

2019

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 23

Fletcher Soul Traveler

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What Good Is It To Be Spiritual?

What good is it to be spiritual?
Many people ask this question.
We come into this world to find out who we truly are.
We look all over the place.
Life is a journey and at times we are lost and we think we are found.
At times we think we are found but we are lost.
Did you know that a part of you is the universe?
You are the sun, the moon and stars.
How would you like to discover your true essence?
How would you like to drop your anger and be in love with your fellow man?
All the traits of the great masters are hidden within.
You can be kind, tolerant and full of compassion.
This is your true nature.

Fine Tune Your Radio Station

Fine tune your radio station.
You are listening to an old station.
This station is reinforcing all your bad habits.
There is a signal from God and the universe that is playing.
Listen to KGOD.
This signal is broadcast from within.
It is clear and constant.
You just have to tune your mind to this signal.
In each and every breath you take fine tune your inner radio to this signal.
All the great masters have said that the kingdom of heaven lies within.
This is probably the most practical thing you can do for yourself.
What is keeping you alive?
The more you concentrate on this signal the more powerful and clear it will be.
This is your true nature.
This signal is like a magnet.
It draws kindness, love and compassion to you.
It's like taking a shower of love.
This love fills up your entire being and slowly washes away all the negativity.
This radio station is live.
It has been broadcasting for eternity.
When you are driving and talking on your cell phone you aren't paying attention to life.
What is so important externally that you have forgotten your true nature?
Why do you insist that the external world is the only world?
For now you might say because that's all there is.
Well someday you will die and it will totally disappear in an instant.
This radio station will make you laugh at life.
It will bring you to a place where anger and hate not govern you.
Kindness and compassion will be there.
I'm not saying you won't ever get angry again.
I'm saying that with conscious effort you can use water to put out the anger in your life.
Your mind is looking externally to fix your inner world.
Mankind has been running in circles for thousands of years.
Look at the political landscape in America today.
Anger and chaos rules the land.
Fine tune your radio station.
You are a piece of the puzzle.

You Have Nothing To Lose

You have nothing to lose on this path.
Except your anger, hatred and intolerance.
These are the baggage mankind has carried for thousands of years.
War is obsolete.
The United States spends about 60% of its budget on defense.
Yet we can't win the war in Afghanistan.
We have been there for over 18 years.
We have spent trillions of dollars and yet it's a losing battle.
We could have spent that money helping our own country grow.
That money could have helped the Afghanistan people succeed in life.
We did that for the Germans and the Japanese.
Look where they are today.
They were totally transformed.
This spiritual path is the most practical.
We would make laws that would benefit all.
Not the current system will the riches 1% make even more money.
In the meantime millions of Americans who in the past got a significant refund had
to pay thousands more.
Where is the justice in this?
We need to kick out all politicians who are in bed with the rich.
If you can't take care of the American people you don't belong in office.
We can change the system but voting them out of office.
A new day is coming.
The bickering has to stop.
We are all Americans.
We all want a better county for our kids and grandkids.
It's time to let go of our negative baggage.
We need to be mature adults.
Currently Americans are totally divided.
We must go beyond that.
Families are being torn apart.
We have lost our dignity.
If you don't believe in my concepts you are an evil person.
We need to listen to each other.
We have different points of views.
We don't have to flame each other.
Remember there is a thread of love trying us all together.
Ponder this over.

God Won't Drive Your Car For You

God won't drive your car for you.
You have free will which will never be taken away.
God is your co-pilot.
He is sitting in your passenger seat.
Mind you the car is sitting in your inner garage.
It may be gathering dust.
Only you can open the garage door within.
You have the remote control.
It's by your will alone you open the inner door within.
It's only your will alone that you back out the car and take it for a spin.
All it takes is to focus on your breath constantly.
This is the secret to life.
Unfortunately you never learned this in school.
The highest university lies inside of you.
You have been playing hooky for ever so long.
The mind plays tricks on us.
Why would God hide inside of me?
I'm a no body.
Yet you are the universe.
You just don't know it.
This is the grand illusion of life.
We think the outside world is the real deal.
Yet only moments ago you checked into the motel.
You will sleep overnight and then you will leave this world.
You won't be able to take anything material with you.
Death is knocking on your door.
Yet the wise man just laughs.
He know he is eternal by practical experience.
Day by day one discovers his true nature.
You are magnificent.
You are eternal.
You are the universe.
Ponder this over.
Open the garage door within.
Dust off your car and take it for a divine spin.
Your world will never be the same again.
Remember only by your will can you discover your true nature.
God is simply sitting in your passenger seat.

The Great Wash Machine Of Life

The great wash machine of life.
We all live in the same world yet our views and attitudes towards life is different.
Yet all of us is tumbled in this wash machine.
Currently the rinse cycle is of hatred and anger towards others.
We have a President who endorses this.
Look I'm not going to get into politics.
Yet do we think America is shining to this world.
Currently I think mankind should change the rinse cycle to a kind man.
We need to add the detergent of love, kindness and compassion.
This is the only way for humanity to clean itself.
We need to turn on the rinse cycle and clear the mucky dirty water of hate and
anger.
You can't have clean clothes with dirty water.
We must stop our mind set based upon what's going on in this world.
Did you know by your will alone you can change the settings on your wash
machine.
You are not a victim of what's going on in this world.
You can change to make this world a better place.
Remember you have free will.
Hopefully we will use it to discover our true nature.
Remember war is obsolete.
Personally I think what's going on in America is a wakeup call.
We are seeing smack in our face what we don't want.
The light is shining and darkness has no place to hide.
All it takes for humanity to change and understand each person on this planet has a
role.
All the answers lies inside of you.
You can come from a place of love and compassion.
You can stop flaming people who are different than you.
Even if they are wrong you can learn how to put water on the situation.
When they see you aren't reacting they will stop playing the game.
What good is a game if the other side doesn't participate?
We are learning how to be mature adults.
We were never trained in school.
Isn't that ironic?
No wonder this world is messed up.
The most basic and fundamental of how to be a better human is not being taught.
Look at our immigration policies today.

Christ would totally see his message is warped today.

Many Christians support his policies.

Anyway ponder this over.

You have a choice to clean your clothes or accept the mind set of what's going on
in America today.

Remember it's only by your will can you change.

God does not clean up our mess.

A savior will not clean up our mess.

Only human beings can clean up our mess.

The Magnetism Of Kindness

Did you know that kindness is a magnetic?
We all love people who are kind.
There is such a wonderful feeling when a kind person walks into a room.
The room literally lights up.
You see kindness and the light are one and the same.
The entire universe is kind.
Mankind can learn to be a kind man.
This is our true nature.
We have simply forgotten.
The well of kindness lies within.
Only you can drink this precious water.
Nobody can give you kindness.
As the Dalai Lama said kindness is my religion.
This world really needs kind people.
War is obsolete.
Yet our leaders still think it's a way to solve our problems.
Kindness is the way to get out of this mess.
Did you know that kindness is a seed that lies within?
The more you pay attention to it the more it grows.
This world will give you plenty of examples to be kind.
Next time someone says something that pisses you off hesitate for one second.
Take a deep breath and connect to your kindness within.
Smile.
You don't have to say a thing.
The sun just shines.
It has nothing to prove.
You can do this.
The entire universe lies inside of you.
You have all the support to be kind.
The more you are conscious and aware the kinder you will be.
It's like exercise.
The more you exercise the finer tune your muscles will be.
It's pretty simple once you start to practice it.
The goal is to be in the center of the hurricane.
The winds of the mind can't touch you.

Why Do we Place God In One Box

Why do we place God in one box and ourselves in a different box?
There is only one box.
Yet we see and believe there are two boxes.
We believe we are all alone.
You are the universe.
You just don't know it.
There are about 7,000,000,000,000,000,000,000,000 (7 octillion) atoms in
your body.
All our billions of years old.
At the deepest level you are the universe in human form.
Wow!!!
Isn't that incredible.
But unfortunately we are driving with a cell phone in our hand.
We have lost connection to who we truly are.
Consequently we are like leaves blowing in the wind.
We are happy.
Someone on Facebook says something we don't like so we flame them.
We put more gasoline on the fire of life.
It's like a huge bonfire.
Millions of people are waking up from their slumber.
Millions of people are putting water on this fire.
Kindness is your true nature.
By discovering your true nature you see there is only one box.
In reality you see there is no boxes.
The universe is infinite.
You are infinite.
It doesn't matter who you are.
There is a thread of love that ties us all together.
The universal laboratory lies inside of you.
Only you are the scientist that can do experiments and discover your true nature.
Each and every moment you have the opportunity.
Focus on your breath.
Behind your breath lies the universe.
Behind your breath is the force that is keeping you alive.
One day you will take your last breath and your physical body will no longer be
alive.

The Ultimate Hide And Seek

When I was young I loved to play hide and seek.
We would spend hours playing that game.
It was so much fun.
Did you know that you are playing the ultimate hide and seek game with God?
This is a real game.
God is hiding inside of you.
Behind your breath is the power that is keeping you and the universe alive.
All the great masters have said the kingdom of heaven lies within.
The more you are conscious of your breath you will discover your true nature.
It's so easy yet we think there must be a harder way.
Don't I have to sacrifice my life to God?
No.
Don't I have to give up my life?
No.
The secret is to have a moment by moment awareness of your breath.
This is where you will find God.
It's been there all the time.
We have been searching outside of ourselves.
This is an endless journey.
There will never be a time where we can clap our hands and say I've mastered it
all.
You are eternal.
Yet that doesn't mean you can't transform yourself.
You can be a kinder more compassionate person.
By focusing on your breath you will be filled with love, kindness and compassion.
You will be slowly be filled with the qualities of God.
You are not alone.
By concentrating on your breath you will discover that.
Its amazing God has always been there.
He knows your name.
Yet only by your will can you find him.
God is ever where.
Yet do we have the eyes to see?
Millions of people are waking up.
The sun is just appearing on the horizon.
Light is dispelling darkness.
Ponder this over.
You can solve this riddle.

It's Been There All The Time

It's been there all the time.
What are you talking about?
What's been there all the time?
You are the universe.
You just don't know it.
There are about 7,000,000,000,000,000,000,000,000 (7 octillion) atoms in
your body.
All our billions of years old.
At the deepest level you are the universe in human form.
Wow!!!
Isn't that incredible.
On top of that you are hardwired to discover your true nature.
The signpost of God are all around you and inside of you.
Yet we are talking on our phone while driving down the freeway of life.
The greatest miracle of life is keeping you alive.
You are magnificent.
Every single cell of your body is custom designed by God.
You are infinite.
Your body will someday die yet your true essence will go on forever.
You have the opportunity to discover your true nature.
Behind your breath lies the answer.
What is keeping you alive?
All the great masters have said to be aware of the essence of your breath.
Behind your breath lies your true nature.
Infinite kindness, love and compassion.
This is the water that will put out the bonfires of anger and hatred upon this land.
The sun is appearing on the horizon.
Mankind is waking up from his slumber.
We are going from darkness to light.
Darkness has nowhere to hide.
Discover your true nature.
It's been there all the time.
Ponder this over.
It's been there all the time.
The greatest game is being played right between your eyes.

What is a desert?

A desert has no trees.

There is no shade.

Once upon a time, all deserts were forests.

Man chopped down the trees.

Upon time a desert was developed.

Who helped to contribute to this?

Has man learned his lesson?

I don't think so.

What A Magnificent Drop You Are

Kabir a mystic from the 15 century said the following.
All know that the drop merges into the ocean, but few know that the ocean merges
into the drop.

Now that is profound.

A modern day Einstein might have said that today.

The entire universe exists inside of us.

We are a part of the universe.

Is this a paradox?

We are beyond time and space.

There are billions of universes.

Inside of our DNA is a part that is not material.

It is spiritual.

No instrument known to man can detect this yet.

Yet the mystics have said all along.

You are hard wired for this experience.

Ponder this message.

The divine words from Kabir are alive.

RIP Gilbert Barnes

Yesterday I learned from my brother John that Gilbert passed away last year. I had no idea that this happened. It was last year at this same time period that I spoke to him on the phone. Gilbert and I were great friends.

When I came back from my travels around the world I introduced him to the world of meditation. For those of you who meditate you understand the connection it has for each other.

We didn't socialize much. We had a great common friend Johnny Coontz. Johnny was our surfing buddy for my brother and me. Gilbert was Johnny's school friend.

I remember a funny incident that occurred around 1989. I was working for the Navy Seals. I was working for the Navy as a computer programmer. One day I got off work and was walking down stairs from the main building I was working in. All of a sudden this alien is behind me. He looks like a combination of a human and reptilian. I had a little fear but I knew I would be all right. As soon as I reached the bottom of the stairs I saw the guard look right at me. I was thinking do you see what I see. The alien was right at my side. I couldn't believe the guard didn't see him. I laughed to myself and walked out of the building. The alien still continued to walk by my side until I got to my car. I entered my car and the alien sat in the passenger seat. He drove with me about 10 miles.

To make a long story short Gilbert and his wife invited me and my wife to a Chinese restaurant in San Diego. Mind you this was only a few days after this incident. Well I tell my story. It was still totally on my mind. I could see that Gilbert was fascinated by it. His wife did not. I could see it on her face. Well anyway that was the first and last time we had dinner with Gilbert and his wife.

Years later Gilbert and I had a huge chuckle about this. It seems like true friends can go years without seeing each other. Last year when I talked to him on the phone it seemed just like yesterday. Ironically it was my

last time I talked to him. I was planning to call him in the next two weeks. RIP dear Gilbert. Your ashes are scattered across the universe. A part of you exists inside of me. Thank you for being my friend.

Where Do Poems Come From?

Where do poems come from?
From hidden portions of the mind.
Poems come out of nowhere and are released on paper never to return again.
The poems are thought provoking.
From the pen, a creation comes forth.
Only the poetic truly understands his work.
Waiting
Ever so silent.
Suddenly words wisp silently by.
Each moment the words increase and get louder than silence.
The poem is finished.

Where Do We Get These Images?

Where do we get these images about our relationship with God?
Were we may be taught to fear the wrath of God?
God would judge us and throw us into the fire for eternity.
God wouldn't do that.
We have a tendency to do it to our fellow man.
We were taught they we were sinners and we should pray for forgiveness.
Well, personally we make grand mistakes.
We should learn from them.
We have free choice.
We should forgive ourselves when we make mistakes.
God is our coach rooting us on.
God wants us not to fear him but love him.
Maybe what we were taught about God maybe there is a more healthy way.
Why use fear, lack of worth to find God?
The kingdom of heaven lies within.
Only you can solve this puzzle.

Where Is Your True Home?

Where is your true home?
Before you were born where did you sleep?
After you leave this world where will you go?
Life is a mystery.
The wise man has said your home is eternal.
It is the foundation of life.
To solve this mystery close your eyes.

Where Were You?

Where were you when Kennedy was assassinated?
Where were you when the stock market crashed?
Where were you when the Berlin wall came tumbling down?
Where were you when Russia fell to its knees?
Where were you when the Vietnam War ended?
Where were you during the Iran-Contra hearings?
Where were you during Watergate?
Where were you the day Reagan got shot?
Where were you during Desert Storm?
Where were you during Watergate?
Each of these moments lies inside of us all.
Let's learn lessons from the past.

Which Calendar Should I Use?

Which calendar should we use?

You are the universe.

You are eternal.

You were never born and you will never die.

You are beyond time and space.

Which calendar should we use?

There is no time where you are.

All that you know is linear.

We go from point A to B.

Yet your true self is beyond the linear.

Which calendar should I use?

Ponder this over.

It might boggle your mind.

Everything you think about reality may change.

Which One Is Which?

I'm a twin.
When I was young my mom and dad had to put fingernail polish on one of us.
They couldn't tell us apart.
Maybe I'm my brother and my brother is me.
Who can tell us apart?
There's a part of me that is my brother.
A part of my brother is me.

Why Crucify The Master?

Why does the world crucify the master?
Why does the master never get well known in his own country?
Why does a masters teaching get converted into something else?
A master had no intentions of starting a religion.
He simply show us that all the tools we need are inside.
You can only save yourself.
You are a savior.
You don't need a priest who will talk to God for you.
You can talk to God directly yourself.
All the great masters have said the kingdom of heaven lie within.
This is as simple as it gets.
You are a temple of God.
God lies within your heart.
Ponder these words.
They have great meaning.

Why Do I Meditate?

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

Why Meditate?

Why meditate many people say?
All you are doing is closing your eyes.
Yet have you seen your favorite singer closing his eyes and melting you with love.
When you are with your lover most likely your eyes are close.
Meditation is a means to connect directly to your creator.
Isn't that more than enough?

Why Is There So Much Violence In Movies?

Why is there so much violence in movies?
The world is already violent.
Why do we need it for our leisure time?
What makes violence so attractive?
Have we been raised to see violence as being attractive?
Wow did you see that movie?
They chopped off their head.
Does Hollywood make violent movies because they know it sells?
The more violent movies we see the more our mind turns violent.
We are feeding our minds with darkness.
We are slowly going away from the light.
It like a rugu.
A rugu is the opposite of a Guru.
A Guru will take you from darkness into light.
A rugu will take you from light into darkness.
Your mind does not know the difference between a movie and real life.
The same emotions get fired off.
Maybe it time to pay attention.
What are you putting inside of your body and mind?
Is it garbage or is it helpful for your journey in life.

Why War?

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

There were no weapons of mass destruction.

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

They came back with physical, emotional and mental problems.

Did we solve anything in the Middle East?

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

We made the situation worse.

Chaos is all around.

We made the problem a hundred times worse.

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

There has got to be a better solution.

Why should American soldiers be used as guinea pigs?

What is the point?

Were they used as pawns?

Why did we go to war?

What was truly their agenda?

Oil.

My Dear Susie

My dear Susie.
You are not alone.
A part of me exists inside of your heart.
I have no pain.
I have been released from this world.
I am with God.
I will always treasure the times we have spent together.
You have such a kind and wonderful heart.
You will always be my wonderful sister and friend.
Remember you can always sense me in your heart.
I am there cracking divine jokes to you.
If you laugh for some unknown reason I am telling you a joke.
Laugh at life.
Enjoy this life.
Remember me.
Let go of all your sorrows.
I'm in a place of absolute peace.
Someday you will come home and we will be together again.
In the meantime dear old sis you can find me inside of you.
You have been meditating for many moons.
Close your eyes.
Feel the love inside of you.
That is where I am.
You know what I'm telling you is the truth.
I have never left you.
The form has changed yet the essence is the same.
You of all people know that.
You have brought great wisdom when I was alive.
You had a treasure chest of great knowledge.
We held hands together on this great journey of life.
Hold my hand because this journey will go on forever.
I love you dear Susie.
Remember you are never alone.
Your sister Mary.

RIP Sprice

RIP dear Sprice.
You will not be forgotten.
Your life has been a divine inspiration for all of us.
You have been like a mighty surfer ridding the waves of life.
You have seen the good bad and ugly.
Yet you never threw in the towel and gave up.
I remember meeting you in New York City many moons ago.
We were both kids.
We loved to meditate.
Thirty years later we found ourselves in a series of conference calls.
That connection we had never went away.
It seemed like time didn't exist.
I loved your posts on Facebook.
It was like hearing from a dear old friend.
We will miss you yet we know that you exist inside of our hearts.
This is an incredible journey that will go on forever.
I love the web of love that ties us together.
So many of your friends and family have expressed sweet condolences.
A part of you exists in all of us.
You have touched so many people around the world.
I read the divine story that you and Mitch wrote.
It brought tears to my eyes.
Curve balls were thrown to you and you hit the ball out of the park.
Yet I had no idea of your divine journey.
Thanks for sharing it.
It was a divine inspiration to me.
You have gone back to your creator.
Someday we will see you again on this wonderful journey of life.

Wonderment

Have you seen the eyes of a newborn child?

The baby is in a state of wonder.

The dictionary describes wonder as the following.

A feeling of surprise mingled with admiration, caused by something beautiful,
unexpected, unfamiliar, or inexplicable.

Doesn't that describe a newborn child?

A newborn has a feeling of surprise mixed with admiration.

How precious is that?

A newborn comes from God and enters into our arms.

Nothing could be more precious than that.

As we get older do we lose the sense of wonder?

Do we get ourselves onto a rut?

Are we more cynical about life?

Are we totally discouraged with the world around us?

Maybe we should rediscover the joy of wonder.

Take a walk in nature and rediscover the wonderment of life.

Life is blooming in so many different ways.

Look at the stars.

You are star dust.

This universe is created by love.

Be aware that you are never alone.

You just think you are.

Open up your eyes.

Wonderment is all around you.

You And I Are One

You and I are one.
Yet we think that can't be so.
For eons, man has fought with one another because of our difference.
My religion is better than yours.
I'm going to heaven while you are going to hell.
It's either my way or the highway.
The great masters taught about the oneness of life.
They even showed us the way.
Peace on earth will happen when we all discover our oneness.

You Are A Master

Did you know that you are a master?
You create your life.
You are a grand sculpture.
Your words and actions are the building blocks of your creation.
The creation is you.
You create your creation which day by day changes.
How would you like help from the master creator?
He lives inside of your heart.
He doesn't say anything until you make the first move.
You have free choice.
All it takes for you to open up the door.
Your first step is the intent.
Over time you will feel the magnificence that lies inside.
You will even become a great creator.
You will have discovered the treasure within.

You Got The Job

Last Friday I had a job interview with the largest privately owned company in the world.

I had two interviews.

Everything went extremely well.

They took a look at my resume and saw that I matched all the qualifications.

During the second interview, they said, “you got the job”.

When can you start?

I said anytime you like.

The interview ended and they gave me a tour of the building

I met my new manager and saw my new desk.

Well, Monday comes along and I received an email saying they didn’t see a fit.

They are looking for better technical depth.

The funny thing is my resume was exactly what they were looking for.

Even one of the interviewers said it was a perfect match.

Anyway, what am I missing?

Any advice?

You're Laid Off

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

I just started the job.

They said I asked too many questions.

I'm a software engineer.

You had better ask questions.

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

He said I took too much of his time.

Probably around 25 minutes in two weeks.

They said I got the job done.

Life is interesting.

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

How easy is it for them to lay you off?

They have no concern for you.

Maybe it is a blessing in disguise.

Your Higher Self

Isn't it amazing that you have a higher self?
Now the higher self is a part of you that is one with the universe.
It is one with God.
It is was and will always be.
It will never die.
So there is a part of you standing on this earth while another part is one with God.
Isn't that amazing?
What's even more amazing 97% of your DNA comes from God.
You have instruction sets to discover the God within.
You are hard wired to discover your true nature.
The ultimate software exists in your DNA.
Isn't that something to get excited about?
You are hard wired to find God.
You were meant to solve this riddle.

Your True Nature

Your true nature is kind.
You are the sun, moon, and stars.
Your true nature is love.
You are eternal.
You have great patience.
After all, it took a long time to help create the earth.
You will always be.
Your true nature can never die.
You are one with God.
Why are you telling me this?
It simply can't be true.
Yet it is.
Discover your true nature.
You can solve this puzzle.

Zoran

Zoran came from the stars.
He was my best friend.
His message was laughter.
His tools were toys.
Elf was onstage when he gave his message.
He said thru laughter all problems can dissolve.
Zoran was wise.
He knew that state of man.
He was like the sun in the sky.
Every step he took love radiated.

Lite The Match Within

Imagine you have all the materials within to create a bonfire.

All it takes is one match to create a huge bonfire of love.

Only by your will alone can you strike the match and drop it on the wood of love within.

Ponder over this meaning.

It can help you solve the riddle of your life.

Disneyland Is a State Of Mind

When I was young loved Disneyland.
It represented heaven on earth.
Yet today I see it as a state of mind.
If you are angry you will still be angry when you are at Disneyland.
You will still yell at your kids.
Everything has to do with your state of mind.
Ponder this over.
It has great meaning.

The Center Of The Hurricane

In the center of a hurricane lies such peace
One who is wise dwells there.
The winds of the mind is howling.
A great storm has come upon your inner land.
Learn to live in your center.
The winds of the mind can't touch you.
Ponder this over..

Laughter Is The Best Medicine

Laughter is the best medicine.

It will cure what ails you.

When the cells laugh the body will be in harmony.

When the mind laughs you will be in peace.

When the soul laughs you will see God.

One Drop Of Water

Imagine we all came from the ocean of life.
We were born as a raindrop.
We were the ocean and a small but incredible raindrop at the same time.
A famous mystic once said the following.
Everyone know that the ocean contains an infinite amount of raindrops.
Yet few realize that inside of each raindrop contains the ocean of life.
I love that saying.
A raindrop can fall into the gutter of life and get lost.
Yet the ultimate journey is going home.
Great lessons are learned on this journey of life.
You are precious.
The universe will never judge you.
In each and every moment you have free will.
Ponder this over.
The jewel of life exists inside of you.

The Gate Is Always Open

The Gate is always open.
We were told the gate was slammed shut.
Only when you die can you walk through the pearly gates.
Mystics have come and gone.
Yet there messages are the same.
Your human body is hardwired to walk through the gate while you are alive.
Many people say this is impossible.
Yet look in the eyes of a newborn child.
Need I say more?
Ponder this over.
The kingdom of heaven lies within.

We see only 1% of the light spectrum

I find it quite fascinating that we see only 1% of the light spectrum.

Yet we have the hardware and software to discover God.

One of the greatest Mystics once said the following.

If the eye be single thy whole body shall be filled with life.

The world of science and mystics are merging together.

Modern day scientist are talking about the human body is wired to the quantum field.

We can only see the 1% of the light spectrum with our physical eyes.

Yet inside of us lies the pineal gland which is the door way to the quantum field.

Mankind thinks what's he sees is reality.

Yet we are almost missing the entire picture.

The great mystics call this Maya.

Maya is a great illusion.

Ponder this over.

We can't even imagine what we are missing.

Where Is The Buddha

At times I reflect where is the Buddha?

Where is the Christ?

When one starts to meditate one starts to feel the oneness of life.

In that oneness lies everything.

Yet we think we are only aware of ourselves.

That feeling of oneness that we have is the same feeling that Buddha and the Christ had.

The more we walk on the inner journey that oneness goes deeper and deeper.
There will never be a time that you clap your hands and say I learned all there is to learn.

This is an infinite journey.

You have been traveling for eternity.

Signpost and guidance is all around you.

The more you look within you will see the external signposts.

These are exciting times to be alive.

Millions of people are waking up.

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

The jewel of oneness exists inside of you.

It can never be taken away.

Discover your true nature.

The entire universe exists inside of you.

You Are Never Alone

You are never alone.
You can hide in the closet of life.
Yet you are never alone.
Your mind might say I'm lonely.
Yet you are never alone.
You may feel lonely amidst of a crowd of people.
Yet you are never alone.
You may close your eyes and wonder why I'm lonely.
Yet you are never alone.
Someone may not like you.
Yet you are never alone.
You may not get a raise this year.
Yet you are never alone.
You may not get a promotion this year.
Yet you are never alone.
Imagine modern day scientist say the quantum field exists everywhere.
Energy can't be created nor destroyed.
This means your ancestors exist everywhere including inside of you.
Ponder this over.
It has great meaning in your life.

Space Dust

Did you know that the formation of stars, solar systems and galaxies came from space dust?

Imagine a supernova exploding.

It get so hot it melts the dust together.

This then forms small rocks.

These rocks then bump into each other.

Therefore creating larger rocks.

Therefore creating boulders.

Billions of years later a planet is born.

Just think without the moon we would all be dead.

There is a yin yang balance between the moon and earth.

The entire universe is conscious and alive.

What an incredible journey of life.

What gets created ultimately gets destroyed.

Even our universe will someday disappear.

Billions of years later a new universe will be created.

This journey of life is eternal.

This is your true nature.

The jewel exists inside of you.

DNA

I saw on the discovery channel an episode on DNA.
Scientist found a rock older than the earth itself.
They were reluctant to open it up.
Yet the curiosity got the hold on them.
They wanted to know if DNA existed inside of the rock.
To their amazement when they tested it out they found DNA.
This means that the universe contains DNA and was exported through a rock to the
earth.
Wow.
That's incredible.
The building blocks of the universe exists not only on earth but everywhere.
I find that quite fascinating.
The building blocks of life are timeless.
Maybe DNA comes from the quantum field.
Our DNA comes from the creator itself.
Ponder this over.
It's one more incredible mystery.

Go With The Flow

Many moons ago I heard about the runners high.
I ran track and cross country for a while in high school.
For some reason I found out if I breathe through my nose during workouts I used
less energy.
It put me in a state of where I was totally alert and conscious.
Runners would call it being in the flow.
It's like a running meditation.
Almost all runners experience this.
This is why they run.
It puts them in a place where you are free from this world.
You have no cares or concerns while you run.
One is free as a bird.
Mind you all these chemicals exists inside of you.
They get triggered based upon the actions of your mind and body.
You are literally the world's best chemist.
Unfortunately man is oblivious of being one.
We let our mind and body be effected by external events.
Therefore we are not in control of what chemicals positive or negative that gets
released.
Ponder this over.
You can be a conscious chemist in your life.
You can learn how to be in the flow in each and every moment.

Breathing Through Your Mouth

I was in India many moons ago.

Over 47 years ago.

I remember hearing people talk about the various kinds of breaths.
In Ayurvedic lore breathing through your mouth is the kiss of death.

Our breath is a complicated system.

Scientists are just beginning to study the effects of breathing.
They have found out when a person starts to breathe through the mouth the fight or flight syndrome takes over.

What does that mean?

It means your body is being flooded with over 1500 different chemicals.

Many of these in a short term is beneficial.

Yet for many Americans the facet can't be shut off.

We reinforce this situation by improper breathing.

In the East this has been known for thousands of years.

This is why the foundation for so many meditation practices is the breath.

They understand the practical mechanics of breathing through the nose.

There is a life force within that is keeping you and the universe alive.

Our western day understanding for the general public is lacking.

I say common sense is uncommon because our lifestyles don't reflect it.

We are totally off balance.

No wonder we have all our ailments today.

Ponder this over.

The Breath Of God

Did you know that the breath of God is keeping you alive?
All the great mystics have said the same thing.
We all breathe in each and every moment.
Yet are we aware of the power that is keeping us alive.
The entire universe breaths inside of you.
Yet we are driving on the freeway of life with our cell phones in our hands.
We are hardwired for this experience yet we are blind to see.
The car is sitting inside of your garage gathering dust.
Ponder this over.
It contains precious wisdom for you.
The secretes of the universe lies inside of you.

The Inner Guru

The definition of a Guru is as follows.
One who takes you from darkness and takes you into the light.
You can have the greatest teachers on earth.
You can have the greatest tools and practices on earth.
You can memorize all the great scriptures.
Yet if you don't put these into daily practice where are you going?
Nobody can walk the path for you.
Only you can discover your true nature.
After all this is who we are talking about.
You are the universe.
You just don't know it.
Ponder this over.

Cut The Tapes

If you want to change your life?

You must cut your old tapes.

If you don't the same old tapes will be repeated over and over again.

How can you expect to change if the same tape is playing over and over again?

Just look at our history.

War, war and war.

We never have permanent peace.

In order for there to be peace on earth you must discover your piece of the puzzle.

You are essential to make the puzzle complete.

You can't give responsibility for your piece to someone else.

It doesn't work that way.

Ponder this over.

Find out how you can cut your old tapes.

Miracle

What is the greatest miracle?

You are alive.

The entire universe lies inside of you.

A great mystic once said.

Everyone knows that the oceans contains drops of water.

But only mystics know that each drop contains the entire ocean

You are the universe.

You just don't know it.

The miracle of life exists inside of you.

Sometimes Truth Seems Like Fiction

Sometimes truth seems like fiction.
When I say you are the universe.
What do you think?
The truth seems like fiction.
How about if I say we see only around 1% of the light spectrum?
Yet the mystics have said by going within one can see the rest of the spectrum.
We only see a small part of the picture.
The truth seems like fiction.
Many scientist say we all came from star dust.
The truth seems like fiction.
Our DNA came from the stars.
The truth seems like fiction.
Our human body is hardwired to find God.
The truth seems like fiction.
We are infinite.
We are all part of the quantum field/
Ask any scientist.
The truth seems like fiction.
Ponder this over.
Sometimes truth seems like fiction.
Do you want to solve this puzzle?
The answers exist inside of you.

Agitated

When the mind is agitated.
The body is agitated,
When the body is agitated your cells are agitated.
When your cells are agitated they no long communicate properly.
When ones daily state of mind is agitated, harmony does not exists.
Disease is when the mind and body is not at ease.
The whole universe is in harmony yet man has forgotten his true nature.
Take a look around you.
Our politicians live in a state of agitation.
When one lives in this state wisdom does not exist.
Wisdom only exists when the mind and body is calm.
Ponder this over.
What state of mind do you live in?
The universe is always existing inside of you.

Your body Is Your Drug Store

The art of Taoism has been around for thousands of years.
I find it quite fascinating that they talk about the elixir of life.
This elixir is not an herb or any external substance.
This elixir exists inside of us.
In India they talk about the nectar from God that flows within.
Yet here we are taking drugs for our ailments.
Each drug has a huge side effect.
Now I'm not saying don't take drugs.
I'm saying maybe there is a better way.
For example in China you pay your doctor when you are healthy.
You don't pay when you are sick.
Mind you in modern day China this isn't always the case.
But the point is that you focus on balance and harmony.
In our culture everything is fragmented.
We don't focus on the harmony of the mind, body and soul connection.
When I was young I heard about the concepts of being in harmony with the universe.
To be quite frank I had no idea what they were talking about.
Here's an example of being out of balance.
In my junior year my parents took our family to Yosemite.
It's probably one of the most incredible place on the planet.
Yet I couldn't see the forest from the trees.
I was miserable.
Why because I missed the ocean.
Now that being out of balance.
Before we can begin to be in harmony with the universe let's try being in harmony with the planet earth.
Currently man has divorced himself from our precious earth.
We pride ourselves with the technology that we have.
Yet we are totally emotionally immature with the earth.
Where am I going with this?
Imagine if man was in absolute harmony with the earth.
Can you imagine the wisdom that it has?
It might tell you that your body is your drug store.

Every thought whether positive or negative secretes over 1400 positive or negative chemicals.

Currently most of America is totally out of balance.

Look at all the problems today.

I used to work for the USDA.

I saw my friends taking up vaping.

I couldn't believe how much smoke came out when they exhaled.

It was at least 5 times the smoke from regular smoking.

No wonder there is such an epidemic.

Imagine there are drugs existing inside of you that are dormant.

In order to receive them you must be in balance and harmony.

In each and every moment we have the opportunity to be conscious and aware.

Currently we are playing the same tapes over and over again.

I can guarantee that these elixirs of life will work better than any physical drugs.

Your body has the intelligence to produce these for you.

How many people listen to their bodies?

How many people monitor their thoughts?

How many people dive into silence?

How many people monitor their actions?

You see this is a moment by moment conscious event.

When we are unconscious chaos exists.

Look at the world around you.

Does it seem to be in balance and harmony?

The question is do you want to change?

Are you content with the current conditions?

This isn't just Richard on a soapbox.

I'm asking real questions.

What do you think?

You are your savior.

Nobody is going to save you except yourself.

All the scripture point the way but you must walk on this path.

This human body is hardwired to find God within.

We are on this incredible journey to discover our true nature.

We are out of balance and yet we can learn how to be in balance.

These are exciting times.

Millions of people are waking up.

Apathy

The definition of apathy is as follows.
Lack of interest, enthusiasm, or concern.
When it comes to man discovering the jewel within apathy is there.
When the great teachers told you to be aware of your breath at all times.
Apathy is there.
When the mystics and scientist say you are the universe.
Apathy is there.
When one says you are never alone.
Apathy is there.
Man is more interested in his football games than the secrets of the universe.
Look at the roaring crowd rooting for their home teams.
What a buzz of energy is in the air.
Yet we have a total lack of interest, enthusiasm, or concern for the unknown.
I find that quite fascinating.
Signposts of God are all around yet we could care less.
This human body is hardwired to discover God within.
Yet a football game gathers great enthusiasm while the unknown seems boring.
No wonder humanity is in such a mess.

Cooperation

Did you know that Darwin mentioned cooperation more than survival of the fittest?

Darwin borrowed the term survival of the fittest from Herbert Spencer.

These are quotes from Darwin.

Those communities which included the greatest number of the most sympathetic members would flourish best and rear the greatest number of offspring.”

What Darwin called “sympathy,” in the words of Paul Ekman, “today would be termed empathy, altruism, or compassion?”

A few years back a famous test occurred with chickens.

The most aggressive chickens were separated from the group and placed into another group all by themselves.

Two months later the majority of chickens killed one another.

The other group had no changes at all.

They were just fun loving chickens.

We have been taught that to survive we need the survival of the fittest.

Yet look at the world around us.

Where has it taken us?

The world is in total chaos.

We must change our ways before it's too late.

We need to embrace cooperation in our daily life.

Intuition

The definition for intuition is as follows.
The ability to understand something immediately, without the need for conscious reasoning

We all have intuition built in.

Yet for the majority of people it is dormant.

We spend some much time developing our intellect.

As a child we had it yet society overtime frowned upon it.

I find that ironic.

We all have had that gut feeling of intuition.

We all at some point in time listened to our gut in times of danger.

For many people their intuition have save their life.

Intuition can be cultivated.

The more you pay attention to something the more attention it pays to you.

It's like a tuning fork.

A tuning fork will vibrate at the frequency that is in the air.

For example close your eyes.

Focus on your breath.

When you feel calm focus your attention on your gut.

Scientist have found there is a second brain in your gut.

Focus your attention there.

The calmer you get overtime your intuition will be clearer.

Your subconscious will talk to you thru feelings

You will be able to understand something without your conscious mind.

Your intuition will take you place where you can't even imagine.

We are thinking inside of the box.

Your intuition is outside of the box.

Great wisdom streams through your intuition.

You are tapping into the quantum field.

Many great scientific discoveries came from the field of intuition.

A person who learns to develop his intuition becomes wiser overtime.

With so much information we are bombarded with, a person with intuition can sort through what is true and what is false.

Good old Albert Einstein use intuition in his daily life.

Teach your children this wisdom.

You may not be interested but your children or grandchildren definitely need this.

They will soar in life.

Intuition is the key to help guide us.

We all have an internal GPS system with us.

Gratitude

If you want a happier life express gratitude in your life.
Gratitude is the bond which ties the earth and heaven together.

It is the glue which binds us all.

Modern day scientist in the West have been studying gratitude for around thirty
years.

They found when a person is in a state of gratitude the heart is in resonance and
balance.

Modern day man heart is not in balance.

So many people today have heart problems.

Most of this is by the stress we afflict upon ourselves and the external
environment.

Gratitude is a state of mind.

Imagine planting a seed of gratitude.

Daily you water that seed.

You take out the weeds on a daily bases.

You take care of your garden.

Overtime your garden will flourish.

The East has been practicing this for thousands of years.

They discovered long ago the flower of gratitude in one's life.

Gratitude has a sweet perfume which permeates everywhere.

You can see the difference between one who is full of gratitude and one who hates
this world.

The definition of gratitude is as follows.

The quality of being thankful; readiness to show appreciation for and to return
kindness.

I like that.

Personally I think the entire universe is in that state of awareness.

We have that quality inside of us.

We just need to cultivate it.

Your world would change so much if you daily cultivate it.

Watch your thoughts.

They become words.

Watch your words.

They become deeds.

Watch your deeds.

They become habits.

Watch your habits.

They become character.

Character is everything.

When one does this in each and every moment one has cultivated gratitude.

Tenacity

The quality or fact of being able to grip something firmly; grip.

Persistence

Determination

Perseverance

Tenaciousness

Single-mindedness

Strength of will

Firmness of purpose

Strength of purpose

Fixity of purpose

Bulldog spirit

Tirelessness

Resolution

Resolve

Firmness

Patience

Purposefulness

Steadfastness

Constancy

Staying power

Application

Diligence

One who has mastered tenacity in this world is truly a wise man.

Fixity

Fixity is a state of being unchanging or permanent.
Everything changes in the external world.
We buy a brand new car and it get old.
I remember when I first moved to Kansas City eight years ago.
A friend of mine bought a BMW for 65,000 dollars.
He sold it just recently for 10 grand.
What brought so much pleasure initially over time lead to dissatisfaction?
This is the nature of the external world.
Everything changes.
You can't hold on to anything outside of you.
Even your human body will someday disappear before you.
What can we fix upon that is permanent and unchanging?
The mystics of the past used fixity to concentrate on the power behind the breath.
We all breathe in each and every moment.
Yet we take it for granted.
To be honest most people are oblivious of their breath.
When the great mystics say the entire universe is breathing most people just
chuckle.
You got to be kidding me.
What have you been smoking?
The doors to perception have always been there.
The signpost are there.
Your human body is wired for this experience.
Yet we think that the mysteries of life can't be found by being aware of our breath.
That's too easy.
Occam's razor is a principle from philosophy.
Suppose there exist two explanations for an occurrence.
Another way of saying it is that the more assumptions you have to make, the more
unlikely an explanation.
Fixity on your breath is as simple as you can get to find God.
It's so simple.
Yet we don't believe it.
The path must be complicated.
If you think the path is complicated then the path is complicated.
Mystics have said this path is super easy.
Just watch your breath.
That's how easy it is.
This has been known for thousands of years.

Today it's still an unknown in our society.
Present day man mind is fixated upon the external.
When a society does this chaos is all around.
Need I saw more?

Our Daily Snippets Of Life Isn't The Full Story

Our daily snippets of life isn't the full story
Our media has a tendency to display all the negative news
The murders and crime throughout the land.
The latest political follies.
The fight between the left and the right.
The chaos on this planet.
Yet millions of people are waking up from their slumber.
A new dawning is appearing.
The sun is just about to rise in the sky.
The sun brings kindness, compassion and love to the land.
This is our true nature.
Darkness has nowhere to hide.
Many events are being exposed.
They were hidden in the past and now they are in the open for all to see.
This is a glorious day.
The light is getting brighter than ever on earth.
Lite your candle and others around you.
Peace on earth is coming.

Mistakes

We all make mistakes.
That is how we learn.
Two steps forward.
One step backwards.
The entire creation is an ebb and flow of life.
In actuality there are no mistakes.
There are lessons to learn.
Yep been there done that.
I don't have to recreate that problem again.
We have the opportunity to learn and gather wisdom.
Many people wallow in their misery without ever contemplating on what is the
 lesson to learn.
We will never clap our hands and say I've mastered life.
Life is an incredible journey.
Your journey is endless so we will continue to grow and learn.
We can help others to not do the same mistakes we did.
Our parents did this quite often in our lives.
Yet due to our ignorance and immature nature we often ignored it and paid the
 price for our actions.
We can always change if we want to.
After all there is always the next level in the video game of life.

RIP Christian de la Iglesia

My dear Christian.
May you ride the eternal wave?
I'm shocked and saddened that you have left this planet.
Yet we never know when it's time to go.
I've been proud of your life.
I haven't seen you in years yet it seems just like yesterday you were playing with
my daughter Chanda.
You loved life and life loved you.
You had a deep respect for the ocean.
Surfing taught you the ebbs and flow of life.
There is a high tide and low tide.
Yet it's all the ocean of life.
You are one with the ocean.
This means a part of you exist inside of me.
Your body has died yet your essence is alive.
You have simply moved into the next room in the mansion of life.
My prayers go out to your family and friends.
By the way catch a wave for me and your family.
Let's celebrate

