

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 17

Fletcher Soul Traveler



Contents

The Power To Change	4
The Revolution Is Here	6
The Solution.....	8
The Song Of Life	10
The Spirit Of Humanity	12
The Summer Night Time Breeze	14
The Sunshine.....	16
The Wheel Of Life	17
The World Would Be Much Better.....	19
The Year Of 2017	21
There Is A Place I Can Go	22
The Breath.....	23
Times Flies By	24
Time For A Change	26
Time Is Precious	27
Time Passes Every Breath	29
Time Will Do That To You	30
Tired In The Head.....	31
To Be Real	33
Tonight I Wait For You	35
True Love Does Not Want To Hurt	36
True Love.....	37
Visitor	38
Walking On Egg Shells.....	39
Want To Go Back Home.....	41
We Are Made To Experience	42
We Can All Make The Change.....	44
Welcome Back Home	45
What A Glorious Day	46
What A Heavenly Treat	47
What An amazing Life We Have.....	48
When Was the Last Time You Thought	49
When You Step Across The Line	50
Where Do We Go From Here	51
Where There Is Instrumental	52
Why Can't We Do It All.....	53
Wonderful Day.....	54
World Of Mystery.....	55
Would Be Incomplete	56
You Are In this Life to Win.....	57
You Are Made Of The Same Stuff As the Universe	59
You Are Never Alone	60
You Are On My Mind.....	61
You Are You.....	62
You Become What You Do	63

You Can Do It.....	64
You Don't Know What You Are Missing.....	65
Love	66
I Feel	67
Mary Beth Jackson Lovett	69
A Confused Baby.....	70
A Man May Be The Ruler Of This World.....	71
A Man Who Knows His True Home	72
Adapt.....	73
Adventure.....	75
Afghanistan	77
Amnesty	78
Anthrax	79
At The Speed Of Light.....	80

The Power To Change

The power to change.
We have all made huge mistakes in our life.
I know of most certainly have.
I'm not proud of the mistakes I have done.
Yet we all have the power to change.
We can never undo the mistakes we have made.
But we can have redemption.
We can grow and change for the better.
We can pull our inner weeds moment by moment.
We can transform.
The great thing is God does not judge.
Man does.
We have free will.
That does not say you can do anything you want.
There is a law upon this land.
Yet with free will, you have the power to change.
You can change your actions to reflect yourself as a better human being
You can transform yourself from darkness into the light.
Anger, hate, war, intolerance is of the past.
Kindness, Love, and Compassion is your true nature.
You have the inner power of love within you.
The power to change begins with one simple step.
Yes, you may wobble and fall down.
Take another step.
Take baby steps.
If you fall down don't get discouraged.
Take another step.
Remember this process is two steps forward one step backward.
So don't be hard on yourself.
The universe is rooting you on.
You are the piece of the puzzle and you are making effort to discover your piece.
No matter what you have done you can change.
You can transform yourself where those negative actions will never take place
again.
By discovering your true nature negativity is dissolved.
It goes away into the wind.
What can I say?
You are the universe.

God is on your side.
He exists inside of you.
Remember to take baby steps.
You can't leap there.
Just one small step after another.
You have the power to change.

The Revolution Is Here

The revolution is here.
It's a silent one.
There are no guns.
There is no anger.
It's a peaceful one.
There are no protests or marches.
Nobody is trying to convince you.
The revolution is occurring in your heart.
Millions of people are waking up from there slumber.
Mankind is embracing the heart.
Mankind is slowly waking up and discovering his true nature.
You are the universe.
You just don't know it.
It's an amazing time to be alive.
Mankind has so much potential.
We are just skimming the surface of the ocean of life.
We were meant to dive deep into the depths of the ocean.
This is our true nature.
We have passed a marking point in history where peace will prevail.
I know it doesn't look that way.
There is a big stick string things around.
The light for the first time in many moons is more prevalent than the light.
Darkness can't hide.
It comes out.
This is darkness last stand.
It knows the battle is over.
The sun is arising.
It's a beautiful sunrise.
Can you feel the love oozing from within?
Man will once again learn how to be in harmony with nature.
We can do this.
We can solve any problems once we are united.
We have so much incredible potential.
The journey starts with taking one small step after another.
Yes, we will fall.
Yes, we will get off the ground and take another step.
Maybe is two steps forward, one step backward.
That is how we grow.

We can learn from our mistakes.
Ponder this over.

The Solution

What is the solution for man?
Man has been fighting for thousands of years.
What has it gotten us?
Innocent men and women buried in graves.
At least a wildfire in nature ultimately nurtures the soil.
Yet somehow we think that fighting will solve the problem.
War has never solved any problems.
We must let go of all negative emotions if we want to survive.
Anger, war, greed, intolerance must be let go.
We must embrace kindness, love, and compassion.
This is our true state of existence.
You are the universe.
You just don't know it.
We must be diligent farmers.
We must pull our inner weeds.
We must plant the seeds of kindness, love, and compassion.
Water them daily.
Watch what you are saying.
If it's going to be negativity don't say it.
Day by day take baby steps.
Yes, you will fall.
That's part of the adventure.
Two steps forward one step backward.
This is how we learn
Slow and steady wins the race.
You can't take giant leaps.
Look the earth took billions of years in evolution so we can be here.
Imagine if you did your part of solving the piece of the puzzle
You would inspire your family and friends.
They would want to know what you are doing.
There is no conversion on this path.
The truth needs no conversion.
There is no convincing n this path.
The truth needs no convincing.
Each human being is unique.
You are custom made.

God, the supreme electrician has wired you up so you can discover your true nature.

Ponder this over.

You can solve this puzzle.

The Song Of Life

The song of life.
Can you hear it?
The universe is singing such a sweet song.
Can you hear it?
Glorious harmonies are all around you.
Are you lost in texting on your cell phone?
The universe is alive.
Where are you?
Do you know the essence of your life?
Have you taken your first conscious step?
You have free will.
You can walk all alone in this life while you have an endless amount of support
watching over you.
The decision is up to you.
You must day by day.
Moment by moment pay attention to the jewel inside.
In the beginning, it takes great effort.
You meditate on God.
Somewhere along the way God begins to meditate on you.
That's a glorious thing.
You can be a partner of God.
You can learn how to be kind in any situation.
You can learn how to have patience and tolerance.
You can learn how to have love and compassion.
This is your true nature.
The song is playing for eternity.
You are eternal.
You were never created.
You will never die.
Your body will.
But your true essence will never die.
Think about that.
Ponder over that.
You can discover the jewel inside of you.
That's your true nature.
The great masters of the past mastered it.
They said a deaf man can hear the unstruck music.
This music is intoxication to the soul.

Yet this intoxication will make a man wise.
It will totally transform him.
Ponder this over.
You can solve this puzzle.

The Spirit Of Humanity

The spirit of humanity.
Wow, what can I say?
You are the universe.
You just don't know it.
Your spirit never dies.
It is eternal.
You were never created and you will never be destroyed.
Your body will.
But your spirit is eternal.
Isn't that amazing.
Yet we are driving down the street with our cell phone in our hands.
We are oblivious to our true nature.
Your true essence is kindness.
Your true nature is love and compassion.
Your true nature is patience and tolerance.
What happened?
How did we totally drift off course?
We are like a ship without a rudder.
Our planet is in turmoil.
Yet millions of people are waking up from their slumber.
Humanity will reclaim and once again discover their true nature.
The sun is arising.
Mark my words peace will come on earth.
Yes, it will take some time.
But the weeds are being pulled on this planet.
Darkness is slowly disappearing.
Soon the sun will rise to a point where darkness is totally gone.
You are a piece of this puzzle.
Discover your true nature and you will help humanity to solve this puzzle.
It takes each one of us.
I can't solve your piece of the puzzle.
Every individual on this planet has to solve it for themselves.
You are your own savior.
Yes, help is on the way.
Just simply ask.
You have free will.
Nobody will take that away from you.
Ponder this over.

Discover your true nature.
God lies inside of you.

The Summer Night Time Breeze

The summer nighttime breeze.
Once upon a time, I lived in Maui with my family.
I was working at the observatory on top of Haleakalā.
My wife and I loved to work on the Lahaina side of Maui.
We would love to take off our sandals and walk in the ocean water and feel the
night time breeze.
The best time of the year was summer time.
Words truly can't describe the feeling.
Yet we would walk slow and capture the moment.
There was a hotel that had a marvelous Buddha statue.
It was quite the beautiful sight.
Maybe it was one of those time where all the elements came together.
It seemed like a perfect moment.
The only thing you could hear was the sound of the ocean.
The moon was full and reflecting in the ocean.
Time seemed to slow down.
There was an aura of peace all around.
This peace seemed to exist everywhere.
Why don't we capture these moments every day while we are alive?
Signposts of God are everywhere.
Yet do we have the eyes to see?
Imagine every moment this peace is pervading everywhere.
There is a sweet perfume of life in all of the universe.
Yet man is missing out.
We have been trained to look outside for the answers.
Mystics have come and gone.
They told their incredible story.
Man just went on there merry way.
I'm not interested in anything spiritual.
It's just a made up story.
Yet the spiritual path is the most practical path.
It shows you the way in this crazy jungle of life.
Imagine having someone who shows you the way out of the darkness and into the
light.
Your true nature will help you on the way.
You have free will.
You can be stuck in your ways.
Nobody will judge you for that.

Ponder this over.
You can solve this puzzle.

The Sunshine

I love the sunshine.
Many moons ago I lived in Santa Fe, New Mexico.
The winters got cold.
I remember going to a small grocery store.
We would buy our groceries.
Along the way home there was the area that the sun hit.
It was perfect for sunbathing.
My friends and I would stop for around five minutes and bask in the sun.
We would close our eyes and feel the warmth of the sun.
It was a glorious moment.
The sun was alive.
We were be natured by the sun rays.
Really there are no words to describe it.
We felt in harmony with the sun.
The sun was communicating without words being spoken.
Words are finite.
The sun communicates through love.
As a matter of fact, the entire universe communicates through love.
Most of the time humanity is oblivious to it.
We are in our cars with our cell phones in our hands.
We are building one more extra layer between us and the universe.
We have one extra layer that we have to go through to discover our true nature.
Silas, Ephraim and I went through this routine for the winter while we were there.
It was a glorious moment in my life.
Who could believe that just backing in the sun could be such an enlightened
moment?
How many moments do we lose not by seeing the signposts are all around us?
Is life like hide and seek?
The signpost is there yet we don't see them.
Magic is all around us.
The light is all around us yet we live in darkness.
We have forgotten our true nature.
The sun never boasts or says "look at me".
The sun just shines.
That's our true nature.
The secret lies within.
Ponder this over.
Discover the sunshine within your being.

The Wheel Of Life

The wheel of life.
Is life a cosmic wheel?
The wheel turns and turns for eternity.
We come and go.
Civilizations come and go.
Universes come and go.
This is the wheel of life.
Nothing is constant.
Everything changes.
Nothing will remain the same.
Someday the earth will no longer exist.
I'm not being morbid.
I'm just saying the facts.
Everything in the universe comes and goes.
Even the universe will disappear in a blink of an eye.
Yet you are eternal.
You were never created nor will you ever be destroyed.
Yes, your body will die.
But you will never die.
There is at of you that is eternal.
You may ask that's incredible.
If that's true why don't I know it?
Because you are looking in the wrong place.
You are driving in your car with your cell phone in your hand.
You think that reality exists only external.
You are the universe.
You just don't know it.
You have been looking in the wrong place.
The journey exists inside of you.
This is the greatest game of hide and seek.
God hides inside of you.
Yet you are looking all over and never can find it.
You have free will.
You can learn how to take baby steps to discover your true nature.
All the great masters have said the same thing.
They may use different words.
Christ said the "kingdom of heaven lies within".
This is not some metaphor.

Ponder this over.
You can solve this mystery.
The wheel of life is turning.
Discover your true nature.

The World Would Be Much Better

The world would be much better if we were all kind.
The world would be much better if we had love and compassion for all.
The world would be much better if we had patience and tolerance for all.
Mankind can choose a better way to live.
We have been fighting and bickering for ever so long.
It seems like that's our true nature.
Yet our true nature is kindness.
Our true nature is love and compassion.
Our true nature is patience and tolerance.
Where did we go wrong?
Our we like a ship without a rudder?
We don't see the unity of life.
You are the universe.
You just don't know it.
Maybe that's the problem.
We think living in darkness is our true nature.
We accept our anger, hate, and intolerance as a part of us.
I can't change.
This is who I am.
Yes, darkness exists in all of us.
This is why its so important to shine the light inside.
Darkness is only the absence of light.
When you switch on a light entering the room darkness disappears.
Darkness is simply the absence of light.
All the great masters talked about discovering your true nature.
Nobody gets a free ride.
Did you know that the Dali Lama once had a temper problem when he was young?
He learned how to go beyond his anger.
He pulled his inner weeds day by day.
He planted seeds of kindness, love, and compassion.
He daily watered the soil.
Look at him now.
He is an inspiration to the world.
You can also be an inspiration to the world.
You are a precious piece of the puzzle.
The world needs for you to discover your true nature.
The time is ripe.
The sun is arising.

It's going to be a glorious day.
Ponder this over.

The Year Of 2017

The year of 2017.
Wow, what a year.
It seems like time is flying.
What an incredible rush.
This planet is slowly changing.
The pot is being stirred.
No longer can you stand on the fence.
The fence no longer exists.
You must choose what you want.
Do you want the old energies of war, hate, and anger?
Or.
Do you want peace, kindness, love, and compassion?
The choice is yours.
You decide.
Nobody can choose for you.
You have free will.
You must make a conscious decision.
In order for peace to occur, you must solve your piece of the puzzle.
Nobody can put your piece on the puzzle board of life.
This is how precious you are.
The sun is rising on the horizon.
You can see darkness is scrambling all around.
There is no place to hide.
Look at the world around us.
Look at how all truths that have been hidden comes out in the open.
This is the new dawning of man.
The light is dispelling the darkness.
You are a part of this process.
Pull your inner weeds of war, anger, and hate.
Pull all of your negative weeds.
Daily focus on peace, kindness, love, and compassion for all.
If you do day by day this world will change for the better.
You can do this.
The time is now.
Peace will come to earth.
You will discover your true nature.
The jewel lies inside of you.
Pick up your inner shovel and discover the diamond within.

There Is A Place I Can Go

There is a place I can go.
This place is my true state.
Freedom, kindness love and compassion reside there.
This is your true home.
This is where you came from.
You have simply forgotten.
You are eternal.
You were never created.
You will never die.
Your body will.
Yet your soul is eternal.
You can go to this place while you are alive.
All the great masters talked about this great place.
Christ said the kingdom of heaven is inside.
These weren't just words.
There is a practical moment by moment experience.
You can be in heaven while you are alive.
Heaven is a state of being.
There are no physical mansions there.
Yet kindness, love, mercy, compassion, and patience reside there.
You can express these qualities day by day in your life.
Pull your inner negative weeds every day.
Water your inner soil.
Toil your soil.
Take care of your inner garden.
Watch what you are thinking?
Drop your negative thoughts.
Take two steps forward.
One step backward.
This is how you learn.
Nobody gets a free ride.
You grow and learn from your mistakes.
Life is like a video game.
You grow and learn from each different level.
The game gets harder yet you enjoy each level you are playing in.
This life is a grand adventure.
Ponder this over.
You can be in heaven while you are alive.

The Breath

The breath
It's kinda sad.
The majority of mankind takes the breath for granted.
Yes, we breathe in and breath out.
That's so common to us.
We do this in each and every moment.
What could be more common?
We all breathe.
Yet behind our breath is a power that keeps the entire universe alive.
You are the universe.
You just don't know it.
The power behind your breath is keeping you alive.
You have the potential to connect to this source.
In essence, this is your true nature.
Many of the great masters taught this.
They taught to meditate upon your breath.
It takes baby steps.
At first, you may not seem to feel or see anything.
Have patience.
The mind is like a tuning fork.
It takes time to tune into the frequency of life.
This frequency is pure love.
Day by day simple follow your breath.
Year by year simply follow your breath.
Decade by decade simply follow your breath.
Your breath will set you free.
Your breath will reveal you're true nature while you are alive.
I know it sounds so simple.
It is.
Yet we make life so complicated.
The truth can be there all the time.
Yet we are trained to look outside of ourselves.
The jewel has always been hidden under our pillow.
This is where God hides.
Inside of you.
This is the greatest hide and seek game.
Ponder this over.
You can solve this puzzle.

Times Flies By

Times flies by.
My theory is the older you get the faster time flies.
I can't prove it to you.
But I think time is a state of mind.
When I was young time seemed to last for an eternity.
I remember summer vacation in grade school.
Summers lasted for eternity.
Today is my birthday and this year is almost over.
Summers and years fly by.
I was once young and today I'm sixty-five years old.
When you were young you couldn't even imagine getting old.
When you are old you can't imagine being young.
Life has two sides of the coin.
My mind is still young.
My body has a few aches and pains.
Yet overall this body is an incredible vessel.
I'm learning how to take care of it.
My theory is this is the only body you get.
So take care of it.
Personally, I think we can slow down time and heal our bodies.
Mankind is on the forefront of discovering new ways to heal the bodies.
You are your own doctor.
Your mind is super powerful.
Your spirit is infinite.
Combine those two together and you can definitely improve your health.
By learning how to meditate you can learn how to suspend time.
You can be in a place of suspended automation.
In this place, your body can heal.
Time is your friend.
At times we think time is our enemy.
Our society praises the young and neglects the old.
We think the older you get the less worth you have.
What a crazy world we live in.
We have so much backward.
Ponder this over.
Try to become more aware and conscious in your life.

Signposts of God are all around.

Time For A Change

Time for a change.
Let's face it humanity.
It's time for a change.
We have been fighting for so long.
We still think that war can solve our problems.
It hasn't.
Yet we think we can bully people around.
The world is tired of our antics.
We used to be admired by the world.
Just think in only one year we have lost the world's respect.
Even almost the entire UN voted against us.
Yet we are still arrogant in our ways.
We simply mocked the world who voted against us.
We have changed our position.
It's now us versus the world.
In the past, we were the world's leaders.
We have fallen from that.
The world can no longer trust us.
Even our most solid allies are lost and confused.
Some of them even threaten to put our President in jail if he puts one foot in their
country.
The pot is being stirred.
We are seeing darkness is all around.
Yet the light is shining.
This darkness is being revealed and is going to go away.
The sun is about to rise.
The first rays are hitting the land.
Mark my words peace will be on this land.
A golden age is about to be on this land.
We will finally witness and see humanities true nature.
It exists inside of us.
You will discover your true nature.
Kindness, love, and wisdom lie inside.
All the past negative energy will disappear into the night.
Soon it will be forgotten.
War will soon not be in our vocabulary.
The golden age has started.
Ponder this over

A new dawning for man is here.
Let the dust settle and discover your true nature.

Time Is Precious

Time is precious.
Many people say you only have a few precious breaths while you are alive.
We come into this world.
Before we know it we leave this world.
Time is silently slipping away.
Where does time go?
I remember as a kid time seemed like an eternity.
Summer vacations lasted forever.
I just turned sixty-five years old.
The years just seemed to fly by.
It seems just like yesterday we approached the year 2000.
Now it's almost eighteen years later.
Yes, time is precious.
Enjoy every moment you have.
Treasure your life.
Be grateful for being alive.
This life is a journey.
Yes, you will hit potholes on the road of life.
That's what makes it a journey.
Life always changes.
You can never hold on to a moment.
When you try life will just pass you by.
You can almost grasp it.
It right between your fingers.
But time just passes you by.
The wise masters of the past have said that sit in stillness.
There is the inner silence you can go beyond time and space.
You are eternal.
You were never created nor will you ever die.
Yes, your body will.
But your essence is eternal.
When one truly recognizes this one has the experience time is precious.
One experience a shift in awareness.

You can't exactly put this into words.
Yet your view of the world and time changes.
You may hit the same potholes in life.
But this time you have great shock absorbers.
Life will carry you through rough times.
Ponder this over.
Time is precious.

Time Passes Every Breath

Time passes in every breath.
The mystics have said that you only have so many breaths.
Nobody knows how many we have.
Each individual has a different count.
Yet I really don't think destiny is cast in stone.
We can learn how to be conscious and learn how to change our ways.
But time slips away with each breath.
We must be aware of the miracle of the breath.
We take it for granted.
All the great masters talked about the breath of life.
Behind our breath is the power that is keeping the universe alive.
We just aren't aware of it.
We always look external to find God.
But the great masters have said the kingdom of heaven lies within.
God is hidden under our inner pillow.
What an incredible game of hide and seek?
This is probably the greatest game man can play.
The great masters have given us hints to where to find God.
Many great books have been written on this.
They can't walk the path for you.
They can't play the game for you.
It's up to you to decide if you want to play in this game.
You have free will.
This is the law of the universe.
Nobody will take that away from you.
These sayings or poems are hopefully inspiring you.
They were meant for you to ponder over life.
They are meant for you to see a different side of the story in life.
We aren't trying to convince you or trick you.
The truth doesn't need that.
The sun just shines in the sky.
The truth just shines.
The truth lies inside of you.
It will never go away.
This is your true nature.
Ponder this over.
You are eternal.
You are the universe.

Time Will Do That To You

Time will do that to you.
Time slowly slips away.
You can never quite grasp it.
It just a fraction away from your fingertips.
Time is elusive.
Yet it affects us in every way.
Time is like a great sculpture.
It slowly ages us.
Where we once young.
We hit the middle age.
Now I'm in my sixties.
I'm still in good shape for my age.
I'm still young at heart.
My mind is fresh.
I think that a spiritual path is the most practical path.
I learned about moderation in all areas of my life.
I'm beginning to use time as my friend.
Time is not an adversary.
Time and space exist.
Yet we are eternal.
We are the universe.
We just don't know it.
This is why all the great masters said to discover the jewel within.
You can go beyond time and space.
It's amazing how so many physicists are saying the same thing.
Many of them are saying the future can influence the past.
They are saying time is a circle.
We think time is linear.
You go from point a to point b.
Maybe this is why we feel the ravages of time.
You are what you think.
What would happen if a man truly realized that he is beyond time and space?
How long would you live?
Ponder that over.
Scientists and mystics are both looking at the same thing.
They may have different angles.
But the essence is the same.
You are the vast universe.

Tired In The Head

I'm tired in the head.
All I see is chaos all around.
The media is on fire.
Fake news is all around.
Yet our press is reporting as best as they can.
We have a President who calls any news he doesn't like fake news.
He proclaims he can touch any women by the pussy and still get elected.
Hundreds of men have gotten fired for sexual discretions and he is still in office.
He calls the chairman of North Korea a little rocket.
I don't think he has a bone of diplomacy in him.
Yet, America elected him.
I could go on and on.
But there is great hope all around us.
The sunrise of man is occurring.
The first rays are hitting the land.
Soon it will be noon.
The light will finally shine on this planet.
It was a cold and dark winter.
It lasted for ever so long.
Humanity is tired of the bickering and fighting.
We know deep down inside that war is not the answer.
It has never solved anything.
It's a rich man's chess game.
The young unfortunately are pawns in this game of life.
Which side of the fence do you lie?
You can't sit on the fence any longer.
Do you want anger, war, greed, and intolerance to prevail?
You have seen for thousands of years where that has gotten us.
Or.
Do you want kindness, love, patience, and tolerance on this planet?
It's up to you.
You have free will.
You vote by your actions.
Your actions dictate what side of the coin you want for this planet.
God does not change the world.
Your prayers do not change the world.
Your actions change the world.
Period.

Ponder this over.
You can be a light to this world.

To Be Real

What does it mean to be real?
I remember a long time ago I had a great friend who's house just burnt down.
I asked his Father how are you doing.
He gave me a plastic smile and said never been better.
I think this is probably the first time I was conscious of being real and being fake.
Your house just burned down.
Are you out of synch with your emotions?
You don't have to hide them.
To be real is to be aware and feel the emotions you have.
All the great masters of the past said to weed your inner garden day by day.
They didn't say stuff your emotions.
Did you know the Dali Lama once had a temper problem?
I read this in one of his interviews.
Yet look at him now.
I remember about 30 years ago he said that every day before he goes to bed he
goes over the daily events in his mind.
He looks at situations where he can improve himself.
To be honest, at the time I didn't understand.
I didn't have the foresight or understanding how important that was.
Years later I see that pulling the inner weeds is a way to be real.
It's a way to be truly authentic.
You have nothing to hide.
You are like the sun in the sky.
You simply shine.
Look this life is an incredible journey.
We all hit potholes in our lives.
Doesn't it make sense for us to be real with each other?
No agendas.
No trying to convince you of my beliefs.
No cunning.
No lying.
Just be honest and real.
Just be a human.
Just be a kind man.
I truly think kindness is the way.
When you are kind you have no inner motives.
You are truly real in that moment.

You are in sync with the universe.
This is your true state of mind.
Ponder this over.

Tonight I Wait For You

Tonight I wait for you.
I know that you will show up.
You are inside of me.
We have free will.
We can go on our merry way and be completely oblivious.
We are the universe.
We just don't know it.
Signpost is all around.
We are oblivious to them.
We are driving in rush hour traffic with our cell phones.
In our hectic life, we can't wait for anyone.
We rush through life.
It seems like mankind is getting more stressful with life.
We have all these devices supposedly to help us.
Yet it seems it makes our life more stressful.
Personally, I think we need to slow way down.
We have gotten into a traffic jam in life.
We are driving in the wrong direction.
Yet we think that nothing is wrong.
We are blinded and yet we think we can see.
Imagine that the universe is hiding inside of you.
What do you see?
Maybe you are cursing at me and saying that's make-believe.
That's hocus-pocus.
Look I'm not trying to convert you.
I'm not trying to change you.
I'm stating the obvious.
Talk to any physicists today.
They know about quantum energy.
The mystics and the scientists both are talking about the same thing.
They have different angles to the same story.
Both of them are in a state of awe about the universe.
I'm just saying with your free will you can also discover your true nature.
Yes, it takes time.
Yes, it is a journey.
Yes, you will discover your true nature.
Ponder this over.

True Love Does Not Want To Hurt

True love does not want to hurt.
True love is kind.
True love truly cares for the other person.
True love just shines like the sun.
He has no ulterior motives.
True love doesn't try to change or manipulate you.
It doesn't want to use you as an object.
True love is not a status symbol.
True love knows that life is a journey.
In a journey, both of you will hit potholes in life.
That's why its called a journey.
True love will support both of you on this journey.
It's like both of you are shocked absorbers for each other/
True love is like wine.
It gets better with age.
True love takes commitment.
Nobody gets a free ride.
It takes emotional maturity.
Both people have to work on their inner garden day by day.
It's a give and take in life.
As with any relationship you will be tested.
Life will throw you curveballs.
Life will test your relationship.
Life will make you stronger.
If you are aware of the game of life the game is easier to play.
You know what buttons life will trigger your way.
When the same buttons get triggered with awareness you can go beyond them.
This is when your relationship can go to another level.
You see relationships never stop growing.
Everything evolves.
Everything changes.
Everything matures and grows.
We are fortunate when we discover true love.
True love truly exists when we can find the love inside of ourselves.
This will bring true strength to any relationship.
Ponder this over.
This advice will help you tremendously on the road of life.

True Love

What is true love?
But first what is the truth?
Where does truth exist?
Do truth and love belong together?
Are truth and love the same thing?
Are they different words but have the same meaning?
Are they two sides of the coin?
You cant have love without truth.
You can't have truth without love.
It seems like both of them is merged together.
No wonder the great masters talked about finding the truth you will find love.
When you find the love you will find the truth.
All of them said they exist inside of you.
You are the vast universe.
You just don't know it.
The entire universe is supreme love.
The entire universe is composed of truth.
This is true love.
Many people think true love is between a man and a woman.
Yes, that does exist.
But once you discover the jewel inside you have true love for all.
You are the sun.
You simply shine.
That is your true nature.
You are kind.
You are full of love and compassion.
You will have solved your piece of the puzzle in life.
Ponder this over.
Man has been searching for true love all his life.
Yet the answer has always been within.
Isn't that ironic?
For thousands of years, man has been looking in the wrong direction.
The truth has always been shining inside.
True love is the building blocks of the universe.
Somehow unconsciously we know it.
That's why we pursue it.
We can't quite put into words where to find it.
Yet we know it exists.

Visitor

We are all visitors on this beautiful planet.
We come into this world.
We visit for a short while.
And then we leave.
Our lifespan is really a blink of an eye in eternity.
It seems like when we are young we live forever.
The older you get you truly see how precious life is.
It seems like deep down inside you know when the game is up.
Life is so precious.
Where did yesterday go?
Is this life a game of hide and seek?
All the answers lie inside of ourselves.
Yet we constantly look outside of ourselves.
Look I'm not here to badger you.
I'm not here to convince you.
I'm not here to convert you.
The truth doesn't need conversion or convincing.
The truth just exists inside of you.
You are the universe.
You just don't know it.
These are not just words.
Ask the modern physicist.
He will talk about quantum energy.
Both the mystic and the physicist are talking about the same thing.
They have just different angles to see the picture.
They are both talking about the same coin in life.
So you are a visitor.
Where did you come from?
Where is your true home?
These are the questions you should ask yourself.
This life is so short in the eyes of eternity.
Yet we go on merrily on our way.
Ponder this over.
Life is precious.
Know why you are alive.
You can solve this puzzle.
You are a visitor on this earth.

Walking On Egg Shells

Walking on eggshells
Have you ever felt that life is walking on eggshells?
At times in each and every moment, you are cautious of the steps you take.
Some people judge your every step.
You have to walk on eggshells around them.
These people are highly critical towards themselves and others.
They seem to get a delight in criticizing others.
Yet they never pull their inner weeds.
They probably don't think they have any.
Unfortunately, they are missing out on life.
Why point your one finger towards yourself when you have three fingers point
back towards you.
I got that saying many moons ago from a great teacher.
Now we don't want to be a bull in the china shop either.
We have a current President like that.
Our entire nation and world are in upheaval.
Nobody knows what is going on.
We are like a ship without a rudder.
Even our allies are concerned.
They don't know what we stand for anymore.
It's amazing the kind of damage one person will do.
His has a vendetta towards the last president.
So he is trying to unwind the clock and undo everything he did.
Personally, I think our political system needs an entire makeover.
We need fresh blood.
I think the young people are better to rule the world.
They have different ideas on life.
They have a fresh perspective.
They aren't in gridlock with one another.
Look the Republicans and Democrats can't work together
They only can see the party line.
They don't know how to compromise.
For so long like now when one is in majority they totally rule.
They pass laws that are totally biased against the other side.
In the old days, you would have public hearings for a bill.
Not anymore.
They hold sessions behind closed doors.

Then they vote.
Usually the other side votes against it.
They had no say in the matter.
Ponders these words.
Our system must change.

Want To Go Back Home

If you ever felt I want to go back home.
Once I was in business for Charles Schwab.
I was on a two-week business trip/
I was put up in first-class hotels and fine dined every day.
I could choose any restaurant I want.
There were times in my life where I didn't have a penny.
Here I was Charles Schwab was footing the bill.
Yet at some point in time, I just wanted to go back home.
I missed my home.
I missed my family.
They say home is where you make it.
That may be true or partially true.
I must admit traveling on the road is not for me.
I have traveled all around the world.
It was exciting.
I learned a lot about the world in general.
But there was a point in my life where I settled down.
I truly appreciated my wife and family.
There is a point where maturity sinks in.
You can't quite pinpoint it.
But as you consciously build your foundation of light you become aware.
You can see the world from a different perspective.
You can see beyond the craziness of this world.
One begins to embrace kindness, love, and compassion in one's life.
Balance is the key.
One begins to balance in all areas of life.
You begin to see what's truly important.
The world loves to suck you into drama.
Just look at Facebook.
Drama is all around.
One begins to build an inner and outer world that reflects your experience.
Ponder this over.
What kind of home are you building?

We Are Made To Experience

We are made to experience.
What in the world does that mean?
As humans beings, we come to experience life.
We come to see and understand the world around us.
This life is an incredible journey.
This journey is infinite.
It will never end.
Did you know that you are hardwired to experience God?
Imagine having a yellow Ferrari and keeping it in your garage the entire life.
What would be the point?
A yellow Ferrari is meant to be driven.
Yet's your garage door is closed.
Your yellow Ferrari is gathering dust all around.
In the same manner, you are hardwired to find God.
Did anyone tell you that?
You are the universe.
You just don't know it.
God is hiding inside of you.
The human body is hardwired to find God.
You have free will to discover God inside of you.
This is the great hide and seeks game in the universe.
Inside of you lies the truth.
You just need to open the door.
You just need to take small baby steps.
You can't take a giant leap.
It doesn't work that way.
All the great masters have said the same thing.
The kingdom of heaven lies within.
Yes, we are made to experience God.
Does that excite you?
Does that catch your attention?
Or
Thanks but no thanks.
I'm not interested.
No problem.
You have free will.
The universe won't judge you.
Ponder this over.

You are hardwired to find God.

We Can All Make The Change

We can all make the change.
We can make this world a better place.
Peace can be on earth.
This may seem like a fantasy.
But fantasy's soon become real.
People have prayed for peace for thousands of years.
The sun is arising.
The rays of light are appearing in the sunrise.
These are rays of love, kindness, and compassion.
This is your true state.
You can drop anger, greed, war, and intolerance.
This is not part of your true nature.
All it takes is for you to weed your inner garden.
You can pluck the negative weeds.
A great sigh of relief can take place.
You don't need to carry these heavy boulders.
They only drag you down.
You may think I need this to protect myself.
Yet you are the universe.
You just don't know it.
Humanity has been holding on to darkness for thousands of years.
We think this is our true nature.
We don't know how magnificent we are.
Somehow we have misplaced the jewel of life.
The great masters of the past have said it's inside of you.
Only you can discover this precious jewel.
It takes free will.
Yet you can take a horse to the water.
But you can't make the horse drink..
Well, you can put salt in his food.
Maybe just maybe this is salt.
Maybe just maybe you will have the thirst to discover your true nature.
Ponder this over.
Peace will be on this planet.
The time is now for humanity to wake up from their slumber.
What a glorious day it is.
Mankind is waking up.
No more nightmares.

Welcome Back Home

Welcome back home.
Wasn't that a roller coaster ride.
You had an incredible journey on earth.
Yet you hit a lot of potholes along the way.
That's why it's a journey.
It's not always a smooth ride.
We are throwing a party in your honor.
It's only a blink of an eye that your life on earth has ended.
You did an incredible job.
You learned a lot of wisdom along the way.
It's time to rest and recuperate.
As you know life can be quite stressful down on earth.
All of your stress is now gone.
Can you feel the love in the air?
Can you feel the kindness all around?
This is your true nature.
Bask in it.
You are the light of God.
This is your true state.
This is your true home.
Yes, you had a home on earth and you see it's only temporary.
Everything on earth is temporary.
I don't have to tell you that.
Now is the time to see how incredible you truly are.
You are the universe.
You probably heard that down on earth.
Yet they were just words.
Now you can directly experience that.
No words are involved.
Just a direct experience.
Isn't that amazing?
You are the universe.
Now you know it.
Maybe those great master weren't so crazy after all.
The kingdom of heaven lies within.
Ponder this over.
You can solve this puzzle.

What A Glorious Day

What a glorious day it is?
I just got up.
It's early in the morning.
The birds are still sleeping.
A snowstorm is coming our way.
The weather is going to get worse hour by hour.
If you can don't go out and drive.
Stay inside.
Every day is a glorious moment to be alive.
I'm so grateful that I feel life is glorious.
I see signpost of God in my life.
Even when it seems that I hit a pothole in life the situation turns around.
Yes, life is a journey.
There are potholes in life.
That's why it's a journey.
Life isn't a smooth and straight road.
I'm sure you realize that.
There are many ups and downs.
There are many curveballs thrown at you.
They just make you stronger.
I have said many times before that the spiritual path is the most practical path.
Day by day one becomes more aware and conscious of life.
This awareness helps you to have shock absorbers in your life.
You may hit the same speed bumps in life yet you are more at ease.
You don't freak out when they appear.
A person learns not to react to each and every situation.
You learn how to be aware of the moment.
You watch your words.
You don't tweet what comes to your mind at 3:00 in the morning.
You begin to take control of your actions.
A wise man just smiles.
He has nothing to say.
A wise man knows that this is a glorious day.
I'm alive.
What can be greater than that?
Ponder this over.
What a glorious day.

What A Heavenly Treat

What a heavenly treat.
Did you know that heaven lies inside of you?
What, no way.
How could that be possible?
I never saw heaven inside of me.
Are you sure?
This isn't just some philosophy.
This isn't just some mumbo-jumbo.
For thousands of years, the great masters have said the kingdom of heaven lies
within.
Ok.
I heard that many times before.
Where is it?
To discover heaven inside of you must use your free will.
You must day by day use your intent to discover your true nature.
You must day by day pull your inner weeds.
Meditation is a key ingredient.
Meditation will help you to tap into your true nature.
We are so distracted by the world around us.
There is a thin layer of dust covering the mirror.
You must make conscious effort day by day to dust off the mirror of life.
This path to heaven is a path of self-awareness.
Nobody can walk the path for you.
The great masters of the past gave great wisdom.
It's up to you to implement the wisdom.
The path is very simple.
We are very complicated.
The signpost of God is everywhere.
Yet we don't see them.
We are walking around with our cell phones in our hands.
The signposts are there yet we are too busy text messaging.
Heaven is a state of mind.
You must slow down to experience life.
We are constantly in a rush.
I gotta get to work on time.
Wow, no wonder we are a mess.
Ponder this over.
Heaven lies inside of you.

What An amazing Life We Have

What an amazing life we have.
Wow, we are alive.
We are walking on this planet.
We can soak in all the different flavors of life.
Is our life depends on our conscious state of awareness?
Does our thinking dictate our current state of affairs?
Have you seen people who see life as half empty?
They are always bitching and moaning about their life.
Yet there are others who see the glass as half full.
The same situations occur but they see how amazing life is.
Yes, life is a matter of attitude.
You can rise beyond your current condition.
You can see the amazing life we have.
This life is an incredible journey.
A wise man rejoices in each and every moment.
Beyond the yin and yang of life lies eternity.
A wise man understands there is no true destination.
This journey is eternal.
You can never clap your hands and say I've learned everything.
Your true nature is beyond tie and space.
You are locked in a human body while you are alive.
Yet your essence is eternal.
Have you ever pondered what is keeping you alive?
You are the universe.
You just don't know it.
I know you are probably rolling your eyes.
What a far-fetched idea.
You must be crazy.
Yet the jewel lies inside.
You have looked for it outside of yourself.
All the great masters have said the same thing.
The kingdom of heaven lies within.
Ponder this over.
You can solve this puzzle.
What an amazing life we have?
Discover the secrete that lies within.
This is your true nature.

When Was the Last Time You Thought

When was the last time you thought?
Are we running this life in remote control?
Are we just running around in circles?
Do we ever stop and reflect on life.
This world at times it seems like we are out of control.
The mass media controls our every move.
Buy, buy, buy is the theme.
You gotta drink this Pepsi in order for you to be successful in life.
The commercial industry spends billions to hook you.
Looks at all these drug commercials today on TV.
There say ever so softly.
This could cause death or a heart attack.
This could cause suicidal thoughts.
Yet take this drug for your problem.
You will be OK.
Does that sound like a good idea?
Yet doctors endorse it and have you take it.
If it was a homeopathic drug they would close the business down.
I truly think we need to think about life.
You need to think about what's going on.
We need to be free.
We need to think outside of the box.
Our attention can't be focused only on the external.
I have said repeatedly that the spiritual path is the most practical path.
I truly mean it.
It encompasses both the external and internal.
It encompasses both sides of the coin.
It's the purest kind of life.
What I mean it that you gather inner wisdom and external wisdom.
We need both of this in this world.
With the internal wisdom, you can see beyond the craziness of this world.
You begin to see and think for yourself.
You begin to think outside of the box.
Over time you begin to see your true nature.
You are the universe.
You just don't know it.
Ponder this over.
When was the last time you thought?

When You Step Across The Line

There are rules in life.
When you step across the line there will be consequences.
If you are caught shoplifting you will pay a fine.
If you do it again you will be put in jail.
Some states have a three strick rule.
That means if you are caught three times you will be put in prison permanently.
That means even if you steal a candy bar for the third time you will go to jail
forever.
Now that cruel.
Our prison system is based upon punishment.
In Northern Europe, they are closing down prisons.
The whole setup is to rehabilitate people.
They treat them with dignity and train them.
Consequently, people change and learn from their mistakes.
Crime goes way down.
Here in the States, our prison system has gone to private corporations running the
system.
As a corporation, they want to have a tremendous profit.
They will skimp all over the place.
They have no interest in rehabilitating anybody.
They would lose money that way.
It's sad but its true.
Did, you know that you can never step across the line with God?
God will never give up on you.
You have free will.
Yes, consequences happen in this world if you make huge mistakes.
With your free will, you can change for the better.
A spiritual path will help you to live your wise more wisely.
You can think before you speak.
You can hesitate even for one second to do an action you might regret.
A spiritual path is practical.
How can you harm someone when you realize you are harming yourself?
If all of humanity had this experience there would be no war or crimes committed.
Ponder this over.
You are a piece of this puzzle.
You can solve this riddle.

Where Do We Go From Here

Where do we go from here?
That's a good question.
We are at a milestone for humanity.
The sun is about to rise over the horizon.
The light is about to shine.
We have been living in darkness for ever so long.
In fact, we think this is our true state.
Anger, War, and hate are normal.
Yet a new dawning is at hand.
Kindness, truth, and compassion is your true state.
You are the universe.
You just don't know it.
We are going from darkness to light.
The golden age of man is coming.
Great transformations are occurring on this planet.
Darkness knows it can't win.
Darkness is only the absence of light.
The pot is being stirred.
Darkness is holding on for dear life.
Look at the positive things going around in this world.
Everything that was negative is coming and showing itself.
A new way of being is coming on this planet.
Kindness will lead the way.
No longer will powerful men get what they want if it will hurt others.
A new dawning has occurred.
The old ways of controlling others are over.
My advice to make this change permanent is to look inside of yourself.
Daily pull your inner weeds.
Watch carefully what you say.
If it is harmful don't say it.
Hesitate before you do an action.
Ask yourself does this action have consequences.
If it does don't do it.
Lighting up.
Be happy.
I don't care if you believe in God or not.
If you do these actions the world will change.
Ponder this over.

Where There Is Instrumental

Where there is instrumental people will be having fun.
Music is a gateway to the divine.
Music makes us happy.
Music brings up good memories.
It brings up good times in life.
I can hear a song from my youth and flood of memories fill my mind.
Each culture has their distinct signature of music.
We call it folk music.
Well, I must say these folks are quite unique.
Each one expresses music in a different way.
I have traveled around the world and love to hear the different types each culture
has.
You can see the web of love that ties us all together.
Music has a way of doing that.
You might not understand the language but you can understand the music.
Music touches the soul.
Maybe when countries have problems with one another they should play music for
one another.
Ultimately this would bring both sides to harmony.
Maybe, just maybe they could really listen to one another.
Music is a bridge to unite us all.
It talks about the good times and the ways humanity needs to improve.
Bob Dylan started out as a protest singer.
In the fifties, the folk singers in America talked about freedom and justice.
Each generation uses music to look for a better way of life.
Music has a way for humanity to clean the dirty mirror.
We can truly see we need to change.
We can simply dust off the mirror.
It's that simple.
We think it is complicated.
So, therefore, we don't do anything about it.
Ponder this over.
Let the music fill your soul.
Let the music change your life for the better.
The artists have great messages for mankind.
They are here to help alleviate our suffering.
Imagine the world without music.
I certainly can't.

Why Can't We Do It All

I have a dear friend Chris.
We have been friends for many many moons.
46 years in fact.
I met him in South Africa.
We were on the same spiritual path.
I lost contact with him many years ago.
Recently we have reconnected.
It seems like yesterday.
Anyway along with the story.
His main question is “why can't we do it all”?
That's a very valid question.
At times he gets a little depressed with this question.
He has been meditating for many years.
Personally, I think patience is the best medicine.
I sincerely believe we can do it all.
Yet it is a day by day step in this journey of life.
We want to leap where small baby steps are needed.
We learn along the way.
Sometimes we think we haven't gone far on this journey of life.
Every one of us has traveled so far.
You see on this journey there are no benchmarks.
Imagine swimming in an ocean of light.
Everywhere you look there is light.
You are swimming in it.
You will never know how far you swam.
This is an endless journey.
It never begins and never dies.
My advice is to enjoy it.
Take it easy.
There is no rush.
There is no final destination.
Enjoy the ride in this life.
You are the one who sees the glass as half full or half empty.
Ponder this over.
Life is grand.
You are the universe.
You just don't know it.

Wonderful Day

It's a wonderful day.
I just woke up.
It's early in the morning.
It's cold outside.
My heart is warm with love.
It melts all my troubles away.
Life is good/
Even when they shut down the government life is good.
We need to all change.
We need to embrace kindness and compassion for all.
We need to stop bickering and truly listen to the needs of the world.
Everyone deserves a wonderful day.
I'm rich at heart and want everyone to have the same riches.
A new dawning is occurring.
The sun is arising.
Darkness is slowly disappearing.
Yes, it is putting up a fight.
It doesn't have anywhere to hide.
Darkness is exposing itself for what it is.
We don't need war, anger, bigotry, and greed on this planet.
It's been here far too long.
It's not part of our true nature.
Many people think it is.
Well, darkness has been around for thousands of years.
Consequently, we think its part of us.
Well, the light dispels the darkness.
Your true nature is kindness.
Your true nature is love and compassion.
Your true nature is patience.
You are the universe.
No wonder it's a wonderful day.
Discover your true nature.
This is how the world will be a better place.
One person at a time is the way.
One person waking up from a deep slumber.
You are a piece of the puzzle.e
You can solve this puzzle.
Ponder this over.

World Of Mystery

We are walking in the world of mystery.
Yet most of the time we Are obvious of it.
We are driving around with our cell phones in our hands.
Signpost of God is everywhere.
Yet we barely see the road ahead of us.
We are so concerned about the text we just received.
The President just tweeted something in his mind.
Thousands of birds are flying in the sky.
Sweet songs of honking fill the air.
What a magnificent sight.
Such beauty in motion.
Where are we?
Lost in our phones.
Look I'm all for technology.
I've been in it my entire adult life.
But sometimes we have added an extra layer between us and our true nature.
We have created more distance between us and God.
Is that text message really more important than life itself?
You are missing out on the mysteries of life.
We are wearing tinted glasses.
We think we know it all.
Don't bother me.
I know everything.
The wise man simply smiles.
He has nothing to convince.
The sun in the sky just shines.
The wise man just shines.
The lighthouse in the sea just shines a light to save us from harm.
It shows the way to the harbor.
The wise man does the same thing.
I'm not trying to criticize you.
I'm trying to show you that you can keep your technology.
Yet at the same time discover your true nature.
You can discover the mysteries of life.
You can solve this precious puzzle.
You can help this world finally find peace.
Ponder this over.

Would Be Incomplete

Can you imagine that the universe lies inside of you?
Yet we live our lives oblivious to our true nature
Wouldn't our life be incomplete?
We have a yellow Ferrari sitting in the garage.
We have never opened the garage door and take the car for a spin.
It just sits there gathering dust.
Isn't that kinda sad?
We walk alone on this journey of life.
We have our ups and downs.
Yet we don't realize we are never alone.
Help is always with us.
Signpost is everywhere.
We think the world will provide all the answers.
We have forgotten who we truly are.
Our life is incomplete.
We are missing something.
Yet we always look external for the answer.
Maybe a new girlfriend.
Maybe a new career.
Maybe a new house.
Maybe a vacation.
There are thousands of maybes.
Yet until one looks within the door within is closed.
You must open your inner door.
Nobody can open the door for you.
You have free will.
You can open the door or not.
Nobody is going to judge you.
God does not judge.
God simply loves.
You are never alone.
God is always inside of you.
Just waiting for you to open the door.
This journey takes small baby steps.
Most people can't leap to God.
But you can stumble and fall.
That's how you learn on this journey of life.
Ponder this over.

You Are In this Life to Win

You are in this life to win.
You will have up's and downs.
You will hit potholes on this journey of life.
What would be a journey if it was always a smooth road?
A journey is meant to be exciting at times.
At times we can just cruise through life.
You put the car on speed control and just relax and drive.
You don't have your foot on the accelerator.
At times you are holding on to the steering wheel for dear life.
The mountain road is steep and curvy.
No guard rails in sight.
Many moons ago I went through the Khyber pass in Afghanistan.
Now that was a scary ride.
This life will give you an incredible joy ride.
You will never know what going to happen next.
My dear friend Dave just got in a car accident the other day.
A young driver barreled thought there car and others behind them.
Fortunately, his wife Ellie had the wits to swerve so they wouldn't get killed.
They escaped with minor injuries.
Ellie must have been in the zone to react that way.
She wasn't on her cell phone chatting.
If she was their dog, Dave and Ellie would be dead by now.
This is why I say be aware in all moments in life.
Ellie didn't stop the accident.
Yet she saved their lives by acting swiftly and making the necessary course of
action.
Just one split second or less saved their lives.
This is where your awareness helps you.
Yes, there is grace that helps.
But your actions bring grace to you.
You are the motivating force in life.
Your actions and awareness help you to navigate the potholes of life.
Now I haven't talked to Ellie in many moons.
Probably over 47 years ago.
Dave was a great friend of our family during high school.
I'm so glad that Ellie was aware.
We don't need another tragedy.
You are in this life to win.

Ponder this over.
This is the only life you get.

You Are Made Of The Same Stuff As the Universe

You are made of the same stuff as the universe.

Wow.

Isn't that exciting?

You are stardust.

You came from the universe.

In fact, you are the universe.

Isn't that exciting?

The great masters of old talked about your great essence.

We thought they were fairy tales.

We thought they were just stories.

Today we sent satellites out to the unknown in space.

The more we learn the more we can our knowledge is a grain of sand.

The modern-day mystic goes within.

The modern-day scientist explores the universe.

Both are leading mankind for the search of the unknown.

Did you know that all matter on earth came from the beyond?

Just stop and think for a moment.

What a glorious world we live in.

Signpost of God is all around us.

Yet we are driving in our cars with our cell phones in our hands.

What do we see?

In this condition, we are lucky to see even the road.

I was once told that if God ever did come back most people wouldn't be aware.

Imagine heaven can be all around you.

Yet you are not aware and conscious of it.

You see conscious and awareness is the key to life.

That's why I say the spiritual path is the most practical path.

In each and every moment you must be aware and conscious.

The more you are aware and conscious the more you have gratitude.

This is an endless journey.

You can never clap your hands and say I've totally aware.

The journey of life is eternal.

You were never created.

You will never die.

Your body will.

I find this fascinating.

Just think you are made up of the same stuff as the universe.

Ponder this over.

You Are Never Alone

You are never alone.
Wow, I wish I could believe that.
I feel all alone. where are they?
That's a good question.
Mankind has been looking in the wrong direction.
Signpost is all around.
Yet we can't see them.
God is hiding inside of your heart.
This is the greatest game in the universe.
You are the universe.
You just don't know it.
All of that lies inside of you.
Yet somehow we have forgotten our true nature.
These saying or poems hopefully will remind you.
You have free will.
We are not trying to convince or convert you.
If you are the universe do you think you need converting?
We simply are here to remind you of your true nature.
Hasn't humanity suffered enough?
Humanity is waking up from their slumber.
It's been thousands of years we have slept in.
War, Anger, and greed have been on this land.
Kindness, love, and compassion will be the new norms.
You will look into the eyes of others and see a reflection of yourself.
You will be aware and conscious that you are never alone.
Humanity will discover their piece of the puzzle.
The puzzle of life will be put together again.
The dawning of man is coming.
The sun is arising within.
In a few hours, the sun will be shining everywhere.
All the great masters talked about a new dawning of man.
You have free will.
You can't sit on the fence any longer.
What do you choose war or peace?
Only you can make that decision.
Ponder this over.
You are a piece of this precious puzzle.
You are never alone.

You Are On My Mind

You are on my mind

When I was young I knew that God existed inside of me.
I knew the light and music existed inside of me.
Yet I didn't know how to tap into it.
It was kind of frustrating.
You have instincts that are true yet you can't see.
Signpost of God is all around.
I just didn't see them.
Maybe when we know that we are looking for God, God appears.
This is a hide and seeks game.
I feel blessed that my wondering leads me to go inside.
I discovered meditation quite young.
It was around 47 years ago.
That was the turning point in my life.
I knew the direction to turn.
Many mistakes are learned along this journey of life.
Two steps forward, one step backward.
Small baby steps.
Day by day.
Moment by moment.
You are on my mind.
You are a part of my life.
I'm not alone.
What a saving grace.
I feel guided and protective.
I am grateful.
The greatest way to help humanity is by changing yourself.
One smile to someone in need to lighten up their world.
We are all in the same boat together.
We are all sailing home.
Ponder this over.
You are a piece of this puzzle.
You can learn how to discover your true nature.
The world needs it.
You can solve this puzzle.
The dawning of man is here.

You Are You

You are you.
Who are you?
When you look into the mirror what do you see?
The external mirror will reveal your face.
Ah, that who I am.
But who were you before your grandfather was born.
You father and mother didn't exist.
You are you.
You are infinite.
You were never created nor will you ever die.
You are eternal.
Yet we think I'm only this body.
You are the universe.
You just don't know it.
I say that a lot.
I say that because it's the truth.
You are quantum energy.
You are beyond time and space.
This human vessel is hardwired to find God.
God custom designed you.
Your DNA contains the blueprints of God.
Signpost of God exists inside and outside of you.
The more you have the intent to find God you will.
God exists inside of you.
Lo and behold the kingdom of heaven exists inside of you.
All the great masters have said the same thing.
You are a piece of the puzzle.
You are precious.
You are never alone.
It may seem that way.
Open the inner door and start your inner journey.
All it takes is consciousness and awareness.
Day by day the seed grows.
Pull your negative weeds such as anger, greed, and hate.
Water your soil daily.
Meditate and pray.
Ponder this over.
You are you.

You Become What You Do

You become what you do.
You are the company that you keep.
What you think you eventually become.
Your thinking leads to actions.
Your actions in life dictate your destiny.
We have a President that has lied over 1400 times since taking office.
He talks about fake news.
Yet nobody truly knows what is real and what is fake coming from his mouth.
Unfortunately, many Christians still support him.
Even when it is known he paid off a porn star money to hush up.
It seems like the Christians are no longer a religion but a political party.
As long as the President supports there agenda he can do what he likes.
We need to understand that the American people voted him in.
What does that say about ourselves?
What does that say about the mental health of America?
We have a President who values are totally against ours.
If Obama would have done just one of Trump's sins he would be thrown out of office.
I cringe when he goes overseas.
We are the laughing stock of the world now.
Look I'm not a democrat or republican.
I'm a human being.
I think both parties are the cause of the downfall in America.
They don't listen and compromise with one another.
They say they speak for America but I haven't seen that in a long time.
They speak along party lines.
I'm not saying that all are this way.
Yet the majority in my eyes are self-serving
You become what you do.
History has shown that.
Our present-day political system is like a sewer.
It totally smells.
Yet there is a new dawning in America.
People are waking up.
Many new people are entering the political system who care.
These are the ones who can help transform our system.
A new wave of freshness has entered the door.

You Can Do It

You can do it.
You can discover your true nature.
You are never alone.
You are the universe.
You just don't know it.
You are kind.
You are full of love.
You have compassion.
You have patience.
You have tolerance.
You are playful.
You are curious.
You are wise.
You are considerate.
You are thoughtful.
You are infinite.
All of this and more is your true nature.
You are beyond time and space.
You can do it.
You can wake up from your slumber.
You have slept in.
Now is the time to wake up.
Your nightmares are over.
The sun is arising in the sky.
A new dawn for mankind is here.
A kind man is waking up.
What is greater than that?
You wake up peaceful.
Your grouchy nature is gone.
You are alive.
What could be more precious than that?
Wow, I'm alive.
Ponder this over.
What a miracle lies inside of us.
You are the universe.
You just don't know it.
You can solve this puzzle.

You Don't Know What You Are Missing

You don't know what you are missing.
You may think this is some guy just rambling.
You may think this is just some preacher.
You may think I'm trying to convert you.
You may think I'm trying to win the argument.
I'm just telling my story.
The sun in the sky has nothing to prove.
It just shines.
I have nothing to prove.
A lighthouse just shines a light.
It paves a safe haven for a boat to enter.
It doesn't say look how many people I have saved.
You see this is the new dawning of man.
You have already slept in.
The sun is rising in the sky.
I mean it when I say you are the universe.
You just don't know it.
These aren't just some fluffy words.
The experience exists inside of you.
You even don't need a preacher or guru to show you.
Nobody can walk the steps for you.
You have to walk the steps by yourself.
Yet you are never alone on this journey of life.
You may think so.
Maybe it's time to truly ponder this over.
Why are you not opening the door?
Are you thinking don't tell me what to do?
I'm not.
I'm just showing you the way.
I'm telling you there is another direction to look to find peace.
You have spent eons looking outside of yourself.
Where has that taken you?
There is another path that lies inside of you.
A great treasure lies there.
You have to pick up a shovel and dig a hole.
Oh, my God, it takes work.
Yes, it does.
But it is worth it.

Love

Love.

What is love?

You can talk about love for eternity.

Imagine describing a mango.

It has all different colors.

It has many different sizes.

It can be sweet and sour.

Yet a young child can pick up a mango and say yep that's a mango.

Only be eating a mango will you understand.

The entire universe is created by love.

This is your true nature.

The world needs love sweet love.

How true that is today.

Love is the foundation for life.

We all yearn for it.

We all strive for it.

We search for it externally.

It is quite elusive.

At times we think we found it but it soon disappears into the night.

When I was in India in many of the temples were signs saying the following.

God is love.

Love is God.

Now that truly resonates with me.

God is love.

Love is God.

God lies inside of ourselves.

God is hidden.

God wants you to open the door within.

Only you can do it.

You have free will.

The infinite ocean of love dwells in your heart.

Just one drop of love can fill you up.

Just one drop can transform your life.

The kingdom of heaven lies inside of you.

Ponder this over.

I Feel

I feel the love in my heart.
I feel gratitude in my life.
I feel compassion for my fellow man.
I feel hope for the future.
I feel kindness towards all.
I feel patience is stirring inside.
I feel tolerance towards my fellow man.
I feel the bliss within.
I feel day by day the weeds are being pulled within.
I feel this journey of life is a blessing.
I feel that in each and every moment we can learn from life.
I feel when you fall down in life it's a grand opportunity to grow.
I feel two steps forward, one step backward is how we progress.
I feel the injustices in this world.
I feel the worries of my fellow man.
I feel the pain to see such poverty on this planet.
I feel such happiness to set a child laugh.
I feel such harmony listening to a beautiful song.
I feel that God is inside of me.
I feel that heaven is inside of me.
I feel that the universe is alive.
I feel beauty all around me.
I feel the light basking inside of me.
I feel the vibration of love all around me.
I feel that God does not judge us.
I feel that God is kind.
I feel that the dawning of man is heard.
I feel that a new beginning is occurring.
I feel mankind will soon become a kind man.
I feel that mankind can change.
I feel mankind will drop anger, power, war, and greed.
I feel mankind will truly reflect the God within.
I feel science and religion will show us the way.
I feel that man may learn to truly listen to one another.
I feel that we can have respect for one another.

I feel that man can learn how to compromise.

I feel that mankind can be united.

Ponder this over.

A brand new day is here.

You are a piece f this puzzle.

Mary Beth Jackson Lovett

I must admit I didn't know Mary Beth very well.
We didn't hang out together.
Yet she had a heart of gold.
One of my favorite moments was on top of a mountain.
A snowstorm was taking place.
Inside of the temple, you could hear huge taiko drums reverberating into the night.
It was a sight to behold.
Prayers were sent out to around the world.
Meditation was thick in the air.
Heaven was on earth.
Afterwards, sweet fellowship occurred.
I remembered Mary Beth making and serving chai.
It was absolutely delicious.
Now I love chai and this was like liquid gold droplets of love.
At times Mary Beth told me her precious stories on her journey of life.
I learned all about Uncle Bob.
He seemed like quite a character.
Mary Beth loved her uncle.
To be honest I didn't see a broken bone in her body.
She loved to meditate.
You could see it in her eyes.
She cared for humanity.
Mary Beth didn't boast about her experiences.
She just shined like the sun.
She had nothing to prove.
I haven't seen Mary Lou for probably a good 10 years.
I learned of her passing a few days ago.
Memories never die.
Yes, the physical dies but the soul lives forever.
I believe we are all shooting stars.
When we leave this body we become stardust.
Mary Lou exists inside of us.
I can still see her smiling face dancing into the night.
Life is precious.
Someday Mary Lou will appear on the scene.
She will just have a different body.
For now, she is dancing with her master.

A Confused Baby

Can you imagine that you came from the universe before you were born?
You come into this world slightly confused.
You have this brand new body which has to learn all about this world.
Yet your awareness is beyond the stars.
You know who you are.
The parents of the child see such wisdom in the eyes of the child.
Over time you slowly forget your true nature.
Society tells you to stop daydreaming.
Stop talking to your imaginary friends.
You're in the clouds.
We get trained to forget our true nature.
No wonder we get confused in our life.
We came from God.
The world tells us don't believe in any imaginary stuff.
Yet then they say the search for God is by reading the holy books.
No wonder people give up in their search.
Many people never start.
We were told from the beginning not to trust ourselves.
We were told to ignore our true nature.
Remember you are never alone.
The universe knows who you are.

A Man May Be The Ruler Of This World

A man may be the ruler of this world and may conquer all of the lands.

He may be rich beyond belief.

Yet a man who has no material riches but knows the secret of the universe is truly
the rich man.

A Man Who Knows His True Home

A man who knows his true home has no enemies.

Christ considered all the world as a family.

He had many enemies.

Yet in his eyes they were family.

A man who knows his true home is never alone.

He is the universe.

He is totally free.

He is patient.

He is kind.

He is full of compassion.

He is full of love.

He is beyond time and space.

Mark my words he let negativity behind.

He dropped his emotional baggage.

Ponder this over.

Are you missing something?

You can solve this riddle.

Adapt

The definition of adapt is make (something) suitable for a new use or purpose;
modify.

All the great mystics have talked about this.

You have the opportunity to tune into the universe inside of you.

It already exists.

This is your true nature.

You just need to adapt to this new wisdom.

Take it to heart.

Your body is hard-wired for this experience.

The more you adapt yourself to this realization the more it will pay off.

You are an incredible diamond.

Adventure

The definition of adventure is the following.
Engage in hazardous and exciting activity, especially the exploration of unknown territory.
I remember as a kid I took a yoga class.
At the time yoga was unknown in America.
Yoga was around during the late 1800's yet the majority of the population thought it was on the fringe.
It was definitely an unknown territory.
This love for adventure took me all over the world.
With a surfboard in my hand, a backpack on my back and a yearning to discover my true nature I was off.
I had quite the adventure.
I learned the greatest adventure lied inside.
This is truly unknown territory.
You can live anywhere and have a simple life but by exploring your true nature is the adventure of a life time.
Lock a person up and put them in solitaire confinement and see what happens.
The greatest adventure is to tame your mind.
That is probably the most difficult thing to do.
Mystics have talked about this for thousands of years.
Today yoga is mainstream.
Millions of people practice it.
Maybe something is going on.
We are slowly learning more about life.

Afghanistan

I was in Afghanistan during the seventies.
It was a wild place.
For the first time in my life, I could see the world 2 thousand years ago.
The people have hearts of gold.
You just don't want to cross them.
Ask the Russians and the Americans.
Tribes have tried to conquer them ever since Genghis Khan.
The Khyber Pass is one of the highest passes in the world.
Imagine flying down a mountain in a bus with no guard rails.
Each bus had their own unique temple of God.
I'm so glad I saw this place before the wars started.
The only way in is you probably have to be a soldier.

Amnesty

Stand up for your human rights?

The world needs decency.

We need governments to support human rights.

Fortunately, there are organizations, which strive for human rights for all.

We must support them.

This is our basic human right.

Some many governments are built on tyranny.

The people have no rights.

Let's support human rights.

It's up to each one of us to change.

Stand up.

Stand up for your human rights.

Anthrax

Why should our soldiers have to take Anthrax?

There are side effects.

If you don't take it you are forced to retire and leave.

Our government says that it has no side effects.

No side effects mean no side effects.

They said the same thing about Agent Orange.

It had no side effects.

Yet thousands of soldiers and their newborn babies were affected.

Our government needs, to tell the truth.

They can't shoot from the hip.

Thousands of soldiers are being affected.

At The Speed Of Light

Our rockets are like Junkers in the sky.

Chug, chug, chug

We can go around 18,000 miles per hour.

We think we go so fast.

Yet even if we go 180,000 miles per second it would take a long time to get to the nearest star.

How can we truly explore space?

Can you imagine an advanced civilization that in a blink of an eye can be anywhere in the universe?

How's that for time travel?

Beyond time and space.

In the quantum world, there is no A to B.

Travel is not linear.

We have a lot to discover.

