

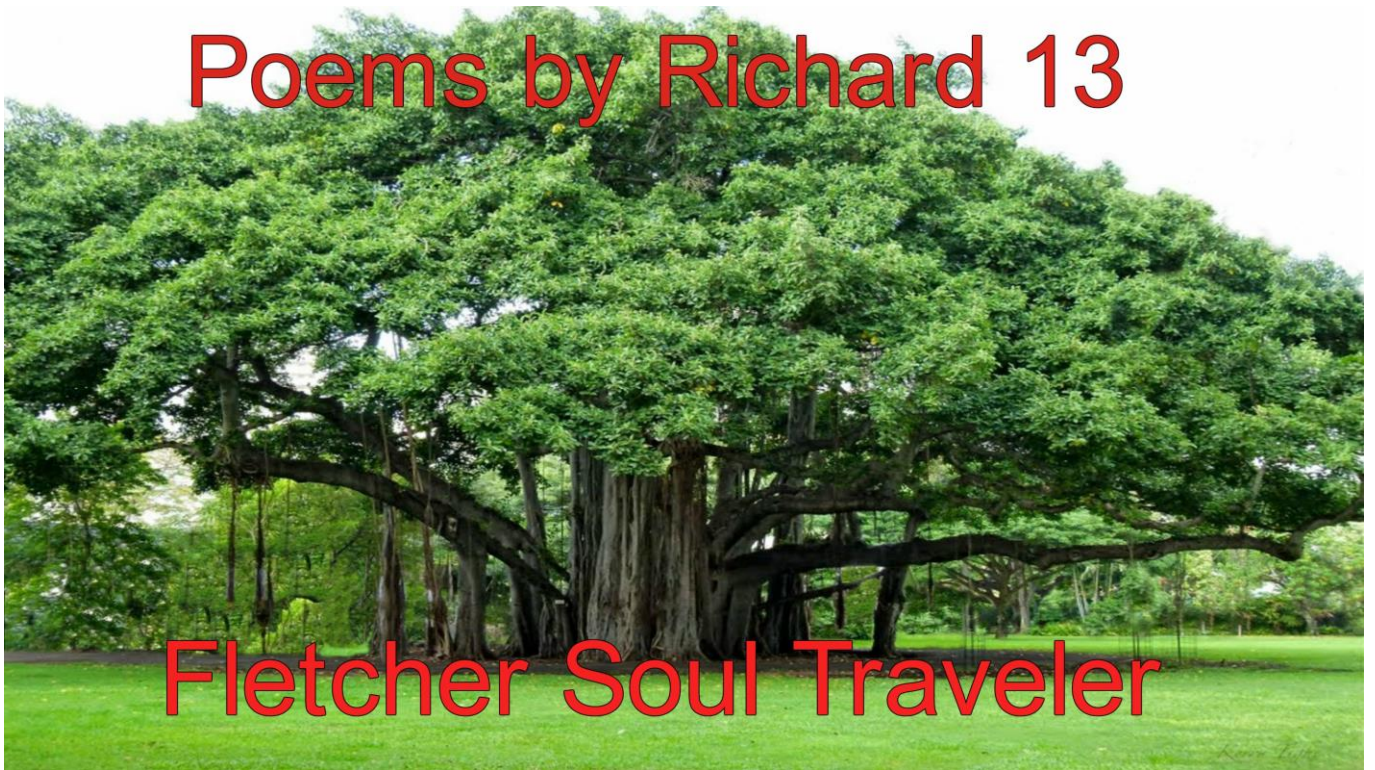
Poems By Richard 13

2016-2017

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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Fletcher Soul Traveler



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The Journey

This Life is an incredible journey.
There are many twists and turns along the way.
People come and go on this precious journey.
At times we think we all alone stranded on the raft.
Yet if we look at the stars at night you would see you are never alone.
The universe knows your name.
How about that?
The universe knows your name.
I like that.
What is the purpose of this journey?
Why are we here in the first place?
Many incredible lessons are learned on a journey.
When I was young I traveled around the world.
I had my fair share of adventure.
I traveled third class which meant I carried my tent along the way.
At times my journey was difficult.
At times the journey was a walk in the park.
In Zambia, my friends and I were treated like Kings.
Many gifts were bestowed upon us.
We were on national TV twice.
I love Indian food and at each house, we visited an Indian feast was presented to
us.
You may be bedridden yet you are on this incredible journey of life.
Discover your true essence inside of your heart.

Why Do I Meditate?

Where would I be without meditation?
Many people ask me “why do you meditate”?
That’s a great question.
I been meditating for many moons.
I started when I was eighteen years old.
Meditation is the glue which binds all life.
Meditation is the thread which ties us all together.
Meditation is the means to listen to God.
I first started to meditate for myself.
Over time it morphed into I meditate for the planet.
We are all candles in the wind.
Meditation place the precious candle inside of a glass lantern.
The wind can’t blow the candle out.
I have learned the mind can be your friend or foe.
In the beginning, I never knew how powerful the mind is.
It takes years to train the mind.
The majority of people on the planet have no idea whose in control of their life.
Many of my friends were astonished when they first start to sit down and meditate.
They had no idea how powerful the mind is.
In the beginning, you meditated and got connected to the source.
Years later the source connects to you.
When you close your eyes God is there.
He has been there all the time.
You are never alone.
This is why I meditate.

Where Would I Be Without Meditation?

Where would I be without meditation?
I really don't want to know.
Imagine the entire universe is alive.
I would never know that.
Imagine never truly knowing you are never alone.
When I close my eyes the light of God would be there yet I wouldn't see it.
I would see only darkness.
I would take this precious breath for granted.
I would never experience that the word of God is keeping me alive.
Behind each breath, the love of God exists.
I would be focusing on my cell phone or on Facebook and be oblivious to God.
I would never know that God is my friend and coach.
He is on the sidelines watching the game.
He will never play for us but his presence permeates the game.
He will never get angry or yell at us.
I would never know that if I didn't meditate.
Prayer is when you talk to God.
Meditation is when God talks to you without any words.
I can't imagine how painful that would be to the soul.
In each and every action we are looking for God.
Meditation allows us to experience the God within.
Before I started to meditate I felt lost.
I didn't know how to find myself.
I knew the door existed within yet I didn't know how to open the door.
Fortunately, in this present day, you can open up your door within.
Just use your intent and open up the door within.
Concentrate on your breath.
This is the key.
Moment by moment place your mind on your breath.
Whatever action you are doing place your mind on your breath.
When you have free time close your eyes and follow your breath.
This is the keys to the kingdom of heaven.
All the major meditation traditions say the same.
Behind your breath lies the entire universe.
You are the sun, moon, and stars.
You just don't know it.

Grateful

Words can not describe how grateful I am to be alive.
Not only that but I know what's keeping me alive.
My father exists inside of me.
What can be greater?
The creator exists in our hearts.
Yet mankind is still looking outside of them.
The diamond exists inside.
The wise man digs for the diamond inside of his heart.
There the treasure lies.
It has always been there waiting to be discovered.
This is the game of life.
God is playing hide and seek.
Mankind is looking for God in the four corners of the earth.
Where are you?
In every action, we take man is looking to find God.
Yet we don't realize it.
At some point in time man is determined to solve this puzzle.
His curiosity comes out and he starts to ask questions he has never asked before.
The journey of self-discover begins.
Over time man learns to go inside and mine the diamond within.
He begins to realize that he is a farmer.
He starts to remove the weeds withing.
He removes anger, frustration, intolerance and so much more.
His life begins to change.
Never in his life did he realize that it was his responsibility to take out his weeds.
He sees that the seed is growing.
Like any seed, it takes time to grow.
He starts to learn patience.
The more weeds he pulls the more love and compassion occurs.
He begins to be content in his life.
The old worries are miles away.
He can actually sing in the shower.
He hasn't done that since he was a kid.
Transformation begins to occur in all parts of his life.
He begins to totally change in all manners.
He has nothing to prove.
He just simply smiles at life.
You can too.

Wisdom

Wisdom comes in many different styles.
A man may have wisdom in his job.
He may be a software, Guru.
I love to cook.
Many chiefs are full of cooking wisdom.
They know exactly what ingredients this dish needs and when to add it.
A politician knows exactly what time to deliver his speech.
He would never tweet at three in the morning.
He and his advisors would consult each other to deliver the news to the world.
One word can start a war.
You may have wisdom in business affairs but running the country is a different manner.
True wisdom is a combination of the inner and outer.
Without the inner wisdom, you are like a chair without any legs.
You have no foundation.
You just speak whatever that comes to your mind.
The wise man understands the power of words.
He knows he can spark a war or help create peace on this planet.
True wisdom would never think about building a wall between two countries.
This is so immature.
Christ had wisdom.
He would build bridges.
He understood the thread that ties us all together.
A man lacks wisdom when he mocks the handicapped.
A man lacks wisdom when he says "I can kill someone on the street and they would still vote for me"
If you said that fifty years ago you would be thrown in jail.
How about I can grab any woman by the pussy?
How about leaving the Paris agreements?
Wow, only Syria and Nicaragua aren't part of this plan.
A man of wisdom would lead the way to clean up the planet.
We have garbage in our living rooms.
A man of wisdom would have shaken hands with the Prime Minister of Germany.
Where is his diplomacy?
There's isn't any.
Unfortunately, we voted him in.
He called for Russias help during the election process.
Well, they did try to intervene.

I hope America learns from its mistake.
We need a man of wisdom to run this country.
I pray that in the future we have a President who has both inner and outer wisdom.
How about King Solomon?
Now I would like that.
He would be a great choice.
Where are you, King Solomon?
There is a great position opening in four years.

Give Peace A Chance

I like the words of John Lennon.
Give peace a chance.
How about that?
We have been fighting for thousands of years.
Look at all the wars on the planet.
What have they solved?
Syria has totally been blown away.
Where can you live when there are no cities to live in.
What is the effect of this war?
Millions of refugees
Thousands have died.
The entire country is in chaos.
War is never the answer.
A wise man would never declare war on another.
There is always a solution to any problem.
War is antiquated.
It is a thing of the past.
In order for the world to evolve, we must stop fighting.
Currently, the music that is playing is scratched.
The needle is playing the same part of the song over and over and over.
We think this is normal.
The record player became obsolete in the seventies.
Yet the same scratched record is being played.
War, War, War, War.
We need to play a new song.
How about John Lennon's song.
Let's give peace a chance?
War is not the answer.

How To Stop Wars?

How can we stop wars?
First of all, man must stop the fighting inside.
We must pull out the negative weeds that exist inside of ourselves.
We must pull out anger, intolerance, and greed.
We have tainted glasses.
We think we are seeing clearly yet the weeds are preventing us from seeing clearly.
Any war starts inside of us and then spreads to others.
It's like a disease.
It spreads quickly.
We totally think we have a God-given right to attack another country.
God does not take sides.
We have to solve any problems on our own.
We act like spoiled babies.
If I don't get what I want I will have a temper tantrum.
Wars get started that way.
Wars will be stopped when there is an inner and outer balance of wisdom.
Do we ever learn from our mistakes?
History repeats itself over and over again.
All the wise men from the past have said learn from your mistakes.
You are a fool when the same needle is playing the same part of the song over and over.
War, War, War.
Children have greater wisdom.
They know that war never solves any problems.
Look at Iraq?
We have been there three times longer than WW II.
Yet still, there is no peace in sight.
Show me a war today that has united mankind.
By eliminating the war inside of us we can stop the external wars.
We can begin to discriminate proper actions to take to eliminate wars on the outside.
How about talking to newborn Mother on both sides of the conflicts.
Let's think outside of the box.
What does a newborn Mother want for her child?
A warm and comfy home.
Food on the table
A safe environment for her child.
A great school to teach the young.

If she was involved in this process I can guarantee you that wars would be stopped.

The Mothers would solve the problems.

Politicians start wars and send young men to fight them.

They aren't part of the process.

Mothers are.

Their sons are sent off to fight some battle.

We need to stop glorifying war.

Talk to any veteran.

Did you know that in every hour of the day some veteran is committing suicide?

Why are there over 50,00 homeless veterans just in Los Angeles.

Our politicians give lip service to this today.

How many have come back totally traumatized?

Their limbs and minds have been blown away.

We make young men it is an honor to defend our country.

Yet is any war justified?

Do we have inner peace?

If you don't you are on the same track playing the same song.

War, War, War.

Inner peace is the first step we need to obtain.

If a politician doesn't have that we are doomed to following the same track in history.

Man must start to pull the inner weeds.

The wise men like the Christ have been saying this for centuries.

Yet we say it's not practical.

I would say it's the most practical thing any human can do for this planet.

I would say we are crazy not to pull our weeds inside of ourselves.

Any problem known to man can be solved when a man works on the garden within.

Your garden can help to bring the "Kingdom of heaven" on earth.

When the fighting has stopped inside of you, you put your piece of the puzzle into the puzzle of life.

This is how wars can be eliminated from this planet.

Remember that God is your coach.

He is on the sideline watching the game.

It's up to us to solve our problems.

Be Practical

As adults, we are told to be practical.
What does that mean?
For the majority, it means feet on earth.
It means to go to school, get married, get a job and then retire.
We are told this is what good citizens do.
Yet what are we missing?
Why is there so much discord today?
We are fighting wars all around the planet.
Hundreds of people are dying from opioids today.
Thousands of veterans are living on the streets.
The Republicans and Democrats hate one another.
They don't know how to compromise.
That is something from the past.
The United States is going to leave the Paris accord.
We have a president who tweets whatever comes to his mind at night.
I could go on and on.
Yes we need our feet on the ground but we need our head to be in heaven.
What does this mean?
It means we must be practical and pull the negative weeds inside of us.
We have ignored them our entire life.
Imagine the garbage dump that we have inside of us.
We need to be mature and stop acting like spoiled brats.
We are on the see-saw of life.
The majority of us are sitting on the ground with our butts on the ground.
We are not balanced in life.
We follow the rules that are given to us.
Yet something is missing.
We can't quite pinpoint it.
We are off balance and don't even realize it.
Christ talked about the garden within.
He talked about pulling out the negative weeds.
This is probably the most practical thing you can do.
All the great masters have said that.
You are a reflection of your inner world.
By harmonizing the inner and outer The see-saw will be in balance.
Now this is being practical
Man then becomes human.
Man = mind.

Human = divine mind.

Which road do you want to travel on?
The road of anger, war, and destruction.

Or

The road of unity, love, and compassion.

It's your choice.

Remember you are the universe you just don't know it.

Be Quiet

The wise man knows when to be quite.
He knows that words can be like putting gasoline on the fire.
He has the discrimination to know when to speak and when to be silent.
Words are extremely powerful.
They can be like a two-edged sword.
They can help humanity or they can bring a nation to war.
Our world is a manifestation of our words.
We were only taught to be quite when we were young.
At times it was an insult.
Our parents or teacher would say “Be quiet” if we say something they didn’t like.
Over time the phrase became a negative connotation.
Whenever we heard the phrase our eyes would say I’ve heard this before and brush
it away.
Years later we might get introduced to meditation and this same subject might
come up.
Be quiet.
The same images from the past arise in your mind.
Sit still and listen.
Yet this time we realize that it is very difficult to sit still.
You begin to see that the mind is very powerful.
Endless chatter is going on in your mind.
You ask yourself does the mind ever shut up.
No wonder the masters have said the most difficult thing in the universe is training
your mind.
The mind can be your friend or foe.
The same steps you take to train your mind are the same steps to train your dog.
First, you must love your dog or mind.
You are not the enemy.
You are it’s best friend.
Second, with compassion, you start to train your dog or mind.
By being aware of your breath the mind will not see this as a threat.
The same goes with your dog.
The dog won’t respond to threats.
If you do the dog might response but he will remember the threat.
Overtime by focusing the mind on the breath of life the mind slowly becomes your
friend.
It still can be a brat at times.
Yet the mind loves the experience of peace inside.

All the chatter within was caused by a lack of peace, love, and compassion.

The mind is like a tuning fork.

Whatever it touches it vibrates at that frequency.

Behind your breath lies pure peace, bliss, and compassion.

Over time the mind melts into this frequency of love.

You are learning how to tame the dragon mind.

The dragon becomes your friend.

Are Our Body A Reflection Of Our Mind?

Are our body and health a reflection of our mind?

Now that's a good question.

Thirty years ago Western society would never ask that question.

The body and mind were totally separate.

They were totally separate from each other.

In the East, for thousands of years, they believe that by treating the body it affects the mind.

By treating the mind it effects the mind.

They studied how to cultivate a positive mind for well over two thousand years.

Imagine it was only 30 years ago did western man study how to cultivate a positive mind.

We only studied the negative mind like mental illness.

What does that say about our culture?

Do we understand the positive mind?

We weren't brought up in an atmosphere to cultivate the garden within.

The Buddhist were the first psychologist.

They have been studying the mind for well over two thousand years.

They have explored the mind and mapped it out.

Today their exploration continues

Today they are studying with the finest scientist in the world.

The Dali Lama is leading the way.

In the past scientist said we could never change our DNA.

That law has been found to be false.

A human being can change their mind by their intent.

It isn't easy but can be done.

Bruce Lipton is leading the research today.

The mind is so powerful it can reprogram our DNA.

As a software engineer, I love that idea.

I've been developing software for over thirty years.

I have seen that all programs have bugs.

That's just the facts.

Yet any bug can be overcome.

Writing a program I may have hundreds of mistakes.

Yet one by one you correct then and they go away.

In the same process, man is learning to program DNA with his intent.

The mind is the most powerful computer in the universe.

Whatever you say to it it will respond.

It's like ordering a meal from a menu.

I want this dish and the mind will respond.
Whatever you order in the restaurant of life the mind will respond.
I have seen friends talk about their illness and the medicine they take.
One of them took one medicine and they had a reaction.
Over time they took 20 different medicines.
Some of my friends only talk about their diseases and the medicines they take.
They are reinforcing their disease.
Since I was eighteen years old I believe in preventive medicine.
I believed in the harmony of the mind body and soul.
We were taught not to take responsibility for our body and mind.
The doctor has the cure.
It's in the pill.
The power of healing comes from within.
When we take responsibility and align with the natural laws of the universe we can
heal ourselves.
A new paradigm is taking place.
We are our own doctors.

Follow Me On This Train Of Thought

Follow me on this train of thought.

God is never created or destroyed.

OK.

God is, was and will always be.

OK.

There never was a time where God never existed.

OK.

You are a part of God/

Maybe.

I don't truly know.

The wise men have said you were created in the image of God.

Well once again maybe.

Well if that's true you were never created nor destroyed.

You are pure essence.

You are the universe.

Your body will die and go back to the earth.

Yet your essence will always be.

Suppose this is a game.

This is a game of hide and seek.

We all played that game when we were young.

Now suppose this is a real game.

Hum.

I'll have to think about that.

Yet all the great masters have talked about discovering your true nature that exist
inside of you.

Buddha talked about enlightenment.

Christ talked about the kingdom of heaven.

Suppose this is your true nature.

Hum.

I like that idea.

Suppose that the purpose of life is to find your true nature.

The entire universe is in on the game.

The universe is rooting us on.

The universe holds a grand party when a being discovers his true nature.

Wow!!

Look at that.

The person who discovers his true nature realizes he is the universe.

Ok.

I like that idea.
Can you imagine there might have been a universe billions of years before ours?
Remember a billion years is a drop in the bucket for God/
Now we rejoice when one person Buddha became enlightened.
He is still an incredible symbol for man.
Now imagine that earths are created so that the beings can discover their true
nature.
Ok.
Now over time, there are two possibilities.
They have the same problems we have.
Nobody gets a free ride.
They can either destroy themselves
Or
They can discover their true nature.
Now just think they have the capability to be the universe.
They can go anywhere in the universe in less than a second.
The group is united by thought and by God.
They have transformed into pure light.
Would it be possible for them to assist in other worlds to help them evolve along
the way?
Yes, that makes sense.
It's a wild idea but God is beyond wild.
Can you see where I'm going with this?
Maybe the whole point is to transform not only a single man but mankind as a
whole.
Once a civilization enlightens they go on to another earth like world and the whole
process starts again.
Now that's is truly hide and seek.
Ponder these words.
I'm taking you out of your comfort zone.
Once again you are the universe.
You just aren't aware of it.

What Precede Creation?

Scientists are asking the question 'what precede creation'

Inflation must produce multiple universes.

In times other universes are created.

What are superstrings?

Some people say the beginning of creation was a dot.

Some people say it's like a bowl of noodles.

Superstrings are a 21-century theory.

String comes from zealots.

String theory borders on mysticism.

Strings are 100 billion times smaller than a proton.

The universe was once the size of a string.

Each string vibrates.

Each string bends exactly how Einstein thought they would.

Strings combine matter and energy.

Each string vibrates and their manifestation is different.

As we go backward in time the universe has symmetry.

At the instance of the big bang was perfect symmetry.

String existed.

Why should a duck or monkey understand the universe?

Yet we are wired for it.

String theory is really not a theory because you can't prove it.

The theory is smarter than we are.

The world of the physic is like the mystic.

Alone man finds his answers.

How Can You Use An Old Map In The New World?

Imagine if you had a map of the world before Columbus.

How could you go from San Francisco to New York?

The map you have is obsolete.

With the old map, it would be very hard to get to your destination.

We need to get the current map of life.

We are looking at the old one.

Our perspective of where we are going has changed.

The map you have will never take you back home.

The Greatest Magician

Man has been trying to solve the magic of life for a long time.

We look at the magic of the sun, moon, and stars.

We look at the magic of the universe.

We look at the magic of this earth?

So diverse.

We look at the magic of our human body.

What an incredible machine?

We look at the magic of gravity?

We look at the magic of black holes?

It truly boggles the mind.

The magician has no tricks up his sleeve?

Most magicians just perform tricks.

This magician magic is real.

The magician's magic lie inside.

Words can never describe.

Our mind is finite while our soul is eternal.

Come and realize the magic inside.

Is Life A Gamble?

Is life a gamble or a throw of the dice?
Is there randomness that we all dealt different cards in our life?
Does life have a purpose or meaning?
For some people, life has no meaning.
Life has no ethics or morals.
For some life has a meaning and Life has a purpose.
Truly life is an adventure.
Just because you were given certain cards at birth, doesn't mean you're stuck with
them.
If you don't like what's going on in your life?
Fold.
Start a new game.
Life will always give you more cards.
You are in charge of your destination.
People may try to stop you, but they can't take it from you.
Don't gamble with your life.
You are an automatic winner within.

Good Night

Good night my child.
May you go to sleep?
Tomorrow is another day.
May you sleep with your angels?
Sweet dreams.
The world supports you.
Tomorrow is another day.
Good night.

I Believe

I believe the more you pay attention to something the more attention it will pay to
you.

If you pay attention to your wife, she will pay attention to you.

If you pay attention to your children, they will pay attention to you.

If you pay attention to your friends, they will pay attention to you.

It seems like a magnet.

When you pay attention to something it will reflect back.

Maybe that's a natural law.

If you pay attention to the universe the universe will pay attention to you.

The universe has signpost along this journey of life.

You are never alone.

These sign posts help you along the journey.

They are signs from God helping you along.

Yet we don't have eyes to see.

We are lost on our cell phones and Facebook.

We are oblivious to these signs.

The master has said the more you pay attention to life and the universe you will see
a different view of the video game.

You will go to another level.

Life will begin to sync up to you and you will begin to sync up to life.

I have seen this hundred of times writing these poems.

My brother wrote the music.

It seems like the music was custom made for each track.

And it was yet the universe knew which music track goes with each poem.

It has a mind of its own.

Carl Jung called it synchronicity.

That's a great word.

Somehow when you are in flow with the river of life synchronicity occurs.

The great thing is when you recognize it.

My brother and I are in awe of the synchronicity of these poems.

In one poem I was talking about going to another level in the video game of life.

At that precise moment, the music goes up one level.

We are simply amazed by this.

Even looking at the clock the universe is talking to us.

How many times do I see 11:11 or 1:11?

Each time I do I know I'm in synch with the river of life.

No this is not some fragment of my imagination.

But if it comes from my imagination wow that's a great place to be.
As good old Albert Einstein once said the following.

Imagination is more important than knowledge. For knowledge is limited, whereas
imagination embraces the entire world, stimulating progress, giving birth to
evolution.

So even if it is a fragment of my imagination so be it.
How can you describe a mango in less than a word?

Only by eating a mango.

Synchronicity is like eating the mango.

Words can't truly describe it.

So what am I truly saying?

The universe is alive.

There is sign post all around you.

Take off your blinders and see your true nature.

You are never alone.

You are the universe.

You just don't know it.