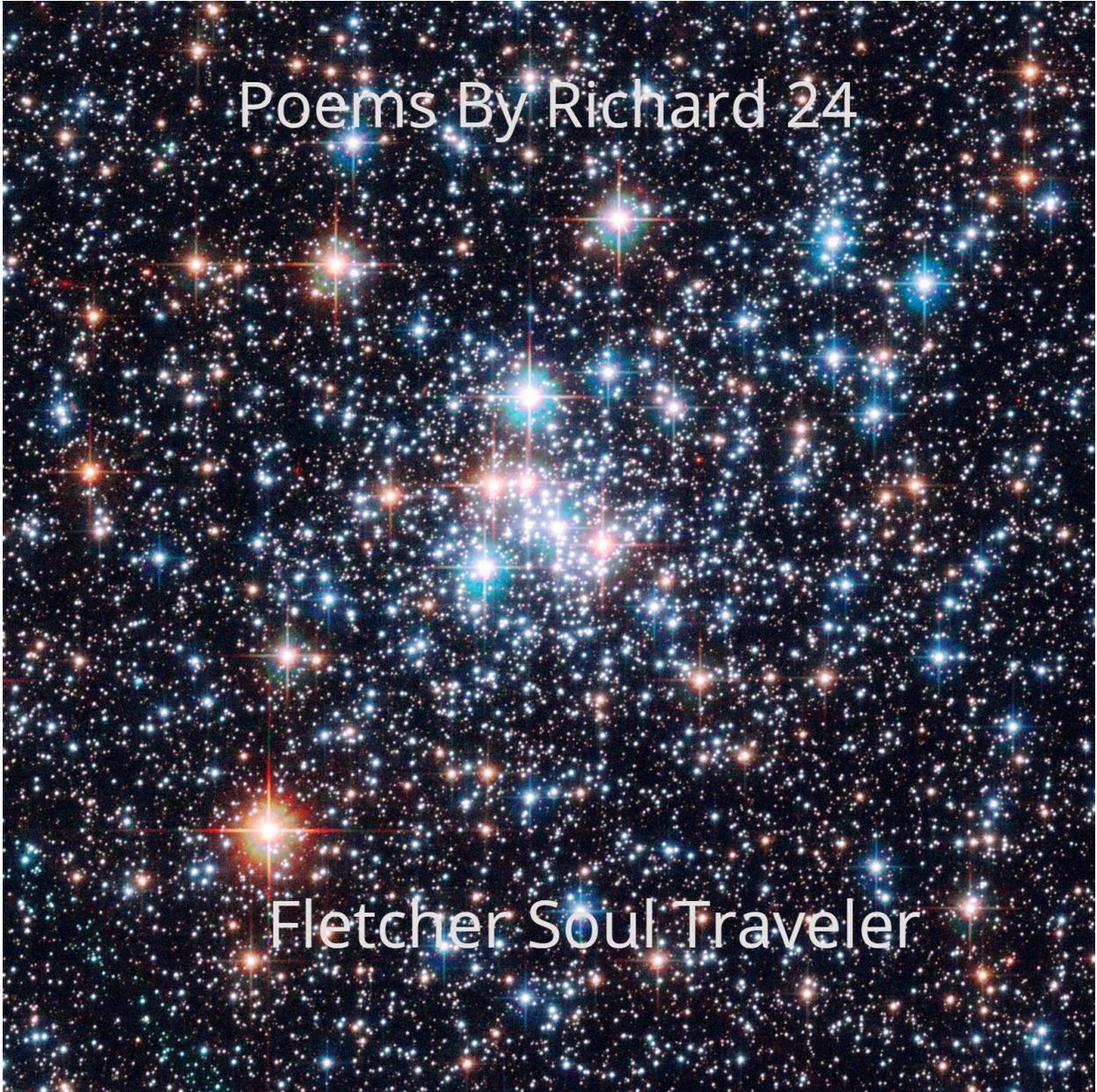


2020

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 24

Fletcher Soul Traveler



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## The Heart Of God

Where is the heart of God?  
It exists in the entire universe.  
Yet we think we are alone.  
Love exists everywhere yet we still have wars.  
Isn't that a paradox?  
It is like a fish drowning in water.  
The ocean of love is all around us.  
Yet we are drowning.  
The world is struggling.  
People are divided.  
Conflict is all around.  
Just turn on the news.  
Better yet just turn off the news.  
Close your eyes.  
Concentrate on your heart.  
Feel the love of God inside of you.  
This is your true home.  
You can always be in this place.  
This is your sanctuary.  
Whenever you want to feel the heart of God it exists inside of you.

## The Mind Of God

Can we fathom the mind of God?  
What infinite intelligence lies in the universe?  
Can you imagine the intelligence that created the universe?  
We live such mundane lives.  
We are texting on the freeway of life.  
Our lives are so shallow.  
Who won the game last night?  
I woke up with a hangover.  
Do we ever contemplate the mind of God?  
Just imagine the divine intelligence of our DNA.  
What a miracle it is.  
Imagine billions of cells dying and being born at the same time.  
Billions of functions are occurring and we aren't aware of it.  
The entire universe lies inside of you.  
Yet we go on like nothing is going on.  
Have we become stagnant?  
Are we so focus on the mundane?  
Can we see the forest from the trees?  
The mind of God exists everywhere.  
Learn how to tune into it.

## Slow Down

Slow down.

You are moving too fast.

Why are you waving in out of lanes in the traffic of life?

The way you drive is your state of mind.

If you are agitated you will drive like a maniac.

You think you will get to your destination faster.

One who is totally relaxed while driving and doesn't have a care in the world will get to his destination at the same time?

When the agitated person reaches work he will listen to someone and think what I am going to say next.

He doesn't truly listen.

He just reacts.

A calm person will listen to what you have to say.

He doesn't get rattled if he has a different opinion than yours.

One who is in the center of the hurricane has slowed down in life.

One who lives in the winds of the hurricane constantly rushes around and misses the beauty of life.

One may drive home with the most beautiful sunset ever and miss it entirely.

You are in such a rush that you can't see it.

Signposts of God are all around you.

Yet in our fast-paced life, we don't have eyes to see.

I have seen people are loyal to their jobs.

They sacrifice their family life to work overtime.

Yet the companies no longer are loyal to you.

You are just a number.

Profits are to be made.

Slow down and see the forest from the tress.

Without you, the company can't exist.

If everyone could slow down they would see the madness that we have created.

On your death bed are you going to care about your job?

## Betrayal

What a sad week this has been.  
Imagine the Kurds have been fighting ISIS for around five years.  
Over 10,000 Kurds have died.  
The US was the advisors with them.  
We provided training and guidance.  
Very few Americans were killed.  
Yet in an instant, it changed.  
The US decided to pull out without any consideration of the consequences of its actions.  
The defense department was never notified.  
Many other agencies were left in the dark.  
How can a President pull troops out without discussing the ramifications with all the various departments of the government?  
Can you imagine the Kurds waking up and having bombs dropping on you?  
Families are being killed/  
What a sense of betrayal.  
Even our advisor's soldiers feel they have been betrayed.  
The US and the Kurds were in complete alignment with each other.  
It seems like all the progress we had will be dust in the wind.  
How can the Kurds watch over ISIS when they have to defend their life?  
Look I'm not a political person.  
I just can't believe that in one instant we betray our allies in this war.  
It seems like the US can't be trusted anymore.  
I thought when you sign a treaty you have your word.  
Yet it seems like lately, our word is bogus.  
We can change our minds at any time we like.  
I pray for the safety of the Kurds.  
They have nowhere to go.

## Reverence

A deep respect for someone or something.

High esteem  
High regard  
Great respect  
Acclaim  
Admiration  
Approval  
Appreciation  
Favor  
Recognition  
Worship  
Veneration  
Awe  
Homage  
Adoration  
Honor  
Praise  
Liking  
Affection  
Love

These are the qualities of reverence  
Today we see so much of the opposite.

Scorn

Maybe we all need an attitude adjustment.

## Try, Try, And Try Again

If there is one thing I've learned is to try, try, and try again.

We stumble and fall every day.

Yet we still get up.

Dust ourselves off and carry on.

This is the human spirit at work.

Nobody gets a free ride.

You may be jealous of someone yet I can guarantee you there have been bumps in the road for them.

This is the journey in life.

We all have our own custom made challenges.

These challenges ultimately make us stronger.

Mind you we may not like them.

Yet we are here to grow.

Mankind has many boulders, rocks, and weeds that lie inside of us.

These challenges help us to remove these obstacles in life.

A single boulder can tie a person down for life.

Many people have had a traumatic experience and never recovered from it.

My advice get outside help and start to weed your inner garden.

Learn to be proactive.

We have been reacting all our lives.

Look where that has gotten us.

At times we are like leaves blowing in the wind.

We react constantly to external events.

We don't even think about it.

We just react.

We bypass our minds and just react.

We have people who are leaders of the world who tweet whatever comes to their minds.

Personally, I think mankind is due for spring cleaning.

## The Path Is what You think It Is

The path is what you think it is.

I think that is ironic.

Your thinking dictates your path in life.

If you are lonely your path will be lonely.

If you are angry your path will be angry.

If you are sad your path will be sad.

If you are happy your path will be a happy path.

It seems like our emotional state and mental state creates our paths in life.

Did you know that all your ancestors walk with you on this precious path?

You are never alone.

Ask a quantum scientist.

You exist everywhere.

Your loved ones are all around you.

They just moved into another room in the mansion of life.

Remember it's one mansion.

It has many rooms.

What am I saying?

Learn to think outside of your box.

You are limiting yourself.

Tap into silence.

From there you will experience the quantum field.

Your essence is pure light.

You are hardwired for this experience.

This light exists inside of you and the entire universe.

This is your true essence.

Hopefully, you will contemplate these words.

They have a deep meaning.

They are meant for you to connect directly to the source of all.

You will then have a deeper meaning on this path of life.

## Tranquility

Tranquility is the quality of state of being tranquil or calm.

Yet most people's minds are agitated.

Wise men have said that conquering your mind is the most difficult thing to accomplish in the universe.

Just like a clam who produces a pearl through the single grain of sand a wise man produces a pearl within by being aware.

You see you are an alchemist yet nobody told you.

You can transform your agitated mind.

Yes, it takes practice.

Nobody said it was easy.

Imagine the ocean during a huge storm.

Huge waves are breaking on the shore.

Yet miles down in the depth of the ocean all is calm.

Meditation is the means to sink into the ocean of life where stillness exists.

Imagine bringing that stillness into your daily life.

You can.

All it takes is your will and effort.

## Connection

Imagine the following scenario.

You have a TV set.

It is not plugged in.

All the channels are there.

Yet you can't see them.

Now plug your TV into the power socket.

Turn it on.

You can now see any channel you like.

In the same vein if you want to discover your true nature you must plug yourself into the source of all.

Behind your breath is where you plug yourself into.

Wise men recommend that one connect to this twenty four hour a day.

This takes your will and effort.

The source has always been there yet you have been unaware.

Remember you are the universe.

You just don't know it.

You are hardwired for this experience.

Everything is there except you're not plugged in.

## Patience

Patience is the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.

Patience is really needed in this world today.

To be quite frank many people don't tolerate each other.

Look at the current events all around the world today.

People don't listen to each other.

Because of this there is fighting all around the world.

I believe that most problems in this world are due to lack of patience.

This includes all kinds of communications.

We were never taught patience.

Mind you we had lip service.

People would say patience is a virtue yet they didn't have patience.

Personally when a person dives into the ocean of silence one begins to experience patience.

Yet to truly manifest patience in one's life, one has to practice it daily.

Patience is probably one of the most difficult things to master.

One has to be in harmony with the mind, body and soul connection.

One can experience patience in the soul and some external event gets fired off and the mind automatically reacts and response.

The mind then reacts and explodes.

When the mind reacts discrimination is thrown off balance.

You will then say things that you probably shouldn't say.

The wise man constantly learns from his mistakes.

He learns by taking two steps forward and one step backward.

The fool never learns from his mistakes.

He will tweet whatever comes to his mind.

## Tolerance

Tolerance is the ability or willingness to tolerate something, in particular, the existence of opinions or behavior that one does not necessarily agree with. I personally believe that by seeing the web that is tying us all together one can't be truly tolerant.

The world needs tolerance.

Look at the state of the world today.

Many countries want to go back to being nationalist.

We have done that in the past.

Look at WW1 and WW2.

They were fought with nations being nationalistic.

We are on the same boat together.

We either sink or swim.

Lack of tolerance is how we create so much chaos in the world today.

Need I say more?

## Pay Attention To Your Dreams

Did you know the quantum field is like a vast soup?

Everything is in it.

It is not linear.

Time does not exist in it.

When you dream at night you return to this soup.

When you have a dream that doesn't make sense and out of the ordinary you have touched the quantum field.

Many times your ancestors are there.

They communicate beyond words.

They can send images to you.

These images to the conscious mind don't make sense.

Yet to your soul it makes total sense.

You see in the material world everything is linear.

We go from point a to point b.

Yet in the quantum field, all is one.

There is no time and space.

The more you pay attention to your dreams the more you will understand them.

Dreams are a way to help us on the road in life.

Dreams help us to be in contact with our loved ones who have passed over.

They have just moved into another room in the mansion of life.

We spend so much time dreaming at night.

A wise man will pay attention to his dreams.

Every night we return home yet we aren't aware.

Ponder this over.

## Occam's razor

Occam's razor is a principle from philosophy.

Suppose there exist two explanations for an occurrence.

The more assumptions you have to make, the more unlikely an explanation.

We all live in a cosmic soup.

Every quantum scientists knows that.

Yet why don't we perceive that?

Wise men have been talking about that for thousands of years.

They didn't use the word quantum.

Behind your breath lies the answer.

It's as simple as that.

We make it so complicated.

In the silence, one can perceive the ocean of life.

Daily close your eyes.

You will solve this riddle of life.

## Maternity leave

Parental leave, or family leave, is an employee benefit available in almost all countries. The term "parental leave" may include maternity, paternity, and adoption leave; or may be used distinctively

I find it quite ironic and sad that the United States does not have an official policy.

We are the only country in the western world that does not have one.

Some European countries have for both parents a year and a half of paid absence.

The cornerstone of a society is based upon raising your children in a conducive environment.

In the US to be quite frank this does not happen too much.

Most Mothers are back to work after two weeks.

The Fathers may go back within a few days after the birth of their precious child.

I believe common sense is uncommon.

Many Fortune 500 companies are slowly implemented policies.

Yet this should have taken place in the sixties when Mother's started to enter the workplace full time.

At times I think in the US we get our priorities wrong.

It seems like big business is running the show.

Basic human rights have been lost.

Many nations are superior when it comes to the government truly caring for its people.

I would give our government an F in this manner.

Presently both sides are bickering and fighting.

Nothing productive is going on.

We can't seem to tackle any problem and fix it.

We are talking about issues for the last fifty years with no end in sight.

## Inspiration

### Definition of inspiration

A divine influence or action on a person believed to qualify him or her to receive and communicate sacred revelation

The action or power of moving the intellect or emotions.

The act of influencing or suggesting opinions.

The act of drawing in.

Specifically: the drawing of air into the lungs.

The quality or state of being inspired.

Something that is inspired

A scheme that was pure inspiration.

An inspiring agent or influence.

Did you know that by being conscious of your inhale and exhale one gathers inspiration in one's life?

There is a direct coloration between breathing and inspiration.

One who tries to consciously be aware of the breath moment by moment is truly inspired.

Each and every breath we take is a miracle.

Yet we are too busy texting on the freeway of life.

Slow down on the freeway.

Stop your car.

Take a few moments to feel your divine breath inside of you.

You are never alone.

## Desire

Desire is the conscious impulse toward something that promises enjoyment or satisfaction in its attainment.

Unfortunately, desire has been used for the erosion of man.

So many unfortunate problems occur in man with harmful desire.

Look at the opioid epidemic today.

Millions of people have died.

The drug makers have made billions.

Sometimes our desires have lead us to death.

How do we as humanity weed out harmful desires?

It's very difficult.

How do you slow down a car when you have the pedal to the metal in life?

At times the only way we get help is by grace alone.

We are always looking for the ultimate desire.

Our mind, body, and soul want freedom.

Our mind tricks us to think that the external world can give it to us.

A bigger house.

A better car.

A new wife.

A new job.

A vacation.

We can go on and on.

The problem is all external desire is temporary.

You get what you want.

You fulfill your desire and you are happy for a few moments in time.

Then you get a mosquito itch.

You are no longer satisfied.

Your external desires go on and on.

The jewel lies within you.

Only you can solve this puzzle.

## Responsibility

Responsibility is the quality or state of being responsible: such as moral, legal, or mental accountability.

We are all accountable for our actions.

Just think the human body performs billions of operations daily.

It is in sync with the universe.

With our actions, we may put it out of sync.

The wise man is responsible for his life.

He will not blame others for his state of mind.

If someone makes him angry he is drinking his own poison.

Even modern-day scientist knows this.

The wise man will simply smile in the face of adversity.

He has nothing to prove.

His goal is to be accountable for all his actions.

Granted this takes time and effort.

Yet the world will be different.

He is mastering himself.

Not like those who twitter what comes to their minds.

## Liberation

Liberation is the act of liberating someone or something.

What is true liberation?

Is there a way to attain it?

Is it just a figure of speech?

What is the power of the word behind it?

Are we missing some hidden meaning?

Liberation lies in the present moment.

Yet we are texting on the freeway of life.

In each and every moment lies the possibility of liberation.

It's a jewel that lies in pure sight.

Yet our eyes are closed.

The wise men from the past knew how to connect to this.

This is how they became wise.

You are the universe.

You just don't know it.

## Freedom

Freedom is the power to do what you want to do: the ability to move or act freely

Freedom is the state of not having or being affected by something unpleasant,  
painful, or unwanted

Our ultimate state is freedom.

Yet we continue to hold on to weeds, rocks, and boulders.

We don't even know we are doing this.

I often ponder why humanity does this.

The wise man in the past said to let go of all your troubles.

Be kind.

Be free.

Yet we continue to hold on to them for dear life.

I can't conceive of not being angry with John.

He deceived me.

Mind you John doesn't even remember the event.

It was fifty years ago.

But we are still drinking the same poison.

No wonder we have such disease on the land.

We are not free.

The disease is when the mind and body are not at ease.

Freedom lies within.

It must be captured moment by moment.

It exists in the now.

We live in the past and the future.

We have totally forgotten our true state of being.

Only you can capture freedom.

Nobody can do it for you.

That includes God himself.

## Being Perfect versus Being real

So many people strive for perfection.

The wise man strives for being real.

The Japanese have a great custom.

When a precious teacup breaks they put it together with real gold.

The broken teacup has a blemish yet what an incredible blemish it is.

It is filled with gold.

In the same way, our mistakes and blemishes can be so incredible for learning how to be real.

We don't need to hide anything.

Nature is real, not perfect.

The universe is real, not perfect.

A baseball player who hits the ball one out of three times is incredible.

That means two out of three times they don't get on base.

We take two steps forward one step backward.

This is how we grow on the journey in life.

We must accept everything in our life.

When we do we are real.

We are proud to have that precious scar.

We don't have to put the dust under the carpet.

Personally, I think our society would change for the better.

We learn at such a young age that we are competitors with each other.

Survival of the fittest.

Yet being real stops that nonsense.

We learn we are all on the same boat sailing home together.

## Bullseye

Many moons ago a friend told me this.  
Do you know what your last name means?  
I said I don't know.  
He said your last name means bullseye.  
The opposite of bullseye is sin.  
Sin means to miss the mark.  
As humanity we are missing the mark every day.  
We are totally divided.  
One side hates the other side.  
Daily people are adding gasoline to the fire of life.  
It's like the wildfires in California.  
We can't get them under control.  
It seems like each year they get worse.  
What is the solution?  
How can we shoot the arrow and hit the bullseye?  
The center of the target lies within.  
We have been shooting arrows towards each other.  
Where does that get us?  
This is not a Cowboy and Indians game.  
This is life itself.  
We are playing this game without knowing the rules.  
No wonder the world is in chaos.  
We think we are the most important player and have no regard for our fellow man.  
We place five bucks for the offering and then forget about the creator for the rest  
of the week.  
We were born to shoot arrows that hit the bullseye of life.  
How accurate are your arrows?  
Which direction are you shooting them?

## Concentration

Concentration is the action or power of focusing one's attention or mental effort.

In order to hit the bullseye in life ones must concentrate.

Meditation is perfect concentration upon a perfect point.

An incredible teacher said this many moons ago.

Mankind has the ability to focus on the quantum field.

The hardware and software have been there since your birth.

Unfortunately, we have been paying attention only to the external.

Mind you most of the time we are paying attention to our cell phones in life.

We are one more layered distant from our true nature.

Already our subconscious is running 95% of the show and now we created another  
layer.

Wow.

How intelligent we are?

Look I'm not against cell phones.

Yet I see everyone looking down at there phones while walking.

People texting while driving.

The whole universe is alive and we are dead to it.

Now that's sad.

Are you happy with the state of the world today?

Only you can change.

Nobody can do t for you.

## The Ocean Is All Around Us

How can a fish drown in water?  
I heard this expression in India many moons ago.  
Yet how prevalent it is in our life.  
The ocean of life is all around us.  
We think heaven exists a billion miles away.  
Yet every step we take heaven is all around us.  
We just don't have eyes to see.  
We are so busy with our daily life.  
Look I'm not saying to enjoy this life.  
I'm just saying tune your inner radio station to KGOD.  
That's all I'm saying.  
The station is always broadcasting.  
All you have to do is to tune into the station.  
One will then see that each moment is a miracle.  
Each moment is filled with such kindness, love, and compassion.  
You are a part of this infinite ocean of life.  
All you have to do is tune into the station.

## The Rainbow

How beautiful is the rainbow in the sky?  
Such incredible colors.  
Each color is so different yet they harmonize with each other.  
It's a way for the universe to say we are all one.  
Look at the diversity of the flowers.  
Each flower is so beautiful.  
They don't fight with one another.  
Only man does this.  
Look at all the trees.  
They celebrate unity throughout the land.  
Their roots are intertwined.  
They help one another.  
It's not the survival of the fittest.  
They cooperate with one another.  
Look at the geese flying in the sky.  
They are all honking with delight.  
They are flying as one.  
Maybe just maybe man can one day see the unity of all.  
Our world would be for the better.

## This Is Not A Commercial

This is not a commercial.  
Nobody is trying to sell you anything.  
There is nothing to sell.  
Nobody is trying to convince you.  
The truth needs no convincing.  
Wise men have been talking about this from time immemorial.  
Yet their words have fallen upon deaf ears.  
All of them have said the road lies within.  
They used the current language for their time.  
They didn't live fancy lives.  
These men didn't strive for wealth, glory or power.  
Many of them lived common lives.  
Yet they thought outside of the box.  
They knew that the jewel lies inside of us.  
There are many roads that lie within.  
They all go to the same destination.  
There are no commercials on this radio station.  
The broadcast is live.  
In each and every moment you can pick up the signal.  
It is beyond time and space.  
Only a wise man understands what I'm talking about.

## The Grand Illusion

We all love magic tricks.  
With the sleight of a hand, magicians create such a grand illusion.  
Yet they are simple magic tricks.  
This world is like going to the movies.  
We think it is so real.  
We are totally captivated by it.  
We laugh cry and dance during the movie.  
Wise men have said that this movie is not the ultimate reality.  
Turn your head and you will see light hitting the screen and making the picture.  
Someday your movie will end.  
Where will you go?  
These are questions to ask while you are alive.  
The entire universe gets created and someday it will disappear into the night.  
A brand new universe will be born.  
The cycle is endless.  
You are eternal.

## Take a Holiday From Your Mind

Take a holiday from your mind.  
The mind at times will give you nightmares.  
It makes any given situation a tormented affair  
It's like a magnifying glass.  
It blows things totally out of portion.  
This is its nature when it is out of control.  
The slightest mosquito bite feels like a dragon just blew fire all over you.  
Wise men say that learning to control your mind is the most difficult thing to do in  
the universe.  
Many people have tried.  
Many people have failed.  
Yet it is in reach.  
You can learn how to live in the center of the hurricane.  
The winds of the mind can't touch you there.  
This is where you take a holiday from your mind.  
Even if you go there for just one second it will help you tremendously throughout  
the day.  
This is not a theory.  
You can have a direct experience by diving deep inside your true nature/

## Laughter Is The Best Medicine

Laughter is the best medicine.

We have all heard that.

Yet do we take it to heart.

Scientists have been studying the effects of laughter for around 30 years.

Yet in the east they have been studying it for thousands of years.

When a person truly laughs thousands of positive chemicals get released into the body.

When the body is at ease disease doesn't exist.

Disease exists when the body is not in harmony.

Kids laugh a lot when they are young.

Adults, as they age, laugh less.

They have a tendency to make life more serious.

Consequently the body gets more serious.

When the body gets serious disease will occur.

The universe is not serious.

Man is.

The universe is full of laughter.

Don't be a stuffed shirt.

You can learn how to truly laugh at life.

This is your true nature.

## The mind is always grasping for information

Did you know the mind is always grasping for information?

Mind you this is not wisdom.

Most of the time its snippets of information.

We are addicted to our cell phones.

I mean this literally.

People will have panic attacks if they don't have their cell phones nearby.  
I find it fascinating that Bill Gates and Steve Jobs didn't let their children have cell phones for a long time.

When the mind is overloading with information one loses the ability to think outside of the box.

One loses the ability to be creative and to think deeply.

We must have periods of silence in our life.

We are hardwired to do that.

How can you think about your true nature when you are texting on the freeway of life?

More and more I see our society is locked into an illusion and thinks it's real.  
Many times we start to question our lives is when somebody dies or we get a fatal disease.

During these times we pray for guidance.

Until then we live our dear old lives.

I'm just saying let's be practical.

Your mind deserves a break.

We get vacations every year from working.

Granted in the US not enough but we still get them.

Your mind needs a vacation daily to function properly.

You did not learn this in school.

What are you going to do about it?

You have free will.

## Off The Wall

I wonder if humanity's head is screwed on properly.  
When our family returned from Hawaii to a small northern California town this  
following scene played out for my daughter.  
When the students found out she came from Hawaii they all said ehew who would  
ever want to live in Hawaii.  
Wow, that's about as narrow-minded as you can get.  
No wonder the world has so many problems.  
Mind you this was junior high.  
The girls had to wear the same kind of shoes.  
My daughter loves flip flops.  
My daughter thought outside of the box.  
She stood up for her classmates when someone made fun of them.  
Consequently, the bullies freaked out.  
How dare you stand up to us?  
It sounds like our current politics today.  
We twist and turn facts to meet our state of mind.  
We were never taught to be true individuals.  
We were taught to be part of the crowd.  
Even if the crowd did things that we knew were wrong we didn't want to upset the  
apple cart.  
Common sense is uncommon.  
What more can I say?

## The Deep Well

Did you know your words are as deep as your well within?  
If your well is shallow your words will be shallow.  
If your well is deep your words will be deep.  
Currently our politicians speak shallow words.  
They have no deep meaning.  
They only speak from their political point of view.  
Even if the truth is evident they spin the truth.  
Truth does not need spinning.  
The deeper the well is the more your words will be truthful and sincere.  
Truth is not shallow but man is.  
We were never taught this in school.  
You have free will.  
How deep is your well?  
Are you interested in making it deeper?  
Your family and friends would love to see a new you.  
It's been there all the time.  
We just have a dusty mirror.

## Life is a game

Life is a game.

With all games there are rules.

The wise men in the past presented man the rules to play this game.

Kindness, love, and compassion were the rules.

Unfortunately, man has been fighting wars for thousands of years.

What has that gotten us?

More wars and misery.

Maybe we should open up the great scriptures and read the rule book again.

It would be great if we could put these words into action.

How many innocent people have died in all the wars?

Too many to count.

If we want peace on earth we need to understand the rules on how to get there.

Fighting will never bring peace.

It will just bring another war.

## Fisherman

There have been many incredible fishermen throughout the ages.  
They weren't your average kind.  
The fisherman taught humanity to fish for kindness.  
Kindness is the essence of life.  
Kindness makes the world go around.  
There is an inner ocean.  
One may take the boat of silence and drop your line.  
Within seconds one catches the fish of kindness.  
The fish helps man to transform from darkness to light.  
You are not alone.  
The ocean of life exists inside of you.  
Be kind.  
Drop the anger.  
Has anger served you and this world?

## Children Working In Mines

Imagine today this still exists.  
Around 10,000 young children working in mines in Madagascar.  
They work 12 hours a day seven days straight.  
They get no breaks.  
They make pennies a day around five bucks a week.  
They mine precious metals where companies like Panasonic can use.  
Without this precious metal, they could not make their products.  
Panasonic says they have no idea that these young children work in such  
conditions.  
CBS interviewed these children.  
Most of them were around 6 to 8 years old.  
Something has to be done about this.  
China is also using this meta.  
Personally I think they should be sued for billions of dollars.  
The children should be co-owners of the mine.  
They should get proper education  
A trust fund should be set up for them.  
They then could use this fund in the future.  
This money could be used to help the young children.

## Relax Your Muscles Every Day

Did you know that past traumas get stored in your body and muscles?

Day by day, year by year they fester.

This ultimately leads to disease.

When I was young I learned a very easy yoga technique.

It was so simple I ignored doing it for many years.

Fast forward 48 years.

I just started to practice this again.

It's very easy.

Just tighten and relax starting from your toes to the top of your head.

Tighten each part three times.

Start with your toes.

Ankles.

Thighs

Stomach and hips.

Upper chest and back.

Tighten your hand's elbows and upper arms.

Tighten your throat.

Tighten all your muscles in your face.

The last part tighten all in one sequence all of the above.

Do this three times.

This should take around 4 minutes.

At first you probably will have a hard time doing this.

The body and mind are not used to be in sync with each other.

Overtime you are training the body to be more relaxed.

Anybody can do this.

## Retreat From Your Mind

We all need at times to retreat from our minds.  
Our minds takes a mosquito itch and make-believes a dragon just flames us.  
It blows everything out of proportion.  
Our ego really can't discriminate properly.  
It tends to run the show.  
Our present-day political arena clearly demonstrates this.  
But how do we retreat from your mind?  
We were never taught this in school.  
The mind just wanders and rambles.  
Many people say my mind doesn't ramble and wonder.  
I once had a dear friend who learned how to meditate.  
After a short time he said wow I can't believe how powerful the mind is.  
Unfortunately he stopped meditating.  
To truly retreat from your mind take a day by day, moment by moment being  
aware of the power of your breath.  
When one learns to be totally present in the now one is in a state of being retreated  
from your mind.  
In this state one lives in the center of the hurricane.  
The howling winds of the mind are still there yet one's state of mind is peace.  
Wise men have been talking about this for thousands of years.  
You can retreat from your mind.

## Wisdom From Your Ancestors

Close your eyes.  
Imagine in your mind one of your ancestors who have died.  
Feel the joy and love emulating from them.  
Feel your pain and loss disappearing before your eyes.  
You are never alone.  
Did you know that indigenous people all around the world gather wisdom from  
their ancestors in this manner?  
Our grief should occur.  
Yet over time, we can reconnect with our loved ones on a daily bases.  
Mind you it's not with words.  
You will feel the essence of your loved ones.  
It's hard to put into words.  
They will come into your dreams.  
You will have a flash of their presence.  
They will appear in many shapes, ways and forms.  
Remember you are not alone.  
Your loved one just moved into a different room in the mansion of life.

## Help One Another

I write these so we can help one another.  
We are all one the same boat.  
As you probably know I've been meditating for 48 years.  
It is my passion.  
Today I realized and experience something so practical.  
For years it's probably been staring me in the face.  
Yet I couldn't see it.  
For some reason I decided to merge peacefulness with my mind.  
To be quite frank I never have thought of that before.  
Mind you I have spent hundreds of thousands of hours meditating.  
I spent just a few seconds of concentration peace on my mind and presto the grain  
of irritation disappeared.  
I often say the signpost of God is all around us.  
Often times grace comes in the form of an incredible thought that can literally  
change your world.  
This is not taught in our schools.  
Yet some schools are trying this out with great success.  
I hope this helps someone.  
Imagine peace.  
Fell the peace.  
Merge the peace with your mind.

## My Lucky Day

This must be my lucky day.  
Most people probably think the quantum field has no state of emotion or awareness.  
Yet wise men have said for thousands of years that's not true.  
They didn't call it quantum back then.  
The Chinese called it the Tao.  
Yet today, while I was meditating the energy, took on a different persona.  
It seemed to dance.  
It was alive and conscious.  
Words can't describe that experience.  
Imagine the life-force having a great sense of humor.  
It had tremendous laughter.  
This is our true nature.  
Why are we humans at times such a stick in the mud?  
Our true nature is so much greater than we can even conceive.  
Imagine the solution to all your problems exist inside of you.  
Mind you I'm not saying you won't have any problems.  
But I'm saying your true nature is magnificent.  
Only you can open the door within.  
By the way there is no door.  
Just look inside and see what's there.

## Grasping At Straws

At times I feel so sorry for many human beings.  
I feel like we are grasping at straws.  
How many people have died from drugs and alcohol?  
They didn't mean to die yet they did.  
Millions of people have died from the opioid epidemic.  
The drug industry made billions of that one.  
Why doesn't humanity change for the better?  
It seems like we are sawing the branch we are sitting on.  
I heard this many years ago from an incredible teacher.  
Do we just live our lives unconsciously?  
I'm still amazed at most of the food in the grocery stores.  
Most of the food is junk food.  
When you eat junk food it affects your body and mind.  
Most of the junk food commercials are a made-up fantasy.  
Coca-cola is the real thing.  
Many people I know drink only soda.  
Many don't like the taste of water.  
Did you know it takes a few days just to flush out the soda you just drank?  
No wonder America is so unhealthy.  
Common sense is uncommon.  
Many people live their lives through commercials.  
Commercials dictate what we should buy.  
Take all the drug commercials.  
Before 2000 companies weren't allowed to advertise.  
Watch the evening news and the majority of commercials are drug commercials.  
I have friends who ask their doctors for these drugs.  
Why?  
Because they saw it on TV.  
Personally I think we all need to get educated.  
There is another way.  
We must be pro-active in all manners of life.  
The odds are stacked against us.  
Just watch the commercials on TV.  
Tell me we don't need to change.

## Where Did Yesterday Go

Where did yesterday go?  
I first heard this phrase where did yesterday go many moons ago?  
I had no idea how to respond.  
When George Harrison album 'All things must pass' came out I didn't understand  
the meaning.  
When Richard Albert's book 'Be Here Now' came out I didn't really understand  
the meaning.  
When I was young I heard in the bible 'the kingdom of heaven is within'.  
I didn't see it.  
Here's another great bible quote.  
If thy eye be single thy whole body shall be filled with light.  
It seems to me there is a mystery to be solved.  
Maybe just maybe the mystics were on to something.  
They have been talking about this for thousands of years.  
Kabir a great mystical poet said the following.  
Mind you I'm paraphrasing it.  
Well here goes.  
There is a palace in the sky.  
A blind man sees a light more brilliant than a thousand suns.  
A deaf person listens to the unstruck music.  
A lame man climbs the ladder and gets drunk on the nectar of immortality.  
This poem goes on and on.  
The last thing Kabir says is only a wise man understands what I'm talking about.

## Don't Try To Change Anyone.

Don't try to change anyone.  
Especially when it comes to politics.  
There is a great Jewish story.  
A man takes his son to a Rabbi.  
The man says to the Rabbi "can you help my son quit smoking"?  
The Rabbi says come back in a month.  
The man brings back his son a month later.  
The son and the Rabbi have just a one-minute conversation.  
The boy stops smoking/  
A few weeks later the Rabbi bumps into the man.  
What did you tell my son?  
Why did he have to come back in a month?  
Well, the reason why is that I had to quit smoking.  
It was going to take me a month to quit.  
When I quit I told your son my story.  
He decided on his own to quit.  
Don't try to change anyone.  
Just be an example.

## Sudoku

My wife loves to play Sudoku.

It's one of her hobbies.

She started with the easy ones and worked her way to the most challenging ones.

At each step she learned when an obstacle comes her way to walk away.

Answers come in stillness.

It seems like when the mind is relaxed the answer is like a bubble coming to the surface.

At each level, this happens.

If she tries use brute mental force to solve the problem, the answer never comes.

It seems like we need to take action and at the same time no action.

Yes that is a paradox.

We don't learn that in our schools.

Our school systems are all about rote memory.

It doesn't teach us to think.

We can learn how to make our actions more Zen-like.

Zen-like is being conscious of the now in each and every moment.

It's easy to say.

It's the latest buzz word.

Advertisers love to use it.

It brings up the unknown.

Just think this state of awareness is your true nature.

Yet we are texting on the freeway of life.

## I'm astonished

I'm astonished.  
The signpost of God is everywhere.  
Yet we don't have the eyes to see.  
What a paradox?  
We are on the freeway of life.  
Many people are texting on the phone and miss the sign saying road work ahead.  
Consequently, they hit the huge bump on the road going seventy miles per hour.  
This causes major suffering yet we keep on texting.  
Many people get detoured from the highway of life.  
They drown their miseries in drugs and alcohol.  
Look I'm not saying not to use them.  
There is always a time for celebration.  
Yet be in control, not the other way around.  
People are dying every day.  
They didn't mean to die yet they did.  
How did the fish drown in water?  
How does chaos exist when signposts are all around us.  
Mystics have been talking about this for thousands of years.  
Mind you the mystics don't quarrel with each other.  
They know that each one has a custom experience of the source of life.  
The funny thing is so do you.

## What A Glorious Day

What a glorious day?  
It may be sunny or a cloudy day.  
Yet today is a glorious day.  
I'm so thankful for being alive.  
Nobody knows when it is there last day on earth.  
Rejoice in every moment.  
Be aware of your breath.  
One who is conscious of their breath truly sings the beauty of life.  
Problems may come yet a wise man knows all things must pass.  
A storm comes.  
Yet meditation is the umbrella that keeps us from getting wet.  
A wise man can weather any kind of storm.  
In each and every breath one can feel the glory of the day.  
The day is not supported by the daily events that occur.  
The day is supported by the breaths we take.  
This is the true foundation of life.  
The entire universe breaths with us.  
We are not alone.  
What a glorious day?

## Getting Drunk

I've been drunk by alcohol only a few times in my life.

I disliked the feeling the next day.

I would wake up and my head was exploding.

I found out quickly my body didn't like it.

I'm not sure if the high is worth it.

With anything, there is a high and then comes the low.

I asked myself is it worth it?

How about getting drunk on life?

There are no harmful side effects.

One is conscious and aware.

Alcohol has a tendency to bring up the dark side of man.

How many insidious actions have taken place?

Some of my friends can handle alcohol.

It brings them enjoyment.

It is a way for them to bond with other people.

What is good for one person is poison for another.

It's funny it works out that way.

Our DNA is the deciding factor.

Yet our minds do control us.

I feel so sorry for those who are alcoholics.

The addiction is so strong.

Even after 30 years without a drink, the desire is still there.

That's the power of the mind.

It's often a force all of its own.

No wonder the mystics said to control your mind is the most difficult thing to do in the universe.

## Discernment

Discernment is the ability to obtain sharp perceptions or to judge well.

Discernment is really needed in this world today.

Today our world has tons of spin doctors.

They spin the truth to whatever direction they want it to be.

To be quite honest discernment should be taught in schools.

So much that we are taught is incorrect or bias.

We spend our entire lives chasing a carrot on a stick.

Discernment is built-in yet the gauge doesn't quite work.

We are paying attention externally.

Discernment is a state of mind.

When the mind is focused solely on the external world cloudy vision occurs.

Man then has a tendency not to judge very well.

Our wisdom to judge something is tainted due to the glasses we are wearing.

When ones truly reside in the present moment the glasses disappear.

The mystics of old call this clear vision.

Note this is a practical experience.

You may think that these are just words.

Yet there is a practical experience to have in your daily life.

The universe is open to you.

Are you open to the universe?

## Archetypes

This is from Wikipedia.

Carl Jung understood archetypes as universal, archaic patterns and images that derive from the collective unconscious and are the psychic counterpart of instinct. They have inherited potentials that are actualized when they enter consciousness as images or manifest in behavior on interaction with the outside world.

Probably less than one percent of the population uses Archetypes in their daily lives.

Imagine that each symbol can help to tap into the collective unconscious of man. There is a world that exists in which humanity has no idea of being there. Yet we are all one. Ponder this over. The great mystics have understood this for thousands of years.

## Ability To Receive New Wisdom

How do we get the ability to receive new wisdom?

Imagine a pipeline that is plugged.

No water can flow through it.

As the workers unplug the debris in the pipeline the water starts to flow through it.

In the same way our way of thinking and lack of being open creates debris for us.

Our current state of thinking limits us.

Someone could explain the keys to life and we totally miss the picture.

We can't even see the TV in life.

Our limited thoughts hold us down.

We think we are totally alone in life.

Think this over.

Where are your limitations?

What is keeping you from soaring?

## Reflections Upon A Pond

Yesterday I sat on a bench overlooking a pond.  
Imagine a Maxfield Parrish painting coming to life.  
The sky was painted with so many incredible vivid colors.  
The pond reflected the sky above.  
The reflection of the trees was mixed with the sky in the pond.  
It reminded me of the phrase as above so below.  
A picture could never truly capture the beauty of this.  
My eyes have never seen such beauty of a reflection before.  
What a grand day it was.  
I feel totally blessed.  
Signposts of God all around.  
Many people probably missed this.  
They are walking around with cell phones in their hands.

## Caught Inside

For a surfer one of the most frightening things is to be caught inside on a huge day.

Imagine 10 feet of white water rolling at you like a fast train.

It is very intimidating.

Nature is in charge.

Yet surfers learn to surrender to this.

You learn how to completely relaxed as your body is in the washing machine of life.

It isn't always that way.

At the beginning of a surfer's life, they would probably struggle and fight there way to the surface.

This is the hard way.

After many times of surfing the ocean teaches you some mysteries.

That is if you are open to it.

One who learns to be in harmony with the ocean truly understands the rhythms of the ocean.

There are an ebb and flow of life.

One understands that surrendering and relaxing is the key when one is caught inside.

Fighting the ocean is a losing battle.

You are wasting precious energy and breath.

Are you caught inside the ocean of life?

How do you react?

## Fear

You are never alone.  
Your ancestors are always with you.  
You just don't know it.  
Fear paralyzes man.  
When we are in fear we can't make proper decisions.  
We put blinders on our eyes.  
We can't see properly.  
We are custom built to discover the secrets of life.  
Yet fear is holding us back.  
Day by day just sit with your eyes closed for a few minutes.  
Concentrate on your breath.  
Slowly feel the presence of God's love behind your breath.  
Do this daily.  
Your fear will disappear like a thief in the night.  
When one bathes in the inner light all darkness disappears.

## Worry

I love mad magazine Alfred E, Newman.  
His most famous phrase was 'what me worry'.  
There is signpost all around us.  
As a kid I probably saw this hundreds of times.  
Yet I truly didn't understand it for many years.  
It truly is thinking outside of the box.  
You see man is caught up by fear and worry.  
We constantly worry about things.  
Yet most of the time it's simmering underneath the surface.  
When I first started to meditate I noticed nervous tension in my stomach area.  
It was there around the clock.  
Mind you mediation will help magnify the situation so you can release the  
baggage.  
It took many years.  
Worry was the source of the problem.  
Look I'm not saying I don't worry.  
Yet it's now only a few seconds than around the clock.  
Worry is a waste of time and effort.  
It doesn't serve you at all.  
Close your eyes.  
Concentrate on your breath.  
Feel the love that is keeping you alive.  
By doing this overtime all your worries will disappear.

## Holiday Movies

This year there are around six channels that play 24/7 holiday movies.  
They remind me of the Tibetan prayer wheels.  
Instead of wheels going around these channels broadcast love and compassion to  
the world.  
The world desperately needs love and joy.  
We hardly see this on our news channel.  
Both sides are bickering away.  
The truth is being spun.  
Humanity must decide to live in peace and tolerance with one another.  
We get so caught up on our side of the story that we can't budge.  
God does not take sides.  
He says you have to work it out together.  
I gave you the wisdom now use it.  
I love all the different kinds of holiday movies.  
The true miracle of life is expressed.  
Miracles do happen just like in real life.  
These movies are a different way of seeing the world.  
Instead of chaos they send a message of hope which is desperately needed.  
Our attitude on life determines our reality.  
If we are pissed off towards the other side we will be angry.  
We will continue to hate and say angry words towards others.  
Look at the world in general.  
Are we kind with each other or do we call each other four-letter words.

## Small Deeds

If we want to change this world small deeds are needed.

We don't have to leap to the moon.

Just giving someone a smile that needs one will do.

You don't have to give your fortune away.

Most of us don't have a fortune.

We can sit in the traffic jam in life with a smile on our faces.

In each and every moment we can be caring towards our fellow man.

This is how we change this world.

Our holiday celebrations should be in each and every moment.

Giving five bucks for an offering and then forgetting the reason why is not enough.

Our life would change for the better if we are conscious and aware of our fellow  
man.

All it takes is small deeds.

All it takes is small gestures.

We can change this world.

## Light Your Candle

Light your candles.

You will be able to see where you are going.

Humanity has a tendency to jump off the cliffs in life.

Oh my gosh, we are fighting another useless war.

When you light your candles it helps others on their path.

They won't hit their heads on the tree branches.

They will be seen clear as day.

The wild animals of the mind don't like the light.

They will no longer try to attack you.

Just one lighted candle can dispel darkness.

Imagine if everyone on this planet would light theirs?

Peace will come to earth.

Just you wait and see.

## State Of Mind

What is your state of mind?

Is it positive or negative?

For the majority of mankind, we experience both.

Can we change our state of mind?

Absolutely.

Your mind can be your best friend or your worst enemy.

It can be like a beautifully trained dog.

Or it could be a barking dog that never stops barking.

We know what that is like.

Your neighbor's dog is barking all night while you are trying to sleep.

Mystics have said by entering into the silence the mind becomes quiet and serene.

You can almost hear a pin drop.

The mind is covered with a blanket of peace.

This is our true state.

Yet watch the evening news and you will see that our minds are quite agitated.

We flame one another and spew words of anger.

We are like leaves blowing in the wind.

Mankind reacts to each external event.

The wise man lives in the center of the hurricane of the mind.

The winds can't touch you.

Absolute peace resides in that place.

## Civilized

To be honest I truly think the ingenious people are the most civilized.

They try to live in harmony with nature.

Modern man has created an ocean of plastics with no end in sight.

The United States pulls out of the Paris accord.

Mass shooting occurs all across America.

How civilized are we?

We are literally sawing off the branch we are sitting on.

Our President mocks the young environmentalist who has Asperger's.

We may have incredible technology yet have we gotten any happier.

I saw on the news last night someone hacked into a family's home.

This one guy started to mock this young child in the safety of her bedroom.

Imagine we buy a device to safeguard our family and someone uses that same device to break in.

How sad that is?

Personally I think man is out of control.

We can't even get along with one another,

Look at present day politics.

Both sides are out of balance.

When we lose love, compassion, and tolerance for one another we are not civilized.

We may have great technology yet look at how it's being used.

Ponder this over.

I mean really ponder this over.

How can you help bring back sanity into the uncivilized world?

## Garbage Collector For The Mind

We need a garbage collector for our minds.  
It seems like so much garbage is in this world.  
Mankind is spewing hatred upon the land.  
We need a reset button.

We need to turn on the garbage disposal of the mind.  
Turn on the water of life within and flush out the garbage.  
Mystics have used this process for thousands of years.  
The inner light within dispels the darkness.  
Flip on the light switch within.  
Only you can do it.

The world needs you to flip on your switch.  
The light dissolves all negativity.  
Don't embrace the chaos in this world.  
It wants you to be enticed.  
It wants to draw you in.

It doesn't want you to embrace the light.  
Even if you have meditated for thousands of years you still must be on your toes.  
Remember the Tao of life.  
You must be in perfect balance.

## The Web Of Life

I wrote a book called family and friends.  
I went from my early childhood to the present.  
It was amazing to see the web of love tying us all together.  
Quite frankly we don't stop and see this precious web of love in our daily lives.  
Our world would be much saner if we did.  
You are the universe.  
You just don't know it.  
I say this a lot because it's true.  
Yet most people probably just roll their eyes.  
There goes Richard again.  
Yet signposts are all around us.  
We just need to see them.  
You and I are one.  
We are all on the same boat of life.  
This is an incredible journey.  
Look at the web in your life and see the thread of love tying us all together.

## Shadow Boxing

One of the greatest games known to man is shadow boxing.  
Yet mankind doesn't know the rules of the game.  
Whenever you see something negative in a person it is a reflection of yourself.  
This is a grand opportunity to learn and grow.  
Yet mankind sees the imperfection in others while ignoring his own imperfections.  
We see this all the time on social media.  
It's so easy to see this in others.  
A wise man understands that if he sees a certain imperfect in others he can unlock  
the door within and pay attention.  
By shining light on this darkness, one can clear the obstacle.  
We were never taught this in school.  
Mankind is still living in a kindergarten state of mind.  
We blame others for our problems.  
We can't see the forest from the tress.  
Shadow boxing is one who knows the goal is to release all hidden shadows in one  
life.  
This helps humanity to grow and learn along the way.  
Humanity must learn to take responsibility for going to darkness to light.  
Nobody can walk the path for you.  
Signposts of God are all around you.  
Learn to see your shadows.  
They are there for a reason.  
Be a mature adult.  
Don't blame others when the same faults exist inside of you.  
Dissolve the darkness within.  
You will see a thread of love tying us all together.

## Perception

The ability to see, hear or become aware of something through the senses.

Ponder over these words.

They might give you a hint on how to connect to the quantum field.

We need to perceive something beyond time and space/

It is there but our perception is lost.

Discernment

Appreciation

Recognition

Realization

Cognizance

Awareness

Consciousness

Knowledge

Acknowledgment

Grasp

Understanding

Comprehension

Interpretation

Apprehension

Impression

Sense

Sensation

Feeling

Observation

Picture

Notion

Thought

Belief

Conception

Idea

Judgment

Estimation

## Inner Perception

What is the highest perception for man?  
It is the ability to discover his true nature.  
Signposts are all around yet we don't see them.  
We are like a fish drowning in water.  
We run the same tapes day after day, year by year.  
After a period of time, we have built a wall between our true self.  
We deny that we even have a true connection inside.  
Wise men have come to this planet for thousands of years.  
Yet we think only the privilege can have this experience.  
You were born hardwired and with the software to discover your true nature.  
Nobody can take it away from you.  
It lies dormant inside of you.  
What are you going to do with it?  
You are the universe.  
You just don't know it.

## Cognizance

Cognizance is defined as knowledge, awareness, or notice.

This is a very powerful word.

Yet it seems like it goes over humanity's head.

We are so driven by our cell phones we don't notice the signpost of God all around us.

One has the ability to be aware of the entire universe.

This isn't some crazy folk tale.

But how many times during your life time do you pay attention to the power behind your breath?

Have you ever notice it or aware of the love that is keeping you alive?

This is true knowledge.

Man is looking external to find the secrets of life.

The diamond of life has always existed inside of you.

The wise man dives deep within the ocean of love and finds the hidden diamond.

When one is cognizance of his true nature the journey of life truly begins.

Man then breaks the chains that keep us from living in the present moment.

Only a wise man understands what I'm talking about.

## Butterfly Creating A Hurricane

Scientists have the following theory.

Suppose a butterfly flaps its wings in New Mexico.

This effect cause a hurricane in China.

This may take a considerable amount of time.

Yet if the butterfly didn't flap its wings in exactly the right point in time the hurricane would never have happened.

This is known as chaos theory.

We have seen this is our wars.

One small incident in a faraway part of the world sparks a worldwide war.

Why don't we create a spark of peace inside of us?

If we all did that may be an incredible butterfly effect will take place.

Mankind will see the thread tying us all together.

There is no difference between you and me.

## Unity

Unity is the state of being united or joined as a whole.  
As mankind, we have a long way to go to obtain that.  
Yet millions of people all around the world are striving to become united.  
This world is changing for the better.  
It may not seem like it.  
The light is beginning to shine.  
Scientists and mystics are both talking about the same thing.  
There exist a quantum field that is beyond time and space.  
When a person dives deep within one experiences the unity of all life.  
In that state, there is no separation.  
When one begins to experience that on a daily bases one is transformed.  
You and I are all one.  
Humanity will totally change when we all experience that.  
War is obsolete.  
Humanity must discover the unity of all life.

## Affirmations Don't Work

If you ever wondered why sometimes your affirmation doesn't work consider the following.

You can repeat your affirmation like a parrot.

But if there is not a positive emotion involved it won't work.

You see thoughts and emotions must fully match.

In order for an affirmation to truly work one must be in the quantum state of awareness.

Only in that state will it work.

You don't learn that in schools.

When one enters the state of love and compassion for all that's the time to say your affirmations.

All the wise men in the past said to discover the jewel within you.

You are magnificent.

What an incredible journey we are on?

Constantly focus on the power behind your breath.

The entire universe lies inside of you.

To manifest your affirmations takes daily practice and patience.

## Playing With Your Chemistry Kit

We are all playing with our own chemistry kits.  
Unfortunately, we aren't aware of it.  
Many people blow themselves up without realizing it.  
In each and every moment thousands of chemicals are being released throughout  
your human body.  
Mankind is spinning out of control.  
We are drinking our own poison.  
We get angry at someone or a political point of view.  
In the meantime, we drink our angry poison.  
We then wonder why illness arrives on our doorsteps.  
The wise man understands the repercussion of negative thoughts and emotions.  
Moment by moment one plays this video game of life with awareness.  
One taps into the infinite ocean of love and compassion.  
This is our true home.  
My advice is to learn how to change your own chemistry.  
Remember you are the master chemist.  
Only you are playing with your chemistry kit.  
Ponder this over.  
This could make your life so much easier.

## Are You Experienced

Jimi Hendricks asked this question around 50 years ago.  
He was talking about if you ever dropped acid.  
LSD was the rage of the day.  
Yet it was an external chemical you took to have a ride of your life.  
Either you had a good trip or a bad trip.  
You had no idea which side of the coin it was going to land.  
Mystics drop LSD without dropping anything external.  
They dive deep down inside and merge with the infinite ocean of love.  
There are no harmful side effects.  
As a matter of fact, the mystics realized they were their own chemists.  
They learned how to be present in each and every moment.  
By doing this vast amounts of incredible chemicals get released into the body.  
You could say they had a permanent high.  
They never came down from their experience.  
This is an infinite experience.  
Are you experienced?

## Bliss

Bliss is defined as perfect happiness or great joy.

I first heard this word when I was 18 years old.

I was very intrigued by this word.

I never hear about this word before.

I knew this bliss existed inside of me.

Yet I didn't have any perception of it.

You can't have a perception of something if you have no idea it even exists.

Meditation brought me in direct contact with the awareness of bliss inside of myself.

Note it is always present in our lives.

It just a cloudy day.

The sun is always shining.

Bliss is your true nature.

As the sun shines constantly bliss shines constantly within.

A wise man bathes in the inner light constantly.

He gets a bliss tan.

This golden aura surrounds him while he is walking around in this world.

He has nothing to prove.

He just smiles at adversity.



