

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.



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## You are the missing piece of the puzzle

You are the missing piece of the puzzle.

I know I've said this countless times.

Your eyes are probably rolling.

Yet it is true.

You are the universe.

You just don't know it.

Another drum roll, please.

There is a hidden jewel that exists within.

I have never seen a jewel when I close my eyes.

If thy eye be single thy whole body shall be filled with light.

I'm not a cyclops.

Where did you get that one?

The Bible.

You are hard-wired and have the necessary software to discover your true nature.

What in the world are you talking about?

Ponder this over.

It has great meanings.

## Conscious Duality

What is conscious duality?

In each and every moment we take actions.

Our actions can either be towards the light or towards darkness.

We live in a world of dualities.

God does not judge our actions.

We have free will.

Yet for thousands of years, mankind has gone down the path of war.

Conscious duality is being aware of the consequences of your actions.

One is aware of is this action going towards the light or darkness.

If's it going towards darkness don't do it.

Stop, look and listen.

Take a deep breath.

Hesitate.

Ask for help at that moment.

You can do it.

If you can do this just once you then can do it again.

Mind you this is not an easy matter.

Two steps forward one step backward.

This is the game of life.

You are learning how to master yourself.

One by one we are learning how to cut the thorns within.

You are a beautiful rose.

## Where Do You Stand In Life

Where do you stand in life?  
Are you angry with the opposite political party?  
Do you love to flame others on Facebook?  
Are you tolerant of other points of view?  
Do you have compassion for others?  
Do you see only one side of the story and that is yours only?  
Do you feel the thread of love tying us all together?  
Are you in love with humanity?  
Are you selfish?  
Do you know how to stand still?  
Does your mind control you or do you control your mind?  
Are you living from the past?  
Most of us are.  
How aware are you?  
Do you consciously focus on the power behind your breath?  
Mind you this is an ongoing process to master.  
Where do you stand in life?  
Only you can answer that question.

## You Choose Your Own Destiny

You chose your own destiny.  
Nobody chooses it for you.  
You can't blame it on your parents or family.  
Unfortunately, we are raised to blame others for our own destiny.  
The reason is always something outside of ourselves.  
It's because of this person or this accident is why I'm this way today.  
The blame always comes externally.  
Now I don't want to play the blame game.  
Yet why do we hold on to something for years?  
It is holding us down.  
It's like putting your head underneath the water.  
At some point, you will struggle and want to breathe such precious air.  
Yet mankind does this every day.  
Just by thinking about the trauma we put our heads underneath the water.  
Mind this is the present moment and yet we are reliving this event over and over  
again.  
The wise man learns how to overcome this emotional charge.  
Wisdom is truly gained when a past event contains no emotional charge.  
We can change our destiny.  
But it does take constant practice.

## Destiny

Destiny, sometimes referred to as fate, is a predetermined course of events. It may be conceived as a predetermined future, whether in general or of an individual.

We all create our own destiny.

Nobody creates one for us.

Unfortunately, we run the same tapes over and over again.

What does that get us?

We simply rehash the past over and over again.

We are caught in an endless loop.

War, war, and war.

After a few thousand years we think that is our true nature.

Mankind is slowly waking up for our slumber.

Millions of people are waking up.

We can change our future destiny.

The world of the Mystic and science has caught up with each other.

Mankind is learning new tools to make this world a better place.

We are all tied together through the web of love.

Both science and the mystics know this.



## I'm Hopeful For The Future Of Mankind

I'm hopeful for the future of mankind.  
We have seen the dark side.  
Yet I have traveled around the world.  
My travels gave me great insight into the beauty of our fellow man.  
I have been invited into the houses of the poorest of the poor  
They hardly had any food yet they treated me like a king.  
Such incredible love.  
The older I get the clearer I see the thread of love tying us all together.  
It doesn't matter who you are or what you have done.  
You are magnificent in the eyes of God.  
Each one of us is on an incredible journey from darkness to light.  
I remember when I first started on this mystical journey.  
There were very few books talking about the quantum field.  
Yogananda talked about this in his autobiography.  
I read this book many times.  
I was fascinated by his writings of mystics and modern-day science.  
Mind you he wrote this book in the 1940s.  
In the seventies, the book the Tao of physics came out.  
In this book, you couldn't tell who said what between the modern-day scientist and  
the Taoist of old.  
Today you can find literally thousands of articles about the quantum field.  
So much knowledge and wisdom are out there today.  
Millions are people are waking up from their slumber.  
What was considered fringe in the past is now mainstream today.  
I see an evolution revolution happening today.  
The world of science and mysticism will totally transform the world as we see it.  
Just you wait and see.  
The sun is rising in the sky.  
Darkness is being dispelled.  
It has no place to hide.

## Recalibrate

Recalibrate to determine, check, or rectify the graduation of (any instrument giving quantitative measurements)

I used to work for an observatory in Maui for six years.

For the observatory to run properly, our instruments had to be recalibrated.

If just one instrument didn't get recalibrated it could cause results that weren't right.

Many moons ago I realized that we have the hardware and the software to discover our true nature.

Yet many of these instruments are offline.

You may ask why.

Well, it's doing to the fact we aren't even aware of them.

You can only perceive something if you are conscious and aware.

We play the same tapes over and over again.

Consequently, we can only play the tapes from the past.

Mind you this is not taught in your schools.

Imagine your true nature is like a mirror.

Currently, dust is covering it.

Why?

Because you don't look inward.

It's as easy as that.

Once you look inward you see the mirror needs cleaning.

This is not just once that you do it.

Recalibration is moment by moment.

You are a master chemist.

Each time you focus on the power behind your breath you are recalibrating.

Every thought you have has an effect on you and the world around you.

We are lethargic.

This means we are so lazy and don't have the necessary energy to truly consider this.

Help is on the way.

It will take time.

Yet the sun is rising in the sky.

Mankind will soon wake up.

Millions of people around the world are waking up from their slumber.

## Conscious Capitalism

I believe in conscious capitalism.  
Mind you it doesn't exist on this planet yet.  
Can you imagine in the 1930s a company had a light bulb that could last 25,000  
hours?  
Capitalism depends on people buying to be successful.  
That's why we are called consumers.  
Imagine having a bulb lasting 25,000 hours.  
That 25 times the life span of the average light bulb.  
Well, congress passed a law where you couldn't have a light bulb greater than  
1,000 hours.  
You see for capitalism to work people have to consume more.  
We don't design for the long term.  
We designed things so people will buy more.  
Conscious capitalism is being aware of how precious this earth is.  
We only take from the earth what is necessary.  
We build things that last a long time.  
We do not pollute the earth.  
We are aware moment by moment of our connection to planet earth.  
We build capitalism directly from our awareness of this planet.  
Short term profits are obsolete.  
We build things for hundreds of years in the future.  
We realize we are all on the same boat sailing together.  
This may seem like a crazy dream.  
Yet thousands of civilizations are out there who have done this.  
They have gone through the same craziness we have.  
Nobody gets a free ride.  
We just need to grow up.

## Conscious Education

I believe in conscious education.  
What happened to education today?  
When I was a kid California was number three in the nation.  
Fast forward 50 years and California is 47<sup>th</sup> in the nation.  
The foundation of any society is education.  
When the education system erodes this is the start of the downfall for a nation.  
Conscious education will come in many phases.  
To start first, we must be conscious and aware.  
Presently we don't even come close.  
I can't imagine going to school today and have to go through a metal detector.  
They are looking for guns or knives.  
Wow!!!  
How can you learn in a stressful environment?  
Presently there is so much tension in the air.  
Thousands of kids aren't having breakfast due to poverty.  
How can you think properly when you are hungry?  
I could go on and on.  
I'm sure my friends who are teachers have plenty to say about this.  
This evolution will take years.  
Yet there is a light at the end of the tunnel and it's not another freight train.  
We can wake up from our slumber.  
We are barely making progress.  
Yet the world is slowly changing right before our eyes.  
Two steps forward.  
One step backward.  
This is how we grow.

## Magnets Are The Future

Over thirty-three years ago I saw this demonstration at a friend's house.

He had a gyroscope and magnets

With a slight push of electricity, he started the gyroscope.

He then unplugged it.

The magnets keep the gyroscope running.

His goal was to put it in a car.

After he got the car up and running it wanted to put it on a plane and fly it around  
the world.

I never heard what happened to this incredible project.

Recently I hear all sorts of whirlwinds about the potential of using magnets.

Someday they will make present-day batteries obsolete.

Imagine that electricity could be developed from magnets.

You wouldn't have to be dependent upon the grid.

If the grid went down you had your own source of electricity.

This will happen.

I once discussed with Prem and he told me that thousands of years ago man used  
pure and perfect energy in everyday devices.

## Peeling The Onion

Wise men have always said to be aware of peeling your onion.  
Quite frankly I think this is an endless process.  
Yet the rewards are immense.  
After letting go of one layer of the onion a great burden has been released.  
It's like the huge boulder has been lifted off our shoulders.  
Unfortunately, we think that the bolder we are carrying is so important.  
I can never forgive that person.  
Mind you that happened fifty years ago but we still hold on for dear life.  
Meanwhile, the other person has long lost that memory of even happening.  
Society at large would be in a much better place if we all tidied our inner house.  
Most of us never learned this.  
We all tend to stuff it under our carpets.  
In this case, we stuff it into our precious bodies and subconscious.  
Thereby we play the same tapes over and over again.  
Why is humanity so obstinate?  
Do we like the misery we have created?  
Or do we think I could never let go?  
Let's be practical.  
Millions of people all around the world are consciously peeling their inner onion.  
Why don't you join them?  
What have you got to lose?  
How about losing all the boulders that are weighing you down.

## No Pain No Gain

I remember my track workouts as a kid.  
My coaches said if you had no pain you will have no gain.  
To be quite frank that was horrible advice.  
I ran the 1320 yard race.  
I was quite good at it.  
In fact, I won every track meet of the season.  
Our workouts were quite intense.  
I developed shin splints.  
They were quite intense.  
I found a technique where I would breathe through my nose for 2 laps.  
The last lap I breathe through my mouth.  
By doing this I conserved greater energy than my competitors.  
You see in Yoga breathing through your mouth is called the breath of death.  
Many world-class athletics are using this technique.  
When your breath through your mouth all sorts of stress hormones get released.  
One of these chemicals is lactic acid.  
When the body has too much lactic acid the muscles start to ache and possible  
injuries can occur.  
Currently, a brand new science is being developed.  
What we know now surpasses our understanding of the past.

## Pete Monroe's Pool

Once upon a time probably around 57 years ago I went swimming at Pete  
Monroe's pool.

Well, it was a short swim.

I dove into the pool and chipped my tooth.

As soon as I hit the bottom I felt this numbness in my tooth.

Fast forward 57 years.

Whenever I think about this incident I get the same response that I had 57 years  
ago.

You see our memories are stored in our subconscious and body.

When I think about this all the feelings and emotions are replayed.

The body can't tell the past event from merely thinking about it.

To the body and mind, it's all the same.

We need to change the tapes that are playing.

It seems like we are playing the same tapes over and over again.



## Housecleaning

At one of my class reunions, someone came up to me.  
She said that my brother and I used to bully her at our bus stop.

This was probably in 7<sup>th</sup> or 8<sup>th</sup> grade.

Unfortunately, someone else came up to me and we couldn't finish this  
conversation.

This has been on the back of my mind.

Please forgive my brother and me for any unkind actions.

We take full responsibility whether we did it consciously or unconsciously.

The end result is the same.

We all learn valuable lessons on this journey in life.

Two steps forward.

One step backward.

Thank you for coming up to me.

May your life be blessed with kindness.

## Inner Cell Phone

Did you know that you have an inner cell phone?  
Bruce Lipton discovered in the sixties that each one of our cells has tiny antennas  
on them.  
At that time he didn't believe in God.  
He was a scientist.  
Yet in less than five minutes he was convinced there was one.  
He thought if there are antennas on our cells what are they receiving and who is  
broadcasting.  
You are hardwired to discover God.  
Yet we are texting on the freeway of life.  
My theory is the cell phone is one extra layer we have created between us and our  
true nature.  
When I work out the majority of people are staring down looking at there cell  
phones.  
Meanwhile, hundreds of marvelous geese are flying above in the sky.  
What a sight to see.  
Signpost is all around us.  
Both inside and outside of us.  
We are too busy to even notice.  
We are oblivious to the secrets of life.  
We have to respond to the next text message.

## From Me To We

Can you imagine there are civilizations out there that are billions of years old?

I just think they went through the same scenarios we did.

War, war, and war.

Some blew themselves up.

Some graduated from a war state to a kind state.

They went from a consciousness of me to we.

Mind you we are quite far from that.

Our world is in turmoil.

I even see it in my life.

When I get caught up in me I can't see the forest from the trees.

I take things too personally.

Yet when I have the awareness of we my life is calm and serene.

Personally in each and every moment we are learning and growing.

We have a long way to go.

Everything must change for the better.

An evolution revolution is occurring right before our eyes.

We are going from me to we.

Mankind has never done this before.

We have had glimpses of it.

Granted it will take time.

Millions of people are dreaming about the same thing.

Peace on earth.

## Santa Clause

Did you know that Santa Claus is an archetype symbol?  
It is contained within our collective unconsciousness.  
This symbol gives great hope for humanity.  
It's about love and compassion towards each other.  
It doesn't matter your race, creed or religion.  
Santa Claus reflects the good in all.  
There is a web of love tying us all together.  
This archetype symbol represents this web of love.  
In the past, the theme of Santa Claus occurred only during December.  
Many channels play Santa Claus movies throughout the year.  
Before you say this is overkill consider the following.  
Mankind is yearning for peace on this planet.  
Our unconscious mind is yearning to become truly united in love.  
These movies are an expression of what we are looking for.  
As I have said signposts of God are all around us.  
Sometimes they are in clear sight.  
Yet we get annoyed by them.  
Maybe we should learn to change our mindset.  
The universe is giving a wonderful message and we are tuning it out.

## Infinity

The definition of infinity is the following.

The quality of being infinite.

The unlimited extent of time, space, or quantity: BOUNDLESSNESS.

An indefinitely great number or amount.

An infinity of stars.

The limit of the value of a function or variable when it tends to become numerically larger than any preassigned finite number

A distance is so great that the rays of light from a point source at that distance may be regarded as parallel.

You are infinite.

Yet it seems like we are texting on the freeway of life.

What happened?

## Zen And Advertising

Recently many advertisers use the image of Zen in their commercials.

Buy this popcorn.

Buy this car.

Buy this soda.

Buy this footwear.

I know when I see this my mind gets excited.

Yet the mindset of the advertisers is to get you hooked to buy.

They don't care how they do it.

They will do almost anything to achieve this goal.

In the past decade, they have got extremely sophisticated.

They have ways to program the unconscious mind to accept their message.

You aren't even aware of it.

The commercial contains images and emotions that bypass the conscious mind and goes directly into the subconscious.

This is a billion-dollar industry whose mission is for you to buy and consume.

They will use any angle or technique to do this.

The general public is totally unaware of this.

Quite frankly these commercials should be banned.

Yet the industry says how my commercial could harm someone.

We don't do anything to the sub-conscious mind.

What are you talking about?

The denials will go on and on.

They are solely are interested in making a profit.

They will do anything to make you buy.

After all, you are a consumer.

## The Wild West

We still live in the Wild West.  
Our mentality is still conquering one another.  
Do you know there are no winners in conquering one another?  
You may have conquered a country yet the citizens will hold a very long grudge.  
Conquering is a very old energy.  
We started with sticks and stones and progressed to atomic bombs.  
Our weapons have been quite sophisticated.  
Yet the Wild West still lives on today.  
Did you know to change the world you must change?  
You can't pass the buck on to someone else.  
You can't say do the work for me.  
I'm lazy.  
I'm this and this and give all sorts of excuses.  
Quite frankly humanity must stop in their tracks.  
We must make a conscious decision for peace on earth.  
Humanity is running the same tapes over and over again.  
It's like a hamster spinning its wheels and going nowhere.  
We are all human beings.  
Note I emphasize being?  
We ask each other what do you do?  
In our present state of consciousness doing is more important than being.  
Maybe we should ask what the state of your being is.  
Is it full of love and compassion towards your fellow man?  
This is your true nature.  
There are simply clouds covering the inner light.  
You are the universe.  
You just don't know it.  
You can roll your eyes all you want.  
Yet that's the truth.  
Who were you before you were born?  
What are you going when you leave this precious earth?

## Hang In There

Hang in there.  
Don't put that rope around your neck.  
All things must pass.  
Even your deepest problems will go away.  
You are never alone.  
It may seem like it.  
That's part of the problem.  
You are magnificent.  
There are only clouds that hide it.  
You were probably taught that you were born a sinner.  
Yet you came from God and when you die you return to God.  
You can always change for the better.  
Nobody is stopping you.  
Your true essence is pure wisdom.  
Maybe just maybe you should discover your true nature.



## The Wall

Did you know that if you are upset about some situation and it lasts more than a month you are building a wall?

You are daily pouring concrete on the situation.

In biological terms, you are building a neural network around this.

It is literally wiring into your human body.

Over time its part of our neurosis.

Each time we fret about it the web gets bigger.

It seems like it's so easy to fret about life.

All we have to do is get in a frazzled state of mind.

That will take us down the rabbit hole.

Some people never recover.

They complain about it for the rest of their life.

Look I've done my share of complaining.

I'm trying to change myself.

It's not easy.

I have compassion for others.

It's easy to give advice.

Yet to change oneself is probably one of the hardest things to do.

We all have our unique problems.

Maybe kindness and compassion would help us on our way.

We are all wounded in some way.

Our true nature lies inside.

Yet clouds are covering it.

Hope is always there.

We can weed our inner garden.

Maybe that is the attitude we should take.

A farmer knows that pulling weeds is part of being a farmer.

The harvest is right around the bend.

## Worry

The definition of worry is as follows.  
Give way to anxiety or unease; allow one's mind to dwell on difficulty or troubles.  
"he worried about his soldier sons in the war"  
To be honest I have worried much of my life.  
Quite frankly it has not brought me anywhere.  
It has never helped to solve a problem.  
The problem with worry is that it creates a neural network of its own.  
The more you worry the more enhanced is your neural network.  
Your body and mind then get addicted to this sensation.  
It's like a drug addict.  
Every day you need stronger doses.  
This is all running from our subconscious.  
That's why I say we play the same tapes over and over again.  
We just reinforce what's already there.  
Did you know that being in silence will help eliminate your worries?  
Being in the silent state erases the neural networks of being worried.  
Mind you it does not happen overnight.  
Two steps forward and one step backward.  
This is how we learn.  
When we learn how to observe our worries and not get caught up with them we  
can change.  
Being in silence allows us to observe our worries and transform them.  
Each time we do this our worries will slowly go away.  
The next time you get worried try this.  
Make a daily practice of going into silence.  
You can reprogram yourself.

## RIP Laia Hansen

I just found out yesterday from Donn Rochlin that Laia passed away a few days ago.

My wife Barbara and she were great friends.

They were on the same path of discovering life.

I will always remember Laia spending a few weeks with us after our daughter Aleia was born.

She was so kind and helpful.

Laia had this incredible laughter for life.

When she laughed we all laughed.

When she smiles we all smiled.

Laia had a great sense of humor.

She knew had to laugh at diversity.

Laia has come in and out of our lives.

Yet that thread of true friendship binds us together.

True friendship will always exist no matter what side of the veil we are in.

A part of Laia exists inside of me.

A part of Laia exists inside of you.

That is called the power of love.

Love is our true nature.

Goodbye Laia.

You are back home.

## Observer

The definition of an observer is as follows.  
A person who watches or notices something  
As you probably know I say this slogan many times.  
We play the same tapes over and over again.  
We are unconscious that we do this.

Imagine that we can be an observer of our thought, emotions, and actions.  
By being an observer we can learn how to cut our old tapes and create new ones.  
Dwelling in silence allows one to be in a state of observing.

One is in a different state of consciousness.

One can watch and notice what the unconscious is bringing up.  
In this state, one can then decide how to act in an uplifting and positive manner.

For example, someone yells at you.  
A reactive being will yell right back, therefore, placing more gasoline on the fire.

A wise man will simply smile.

He has nothing to prove or convince anybody.

Mind you he didn't get a free ride.

He had to learn how to be an observer.

A wise man stumbled and failed along the way.

Two steps forward one step backward are the name of the game.  
When one truly learns to be an observer one life will truly transform.

Ponder this over.

Are you an observer of life?

Or.

Do you play the same tapes over and over again?

The choice is up to you.

## Fixity

The definition of fixity is as follows.  
The state of being unchanging or permanent.  
When I was young would laugh at someone who would concentrate on a candle.  
Yet today I have a different story.  
When one concentrates the mind on a flickering candle one is training the mind.  
Ingenious people have been looking at the fire for thousands of years.  
When one fixes the mind on fire eventually one has a transcendence experience.  
Fire is a key element in life.  
Many different cultures meditate on a candle.  
It's like using training wheels much like many modern days scientific apparatus  
used today.  
They get the snowball rolling down the hill.  
Once it starts to gather momentum you no longer need the training wheels.  
All tools are needed in the self-discovery process.  
What works for one doesn't work for another?  
You may have the greatest technology known to man.  
Yet it may work only for you and not for others.  
There are many different kinds of fruit on the tree of life.  
The main thing is to eat the fruit and transform.  
If you only talk about fruit wisdom is not gained.  
Only by eating the fruit does one gather wisdom.  
Cultures around the world have discovered different kinds of fruits.  
Remember the quantum field has unlimited possibilities.  
Don't get stuck that your way is the only way.  
Each person has unique hardware and software installed.

## Splendor

The definition of splendor is as follows.  
Magnificent and splendid appearance; grandeur.  
I find it quite fascinating that splendor is all around us.  
Yet we are divorced from it.  
We think that heaven doesn't exist all around us.  
We get complacent and think what our eyes see is the only reality.  
Yet our eyes only see around one percent of the light spectrum.  
Does that register maybe we are missing out on what is around us?  
Maybe your ancestors are still alive.  
Mind you not in a human body.  
Maybe heaven is all around us.  
Modern-day scientists and Mystics are both talking about the same thing.  
Isn't it amazing that we have the hardware and software to discover our true  
nature?  
Yet we play the same tapes over and over again.  
One can experience moment by moment the splendor of the universe while you are  
alive.  
Does that seem boring?  
Does that excite you?  
Or  
Do you have any reaction at all?  
Are you numb?  
Do you enjoy living in your tiny box?  
Do you love playing the same tapes over and over again?  
Do you love to react over and over again?  
The magnificent and grandeur is all around you inside and out.  
You just have to use your will to tap into it.  
It's as simple as that.

## The Voice

My wife and I love watching the voice.  
We love especially the blind auditions.  
I love each one of their own stories in life.  
Each one of us has curveballs thrown at us.  
Yet each person strives to better themselves.  
I love it.

Because it's a blind audition what counts is the emotion and singing ability.  
You can sing an incredible song yet without emotion it's dry as toast.  
When the singer can tap into both four chairs will turn around.  
Unlike other musical shows, the hosts are kind to the contestants.  
They never put them down.  
They help to uplift the other person.  
Many times they say come back next year here are a few tips for you.  
I love to see human decency.  
Most of the shows today are crime, war, and hospitals.  
I love a show that values human life.  
I'm amazed at the talent today.  
It gives me great hope for the future.  
Music is a way to express our soul,  
We need this more desperately today.

## Ancient Aliens

I love watching Ancient Aliens.  
It makes me think outside of the box.  
Yet so many people think it is a hoax.  
Just think you are an ancient alien.  
You are eternal.  
You were never created nor will you ever die.  
Your body will.  
This life is like a costume party.  
We all are wearing unique and custom-designed costumes.  
Unfortunately, we get so identified with our costume.  
We forget our true nature.  
We then mock anything that reminds us of our true home.  
I find that fascinating and hilarious and sad at the same time.  
Why are we trapped in the cage of life?  
We are like the parrot with the cage wide open and refuse to fly.  
Does this cage give us comfort?  
We can just live in our tiny cages and think there can't be more to life.



## Life Is A Miracle

Life is a miracle.  
My brother and I are very curious.  
When we were around four years old we found some matches.  
We wondered what would happen if we lite a match and put it into the gas tank of  
our parent's car.  
Well, we tried over and over again.  
Nothing happened.  
We got bored and gave up.  
Yes, life is a miracle.  
We didn't die that day.  
According to science, it says the following.  
If you drop a lighted match in the tank with vapor outside flammable limit ( which  
is more likely)  
Nothing will happen.  
The match strip will extinguish in liquid.  
But if it is in a flammable range, then the vapor will ignite with explosive force.  
The liquid in the raptured tank will catch fire.  
Just think two innocent kids playing around.  
What saved them from dying?  
Was it science or their Angels?  
Maybe at times, they are the same.  
What do you think?  
It's a miracle you and I are alive.

## Modern Day Gold Rush

On the discovery channel is a show called Gold Rush.  
I was riding the bike yesterday and stumbled upon it.  
It's about a group of men trying to find gold during a depressed economy in  
Alaska.  
Well, to be honest, I was horrified.  
They brought in three huge machines and within minutes totally raped the land.  
I couldn't believe this.  
All this for a few ounces of gold.  
I truly think we are divorced from nature.  
We have no common sense.  
We think all the resources are ours.  
No wonder there is climate change.  
We are sawing the branch we are sitting on and yet we are smug at the same time.  
I know there are billions of people who have kind hearts.  
We must change our ways.  
Just think around five men can cause such destruction all in the name of  
conquering the Wild West.  
Alaska is the last frontier to conquer.  
I think we need to clean up our act.  
Just think the earth is conscious and aware.  
Yet as humans, we aren't.  
We have a long way to go.  
We have been divorced from our true nature for ever so long.  
What are we going to do about this?

## He Who Hesitates Is Lost

Sometimes good advice should be taken with a grain of salt.

Take for example the following.

He who hesitates is lost.

This works well if you are taking off on a huge wave.

You have better be committed.

Just one split second of hesitation is all it takes to have the ride of your life or the wipeout of your life.

A quarterback who hesitates has freight trains barreling down on him.

In less than an instant one make a great play or you find yourself on the ground.  
Yet when we play the same tapes in life over and over again one who hesitates is  
the wise man.

Only in the hesitation does one have the awareness to overcome the unconscious  
mind.

One learns how to live in the center of the hurricane.

We must learn how to dance with life.

Much of what we learn is not absolute.

There are a time and place for everything.

Nothing is cast in stone.

A wise man gathers wisdom along the way.

Curveballs will be thrown at us in life.

Each moment is different yet it's the same.

Only you can solve this puzzle.

## Celebration Of Life

We all celebrate life differently.  
In Oregon, there is a palace in the sky.  
Image around midnight a group is meditating together for world peace.  
A master Tako drummer is banging on these huge drums.  
It's snowing outside.  
People's hearts are melted together.  
At the same time, a concert is going on.  
Thousands are singing and using their cell phones to lite the auditorium.  
Harmony is in the air.  
A glimpse of peace on earth exists for a few minutes.  
Meanwhile in Thailand over a million students have gathered to meditate outside.  
Now that's a sight to see.  
Someone just woke up and starts the day in praying and focusing on the power of  
the breath.  
It's going to be a glorious day.  
Fans are watching football in a huge stadium.  
They are rooting for their teams.  
A celebration is in the air.  
A baby just got born.  
Friends and family celebrate this precious moment.  
A couple just got married.  
Everyone dance and toasts for their happiness.  
Your daughter just graduates from high school.  
Your entire family witnesses her receiving her diploma.  
Wow.  
We are alive for another day.  
Let's celebrate every moment.

## Imagine

One of the most glorious songs ever written is Imagine.

It carries the central theme of peace on earth.

It does start with you.

You are the cornerstone of peace.

Peace on earth truly begins with you.

If I could offer any advice I would say be kind.

Drop the political anger.

Just be kind.

It is that simple.

Just smile at diversity.

Don't put fire on fire.

Kindness puts water on the fire.

Imagine if we all did this today.

And tomorrow and the day after.

Let's start a ripple effect all around the world.

Imagine that.

Let's appreciate the miracle of life.

We are human beings, not human doers.

We are so off the mark.

Yet kindness is there all the time.

Kindness can and will change the world.

Did you know that most habits take about three weeks to get established?

How about consciously making an effort to develop kindness moment by moment.

Kindness is an infinite well.

Imagine just imagine.

Now just put it into practice.

## Quicksand

When I was young I watched a lot of B movies westerns.  
They would always have a scene where the hero falls into quicksand.  
Someone would always come in and save the day.  
We were told and shown that quicksand would pull you under for good.  
Well, the Quicksand Myth is debunked  
You Can Float Free.  
Falling into quicksand isn't quite as bad as some movies make it out to be.  
Instead of being sucked all the way in, quicksand victims will float once they get  
about waist deep.  
In the same manner how about the quicksand of the mind.  
Is there a way out of our depression?  
Can we stop the sinking of depression in our minds?  
Can we learn how to float above the quicksand?  
I firmly believe that kindness is the answer.  
Our young goes to wars and come back with PST.  
Our government is only putting a Band-Aid on this.  
They don't know what else to do.  
Maybe just maybe we should stop fighting wars.  
What have they brought us?  
Nothing but misery.  
We should learn practical tools that help us to improve in all areas of life.  
We are all human beings.  
Notice I said beings.  
Maybe we should discover the essence of what being is.  
We have a lot to learn and unlearn.  
Society needs to know that we are all one.  
Maybe that's why we have so much friction around the world today.  
We think we are separated.  
Due to this, our mind is agitated.

## Reset Button

It seems to me like the entire world was pushed a reset button.  
At this point, everything has changed in only a week.  
Everything is shut down.  
Is this a blessing in disguise?  
Take a moment and embrace gratitude in your life.  
Slow down you have no choice.  
What matters is your life?  
Open your windows and listen to nature/  
The birds are singing sweet songs to you.  
Nature is alive even in a big city.  
For once just breathe and feel the sweetness of breath.  
It is calling you.  
Behind your breath lies the universe.  
You are magnificent.  
Take this time to truly slow down.  
Humanity has been on such a fast track.  
We can't see the forest from the tress.  
Listen to music that calms your soul.  
You have been living in such a stressful life.  
It's time to unwind.  
Discover your true nature.  
The reset button was pushed for a reason.  
Take advantage of it.  
Peace lies right between your eyes.

## Spring Break

I saw on the CBS evening news the following last night.  
In Clearwater, Florida spring break was going on in full force.  
Mind you their universities and colleges were shut down.  
Thousands were drinking and partying on the beach.  
One student said he would rather get the virus than to stop drinking and his  
    partying.  
    Wow-what can I say?  
The entire world is almost shut down and you dare to party away.  
Most of you come from outside states and will go home in a few days.  
    Some of you will bring home the silent virus.  
    How many people will die because of you?  
During WWII the youth helped out our country.  
    Today a worldwide silent war is going on.  
    Millions of people may die.  
    I pray that you can change your ways.  
Your grandfather or grandmother could be affected by your stupid actions.  
The city of Clearwater should be ashamed that they are allowing this.  
    They said they will close this down after seven days.  
Meanwhile, thousands of youngsters are coming in to party away.  
    Remember we either sink or swim during this crisis.  
Never before has the analogy of you are a piece of this puzzle been more  
    appropriate,  
    Let's go beyond our stupidity.  
    You are college students.  
    You are there for higher learning and wisdom.  
Many poor people would love to have the opportunity of getting a degree.  
    Don't be so selfish.  
    Your actions could affect millions.  
Remember this got started by just one person in China.  
    Look at where it's at today.



## Close to home

Wow, this coronavirus is so close to home.  
It's not in our neighborhood yet.  
Yet people have gotten it only six minutes' drive from here.  
All of the movie theaters, restaurants, and bars are closed.  
This is happening all over the world/  
A few days ago I spoke about the world is hitting the reset button.  
It looks like the world we knew only a few weeks ago is changing dramatically.  
Every day a mind-blowing event is occurring.  
The news can hardly keep up.  
To all my friends out there remember the precious jewel lies within.  
Nobody can take it from you.  
You are never alone.  
At times you may think you are.  
Unfortunately, we are just seeing the tip of the iceberg.  
My advice is, start practicing on concentrating on your breath.  
Do this in every moment.  
Many people will roll their eyes.  
Yeah, that's a bogus thing to do.  
Yet you are the universe.  
You just don't know it.  
Once again another eye-rolling moment.  
My question is if the entire world is going on shut down maybe we can learn from  
this?  
Maybe just maybe we can stop in our tracks literally.  
Millions of people are in isolation.  
They are cut off from this world.  
Maybe we should pay attention to the jewel that lies within.  
You are magnificent.  
This is your true nature.  
Maybe it's about time for you to experience it.  
The world as we know it has disappeared right before our eyes.  
I'm not trying to scare you.  
Yet my everyday normal routines of going to the gym and working out are over for  
now.  
Who knows when we can go back?  
Your favorite restaurants are closed.  
I'm trying to give helpful suggestions.  
What I'm talking about is the most practical thing you can do.

Unfortunately, we were never taught this in schools.  
We have been searching for the ultimate externally yet it has always been there  
inside of you.

Ponder this over.

The world has stopped in its tracks.

Do we go on with the same old same old?

Or

Maybe the world can wake up from its slumber.

Millions of people are waking up.

## Fear

Fear is defined by the following.  
An unpleasant emotion caused by the belief that someone or something is  
dangerous, likely to cause pain or a threat.  
The world as we know it is shutting down.  
Unfortunately, this is not an exaggeration.  
Things are going to get worse instead of getting better.  
At least for the next few months or so.  
Many people are in fear.  
They have every right to do so.  
Yet fear never solves anything.  
Fear compromises the immune system.  
This is exactly what we don't want during this time.  
What is my silly advice?  
Learn to concentrate on your breath moment by moment.  
How would you like to be able to get to a place inside of you where the world's  
problems can't touch you?  
Imagine a beach inside of you where you can surf the eternal wave of bliss.  
The sun shines rays of love, mercy, and compassion.  
The sweetest music is being played.  
Intoxicating drinks are being served.  
This is medicine to the soul.  
You open up your eyes and the world's problems don't affect you.  
Yes, they are there in full force but your awareness is still focused on the inner  
beach within.  
The mystics have been talking about this for thousands of years.  
Right now millions of people are told to be in isolation.  
You have two choices.  
One is in fear.  
Not a good choice.  
Two discover the inner beach within.  
Be aware of your breath.  
You are not alone.  
The simplest thing we can do yet we still roll our eyes.  
The choice is ours.  
What are you going to do?  
Millions of people are waking up from their slumber.  
How about you.

## Can We Change

Can we change?  
Many people think that humanity can't change for the better.  
Quite frankly I believe we can change.  
Take a look at this worldwide shut down.  
People all around the world are uniting together.  
People are being kind to each other.  
Random acts of kindness are being displayed.  
We all change in our small ways.  
This shutdown will allow us to change in ways we couldn't even imagine a  
few weeks ago.  
I'm happy with my fellow man.  
Most of us are taking this as a serious matter.  
We have our concerns yet kindness has come to the surface.  
Kindness can change our actions.  
Kindness is the glue that ties humanity together.  
We are all on the same boat.  
Either we sink or swim.  
During these troubling times, humanity is struggling together.  
We feel each other pain.  
Some countries are experiencing deaths like never seen before for a crisis  
like this.  
We all pray that this will soon end.  
I have great hope for humanity.  
Yes, there are some bad apples.  
Yet even they have a core of kindness,  
Kindness does exist inside of us.  
Let's tap into that moment by moment.  
With all the time we have staying at home let's reflect upon gratitude.  
Maybe when all the chaos is over we won't take for granted all the simple  
things in life.  
Our normal 9 to 5 existence no longer exists for now.

## Shock Therapy

Almost everyday the latest news is quite the shock.  
It seems like every day we go deeper down the rabbit hole.  
We will ultimately win the war yet we are losing many battles.  
We have a silent and hidden enemy.  
That's why thousands still go to the beach.  
I can't get effected so we carry on.  
Yet our actions could affect millions of people.  
Why are such people spoiled?  
Why don't they have compassion for others?  
Especially when this virus is so rampant.  
We haven't seen anything yet.  
The world's reset button has been pushed.  
Take proper action so we can stop this darn thing.  
The sooner we do the quicker we can return normal life.  
Hopefully, we will learn how to be better human beings.  
Many people have shown their incredible colors of helping our fellow man.  
Yes, there have been some bad apples.  
The core of the apple contains the seeds of the universe.  
In the meantime have kindness and courage.  
We shall overcome all obstacles.  
I believe in mankind which is a kind man.  
I see it every day during this crisis.  
In Italy people singing to each other in their balconies.  
Strangers calling the elderly to see if they are ok.  
People helping one another out.  
Bands singing their songs so all can hear.  
Hallmark showing Christmas movies throughout the day.  
None of this is corny.  
Humanity is showering gifts of kindness throughout the world.  
The human spirit is being displayed.  
This will not bring us to our knees.  
The heart of mankind is coming out.  
It's a glorious day my friend.  
I'm so grateful to be alive.

## Boredom

During this lockdown, millions of people are getting bored.  
They have so much free time at home that they never had before.  
Remember being bored is a state of mind.  
You create your mental state of boredom.  
A wise man cultivates gratitude for the opportunity to be alive.  
Each moment is precious.  
The power that is keeping you alive is the same power of love that is keeping the  
universe alive.  
In our ignorance, we are human doers.  
We always have to do something.  
A wise man is a human being.  
Note I said being.  
You are a human being.  
Unfortunately, we have forgotten our true essence.  
Take the golden opportunity to discover the jewel that lies within.  
Pay attention to your breath.  
You are probably rolling your eyes.  
Yeah sure.  
Do you take me as a dummy?  
I have been breathing all my life and never saw this jewel inside of me.  
Well, I'm saying take a conscious breath moment by moment.  
When was the last time you paid attention to your conscious breath?  
Remember you are the universe.  
You just don't know it.

## Word Games

Words are extremely powerful.  
Yet we hardly reflect on them.  
We say a word like gratitude.  
It slips from our tongue without being digested.  
Close your eyes.  
Concentrate on your heart.  
Mentally say the word gratitude and mean it.  
Be still.  
The word gratitude carries a certain frequency.  
Feel that frequency.  
It's very subtle.  
Ask a young child to do this.  
It will be easy for them.  
Practice using any positive words like bliss, joy, and compassion.  
For just one second mentally say anger.  
You will feel this in less than a second.  
Isn't that sad?  
We can feel negative emotions without even trying.  
Yet positive emotions take some time to feel.  
Maybe just maybe we got the picture turned around.  
Take this opportunity during this shutdown to rewire your circuits.  
Your true state is gratitude, bliss, love, and compassion.  
You can reset your button within.  
This simple game will show you where you put your emphasis on either positive or negative emotions.  
You can override your negative emotions.  
This game will show you where you are in life.

## Online Funerals

With the world wide shutdown taking place many things are coming to a stop.  
Imagine virtual funerals are taking place.  
Groups are not allowed to get together.  
Many people have lost their loved ones.  
Just a few weeks ago family and friends would gather together and mourn for the  
deceased.  
The only way now is to watch a virtual funeral on your mobile device.  
In a flicker of an eye everything changes.  
I live in Kansas.  
Today there are virtual weddings.  
People have planned their weddings for months.  
This silent virus has forced everyone to make other plans.  
Your sweet reception and ceremony are online.  
Most people are taking it in stride.  
What can you do but make humor about it?  
In the midst of this, you are still alive.  
Cultivate appreciation and gratitude.  
In the midst of chaos discover the jewel within.  
The world that you have lived in has ground to a halt.  
Wouldn't it be wise to understand why?  
Maybe this is a turning point in history.  
We can't go on with the same old same old.  
There is something here to learn.  
What is keeping you alive?  
Ponder over these words.



## Here's Something Interesting

Every night at 7 pm in NY, people all hang out of their windows (well, in Manhattan, at least; not sure of the other boroughs or suburbs) and cheer for the health and emergency workers.

Many bang pots and pans; shout heartedly; applaud and whistle.

It's a way for us to connect with each other as we are all locked down here.

Marty

## Family And Friends

Many states are opening their business.  
It's May 6.  
There is a light at the end of the tunnel.  
I hope it is not a freight train.  
Many medical experts say that 3,000 people will die of this hidden virus a day  
starting in June.  
Quite frankly we are in desperate needs.  
30 million Americans are out of work.  
If I was President I would cut defense spending in half.  
I would use that money to bail out the small business and the workers trying to  
survive this mess.  
I will get off my soapbox.  
That's is my rant.  
My question is during this shutdown did you see the thread of love tying us all  
together?  
Never in history has Mother Nature shut the entire world down.  
The reset button is being pushed.  
Have you stopped for a second to question why?  
Or are you completely bored spending time with your loved ones?  
Is it all about me, me, me?  
If so we didn't learn any lessons at all.  
The world will then continue with the same outrageous chaos as before.  
Remember Mother Nature doesn't need us.  
We need Mother Nature.  
The earth is healing itself during this shutdown.  
Are we going to continue to throw garbage in our living rooms?  
What is more important buying empty trinkets or healing this precious planet.  
Our current government believes in us buying empty trinkets.  
We walked away from the Paris accord with a devilish smile on our face.  
I know better than you.  
Yet here we are in the midst of the shutdown and big business is more important  
than the average citizen.  
We are completely lost.  
Our forefathers are crying in their graves.  
This is not a political battle.  
Mother Nature wants us to change.

Period.  
End of discussion.  
Yet the majority of people are bored.  
How many Americans risk their lives every day helping us out?  
Yet we complain the beaches aren't open.  
Once again some people think it's all about me.  
We need to grow up.  
We need to go from me to we.  
Every country in the world is affected.  
We are all on the same boat.  
We either sink or swim.  
You are the universe.  
You just don't know it.  
You can solve your piece of the puzzle.  
This madness of me me me has got to stop.  
The jewel lies inside of you.  
Someday all your precious toys will disappear like a thief in the night.  
The only thing you can take is your true nature.

## Patience

Can you imagine how much patience Mother Nature must have?  
We have been fighting one another for thousands of years.  
We throw garbage right in our living rooms.  
We pollute the seven seas.  
We chop down the forest in name of progress.  
Currently, Mother Nature sent us all to our rooms to think things over.  
The entire world is shut down.  
Some people bitch and moan that their freedoms are being taken away.  
It's all about me, me, and me.  
Maybe that's the problem.  
Nobody can tell me not to go to the beach.  
I don't care if your grandmother dies in the process.  
Many people still think we are overreacting.  
Yet they estimate 3,000 people a day just in the United State will die from this.  
More people have died from this than the Vietnam War.  
Why do we have such cloudy minds?  
Why we don't even bother to throw away our inner garbage.  
We have tons of weeds and rocks within.  
Only you can take them out of your garden.  
Do we love bickering and fighting more than love and compassion?  
Millions of Americans are displaying their true colors of love and compassion.  
They are risking their lives for us.  
Many thousands have died.  
Mother Nature wants us to change.  
The change she is talking about is changing your inner state of mind.  
Your mind, emotions, and your actions dictate whether you are in harmony with  
your earthly Mother.  
We are all this same boat together.  
We can change this world.  
But we first need to change ourselves.  
Our leaders won't save us.  
They are too busy fighting and bickering with each other.  
Both sides point the fingers towards each other.  
Some governors have done an incredible job.  
Some nations have completely solved the problem.  
For example New Zealand.  
They took a common-sense approach and solved the problem.  
Ask yourself this question?

What have you personally learned?  
Have you ever asked that question?  
Did you get so bored that you couldn't think about your fellow man?  
I'm not trying to judge anyone.  
I'm saying that there is a reason why Mother Nature shuts down the entire world.  
We don't like change even if our actions are destroying the world.  
What is the power that is keeping you alive?  
Maybe that's our problem.  
We are so busy doing things we have forgotten our true nature.

## Your choice

You choose whether you are happy or sad.  
Nobody can choose for you.  
Is the glass half empty or half full?  
Just by your perception, your attitudes towards life are held.  
During this global shutdown, you can either totally freak out or you can be calm as  
a cucumber.  
By the way, your true nature is calm as a cucumber.  
Why do you want to live in the hurricane winds of the mind?  
In that state, we are like leaves blowing in the wind.  
Your true nature is living in the center of the hurricane.  
How can you make proper decisions when your mind is freaking out?  
Doing is the activities in which a particular person engages.  
Being is the nature or essence of a person.  
We are human beings yet our present state is human doers.  
We can't stop even for a second to connect to our true state of existence.  
I feel sorry for millions of people all around the world.  
There is intense mental suffering.  
Unfortunately, alcohol or drugs won't solve the problem.  
It will make it worse.  
How strange that humanity doesn't learn in schools that happiness only lies within.  
Millions of people are discovering this.  
By recognizing that we are all one better decisions would be made.  
Most of our leaders are too drunk bickering and fighting with each other.  
Wisdom is not gained that way.  
We have some leaders who are the cream.  
They rise and govern with dignity and respect.  
Both sides need to change.  
True wisdom comes from within.  
It does not put down, slander, and make fun of your opponent.  
Mankind is in a juggling act.  
Our present-day state of mind is causing havoc.  
We can't see the forest from the trees.  
The answer lies inside of you.  
Only you can make the choice.

## The Last Wave

In the mid-seventies, I saw this movie produced by Peter Weir.

They had the music done by the aborigines.

This was the first time I hear the sound of a didgeridoo.

Quite frankly I can still hear the haunting effect it had on me.

It touched my soul.

Can you imagine the aboriginal civilization has been around for over 50,000 years?

Many people say that they are primitive.

I would say that western man is primitive.

They believe in the dream world of creation.

Western scientists would call it the quantum field today.

They say we came from the stars.

Carl Sagan said we are all stardust.

The aborigines say that they can communicate with the stars.

In the last hundred years, the scientist knows that a particle can affect another  
particle millions of miles away.

It is called entanglement.

This culture was in tune with the quantum field.

They lived in tune with nature.

They do not throw garbage into their living rooms.

They lived in a state of being not doing.

We live in a state of doing not being.

Mother Nature has shut down the entire world.

Many people are bitching and moaning.

I can't go to Starbucks for my morning coffee.

We need to learn from ingenious people all around the world.

They all have the same message to say.

It doesn't matter which continent they live in the message is the same.

We must clean up our act.

Pure and simple.

We need leaders that understand that and will act on it.

Currently, the present administration is rolling back all the progress we made in the  
last fifties years.

Nobody can stop them even the Democrats.

Common sense is uncommon.

As my dear old teacher said many moons ago we are sawing the branch we are  
sitting on.

## From Me To We

From me to we.  
What in the world does that mean?  
Even spell checker wants me to use us instead of we.  
Yet this small me is the foundation for all the problems in the world.  
We were brought up to by me, me and me.  
Everything we do is me driven.  
We have lost touch with the concept of we.  
We consist of everything inside of you and the universe.  
You are the universe.  
You just don't know it.  
That is the problem.  
Most people just roll their eyes.  
Will you just stop saying that.  
Yet ask a modern-day scientist and they will say it is true.  
All of the bickering and fighting is due to mankind not knowing their true essence.  
We made a mess of this world.  
Mother Nature shut down the entire world.  
We need an attitude change.  
It takes around a million years for a civilization to go from me to we.  
Some civilizations blow themselves up in the meantime.  
We are not going to do that yet we still have many struggles ahead.  
Light is winning the battle.  
Darkness has nowhere to hide.  
Yet darkness is starring us in the face.  
Fear and anger lies inside and waits for the moment to unleash itself.  
When one is aware of the quantum field once awareness lies in we.  
In this state love, kindness, and tolerance extends to all.  
This is your true nature.  
Someone asked Ramana Maharshi "how should we treat others".  
He responds there are no others.  
Mankind is far away from that state yet millions of people are waking up.  
Ordinary people are doing extraordinary things doing this epidemic.  
Unfortunately, our current administration doesn't have the ethics or morals to lead properly.  
We need compassionate and kind leaders during this crisis.  
We don't need leaders who point blame towards each other.  
We need a system that cares for its people.  
The political leaders have lost that.



## Trust

We have the motto in God we trust on every dollar bill.  
Yet that is so far from the truth.  
During this shutdown politicians in America are pointing fingers towards each other.  
A leader of a nation should have the love and compassion to sail the ship towards safety during an intense storm.  
It seems like in America there is a ship without a rudder.  
There is no set plan.  
It changes at the moment.  
How can the American public have trust during this time?  
We are on a teeter-totter.  
The current administration is trying to balance saving lives and putting people back to work.  
The second option is dangerous because it could start a second wave of deaths.  
The global shutdown is still going on.  
We see a light at the end of the tunnel.  
Is that a freight train coming or is a light saying the all-clear bell.  
We need to change.  
We need to go from me to we.  
We can't carry on our old ways.  
The anger and bickering must stop.  
We must be kind to each other.  
This is our true state.  
Our politicians reflect the mood of the people.  
The mass majority are angry.  
We hold on to our certain points of view.  
We must go from creatures of doing to creatures of being.  
There must be a balance between the two.  
True wisdom lies in silence.  
All problems can be solved in silence.  
Many people say I hate silence.  
Yes, that's because your mind controls you not the other way around.  
It takes practice to subdue the mind.  
We have politicians that rattle off nonsense at three in the morning.  
They are making decisions that have consequences for the entire world.  
Only from silence can wisdom be brought forth.

Maybe that why the world is in such a mess.  
We have leaders who have no idea there is a precious jewel inside of them.  
They come from a superficial place.  
They can't see the forest from the trees.  
Our nation was built on spiritual freedom.  
Let's go back to the basics.  
Kindness, love, and compassion for all.  
We need to develop inner trust for each other.  
You and I are the same.  
The scientist has proven that over 100 years ago.  
Yet we still are fighting with each other.  
We are playing the same tapes over and over again.  
Mother Nature did a global time out.  
What are you going to do about this?  
It's time to put on your wisdom cap and ponder that over.  
Why does it take for Mother Nature to change our ways?  
Are we that lazy and complacent?

## Ignorance

The definition of ignorance is the following.  
Lack of knowledge or information.  
Socrates said know thy self many moons ago.  
What has humanity done since then to discover the jewel inside?  
Mother Nature sent us to our rooms to think things over.  
Yet we bitch and moan and get bored along the way.  
Many people refuse to wears masks even if it could kill their Grandmother.  
They say it my right not to wear one.  
Maybe you might like a ventilator instead.  
If you are bored you are missing out in life.  
Boredom is a state of mind.  
Being bored you are stuck inside of your box.  
You can't think properly.  
You think you are wise.  
If I say you are the universe.  
You just don't know it.  
One who is bored will roll their eyes,  
A wise man will simply smile.  
Scientists know the existence of the quantum field.  
It is beyond time and space.  
You are a part of that field.  
You came from it.  
You will return to it.  
You have an opportunity to experience it while you are alive.  
You are magnificent.  
You are glorious.  
Your true nature is kindness.  
You were meant to see the unity of all life.  
You are hardwired to see God.  
The software has always been there.  
Yet you live a petty life.  
The mirror of life is full of dust inside of you.  
Only you can clean it.  
Nobody can do it for you.  
God is your coach.  
As your coach, he can't play the game for you.\nYou have free will.  
Nobody is trying to convince you.

The truth needs no convincing.  
All your book knowledge and degrees don't mean a thing if you haven't  
discovered the jewel inside.  
This is a video game of life.  
Let's go beyond the level where we throw garbage in our living rooms.  
During this shutdown, Mother Earth is cleaning up our mess.  
Yet we are so determined to go out and act as nothing has changed.  
Are we spoiled brats.  
Mother Nature is giving us a lesson to learn.  
Yet we are blowing her off.  
Remember we need Mother Earth.  
She doesn't need us.  
Ignorance will bring man to a state of drowning yet he thinks I'm saved.  
A wise man once said the following many moons ago when I was young.  
Man is sawing off the branch he is sitting on.  
We have the opportunity to change.  
Yet we fight over a simple thing as to wear a mask or not.  
We live in a state of me, me, and me.  
No wonder chaos is on the earth.  
There are around 7 billion people on earth and we have this attitude.  
We are going from me to we.  
It will take time.  
Hopefully, we will be mature enough to grow and learn.  
We are stuck in our ignorance.

## Happy Birthday Barbara

Happy Birthday, Barbara.  
What an incredible gift you are.  
Your light is ever so dazzling.  
Such kindness you have for all.  
You are a guiding light for all.  
Your daughter Aleia loves you so much.  
I love you.  
It is beyond words.  
We were meant to be together.  
Both of us are on the same wavelength in life.  
Love is boundless.  
Both of us are discovering the jewel within.  
What better way to enjoy this precious life.  
You are an inspiration to me.  
It seems just like yesterday we met.  
I remember touching your hand while we watched a movie.  
I can still feel that sensation today.  
A wave of love enveloped us.  
It gets stronger every day.  
We have been together for over 33 years.  
Life is never boring around you.  
I'm amazed at how deep your thinking is.  
It's definitely outside of the box.  
Your love for humanity is boundless.  
You have both the heart and mind working together.  
I love to hear your thinking on how to solve the many problems of life.  
Our current state of politics could use some of your wisdom.  
Wisdom is unity between the heart and mind.  
You have that.  
It is rare.  
We are walking on an incredible journey of life.  
Side by side.  
What a gift you are to me and Aleia.

## Silent Mind

Did you know that the mind of God lies inside of you?  
It is not only in heaven.  
It is silent inside of you.  
Supreme intelligence and wisdom are keeping you alive.  
The mind of God doesn't speak to your mind.  
The mind if God speaks to your heart.  
Maybe there is a reason why the ancient ones loved silence.  
Silence is a way to have a direct conversation with God.  
No words are needed.  
Words only get in your way.  
We are human doers.  
We are so busy texting in the freeway of life.  
Even when Mother Nature tells us to slow down we won't.  
I want my life to go back to normal.  
It won't.  
If war, bickering, and fighting are normal the times are changing.  
Right this moment the universe is singing to you.  
Can you hear the sublime melodies?  
Silence is a very practical tool.  
One who practices silence moment by moment is truly wise.  
A person may speak words and be in silence.  
This may seem like a paradox.  
How can speaking and silence be there at one time?  
Behind your breath lies the answer.  
For those who are human doers now is the time to roll your eyes.  
A human being will just smile and enjoy the silence behind the breath.  
Maybe it is as simple as that.  
One who is conscious and aware of the power of the breath discovers the universe inside.  
While one who is constantly doing will miss out on the miracles of life.  
One searches within to find the precious jewel.  
While the other is chasing a carrot on the stick.  
True happiness does not exist outside of you,  
True happiness lies in the silence behind your breath.

## Peek a Boo

The dragons would love to teach the kids the game of peek a boo.  
Mind you for the game to be played the kids had to be in a certain state of mind.  
First, the kids needed to have an understanding that happiness does not exist  
outside of them.

Second, they need to be at a certain level of awareness.  
The Zen Buddhists used their benchmarks from the dragons.  
The story searching for the ox came from the dragon's world.  
Anyway once they reached this state of awareness the dragons would play peek a  
boo.

This is similar to what we do with babies today.  
Today we place our hands over our eyes and then say peek a boo.  
Babies smile and giggle with delight.

This is a universal game.  
The dragons added another dimension to this.  
When they said peek a book they instructed the kids to close their eyes.  
Lo and behold all the dragons manifested inside.  
Both the dragons and kids will laugh with delight.  
Even when a kid became old they would still love to play this game.  
You were never too old to get a kick out of this.

A person can always have a child's heart.  
All wise men from the past have said only a child can enter heaven.  
A person who has a huge ego can't enter the eye of the needle.  
Only through the eye can one discover the jewel within.

## The universe knows you

The universe knows you.  
You may roll your eyes all you want.  
Ask any scientist today.  
There is a quantum field that exists beyond time and space.  
So many people in America are anti-science.  
How would you like a heart transfer using stone-age tools.  
Both science and the mystics are talking about the same thing.  
A mystic is the apprehension of truths that are beyond the intellect.  
Science is the study of the structure and behavior of the physical and natural world  
through observation and experiment.  
Both parties observe.  
One is external while the other is internal.  
Both the scientist and mystic proclaim you are the universe.  
If you are the universe the universe knows you.  
The question is do you know your true essence?  
Have you ever asked yourself this question?  
You come into this world and someday you will leave.  
It's only a blink of time in eternity.  
Where do you go?  
Where did you come from?  
Is there a purpose and meaning to life?  
Is there a jewel to discover inside of you?  
What is keeping you alive?  
These are important questions to ask on your journey in life.  
Happiness does not exist outside of you.  
You are chasing a mirage.  
You are about ready to find happiness.  
You grasp for it.  
It then disappears like a mirage in the desert.  
This is fleeting moments of happiness.  
True happiness is your true state of being  
Imagine a brilliant light of happiness is shining all the time inside of you.  
The universe knows you.  
Do you know the universe?



## Wear A Mask

Wear a mask.  
You will save around 30,000 people from dying.  
Even if it was just one wear a mask.  
You may save a loved one from dying.  
This is beyond politics.  
The virus doesn't care about your politics.  
It could care less.  
Don't be complacent.  
This is far from being over.  
We haven't even finished the first phase.  
We are all in this together.  
Nobody gets a free ride.  
This is serious stuff.  
We can make a huge difference in the outcome.  
Be smart.  
Be a mature adult.  
Some leaders refuse to wear a mask.  
In my eyes, they aren't leaders.  
492,233 people have died so far from the coronavirus.  
The entire world has shutdown.  
Yet you refuse to wear a mask.  
This should be a non-issue.  
Where is your compassion?  
Did you cover it up so long ago you only think about yourself?  
Is it all about me?  
Mother Nature sent us to our rooms to think things over.  
Yet the best thing you came up with is I'm not going to wear a mask.  
Wow!!!  
I'm speechless.  
I thought we were better than this.

## The Hardest Thing To Control

The hardest thing to control in the universe is your mind.  
Yet we probably roll our eyes when we hear this.  
War has been on this planet for thousands of years.  
Where do wars originate?  
Inside of you.  
When the mind is agitated your actions will be agitated.  
It's as simple as that.  
There is no demarcation point between the mind and body.  
Many people on this planet can't turn off the facet of adrenaline.  
It is flowing all the time.  
Man lives in the hurricane-force winds of the mind.  
We are like leaves blowing in the wind.  
Yet we think all is well in my world.  
Who would want to live in the center of the hurricane?  
Only fools would want that.  
That is the nature of the mind.  
The mind has so much power over you that you have no idea.  
Wise men have been saying for thousands of years to learn how to control your  
mind.  
Our society first reacts and then thinks.  
Ask the prisoners about what happened.  
They will say I reacted poorly.  
Now I'm in prison thinking dearly what I have done.  
If I just thought and hesitated just for a second I might not be here.  
We have an administration that tweets anything that comes to its mind.  
For ages, the administration would ponder over policy for weeks and then have a  
press conference.  
Today it's anything goes.  
What are you going to do about it?  
Anything?  
You can learn how to control your mind.  
You are the universe.  
You just don't know it.  
All the tools exist inside of you.  
They have always been there.  
Why don't you use them?  
What have you got to lose?

## If I Can't See It I Can't Believe it

If I can't see it I can't believe it.  
There is no way a precious jewel lies inside of me.  
I can't see it I can't believe it.  
This has been the norm for men for thousands of years.  
We get stuck in our ways and thinking.  
We don't like to listen to other people's points of view.  
We like our little pretty boxes.  
I don't want to think outside of my narrow box.  
I'm comfortable there.  
No wonder the world is in such disarray.  
We have developed narrow thinking.  
Whether it is left and right.  
Or up and down.  
Man thinks I'm right and you are wrong.  
Our nation is divided that way.  
True unity lies inside of us.  
The entire universe knows the unity of life.  
Everyone except for man.  
We love to bicker and point fingers towards each other.  
You are the one I'm going to blame for my problems.  
At times we play in a blame game.  
Because we don't see the thread of love tying us all together we can't see the forest  
from the trees.  
We are like leaves blowing in the winds of our minds.  
We think the world is the problem.  
We should think that maybe I'm the problem.  
Big difference.  
One great teacher once said the following many moons ago.  
When you point a finger towards someone else you have three fingers pointing  
back to you.

## Nothing can go faster than the speed of light

They say nothing can go faster than the speed of light.

Imagine we send up put put satellites into the sky.

They can go around 13,000 miles an hour.

Just think the closest star is two light-years away.

That light traveling at 186,000 miles per second.

We have a long way to go.

Some scientists and many mystics talk about a unified quantum field.

The entire universe is linked together by a common field.

Yet it can't be seen through our eyes.

Maybe the wise ones were onto something special.

If thy eye be single thy whole body shall be full of light.

Hum, maybe there is a hint giving there.

We are hardwired to discover our true existence.

The science lab exists inside of you.



