

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.



Contents

The Balance Of Darkness And Light.....	4
We Decide The Outcome.....	6
Love	7
The Luckiest Man	8
United.....	9
Healing Your Body	10
Death	11
Inspire	12
Laugh At Life.....	13
Reverence.....	14
Fly Like A Dragon	15
Wondrous Journey	16
Human Being	17
The Inner Sanctuary	18
Take Out Your Garbage.....	19
We Are Set In Our Ways	21
The Thread Of Love.....	22
You Can Slow Down Your Aging.....	24
The Blanket Of Love	25
Great Conjunction.....	26
Incredible Journey.....	27
Hobby.....	28
Hobby 2.....	29
Preventive	30
Wisdom.....	31
Enjoy Every Breath You Have Been Given	32
Grandma Josie.....	33
Praise.....	34
Harmony	35
Grace	36
Cosmic Surfer	37
Farouk and his Mom	38
Aloha.....	39
Riptides	40
How To Survive A Wipeout	41
Is This From A Mystic Or A Scientist?	42
Paddle Out.....	43
Focus	44
The Surfboard	46
Aloha 2.....	47
Be In The Moment	49
Confident Man	51
Day Of Grace	53
I Feel So Much Love.....	55
If Death Approaches You	57

Life Is So Beautiful	59
So Many Flavors	61
That Ultimate Feeling	63
The Best Is Yet To Come.....	65
The Island Of Bali.....	67
The Lyrics Of The Song	69
The Perils Of Being Young.....	71
Harmony	73
Unity	74
The Sweetness Of Breath.....	75
The Other Side Of The Aisle	76
State Of Anger	77
Wow !!!	78
I'm Grateful	79
Power	80
Family and Friends	81
Missing Piece Of The Puzzle.....	82

The Balance Of Darkness And Light

The balance of darkness and light begins with you.
You either turn on the switch.
Or
You turn off the switch.
There is no in-between.
There is either light on or darkness.
Just think in darkness if you light a match the whole room is illuminated.
Just one match.
That all it takes.
Just one match has a glimmer of hope.
Imagine inside of you lies an infinite ocean of light.
This is your true nature.
Day by day focus on the light inside of you.
It will show you the way back home.
This light contains pure love and kindness.
During your darkest hour never give up.
Ask for help and assistance from within.
All your answers lie within you.
You are in control of flipping on darkness or light.
Mind you at times it's not an easy task.
We all stumble and fall.
Two steps forward.
One step backward.
This is how we learn in the journey of life.
All your problems stem from inside of you.
Don't blame anyone for your state of mind.
The other person acts as a mirror to reflect your darkness.
Clean your inner mirror.
Weed your inner garden.
During this global shutdown, our lives are topsy turvy.
Learn how to go within.
If you don't you mind will scatter you like leaves blowing in the wind.
You will blame others.
You will think my group is right and there's is wrong.

You will lose a sense of wisdom and discrimination.

I don't need a mask much say.

Well, all hell is breaking loose.

The Europeans have closed our borders to us.

Does that mean anything to you?

What do you embrace in your life?

Darkness or the light.

It's your choice in each moment.

We Decide The Outcome

We decide the outcome of this global shut down.
Common sense is uncommon.
We should have learned the lesson from the Spanish flu over one hundred years ago.
People thought that when phase one was over that was it.
People thought the all-clear signal was firing off.
Little did they know that the second wave was the tidal wave?
Politics and the medical field don't mix.
The medical field has studied viruses.
This is their field of expertise.
They have proof that social distancing and masks work.
Yes, I know that mask can cause hypoxia.
Yet given the fact, a global shutdown has occurred let's get over that fact.
Currently, the experts say we are losing the battle.
50,000 Americans are infected every day.
The medical expert's project in a few months 100,000 Americans will be infected per day.
Soon every American will know either a family or friend who will get this virus.
Let's not get into politics about this.
The virus could care less about what your beliefs are.
It wants you to act stupid.
It loves it when you say I'm not going to wear a mask.
It loves it when you don't want to socially distant.
It loves it when the current administration plays politics with wearing a mask.
So many Americans follow suit what the President says.
If the President doesn't wear a mask I'm not going to either.
Forget about your politics.
Wake up.
A huge tidal wave can descend upon the United States.
Only we can stop it.
The rest of the world took great measures and they are winning the battle.
We are still in phase 1 and it's getting worse.
Only we can unite and eradicate this.

Love

The entire universe is intoxicated with love.
Yet we are texting on the freeway of life.
The entire universe is dancing into the night.
Man is bickering and fighting.
It seems like another war is always brewing.
The universe does not fight with each other.
It is united.
Even modern-day scientists understand that.
Behind the universe lies the power of love.
It exists inside of you.
This is your true nature.
We have simply forgotten.
The door within is always opened.
The universe will never close it.
Man in his ignorance might shut the door within.
Why is this door open?
It doesn't go anywhere.
Common sense is uncommon.
We search for love outside of us.
We never get completely satisfied.
Maybe that's why the world is in chaos.
Have you ever seen nature dump its garbage into the river?
Mankind daily throws garbage in the living room of life.
We call that progress.
Love is truly the answer.

The Luckiest Man

The luckiest man.

Many people say a person who wins the lottery is the luckiest man in the world.

Yet the majority of lottery winners lose their fortune within five years.

Many people say on the day of their marriage I'm the luckiest man.

10 years later they end up in divorce court.

One may buy a brand new Porsche.

Years later the same person who bought this has the car towed to the dump.

I'm the luckiest person I was invited to this party.

The next day you wake up with an intense hangover.

Some people say I'm the luckiest person to get a promotion.

This means you will not see your kids on the weekends.

If you think that true luck exists outside of you your wrong.

The wise man is the luckiest who is connected to the power behind his breath.

This is where true luck resides.

Ponder this over.

It will make all the difference in your life.

United

We are the United States.
Currently, we are a nation divided.
We have lost our way.
Politicians spin the truth.
Almost 3 million Americans have been affected by the silent virus.
Some say this is just the flu and it will pass.
Try trying to the medical personnel who are fighting the battle.
A nation divided has lost its compass.
Nobody knows what the truth is.
Science is ignored and forgotten.
Every step is political.
Remember an eagle has two wings.
Without these two wings, the eagle can't fly.
Currently, America can't fly.
We wake up each morning with the hangover of our minds.
We can't think properly.
Common sense is uncommon.
The leaders of our nation went out to lunch and aren't coming back.
It's time for the entire nation to wake up before it's too late.

Healing Your Body

Did you know that all drugs have side effects?
I find that quite fascinating.
When you watch a drug commercial on TV they always talk about the side effects.
Sometimes a woman in a soft voice will say and this drug could cause death.
She nonchalantly continues.
She says it in such a wonderful way.
Yet this drug could cause you to die.
Most drugs have serious side effects.
Your body is a chemistry kit.
Drugs are chemicals.
Any drug will react.
Some good.
Some bad.
We all have different levels of chemicals in our bodies.
What works for you could be deadly for me.
The drug industry knows it can't make a drug without side effects.
So it gambles when you take the drug.
Homeopathic medicine has been around for hundreds of years.
It's the only medicine that doesn't have any side effects.
It has been diluted so much that the chemicals can't be detected.
When the person takes the tincture the remedy has an instruction code that tells the
body to act upon it.
In the early 20th century homeopathic medicine was the foundation for our
medicine.
Allopathic medicine took over and that's where we are today.
We have the CEO of drug manufacturers who say our goal is to make money for
our shareholders.
Our consumers are secondary.
We are still primitive and immature when dealing with wholeness.
Our current pharmaceutical system has got to change.

Death

Death is either your enemy or your friend
It's your perception.
A wise man understands the cycle of life.
He is in tune with the universe.
He enjoys the silence.
Within the silence lies the power of love.
Love is the thread that ties the unseen and the seen.
Death is an illusion.
Yes, the body dies yet your true essence is eternal.
Behind your breath lies the answer to this riddle.
Because we are constantly doing one doesn't see the forest from the trees.
We even get bored when we have nothing to do.
If someone mentions to you to learn how to appreciate silence most people just roll
their eyes.
Death is your friend.
Death is the end of this previous journey.
What awaits us on the other side?
One who knows the power behind the breath solves this puzzle.
In every moment one can see the miracle of life.
Ponder this over.

Inspire

Inspire is defined as the following.
Fill (someone) with the urge or ability to do or feel something, especially to do something creative.

I hope my words inspire you on this journey of life.
We all need inspiration during these difficult times.
Every day our world is changing in such dramatic ways.

Our lives are in a spin cycle.
We don't know what's up or down.
We are like leaves blowing in the wind.
Nothing is stable.

In the US the silent virus is rampant.
We opened up the doors too early.
The key to great wisdom is silence.
Unfortunately, we are oblivious to it.
We are too busy texting on the freeway of life.
Do you ever stop in your tracks and ponder this over?

Why do you get bored so easily?
What are you chasing?
Do you know what you think exists outside of you is like chasing a carrot on a stick?

Yes, I say the same things over and over again.
Mind you they are in different forms.
For many moons, I love to meditate.
That same experience lies inside of you.
It is dormant.
Yet being dormant doesn't mean it can't wake up.
Just look at a dormant volcano.
When it wakes up the world knows it.
What have you got to lose?
Someday you will take your last breath.
Then you will see the power behind your breath.

Laugh At Life

Laugh at life.
If you don't you will always have a bumpy ride.
The same potholes will be there.
Yet laughter makes the journey more incredible.
Over time one sees life as a divine video game.
As any gamer without challenges, what's the point of playing the game.
Life would be boring if everything is static.
Yet mankind hates to change.
Even when our life is miserable we don't want to change for the better.
Yet we are constantly chasing the carrot on the stick.
We do this for our entire lives.
Laugh at life and life will laugh with you.
When I was depressed as a kid my twin brother would laugh at me.
The more he laughed the angrier I got.
At some point, I saw the absurdity of it all.
I then started to laugh.
Laughter gives one wisdom to see from different angles.
My dear friend Mark would make funny faces.
Laughter allows a person to think outside of the box.
During this global shutdown laugh daily.
Smile within.
This will keep your sanity during trouble times.

Reverence

The definition of reverence is as follows.
A deep respect for someone or something
What level of reverence do we have?
In the US anger is on the rise.
People are flaming each other.
We have lost our wisdom about being a great nation.
We sent a man to the moon.
Yet we can't solve our social problems.
The silent virus has the upper hand at this moment in time.
Until we have reverence towards each other we will lose this battle.
Petty we are.
I'm right and you are wrong.
The same power that is keeping you alive is the same power keeping me alive.
We are the same.
How far has man drifted from each other?
We are just wearing social blinders on this journey of life.
We think we see clearly.
We see only one percent of the light spectrum.
Did you know the human body is wired to see the whole spectrum?
Only by going within can you solve this puzzle.
Reverence is a state of mind.
We have forgotten our true nature.

Fly Like A Dragon

Fly like a dragon.
You were meant to soar.
You need both wings to fly.
Have your feet on the ground and your head in heaven.
This will make you one lucky person.
If your head is only in the cloud's you will have a cloudy vision.
If your head is only on the ground you miss out on the heavenly abode.
A dragon has conquered himself.
He is united with all of creation.
He is meek and humble like water.
Yet extremely powerful.
You don't want to mess with it.
Its nature is kind and full of humor.
The dragons have gone through the same craziness we are going through.
This is why they laugh at life.
They encourage us throughout our struggles.
Society needs to embrace the principals of the Tao.
The further one is divorced from nature the more neurotic we will be.
Need I say more?
In the midst of the global shutdown, chaos resides.
Learn to fly.
When you do you will be one with life.

Wondrous Journey

This is a wondrous journey.
Count your blessings.
Every day is a miracle that you are alive.
You have traveled so far.
It may seem like you are standing still and going nowhere.
Time tends to do that.
Yet look over your shoulder.
You will be amazed at how far you have gone.
There is no final destination.
This journey lasts for eternity.
Your essence is eternal.
Behind your breath lies the essence of life.

Human Being

During the silent virus the conditions of our state of mind manifest.

Most of us are human doers, not human beings.

You may be super intelligent yet lack true wisdom.

Wisdom comes from entering the silence inside.

The entire universe exists inside of you.

This is not an exaggeration.

We do, do, and do.

In fact, we can't stop.

Millions of people can't sleep properly.

A wise man learns that silence is his best friend.

He puts his head on the pillow and drifts off to sleep.

Do you know you are your own master chemist?

In each and every thought you think over 1500 positive or negative chemicals get released into his bloodstream.

Buddha once said, "by getting angry one is drinking your own poison".

In the last 15 years, scientists have proven this over and over.

Have you ever thought that Mother Nature sent us to our rooms for the last five months?

Have you ever pondered that over?

What does it take for humanity to discover their true nature?

Only time will tell.

The Inner Sanctuary

The world is on fire.
At least the western states are on fire.
My daughter lives in Oregon.
Nearby towns are completely leveled by the fire.
Aleia has friends who lost everything.
On top of this, the silent virus is still around.
What can we do to get some relief?
I must sound like a broken record.
Yet inside of you lies your inner sanctuary.
It has been there all the time.
Behind your breath lies the keys to open the door within.
It's as easy as that.
You may roll your eyes all you want but it doesn't change the facts.
You are the universe.
You just don't know it.
The kingdom of heaven lies within.

Take Out Your Garbage

Take out your garbage.
The election was over a month ago.
Now is the time to unite.
Is that ever so much possible?
Our nation is divided.
The pandemic is worse than it has ever been.
Millions of people have a hard time feeding themselves.
Over 10 million Americans will be homeless within a short time.
We must think and pray about our fellow man.
The holiday spirit is among us yet we flame each other on FaceBook.
We need to see the good in each other.
We need to be kind to each other.
We need to be tolerant of each other.
We need to respect each other.
We need public servants who want to serve the American citizens without holding
on to their power.
We can rebuild America.
To rebuild we must rebuild ourselves.
We must throw away all garbage.
When one does this wisdom and discrimination will occur.
We all wear tinted glasses.
We think only my view is valid.
If you don't think the way I do you are an evil person.
We have two political parties for a reason.
The eagle needs a left-wing and right-wing to fly.
Many people say we should get rid of the opposite party.
We should have only one party.
That's called fascism.
We have seen where that leads us.
Once again we must change our attitude.
Everyone must learn to bend like a flower in the wind.
We need to return to kindness.
Kindness is what made our nation great.
Ask the world and they will say that it's true.
The world once championed us.
Today the world looks in dismay.
What happened to America?
Anger is the prime emotion, not love and compassion.

We are putting gasoline on the fire.
The most serious pandemic is going on.
We should have had a plan put into place a year ago.
Look at New Zealand.
In the past few weeks, no cases of the virus occurred.
They had a plan.
Through trial and error they modified it.
It morphed and change over time.
Yet they were successful.
We had an administration putting their heads in the sand.
If that's not true why did 3,600 innocent people die yesterday?
Yes, the vaccine is out.
This will take time.
In the meantime where is our practical plan?
Are we so divided we can't see the forest from the trees?
I heard stories in the sixties both sides would banter and bicker during their
sessions.
Afterward, they would go to a bar and laugh things over.
That is a thing from the past.
Today both sides won't talk to each other.
The ship will eventually sink if this continues.
Remember only you can take out your garbage.
Nobody can do it for you.

We Are Set In Our Ways

We are set in our ways.
If the other side does something we don't like we complain like hell.
Yet it is OK if we do the same thing.
This is human nature yet it's not how we truly are.
Mankind has yet to find this.
Millions of people are waking up.
The world seems to be in utter chaos.
But harmony is just a stepping stone away.
We think we know so much.
We bitch and moan about others.
How stupid and ignorant they are?
The wise man just smiles at adversity.
He has nothing to say or prove.
He is constantly fine-tuning the guitar of life.
The only faults he is concerned about are the faults that exist inside of him.
The world would be in a better place if we all did that.
The more one remove's the thorns the more one becomes kind.
Kindness is a state of mind and being.
It is your true state.
If your so-called enemy's true nature is kindness.
We have simply covered it up.
We get the thrill of getting people angry.
I have seen many people like that.
They flame and post their anger when someone doesn't see their point of view.
You only see the world through your eyes.
Everybody sees the world in different and unique ways.
One who discovers kindness inside is truly the rich man.
Your external riches will be ripped away from you when you take your last breath.
One who had discovered kindness within will take that precious treasure when he
dies.
You see that is our true nature.

The Thread Of Love

There is a thread of love tying us all together.
Yet we seem to make a mess of it.
We expect everyone to think and act as we do.
I have been fortunate.
I have traveled to many lands.
I have hitchhiked on many dark and lonely roads.
Yet in all my adventure I found out when you are kind the other person will be
kind.
I'm not saying this is true all the time.
In my journeys, I found out when you are extremely interested in another person's
life they will reflect that.
The thread of love is contagious.
It goes beyond the mere physical.
It is our true nature.
One who discovers this thread is the most fortunate.
You become the weaver in your own life.
The knots of anger and intolerance untie themselves.
One becomes a master weaver.
This world would be in an incredible place if we all did this.

Ch-ch-ch-ch-changes

Ch-ch-ch-ch-changes

David Bowie wrote this song many moons ago.

He was absolutely correct.

Everything morphs and changes.

Nothing in life is constant.

We try to hold on to things.

Yet we lose hold of them.

It's like trying to hold on to slippery soap when taking a shower.

Many of us hold on to the external for our happiness.

It's like we can live in the center of the hurricane.

But we choose to live in the hurricane-force winds.

It's funny that we all do it.

I heard this expression many moons ago.

What we want we don't need.

What we need we don't want.

Does this describe the human condition?

We look outside of ourselves for the answers to life.

Yet the riddle exists inside of us.

Why do we refuse to look within?

Quite frankly I'm confused by this.

The greatest jewel exists inside of you.

When hearing this most people roll their eyes.

They think this statement is utter nonsense.

What have you been smoking they would say?

No wonder this world is in chaos.

We can't see the forest from the trees.

We get so caught up with our point of view is the only way.

What is keeping you alive?

Behind your breath lies the answer.

Only you can solve this puzzle.

You Can Slow Down Your Aging

You can slow down your aging.
I remember as a kid when a surfer was in his late thirties he was considered over
the hill.
Today we have surfers surfing in their sixties and seventies.
Age is a state of mind.
Yes everyone ages.
Yet we can have a say in the matter.
I have friends who lead rather unhealthy lifestyles and paid the price for it.
Unfortunately, they are no longer with us today.
I got this crazy idea of preventive medicine in my early teens.
I believed this is the only body you get.
At least in this lifetime.
You can't trade it in.
When the body is healthy the mind will be healthy.
I love harmony.
I love the mind, body, and soul connection.
Being healthy is a conscious decision.
One must be aware.
It's so easy to put our car on autopilot.
We go to our doctors who will fix us up.
They will take away the symptoms and make us feel better.
The disease overtime will become chronic.
A band-aide is simply covering it up.
One must cultivate a healthy lifestyle.
The commercials are programming you in ways you aren't aware of.
They want you to be sick.
They have no intentions to heal you.
A year ago I heard a CEO say our purpose is to make a profit.
That is the goal.
Why is such ignorance tolerated?
We live such unnatural lifestyles and we wonder why we get sick.
We think one who is in harmony is a wacko.
It seems to be common sense is uncommon.
For some reason, we live our lives in apathy.

The Blanket Of Love

The wise man has always said there is a blanket of love inside of you.

During these perilous times, there is comfort inside of you.

Nobody can take away your blanket.

Yet at the same time, you haven't found it.

At times you feel the warmth of your soul.

It is fleeting.

We are always searching for it.

We think comfort lies outside of us.

The creator custom-designed your blanket.

Each one of us is different and unique.

Yet there is the same thread of love tying us all together.

We create such a tangle in our lives.

We turn the precious thread of love into knots.

We don't see the unity of life.

No wonder we create such chaos.

Something as innocent we make it so complicated.

A newborn baby lives in the blanket of love.

Over time we are told to grow up.

Slowly we forget our true nature.

We leave the blanket behind.

We are told to act like responsible adults.

But without the blanket of love, we have lost our ways.

We love to throw gasoline on the fire of life.

So many people are angry on Facebook.

We expect everyone to hold our point of view.

If they don't we consider them an evil person.

Stop and think.

If there is a blanket of love where would it hide?

Maybe it's time to figure it out.

It's cold outside.

Grab your inner blanket and sit by the fire of life.

Great Conjunction

Wow-what a Great Conjunction it is?
Jupiter and Saturn in alignment.
Mind you this was on the winter solstice.
First time in over 800 years.
Is the universe sending us a message?
Love and hope are here.
Yet here in Kansas City people are driving on the freeway.
The restaurants are full.
Hardly anybody is paying attention.
What is it with human nature?
Are we so preoccupied with our lives?
Have we lost the spark of life?
Are we so enamored with our nine to five existence?
I can't look up to the magnificence sky.
I don't have time for that.
The universe is giving us sweet messages.
We could care less.
I'm in a hurry.
Don't bother me.
We are so divorced from the universe.
A once in a lifetime event occurs and we ignore it.
Look I'm not on a soapbox.
We only see 1% of the light spectrum.
We were made to see so much more.
The hardware and software exist inside.
It's up to you to flip on the switch.
The entire universe is alive.

Incredible Journey

We are nuclear power plants.
We come from the quantum field.
Our essence is quantum.
Yet we are driving our car weaving between lanes on the freeway called life.
How ironic?
We have between 50 to 100 trillion cells in the body.
Each cell's average membrane potential is 70 millivolts or .07 volts.
Let's go with the lowest figure of 50 trillion cells.
 $50 \text{ trillion cells} \times .07 \text{ volts} = 3.5 \text{ trillion volts.}$
The ancient Yogi's knew for thousands of years this fact.
They knew of true nature is quantum.
Mind you they didn't call it that.
We are stardust.
We came from a supernova exploding.
Nuclei are around 100,000 times smaller than the atoms they are housed in.

If the nucleus were the size of a peanut, the atom would be about the size of a
baseball stadium.
If we lost all the dead space inside our atoms, we would each be able to fit into a
particle of dust,
The entire human species would fit into the volume of a sugar cube.
Do you get excited about hearing these facts?
I certainly do.
The mystics have said we all have an inner laboratory within.
We can discover our true nature.

Hobby

The definition of a hobby is as follows.
Activity is done regularly in one's leisure time for pleasure.
I love that definition.
What are your hobbies?
I love ethnic food cooking.
Ever since I was five years old my Mom and Dad introduced me to it.
I love the diversity of each cuisine.
The smell of spices fills the kitchen air.
I'm not in a hurry.
Time is on my side.
Cooking with love is natural.
Unlike cooking in most restaurants is for a profit.
Love is the main ingredient in life.
Cooking with this ingredient consciously makes the meal even more delicious.
Laughter is in the air.
Laughter and love go together.
It infuses the dish with divine intoxication.
Who said you can't get drunk by eating your vegetables?
Throughout ages Mom's have cooked like this.
On Sunday's the whole clan comes over for dinner.
Conversations are in the air.
The celebrations of friendships fill the air.
Let's toast to life.
Remember the sweet moments of your Mom's cooking.
You can still smell the aroma long after she passes.
If we could capture that feeling the world would be in a better place.
Sweet memories.
Don't take them for granted.

Hobby 2

My Dad loved to cook.
That was his hobby.
That was quite unusual for a man in the 1950's
Using the chores of cooking was Mom's role.
My Dad was outside of the box.
He taught me at a young age to do the same thing.
He had in his blood the capability to transform food.
All my friends were amazed.
I remember my Dad telling me that he had a Yoga teacher in the early sixties.
He was going to USC.
That was quite revolutionary for its time.
Especially growing up in Orange County.
We spent only a few years in the house of the future.
Yet that experience molded me for my entire life.
It gave me the fortitude of thinking and embracing new thoughts.
I knew that a part of me was the universe.
When I was young I couldn't quite put it into words.
Over 50 years later this theme is a significant part of my life.
I'm not kidding when I say we have the hardware and software to discover our true
nature.
I hope my writings inspire you to look in different ways to think outside of the box.
Not only to think but to have daily experience of your true existence.
Today it's Christmas.
The light of all lights exists inside of you.
You just have to consciously flip on the switch.
Nobody can do it for you.
A wise man elegantly said you can take a horse to water.
You can't make it drink.
Yet you can put salt in his food.

Preventive

The definition of preventive is as follows.
Designed to keep something undesirable such as illness, harm, or accidents from occurring.

"Preventive medicine"

Quite frankly our nation isn't very good at it.
New Zealand took serious measures for the virus.
Consequently, everything is almost back to normal.
In the US the current administration had no plan.
They mocked the new president to be for wearing a mask.
After each holiday there were serious spikes in death and people getting the virus.
Thanksgiving was the breaking point.
A few weeks later all hospitals in California are at the breaking point.
Still, over 85 million Americans traveled during Christmas.
Thanksgiving only had 25 to 35 million.
Yet look at the havoc that has been done.
We think we are in bad shape now.
Just wait a few more weeks.

In New Zealand, they used common sense and had a serious masterplan.
In the White House they had parties with no social distancing and wearing of masks.

Millions of people get their guidance from the White House.
If the President doesn't wear a masks I'm not going to wear one.
The deaths and people getting the virus goes higher day by day.
Common sense is uncommon.
One wise man once said we are sawing off the branch we are sitting on.
The current administration went out to lunch and never came back.
New Years' is coming next week.
How many people will ignore the recommendations from the CDC?
We have shallow and selfish thinking.
Talk to the people on the front lines and they are desperate for Americans to listen and follow basic guidelines.
Talk to the people who lost their loved ones and will never get it them back.
Have we turned into a selfish nation?
It's all about my inconvenience.
Thousands of front line workers have lost their lives trying to keep us alive.
You can drink your champagne in your living room this New Years'.
That's the least you can do.

Wisdom

The definition of wisdom is as follows.
The quality of having experience, knowledge, and good judgment; the quality of being wise.

"Listen to his words of wisdom"

Wisdom is different from information.

We are inundated with information.

So much can be true.

Yet so much is false.

Many people like to spin the truth.

Many people pass on information as truth.

Yet they know it is a lie.

How does one become wise during these difficult times?

So many people force their information on you.

The wise man understands only by entering the state of silence does true wisdom arise.

In silence lies the infinite fountain of wisdom.

The wise man just smiles at life.

He has nothing to prove.

Enjoy Every Breath You Have Been Given

Enjoy every breath you have been given.
If there is any helpful tip I would say this.
Behind your breath lies the treasure chest of knowledge.
The entire universe is keeping you alive.
That is a fact.
What do you think?
Do you get excited by this?
Or
Is this a boring subject?
Let's talk about something else.
Only by your will can you understand this riddle.
It's in your hand.
The wise men have been saying this for thousands of years.
Our internal mirror is cloudy.
Now is the time to clean it.
You will see your true nature.

Grandma Josie

Wow, Grandma Josie.
My brother John and I were blessed to have her.
Many of my principles in life came from her.
At that time I didn't know I was soaking in all in like a sponge.
She was a Christian Scientist.
Her Mom was good friends with Mary Baker Eddy the founder of Christian
Science.
I remember being exposed to many different healthy foods.
She gave us pine nuts, dates, fresh apples, and carrot juice.
She enjoyed Jack Lalanne.
Maybe this is where John and I got into preventive medicine at such a young age.
I always believed that we are our drug stores.
There are natural laws of the universe.
If you follow these laws one becomes healthy in mind, body, and soul.
The disease is when the mind, body, and soul are stressed out.
They are not in harmony.
I have spent my entire life living these principles.
Each day we can fine-tune this guitar of life.
We can never rest on our laurels.
We are on an infinite journey.
Take care of your mind, body, and soul.
By doing this you will be in harmony.
Your body will thank you for this.
When the body is in harmony the mind will be in harmony.
When the mind and body are in harmony your soul will be in harmony.
During this pandemic, you can learn how to live in the center of the hurricane.
It is your choice.
Nobody can do it for you.

Praise

The definition of praise is as follows.
The expression of approval or admiration for someone or something.
We are built to receive praise and to give praise.
It is built into our very nature.
One who taps into silence understands this message.
In silence the universe praises us.
We are a part of her.
That's our true nature.
Yet in silence we praise nature.
Silence is the ultimate way of praising.
No words need to be spoken.
There is direct communication to the jewel that lies within.
This is who you truly are.
You are the universe.
You just don't know it.
You are magnificent.
You might ask yourself.
What happened?
How did I lose my connection?
Praise your mind, body, and soul.
Listen to what it is telling you.
Slow down.
Learn to enter into the silence.
You are so busy looking at the world.
The greatest treasure exists inside of you.
Only you can dig it up.
Nobody can do it for you.

Harmony

The definition of harmony is as follows.

- a. An orderly or pleasing combination of elements in a whole: color harmony; the order and harmony of the universe.
- b. A relationship in which various components exist together without destroying one another: different kinds of fish living in harmony.
- c. A relationship characterized by a lack of conflict or by agreement, as of opinion or interest: family harmony.

We need harmony in our lives.

Think it over.

How much in harmony is your mind, body, and soul connection?

Do you ever think about it?

Are you consciously trying to fine-tune the guitar of life?

Do you think before you speak?

Or

Do you just rattle what comes to your mind?

A wise man is one who strives for harmony in each and every moment.

Harmony is a state of being.

Harmony is a state of mind.

We live our lives in chaos yet we think everything is fine.

A wise man understands the world may be in chaos.

Yet he can live in the center of the hurricane.

The older I get I see the importance of harmony in my life.

Our lifestyles directly relate to the state of harmony we are in.

If you have a chaotic lifestyle your life will be chaotic.

The disease will be coming knocking on your door.

Even if you consciously try to be in harmony events will happen to you.

But because of consciously trying to be in harmony they will be small hiccups in life.

Even if it is a major bump you hit on the road in life.

Harmony acts as a shock absorber.

Someday death will be knocking on your door.

A man of harmony knows that he is eternal.

It's time to change our clothes.

This state of mind exists inside of you.

Grace

The definition of grace is as follows.

A: a virtue coming from God

B: a state of sanctification enjoyed through divine assistance

C: APPROVAL, FAVOR

There is a shower of Grace existing inside of us.

No matter what's going on outside the shower is always on.

It is the most wonderful shower there is.

It cleanses the mind, body, and soul.

One who enters into the silence understands this riddle.

It is always there.

Yet we are looking in the wrong direction.

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

Pay attention to grace and grace will pay attention to you.

Meditation allows one to open the door to the shower within.

Step into your shower.

It's at the perfect temperature.

Cosmic Surfer

The wise men of the past were the original cosmic surfers.
Somehow they discovered behind their breath lies the infinite ocean of love.
Light waves break in the infinite ocean.
Each wave was alive and conscious.
It would almost be singing a song yet no words were spoken.
Nobody knows who rode the first wave.
That was eons before our universe was created.
But what a ride that was.
You see we are created to ride the infinite wave inside of us.
It never gets crowded.
There are no angry locals.
Nobody will take off in front of you.
One who learns to surf the inner wave eventually becomes that wave.
We come from the ocean of life.
Someday when we die we return to the ocean of life.
It's as simple as that.
This life is an incredible journey.
It's all about discovering your true nature.
You are magnificent.
There are just clouds that cover your true nature.

Farouk and his Mom



I first met Farouk in India many moons ago.
It will be fifty years this year.
One of my favorite memory is in the early seventies he invited me over for dinner.
He is originally from Lebanon.
Anybody who knows me knows that I love ethnic food.
This was the first time I ever had it.
I still remember we had a dish called Feta.
Feta is garbanzos beans and green peas in a yogurt butter sauce.
It was out of this world.
We also had homemade hummus and baba ganoush.
Farouk gave me the recipes and I have used them for over forty years.
It's grand seeing and feeling the thread of love tying us all together.
I loved Farouk's Facebook posts on his Mom.
I never met her but I could see the sparkles of light in her eyes.
She had a zest for life.
Even in her golden years, she kept the youthfulness alive.
His Mom passed away a few days ago.
Sometimes when someone dies for some reason they come to me and give a simple
message.
Hers was quite simple.
Give my love to my family and friends.
I'm always with you.
I'm just living in a different room in the mansion of life.

Aloha

The definition of Aloha is as follows.

Aloha is the essence of being: love, peace, compassion, and a mutual
understanding of respect.
Aloha means living in harmony with the people and land around you with mercy,
sympathy, grace, and kindness.
We all come from stardust.
Aloha is the essence of our being.
It's our true nature.
We must cultivate Aloha in our lives.
Especially during these chaotic times.
Daily we must pull our weeds and take care of our inner garden.
The world is caught up in anger.
Yet millions of people are waking up from their slumber.
The Aloha spirit is alive.
It is calling you to transform.
You are magnificent.
You are a miracle.
Behind your breath lies the mana of life.

Riptides

The ocean is a powerful thing.
A surfer loves the rip tides.
The common person might drown in one.
It's a matter of perspective.
For a surfer, the riptide means he can use the ocean current to paddle out to the lineup.
A person who is oblivious to the power of the ocean gets caught in the riptide.
Hopefully, a lifeguard can save him.
For the surfer, he gets the ride of his life.
The other person gets into a scary situation and is fighting for his life.
A wise man is a surfer who understands the inner wave within.
He knows the connection between the mind, body, and soul.
Meditation shows him where to paddle out.
He uses the riptides of the mind to paddle out to the lineup.
Once there he waits in silence to catch the wave of life.
True harmony exists.
The surfer and the ocean are the same.
Some of humanity is caught in the riptides of anger.
They will go to extremes.
They can't see the forest from the trees.
Even after storming the capitol building, they believe it was the right thing to do.
There is a huge difference between being caught in the riptide of anger and the ocean itself.
Only through silence can one understand.

How To Survive A Wipeout

How to survive a wipeout.
If you want to survive a wipeout on a huge day you should do the following.
Take one last breath and hold it.
Consciously relax your whole body.
The more you struggle the more oxygen you will use.
Remember the ocean will let you know when you can swim to the surface.
Don't panic.
At times that is hard to do.
Especially if you are held under for two waves.
As a nation, we just experienced a huge wipeout at the capital building.
The last time this happened was during the war of 1812.
As a nation, we must unify.
The time is of utmost.
Due to anger, our whole congress could have been killed including the vice
president.
We must listen to and respect each other.
Our daily news must do this.
We almost jumped off the cliff into the ocean.
Our democracy is at state.
We must return to kindness.
Our nation has been putting gasoline on the fire.
The same principles of surviving a wipeout are for our nation to survive.
We must take a deep breath.
Relax.
Don't fight.
Appreciate that we are Americans.
Forgive all.
Change your mindset.
There are no enemies.
We just create them.
We all want the same things.
We just have a different way of seeing it.
Both ways are correct.
Imagine the good if both parties and Americans did this.
We could see then a better picture.
Otherwise, we get stuck in our ways and nothing ever gets done.
There is a golden opportunity at hand.
I have faith in my fellow Americans.

Is This From A Mystic Or A Scientist?

Is this from a mystic or a scientist?
Kabir a mystic from the 15 century said the following.
All know that the drop merges into the ocean, but few know that the ocean merges
into the drop.
Now that is profound.
A modern-day Einstein might have said that today.
The entire universe exists inside of us.
We are a part of the universe.
Is this a paradox?
We are beyond time and space.
There are billions of universes.
Inside of our DNA is a part that is not material.
It is spiritual.
No instrument known to man can detect this yet.
Yet the mystics have said all along.
You are hard-wired for this experience.
Ponder this message.
The divine words from Kabir are alive.

Paddle Out

When I was young I paddled out on a huge day.
You always had a little fear inside.
The ocean is alive.
At times you are almost to the lineup.
A huge set appears in the sky.
Before you know it the white water throws you underneath the water.
You are thrown around like the clothes in a washing machine.
Eventually, you come up.
Your board is washed to the shore.
You go again and try again.
You finally make it out.
The wave of the day comes through.
You ride it with pure delight.
You have overcome your fear for today.

Focus

Whatever you focus on you eventually become.

If you want to be a surfer you first paddle out on a small day.

Maybe some people paddle out there first time on a huge day.

I wouldn't advise it.

Anyway at first it's real difficult just learning to paddle the darn board much less catch a wave.

Timing is everything.

If you're too late you will go over the falls which really hurts.

If you don't paddle fast enough you won't catch the wave.

What really hurts is when you don't paddle fast enough the wave can decide that you're going anyway.

That is when you learn a major lesson.

Anyway over time you learn how to surf.

Years later you are a surfer.

It is a part of your life.

Whatever you focus on you eventually become.

If you want to be anything in this world you must focus on it.

Nothing doesn't come overnight.

Something's take longer than another.

For time immemorial Man has sought the mysteries of life.

Those who focused their life on it eventually became it.

In that state, they haven't anything to prove.

They will act like a child.

If someone tells them they're wrong, they will just smile.

We can all be in that state.

Remember

Whatever you focus on you eventually become.

The secret lies inside of you and me.

The Surfboard

The surfboard is the vehicle to ride the ocean waves.
You can take this board around the world and ride the magnificent waves.

You paddle out.

You encounter obstacles along the wave.
When the waves are big you are panting for breath.

I made it out.

Now, what do I do?

You wait for a wave to come.

Ah, look at that one.

I'm in perfect position.

You either catch the wave or you don't.

The wave doesn't wait for you.

You stand up and you made the drop.

Your mind is totally at peace.

You are in the zone.

You made the wave.

Or

I'm paddling for the wave.

I think I got it.

Oh my God I'm going over the falls.

It seems like years I'm under water.

Yet only a few seconds go by.

The wise men were surfers of their day.

They discovered the waves of light.

There is an ocean within just waiting to be discovered.

Did you know you are a surfer?

Aloha 2

I lived in the land of Aloha for six glorious years.
What can I say about paradise?
I heard stories how the locals really didn't the foreigners in their land.
Yet can you blame them?
We pointed cannon's at their palace during the late 1800's.
We said either give up your land or we will blow your queen's palace away.
Mind you this was Christian ministers behind this call.
At first, the Hawaiin's were somewhat standoffish.
Yet once the ice melted you could see they have hearts of gold.
The ocean is their life.
Everything revolves around the sea.
They laugh when they see surfers coming from afar.
These surfers are so competitive.
They have lost the sense of the aloha spirit.
Waves are meant to be conquered.
Somehow the wild west is still going on.
The Hawaiin's have learned to be in harmony with nature.
They learned to slow down and appreciate life.
The ocean will do that to you over time.
Because these are islands the waves rock them to sleep.
Just the sound of the ocean will slow calm down the mind.
You have to listen carefully.
Unfortunately, with cell phones in hand, the majority miss out.
Isn't it amazing even in paradise we can't see the forest for the trees?
The Hawaiin's use their garage for social gatherings.
They usually have a large picnic table in the center of the garage.
Family and friends are cornerstones in their life.
They know how precious life is.
Their culture goes way back.
It's a lot older than what we thought.
Some say it came from the stars.
Isn't it amazing that most indigenous people say the same thing?
Where did you come from and they will point towards the sky?
Have we lost such sacred knowledge?
Have we lost our connection to this earth?
I have hope for humanity.
The aloha spirit lives inside of a man.

Open up your heart and discover this essence inside.
Aloha.

Be In The Moment

When I was young I read the book “Be here now” by Baba Ram Das.

Its central theme was to be in the moment.

To be honest I really didn’t understand this concept.

I just started my meditation practice and everything was so new.

There was an entire universe to discover inside.

Many moons later I have a more personal experience of this.

Imagine the difference of sitting on the beach watching the waves.

Now imagine you are a surfer riding the waves.

Big difference.

To be in the moment one needs to be engulfed with the wave of life.

There is something keeping you alive.

There is a power, a force of love filling the entire universe.

One learns over time how subtle this experience is.

Our human bodies are hardwired for this experience.

Yet we can’t have an experience greater than what the nervous system can handle.

This is why slow and easy wins the race.

By meditating over time you are slowly building up a vessel that can understand
God.

To be in the moment is when you close your eyes and the experience is just there.

In the beginning of my journey, it took probably an hour to settle the mind.

Now the mind is my friend.

It can still be a brat yet I’m truly learning how to tame it.

I think that by sitting on the beach you can have a concept and at time glimpses of
this experience.

Runnings get runner high.

In the sixties hippies used drugs.

We all get glimpses of this experience.

The universe places signpost along the way.

This is our true nature.

In actuality, we don’t have to do anything to be in this state.

In this reality, we have forgotten our true nature.

This is why all the great masters have said “discover your true nature”.

Can you imagine being inside the center of the hurricane of the mind?

In the center is absolute peace,

In the center is a calm.

In the center is serene.

In the center is love and compassion for all.

In the center are patience and kindness.
Yet mankind exists in the winds of the hurricane.
Our minds are restless.
We may think that is not so.
Yet close your eyes and watch your breath.
It seems so easy and it is.
Yet tell me the mind wonders here and there.
You will never be able to 100% to completely tame your mind.
But you can learn to tame your mind.
You can learn to have your mind as your friend.
In the midst of life you can learn to be in the moment.
This moment is kind.
This moment is filled with love and compassion.
This moment is patience.
This is your true nature.
Be in the moment.

Confident Man

True confidence stems from the heart.
When you combine the mind and heart together true confidence arises.
It's like the cream rising to the top in a good old bottle of milk.
Confidence can not be faked.
People can smell fakeness.
People know when a smile is not genuine.
Personally, I think all the great masters were confident.
They really didn't have anything to prove.
They weren't trying to convince you or convert you.
They were humble in their ways.
A wise man simply smiles.
He will not shout at you or get angry when you have a different point of view.
His confidence is just like water.
It is flowing downstream.
Now you may say water isn't powerful.
Well just ask a surfer riding a fifty-foot wave.
When your life is based upon discovering the truth you develop confidence.
When you begin to tame your mind you develop confidence.
Confidence can be cultivated.
Plant the seed in your heart.
Pull the inner weeds.
Water the soil.
Over time the seed will grow.
A confident man must be kind.
If you are confident and aren't kind I don't call that confidence.
That's a negative ego out of control.
I will not name the person but we know one today who is like that.
He pretends to be confident but unfortunately, he has lost his way.
Humility is a great sign of confidence.
When you understand that the universe is your partner you gain confidence.
You have no special privileges.
You are no better or worse than anyone.
All are the same in the eyes of God.
When you see the oneness of all your heart changes.
A person in this state is truly concern about his fellow man.
He understands the miracle of life and the opportunity of helping mankind along
the way.

There are many different ways to serve.

The confident man pursues the way that presents itself to him.

Life may throw a curve ball but a confident man will say been there done that.

He may not like the obstacle but he is confident there is a solution.

Does this make sense to you?

What I'm trying to see the deeper you understand life the more confident you will be.

True confidence comes from inside of you.

There is a well within that is flowing with confidence.

Ponder this over.

Maybe this spiritual thing might be more practical than you realize.

Day Of Grace

This is a day of grace.
I'm grateful to be alive.
Wow, another day on this precious earth.
What kind of mischief can I get in?
What adventure can I go on today?
I hope it's still raining.
I want to jump in the water puddles.
I want to create sand castles and watch them disappear.
A surfer would say "I hope there are good waves today".
And furthermore, I hope it's not crowded.
A snowboarder might see wow it snowed last night.
We all are grateful in our own ways.
Life gives each one of us precious opportunities.
The shower of grace is raining all over us.
I hope that curiosity about life is still with you as you get older.
Curiosity in life will keep you young at heart.
Don't get stuff as a board with your outlook on life.
Be flexible.
Be like the wind.
Flow in all directions.
Don't become a stagnant pond.
Be like a river flowing downstream.
If you tap into grace you will always see the beauty in life.
You will always see life as an adventure.
You will never truly know what will happen to you in this life.
You may have predictions.
But life always will surprise you.
Life is not boring.
Life is constantly in change.
Our life at times may seem boring.
We just have a boring mind.
You can change that.
Boredom is a state of mind.
A person who is bored hasn't begun to find the jewel inside.
When one begins to tap into the source of life you can never get bored.
Inside of you is true excitement.
Inside of you lies the vast universe.

Inside of you lies the kingdom of heaven.
How can boredom exist?
Your mind is bored because it's tired of the same old thing.
I have to get up either to go to school, work or take care of the household.
When I'm on vacation I spend time by the pool with a cocktail in my hand.
Did you know you can get bored in paradise?
You can get bored even in heaven.
Boredom is a state of mind.
Boredom and grace don't mix with one another.
It's like darkness and light.
Darkness is the absence of light.
Turn on the light switch and darkness disappears.
It's as simple as that.
Turn on grace in your life and boredom will disappear.
How about that?
You can change your own destiny.
Only you can make yourself happy.
Is the glass half empty or half full?
Your attitude towards life drives the quality of your life.
Did you know that?
Nobody can truly make you sad except for yourself.
They may provide circumstances to you to get sad or angry.
Yet only you can accept the gift.
If someone is making you angry don't accept it.
It's not yours.
It's theirs.
You don't need more trash in your house.
You are trying to get rid of yours.
Ponder over this.
Does this make sense?
Maybe there is a different point of view.
Maybe you can change this broken record where people either make you happy or
sad.
You can learn how to not get into and accept the negativity of others.
You can learn how.
Discover the grace inside of you.
Your life will change forever.

I Feel So Much Love

I feel so much love.
The universe is saturated with love.
Every speck is filled with the love of God.
You DNA is love manifest.
You are a blueprint of God.
You are created by God.
You are an image of God.
God does not have a human form.
Yet you were created in his image.
God does not have a gender.
The image of God can't be seen externally.
It' only lies within.
That's why all the great masters have said to find the precious jewel within.
There you will discover your true nature.
Surfers ride the ocean waves.
Mystics ride the waves of love.
Both of them get incredible rides.
I'm both a surfer and a mystic.
I'm having a ride of my life.
Love truly is the essence of life.
We are all looking for it.
The world desperately needs it.
We have been fighting for so long.
We have spent sixteen-years in Afghanistan and we will never win that war.
War is obsolete.
Love is truly the answer.
When humanity will truly embrace and discover love within, the world will be at
peace.
Love is practical.
It serves a purpose.
War is not practical.
Not unless you think to bring young boys back in a box.
I'm all for being a patriot to your country.
Yet this war machine has got to stop.
War is the absence of love.
War only divides man.
Love unites.

Even when the entire world discovers its true nature.
There will be conflicts.
Yet these will be peaceful conflicts.
They will be solved by compromise.
Swords will never be drawn.
The politicians will be skilled with words.
They will know how to communicate from deep within.
They won't be like some today who speak what comes to their minds.
Big difference.
Love will show the way.
I feel so much love.
The universe is keeping me alive.
Ponder this over.
You are a piece of this puzzle.

If Death Approaches You

If death approaches you what do you do?
Now good old Bugs Bunny might say don't take life so seriously.
You will never get out of it alive.
It's not a question of if but when.
We roll the dice in our life.
I remember being young and riding a razor's edge when surfing a huge wave.
If you feel you were in for your worst nightmare.
Imagine being held underwater for what seems to be an eternity.
At times you may be held down for two waves.
At that time you really are aware of how precious your breath is.
You mustn't panic.
You must let go and totally relax.
I think that surfing and meditation teach ones about death.
All surfers at one time or another get into a circumstance bordering between life
and death.
It could go either way.
Yet the surfer keeps on surfing.
Not all.
In the sixties, a famous surfer named Greg Noll took off on a wave that nobody
should ever take off on.
It was the wave of the century.
He didn't make the wave but he made the drop.
He got obliterated.
Greg made it to shore and gave up surfing.
I probably would have too.
He escaped the lion's den.
Surfing brings one to the borderline of life and death.
If you're not a surfer it's hard to describe.
Your awareness changes over time.
Meditation is just like surfing.
Only you catch the wave inside.
Meditation brings one to the same state of being borderline between life and death.
Life and death are only one breath away.
Life and death are intertwined.
Ask a surfer and a mediator.
They will tell you there almost one and the same.
In reality, we never die.
The body does.

Yet our soul is eternal and timeless.
You are the universe.
Death unites you back to your true state.
This is your true nature.
A surfer rides the wave and feels the harmony of the universe.
He can't truly express it.
Yet he goes on surfing forever.
I have been meditating for many moons.
Surfing and meditating are both ways to truly capture the wave of life.
Your respect for life is enhanced.
When you are brought to a life and death situation your perspective changes.
Somehow you can see how precious life is.
Maybe that's what it is all about.
Gratitude of being alive fuses into your being.
Wow, I'm alive.

Life Is So Beautiful

Life is so beautiful.
Look at the sun, moon, and stars.
Beauty is everywhere in nature.
Man has been looking at the stars for eternity.
Nature is blooming all around us.
A flower blooms whether we see it or not.
Its nature is to bloom and the petals eventually go back to the ground.
Look at the diversity of life.
Life on earth holds a myriad of incredible creations.
Each one is different and unique.
All created by a creative force.
We need to see the miracle of life on this planet.
At times we get so caught up in our 9 to 5 existence.
We wear tinted glasses so we don't truly see the beauty in front of us.
I love watching geese fly in the sky.
Where I live so many people consider geese a hassle.
They don't marvel on the many different formations they have in the sky.
I love the sounds they make honking in the sky.
Their sounds are so sweet compared to the honking in a traffic jam.
No sounds of anger or frustrations.
They honk with pure delight.
When I was young I was a surfer.
I love the early mornings watching the sunrise while I was catching a wave.
The colors were out of this world.
I would always stop for a moment and witness the beauty of life.
God was painting colors into the sky.
Beauty is all around us.
Even in the midst of a poor neighborhood flowers grow in the cracks of a broken lot.
This world would totally change if we had gratitude towards life.
Imagine in each and every moment we experienced the source of life.
Our entire system of placing values would change.
Money wouldn't be the total object we spend so much time acquiring.
We would walk around in a state of gratitude.
We would see the beauty in life.
You could truly see that your enemies are in fact your friends.
Now that would change this world.

When you truly see the beauty in life you become more kind.
You become more loving and compassionate.
You become more patient and tolerant.
This is your true nature.
As I said before there is dust on your inner mirror.
Just wipe off the dust and over time you will see your true nature.
Life is so beautiful
Know why you are alive.

So Many Flavors

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

The wise man learns to see the many different flavors of life.
His life is never boring.
Ponder this over.
You can solve this mystery.

That Ultimate Feeling

What is the ultimate feeling?

Where does it reside?

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

The surfer would say nothing can match that.

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

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

Now, thats a rush.

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

Each of these had an incredible feeling of being alive.

Yet these feelings were sparked from the outside.

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

No wonder we get hooked.

We need something outside of ourselves to feel complete.

Unfortunately today there is a major opioid epidemic .

Thousands of people are dying a month.

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

How sad?

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

You are the universe.

You just don't know it.

How about that?

The jewel of life exists inside of you.

This jewel is meant to be discovered.

You have free will.

Nobody is trying to convince you.

There is no organization to belong to.

Nobody is trying to convert you.

The truth needs no converting.

The simple fact is that God lies inside of you.

You can open the door within.

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

Your true nature is eternal.

You exist beyond time and space.

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

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

Now that's kinda sad.

Are we so stubborn?

Is our attitude don't tell me what to do.
Ponder this over.
You can solve this riddle.

The Best Is Yet To Come

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

Why?

My mind wanted to be somewhere else.

I now live I Kansa.

Thousands of miles from the ocean.

Yet the ocean of life exists inside of me.

I'm surfing the wave of life.

Ponder this over.

The best has yet to come.

The Island Of Bali

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

In some way I have.

The Lyrics Of The Song

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

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

The Perils Of Being Young

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

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

Ponder this over.

What would you say about the perils of being young?

Harmony

The definition of harmony is as follows.

- a. An orderly or pleasing combination of elements in a whole: color harmony; the order and harmony of the universe.
- b. A relationship in which various components exist together without destroying one another: different kinds of fish living in harmony.
- c. A relationship characterized by a lack of conflict or by agreement, as of opinion or interest: family harmony.

We need harmony in our lives.

Think it over.

How much in harmony is your mind, body, and soul connection?

Do you ever think about it?

Are you consciously trying to fine-tune the guitar of life?

Do you think before you speak?

Or

Do you just rattle what comes to your mind?

A wise man is one who strives for harmony in each and every moment.

Harmony is a state of being.

Harmony is a state of mind.

We live our lives in chaos yet we think everything is fine.

A wise man understands the world may be in chaos.

Yet he can live in the center of the hurricane.

The older I get I see the importance of harmony in my life.

Our lifestyles directly relate to the state of harmony we are in.

If you have a chaotic lifestyle your life will be chaotic.

The disease will be coming knocking on your door.

Even if you consciously try to be in harmony events will happen to you.

But because of consciously trying to be in harmony they will be small hiccups in life.

Even if it is a major bump you hit on the road in life.

Harmony acts as a shock absorber.

Someday death will be knocking on your door.

A man of harmony knows that he is eternal.

It's time to change our clothes.

This state of mind exists inside of you.

Unity

The definition of unity is as follows.
the quality or state of not being multiple: oneness.
a definite amount is taken as one or for which 1 is made to stand in a calculation in
a table of natural sines the radius of the circle is regarded as unity.
identity element.
a condition of harmony: accord.
How does a nation unite?
We are so divided.
Chaos is all around.
A pandemic has overcome the land.
Our capital building was ransacked.
Even in the midst of this unity can't be found.
We hold on to our political views.
What is the truth is considered lies?
What is lies is the truth for many.
The wise man has said enter into the silence.
In silence lies the unity of life.
We all wear tinted glasses when we are angry.
We think we are so wise.
Yet we have no true wisdom or discrimination.
You would think that we should know by now that anger never solves anything.
It just puts gasoline on the fire of life.
A wise man just smiles at diversity.
He has nothing to prove.
An ignorant man will try to force his views on you.
He will get extremely angry if you don't see his point of view.
Unity is the thread of love tying us all together.
Behind your breath lies the answer.
Only you can solve this puzzle.

The Sweetness Of Breath

The sweetness of breath.
Many people might disagree with that statement.
Yet look at a newborn child and you will see the sweetness of breath.
Every cell is bursting with love and life.
The smile is beyond words.
Beauty is in the air.
A miracle is taking place.
Yet years later the stench of alcohol comes from the breath.
Years of living a hard life appear in one's life.
We lose the spark of life.
Yet nature is very good with healing itself.
Our human body is very good at healing itself.
We just have to follow the natural laws.
This body will get old and eventually die.
The wise man understands this principle.
He learns how to be in harmony with the mind, body, and soul.
In that state, the sweet fragrance of mango fills the air.
Behind your breath lies the mango tree.
Daily pull your inner weeds.
You will understand this riddle.

The Other Side Of The Aisle

The other side of the aisle.
What if the opposite party did what occurred at the Capital Building a week ago?
I can almost guarantee you would be up in arms.
You would try to impeach the President.
People died and the capital was ransacked.
Yet due to our political affiliation, we can't make proper decisions.
We have to spin the truth to save our power and control.
We know what we are doing.
We make all sorts of ways to counter the truth.
We would do the same and impeach the President from a different party not our
own.
We must return to the Golden Rule.
A long-lasting principal thousands of years old.
Therefore all things whatsoever ye would that men should do to you:
do ye even so to them: for this is the law and the prophets.
If Americans just followed this one rule we would be in better shape today.
What do you think?

State Of Anger

Many people live in a constant state of anger.
Buddha once said when you get angry you are drinking your own poison.
You are your own master chemist.
You can contribute to your overall health.
Or
You can contribute to your self-destruction.
During these divided times we can use wisdom and discrimination in dialogue with
each other.
One can speak from kindness without putting someone or a group down.
Note this is a fine art that has been forgotten.
Many people I know love to taunt the other side.
They get great pleasure from this.
Yet it displays a totally immature state of awareness.
There is a thread tying us all together.
Bullying, taunting, and make fun of others have been going on for thousands of
years.
It's so easy to do.
Yet being kind in the midst of chaos is another story altogether.
If we want this world to be in a better place we must be kind.
This means in each and every moment.
We choose our state of mind.
Nobody can change it for you.
Do you enjoy the current state of worldly affairs?
Do you love the division and chaos it brings?
Only you can change and make the world a better place.

Wow !!!

During external chaos.

I say wow I'm alive.

During this Pandemic.

I say wow I'm alive.

During the storming of the Capitol Building.

I say wow I'm alive.

During all the political battles.

I say wow I'm alive.

During this economic crisis.

I say wow I'm alive.

We choose to see how we feel about life.

Life is always changing and is never the same.

Where you put your attention is what you receive in life.

Ponder this over.

What can you focus on which is not external?

That my friend is the key to life.

I'm Grateful

What can I say?
I'm grateful.
Being grateful is a state of being.
It can sway like a flower blowing in the wind.
The sun is always shining.
We place our dark clouds over our inner sun.
One who is grateful is truly the wise man.
Curveballs will be thrown along the way.
That is the rule of life.
Everything changes.
Yet all things must pass.
Being grateful provides hope for the future.
You may be down and out yet being grateful will help you to see a better future.
Imagine a video game.
Would you like the game if there were no challenges?
You would be bored in less than a second.
Life provides challenges so we can advance on this video game of life.
There are endless levels.
Mind you even when you leave this precious planet the video game will continue.
One little hint for you.
Be aware of the power behind your breath.
Hint. Hint.
One who connects to this daily will be grateful in life.
Ponder this over.
Are you grateful during these chaotic times?

Power

Power can be used in many different fashions for human beings.
Currently, some use power to control others.
They make others believe truth is fiction and fiction is truth.
If you tell a lie long enough many people will believe in it.
Many people hold on to power even when they know the truth but won't say it.
The wise man holds on to the power of love and kindness.
This is the ultimate power.
Light will always win in the end.
It may take billions of years yet the Light will succeed.
Currently, power is like COVID 19.
It spreads in the minds of the innocent without them even knowing it.
They start to believe the conspiracies.
They lose the precious discrimination between fact and fiction.
A wise man ponders over the world.
He can sense with intuition who is telling the truth and who is spinning the truth.
Intuition is almost a lost art in our society.
From the beginning of childhood, we have been strictly told to ignore it.
Yet one who constantly works on building intuition can use the senses for his
advantage.
You can smell and feel what is being said.
There is so much more than words.
We can see through what they are saying.
They can't hide it.
If each one of us worked on developing kindness this world would change for the
better.
We would only want people who govern who are kind.
If they aren't kind vote them out of office.
Someday we will reach that place.

Family and Friends

What can I say about friends and family?
They are a lifeline for the soul.
There is a thread of love tying us all together.
In these chaotic times hold on to friends and family.
Treat them with respect.
We are all different flowers on this journey in life.
Yes, even wildflowers are beautiful.
Each one of us is created by the power of love.
Unfortunately, we currently have strayed from our true nature.
So many people are so angry.
That is their state of being.
Did you know that cancer is angry cells?
When you get angry you are drinking your own poison.
So many family and friends won't talk to each other due to being angry.
When a person is angry he loses discrimination and tolerance towards each other.
Look at our current political situation for example.
A wise man takes a daily shower into the inner silence.
The mind slows down,
The inner shower cleanses the mind, body, and soul.
In that state, one sees the thread of love between family and friends.
Instead of being in a state of anger, hatred, and intolerance, one becomes full of
love, compassion, and kindness.
This world would be in a better place if we were all kind to each other.
It's so true if we want peace on earth you are the missing piece of the puzzle.

Missing Piece Of The Puzzle

When we hear about peace on earth.
Did you know that you are a piece of the puzzle?
You are not excluded from this equation.
You are part and parcel for this to occur.
The faster we change our awareness from hatred to kindness the better off we will
be.
It's our full responsibility to solve this great mystery.
Only through kindness can we reach the goal.
Anger and hatred have been around for thousands of years.
They have never solved any problems.
They have just been putting gasoline on the fire.
They have just stoked the fire.
It seems like there is a forest fire of chaos around the world.
Only you can put out your internal fire.
That's why you are a missing piece of the puzzle.
You are vital for the world to be in peace.
What can you do to help solve this riddle?