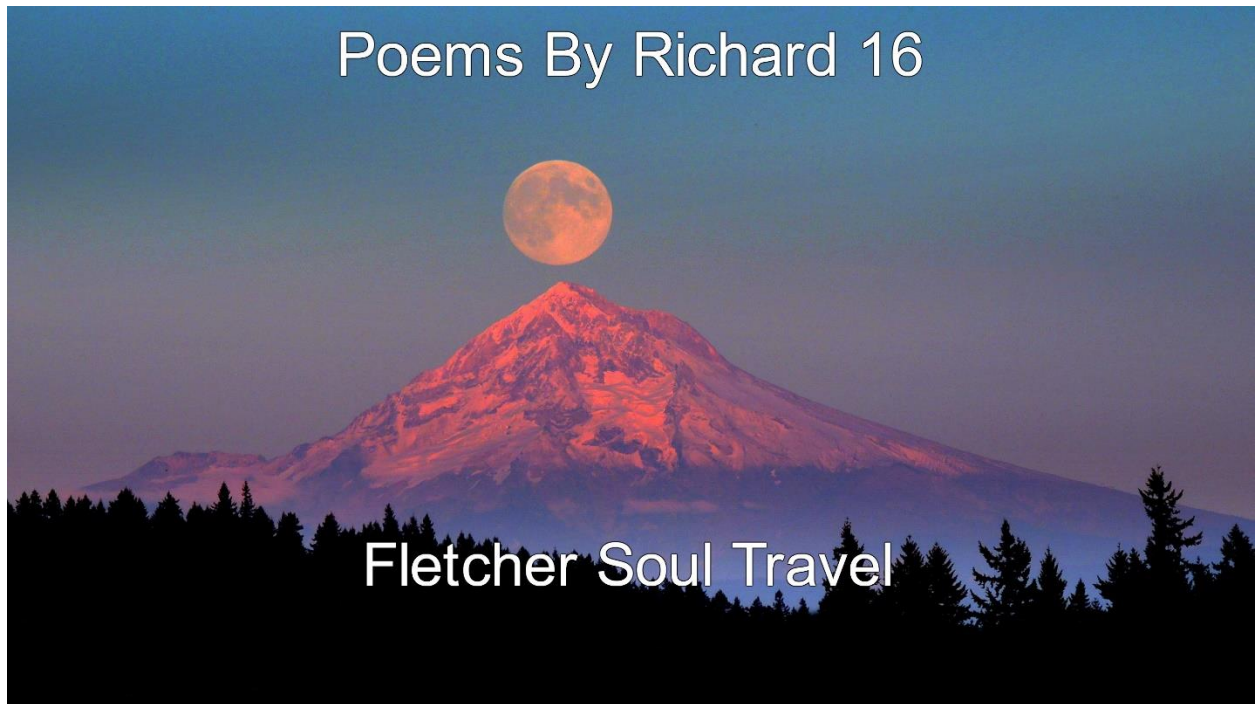


2018

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.



Poems By Richard 16

Fletcher Soul Travel

Contents

Money Can't Buy.....	4
Moon Rising.....	6
Music Has Changed My Life.....	8
Music is a way	10
My Cup Is Half Full Not Half Empty	12
My Dear Friend.....	14
Puerto Rico.....	16
Never Forget Who You Are.....	18
Never Let Go Your Soul	19
Nexus	21
Not Your Words.....	23
Nothing In This World Last Forever	25
One Tribe	27
Our Days Here Are Numbered	29
Out Of Control	31
Out On A Limb	33
Peace On Earth Is Possible	35
People Change	37
Pure Love & Gratitude.....	39
Reap What You Sow.....	41
Redemption	43
Ride Of Your Life.....	45
Serendipity	47
Simple Life.....	48
So Many Flavors	50
So Should We	52
So You Want To Be a SuperHero.....	54
So You Want To Be Famous	56
Something Out Of Nothing.....	57
Sometimes Ignorance Can Be Bliss.....	60
Somewhere Along The Line	62
Stand In The Light	64
State Of Bliss	66
Steve Hudson RIP	68
Steward Of Mankind.....	70
Still Alive.....	72
Stripped Of Everything.....	74
Sweet Dreams	76
Sweet Times.....	78
Take It To The Next Level.....	80
Taken Away	82
Taken Away By Love	84
Taken Away By Your Smile.....	86
Tell Me.....	88
Temple Of God	90

That Ultimate Feeling	92
The Best Is Yet To Come.....	94
The Cosmic Merry Go Round.....	96
The End Is Near	98
The Good Old Days	100
The Human Temple	101
The Island Of Bali.....	103
The Last Days Of The Dragons	105
The Lyrics Of The Song	107
The Master	109
The Mighty Dragons	111
The News	113
The Perils Of Being Young.....	116
The Personal Touch	119

Money Can't Buy

They say money can't buy you, love.
What do you think of that?
Is that true or false?
Imagine buying a fancy car.
Let's say a yellow Ferrari.
At first, you love the car.
Wow, I got this brand new yellow Ferrari.
You take your family and friends for a spin.
For the first month, you have so much love and joy.
Slowly day by day your satisfaction goes out the door.
You get a speeding ticket.
One of your tire blows.
You need an oil change.
Your car spends more time in the shop than on the road.
You realize the car ride is always bumpy.
Let's face it life happens.
After some time you are no longer happy with your car.
It's just another possession you have.
Money can't buy you happiness.
Money can't buy you, love.
Love and happiness is your true nature.
Yet we have forgotten.
I remember as a kid getting some present from my parents.
The thrill lasted only a few days.
But if you tap into the source of life the thrill will never leave you.
Seems to good to be true.
Do you mean you have a genie of happiness inside each one of us?
Yes,
Precisely.
Now life will throw you curveballs.
You will hit speed bumps in the road of life.
Yet you have a genie you can call to lessen the blows in life.
You will still have a bumpy road.
That's why life is a journey.
Yet diving inside of you daily creates shock absorbers in life.
All the great masters in the past had incredible shock absorbers.
They simply smiled in adversity.
Imagine knowing the essence of life while you are alive.

No wonder people loved them.
They show the way to discover the true essence within.
Ponder this over
You can solve this puzzle.

Moon Rising

Wow, the moon is rising.
Can you see it in the distance?
Or
Are you texting while driving?
What is so important that you risk death while driving.
The moon is rising and you are asleep at the wheel.
The universe is alive.
Yet you have forgotten many moons ago.
As I have said numerous times before.
You are the universe.
You just don't know it.
Have you ever paid attention to the cycles of the moon?
Do you know without the moon we wouldn't exist on this planet?
The earth and moon are in perfect harmony.
They are in synch with one another.
Yet we go merrily along our way.
We are oblivious of nature.
Our life is built on sound bites.
Most young people communicate through messaging through their cell phones.
I see family at restaurants where all the family is active on the cell phone.
At times I feel we have created one extra layer between us and God.
Signpost of God exists everywhere.
Yet do we have the eyes to see.
Look I've been into technology all my life.
I've been a software engineer for thirty-five years.
But I have learned there must be a balance in life.
We have lost our ways with nature.
The present-day capitalist system encourages each us to rape the precious
resources of the land.
Why does a refrigerator get obsolete in 10 years?
Why not create a refrigerator for life.
We need for products to last a lifetime.
I watch house hunter on TV.
I constantly see people complain this kitchen is old and needs total remodeling.
Let's face it we are spoiled and brain watched at the same time.
Any person who lives in a third world country would complete appreciating living
in any of these houses.

What boils down to is we should be grateful for being alive.
Unfortunately, the media always want you to buy forever.
There are only so many resources on this planet.
Ponder this over.

Music Has Changed My Life

Music has changed my life.
Wow, where we would be without music.
I can still hear songs that out over fifty years old and a flood of sweet memories
appear.
What is about music that connects us all to life?
I still remember songs that carried me along in my hard times in life.
They inspired me and uplifted me.
Music has many moods of expression.
I grew up during the Vietnam war.
Many of my favorite songs back then were protest songs.
Country Joe and the fish led the way.
The Beatles lead the revolution of music in their own way.
With there producer George Martin they completely changed the way we listen to
music.
I still remember anticipating their newest albums.
Music cleans the mind and soul.
It has a sense and awareness to it.
You can't quite pinpoint it.
But we all know a great song when we hear it.
It's like the artist touches heaven and brings the essence into the song.
There are so many different types of music.
Each type reflects personally to our taste.
Like wine, our taste of music slowly over time becomes more refined.
I think the more we become aware we become attached to music which reflects our
journey in life.
These days I love music where you can listen and sail away deep down inside.
These ancient musicians are masters in reflecting heaven down to earth.
You put on your headphones.
Close your eyes.
You are instantly transported inside.
This is the music I yearn to listen to.
Mind you I respect all different flavors of music.
But personally, at my stage in life, I love to listen to music that will transform me.
Music has changed my life.
I'm sure it has changed yours.
The next time you listen to a song ponder for a moment.
The artist is expressing something to you.

Listen to what is going on.
Take the message to heart.
Learn from it.
Be one

Music is a way

Music is a way to find God inside of you.
In each and every culture around the world, people use music to sing the glories of
God.

Each one has their different rhythm and melodies.
The essence is one and the same.
I love hearing the many different expressions of God.
Each different expression touches my soul.
You may have a solo performance where the singer gets totally lost and found
inside.

The audience is mesmerized by the performance.
An arrow of love sticks our hearts.

Or.

You have some choir singing like incredible Angels
You can almost touch God's face.
His presence is felt everywhere.
Tears of joy feel the air.

I love to see the joy in the faces of black people singing God's praises.
They take the music to a higher level.

I've been to India and loved the sweet chanting of God's precious names.
The exotic sounds of the sitar, tablas and the sweet chanting take one to a higher
connection to God.

I love seeing the Sufi's dancing into the night.
They have such an incredible harmony spinning around and round.
You can see their souls are in heaven expressed in bliss
When I was a child I loved to sing about Christ and God.
The older I got I loved to see the diversity of God.
There is one trunk with many different branches.

Each one has a totally different expression.
Singing is a vehicle to drive your car to God.

It is a way to connect to our true nature.
Imagine if we could sing a song and bring those attributes back to our 9 to five
existence.

Imagine singing a song of love.

You capture that essence.

Hold it in your heart.

Then when someone explodes anger your way
You give them the love you have in your heart.
You then can sing the same song and the love will increase in your heart.

We can change this world by doing this.

It may seem simple.

It is.

Sometimes the most simple thing in life is overlooked.

We don't sing a song for merely singing a song.

We sing a song to touch heaven and bring that essence down to earth.

It doesn't matter your faith and religion.

The essence is one and the same.

We all have a supreme Father who created us.

My Cup Is Half Full Not Half Empty

My cup is half full not half empty.
You may say I'm the eternal optimist.
I always look at the bright side of things.
Oh, there have been times where I said my cup is half empty.
We all go through various speed bumps in life.
I'm sixty-four going on sixty-five in a few months.
This year I've worked only around four months.
My last job for the USDA ninety out of hundred employees got laid off.
I feel sorry for many of these folks.
Many of them came from India.
I really don't know if they had to go back to India after they got laid off.
I got a part-time contract job and it ended on the last day of July.
Since then it was a roller coaster of getting a job.
Most of the time I saw the glass as half full.
Yet to be honest at times I saw the glass as half empty.
I had this one job prospect where I interview four times.
They love my resume.
They love me.
I got the job offer yet it was a salary I made thirty years ago.
I put a lot of effort and faith into getting this job.
Well for a few days I was truly in the dumps.
With all my spiritual training I pulled myself back up from the ground.
I knew that the perfect job was coming my way.
The universe has a tendency to arrange things in her sweet times.
Imagine the universe is a grand orchestra.
Everything is in harmony.
At times we come in with our toy drum and demand that things go our way.
It doesn't work that way.
We can't be spoiled brats and demand from God.
There are a time and place for everything.
I watched the pieces of the puzzle come together.
I got a call from the blue from a headhunter in Chicago.
He loved my resume and we had a great phone interview.
He passed my resume to a few of his colleagues.
To make a long story short I got a full-time job from HR block.
It was exactly what I was looking for.
The universe always provides.
We must be patient and see the glass is half full.

It's not easy all the time.
It's not easy seeing your savings got out into the wind.
Yet for many moons, I have always trusted.
When I was working for Charles Schwab my projections were I would be retired
by now.
The stock market tanked.
My job tanked.
I could be bitter.
After all my last project from Schwab, I probably save the company a billion
dollars.
My financial reward was a layoff.
I reached the golden age of fifty-five where they had a great tendency to lay you
off.
I got a great severance package.
But there was a carrot on the stick.
I got the severance package but I couldn't sue the company for age discrimination.
I don't hold on to grudges.
Who needs extra baggage in life.
My journey in life leads to different directions.
Many of my friends have lived in the same spot all there lives,
They went to college.
Got married.
Found great jobs and are now retired.
I went in the absolute direction.
I traveled around the world in third class.
I learned how to meditate.
It took me ten years to go back to school.
But when I did go back to school I was really motivated.
I got into the cutting forefront of the computer revolution and have been riding the
wave for thirty-five years.
I have learned that the spiritual path is the most practical path.
It's not easy.
Life at times is not easy.
That's why it is a journey.
My glass is half full.
What's yours?
You can change how you see your glass.
After all you are holding the glass.

My Dear Friend

My dear friend
This message is for you.
I'm not here to twist your arm.
I do not here trying to convince you or to convert you.
The truth does need convincing or converting.
The truth simply is.
You are the universe.
You just don't know it.
You are eternal.
You are beyond time.
Wow.
That's your true nature.
I know it seems like how could this be possible?
All the wise men from the past said was to look within.
This is the beginning of your inner journey.
It's a wondrous journey.
It's an exciting journey.
Yes, you will still hit potholes in your life.
Yet over time, you will develop great shocks absorbers.
The great masters in the past developed their's overtime.
They made an incredible amount of mistakes.
Yet they learned from them.
You see mistakes aren't failures.
They are made so we can fine tune ourselves in life.
That's a big difference.
Each and every moment in life is a learning experience.
The great masters had this level of commitment.
At times we are human doers, not human beings.
A human being always will stop and ponder before speaking.
He asks himself whether these words are beneficial or not.
Am I stoaking the fire with gasoline or am I placing water on the fire?
That's a big difference.
Our present-day President, unfortunately, puts gasoline on the fire.
This could lead to nuclear war.
You can start to learn about your true essence just by monitoring your words you
speak.
You see we were meant to be in harmony with the universe.
We have our toy drums and we are banging them around.

Imagine going to an incredible concert.
You are enjoying the moment.
A young obnoxious kid walks out on stage.
He starts banging on his toy drum.
This is at times what we are like.
Just look at the present day politics today.
Obnoxious men are banging there drums and nothing gets done.
It seems like each decade it's getting worse.
The answer to this is a man must discover his true nature.
Ponder this over.
You can solve this puzzle.

Puerto Rico

It's been over three weeks since Puerto Rico got slammed by a Cat 5 hurricane.

The country got totally destroyed.

Three weeks later only 20% of the homes have power.

People still have to wait in lines over 12 hours just to buy necessities.

Look these are US citizens here.

They are not second-class citizens.

I am dismayed by the lack of humility in our President.

Does he have any mercy and compassion?

The mayor of San Juan made a desperate plea for help.

Our dear President slammed her on twitter.

She is doing her absolute best helping the people.

She is wadding in the dirty water doing whatever she can.

Our President comes in for a photo opt.

He stays for a few hours and leaves the scene.

Why did it take so long for relief to come?

Everybody saw the devastation.

I'm living in Kanasa and was devastated by the mass sufferings.

Our military should have sent immediately tons of vessels and supplies.

Aircraft carriers should have been sent.

The entire cruise industry in the Caribbean should have sent their ships and helped out.

After two weeks Congress decided to drop the law where the Puerto Ricans pay an extra 20% on all good being exported to the country.

Much help came from private American citizens and business.

They had the compassion to come to help.

Even Elan Musk said he could help rebuild the grid using solar.

This is a game changer.

All it takes is for people to think outside of the box and act on it.

As each day goes on I pray for the suffering to end.

Unfortunately, they have suffered too much.

Why can't we as a society learn how to respond in an appropriate manner?

Yes, the US did send supplies.

But the people of Puerto Rico would give us an F.

I don't blame them.

Where are the love and compassion?

Where is the sense of helping our fellow man?

Our President is a reflection of our actions.
He set up the tone.
Unfortunately, I don't see the emotional maturity.
How dare the President mock the Major when she is begging for help?
I really don't think our President has any decent morals.
He will mock anyone who has a different point of view.
We need to step up to the plate and help Puerto Rico to heal itself.
I pray that Puerto Rico will be totally healed from this disaster.
May we learn our lessons from this disaster.
Hopefully, next time around we can be totally prepared.

Never Forget Who You Are

Never forget who you are.
We come into this world one with the universe.
We live and then ultimately we die.
When we die we become one with the universe again.
Somehow along the way we forget our true nature.
How could that happen?
Is this a cosmic joke?
Is this a game that is meant to be played.
We call life a journey.
A journey has many different kinds of adventures.
It isn't always a smooth road.
The great masters from the past said that you can solve this great puzzle of life.
You have to search within.
Within lies the great jewel of life.
The diamond exists inside of you.
You have to mine the diamond.
You have the pick and shovel.
Nobody can do the hard labor of digging your own internal diamond.
Oh, there are many books describing the process.
As Christ once said lo and behold the kingdom of heaven lies within.
Heaven is your true nature.
Heaven is a state of being.
This journey of life ultimately leads to heaven.
Heaven is a state of mind.
Millions of people today are waking up from their slumber.
Millions of people today are mining the great diamond within.
Ponder this over.
You are so close to heaven.
Heaven is all around you.
Can you feel it?

Never Let Go Your Soul

Never let go of your soul.
It's like in the play the Damm Yankee's.
The main character gives up his soul.
In exchange, he became an incredible baseball player.
Yet he lost his soul.
How many people do we know who have given up their souls?
They are super rich and powerful.
Some even might have been Presidents of nations.
When you lose your soul Love and compassion don't exist.
Oh, they are there but the darkness has covered them over.
I can't imagine living life without knowing the diamond inside.
All the riches in the world are nothing without love and compassion.
Your riches will someday be taken from you.
Love and compassion can never be taken from you.
That's your true nature.
We have seen plenty of incidents today where someone mocks the poor.
Someone says they can kill anyone on the street and they would still vote for him.
The list goes on and on.
At the last count, this person has lied over a thousand times since January.
I feel sorry for this person.
It's obvious he is in deep pain.
Yet the arrogance and lack of humility are freighting.
This is a prime example of someone who is lost.
He has all the material riches.
Yet he is miles away from his soul.
He wants anyone who is different from him.
All the goodness that Obama did is slowly being eroded.
He is doing this in spite, not for the benefit of the country.
He has a vendetta towards the previous administration.
It's like he wants to tear down anything they built up.
I think next time around we should look very closely who we elect.
Trump steamrollered all his competition.
They didn't have a chance.
He used his opponents and mocked them
They didn't have a chance.
He was a wild card.
The U.S never saw this coming.
Now we have this President in office.

Nobody including his administration knows how to control him.
He is a wild cannon.
Unfortunately, he doesn't have the traits to be a leader of the free will.
The rest of the world is looking at us.
They are saying the President has lost his soul.
Just ask Puerto Rico.

Nexus

Nexus is a connection or series of connection linking two or more things.

Wow, what does that mean?

I've been saying that the signposts of God are all around us.

Yet do we have the eyes to see.

My contract ended in July so I've been looking for work.

I knew that life always presents a series of connection to accomplish getting a new job.

The trick is to be patient.

Yes, I said the trick is to be patient.

After a month of looking, I got a job offer for a great company.

Unfortunately, they wanted to pay me a salary I made moons ago.

A little frustration enters the door.

Well, I tell the frustration to leave and proceed along the way.

Patience is truly a virtue.

In order to get my new job, I had to wait for the perfect circumstances to occur.

One day I get this phone call from a recruiter.

We start talking and he loves my resume.

He passes my resume along to his co-workers.

One of the co-workers knows someone in the It department for HR-Block.

The HR-Block person calls me and we have a chat.

The next day I'm at there headquarters having a job interview.

The next day I'm offered a job.

This is called Nexus.

I love to see the connections linking two or more things.

Signpost in life is all around you.

Be patient in life.

Stop, look and listen.

We live a fast-paced life.

We drive with a cell phone in our hands.

Nexus truly occurs when we stop playing our toy drums in God's orchestra of life.

Here is an incredible harmonious music being played and we are like a spoiled brat

walking on stage beating our toy drum.

We are out of synch in life.

No wonder we are frustrated.

We have forgotten the harmony in life.

We think we are totally alone.

We don't believe in a concept of Nexus much less experience it in our lives.

For so many people it's hocus-pocus.

Ponder this over.

Your life will change when you discover the jewel inside.

You can be in synch with the universe.

Not Your Words

Not your words.
Today is a brand new day.
What's habit would you like to change?
How about the negative words you speak?
You see we can change for the better.
Mankind has spoken words of hate and anger for ever so long.
What has it accomplished us?
Nothing but misery on this planet.
Did you know that speaking negative words never create a solution to the problem?
It's like putting gasoline on the fire in life.
It makes the fire explode.
Make people think that anger is a powerful force.
Anger is inferior to love and compassion.
Anybody can get angry.
But to show love and compassion during a heated argument is truly the wise man.
We as humans need to tap into our divine nature.
It is our birthright.
The wise men proclaimed for us to look inside for the precious jewel.
It's been there all along.
Hidden and full of dust.
Yet it exists.
The dust does not taint the jewel.
It just covers it up.
You just have to mine the diamond inside and clean it.
It's that simple.
Yes, it takes time and effort.
But you can do it.
This is what you came for.
You are a magnificent piece of the puzzle of life.
Kindness is your true nature.
Try changing the words you speak.
Learn how to sit still and listen.
In other words, learn how to meditate.
Stillness is the place inside where you can tap into Love and compassion.
You can tap into kindness.
You can tap into patience and tolerance.
The more you connect on daily bases the more you can control your speech.
Stop, look and listen before you speak.

You can control your words and emotions.
Imagine if everyone did this peace would be on earth.
We would still have conflicts.
Yet they would be peaceful conflicts.
Someday humanity will see a new dawning of man.
Millions of people are waking up from their slumber.
Wake up.
The alarms clock of compassion is waking you up.
It's a brand new day.

Nothing In This World Last Forever

Nothing in this world last forever.
As George Harrison once said all things must pass.
Nothing in this world last forever.
Everything comes and goes in life.
This life is an incredible journey.
We are sailing downstream in the river of life.
In the wake of eternity, we are a blink of an eye.
Yet we hold on for dear life.
I have given the example before of buying a brand new car.
Wow, a yellow Ferrari.
For the first month or so we take our friends and family for a spin.
We are so happy with our little car.
As the months go by a little dissatisfaction enters the door.
We need an oil change.
Someone rear ends the back of the car.
Our transmission goes out.
Our car spends more time in the shop than on the road.
Over time our wonderful car becomes a hassle.
What happened to our happiness?
I noticed this very early in life.
You would open your Christmas presents and be ever so happy.
A month later you could care less about the presents.
I learned that external happiness is fleeting.
It comes and goes like a thief in the night.
This is why all the great masters have said true happiness lies within.
Happiness is a state of mind.
If you truly are happy inside you will be happy regardless of the circumstances
outside.
This is true freedom.
Your happiness does not depend on anything external.
No wonder the great masters were happy.
They had many bumps in the road of life.
They learned how to develop internal shock absorbers.
They learned not to get upset by the bumps of the road.
They learned about their true nature.
You are the universe.
You just don't know it.
Ponder this over.

Nothing in this world last forever.

One Tribe

We are all one tribe.
We are all human beings.
We may have different skin colors yet our blood is red.
We are all united by a thread of love.
The same life force that is keeping me alive is keeping you alive.
In fact, we are the universe.
We just don't know it.
This is how far off track we have gone.
For thousands of years, man has been fighting with each other.
We still haven't learned our lessons.
War is obsolete.
War is from the past.
We don't realize that we are shooting ourselves in the foot.
Your so-called enemy, in reality, is a part of your self.
Remember you are a part of the universe.
You are fighting with yourself.
I know it doesn't make sense.
But talk to a scientist today.
They believe in quantum energy.
There is an energy that is beyond time and space.
You and all of life is part of this energy.
You were never created nor will you ever die.
Your body will.
Yet your true essence will never die.
The reason why we think man is different is that we don't see the unity of life.
We have become lost and think we are found.
We think we have all the answers.
Our ego gets in the way.
Your ego needs to be tamed.
Look at what happens currently when we have a President who ego is out of control.
Need I say more.
The ancients ones said that mastering the mind and ego is the most difficult thing to do.
They were correct.
If each one of us truly did this there would be peace on earth.
Yes, there would still be conflicts.

But there would be peaceful conflicts.
Big difference between peace and war.
Today we have external wars of hate and anger and internal wars of hate and
anger.

All wars stem from the internal.
Our ego's and our thoughts and emotions lead us to war.
Our ego and hate lead us astray.
We only see the difference in man.
We don't see the unity of man.
We are all one tribe.
Ponder this over.
You are a piece of the puzzle.

Our Days Here Are Numbered

Our days here are numbered.
Many ancient cultures say we come into this world with so many breaths.
Moment by moment we breathe, breath by breath.
Each breath gives us life.
Each breath is one more towards death.
Isn't that a paradox.
Life and death in the same moment.
Mystics have tried to solve this puzzle for thousands of years.
Are life and death a cycle of life?
We are born.
We are created.
We live our life.
Our life is preserved.
Ultimately at the end of the journey, we die.
Yet our soul never dies.
We are the universe.
We just don't know it.
Does that excite you?
Or.
Yeah right.
What have you been smoking?
Now I'm not the first person to say this.
I'm a student of life.
All the great masters have talked about the same thing.
You have a piece of the puzzle of life inside of you.
The goal is to find the piece of the puzzle.
When you do you will answer this riddle.
Life is not mundane.
Our attitude is.
In each and every moment the universe is keeping you alive.
You can tap into this inside of you.
When you do even for a second your life will change.
You will slowly wake up from your slumber.
Notice I said slowly.
The universe works in a slow manner.
We are impatient.
The universe is patient.

We can learn ever so much by going inside.
There are literally thousands of documents describing the benefits of looking
inside.

The signpost is everywhere.
We just need to go beyond our ego at times.
We need to look outside of the box for answers.
You can solve this riddle.
Our days here are numbered.

Out Of Control

Out of control

For so many humans we live our lives out of control.
It seems like somewhere along the way we get really lost in life.

Maybe we get bored.

We can't quite pinpoint it.

Somehow we live destructive lives.

I once had a friend who was super smart.

He got involved in drugs at a young age.

He cleaned up his life for a while.

He even got a paid scholarship to Oxford and became a teacher.

He lived a clean life for many years.

Unfortunately, it didn't last forever.

He died using heroin.

To me, I feel sorry to hear stories like this.

There are thousands of people dying today using opioids.

It's an epidemic in our society.

Why are so many people lives out of control?

There is so much pain in peoples heart today.

They are standing in water up to there necks.

They are struggling in life.

We need to help them.

We need to inspire them.

This human life is ever so precious.

Yet at times we are in the dumps of life.

I know I've been there.

At times it feels like life is caving in on you.

I've been meditating for many moons.

But life still throws curveballs.

Life seems it tempers you like fire and steel.

This process makes steel stronger.

I pray that everyone one of you will find the true strength inside.

We can help and inspire each other.

We are all in the same boat in life.

Let's make this journey of life be filled with kindness.

Let's help to uplift our fellow man.

Hopefully, these sayings or poems can help you.

They are meant to inspire you.

They are meant to lift you out.

They are meant for you to think outside of the box.
They are meant for you to find the precious jewel inside.
This jewel is your true essence.
You came down from heaven to discover the jewel within.
Christ favorite words were Lo and Behold the Kingdom of heaven lies within.
This is a practical path.
This path leads one to find the harmony in life.
One's life becomes in control.
Your life becomes stable.
Your mind is at peace.
You smile at life.
You are kind.
You love your fellow man.
These are the gifts you discover inside of you.
You become more mellow.
Your words don't put bonfire on life.
Your words put water on the bonfire.
You become compassionate and full of tolerance.
This is your true state.
You are the piece of the puzzle.
Discover your true nature.

Out On A Limb

Out on a limb.
Did you know that poets and comedians put there lives on the limb?
They are the heavy thinkers of today.
The poet usually doesn't make a dime.
He usually dies in obscurity.
A poet just loves his craft.
It may not make sense to you.
But for the poet, it comes from a deep place inside.
Words float to the surface and the poet captures them.
He brings them back into a poem.
Now the comedian works the same way.
He dives deep within his soul and has to make the words come back with
emotional meaning like laughter.
He can make a lot of money if he has his own nightly show.
Nowadays most famous comedians have their owned scriptwriters.
They have teleprompters.
Both the comedian and poets talk about things you wouldn't say.
In the days of old, we had court jesters.
They could say anything and not get there head chopped off.
If you and I said such things we would have been thrown in jail.
I totally respect people who make us think outside of the box.
They give us great wisdom.
At times there humor can soften our views on political situations.
It can help relieve some pain in our current political situation.
Laughter is after all the greatest medicine.
We must learn to laugh at life.
We must learn to live our life out on a limb.
In this state, we can bear all.
We have nothing to hide.
In my eyes, both a poet and a comedian is a spiritual person.
They walk a tightrope in life.
It takes right balance.
One slip and you might fall.
Some comedians die much too early.
The pain is so great they drink their life away.
Some die due to drugs.
Yet their memories live on.
SNL was a great signpost for our times.

Many great comedians came and went into the night.

Ponder this over.

Live your life out on a limb.

You have nothing truly to hide.

You are the universe.

You just don't know it.

Peace On Earth Is Possible

Peace on earth is possible.
You may say it's impossible.
How could that ever happen?
Such childish nonsense.
Yet for thousands of years, man has dreamed about peace on earth.
It will happen.
Dreams do come true.
Man will overcome his follies.
We don't need to play the same song over and over.
War, war, and war.
There is a way out for all this madness.
We need another way.
Anger and hate do not serve us.
It has only put more gasoline on the fire of life.
Your true nature is kindness.
You may be a bully yet deep down inside kindness exist.
Even the leaders of our countries have kindness deep down inside of them.
The universe is kind.
We just have dust covering the mirror of life.
You are a piece of the puzzle.
Your piece is ever so precious.
Your life will be peaceful when you pull the weeds within.
Imagine walking around with a huge ball of iron around your neck.
Peace comes when you take the iron ball of your neck.
You don't need it.
It is weighing you down.
For some reason, we think its natural to hold on for dear life.
We have to prove yourself to ourselves and others.
We have to prove our point of view.
We have to defend ourselves.
We don't tolerate people with different ideas from ours.
At times we love the human drama.
We love hearing rumors about other people.
We have lost sight of our true nature.
Yet we don't even know it.
We go on our ways without even pondering where are we going.
We need to stop in our tracks and ask ourselves where am I going?
Is there something I'm missing inside.

My life is running on empty.
Is there a gas station in life?
How do I get filled up?
If peace will come to earth, what is my role?
All of us need to change in order for peace to come on earth.
You don't need to change your religion.
You just need to change your mindset in life.
Practice kindness moment by moment.
Practice love and compassion moment by moment.
Practice tolerance moment by moment.
If we all do this the world will be changed.
Peace will exist on this earth.
Ponder this over.
Peace on earth is possible.

People Change

People change.
People change for the better or worse.
It's like we see the glass as half full or half empty.
A lot of time it's our attitude that must change in life.
You can give two different circumstances to the same people.
One will change for the better.
The other will change for the worse.
How is that possible?
A lot of time our self-worth is off course.
In this case, we make bad decisions in life.
There are so many different reasons.
Entire books have been made about the nature of man changing his ways.
Probably the easiest way to change for the good is to be aware of your actions.
Monitor your actions.
Stop look and listen in life.
Don't be a reactive being.
Don't twitter at three in the morning.
Speak words of kindness.
Don't add anger or hate to the fire of life.
These are simple ways to change for the better.
You must learn how to pull your internal weeds in life.
Only you can pull them.
Only you can be aware that you can pull these weeds.
Most of us live unconscious lives.
We know we have anger or hate yet we don't know we can pull these weeds
within.
The Buddhist are the original psychologists.
For thousands of years, they have trained themselves to pull the inner weeds.
I'm not saying you have to become a Buddhist.
What I'm saying is that you can get rid of your negative weeds.
The precious jewel lies within.
You can discover this jewel and your life will shine.
This is one way you can change for the better.
Take tiny steps on this journey.
Be aware of your thinking and actions.
Slow down.
We as a society are moving too fast.

Try to learn to meditate.
Just close your eyes and watch your breath.
It's that simple.
Day by day your awareness will grow.
Ponder this over.
You can solve this riddle.
People change.

Pure Love & Gratitude

Pure love and gratitude.
That's the attitude we need for life.
Somewhere along the way, we got lost.
We are more cynical about life.
At times we are swimming upstream going against the current of life.
At times we are barely treading water.
We fell off the boat of life without a life jacket.
When ones discover's pure love and gratitude inside your life will change for
better.
There will always be bumps in the road.
Yet love and gratitude are shocked absorbers
You will still hit the bump.
But your road in life will be smoother.
Gratitude and love make the day truly shine.
Both of these are essential for discovering your true nature.
It's like a magic elixir.
Your drink it and slowly over time, your troubles melt away.
Your true nature rises to the surface.
It's like the cream rises to the top of the milk.
You are the universe.
You just don't know it.
We are all one.
When you truly have this understanding your life will change forever.
You will truly smile with life.
You will have nothing to prove.
You will want to help fellow man.
All the great masters from the past discovered there true nature.
All the great books talk about your true nature.
Pure love and gratitude is the key.
This key can open up your heart.
We have been looking external to find true love and gratitude.
It's been there all the time.
We have simply looked in the wrong direction.
It's that simple.
Did you know that pure love and gratitude grows more every day?
The source is infinite.
There are infinite love and gratitude in the air.
We are like the bee gathering nectar from the flower of life.

Each day we go inside we are gathering nectar of love and gratitude.

It makes us wiser and humble in life.

We can feel the grace of God in our life.

We can moment by moment experience God's presence.

This journey is eternal.

Ponder this over.

You are a piece of the puzzle in life.

You can solve this mystery.

Reap What You Sow

You reap what you sow.
This is a natural law.
If your life is full of anger.
You will be an angry person.
If your life is full of hate.
You will be a hateful person.
It's as simple as that.
For every action, there is an opposite and equal reaction.
The wise man pulls the negative weeds inside of his being.
He plants the seeds of kindness, love, and compassion.
Daily he waters the crop and pays attention to it.
Over time he will reap the bounty of his precious crops.
All the great masters of the past were incredible farmers of life.
They taught many different ways to cultivate the truth inside of us.
They taught that the universe is kind.
God is kind.
The universe does not judge us.
God does not judge us.
They taught that the most precious jewel lies inside of our heart.
Can you imagine that the darkest person on this earth has the truth inside of them?
Yet they don't know it.
How sad is that?
Do you know peace would be on earth if the majority of people would wake up
from there slumber?
Today is a new dawning for man.
Let's drop the old energies of anger, hate, and intolerance towards others.
Let's embrace kindness, love, and compassion.
That is your true nature.
You can change.
Every day you are changing whether you like it or not.
How about making a conscious change?
How about moment by moment monitoring your actions.
Will this action place gasoline on the fire of life.
Will it inflame the situation?
If it will don't say anything.
Just remain silent.
If the action is kind then do it.
It takes great strength to do this.

It takes practice and patience.
You will stumble and fall.
This is how the great masters learned.
We stumble and fall countless times.
Yet over time we learn from our mistakes and grow.
Remember we sow what we reap.
Ponder this over.
This is one key to understand your life.

Redemption

Redemption is the act of being saved from sin.
Sin means to miss the mark in life.
Imagine a person shooting an arrow.
Sin is the person not hitting the bull's eye.
Redemption is our effort to make a wrong right.
Redemption is learning from our mistakes and not making them again.
Mind you this takes time.
This is a journey in life.
We have a rough diamond inside.
Redemption is the art of cleaning the precious diamond so it will shine to all.
We all have free will.
The universe does not judge us.
God does not judge us.
There is no hell except for our states of mind.
You are the universe.
You just don't know it.
True redemption is discovering your true nature moment by moment.
Speed bumps will come your way in life.
That's part of the journey.
How would it be a journey if everything was smooth sailing?
Can you imagine that anyone can redeem themselves over time?
Milarepa a famous Buddhist monk was once a sorcerer and killed an entire village.
Yet he became Tibet's greatest Yogi.
The universe allows us to make great mistakes and yet learn from them.
It doesn't say I'm sorry mister you blew it.
Man is always learning and growing if he wants.
Sometimes grave mistakes will wake the person up.
The person wants to be redeemed.
Slowly over time, he goes from a caterpillar to a cocoon, to a butterfly.
Slowly we develop traits of the universe.
Anger and hatred are things of the past.
We embrace kindness.
We embrace love and compassion.
We embrace patience and tolerance.
Our life changes for the better.
This is true redemption.
We save ourselves.
We wake up from our slumber.

Ponder this over.
You can solve this puzzle.

Ride Of Your Life

Mystics say this is the ride of your life.
Imagine life is a roller coaster.
It has it's up's and downs.
At times the ride is extremely scary.
The roller coaster slowly goes up the huge mountainlike tracks.
You hear the inch by inch of the roller coaster creaking to the top.
When it reaches the top all hell breaks loose.
You either scream with delight or with fear.
You hold on for dear life.
At times the roller coaster will go upside down.
You wonder will I fall out.
At times the roller coaster is extremely gentle.
You might say I'm bored with life.
Life is predictable.
I'm doing the same thing over and over.
I did the usual stuff in life.
I went to school, got married, got a job and have kids.
I'm cruising in life but I'm bored.
At the roller coaster will takes you to places that you never imagined.
You hit speed bumps on the tracks.
At times you go flying in the air.
Some unpredictable event comes your way.
Your life gets changed dramatically.
This ride is unpredictable.
When you think you got it made, something comes along and changes.
This is our adventures in life.
This is the roller coaster of life.
Nothing is constant.
Life changes moment by moment.
What can you hold on to if everything changes externally in your life?
No wonder when people get old they have a tendency to say get me out of here.
I'm fed up.
I'm tired.
I have talked to so many people who don't want to live over hundred.
They say that would be a drag.
That would be a difficult burden.
I paid my dues.

I just want to go home.
Ponder this over.
There is a riddle to be solved.
The great masters of the past showed the way.
The answer lies inside of you.

Serendipity

Serendipity is the occurrence and development of events in a happy or beneficial way.

Wow, I like that.

When life throws you a curve ball you can hit the ball out of the park.

You can learn how to dance with life.

At times life is like rock and roll.

Stuff comes your way and you can dance to it.

Serendipity is a natural law.

In order for it to occur, you must daily spend time being conscious of life.

Most of the time we walk around with cell phones in our hands crossing the streets.

We are hardly aware of the cars driving down the streets.

It's almost impossible for us to be aware of serendipity in our lives.

We have placed another layer between us and the universe.

Serendipity happens to all of us.

Yet we don't have eyes to see.

You see we must be aware in life.

We can't live life in a stupor.

Most of the time we are unaware of the vast universe.

We live our nine to five existence.

We have forgotten our true nature.

Look at your past.

Serendipity has been there.

Notice how one event leads to another.

Notice how it lead you in a happy and beneficial way.

Now develop gratitude and a hint of conscious awareness.

Ponder this over.

This is a key.

Many times there is signpost everywhere yet we don't see them.

Day by day try to look at life in a more conscious way.

Things don't just randomly occur to you.

There are a reason and lessons to master.

All the great masters in the past were just like you.

Nobody gets a free ride.

They had to make the same mistakes you do.

The difference is they learned from their mistakes.

Day by day they became more aware and conscious of life.

Ponder this over.

You can solve this riddle.

Simple Life

I yearn for a simple life.
Day by day we either get more simple or complicated.
When I have a job interview I always ask about work-life balance.
One company said yes we definitely have work-life balance.
We want you to work 45 to 50 hours a week.
That's work-life balance.
I usually tell them I didn't come down to earth just to work.
Mind you I've been a software engineer for around 35 years.
I put my heart and soul into my work.
A spiritual path is the most practical path.
It encompasses every moment of your life.
For example, I just started a new job at HR Block as a senior software engineer.
We have a meeting at 7:15 in the morning.
Most of the Kansas City team listens to the call from home.
After the meeting, they drive to work.
Well, I tried that and it took me an hour and fifteen minutes to get to work.
It took me an hour to get home.
Well, I like a simple life.
Why be in rush hour traffic?
So I workout early in the morning and drive to work.
It takes me around twenty-eight minutes both ways.
Take a look at ways to make your life more simpler.
I work downtown.
I found out that 12:00 is super crowded at the restaurants.
So I go at 11:00.
At that time there is no crowd.
What I'm trying to say is build your life for simplicity.
Balance your work life and personal life.
Spend time with your kids.
Enjoy your life.
Don't get stressed out in life.
As Bugs Bunny once said don't take life so seriously.
You will never get out of it alive.
It's so easy to get sucked into life.
Our current system is totally off balanced.
You have to realize it's up to you to make your life simpler.
Your workplace won't do it for you.
The older I get the more I see the rat race we live in.

We spend so much of our time running in circles.
We live only for Saturday and Sunday.
The rest of the week we limp along.
We only work because we have too.
Learn to be simple.
You will learn how to truly enjoy life.
You can solve this puzzle.

So Many Flavors

There are so many flavors in life.
Look at all the different kinds of flowers.
There are too many different kinds to count.
Look at the stars in the sky.
We hardly see anything.
Recently the Hubble telescope pointer towards the blank sky.
They thought nothing would be there.
To there amazement billions of stars appeared.
The pictures sent back were amazing.
A part of the universe we never saw before appeared.
Where we thought there were no stars billions appeared.
This creation has so many flavors.
I love to go to the arboretum where I live.
Each season has so many different shades of the color spectrum.
During autumn there are different shades of red and orange.
You can set on a bench overlooking a pond and get memorized by nature.
Nature is the most incredible artist.
In each and every moment magic is in the air.
The earth talks to us.
We just need to listen.
I spent many moons surfing.
Each surf break has its different colors.
The way the waves break.
Where you paddle out.
Where the rip tides are.
Each break has it's own custom flavors.
As a kid, I would get to the beach before dawn.
I would paddle out and watch the sun rise over the land.
The colors of the sunrise were different each time.
God was painting incredible colors in the sky.
The universe was in harmony.
I personally think the universe was telling me something.
Stop and enjoy life.
Signpost of God is everywhere.
Learn how to balance your life so you can see them.
Explore your inner and outer worlds.
Each world is united by the thread of love.
This life is a mystery to be solved.

The wise man learns to see the many different flavors of life.

His life is never boring.

Ponder this over.

You can solve this mystery.

So Should We

The wise men in the past showed the way to go back home.
So should we.
Our life would be incredible if we truly found the diamonds inside of us.
Words can't describe the experience.
All the ancient ones used metaphors to describe the experience.
How can you describe the infinite using words?
Words are extremely limited.
They say a picture is worth more than a thousand words.
Well the experience of discovering yourself is worth more than a billion words.
It's priceless.
Yet day by day we don't even know the diamond exists within.
How sad is that?
If everyone knew their true nature peace would be on this planet.
Mankind has been in a slumber for a very long time.
People are slowly waking up.
There are millions of people today discovering their true nature.
Everybody has the piece of the puzzle inside of them.
You are precious.
You are the universe.
You just don't know it.
You were never created.
You are eternal.
You existed beyond time and space.
Does that excite you?
Or
Are these just mumbo jumbo.
Look at science today/
Someday science and religion will discover they are talking about the same thing.
They have different avenues to solve the same puzzle.
Signpost is everywhere.
Present day science is trying to solve the mysteries of life.
The everyday person is learning how to discover the mysteries inside of them.
I call it an evolution revolution of life.
More people are waking up than ever before.
Since the advent of the internet, millions of people are talking about peace.
People are tired of war.
People are fed up with politics.

They just want the job to get done.

Ponder this over.

Peace is possible.

You can discover your true nature.

After all, it's who you truly are.

So You Want To Be a SuperHero

So you want to be a superhero.
Be careful what you ask for.
A superhero does have its downsides in life.
Imagine going to a restaurant with your lovely life.
It's your fifth wedding anniversary.
You're enjoying your intimate meal together.
When all of a sudden a mob of people approach you for an autograph.
Your intimate dinner goes away.
Imagine having to have bodyguards protecting your every step.
That would be a drag.
You no longer drive your car but you have a chauffeur.
Your freedom just got more limited.
You know have two more people constantly in your life.
You will probably have an agent.
This agent will give you jobs.
Some of them you will like and some of them you won't.
You might get typecasted for a role.
You only get cast in this sort of genre.
Imagine waking up and some photojournalist writes a story that isn't true.
They used photoshop to smear you.
You file a lawsuit.
It takes over a year to settle out of court.
In the meantime, you ask yourself is this worth it.
Wher am I going in life?
I don't want to be a superhero any longer.
My mansion really isn't all that was cracked to be.
I have all these servants.
Yet am I happy.
This superhero business is not for me.
Slowly one by one you drop things in your life.
You sell your mansion and move to a trailer park next to the ocean.
You sell your limo and buy a beat-up car.
You learn how to surf.
You learn how to do yoga and meditate.
You stop drinking and taking drugs.
Over time you discover your true essence.
You become a superhero yet no one will know it.
You have found the jewel inside of you.

All you can do is smile.
You have nothing to hide.
Ponder this over.
So you want to be a superhero.

So You Want To Be Famous

So you want to be famous.
Is being famous all that is cracked up to be?
Yet if one is famous and is kind that's another story.
If one is famous and is discovering his true nature that's another story.
But if one is famous and flaunts his ego around like a peacock.
If one declares I can grab any women by the pussy and get away with it.
That's called sexual harassment.
That's called being a maniac, sexual pervert and egomaniac.
Being famous can either uplift you or degrade you over time.
Now I really respect the Obamas.
They had power but were humble in nature.
They always reached for the high road.
They weren't perfect.
Show me someone who is?
But they had an aura of kindness, love, and compassion around them.
Many people have a different opinion than I do.
They didn't see that at all.
Sometimes I think because someone has a different point of view we wear tinted
glasses.
We would probably say the same thing to Christ if he ever came back.
Where's the love?
I can't see it.
Be famous has its responsibilities.
Our youth look up to you.
Your actions are monitored by everyone.
You must be humble and not arrogant.
No everyone can do that.
Today we have professional athletes who taunt their opponents.
In Newport Beach decades ago a young athlete had ragging parties way into the
night.
His neighbors couldn't sleep.
Look I'm not saying don't party.
But be considerate of others.
You are not King of the hill.
You are just like us.
A human being.
Ponder this over.
So you want to be famous.

Something Out Of Nothing

Can you imagine something created out of nothing?
The current theory is the universe was created from a big bang.
In one small instance matter was thrown all throughout the universe.
The universe slowly got created.
It took billions of years for life to appear on this planet.
The universe works in slow and mysterious ways.
I think current day scientist are getting their minds blow on all the new discoveries.
I am just by reading all the new discoveries.
Today scientist is contemplating about the field.
Imagine the field is a multidimensional energy that exists beyond time and space.
It's the glue which ties all the universe together.
At this present time, no instruments known to man can detect it.
It's not dark matter.
I'm amazed that the ancients in the past talked about this.
They didn't say it with today's lingo.
Yet in essence, they said you are the universe.
You just don't know it.
I'm so happy that I see many articles saying the same thing.
Recently I read a scientific article that said our brain acts like fiber optics.
They said the mystics probably had channels open to being receptive to the light
within.
The more they meditated the greater the light.
At some point they became enlightened.
Isn't that interesting the word enlighten contains the word light.
Maybe science and religion are talking about the same thing.
Mystics were modern days scientists.
Their science lab was living inside of them.
How did the ancient Mayans understand so many different kinds of calendars?
They had one which lasted around 24,000 years give and take.
It ended in 2012.
No, it wasn't the end of the world but the end of their calendar.
On January 1, 2012, another calendar was put up on the wall.
It was not Armageddon
Maybe the mystics knew much more than what we do.
I hope to see the day when scientists and mystics work together.
Now that will be the day.
Both sides of the coin will help mankind evolve.
Ponder this over.

Exciting times are ahead of us.

Sometimes Ignorance Can Be Bliss

Sometimes ignorance can be bliss.
I remember when I was a teenager.
I traveled around the world.
I went to some countries that would consider quite dangerous today.
Places like Afghanistan and Pakistan.
Yes, sometimes ignorance can be bliss.
I hitchhiked from Kenya to South Africa.
It was an incredible journey.
In Tanzania, the Chinese were building a railway.
Thousand of chances truck drivers drove down a dirt road blowing dust
everywhere.
I saw a man shoot a cow and said: "that was an elephant".
In Mexico, my girlfriend and I got shot at walking down a path near the beach.
Yes, sometimes ignorance can be bliss.
We all work through ignorance in our lives.
It seems at times our angels are looking at us.
Not sure you believe it or not.
When I was around four years old my brother and I had a great idea,
We decided to see what would happen if we put a match in a gas tank of my dad's
car.
We had a whole pack of matches.
Every time we place a match near the gas tank it went out.
Soon we gave up.
Sometimes ignorance can be bliss.
I truly believe some force was protecting my brother and me.
Call it God or the universe but my brother and I are lucky to be alive.
I'm sure all of us have felt that way sometime in our lives.
You may have gotten in a serious car accident.
You may be a cancer survivor.
But some unknown power gave you the strength that your still alive.
Sometimes stupid mistakes can be a blessing in disguise.
How many incredible inventions were made by ignorant mistakes?
Countless.
Yes, sometimes ignorance can be bliss.
I truly think that we will always be ignorant.

Even if you become one with the Sun, Moon, and stars you will never truly know
the mysteries of God.

You can never clap your hands and say I've mastered the secrets of the universe.

Ponder this over.

Look at your life and see ignorance is bliss.

Somewhere Along The Line

Somewhere along the line, we got lost.
Imagine being born and knowing you are the universe.
You are one with your creator.
You are held in his arms.
Day by day it slowly slips away.
At some point in time, you have completely forgotten your true nature.
You may feel totally alone in this world.
Some people then begin to question life.
Who am I?
Where is my true home?
What is death?
You begin to question the purpose of life.
While others never ask any questions.
They simply live their lives.
Each one of us is on our own distinct path in life.
God does not judge us.
We have free will.
Ultimately the raindrop returns to the ocean of life.
When we die every single human return to the ocean of life.
Every single human gets a standing ovation.
You see this is the endless wheel of life.
Each journey we learn along the way.
We are ultimately refining ourselves.
We slowly are pulling the weeds within.
Nobody can pull the weeds for us.
This is the fact of life.
That's why it's called self-realization.
You master your self.
You conquer your negative emotions.
Anger is a thing of the past.
Love, kindness, and compassion is your true nature.
This is your true nature.
We all have clouds covering the sun within.
As I said numerous times the spiritual path is the most practical path.
In each and every moment we are consciously refining ourselves.
It's a joy to do
I can't think anything better to do.
In each and every moment we can consciously improve and grow in life.

We can learn to truly live in the moment.

We can discover our true nature.

Ponder this over.

These are incredible times for humanity.

The world is slowly waking up from their slumber.

Stand In The Light

Stand in the light.
If you want peace on earth, stand in the light.
Be like a lighthouse.
Send your light to everyone.
Darkness is the absence of light.
The light dispels darkness upon this land.
When you truly embrace the light inside you dispel your own darkness.
Anger, hate, intolerance goes away.
Kindness, Love and Compassion rule in your life.
The world becomes a better place one by one.
Peace can prevail on this earth.
It doesn't matter what religion you have.
It doesn't matter your race.
It doesn't matter your creed.
You have the capability to shine your life inside and outside.
You can make a huge difference in your life.
You can make a huge difference to others.
The greatest gift to mankind is to shine your life.
Mankind has been living in darkness for ever so long.
We have been lost and yet we think we have been found.
Our ego's think why do we need the light.
I'm used to the dark.
Well, what have we accomplished?
We have never solved any solutions by going to war.
We think war is the answer towards peace.
But war has never brought peace.
War is obsolete.
Peace is the way.
Shining your light is the way.
Incredible times are upon us.
A great shift has occurred.
The sails of the universe are blowing us towards home.
Nothing can stop us.
Mankind is waking up from his slumber.
This is the greatest time to be alive.
Mark my words peace will be on earth.
Granted it will take time.
Two steps forward, one step backward.

The end is in sight.
Stand in the light.
Ponder this over.
You are a piece of this puzzle.

State Of Bliss

When I was young I read the book the Autobiography of a Yogi.
This book totally turned my world upside down.
To this day it's still fascinated me.
Steve Jobs gave away hundreds of this books.
I was driven to learn about the path of the Yogi and mystic.
In this book, Yogananda describes a state of awareness called bliss.
The Indians have a phrase well known all throughout India.
Jai sat chit ananda.
True is the consciousness of bliss.
When the mind is aware of truth the consciousness is of bliss.
To be honest I really didn't understand this concept until I went to India.
I was just starting to learn how to meditate.
I was what you might call an eager beaver.
My whole mind, body, and soul wanted to know the truth.
For me, the east represented a practical pathway to the unknown.
For some reason, I loved to meditate.
I had a knack for it.
It was difficult at first.
I had an incredible initiation.
That initiation provided me with the wisdom and experience which continues to
this day.
It's like a carrot on a stick.
I was shown the ultimate.
The door was pushed wide open.
Words can't describe the experience I had.
Yet I knew that by practicing day in and day out my life would change forever.
I had proof of the pudding.
To this day I'm totally amazed at finding the diamond within.
I hope you find this inspiring.
Many of my friends weren't interested in the least.
It's sad to see that when we are young we strive to find happiness outside of
ourselves.
Yet the entire time happiness exists inside of us.
I've learned that each of us is on our journeys in life.
We are all going back home.
To the ones who want to know and discover the inner jewel you can.
Never has there been a point in time where the light is greater on this planet.
You truly have the potential to discover the light within.

Ponder this over.
You can solve this riddle.
Mankind is slowly waking up from his slumber.

Steve Hudson RIP

Steve Hudson rest in peace.
Steve was a good childhood friend.
He was a surfer and loved the ocean.
We were in with a great group of friends.
All of us loved the ocean.
The ocean was a part of our life.
I always remembered Steve's smile.
It lite up his face.
Steve had a great sense of humor.
His mind had a lot of wits.
I only saw Steve two times since high school.
We were both living in Hawaii.
Steve lived on the Big Island and I lived on Maui.
We had a great time reconnecting.
It seemed just like yesterday that we played in the ocean.
Steve now has kids.
The circle of life goes on.
I will miss Steve but I know that he is still alive.
You see the body dies but the soul lives forever.
The essence of Steve lives forever.
Sure I miss the physical.
That's only natural.
Yet death is like a butterfly flying into the night.
Death is returning home.
Everyone gets applauded on the other side.
You see we are eternal.
That essence of Steve lives in our hearth.
Isn't that amazing that when a person dies they merge with the universe?
Their true essence never dies.
To realize this our perception of death changes.
Sure we will still have the pain but it will be less.
Can you imagine dying and become one with the universe?
Wow.
Every single one of us will return home someday.
I will miss Steve.
Yet a part of Steve exists inside of me.
I can still see his smile.
Steve rest in peace.

It was an honor to know you.

Steward Of Mankind

Steward of mankind.
If there was someone who I would vote for would be the following.
Those who are kind to one another.
Those who love their fellow man.
Those who help others in need.
Those who have love and compassion.
Those who practice what they preach.
Those who are humble.
Those who are pulling their own negative weeds.
Those who are tolerant of others.
Those who are open to new ideas.
Those who truly listen.
Those who speak from their heart.
Those who watch what they say.
Those who are aware of their mistakes.
Those who learn from their mistakes.
Those who love to laugh.
Those who love to sing.
Those who love to dance.
Those who love to listen to music.
Those who love God.
Those who love nature.
Those who are striving to know the universe.
Those who have helped humanity along the way.
Those who love to meditate.
Those who love to pray.
Those who educate our young.
Those who are activists.
Those who smile in life.
Those who donate their money to good causes.
Those who help the needy.
Those who teach their children with kindness.
Those who love adventure.
Those who love to travel.
Those who love poetry.
Those who love to read books.
Those who like play.

These are in my eyes the stewards of mankind.
I bow down to them all
They in their own way is uplifting humanity.

Still Alive

Isn't it amazing that humanity is still alive?
When I was born the cold war just got started.
During the Cuban missile crisis, we had nuclear drills where you had to hide
underneath your desk.
Wow, what would that have accomplished?
You would have been completely turned to dust if you were near the center of the
blast.
Yet by grace alone this incident past.
In the sixties, millions of Christians talked about Armageddon.
The end of the world.
Yet people have talked about this for good thousands of years.
People were saying that when we reached 2000 the world would end with the Y2k
crash.
Companies and governments spent millions of dollars.
Yet the year 2000 came and went without any serious consequences.
Still, people thought that 2012 would be the end of the world.
They looked at the incredible Mayan calendars for proof.
One of their calendars had a 24,000-year cycle.
People grab on to that and proclaimed this would be the end of man.
Movies and books were made.
Money was made to scare people and terrify them.
The Mayans laughed.
They said when the calendar ends you put a new calendar on the wall.
This is not the end of the world.
It's a beginning of a new cycle.
Does God really want humanity to blow themselves up?
I might doubt that.
Yet we have free will.
Personally, I believe in humanity.
I have traveled the world and fell in love with each different country and culture.
We all want the same thing.
We want to raise our families with dignity.
We want health care for all.
We want our child to be educated.
We want them to grow up in a great environment.
Personally, I think that peace will prevail.
You are a piece of the puzzle of life.
Ponder this over.

We are still alive.

Stripped Of Everything

Did you know that when you die you are stripped of everything?
You can't take your job if you are a work alcoholic.
You can't take your house and car.
You can't take any precious possession.
Basically, you are stripped of everything.
The only thing you can take is the fruit you have harvested in your life.
Kindness, compassion, patience and tolerance.
These are the fruits that return to the universe and God.
All of your negative baggage such as anger and hate are left behind.
You came from God.
You return to God.
All raindrops return to the ocean of life.
The wise men of the past have said you can know the ocean while you are alive.
That's why they were called mystics.
In my eyes, they were the modern day scientists.
Look at the ancient Mayans.
They developed many sophisticated calendars.
Our present-day calendar is a one year cycle.
The Mayans have one of their calendars on a 24,000-year cycle.
Wow.
This calendar ended in 2012.
Many people thought it was going to be the end of the world.
Movies and books were made.
They prophesize the end of the world.
The Mayans just smiled.
They said "why the fear"?
When the end of your calendar ends do you freak out.
No, you just put another calendar on the wall.
It's a beginning of a new year.
We do the same a brand new year has come.
The truly wise man day by day strips himself of negative emotions.
He pulls the internal weeds.
He takes care of his garden.
He toils on the soil of life.
Day by day the great mysteries of life are being revealed.
He knows the preciousness of being alive.
Words can not describe this state of awareness.
It's a blessing that all humanity can have.

The journey starts inside of your heart.

Ponder this over.

You can solve this puzzle.

This is your true nature.

You are the universe.

You just don't know it.

Sweet Dreams

Sweet Dreams to all
May the children of the world have sweet dreams.
May the children dream for a better tomorrow.
May the earth provide food for all.
The earth is abundant.
Man must learn to care for all.
The times are a changing.
May we have sweet dreams.
Can you imagine if mankind didn't have any nightmares?
Imagine no more war.
Imagine the US not spending half of their budget on defense.
Imagine not spending anything at all.
We could use that money wisely.
I feel it's a birthright for all children to go to bed safely and have sweet dreams.
It's our duty as human beings to help each other out.
We are stilling living in such odd times.
Millions of people are being displaced.
Families are being ripped apart.
We even have drastic measures in the states not to allow these refugees into the
states.
Mankind must be a kind man.
The universe is kind.
God is kind.
Man must be kind.
In order to solve the world's problems, we must first be kind.
Man has fought for thousands of years.
Look at what that has brought.
More wars.
We have been in Afghanistan for over sixteen years with no end in sight.
Is this the hundred year war?
I truly think that humanity must change.
We must end all war.
We must learn that we are all gifts from God.
We have created a mess on earth and we must clean it up.
God sits on the sideline coaching and inspiring us on the way.
He will not do the work for us.
Humanity must change on its own accord.
We have free will.

It's up to us to change for the better.

Sweet dreams for all.

Peace will come on earth.

Mark my words the majority of mankind wants peace, not war.

Only a few people on earth want war.

Ponder this over.

You are a piece of this puzzle.

Sweet Times

Cherish your sweet times.
Life may become sour.
Many moons ago I saw a sign at Buffalo University.
It said if life is a bowl of cherries.
Why are we living in the pits?
Can we control our happiness?
Is happiness something external.
Is happiness like a leaf blowing in the wind?
One moment we are happy and the next moment we are sad.
Is this human nature?
Life will always throw us curve balls.
Life is an adventure.
At times the road in life will be bumpy.
That's why life is a journey.
You can never totally read the road in life.
You will never know what's around the corner.
It might be a dead end.
Yet sweet times come and go.
The wise master of the past has said there is a sweet spot inside that you can hold
on to.
This is your true nature.
How about that?
Yes, I've been harping on this point for ever so long.
Many moons have passed and I still talk like this.
Yet, it's the truth.
The most incredible jewel lies inside of your heart.
I'm not trying to convince you.
I'm not trying to convert you.
This is nothing to convert to.
I'm saying that discovering the jewel inside is probably the most practical thing
you can do.
I'm not saying all your problems will be solved.
But you can find a solution to your problems.
You can learn to be aware of the actions you take.
By slowing down and not reacting you can learn how to control yourself and your
mind.
Most people simply react without truly thinking about it.

Just ask our current President.
Tweeting at 3:00 in the morning.
Yes, life is sweet.
Ponder this over.
These are not just some mumbo-jumbo words.
They can truly affect your life.

Take It To The Next Level

If you enjoy playing video games you might like this.
Now I'm not a gamer.
I never ever got into it.
Yet many of my friends are.
They love to master the game and go to higher levels in the game.
There are also cheat sheets people use to learn how to master each level.
That is probably a whole another conversation we could have.
Video gamers love the adventure.
They love to learn wisdom from the game.
Some even become experts.
They become famous within the circles of the game.
Wow, Did you see Mr. so and so?
My life is full now.
Yet have you ever thought that life is just like a video game?
All the great masters in the past were great experts.
They played the same game yet at different times in history.
They invited humanity to join them.
These great masters offered great advice and hope.
The object of this game was to discover your true nature.
In each and every moment, we are playing this game whether we like it or not.
Some people are stuck at a certain level.
The goal is to go from one level to another level.
In essence, at each level, you are discovering more of your true nature.
At first, you stumble and fall.
At each level, you stumble and fall.
Yet you are refining yourself.
By stumbling and falling it makes you humble.
The entire universe stumbles and fall.
Look it took billions of years for the earth to support man.
Many trials and errors were made.
Yet finally the earth could support life.
Now I'm sure Mother Earth didn't get pissed off and complain.
Dear God I can't do this.
I'm not worthy.
You see this video game of life was set up by God.
We have free will.
We can stay at one level for the rest of our life and be blind to this precious game.
God will not play the game for us.

Ponder this over.

You are playing the video game of life.

Do you want to learn how to go to the next levels?

Taken Away

Taken away.

The wise man likes to take out his inner trash.

Who wants to live with trash in the living room of life.

Each and every day he cleans up his inner house.

He mops the floors, takes out the trash and dusts the furniture.

Day by day anger, greed, war, intolerance goes out the door.

He enjoys this housekeeping.

His house soon is sparkling.

People like to be around him.

They don't know why.

He simply smiles at life.

He has nothing to convince.

He just simply is.

Yes, obstacles come his way.

Remember this is a journey.

But he has great shock absorbers on his car.

He hits the same bumps as before but the shock is different now.

He has learned how to drive consciously in life.

He looks at the road and tried to avoid the bumps in life.

He knows how to hold onto his words if it will put gasoline on the fire.

This takes daily practice.

This is why I say the Spiritual path is the most practical path.

In each and every moment we must be aware.

Signpost of god are all around us.

Most of us can't see them.

A wise constantly refines himself to see God in our lives.

We are never alone.

The wise man understands that and experiences that.

It takes his time in life and cherishes each and every moment.

Life is meant to be cherished.

Life is meant to have gratitude.

Life is meant to laugh in the wind.

Life is meant to love each and every moment.

It's amazing that by slowing down our vision changes over time.

We can begin to hear the silent whispers in the wind.

We can marvel at the flowers growing in the ghetto lot.

I've said this many times before.

You are the universe.

You just don't know it.
Ponder this over.
You can solves the great mysteries of life.

Taken Away By Love

I've been taking away by love.
What can I saw?
Many moons ago this adventure started.
I was quite young.
I'm young at heart but I'm in my sixties.
This is an incredible journey of life.
It has many adventures.
In the beginning, I try to meditate on God.
I would spend hours trying to connect to God.
Many moons later I feel at times God is meditating on me.
I know that sounds ridiculous.
Yet I'm being taken away by love.
Day after day love is truly taking over.
Words can't describe that experience.
But I see the world through different eyes.
In the past ducks and geese never captured my eye.
Yet today I am fixating at watching them fly in the sky.
Wow, such beauty in motion.
I love staring at a pond noticing the beauty of nature.
Nature has a sweet language of silence and love.
If you are open it can communicate to you.
The essence of love is like perfume.
It pervades throughout the universe.
This is our true nature.
No wonder all the great masters talk about it.
No wonder why Rumi is still loved by millions today.
His poetry inspires us and teaches us.
Rumi was a perfect example of someone taken away by love.
All the great masters were in the same boat.
Slowly throughout their life they were taken over by love.
This adventure lies inside of you.
They say you can open the door and walk through.
Recently I heard another ingenious way.
Why not dissolve the inner walls of your own house.
By doing this not walls will exist between you and God.
Maybe the rules have changed since 2012.
Maybe, at last, the light is becoming more stronger than ever before.
Maybe just maybe this a new dawning for mankind.

Peace will come to this earth.

Mark my words.

This adventure goes on.

We are all returning to the source.

Yet this time man will be aware of the universe while he is alive.

Ponder this over.

Taken Away By Your Smile

Taken Away By Your Smile.
I've been married to Barbara for many moons.
I'm taken away by your smile.
A smile is a picture describing in words who you feel.
You can try to fake a smile and it's so easy to see.
It's fake.
It has an aura around it.
Yet a true smile is like perfume.
It pervades everywhere.
The universe smiles.
God smiles.
The Angels smile.
A smile reveals our inner contentment.
A smile says I love life.
You may be experiencing bumps in the road yet a smile says everything will be all right.
I may not know the answer now, but the answer will come.
My wife has the smile of tenderness, love, and compassion.
It is written all over her face.
It's like a fingerprint yet it's a faceprint.
I feel her smile gets more beautiful day by day.
It's like wine that's been aged properly.
Day by day we grow and learn in life.
The smile of life grows.
It does not remain stagnant.
A smile constantly changes.
You can never hold on to it, just like life.
For me, a smile represent a gift from God.
Just look at an innocence of a newborn baby.
That first smile lights up the room.
Everyone feels it and see it.
It like fireworks in the sky.
Yet its so pure and innocence.
Can you remember when you had that feeling inside of yourself?
That's your true nature.
You can recapture that feeling.
Your true nature never changes but we do.
Ponder this over.

You can discover your inner smile.

Tell Me

Tell Me.

Please tell me the truth.

Do you at times feel all alone?

Do you feel nobody truly care about me?

Do you bully people because deep down inside you are truly insincere?

Why do you take advantage of others?

You have your team of lawyers who will do whatever you say.

Have you walked so far from the truth that your heart is running on empty?

Your riches will someday go away.

They will be stripped away.

You can't take anything physical with you.

That has always been the eternal law.

Even Alexander the Great learned that.

Upon his death he said you come into this world empty-handed.

You leave this world empty-handed.

Did you know you have the opportunity to totally change the world for the better?

Yet in order for that to happen you must change your ways.

You must discover once again your heart.

You see without that you can't make wise decisions.

King Solomon was an example of someone who ruled with his heart and being wise at the same time.

There is a difference between being wise and being intelligent.

A wise man combines intelligence and love.

The intelligence man uses just his mind.

Man has been doing that for thousands of years.

Where has that taken us?

War, war, and war.

We must get out of the box.

You can do it.

Love is always there.

You are simply not paying attention to it.

Love is the most powerful force in the universe.

You may think is not strong.

But love is the glue which ties the entire universe together.

Anger and putting people down is almost the lowest you can go ruling the people.

May you be blessed with the ones who support you.

You have many Christians despite your actions supporting your actions.

What would Christ say?

He would probably say look within for your answers.

You can change.

The kingdom of heaven lies inside.

It's just waiting to be discovered.

Temple Of God

Where is the temple of God?
Man searches near and far.
We think the true temple exist outside of ourselves.
Billions of dollars have been spent over time building external places of worship.
Yes, they are great ways for communities to come together.
But where does God reside?
God resides everywhere.
God resides in this universe and beyond.
There is not a single space in the universe where God does not exist.
Yet man at times is looking in the wrong place.
The great masters of old said that the great temple lies in your heart.
Is that a paradox?
Man has spent his entire life searching for God and the whole time the answer lies within.
I see some irony in this picture.
Yet we have been told many different stories.
Some of them were true and some of them made up.
Some of them were meant to control you and make you feel bad.
But the journey of the heart begins when you realize that God exists inside of you.
This is your true place of worship.
Now I'm not saying change your religion.
God, in essence, is no religion.
Keep your religion.
You will see the true beauty of your religion.
When you discover God within you will see the unity of all religions.
There is a thread of love tying us all together.
This is our true state.
God wants us to discover our true nature.
When mankind does this peace will be on earth.
War is obsolete.
The universe does not fight itself.
God does not fight itself.
Only man fights.
This is an old way of thinking.
Humanity can change.
The temple of God lies inside.
You can discover it.
Moment by moment your awareness can be on God.

Ponder this over.
A great awakening is taking place.
You have a piece of this puzzle.

That Ultimate Feeling

What is the ultimate feeling?

Where does it reside?

You may be a surfer and ride a hundred foot wave and survive.

The surfer would say nothing can match that.

A snowboarder might say how about snowboarding down a virgin mountain with
only you and your gang.

A race car driver would say “how about driving a car at 220 miles per hour.

Now, thats a rush.

A climber might say climbing Mt. Everest without any oxygen.

Each of these had an incredible feeling of being alive.

Yet these feelings were sparked from the outside.

We only thing the ultimate feeling comes from outside of ourselves.

No wonder we get hooked.

We need something outside of ourselves to feel complete.

Unfortunately today there is a major opioid epidemic .

Thousands of people are dying a month.

They are trying to find the ultimate feeling and are dying in the process.

How sad?

The great masters of the past have said that ultimate feeling exists inside of you.

You are the universe.

You just don’t know it.

How about that?

The jewel of life exists inside of you.

This jewel is meant to be discovered.

You have free will.

Nobody is trying to convince you.

There is no organization to belong to.

Nobody is trying to convert you.

The truth needs no converting.

The simple fact is that God lies inside of you.

You can open the door within.

Better yet you can dissolve the walls within between you and God.

Your true nature is eternal.

You exist beyond time and space.

It’s funny we think we are so limited while in fact, we are infinite.

We hold the keys to the universe yet we don’t unlock the door.

Now that’s kinda sad.

Are we so stubborn?

Is our attitude don't tell me what to do.

Ponder this over.

You can solve this riddle.

The Best Is Yet To Come

The Best Is Yet To Come
This is one of my favorites motos.
The best is yet to come.
On this journey of life, we learn to love each and every step.
Our life is ever so precious.
Day by day, year after year life carries us downstream.
At times we may feel we are swimming upstream with constant struggles.
Yet the stream is slowly taken us downstream.
My of my challenges in life is to let go.
Don't worry about the future.
Do your best and then let the rest take over.
Many times I see that what you want you don't need.
What you need you don't want.
My current job came in a way out of left field.
I had to wait for a synchronicity of events to occur.
Granted it took time but the universe did arrange events to occur so I got this job.
I think personally the more I understand the universe and myself life seems to
work in a more efficient way.
Yes, the best is yet to come.
When we begin to be conscious we can see more visible the signpost of God
everywhere.
Recently I heard a great phrase and I loved it.
It said that God is biased in love.
If you have love in your heart and direct it towards God.
Then God is biased towards you.
You are using your free will and God responds.
There is something to that statement.
It's like the winds are blowing behind you.
They are gently blowing your ship back home,
The amazing thing is that you are aware of it.
That's another way the best is yet to come.
I'm reaching retirement age but my outlook on life is young.
I'm more aware of nature than ever before.
When I was young my parents took me to Yosemite.
Truthfully I didn't have a good time.
I wanted to be on the ocean.
A few days ago I told this story to my daughter and we both cracked up.
Here I was visiting the most beautiful place on earth and I was miserable.

Why?

My mind wanted to be somewhere else.

I now live I Kansa.

Thousands of miles from the ocean.

Yet the ocean of life exists inside of me.

I'm surfing the wave of life.

Ponder this over.

The best has yet to come.

The Cosmic Merry Go Round

Is life like a cosmic merry go round?
Everything is spinning.
Look at the earth and the planets spinning around the sun.
Look at the spinning galaxies.
To me, it looks a cosmic merry go round.
Everything is in synch and in motion.
Nothing ever stops.
It's constantly in motion.
Yet at times we are oblivious to this.
We are driving in our cars with our cell phones.
Did you know the Mayans had a calendar where the cycle was 24,000 years year,
What a ride that must be?
We are proud to have a calendar base upon the earth traveling around the sun for
one year.
How about a calendar that lasts 24,000 years?
Where did they get that kind of knowledge?
They didn't have any kind of modern-day instruments.
To be honest I'm loving seeing that science and religion are slowly melting into
each other.
Both the scientist and the mystic have their own laboratories.
The mystic has one within and the scientist is external.
Both of them are doing research.
Both of them are gaining wisdom.
The scientist may say what's does a mystic know.
The mystic will simply smile.
There is nothing to prove.
The truth needs no convincing.
I'm looking forward to the day where scientists are mystics.
When that happens I think that's when things really will be interesting.
When man embraces peace many incredible inventions will come out.
These inventions can't come to earth if a man is still warring with each other.
The mystics are discovering the field which is quantum energy which ties the
entire universe together.
A human being can connect to the field.
Mystics have known that for thousands of years.
Ponder this over.

Discover the merry go round of life inside of you.

The End Is Near

Did you know that for thousands of years man has said the following?

The end is near.

The world is going to end.

Armageddon is around the corner.

I remember in the early sixties a famous Christian book talking about the signs of
Armageddon.

World War III was on its way.

Why do we marvel so much at the end of the world?

Why do people almost get gleeful when they hear about this?

Do you think that God has a plan to destroy the earth?

Do you think in order to be saved the earth must be destroyed?

It took billions of years for life to appear on this planet.

Do you think that God wants us to blow up in a cloud of smoke?

I don't think so.

God is kind.

The universe is kind.

God is love and compassion.

The universe is love and compassion.

Let's face it at this moment humanity is pretty messed up.

Yet millions of people are waking up from their slumber.

Light is shining throughout the land.

Darkness can not prevail in the light.

Darkness is the absence of light.

When the light shines darkness disappears.

This is probably the greatest time to be alive.

Man has the intelligence and wisdom to dig out of the hole we are standing in.

The shift is occurring.

The media slowly is reflecting it.

Look even NBC news ends the news on a good note.

They show some unknown person helping the world out.

Mankind has a great heart.

I have traveled around the world and I personally see that mankind is good.

There are a few bad apples out there.

But the majority of people are kind.

All these refugees are like you and me.

They left their countries because they had no choice.

Now we have an administration who calls them terrorists.

We even have Muslim countries that are blacklisted.

Ponder this over.
The end is near.
It's not what you think.
The light is going to shine brightly just like the sun on this land.

The Good Old Days

The good old days.
Many people lament where are the good old days?
Quite frankly I believe that this present moment is the good old days
Should we be living in the past and moan the past is over.
When I was young and innocent life was good.
I was free and didn't have any problems.
Life was more carefree and relaxed.
Oh, I yearn for such times.
When I was young I saw that I had a tendency to think Oh next week I would be
happy.
When I graduated from grade school, junior high school and high school.
I always thought the grass is greener on the other side of the hill.
One famous teacher once said yea it's burnt.
Man has a tendency to look to the past or towards the future.
When I get married I will be happy.
My life will be complete.
Still, the hole is not filled.
Well, when I have a family my life will be complete.
Still, the hole will not be complete.
I have many friends who are workaholics.
One of them died at the Observatory many moons ago.
He simply worked his way to death.
How sad.
He left behind a beautiful child.
So where is the sweet spot?
Where is the place that you can feel content and relaxed regardless of the
circumstance.
Where is the place that is called home?
Where is the place where you simply smile?
You have nothing to prove.
You don't try to convince anybody.
This is your true home.
Mystics have talked about this for eons.
This place is real.
This is your true nature.
You are the universe.
You just don't know it.
Ponder this overs when you think about the good old days.

The Human Temple

There are so many beautiful temples throughout the lands.
Each one was built so man could worship God in their own ways.
Some of them were built thousands of years ago.
Yet did you know where the greatest temple resides on this planet?
The human temple.
You are the human temple.
God resides inside of you.
You are the universe.
You just don't know it.
Man has been searching for God outside of himself for ever so long.
Yet the mystery has been inside of his being for eternity.
Does that excite you?
Or
Who cares?
What's the difference?
What has it got to do with me?
That's a fairy tale.
There is no God?
Well, do you believe in quantum energy?
The scientist knows the entire universe is composed of quantum energy.
Maybe, just maybe This is God.
God does not have a form.
God does not judge.
Man does.
Can you imagine a force of love that ties the entire universe together?
This force exists inside of you.
This is your true nature.
You are a part of this force.
You are eternal.
Yet you have forgotten your true state.
These saying will hopefully help you on your journey in life.
Hopefully, they will provide you with healthy hints on your journey.
As I said I'm not trying to convert or convince you.
You have free will.
Yet I'm telling my story in life.
It began many moons ago.
I love this journey in life.
I love seeing the signpost of God in my life.

Ponder this over.
You are the human temple.
Discover the jewel inside of you.

The Island Of Bali

The Island Of Bali
This is dedicated to my brother John.
My brother has a love affair with the people of Bali.
He has been there numerous times.
My brother is a surfer.
Yet it admits he has hardly surfed in Bali.
My brother is captivated by the beauty of the environment and the people.
People make the environment special
Imagine going surfing in a place where war is taking place.
You would be scared.
You wouldn't have a good time.
Bali is a place where people are happy with life.
People are content.
Their society has changed ever so much since the seventies.
Back then it was a small and sleepy country.
Today high rises are everywhere.
Yet the people remain the same.
I see there is a volcano ready to erupt.
I pray that people will get out of harm's way.
The volcanos are ways for Mother Earth to let go of the pressure.
It's like a man screaming at the top of his lungs for emotional release.
Anyway, let's get back to Bali.
My brother loves this country.
You could say it's his second home.
Now my brother loves to meditate.
What a beautiful place to meditate in.
He loves to write music.
In fact, this song playing in the background is John's.
We love the collaboration between us.
There is a thread of love tying us together.
We have been meditating combined for 92 years.
Meditating is a hobby for us.
We love it.
We have been around the block many times when it comes to meditation.
Hope you can feel the love of the music and words.
Both of us try to tap into the source and bring the waters of life out.
I have always wanted to go to Bali.

In some way I have.

The Last Days Of The Dragons

The last days of the dragons
That was the last golden age.
Man was in harmony with himself.
Man was in harmony with the earth.
Man was in harmony with the universe.
Man was in harmony with the dragons.
You see dragons can live for thousands of years.
They have great wisdom.
Man was taught this wisdom from the dragons.
Generation after generation learned from the same dragons.
They were respected throughout the land.
Children especially loved the dragons.
The dragons loved the innocence and love of the children.
The dragons taught about the laws of the universe.
They taught about kindness.
They taught about love and compassion.
They taught about patience and tolerance.
These were instilled into the children so by the time they grew up they had these
qualities inside of them.
Harmony and peace resided throughout the land.
Mind you there were minor squabbles.
But man knew how to work it out.
No weapons were needed.
How could you kill someone when you would kill yourself.
Each human understood the basic laws of life.
The light ruled in this land.
Anger, greed, and hate were no longer on this land.
This was peaceful times.
The Indians call this the Sat Yuga which means the age of light. They believed
there is a cycle from darkness to light.
The cycle takes around 24,000 years or more depending who you talk to.
These were peaceful times.
One day a little quarrel broke out.
It started so simply and blew out of proportion.
This lead to war.
Now war is something the dragons don't tolerate.
You have free will.
One by one the dragons saw that man didn't listen to them.

One by one the dragons left and never came back.
This is the results we have today.
Yet there is one big difference.
We are going into the golden age.
The cycle continues.

The Lyrics Of The Song

The lyrics of the song.
My brother John and I collaborate together to make these music/sayings.
I'm not sure what to call them.
Around seventeen years ago I went to a Poetry convention where a member of the
Doors gave a poetry reading.
It wasn't an ordinary reading.
It combined music and poetry together.
I never heard anything quite like that.
I was mesmerized.
A few years later a friend send me a Cd of poems by Rumi
Each poem had a different famous person reading the poetry and music behind it.
To make a long story short my brother starts to create music almost out of
nowhere.
Now at that time, we were in the early sixties.
Yet both of s learned that we had something special.
Now you may not think so.
Beauty lies in the eye of the beholder.
Yet we have both been meditating combined for 92 years.
We have been around the block a few times.
We love to meditate.
Many people don't.
From the beginning we loved it.
Meditation was our hobby.
Both of us try .to go deep inside and the creativity come out.
It's kind of like surfing.
One sits in the ocean and all of a sudden a wave comes in.
You catch the wave and have the ride of your life.
In the same way, you sit still and listen.
The wave of life comes in and you ride it.
Now we aren't professions.
Yet we are amateurs.
An amateur loves what he is doing.
We may break many rules when it comes to this.
Yet day by day we are learning.
We love what we do.
Our audience is small.
We don't actively promote ourselves.
We just feel to be compelled to do this.

You see we are beginning to see signpost of god everywhere.
Our message is hope during these crazy times.
We love humanity.

The Master

The master
When I was young I believed that man needs a master or Guru in one's life.
After many moons, my viewpoint has changed.
Look this is a practical path.
Spirituality is a moment by moment affair.
Every single moment you are walking on a spiritual path.
This isn't a path where you pay five bucks for an offering and call it quits.
I did my religious moment for the week.
You are the Master.
You are the Universe.
You just don't know it.
Now I'm not knocking any teacher or gurus.
Each of them helps humanity along the way.
But the truth is God lies inside your heart waiting to be discovered.
All the great masters said they would come back.
What if all of them are here but not in a human form.
What if they are part of the earth and magnetics.
What if every step you take the great masters takes those same steps with you.
The signpost of God is everywhere.
We just don't see them.
What if we take a conscious step that I'm going to try to be aware of the jewel
inside moment by moment.
There is no conversion.
There is no external organization telling you what to do.
Day by day you cultivate kindness.
Day by day you cultivate patience and tolerance.
Day by day you cultivate love and compassion.
These are the building blocks of the universe.
When you align yourself with these qualities the universe begins to align with you.
You will be a shining light on this planet.
People will wonder why are you so happy?
You don't complain hardly at all.
This is the path where ultimately we must walk.
You're teacher or guru can't walk a single step for you.
Yes, take their teachings to heart.
Put them into practice.
If you do you will make your teacher or guru proud.
A master loves to see his students succeed.

That's why they teach.
Ponder this over.
It may ruffle a few feathers.
The master is you.
Open your heart to find your true nature.

The Mighty Dragons

The mighty dragons.
Those were the days when man embraced the mighty dragons within.
There is a land of wisdom within if you only opened the door.
Once upon a time dragons existed in this land.
This was the last golden age.
Mind you it was many moons ago.
You see dragons live a very long time.
Thousands of years.
They went through the same human conditions we did.
War, hate, greed, intolerance.
Somewhere along the way, they discovered how to cultivate and discover there
true nature.
Those he did do this fly away to the far east.
You can even see today the difference between the west and the east when it comes
to dragons.
In the west people are afraid of dragons.
Their dragons have a lot of fire and wrath.
They can toast you like a marshmallow.
Well in the east dragons are a different story.
Children love the dragons.
They could hardly wait for dragons to come out so they could play.
China was probably the country who totally revered the dragons.
You can't go anywhere in China without seeing a painting or statue of a dragon.
Long ago a golden age existed.
The dragons transform themselves from darkness into light.
Granted it took thousands of years.
But when they transformed themselves they began to teach the young children.
At first, it was done in secret.
People even in China were extremely wary of dragons.
The children learned how to transform themselves.
The dragon showed them the way to open the door inside.
The children grew up and had families.
Their kids learned from the dragons.
Slowly over time hundreds of generations had the same dragon teachers.
A golden age was born.
We are in the midst of a grand transformation for man.
Millions of people are waking up from their slumber.

Ponder this over.
A golden age is at hand.
Darkness is going away for good.
The sunrise is occurring.

The News

What does it say as a country when our President constantly says the media is fake news.

What does that say about our country?

For over a century the world has looked at the US for inspiration.

Our media has been recognized as world class.

I'm not saying its perfect but it has been at the forefront for years.

We had Walter Cronkite who was a major figure in the sixties and seventies.

We have a president who criticizes all the major media outlets.

He is making our media and nation a laughing stock to the world

I firmly believe he wants the United States to be divided.

He wants a major split to occur.

Never in my life have I seen a bull in the china store life what is occurring today.

Al Franklin resigned grabbing some woman breast.

Now I don't approve of that.

Yet we have a President and Roy Moore who are still in office.

Dozens of woman have come forward along with the sex tape where the President clearly talks about his actions in a boastful manner.

Roy Moore is accused of having sexual relationships with minors.

He is running for office and gets full support from the President and the Republican party.

If a democrat did this they will rally for their ouster.

The President calls it fake news about him and for Roy Moore.

It's about time that men realize what they are doing.

Women are being victimized.

Thousands of women daily have to face being harassed by men.

The men might think it's cute or being manly.

It's an insult to women.

Men no have right to behave this way.

I remember as a kid my friends would say wow look at her tits.

I could not relate at all.

Girls were not objects.

Girls were not some procession that you could do anything you like.

This mentality is still alive today.

I'm proud of the women who are speaking up.

It takes courage to say something.

How many women's lives have been affected by this.

Almost all my female friends on Facebook have said there has been some incident in the past of being harassed.

I pray this is a turning point for mankind.

The Perils Of Being Young

The perils of being young.
Yesterday I talked to my Mom.
We had a conversation about the perils of being young.
When you are young I thought I knew all the answers.
I thought I was really mature.
In fact, I was sour grapes.
I had no clue on life.
I was a ship without a rudder.
It takes time to develop a bottle of fine wine.
A great transformation had to happen.
I'm glad how I turned out.
The journey in life is definitely not smooth.
It well worth it.
I've spent most of my life trying to improve in all areas of my life.
I lead my life where my actions allow me to sleep soundly.
No wonder the President tweets in the early mornings he can't sleep.
When you are young you have no benchmarks in life.
Even when you are walking on this path it's not obvious.
Yet sign post is everywhere.
The older I get the more I'm aware of the effect of my actions.
I'm constantly fine tuning the guitar of life.
I understand the trigger point in my life and know what to do if they get triggered.
The wise men in the past could simply smile and laugh in the face of adversity.
I'm getting there but not all the time.
I guess that's why I love life.
There are so many ways to improve yourself.
There will never be a moment where you clap your hands and say I've learned everything.
I have been a software engineer for many moons.
Every day there is new technology to learn.
You can never rest on your laurels.
It teaches myself that life is constantly an adventure and a mystery.
It changes moment by moment.
When you are young we get lost in the moments.
We really haven't figured anything out.
Most of the things we know have been taught by our teachers and elders.
We have our friends but probably ever have any serious discussions on life.

Quite frankly we are skimming the surface of life and yet we think we know the
depths of the ocean.

Ponder this over.

What would you say about the perils of being young?

The Personal Touch

I love the personal touch.
I have travels the four corners of the earth.
My most memorable moments have been eating meals with families.
The cook usually the Mother or Grandmother would prepare an incredible meal
with love.
It would be a simple meal yet it was truly food for the soul.
I have been in many first class restaurants and nothing could even touch it.
The personal touch adds true meaning to life.
It's like the God's are raising their glasses and saying 'wow'.
Humanity at that moment is praising life.
They love to share a meal with you.
You are a guest in their house.
It's like you are the Lord and you come to visit for a meal.
I have found the poor have incredible hearts throughout the lands.
They are generous towards everywhere.
They have that personal touch and add that to all parts of their lives.
They may be poor but they are rich in life.
I feel millions of people are waking up and wanting to add the personal touch in all
areas of life.
I can't quite explain it.
But I see in the eyes of humanity an urge truly to be united.
Man is tired of fighting and bickering.
With the advent of the internet, we want to feel we are one.
There is another way to act and be.
Kindness s truly the answer.
Hate and anger are from the past.
It never solved anything.
It just added gasoline to the fire of life.
I hope you will ponder over what I'm saying.
Kindness is not weakness.
Hate and anger is a sign of weakness.
To be kind in any situation shows great strength.
Look at ways in your life where you can add the personal touch.
Maybe it might be a simple smile to someone on the street.
We all have unique and personal touches we can do.

