



Burr Cold Water

Fletcher Soul Traveler

## Contents

Burr Cold Water.....	3
Individuality vs universality .....	4
Emptiness.....	5
Silence Is Your Friend Or Foe .....	6
Chief Financial Officer .....	7
Board Of Directors.....	8
Unions .....	9
Can You Hear The Grass Growing.....	10
Silence is God's first language .....	11
God Speaks Thru Silence.....	12
Silence Speaks To You About The Secrets Of The Universe .....	13
Silence Quotes .....	14

## Burr Cold Water

I remember trying to open the car door after surfing in cold water.  
I had to put all the effort in the world to open the car door.  
Yet I was exhilarated.  
Never felt so much alive.  
Cold water is extremely beneficial.  
Just ask WIM HOF aka the iceman.  
Coldwater is our friend, not our enemy.  
In the last 30 years, so much research has been done on this subject.  
The mind and body love this therapy.  
Even just a few minutes a day will help you tremendously.  
The healing effects of nature are all around us.  
We just have to pay attention.  
When I was you my parent's friend has severe asthma problems.  
His wise old doctor recommends he be in the ocean every day.  
His asthma was cleared.  
The cold salty water improved his immune system.  
Not only that the physical activity in the ocean helped him to improve his health.  
If you don't have the ocean nearby which I presently don't take a cold shower.  
It can be only for 30 seconds or soak your feet.  
Be proactive about your health.  
Remember this is the only body you get at least for this go-around.  
We are on the verge of becoming a nation of taking responsibility for our inner  
health.  
That includes the mind, body, and soul.  
If you take care of all three I can guarantee you your life will turn around.  
Mind you it will never be perfect.  
Curveballs will still be thrown your way.  
Yet by doing this you are training yourself to live in the center of the hurricane.  
Need I say more?

## Individuality vs universality

Can you survive without university?  
Can you survive without the sun?  
Could you survive without gravity?  
Could you survive without air?  
Could you survive without water?  
Could you survive without food?  
Could you survive without the earth rotating around the sun?  
Could you survive without love?  
Could you survive without hope?  
Could you survive without Mother Earth?  
Could you survive without a creative source?  
Could you survive without sleep?  
Could you survive without shelter?  
Could you survive without your medicines?  
Could you survive without the moon?  
Could you survive without our Milky Way star system?  
Could you survive without our galaxy?  
Could you survive without our universe?  
Could you survive without atoms?  
Could you survive without cells?  
Could you survive without nature?  
Could you survive without your body?  
Could you survive without your mind?  
Could you survive without your soul?  
Could you survive without beauty all around?

This is just a shortlist.

Everything you see and touch is a part of the creative force.  
Our egos just think we are superior and we simply act upon it.

Ponder this over.

## Emptiness

What comes to your mind with the word emptiness?  
When the average person hears this word it is a negative state of mind.  
I feel empty devoid of any feelings or life.  
My life has no meaning or purpose.  
Usually, a person has some kind of negative addiction.  
Mystics have discovered for thousands of years the true experience of emptiness.  
There is a thread of love tying the whole universe together.  
This is our natural state.  
Yogis call this sat chit ananda.  
True is the consciousness of bliss.  
When the mind is focused on truth the awareness is absolute bliss.  
Scientists have taught for many years that space is empty that it is a void.  
In the last few years, many say that the entire universe is conscious and aware.  
Mystics have been saying this for thousands of years.  
A man who lives his life solely externally for happiness will someday run out of  
gas and feel empty.  
A wise man dives deep inside every waking point of the day.  
One discovers the jewel within.  
You don't have to go to a mountain top to do this.  
One can sit on the couch with your eyes closed.  
The universe doesn't care where you sit and meditate.  
When I was young I lived in the big apple for some time.  
With cars blaring and honking you can still calm your mind.  
This is a practical path.  
Remember the more attention you pay to something the more attention it pays to  
you.  
If you pay attention to your problems you will have more problems.  
I'm not saying curveballs won't be thrown your way.  
They will but you can be in the center of the hurricane.  
The tide comes in.  
The tides go out.  
Yet you are the infinite ocean.  
What do you care what state the tide is in?  
I find it fascinating that the majority of people still disbelieve that there is a jewel  
that lies within.  
Well, what is keeping you alive?  
When you know this you will have solved this riddle.

## Silence Is Your Friend Or Foe

Silence is either your friend or foe?  
For many people, silence is deafening.  
A moment in silence brings one into a state of agony.  
Solitary confinement can bring a person to be insane.  
Yet for a mystic it brings liberation.  
Just think it could be the same room yet for one it brings liberation while the other  
goes insane.  
Many people find it extremely uncomfortable to be in a room with absolute  
silence.  
One must have the radio blaring or the TV on.  
For them, silence has not been cultivated.  
Silence is a state of mind.  
If you love silence it is your friend.  
If you don't know silence is your foe.  
Silence is living in the center of the hurricane.  
In this state all is calm.  
This is your natural state of being.  
When silence is your foe you are like leaves blowing in the wind.  
We are scattered.  
We are happy in one moment and discouraged in the next moment.  
Silence has infinite levels of existence.  
It is an infinite well within.  
A wise man can be in silence and yet be talking to you.  
That's quite the paradox for most  
Yet for the mystic life is a paradox.  
He places his concentration on the unknown.  
The unknown becomes the known.  
In that state one just smiles at life.  
He has nothing to say or prove.  
The world would be heavenly if we all had this state of mind.  
The kingdom of heaven lies within.  
If I could give you any advice it would be the following.  
Love to love the silence inside of you.  
Make it your friend.  
Your life will be much better and clearer.

## Chief Financial Officer

You are your own chief financial officer.  
You can go bankrupt or be the richest person in the world.  
A man who dives into silence every day understands these words.  
Only thru silence can one discover the true riches of life.  
It is not a given.  
It must be discovered by yourself.  
Why it is that way I don't know.  
You have free will.  
Maybe just maybe that is the answer.  
Yet you control the inner money in your life.  
Just like a Fortune 500 company hires the best CFO it can, you hired yourself.  
Are you up for the challenge?  
The stakes are high.  
Your mind, body, and soul are in the state.  
Nobody is going to take over you.  
Yet you must learn to be conscious of the silence.  
Everything is put into place.  
When you were born you had infinite riches inside of you.  
Since being born humanity has squandered it away.  
At times we are on the verge of bankruptcy.  
Take a look around you and you will see what I mean.  
Some political parties have almost denounced kindness.  
Being a bully is considered a great trait.  
True becomes fiction and fiction becomes the truth.  
One who dives into silence is truly the wise one.  
He has nothing to say or prove.  
He just smiles at life.  
Where is the world going?  
Ask yourself where am I going in life.  
You are a piece of the puzzle.  
Have you discovered that piece inside of you?  
Remember you are your own CFO.  
How much inner money is in your bank account?  
You are the deciding factor.

## Board Of Directors

I find it funny that when we were born we had a divine board of directors on board.

We all came from a creative source.

Yet over time we slowly fired them one by one.

Granted it was probably unconscious.

For some, it might have been conscious.

Anyway, we are in a position today where we have forgotten the guidance we received when we were born.

Today we pray for guidance yet at times it is so elusive.

We have forgotten to reboot the computer of life.

In this state, we can see the board of directors online.

This is not a fairy tale.

This is our true nature.

Meditation and entering the silence are the key.

Unfortunately, we have the key within.

The door is there.

Many even say the door was never closed.

There are many rooms in the mansion of life.

We have simply ignored our neglect.

We think we are isolated and alone.

Nobody would care less about us.

This my friend is so not true.

The same breath that is keeping you alive is keeping the universe alive.

This is a fact.

Just ask quantum scientists.

He may not say behind your breath but he will say there is a quantum field that exists everywhere.

The wise men in the past knew the board of directors are always there for guidance.

Mankind has slowly closed the door where there is not even a small whisper coming behind the door.

How do you feel about this>

Would you like practical guidance coming inside of you?

Your board of directors is always there but you aren't.

Ponder this over.



## Unions

In my eyes I love unions.  
When I was in high school I worked at Richard's market.  
It was an incredible job.  
I washed pots and pans.  
The pay was incredible.  
After 6 PM the union rules were to be paid time and a half.  
I think back then I was paid around 10.00 an hour.  
Just think if I would have worked at a restaurant doing the same job I would have  
been paid 1.60 an hour.  
I made around 5,000 that year.  
That is how I got my money for my travels.  
Huge difference.  
The unions had my back covered.  
Richard's market was very successful.  
Did you know that there is an inner union existing inside of you?  
The word yoga means union.  
We are not alone.  
Our school systems don't teach us this precious knowledge.  
Fortunately, my high school had a 3 weeks course on yoga.  
That totally changed my life forever.  
There is a true union that exists within.  
It has always got your back covered.  
Unfortunately, we terminated those unions with our ignorance.  
They are still there.  
They are the fabric of life.  
Yet we have forgotten that they even exist.  
We go on merrily texting on the freeway of life.  
That's a sad state for humanity.  
We can't see the forest from the trees.  
We think this is our true nature.  
No wonder the world is in chaos.  
Even today unions are almost nonexistent.  
The minimum wage is not a living wage.  
I could go on and on which I won't bother you with.  
Discover your true nature.

## Can You Hear The Grass Growing

We see and hear such a small spectrum of life.

Dogs can hear sounds that we can't even hear.

Eagles have a vision unparalleled by man.

Bats have built-in sonar.

Whales and dolphins can communicate with one another thousand miles away.

Imagine we have internal senses that have never been activated.

The operating system, hardware, and software were installed before you were born.

Did you know the aboriginals can hear the sound of grass growing?

How about that?

Talk about having sensitive ears.

The only way to achieve this is by entering into silence.

Silence is the door within that unlocks the great mysteries.

The earth is alive and conscious.

Everything in the universe is aware and conscious.

Yet we are blind to that fact.

For the western man, a forest is a commodity.

It is meant to be destroyed for its resources.

For the ingenious tribes, a forest is sacred and honored.

What a huge difference that makes.

No wonder why our present-day world is so messed up.

Common sense is uncommon.

The birds and fish can move in complete unison.

No one is leading yet they all are leading.

That's called harmony.

Currently, the world at large hardly knows what that word means much less experiencing that.

We are at a point where we must discover inner harmony within and bring it into this world.

Just think Portland Oregon had temperatures of 117 degrees.

That's over 30 degrees from normal.

We must all do our part.

We will all discover the thread of love tying us all together the world will change.

Each one of us is responsible.

Don't wait for someone else to change first.

It's your responsibility for yourself.

## Silence is God's first language

As humans, we communicate mostly with words.  
Yet words can get in the way.  
Words can be used for good or for harming others.  
It's hardly the best way to communicate.  
Silence is God's first language.  
It might be his only language.  
As humans, silence is an unknown state of mind.  
The wise men in the past said that silence is our true nature.  
Unfortunately, it has fallen on deaf ears.  
Currently the world at large lives in a chaotic state of mind.  
We think it is normal.  
Nothing can be farther from the truth.  
Apathy has entered many doors.  
This is a light inside of the tunnel.  
It's not another freight train barreling down on us.  
Millions of people are waking up from their slumbers.  
Silence is the door to unlocking the great mysteries of life.  
The universe communicates through silence.  
It will never say 'Hey Charlie! Wake up from your slumber'.  
It does not demand anything from you.  
Yet we are missing out on life and its great mysteries.  
You are the universe.  
You just don't know it.  
Many people just roll their eyes when hearing this.  
Talk to a modern-day scientist and they will tell you this is true.  
All the wise men in the past understood this.  
What are you going to do about this?  
Maybe it is time for you to think about it.  
The world can't go on with such chaos.  
Chaos is not our natural state.  
Silence is the language to communicate.  
It is a state of being.  
It's funny that it is our natural state, yet we have ignored it for thousands of years.  
No wonder we have so many problems on earth today.

## God Speaks Thru Silence

We pray to God.  
God listens.  
God speaks thru silence.  
Then how can we listen?  
Meditation brings one to a state where one can listen to the unspoken word.  
That may seem like a paradox.  
Unfortunately, we haven't been trained this way.  
We can live with our feet on the ground and our heads in heaven.  
This is our true nature.  
Our minds are like a tuning forks.  
Whatever it touches it vibrates at that frequency.  
We all vibrating with chaos.  
Just turn on the news.  
A wise man trains to vibrate with the frequency of silence.  
This is where God speaks to you.  
Love is the doorway to this precious communication.  
Everyone on earth can do this.  
No one will be denied.  
A person can change their habits in 30 days.  
Maybe, just maybe you can try to do this.  
You will stumble and fall.  
Curveballs will be thrown your way.  
That's called life.  
When you fall just smile and pick up yourself from the ground.  
Dust yourself off and take another tiny step.  
That's all that is needed.  
One baby step after another.  
Remember Rome was not built in a day.  
To truly change takes time but it is so worth it.  
In the beginning, you meditate on God.  
At some point, God will meditate on you.  
What you pay attention to you will pay attention to you.  
That is a universal fact.

## Silence Speaks To You About The Secrets Of The Universe

I will love to see the day when modern-day scientists and mystics merge as one.  
That will be an incredible day my friend.

Meditating is the key to unlocking the great mysteries of life.  
Can you imagine the wisdom of a scientist combined with the wisdom of a mystic?

Scientists will be able to understand so much more about the great mysteries.

His knowledge and understanding will be so much more.

Scientific dogma will not exist.

One could truly think outside of the box.

Even today scientists are ridiculed and put down when they have a new theory or  
concept.

This has been going on for thousands of years.

Dear old Galileo was put on house arrest with his theories.

Scientists today are blacklisted for life with their thinking.

Eventually, over time their theories become mainstream.

This is usually after they died.

Nicolas Tesla is probably more famous today than when he was alive.

He had an extremely difficult time when he was alive.

Consider this quote.

“If you want to find the secrets of the universe, think in terms of energy,  
frequency, and vibration.”

This is still out-of-the-box thinking for today.

The quantum scientist completely understands this while the majority just roll their  
eyes.

Tesla learned the language of silence.

A fountain of wisdom came his way.

We are just at the cusp where the two will merge.

That will be a glorious day my friend.

## Silence Quotes

Yoga is the settling of the mind into silence.  
When the mind has settled, we are established in our essential nature, which is  
unbounded Consciousness.  
Our essential nature is usually overshadowed by the activity of the mind.

Patanjali

“The quieter you become, the more you are able to hear” - Rumi

“Those who know do not speak. Those who speak do not know” - Lao Tzu

“The monotony and solitude of a quiet life stimulates the creative mind” -  
Albert Einstein

'When the lips are silent, the heart has a hundred tongues,' says Rumi, 'Listen!  
Clam up your mouth and be silent like an oyster shell, for that tongue of yours is  
the enemy of the soul, my friend. ' Through silence, Rumi reaches a level of  
consciousness where he loses all his mundane identities.

“Why are you so afraid of silence,  
silence is the root of everything.  
If you spiral into its void,  
a hundred voices will thunder  
messages you long to hear”

— Rumi

Silence is an ocean. Speech is a river. When the ocean is searching for you, don't  
walk into the river. Listen to the ocean.

- Rumi

Silence is the language of God, all else is poor translation.

- Rumi

Be quiet, the secret cannot be spoken, It is wrapped in silence.

- Rumi

Buddha once said, Do not speak - unless it improves on silence

A fool is known by his speech and a wise man by silence

Silence is a source of great strength

There is something wrong with a culture inebriated by noise