

## Poems By Richard 10

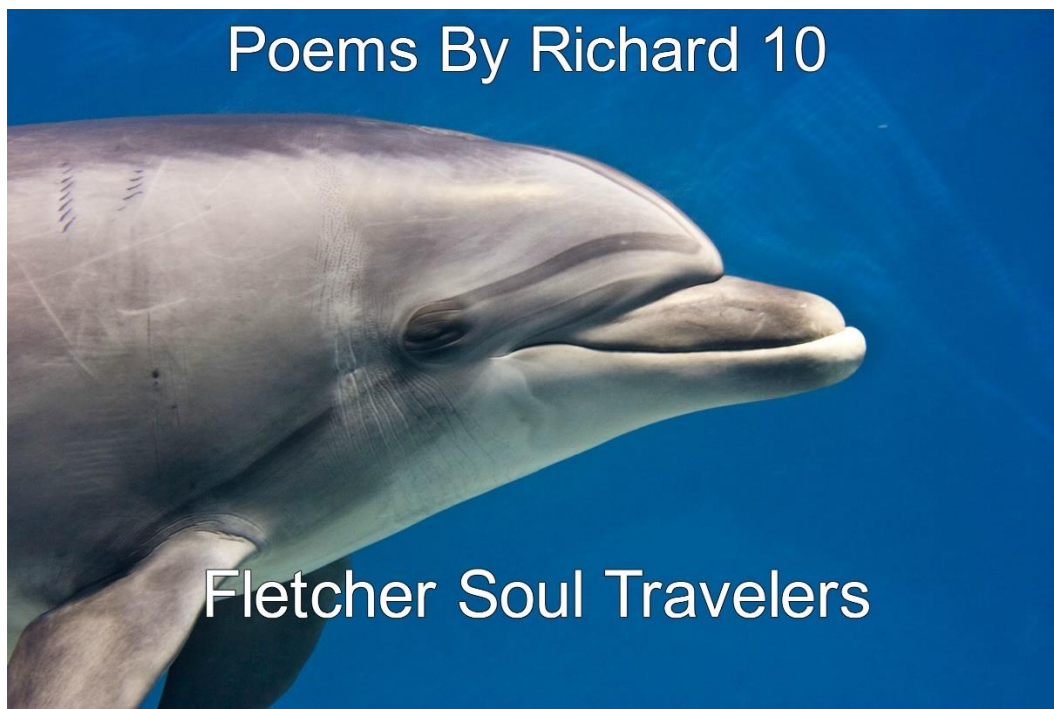
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These poems are meant to be pondered over.

There is a message contained in each one.

There is a riddle to be solved.

I hope they may contain meanings for your life.



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## Happiness Lies Inside

All the great masters have said that happiness lies inside.

It's not a joke.

It really does.

The proof is in the pudding.

Try it and you will like it.

People try it and they like it.

It needs no convincing.

It needs no converting.

Ponder over these words.

Happiness lies inside.

## Does Life Throw You A Curve Ball?

Does life throw you a curve ball?

We are in the game of life.

We are playing the game.

We have a coach that is God.

He is on the sidelines.

He is rooting for us.

Unfortunately, we don't know that he is there.

Life throws us a curve ball and we go into a tizzy.

The great masters of the past taught how to hit a homerun when a curve ball is thrown.

We must go within and find the inner coach.

It's always been there.

We have free choice to open the door or have the door remain shut.

Ponder the meaning behind this puzzle.

## Life Is Short

Life is short.

We come into this world.

When we were young summers lasted for eternity.

As we grow older the years just whiz by.

Before you know it you are passing away.

Where does time go?

Did we miss something along the way?

Have we forgotten our true nature?

What did I do with this life?

There is no judgment.

God does not judge you.

God does not condemn you.

All we are saying is the secret to life is inside of you.

That's how simple it is.

Ponder these words.

You can solve this puzzle.

## Love Is The Great Mystery

Love is the great mystery.

The entire universe is created by love.

Isn't that incredible?

Love creates the universe.

You are the universe.

You are love.

You are the sun, moon, and stars.

Yet have we forgotten our true nature?

What happened?

This is the great mystery that is meant to be solved.

All the great masters have said you can solve it.

Remember the kingdom of heaven lies within.

Ponder over these words.

You can solve this riddle.

## The Universe Exists Inside Of You

Did you know the universe exists inside of you?

What no way.

How could that be possible?

The universe exists outside of me.

Maybe that's the problem.

You are the universe.

You think it exists outside of yourself.

If you think it is outside of yourself how can you be a part of it?

The great masters have said the answer lies within you all the time.

A part of you is the universe.

Tap into your higher self and you will solve this riddle.



## We Are All Actors In Life

We are all actors in life.

We come into this world and we play our parts.

There is drama.

There is humor.

There is war.

There is love.

We all know how to play our parts well.

We don't need a voice coach or acting coach.

We know how to play our part well.

When we die we get a standing ovation from the universe.

It doesn't matter if you are a saint or sinner.

You played your part to the fullest.

On the other side all the actors are having a grand party.

Ponder the meaning of these words.

## Who Were You Before You Were Born?

Who were you before you were born?

This is a great mystery.

The great masters have said you are the universe.

You were never created nor will you ever die.

You are eternal.

Yet we come into the world and it slowly fades away.

We have forgotten our true nature.

Is this the game of life?

We came and go into this world and each time we forget our true nature?

Ponder these words.

Do you want to solve this mystery?

You have all the tools within.

## There Are Many Rooms In The Mansion

Imagine you are blind.

You can't see.

You think you live in a single room.

Yet there are many rooms in this mansion.

Because we are blind we live only in this tiny room.

We think we are poor.

This is the grandest mansion in the universe.

It is priceless.

The great masters have said look within and you will see the mansion and the many rooms.

You are part owner.

Discover your true nature.

Ponder over these words.

You can solve this riddle.

## Beauty And The Beast

The great masters have said find the beauty within.

Day by day conquer the beast with love.

You can tame the beast.

You can tame the mind.

What are you talking about?

Well, sit down.

Close your eyes.

Concentrate on your breath.

Tell me can you control your mind?

This is the first step.

Continue this process day in and day out.

Focus on the breath.

You will someday see the beauty and the beasts are one and the same.

## Signs Are Everywhere

When you first start this journey of self-discovery the signs are everywhere.

Yet we don't have the eyes to see.

Day by day our awareness grows.

Year by year our awareness grows.

We begin to see the sign post everywhere.

We are on this journey and we are guided.

It seems like the more you pay attention to the universe the universe pays  
attention to you.

Imagine the signs are everywhere.

Yet we don't see them.

The entire universe is rooting for us.

They even put up sign post everywhere on this journey.

The great masters have said look within to solve this riddle.

Ponder these words.

You have free choice.

## Give Up

Many people think that this path is boring.

Oh, I have to give up my lifestyle.

No, you don't.

In order to see God, you must be poor.

Nope.

Keep your money.

I don't want to be celibate.

You don't have too.

I don't want to be a monk.

You don't have to.

Be yourself.

Yet here's a few things to give up.

Give up your anger.

Give up your intolerance.

Give up your lack of patience.

Give up your evil ways.

Give up all your negative emotions.

Each one of you has things to give up.

You and the world will be in a happier place when you do this.

## Change The World

Recently I saw this on CNN.

The moderator was making a comment.

He said that for every president we had they tried to change the world.

But it was never enough.

There was so much more to do.

In order to change the world, we must first change ourselves.

We are a piece of the puzzle.

Every one of us must change.

We must let go of the old energies such as hate, anger, and war.

We must embrace the new.

Kindness, Love, and compassion.

This is how we change the world.

We must first change ourselves.

This is the key.

Ponder over these words.

## Walking Between Worlds

Christ taught how to walk between two worlds.

In fact, all the great masters taught the same.

The kingdom of heaven lies within.

A man can be walking in the kingdom of heaven and at the same time walking on earth.

How can that be?

That is the great mystery of life.

Man has pondered over this from time immemorial.

We were never taught this in Sunday school.

We were built to live in this two worlds simultaneously.

Originally the word idiot meant feet on the ground and head in heaven.

Nowadays the word has a very different connotation.

Have we as a society been suppressed?

Why did we forget this knowledge?

This is our birthright.

Ponder over these words.



## Indigenous People

One of my pet peeves is how we as Westerners think about indigenous people.

We have a tendency to think we are so superior.

Yet let's take our calendar.

Augustus wanted more power than Julio so he created an extra day.

Our calendar is more of a political calendar.

The Mayans created a series of calendars that represented the universe.

In fact, one of their calendars ended in 2012.

This was after a 24,000-year cycle.

Many people thought this was the end times.

The Mayans simply smiled and said turn the page.

A New Year has begun.

Their calendars are incredibly accurate.

Where did they get this knowledge?

There didn't have computers or telescopes during those days.

Just think during our dark ages we thought the world was flat.

There were mapping the universe.

Who is truly the smart one?

Ponder over the meaning of these words.

## Indigenous People 2

Let's carry on with this discussion on the Indigenous people.

In the western world, we have the concept the world was created in 7 days.

There are Adam, Eve and the serpent.

Most of the indigenous people have a similar theme.

All of them will point to the sky and say this is where we came from.

We came from the stars.

We are star dust.

It took billions of years for the earth to become alive.

Modern man had great assistance from the universe.

The indigenous people knew this.

There is a reason why we call this planet Mother Earth.

Without Mother Earth, you wouldn't be alive.

The indigenous people cared and loved Mother Earth.

As westerners, we are divorced from our true nature.

We may have the technology but our heart is empty.

We can learn greatly from the indigenous people all around the world.

### Indigenous People 3

Imagine the time of Columbus we thought the world was flat.  
We thought that a ship could sail off into the distance and fall off the earth.

This wasn't too long ago.

At the same time, the indigenous people were mapping out the universe.

They were creating universal calendars.

How did they do that?

Is there something to the notion the entire universe lies inside of you?

Is this how they got their knowledge?

All the great masters would say "YES".

Can you imagine if we took technology and the art of going inside and merge  
them together?

Now that would take us to another level altogether.

## If We Are Immortal

If we are immortal where have we been?

Many people say we have only one chance on earth.

You come and you go and that's it.

End of discussion.

Yet if we are truly immortal it means we are never created nor destroyed.

Our body will die.

It will go back to the earth.

Yet our soul is timeless.

Can you imagine you existed before the earth was created?

You existed before the universe was created.

What were you doing?

Now that a good question.

Ponder over the meaning of these words.

Put down your cell phone and contemplate.

## Cell Phones

I'm all for cell phone.

They are of great help.

Yet my pet peeve is how distracted they are.

So many people are addictive to their cell phones.

They even risk death while driving.

What is so important about the text you sent out while you died in a car crash?

I feel another web we have created.

We have created another layer from us and the universe.

Instead of getting closer we are putting distance between us and our true nature.

In fact, our reality is the cell phone.

How many families are at a restaurant on their cell phones?

How about the business meetings?

I look around the room and most of the people are looking at their cell phones.

Can you really pay attention to what the speaker is saying?

Are we getting distracted?

Many young Mothers are on the cell phones while pushing the child around in a stroller.

Did you know that a baby knows when you are paying attention or not?

No wonder children feel neglected.

Humanity has become addictive just like a drug.

Unfortunately, we don't see it.

We think we are living normal.

## Can You Imagine?

Can you imagine if the entire planet discovered their true nature?

There would be no more war.

War would become obsolete.

Peace on earth.

Kindness would be all around.

Love your neighbor would be throughout the land.

There would be no poverty.

We would come to a great solution.

Humanity would take care of this Planet Earth.

We would truly be custodians of this land.

Murder and theft would be obsolete.

How can you steal from somebody when in reality you are stealing from yourself?

How can you murder somebody when in reality you are murdering yourself?

The old energies of the past would be considered barbaric.

Who needs war, anger, and lust for power?

Our true nature is kindness, love, and compassion.

You are a piece of this puzzle.

Discover your true nature.

Ponder these words.

## Fireworks In The Sky

We all love watching fireworks in the sky.

We love the lights and sounds bursting in the sky.

Every one of us loves the grand finale.

Thousands of fireworks are bursting all at once.

We go home and wait for another year.

The great masters have taught that fireworks are always going off within you.

Yet we never know this.

The greatest display is going on every moment you are alive.

So many of us are bored to death not knowing a great celebration is keeping you  
alive.

You are never alone.

You are the universe.

Ponder these words.

What is keeping you alive?

## Get Off The Fence

How is it we can be happy one moment and the next moment be angry?

We are sitting on the fence.

We must make a conscious decision to go either one side or the other.

One side is the same old thing.

War, anger, intolerance etc.

Basically, it's the same old thing.

We have been on the same treadmill for thousands of years.

The other side of the fence is new.

We embrace the following.

Be kind.

Love your fellow man.

Be patient.

Be tolerant.

Embrace compassion.

You must make a choice.

There is no more fence sitting.



## Let It Go

Are you tired of being angry?

Let it go.

Are you tired of struggling?

Let it go.

Are you tired of your lack of patience?

Let it go.

Are you tired of your intolerance?

Let it go.

Are you tired of your bottled emotions?

Let it go.

Are you tired of fighting?

Let it go.

Are you tired of blaming others?

Let it go.

You can let go of all of these things.

Day by day weed your garden.

You are the farmer.

Nobody can pull the weeds for you.

## One Rain Drop

When you first start meditating it's like one rain drop that falls from the sky.

Day by day you start a meditation practice.

From that one drop, two drops fall.

Over time there is a puddle which you jump up and down like a child.

Over time there is a thunderstorm.

The raindrops turn into a stream.

You are drifting downstream on a mat.

Wow, this is fun!

Over the years the stream turns into a river.

You are on a sail boat that has a rudder.

You are sailing towards your destination.

At some point in time, the river will merge with the ocean.

You are home.

Ponder these words.

They have great meaning.

## Who Am I?

Have you ever asked the question?

Who am I?

Are you only this body?

If you say yes then what is keeping you alive.

You say my breath.

Well, what is the power behind your breathe?

When you die you stop breathing.

What power left you?

You are no longer alive.

Your body is now a corpse.

Did you know that your body is hard-wired to solve this mystery?

All the great masters have said look within.

You are the universe.

You just don't know it.

## We Are All On The Same Journey

When I first started to meditate I meditated for myself.  
After a considerable amount of time, I had a realization.  
This realization was that we all meditate for each other.

We are all on the same journey.

This is not a competition for enlightenment.

We are all in the same boat.

We all are here to uplift each other.

We are all individual pieces of the puzzle.

The more we meditate the stronger the light becomes.

The stronger the light the more darkness is dispelled.

The goal is to dispel darkness.

We are the light.

We are all on the same journey.

## Stay Off The Icy Roads

Stay off the icy roads.

You think you are safe but you're playing Russian roulette.

This could be your last journey.

You don't want to be in a 10 car crash with your car spinning in circles.

Stay at home.

Spend time with your kids.

Read a book near the fireplace.

Snuggle with your wife.

The warnings have been for days on the news.

Why take chances?

If the news truck spun out of control on thin ice.

They were only going a few miles per hour.

Stay off the icy roads.

Stay at home.

## Richie RIP

My dear friend Richie died a few days ago.

I haven't seen him in over 30 years.

He was a great singer.

He loves to meditate.

Combine these two and he sang like an Angel.

He could lite up an auditorium when he sang.

Richie was humble.

There was no aura of look how great I am.

He just loved to sing.

Richie and I worked together for a few years.

We would laugh and tell stories while we worked.

Even after all this time, I feel our friendship will never go away.

Rest in peace Richie.

May you sing forever !!!

## Why Crucify The Master?

Why does the world crucify the master?

Why does the master never get well known in his own country?

Why does a masters teaching get converted into something else?

A master had no intentions of starting a religion.

He simply show us that all the tools we need are inside.

You can only save yourself.

You are a savior.

You don't need a priest who will talk to God for you.

You can talk to God directly yourself.

All the great masters have said the kingdom of heaven lie within.

This is as simple as it gets.

You are a temple of God.

God lies within your heart.

Ponder these words.

They have great meaning.

## Many People May Think

Many people may think I'm against religions.

I love all the diversity.

I love all the different points of views.

Yet they all had the same message.

The kingdom of heaven lies within.

They all provided tools to discover your true nature.

God is love.

Love is God.

All religions are based on this.

God is light.

Light is God.

All religions are based on this.

Love your fellow man.

All religions are based on this.

Remember there is one thread of love tying us all together.

We are all one family.



## You Are A Genie

You are a genie.

Whatever you think you become.

If you get angry easy you will be an angry person.

If you gossip about people they will gossip about you.

Whatever you thinks the genie responds.

The more you think and take actions the genie response in an instant.

You can control the genie.

You can control your mind.

You can control your actions.

Stop look and listen.

Your genie can be your friend.

It's your choice.

Do you want to be a reactive being or one who is a Co-Creator of God?

Ponder these words.

The world will be in a better place.

## The Mosquito Itch

Have you ever been bitten by a mosquito mind?

The mind itches and you are bothered by something.

Yet you don't know what it is and you feel off-centered.

You can't pinpoint what's going on?

Did you know that meditation and paying attention to the itch will soothe it away?

Meditation will help focus where the itch is.

Once you can see it you can focus on it and embrace it.

Once you embrace it, it will disappear.

The Buddhist were the original psychologists.

They have been studying the mind ever since Buddha was around.

They are experts in positive mental health.

Did you know it was only 30 years ago did western psychologists studied positive mental health?

We need as a society to have a positive mind.

How would the world change for the better?

## Why War?

Why did we go to war in the second gulf war?

There were no weapons of mass destruction.

The only weapons of mass destruction were the soldiers coming back from the war.

They came back with physical, emotional and mental problems.

Did we solve anything in the Middle East?

It's like we attacked a bumble bee hive and created such a mess.

We made the situation worse.

Chaos is all around.

We made the problem a hundred times worse.

Maybe it's time to think that war is obsolete.

There has got to be a better solution.

Why should American soldiers be used as guinea pigs?

What is the point?

Were they used as pawns?

Why did we go to war?

What was truly their agenda?

Oil.

## The Wild Card

Did you know you are a wild card?

A wild card is an event that never appeared on the radar screen.

You and I never appear on the screen.

Peace on earth is a reality.

The universe is rooting us on.

Mankind is changing.

The light of mankind is dispelling the darkness.

One by one each of us our discovering our true nature.

This light is turning into a huge bond fire.

All the weeds are being burned by the fire.

You are the wild card.

Discover your true nature.

Now is the time to play your cards.

It's the greatest card game in the universe.

## The Mind Is A Mirror

The mind is a mirror.

Whatever you see in someone is a reflection from your mirror.

Whatever faults you see in others are faults that you have.

Whenever you point your fingers towards someone you have three fingers pointing back towards you.

The great master has said clean your mirror.

It is dirty.

You can't see clearly.

Your mind is tricking you.

You think if only that person would change my problems would go away.

You must change then the problem will go away.

We as a society must change ourselves.

Our mirror needs to be clean.

Ponder this message.

Your understanding of life will change.

You can't change anybody except for yourself.

## The Shepherd

These are exciting times for mankind.

We are waking up from our slumber.

Mankind is slowly realizing that we are shepherds in life.

A shepherd guides the sheep to safe grounds.

We are guiding ourselves to safer grounds.

This is a conscious decision that we make.

Day by day we dig for the diamond within.

The owner of the mine doesn't dig for us.

He has sent great master who has said the kingdom of heaven lies within.

Only you can lead yourself to God.

You have all the answers inside of you.

Ponder these words.

You are a shepherd.

## Do You Remember Who You Are?

Do you remember who you are?

You are the universe.

You are the sun, moon, and stars.

What happened?

Is there a punch line I'm missing?

My name is John.

That is who I am.

All the great master have said discover your true nature by going within.

Ponder these words.

They have great meaning.

## Chaos Is All Around

Chaos is all around.

There is a hurricane brewing in the mind tonight.

You are facing a great obstacle.

The mind is churning while you sleep.

You can't get the obstacle out of your mind.

Your whole body is full of tension.

What can you do?

The great masters have said look within.

You can be in the center of the hurricane.

There lies perfect calm.

There lies your true nature.

You are never alone.

It just seems like it.

You have a true partner and that is God.

Ponder these words.

They have a great meaning.



## This Is A Practical Path

This is a practical path.

A practical path is one that takes moment by moment practice.

It's not a path of going somewhere for an hour and you give your offering.

The rest of the week you can do what you want.

This path requires determination.

It takes determination to let go of your negative obstacles.

With each and every moment you monitor your actions.

You are a Co-creator, not someone who reacts without thinking.

Big difference.

At first, you may not like to meditate.

It is a huge struggle.

Yet over time it becomes a part of your life.

You don't convince anybody with your words.

You convince people with your actions.

This is a simple path.

It's so simple man says it couldn't be that easy.

Whatever you think that's your reality.

## All Religions Are Pointing The Way

All religions are pointing the way.

The great masters came down and said go within to discover your true nature.

They did not compete with one another.

They were all on the same team.

All of them were great coaches.

They have been scattered all around the world.

These masters weren't here for the fame or glory.

The teachings were that God lies inside of your heart.

Look within to find your answers.

We are here to coach you.

You must play the game to understand your true nature.

You came to earth for a purpose.

Think this over.

All the great religions are pointing the same way.

Look within.

## The Book Of Life

What if the book of life is not a book?

You can read all the great books but what is your experience?

You may spout the words but is your heart full of experience.

Are you kind when you are trying to convince someone?

Does it need convincing?

Do you feel superior over one another?

My religion is better than yours.

You are going to hell.

We must learn to be tolerant with one another.

There is a thread of love tying us all together.

Each religion is different and unique.

Yet the thread binds us together.

We all believe in God.

Look within your heart to discover the thread of love.

## Express Your Goodness

Image the whole world would express their goodness in their daily life.

There would be peace on earth.

War would be obsolete.

Mankind would truly cooperate with one another.

We would see the unity of life.

Man could truly solve their problems.

Humility would be the way.

Power and control of others would be obsolete.

Politics would truly be for the benefit of the people.

You would not have someone in office for their own power and ego.

That's all it take.

Be kind moment by moment.

The world will change.

## Pickup Game

Do you remember the pickup games you played when you were a kid?

There was no adult supervision.

There were just kids playing for fun.

Nowadays kids are part of a team with a coach.

Many coaches think that winning is the goal.

They yell and curse at the kids.

The kids just want to have fun.

They are learning and growing.

Don't take the joy out of life for them.

Winning is not everything.

In fact, the majority lose.

But didn't Darwin say the survival of the fittest?

In his book, he mentions cooperating in nature more the survival of the fittest.

Man needs to cooperate with one another and have fun.

We are here to enjoy this life.

We don't need coaches who put us down.

## Embrace Your Fears

Embrace your fears.

Don't hide from them.

If you do they will never go away.

They will always play peek a boo with you.

When you embrace your fears head on they will disappear.

The mountain will become a mole hole.

Eventually, the fear will disappear and never return again.

Look inside and search for all the fearful things in your life.

One by one take each one and embrace your fear.

You can do this.

It's not easy.

Yet the reward will set you free.

## Behind A Challenge Is A Solution

Behind a challenge is a solution.

Whatever challenges you face see that there is a solution.

Look at the positive.

A solution will solve the challenge.

If you look at challenges this way they were much easier to deal with.

You know in your mind's eye there is a solution.

This makes the journey easier.

It's like driving a nice car on the journey.

The road may be bumpy at times but the ride is comfortable.

When you see life as only a challenge without a solution you are driving a beat up car.

The car will break down in midst of the journey and you will still be facing the challenge.

This makes the journey much harder.

This journey is practical.

Learn the tricks of the trade.

Think this over.

Am I spinning my wheels when I have challenges in my life?

## Take Care Of Your Body

Take care of your body.

It's the only one you get.

I have seen some of my friends die way before their time.

The doctors won't heal you.

They may hide your symptoms.

But the disease is still there.

The medicine they give you has many side effects.

One of my wife friends started with one medicine and ended up with around 20.

One side effect needed another pill until she had twenty.

I'm not saying don't take medicine.

I'm saying be 100% responsible for your health.

You probably treat your car better.

It has its tune ups and oil change every year.

Learn that food is medicine.

A very powerful medicine.

You are in charge of your health.

You must take responsibility for it.

No wonder our health care is in such a mess.

We need to get educated.





## Pay Attention To Your Actions

Pay attention to your actions.

Watch them carefully.

Treat your actions with care.

Your actions create your character.

Your actions create your state of mind.

Your actions dictate where you are going in life.

Most of us are reactive beings.

We reactive without thinking to what appear to us.

A wise man does not react but ponders over the situation and then acts.

He speaks from his heart and wisdom.

The wise man learns from his mistakes while other make the same mistake over and over.

This is the true maturity of man.

## Present Day Affairs

What is going on in our present day affairs?

The world is going mad.

In less than a week the carpet has been pulled all around us.

Anger exists on both sides of the isle.

The Facebook post are in flames.

We need to calm down and focus.

When a person spews anger he is lost.

You can't think properly.

Maybe this is why the President taunts the news.

He is spinning his own truth.

Maybe it's time to go inside and ponder.

We as a people don't have to stoop to his level.

Remember the Christ said the following.

But I tell you not to resist an evil person. If someone slaps you on your right cheek, turn to him the other also.

We need to revisit our spiritual values.

As a nation, we need to see the unity of each other.

It's so easy to flare up.

We need to see God in each other.

## Anger

Did you know that anger clouds your inner vision?

You can't think properly.

Your judgment is off.

You have no decrement.

I'm right and you're wrong.

Maybe there are two sides of the story.

Anger does not allow this.

If you can't think properly how can you make good decisions?

I have friends on Facebook who flame with such anger.

At times their post are so ridiculous.

They are so far off the mark.

They would portrait Obama dressed in a Hitler costume.

Where has our dignity gone when we post such a thing?

Remember we are all brothers and sisters.

We have a different point of view.

Let's respect one another and stop the name calling.

As Americans, we need to grow up.

## The Wall

Recently I saw on the news that our President said the following.

He said all great nations build walls.

He said that Mexico would pay for ours.

Where in his mind can he say such a thing and congress accepts this?

Does he have any humanity in him?

Does he have any morals?

How can we as a society elect him?

He said that he could kill someone on the street and people would still elect him.

That was the truth.

How many good Christians voted for the man?

I know that we are all both fed up with both political parties.

That's how he got elected.

He was a wildcard.

We need to take a good look at why he got elected.

America has to change.

We must live by good values.

## Love Over Anger

The most difficult thing in life is the following.

Love over anger.

It's so easy to be angry.

It's so easy to blow up.

Yet to be in the eye of a hurricane is most difficult.

To have love over anger is probably one of the most difficult things to do.

Yet all the great masters have taught this.

At this moment America is consumed by the fire of anger.

We need to calm down and dissolve the fire within.

We can do it.

This message needs to get out there.

We need a wake-up call.

Our nation needs to be more mature towards each other.

Remember we are human beings.

## Politics Hold Your Emotions

When it comes to politics hold your emotions.

Don't spew anger.

Be tolerant towards the other side.

Be calm.

Be united.

Look at both sides of the issue.

Don't sink to the level of your opponent.

That may be difficult.

You can do it.

Merge your ethics and actions together.

Don't speak whatever comes to your mind.

Stop look and listen.

There is an art to holding back your anger.

Unfortunately, we are throwing stones at each other.

In order to change America, we must be united.

We must become one regardless of our points of view.

## Division

There is so much division in America today.

We need to stop the name-calling.

We need to listen to one another.

Politicians need to pass bills that are good for everyone.

The congress is at a standstill.

Both parties have hatred for one another.

How childish.

You are here to serve the people not yourself.

You have created the division in America.

Do you see that?

What examples do you set?

During the last administration even before the President was in office you said  
you would stop all of his actions.

The American people must vote for those who truly want to serve.

We don't need professional politicians.

Maybe we need term limits.



## Christ And Politics

If Christ was alive today would he have voted for our president?

Would he have voted for someone who declares I could murder someone on the street and they would still vote for me?

How about mocking someone who was born with defects?

Would Christ vote for someone who would build a wall between nations?

Christ wanted man to build bridges, not walls.

Christ would say take care of the refugees, the needy and poor.

There is a bill to stop all Syrians from entering our country.

It takes two years of serious vetting to enter the country.

Yet our President says no vetting occurs.

Christ believes in speaking the truth.

He had the highest of ethics and values.

The present administration believes in alternate truth.

Just think the majority of America are Christians.

We voted for this man.

Do you think Christ would have voted for him?

I sincerely doubt that.

## Take Your Religion To Heart

Take your religion to heart.

Don't think that one hour a week is enough.

Your master taught that your entire life has meaning and purpose.

Stop all the name calling.

Grow up.

Be an adult.

Don't spew angry.

Be kind.

Love your neighbor.

Listen to one another.

We are all one family.

Stop the judgment calls on different religions.

They all point to the same God.

Practice what your great master have said.

We can all do this.

## Love The Diversity

Love the diversity.

Look how diverse nature is.

Look at how many different flowers there are.

Well, what about the weeds?

Do they have a purpose?

Many of the best herbal medicines are weeds.

Do the flowers fight one another?

I don't think so.

Love the diversity of man.

We are all so different yet we are the same.

We came from God every one of us.

How dare we mock one another due to our religions?

We should rejoice in the many paths.

Remember all paths eventually go home.

We need to celebrate and enjoy the diversity of all.

You are the universe.

You just don't know it.

## Stop The Prejudice

Stop the prejudice.

Stop the name calling.

You are no better or worse than your fellow man.

In the eyes of God, we are family.

Your religion is not better than another.

You just think it is.

The great masters of the past don't fight with each other.

They love one another.

They are best of friends.

They want you to treat your fellow man with the same respect.

They all pointed to find out the answer inside of you.

We are all family.

This is the truth.

Where do you think you came from?

We all came from the same place.

Broaden your horizons.

Don't get stuck in your little box

The universe is alive.

## Have You Ever Tries To Meditate?

Have you ever tried to meditate?

Are you up for a challenge?

Did you know that taming the mind is the most difficult thing to do?

It takes determination, patience, and kindness.

Just sit for one moment and concentrate on your breath.

Focus on the incoming and outcoming of your breath.

There is something that is keeping you alive.

At first, the mind will be like a monkey.

It will jump from branch to branch.

It will jump from thought to thought.

Over time a stillness will enter you.

Thoughts are all around, yet you are in the center of the hurricane.

Chaos is around yet you are still.

Sit still and listen.

Your journey has just begun.

## True Nature Of The Mind

What is the true nature of the mind?

Before a person begins to meditate or contemplate mostly likely the question is never asked.

Most people would say I've never asked that question.

Yet that is probably one of the best questions you can ask yourself.

What is the true nature of the mind?

Have we discovered it?

All the great masters have taught about it.

Why do we have some many mental problems?

Is there a correlation between the mind and body?

Have we forgotten our true nature?

I'm missing something inside.

I don't know what it is.

Why do I feel happy about obtaining something and 6 months later I could care less about the object I obtained.

Why do I feel like a small mosquito is inside my mind?

There is a small constant irritation buzzing in my mind.

Why do I act so irrational?

Why do I fly off the handle so easy?

Have I learned that getting angry at someone that it only harms myself?

These are practical questions to ask yourself.

Only you can solve them.

## Your Mind Wants Peace

Did you know that your mind wants peace?  
Unfortunately, you are looking in the wrong direction.  
You are looking outside of yourself.  
You will never find peace there.  
You will always be looking for it.  
It's like a mirage.  
You can see the water but you can't drink the water.  
Peace only exists inside of you.  
All the great masters have said the same thing.  
The kingdom of heaven exists inside of you.  
Ponder the meaning of these words.

## Rest In Peace

We all say rest in peace when someone has died.

Yes, in fact, they do return home.

They become the universe.

Yet how about RIP when we are alive?

Is that a novel concept?

Is that even possible?

The answer is yes.

Peace lies inside of you.

It is your true nature.

Discover peace within.



## Throw Away The Anger

Throw away the anger.

Your anger is like throwing kerosene on a fire.

Your anger is only hurting you.

Facebook lately is full of anger.

It's full of frustrations.

How do we go beyond our anger and yet talk about the problems that face us in  
the world today?

How do we talk like mature adults?

How can we talk like we are all united?

Yes we have different points of view.

How can we talk without putting someone down?

If all of would stop being so angry maybe we could calm down and see different  
solutions.

Peaceful solutions.

We can all do this.

Anger is not the solution.

## Why Is There So Much Violence In Movies?

Why is there so much violence in movies?

The world is already violent.

Why do we need it for our leisure time?

What makes violence so attractive?

Have we been raised to see violence as being attractive?

Wow did you see that movie?

They chopped off their head.

Does Hollywood make violent movies because they know it sells?

The more violent movies we see the more our mind turns violent.

We are feeding our minds with darkness.

We are slowly going away from the light.

It like a rugu.

A rugu is the opposite of a Guru.

A Guru will take you from darkness into light.

A rugu will take you from light into darkness.

Your mind does not know the difference between a movie and real life.

The same emotions get fired off.

Maybe it time to pay attention.

What are you putting inside of your body and mind?

Is it garbage or is it helpful for your journey in life.

## You're Laid Off

It's interesting I got laid off just when Trump has his inauguration.

I just started the job.

They said I asked too many questions.

I'm a software engineer.

You had better ask questions.

The person I worked with was working 60 to 80 hours a week.

He said I took too much of his time.

Probably around 25 minutes in two weeks.

They said I got the job done.

Life is interesting.

When you are in your sixties you can see age discrimination all around you.

How easy is it for them to lay you off?

They have no concern for you.

Maybe it is a blessing in disguise.

## Job Security

Does job security even exist?

I worked for a government contractor for 3 years.

Can you imagine laying off 90 out of 100 employees?

Now, this government contractor is huge.

What is going on?

So many of my friends are getting laid off.

These people aren't lazy.

They are doing incredible jobs.

People in Washington may think these jobs aren't needed.

Yet when you lay off the entire GIS team who is going to fix or maintain your software?

The people who have all the knowledge are gone.

Imagine all across America good hard working folks are getting laid off.

There must be a solution to this problem.

## Iraq

We have been fighting in Iraq for many years.

Imagine many Iraq's have been fighting along with us.

They are sacrificing themselves and their families.

Now our government is saying they aren't allowed into our lands.

What a slap in the face?

Do we have any common sense?

The world is in an uproar.

Our President doesn't care.

He only follows his agenda, not congress.

## Carry Your Meditation Into Your Daily Life

Carry your meditation into your daily life.

Day by day.

Year by year.

Each and every time you meditate allow the experience to flow into your daily activities.

Meditation isn't only when you sit down.

Meditation over time brings you to a point where it is constant.

In the beginning, you try to meditate on the source within.

Over time the source begins to meditate on you.

No words can describe how beautiful this is.

You are not alone.

Something is keeping you alive.

We are been magnetizing in love.

That is our true nature.

## Be Centered

Be centered.

Change is all around us.

Don't get affected by the whirlwinds of the political decisions.

Don't take it in.

Protest.

Yet don't allow anger to seep within.

Be like water.

Gentle, yet it has a force of its own.

Imagine a tidal wave of love.

This is truly how you protest.

As a group uses the power of love.

Love is the greatest power of the universe.

Use it.

Be centered.

Use the force to protest.

## We Are All On The Same Side

We are all on the same side.

We are all Americans.

We are all immigrants from all around the world.

We may have different ideas or beliefs.

That's what makes us strong.

We are a melting pot.

We are one family.

It's time to recognize it.

We need to listen to each other not to yell at one another.

Get rid of the anger.

You can't think properly when you do.

Don't be fanatical on your beliefs.

When you do you can't see the forest from the trees.

Remember we are all on the same side.