the roses

Slow down and smell the roses.  
Miracles are all around you.  
We are running on the treadmill of life.  
We are running on the remote control?  
Where are we headed?  
We are running yet we aren't going anywhere.  
Depending on our emotional state we run fast or slow.  
The wise man understands the mind can be your best friend.  
One slows down the mind and presto the universe appears to you.  
Calmness is our natural state.  
These aren't just words but a state of being.  
We are living either in the past or the future but never in the now.  
Ram Das wrote the book 'be here now over sixty years ago.  
At that time I didn't have a clue what he was talking about.  
Yet the more you pay attention to something the more attention it pays to you.  
All wisdom comes when we slow down our minds.  
The center of the hurricane is calm.  
It doesn't know the hurricane-force winds of the mind.  
In the center, it is perfectly calm.  
The Zen Buddhists and many other traditions know this.  
They all have different ways to get there.  
The essence is behind your breath.  
One who constantly focuses on the breath is like a tuning fork.  
The mind slowly tunes into the frequency of calmness.  
In that state, one will have a huge smile on its face.  
There is nothing to say or prove.  
One doesn't try to convince anyone of this truth.  
The truth doesn't need any convincing.  
Yet for thousands of years, the wise ones have said the precious jewel lies within.  
It is within your grasp.  
All you have to do is pick up the jewel and hold it.  
It's that simple.  
One who holds the inner jewel within is truly a lucky man.  
The truth cannot be spoken yet one tries to describe it.  
The truth will help us with discovering the answers to like.  
The answers are always there.  
A mind that lives in the hurricane forces of the wind will never discover the inner  
jewel.

## Management

Definition of management is as follows

1: the act or art of managing : the conducting or supervising of something (such as a business)

Business improved under the management of new owners.

2: judicious use of means to accomplish an end

is extremely cautious when it comes to money management

3: the collective body of those who manage or direct an enterprise

Management decided to hire more workers.

How do we manage our lives?

Is it on the remote control?

Do we manage our thoughts and emotions?

Or

I have never thought about that before.

Maybe just maybe it might be a good idea.

They have been there since your birth.

We take it for granted.

Yet we have never trained the dog within.

I find it fascinating that the word dog spelled backward is God.

Is like when you look into a mirror of life the image gets reserved.

All our problems in society today are due to our thoughts and emotions not being in harmony.

When the world at large does this we put garbage in the living room of life.

Consequently, we can't see the forest from the trees.

How does one manage life?

That is the crux of the question.

What is keeping you alive?

Do these words make you bored?

If you are bored with the life you are missing out on the magic of life.

Life is never boring.

Your state of mind gets bored.

Big difference.

How do you manage your boredom?

Do you have a healthy way?

Or

Do you indulge in ways that affect your mind and body?

These are helpful hints.

We will never stop fine-tuning the guitar of life.

We can learn from one another.



## I Am Blessed To Be Alive

This may sound corny but I Am blessed to be alive.  
I've been meditating for fifty years.  
Oh my God has it been that long?  
Our lives here are a blink in time.  
We check into the hotel of life and we check out the next morning.  
Life is so precious.  
I think many of the world's problems are due to taking life for granted.  
We just assume there will always be tomorrow.  
The older we get we see that thinking doesn't go too far.  
In the future, we will pass away into the night.  
I'm not being morbid just explaining the facts.  
Yet meditation is the doorway to the infinite.  
I don't want to die.  
Meditation brings one to the point where death is an illusion.  
Yes, the body dies.  
But one goes into another room in the mansion of life.  
At times I'm confused.  
The human body is wired for this experience.  
Everything was put in place when we were born.  
Yet we were never taught in school to flip on the switch.  
Major problems and malfunctions occur.  
No wonder the world is in chaos.  
No wonder few people know how to live in the center of a hurricane.  
Does this resonate at all?  
Or.  
Is this dear old Richard rambling some words?  
Why do I write these words?  
Maybe I'm selfish.  
Writing keeps me always questioning life.  
I want to think outside of the box.  
I don't want to live in the box and die in the box.  
We have such incredible human potential inside of us.  
I've been blessed to have been meditating for many years.  
There is a jewel within that is keeping you alive.  
This is not a somber message.  
You are the universe.  
You just don't know it.

## Down The Rabbit Hole

Good old Alice went down the rabbit hole.  
We all are going down the rabbit hole of life.  
Many people get so sucked into worldly affairs that they don't know which way is  
up.  
If we are conscious of life it will take us far in life.  
Currently, the world at large is going through a global pandemic.  
It is affecting the entire world.  
We are going down this rabbit hole with no end in sight.  
It is twisting and turning in all directions.  
Hopes go up and hopes go down.  
Many people can't sleep at night.  
They toss and turn with no relief.  
I say the spiritual path is the most practical path.  
During these chaotic times, a wise man puts his head on the pillow and drifts off to  
sleep.  
Not a care in the world.  
This my friend is called peace of mind.  
Yes, it takes precious effort.  
Even doing nothing takes effort.  
What rabbit hole are you going down?  
Are you conscious and aware of where you are going?  
The choice is totally up to you.  
You hold the rudder in your boat in life.  
Sometimes life says to stay home.  
A great storm is brewing.  
A storm that you have never seen before.  
Stay close to the fireplace of life.  
Feel the warmth from the fire.  
The storm will someday pass.  
In the meantime enjoy each moment.  
Pray for this chaos to end.  
Flame the inner fire of kindness.  
Just don't flame the world with anger.  
We don't need any more wood on the fire.  
A little kindness goes a long way.  
Kindness is water that puts out the fire.  
What are you doing to put out this chaotic fire?

## RIP David Andersen

I haven't seen or spoken to David in many years.  
I first met him in New York City in the seventies.  
Boy, could the man ever sing.  
He played this one song and each time I heard it made me cry.  
My brother John had the same effect.  
This is music from the soul.  
We became friends.  
Once a friend always a friend.  
Time makes no difference.  
David was kind and full of humor.  
He could nonchalantly walk up to the stage close his eyes for a few seconds and  
then heaven would be broadcasted to the world.  
I found out just now that David moved into another room in the mansion of life.  
He will be missed.  
I send my condolences to his family and friends.  
David will be missed.  
He lived life to its fullest.  
One who dives within the silence is truly a wise man.  
David was a wise man.  
God gave him some incredible talent that he was grateful to use.  
His music will go on forever.  
David lies inside our hearts.  
His ashes are spread throughout the universe.  
We are all part of the same family of life.  
It was a pleasure and privilege to meet such a man.  
He was humble.  
A wise man has nothing to prove or say.  
David smiled at life.  
His songs were his message.  
May he help fine-tune our inner pianos.  
A huge divine reception is coming his way.  
He has come back home.  
Goodbye, sweet David.  
May we see you again?

## Mind-blowing

I read this mind-blowing info a few days ago.

Scientists have discovered a multidimensional Universe inside the brain  
Scientists have uncovered that the brain is full of multi-dimensional geometrical structures.

These structures operate in up to eleven dimensions which is seemingly unheard of, to say the least.

“We found a world that we had never imagined, there are tens of millions of these objects even in a small speck of the brain, up through seven dimensions. In some networks, we even found structures with up to eleven dimensions.”

Don't know about you but this is mind-blowing.

We are literally hardwired to experience the seen and unseen worlds.

You are the universe.

You just don't know it.

This slogan is never more alive than today.

Scientists all around the world are discovering the vast mysteries of the universe that exist inside of us.

I read this also a few days ago.

In a major scientific leap, University of Queensland researchers have created a quantum microscope that can reveal biological structures that would otherwise be impossible to see.

This paves the way for applications in biotechnology and could extend far beyond this into areas ranging from navigation to medical imaging.

The microscope is powered by the science of quantum entanglement, an effect Einstein described as “spooky interactions at a distance.”

This sounds like science fiction.

Mystics have said for thousands of years the precious jewel of the universe lies inside of us.

Modern-day scientists are just beginning to unlock the mysteries of the quantum field.

You can discover your true nature if you like.

The key is in your hand.

It's called your free will.

There is a famous slogan that says it is by will alone I set my mind in motion.

## What makes a Buddha a Buddha

What makes a Buddha a Buddha and a Christ a Christ?  
Modern-day scientists would love to see their MRIs.  
Wow.  
That would be outside of the box.  
Yet they didn't get a free ride.  
They had the same operating system, hardware, and software that we have.  
Yet thru inner wisdom, they reprogramed themselves.  
Yes, they got incredible guidance.  
You also have incredible guidance.  
It is always there.  
The most important fact is they listened to it in each and every moment.  
That's quite the difference.  
They were dealt the same cards in life.  
Maybe a little luck was involved.  
Yet they pursued discovering the inner kingdom within.  
Even back then they knew the more attention you pay to something the more  
attention it pays to you.  
There were and still are today incredible inspirations.  
This is your natural state.  
Yet currently the world is in chaos.  
What is the root cause?  
Our state of mind and being.  
Our neural networks are wired to be chaotic.  
That's the word that comes to mind.  
Yet we think this is normal.  
So much so that these words are mumbo jumbo for so many people.  
The mind is either your best friend or your worst enemy.  
If Christ or Buddha were alive today they would use scientific terms and stories to  
relay their message.  
Peace of mind can never come from a chaotic mind.  
Peace only comes from within.  
When the mind, body, and soul is in alignment peace will arise to the surface in  
each moment.  
This is called the kingdom of heaven.  
Heaven is a state of mind or being.  
Ponder this over.  
What is your ultimate aim?