

2021

These poems are meant to be pondered over.
There is a message contained in each one.
There is a riddle to be solved.
I hope they may contain meanings for your life.

Poems By Richard 27

Fletcher Soul Traveler

*Patrick Prokop
Savannah, GA*

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Polar Vortex

The polar vortex is here.
It's downright freezing here in KC.
The wind chill yesterday was minus -20.
Bur that's freezing.
It's been visiting us for a few weeks with no end in sight.
The polar vortex is a low-pressure system that swirls cold air around the polar regions of the globe.
The system sometimes moves off the North Pole.
In doing so, it releases cold air much farther south in regions like the Midwest.
Scientists say that global warming helps in creating a polar vortex.
Many people scoff at global warming saying that well the temperatures are getting colder.
They both go hand in hand.
Scientists from NASA predicts a mini ice age will be coming over the next 10-15 years due to the sunspots they have been observing.
The sun is entering a hibernation phase, where it doesn't emit much radiation towards us.
NASA Scientists say we are entering a rare event known as a Grand Solar minimum.
This is when energy emitted from the sun drops even more than usual.
This only happens once every 400 years, so our time is gradually ticking.
During the 1600's Europe and North America experienced freezing cold temperatures
It seems like the sun goes and takes a nap for a while.
Everything has its cycles.
Nothing in the universe is static.
Everything is in a constant state of flux.

Polar Vortex 2

Accordingly, to the weatherman today could be the coldest day on record.
We had for over three week's extremely cold weather.
It's dangerous just to go outside.
The weatherman dogs had their toes frozen in less than two minutes.
Yet calm is in the air.
Stillness is all around.
It's another beautiful day despite the cold.
I wish I could accurately describe the jewel within.
We have all felt it.
It is our true nature.
If we could just strip away our anger, hatred, intolerance we would be innocent
like a newborn child.
You see we were born with these precious traits.
Behind your precious breath lies the sweet answer.
It can be extremely cold or extremely hot yet inside lies the perfect temperature.
The inner system self-regulates.
You can't control it.
It's way beyond any control.
The Taoists say be like running water.
Don't be stagnate.
What is purer a swamp or the infinite ocean of love.
Christ said the kingdom of heaven lies within.
That means you can experience the kingdom while alive.
Rumi once said, "Silence is the language of God, all else is poor translation."
Buddha said there is no way to happiness.
Happiness is the way.
These are all helpful hints on this journey of life.
I'm grateful for being alive.

Joy

True joy is indescribable.
It comes from the endless well within.
It is infinite.
We have the capability in each moment to tap into it.
Man is hardwired for this experience.
The operating system was installed before you were born.
Look at the joy of a newborn child.
It is living in that state.
The newborn is not faking it.
It just is.
What an incredible blessing?
Yet we have the same opportunities.
Simply clouds have covered up the inner sun.
This life's journey is about going from darkness to light.
There is an inner sun inside of you.
Mystics have talked about it for time immemorial.
If thy eye be single thy whole body shall be full of light.
A great master once said this.
It's been there all the time.
We have just been focusing in the wrong direction.
This world would be in heaven if we all looked within in each and every moment.
Ponder this over.
Where are you placing your attention?
In the chaos of the world or your true home within.

Hidden Ladder

There is a hidden ladder that exists within.
We can either climb up the ladder or climb down the ladder of life.
Anger and hatred takes one down the ring in the ladder.
Kindness and love takes one up the ring in the ladder.
We are doing this all the time.
Yet we are unconscious.
How incredible it would be if we consciously climbed this ladder moment by
moment.
The wise men of the past said we could do this.
Nobody is holding us back except for ourselves.
Kindness is a conscious decision.
It is needed during all this chaos.
Through kindness, we can solve any problems.
In the political world, kindness is considered a weakness.
Ethics and morals aren't necessary.
The party must be in power at any cost.
Hint. Hint.
Let's just leave it there.
Humanity has a choice to go up or down.
It's all up to us.
Which direction do you want to go?
Even if you don't make a decision you are going up or down by your actions.
Think about this.
This is an incredible time to be alive.

Barriers

The definition of barriers is as follows.
A fence or other obstacle that prevents movement or access.
We all place barriers in our life.
Some are big while some are small.
Many times depending upon the belief systems we have we create them.
Mind you it is just a construct in your mind.
It's like an elephant tied by a chain.
From its youth, it has been tied down.
As an adult, it doesn't know it can easily break the chain that is tying him down.
A wise man would teach the elephant with kindness.
Overtime the elephant would gather trust in him.
Through that trust, the elephant would learn the truth and set himself free.
Kindness can overcome any barriers that we have.
During these chaotic times, many people think their political party will save them.
Consequently, they place many different kinds of barriers.
I'm right.
You're wrong.
I hate you.
I'm pissed off.
Anger becomes the norm.
Unfortunately, we can't see the barriers we place in our lives.
That does not mean if I can't see it, it doesn't exist.
Our subconscious is running around 95% of the show.
We have only 5% conscious awareness.
That's quite slim.
How do we remove then these barriers?
Just asking that question yourself is the first step.

Universal Scientist

I remember as a child people would scoff at the following.
There exists energy lines running throughout the body.
Some people called them meridians.
At the time people thought that was funny.
Yet mystics have said this for thousands of years.
In fact, they even mapped it out.
It has only been a few years that western scientists came to the same conclusion.
Mind you even still today most scientists don't pay attention to this.
In most people's eyes matter is more important than energy.
We don't see the connection between the two when it comes to health.
Our society today does not believe in harmony and balance.
Our workforce today is neurotic.
We work until someday the body says enough is enough and we get sick.
We are forced to rest whether we like it or not.
We take medicines to mask the symptoms.
Meanwhile, the root cause goes deeper and deeper into the body.
Mystics would listen to their bodies.
Most people are oblivious to this fact.
The body is always talking yet we never listen until it's too late.
That is a paradox.
We ignore the body while we are so busy running in this world.
No wonder we are in such a mess.
We want our medicines to cure us.
The greatest pharmacy exists inside of you.
A person chooses his chemistry set.
Getting angry is drinking your own poison.
Scientists have proven that.
A wise man tries to be kind at all times.
He knows that kindness is the root of maintaining balance in the body.
We were never taught this in school.
You are your own master chemist whether you like it or not.
Only you can choose your destiny.
It can be and should be a conscious decision.
Otherwise, your subconscious is running the show.

Pay Respect To Your Ancestors

When I was young I really didn't understand this.
Probably I was so young I didn't have time to think about this.
Still, that's no excuse.

Yet the older I get I see the importance of this.
For indigenous people, this is at the forefront of their awareness.

They pay respect to the earth and its ancestors.
The earth and ancestors are held deep inside of them.
It's like they seem to communicate with them.

I fully believe in this.

We have lost touch with this ability.

When an ancestor dies he just moves into a different room in the mansion of life.
How would it be if we could feel connected with our loved ones who passed away?

We would simply smile when we would think about them.

We could actually experience their presence.
Just think in any given situation divine guidance is at hand.
They are always with us.

You are never alone.

We were never taught in schools that they are always with us.

Maybe that's why we suffer so much.
True they don't exist physically with us.

Yet they truly exist in our hearts.
So much potential lies inside of you.
It's up to you to open up the door.

Hope

The definition of hope is as follows.
To cherish a desire with anticipation.
To want something to happen or be true.
TRUST;
As human beings, hope is the foundation of life.
Despair is the opposite.
We need to find the inner rock inside of us.
During these chaotic times, it's so easy to experience despair.
Stormy weather is all around us.
We are looking for shelter.
The lights went out.
The water got turned off.
Nobody knows when it will get turned on again.
During these times hold on to hope.
It will show you the way.
Hope is the power that tells you all things must pass.
Nothing is stable and fixed in the outside world.
Everything changes.
Being hopeful is your true essence.
It will guide you home.
It is a silent beacon.
It is a homing device.
It guides you through precarious situations.
Hope allows us to go on in this incredible journey of life.
I have witnessed so many twists and turns on this journey.
We all have gone up mountains and down into the valley of despair.
Let's face it life is not a simple joy ride.
At least mine hasn't been.
Yet through inner hope, I can see the cartoon of life.
It makes me laugh going through tough times.
I know I'm not alone.
That my friend is an incredible feeling.
We are all on the same boat sailing home together.
Let's help our fellow passengers.
Let's be kind to each other.
That's the least we can do.

Uplift

The definition of uplift is as follows.

To lift up : ELEVATE

To improve the spiritual, social, or intellectual condition of

RISE

This is our sacred duty in life.

We are born to help uplift mankind.

Each one of us has a precious gift to offer this world.

It is custom designed.

Yet for some reason we love to mock our fellow man.

People get extremely angry when someone holds a different point of view on life.

We don't have much tolerance for people who are different.

Yet we are meant to soar.

How do we untangle ourselves from the web we have created?

We have lost our discrimination.

Truth is fiction.

Fiction is truth.

If a President tells a lie long enough millions of people will eventually believe it.

To be honest for many people upliftment is a play on words.

It's a farce.

It can't be true.

I'll prove you are wrong.

Yet even those people experience upliftment.

Just listen to your favorite song.

Somewhere deep down in your soul one connects.

Words can't describe what happens.

Yet the mind, body, and soul know that something beautiful just occurred.

If we want peace on earth, help by uplifting your fellow man.

That the least we can do.

Prayers For Kelsy

I have a dear friend named Marly.
I've known her since elementary school.
That's over sixty years ago.
Her daughter Kelsy needs our prayers.
She is in a hospital in Texas with COVID.
Kelsy is a Mom with 9 kids.
Let's all send prayers her way.
Let's send prayers to all those who need our support.
We are all on the same boat journey together.
Sending prayers is a gift from God.
All it takes is one simple moment of your time.
We all care for the health of one another.
We give our support this way.
Dear Kelsy may you come home soon to your family.
May you heal from this silent virus?
May you soon be able to hug your kids and your sweet Mom?
Life throws us many curveballs.
May the prayers provide the means to hit the ball out of the park?
We will be cheering when you return home to your family.
Amen.

Flight Of The Albatross

If there is a Superman among birds it would be the albatross.

Its wingspan is over ten feet.

Albatrosses are masters of soaring flight, able to glide over vast tracts of the ocean without flapping their wings.

So fully have they adapted to their oceanic existence that they spend the first six or more years of their long lives without ever touching land.

They were born to soar.

Imagine this huge bird takes an incredible amount of energy to take off.

Yet once in the air, it seems like they are light as a feather.

A wandering albatross can soar 500 miles in a day and maintain speeds of nearly 80 mph for eight hours – without even flapping its wings.

This ability has long fascinated engineers, who are keen to mimic the albatross's flying abilities with aircraft.

They can go years without touching land.

Touching down in the water puts them at risk from sharks, so they touch down only briefly to feed.

They can smell food in the water from 12 miles away.

All albatrosses are long-lived birds who can survive for many decades.

In fact, some live well beyond their 50th birthday.

The best-known example comes from a Laysan albatross named Wisdom, who was first banded by scientists in 1956 at Midway Atoll.

Wisdom continued returning to Midway for more than half a century, raising some three dozen chicks.

When she was last seen in late 2018, Wisdom was 68 years old, making her the oldest known banded bird in the wild.

She was also a mother yet again, making her one of the oldest known breeding birds.

That chick hatched in early 2019.

Wow, in my eyes this is the superman of a bird.

Reciprocity

The definition of reciprocity is as follows.

1: the quality or state of being reciprocal : mutual dependence, action, or influence

2: a mutual exchange of privileges

specifically : a recognition by one of two countries or institutions of the validity of licenses or privileges granted by the other.

In other words, this is the law of giving and receiving.

The more you give the more you receive.

The more you receive the more you give.

This is a universal law.

We are dependent upon life itself.

We couldn't live one second without it.

The essence of life is kindness, love, patience, and tolerance.

A wise man understands this.

He knows there is an infinite well within.

One becomes intoxicated by these living waters and shares the kindness to the world.

If each one of us did this the kingdom of heaven would manifest on earth.

The wise man says it's a divine privilege.

Yet the operating system, hardware, and software have always existed inside of you.

You just have to turn on the computer.

This is an ancient riddle.

Hopefully, you might ponder on these words.

They could totally transform your life.

What Are Your Trigger Points?

What are your trigger points?

We all have them.

It's when some event happens and we play the same song over and over again.

Mind you it's not a great song/

Our subconscious simply says ah I know this event.

It goes to the database and selects the song and you react accordingly.

You don't even have time to think about it.

You just simply react.

Even if you are aware of your trigger this happens.

Carl Jung said to face your dark shadow is the most difficult and yet rewarding thing you can do.

In effect, you are shining a light on the dark past.

You are transforming from darkness to light.

It takes around twenty-one days for a habit to be established.

You are rewiring your neural circuits.

For over 100,000 years the aboriginals have used fire and storytelling to program the subconscious.

They start when a baby is born.

The parents or grandparent place their hands near the fire and warm them up.

They then place their hands on different body parts and tell an uplifting story.

This is NLP at its finest.

The warmth of the hands creates a tactile feeling along with the kind words.

They program love, kindness, patience, tolerance, and a myriad of positive emotions into the subconscious.

Even way back then they knew how to program life.

We are still learning.

The western world has a lot to learn on this subject.

What are your trigger points?

Just look at the chaos in this world and you will see the results of trigger points.

A wise man just smiles at life.

He has nothing to prove.

edmundo left us monday morning

I just saw this Facebook post from Katharita.
She said Edmundo left us Monday morning.
Her story of his passing was so heartwarming.
I haven't seen Edmundo in many years.
I mean many years.
I always remember him being kind.
Being kind is one of the highest honors in my life.
He was definitely kind in his being and actions.
He loved to meditate where the infinite well of kindness exists.
He drank from that well daily.
We all must die someday.
Reading the beautiful story I hope to die someday in this fashion.
His beautiful wife Katharita holding his precious hand.
The kids are home seeing their Dad for the last time.
What an incredible send-off?
The Lord himself probably shed a few tears.
We are here to celebrate life.
Our dear friend Edmundo is in another room in the mansion of life.
What a wonderful journey he had?
We all have our ups and downs.
In my eyes, Edmundo arose to the occasion and sweet kindness came from within.
Even when death called him he passed away silently into the night.
My love goes out to all his precious family.
His spirit leaves in our hearts.
There it will never leave.
Yes, we will miss him.
Yet inside of us lies that shining face.
Death is only shedding our old clothes and returning home.
Love you Edmundo.
We shall meet again.

Hymn

This is a hymn to all.
May we all someday be on the same page of kindness for all?
May we all be patient and tolerant with each other?
May decency and dignity rise within us?
May every child have decent food and water to drink?
May every child in the world be educated?
May we lift the world out of poverty?
May the governments put people first not corporations?
May we all practice any religion without any judgments?
May we see the unity of all in body, mind, and soul?
May the light shine upon this land?
May we discover our true nature?
May we help one another?
May we love one another?
May peace be on earth?
May our warring ways cease to exist and never come back again?
May we recognize our ancestors never leave us?
May we realize we are never alone even during our darkest times?
May we discover true discrimination?
May we make the right decisions for our children?
May we have everlasting peace with our world neighbors?
May we use kindness to dissolve any conflicts?
May we be truly in a state of happiness and joy?
May we uplift each other?
May we learn from our mistakes?
May we be in harmony with each other?
Amen.

?

Is the weight of the world on your shoulders

Is the weight of the world on your shoulders?
Is your mind only focused on the problems of today?
Do you enjoy mocking people who have different points of view?
Are you sarcastic with the left-wing or the right-wing of the great Eagle?
The mind loves to judge others so it doesn't have to look within.
Point a finger towards others you have four fingers pointing back towards oneself.
The worldly problems love to tie us into a knot.
It's spinning its spinster web around us.
It makes us feel hopeless.
It sucks our strength within us.
We then are in a survival mode.
In that state, we lose clarity.
Our mind has shady vision.
Truth becomes fiction.
Fiction becomes the truth.
On the other side of the coin.
Kindness brings peace of mind.
Kindness brings clarity to any given situation.
Even if death stares at you kindness will take you home.
We all must die.
That is the facts of life.
Yet we can consciously choose our state of mind.
Ponder this over.
I say this a lot.
But truly think it over.
What burdens do you carry on your shoulders?
Maybe just maybe it's time to get rid of the boulders.

Life is not an arduous journey

What is an arduous journey?

adjective. requiring great exertion; la`borious; difficult: an arduous undertaking.
requiring or using much energy and vigor; strenuous: making an arduous effort.
hard to climb; steep: an arduous path up the hill. hard to endure; full of hardships;
severe: an arduous winter.

Many people think the path within is an arduous journey.

I have to give up so much.

That's true.

But it is not what you think.

You have to give up your hardships.

You have to give up blaming other people for your problems.

You have to give up your anger and hatred.

You have to give up your struggles in life.

You have to give up your constant complaining.

You have to give up your constant judgments of others.

You have to give up your apathy.

You have to give up swimming upstream in the river of life.

You have to give up trying to defend your point of view.

You have to give up always trying to be right.

You have to give up always having the last words in a disagreement.

Sounds like a great thing to do.

Ponder this over.

What can you do to lessen your journey in life?

Listening

The definition of listening is as follows.

- 1: to pay attention to sound
listen to music
- 2: to hear something with thoughtful attention : give consideration
listen to a plea
- 3: to be alert to catch an expected sound
listen for his step

Here's what the Dalai Lama says about this subject.

“When you talk, you are only repeating what you already know. But if you listen, you may learn something new.”

As a society in general it's all talk and nobody is truly listening to each other.

Look at current-day politics.

The louder and more a person puts gasoline on the fire the less a person listens to the other party.

True communication cannot take place.

Words are used as weapons instead of bridging the gap between us.

If we want the left wing and right wing of the glorious Eagle to fly we must listen to one another.

I have friends who truly get a kick of mocking the other side.

They truly enjoy it.

They take delight in it.

Yet their actions are pulling America down the drain.

We will always have disagreements in life.

That's the nature of life.

Yet we can have compassion and tolerance towards another person's point of view.

If we aren't kind towards each other someday America won't survive.

Hatred will never bring a country to express its highest values.

Yet currently we have blinders on our eyes.

We think we are justified in mocking people and putting them down.

This is becoming a norm in politics today.

We only vote along the party lines not voting by conscience.

Look at the riot at the Capitol Building.

Need I say more?

If the other side did this the same feeling would arise.

What an atrocity?

Yet when your own party is responsible we vote along the party line.

If we don't listen to each other soon the situation will get worse my friend.

What a wonderful body we have

What a wonderful body we have.

We are all custom-made.

Just think identical twins only have no more than 5% identical genes/

Each one of us has a unique operating system.

Each one of us has custom-made hardware and software.

We are built in the image of the universe.

We are all holograms.

A hologram is an individual piece yet it contains the universe.

Yet we are texting on the freeway of life and ignoring the miracle of being alive.

Pay attention to the signals in your body.

It is your best friend.

If you ignore it and have an unhealthy lifestyle you will pay the consequences.

The body will tell you what it wants and needs.

If you don't give it rest when it needs it the body will someday force you to rest
whether you like it or not.

Remember this is the only body you get this time around in the journey of life.

I'm amazed at the lack of preventive medicine that exists in our society today.

Millions try to have a healthy lifestyle while the majority are totally unconscious.

We expect western medicine to cure us while we can simply go on our ignorant
ways.

This pill is going to heal me yet it could be the cause of my death.

Our medicines today take away the symptoms yet don't go to the root cause.

Just think a medicine today must have a side effect otherwise it is not classified as
a medicine.

Big pharma wants to make big money.

Even some of the CEOs say that's our goal.

Curing you is not their goal.

If they cure you then they have lost a paying customer.

Ponder this over.

Are you listening to your body needs?

True Strength

I've been a software engineer most of my adult life.
At times it's a walk in the park.
Everything goes so easy.
You have your project almost done.
There is just one small thing to do.
That one small thing at times makes the sandcastle collapse into the sea.
True strength is not getting attached to it.
That my friend is the hardest thing to do.
Yes, this is a video game of life.
Even if we are super conscious and aware life will throw us curveballs.
Nothing is constant.
Everything morphs and changes.
The Tao works in all things.
Easy and Challenging.
Success and failure.
Up's and downs.
One must live in the center of the hurricane.
That is so easy to say but hard to do.
So when you think you are so near the goal and finishing which happened to me
yesterday.
In that stage, the deck of cards fell crashing to the ground and you freak out.
Just walk away and enjoy your life.
Get some good sleep.
The mind and body will love you for it.
When you are rested and have a good state of mind you can then tackle the
problem.
Wish me good luck today.
It's another step in the journey of life.

True Strength 2

Well, I fixed two out of three of my problems.
One more to go yippee.
The next one has been a challenge.
This should have taken only five minutes.
I've been at it all for hours.
I have researched this and found around twenty-five so-called solutions to my problem.
Unfortunately, none of them worked.
Just think for the same functionality of a piece of software over time there are different versions of it.
Each version has its own twist and turns.
So over ten years probably around five years they become obsolete.
Fortune 500 companies spend billions trying to maintain their software.
It seems like when a project goes into production the software is already obsolete.
This causes tremendous stress on the human.
The problem gets compounded each year.
Our software programs are hold together by match sticks.
Any small modification can tear the whole system down.
Now I'm writing a super easy program.
I often wonder the software that drives our grid system how fragile that is?
Sometimes in the name of progress, we make it so complicated.
Granted there is a Google search to find out how to solve the problem.
We didn't have that when I first started coding.
You had to go to a book store.
I bought a lot of tech books this way.
This makes our lives extremely stressful.
Mind you this is just one aspect of life.
Remember in the good old days getting caught in a traffic jam?
Once this pandemic passes we will soon be caught in the web of driving to and fro for work.

True Strength 3

If you have been following this post for a few days all I can say is wow life is incredible.

Yesterday I woke up with a clear mind and restful body.
When it was time to play with the computer and solve my computer problem I was ready.

Immediately up floated a thought to enter into Google to solve my problem.

Well, I got the results back and clicked on one.

Bingo I found the answer.

I truly believe in synchronicity.

It's a lost art.

No matter what the problem is it can be solved.

Yes, it takes time.

We just have to learn that a clean mind and a restful body are the keys.
I remember a dear friend of mine when I was working at Charles Schwab. He was working overtime and was extremely tired.

Well due to being tired he accidentally deleted a database in production.

Fortunately, it got restored quickly.

Our society is so stressed out by the demands of working to a point where clarity is lost.

Common mistakes lead to serious problems.

We must reclaim a balance in life in order to have a life that is in harmony.

This would lead to a life that society would benefit from.

So many people are swimming upstream.

If we would just turn around and flow with the river of life.

Many people are unaware there is even a river which is a sad thing.

These are the tricks of the trade.

Hopefully, you can learn from them.

I bow my head into experiencing and seeing this great wisdom in life.

We are never alone.

Help is always there.

We just have to be in sync with it.

Life will always throw us curveballs.

We can hit the ball out of the park.

Even a bunt and reaching first base is better than a strikeout.

Ponder this over.

It might be the jewel you are looking for.

Pondering is a lost skill

Pondering is a lost skill.
During ancient Greek times, the art of pondering was in full force.
This was considered the golden age of thinking.
Pythagoras, Plato, Socrates, Aristotle, and many more.
Even the average citizen pondered about life.
This was a golden age of thinking.
Currently, we are texting on the freeway of life.
There is no true dialogue with each other.
Many people spin the truth.
Truth is fiction.
Fiction is truth.
Flaming the other side is the norm.
People think only within party lines even if it's against their conscience.
People think only inside their box.
We elected leaders who have a shallow thinking.
Did you know a bully can't think properly?
The mind and heart must be in accordance to have proper thinking.
These leaders and many at large have cloudy thinking.
The ancient philosophers knew this.
The minds gets cloudy when morals and ethics go out the door.
You see true thinking comes from the wisdom that lies within.
True wisdom can only be entered with kindness and innocence.
People who mock others have the door of wisdom closed to them.
The universe does not give secrets to those who would harm others.
This is very subtle.
A person who mocks others has a crude mind.
He will seek revenge in any way he can.
It's all about me.
A person who ponders about life is kind to others.
This is man's true state.
Ponder this over.
Where do you lie?
Where do you want to go?
Do you want to discover your piece of the puzzle?

Improved Darkness

When I was young my brother and I had a paper route.
Once a month we had to collect money from our customers.
One night I was out by myself.
A man was hiding in the bushes and said hey kid come here.
I ran as fast as I could down the block.
I was traumatized.
From that day forward I was scare of the dark.
I ran when I had to take out the trash at night.
To make a long story short when I was 18 years old I wanted to travel the world.
I wondered how I could do it if I was scared of the dark.
I had to face my deepest fears.
Well, my motivation was greater than my fear.
I overcame my fears and would love to watch the stars at night.
I went all around the world soaking in different cultures.
It was an experience of a lifetime.
Beyond our fears lies incredible experiences.
Our fears hold us back in life.
What is holding you back?
We are in the same boat together called the ocean of life.
Let's help each other on this journey.
Let's help each other face our fears.
That is part of the video game of life.
We can go to the next level.
We can soar like an eagle.
This is our true nature.

Improved Darkness 2

When I was young I was taught a misconception of darkness.
That darkness was evil.
Yet I love to see the stars twinkle in the night.
I love to meditate in a dark room.
It feels like a cocoon from this world.
A magnificent redwood tree is born from a single seed.
It begins growing in the dark soil.
The tree is mighty and its roots are in darkness.
This is the Ying/Yang of life.
Darkness and light need each other.
These are the two forces in life.
Yet the mind can become cloudy.
The mind can become dark.
The mind should be our best friend.
We should train our minds just like we train a dog.
A wild dog can cause harm to others.
A trained dog loves to cuddle with you.
All the wars got started by the unruly minds of men.
Minds that could not see the beauty of life.
Minds that love to send the innocent into battle.
They fought the wars for them.
Maybe you are the answer to establishing peace on earth.
Peace on earth begins when you find your true nature.
The mind is like a tuning fork.
Whatever you focus on you become.
If you focus on kindness daily your mind becomes kind.
Wouldn't that be wonderful if we all did that?

Misfits

There are no misfits.
They are a figure of your discrimination.
When you see a person of another color, race, or creed rejoice.
The entire universe embraces diversity.
Don't get caught in the web of your limited thought.
The power of love is sustaining the entire universe.
The power that is keeping you alive is keeping the entire universe alive.
Because we only focus externally we are divided.
We only identify what we know.
If someone has a different color, religion, or race we tend to mock them.
Yet the creator never mocks its creation.
Only people who have tainted glasses mock the other person.
Wearing murky glasses creates shady vision.
Shady vision leads to discrimination.
Discrimination leads to violence.
Violence leads to war.
War leads to repeat itself.
This is an ugly cycle.
This cycle has been repeated thousands of times.
When will we go beyond this broken record?
The wise man says discover your true nature.
You exist inside each human being.
Your essence is the same.

Stop Your Dreaming

One of the worst things our parents and teachers said is to stop your dreaming.

This stunts our growth on the journey of life.

We lose our inner intuition.

We can't think outside of the box.

All creative ideas and solutions stem from the dreaming state.

Dreaming allows us to get in touch with the subconscious which is running the show.

By ignoring your dreams we rely on the mind to govern the show.

Not a great idea.

The mind becomes cloudy.

We can't see that.

We think that is our normal state.

Society says Johnny stop daydreaming.

Come back to reality.

Each time someone says that to you it just takes you one more step away from your true nature.

The other person saying this thinks he is giving great advice.

Yet its advice you don't need on the journey of life.

They may have great intentions.

It only reinforces that the journey in life is only an external journey.

Thank God people like dear old Albert listened to his dreams.

All great discoveries and answers lie inside the dream state.

All creative endeavors lie there.

All emotional issues can be healed there.

The Dreamtime state is all around us.

We just stumble and fall into the dark.

Dreaming brings light into the darkness.

Just think one candle can illuminate an entire room.

Inside of you lies billions of candles just waiting for you to discover them.

That my friend is your true nature.

Avarice

On Saturday, January 5, 2002, I received a Kabbalah message

Look up the word avarice.

I forgot that message for over 19 years.

Fast forward 19 years.

I wrote a book on Patanjali's Yoga Sutras.

Patanjali's taught about the eight limbs on the tree of life

The Jains have the same identical teachings.

This is from one limb they have.

Aparigraha (अपरिग्रह): non-avarice, non-possessiveness

The definition of avarice is: an excessive or insatiable desire for wealth or gain:

GREEDINESS

This excessive desire for wealth or gain has been around for thousands of years.

It like the rock has always been on our shoulders.

Nothing is ever enough.

Billionaire Wealth Grew \$1.3 trillion Since Mid-March 2020.

Wow, that's insanity.

Yet how much did you make last year if any at all?

Millions of people lost their jobs.

One out of every five kids in America doesn't have enough food to eat.

Many of these fine billionaires give less than .001 of their profits to charity.

That's like giving one penny and patting yourself on the back.

We can change this world if we understand and feel the connection that we all are sailing together on the ocean of life.

Let's help and support those in need.

That's the least we can do.

We are going from me to we.

Ponder this over.

It took me nineteen years to look up this word.

In each and every moment the universe is offering advice.

Sometimes we listen and then forget.

Pay attention to your life.

The universe is talking to you.

Obstacles

The definition of obstacles is as follows.
A thing that blocks one's way or prevents or hinders progress.
Sounds like life.
Life will always throw us curveballs.
That's the nature of life.
It's how we react to these curveballs that matter.
We can be positive and uplifting with the situation.
Or.
We can be down in the dumps and have self-pity.
It's up to each one of us how we react.
The same exact situation can happen to two people.
One person will take the high road.
One person will take the low road.
One person will get angry.
One person will simply smile.
One person loves the rain and jumps in the puddles.
One person gets soaked and complains every step of the way.
One person holds the precious jewel.
The other person throws the jewel on the ground.
One person says, whatever happens, happens for good.
The other person says woe me.
Attitude is everything in life.
Attitude creates your actions whether good or bad.
These actions lead to a habit.
Your habits define you as a person.
Either one has sour grapes in life
Or
One sips on the sweet wine that has been offered.
You determine the outcome.
It's as simple as that.

Dear Old Alfred

When I was in sixth grade I had Mr. Walker as a teacher.
He went around the room asking each person what was your hobby.
When it came to Alfred's turn he said my hobby is to read the dictionary.
The class laughed.
Yet fast forward around 60 years I still remember that.
I don't remember any of my fellow classmates sharing their hobbies.
I guess I picked up on his hobby later in life.
I love the power of words.
I use this tool called Grammarly.
It is a great spell checker and it checks for grammar.
Here are my latest statistics.

PRODUCTIVITY

You were more productive than
98% of Grammarly users.

MASTERY

You were more accurate than
98% of Grammarly users.

VOCABULARY

You used more unique words than
96% of Grammarly users.

WORDS CHECKED WITH GRAMMARLY OVER TIME

41,808,197

total words checked by Grammarly
since May 20, 2017 (58,166 last week)

Thanks, Alfred for sharing your hobby with the class.
Wherever you are your words that day planted a seed inside of me.
I was too young to clearly understand that you were thinking outside of the box.
Yet you dared to tell the class.
I applauded you for that.
Sometimes seeds are planted in ways that we never know.
I was probably one of those who laughed.
Sometimes we laugh when great wisdom is shown to us.
Fortunately, years later I saw and appreciate those precious words today.

My Friend Guy

The very first person I met in India going back 50 years this year was Guy Nouri.

His Mom was also there.

We spent time in Montrose Colorado putting on a grand festival.

That was the last time I saw or heard of him.

Last year we stumbled upon each other on Facebook.

Our paths are intertwined.

Both of us were involved in technology from the early eighties.

Both of us love to meditate.

Now that is an incredible combination.

We are collaborating on a series of projects together.

I am more creative now than ever before.

The computer industry thinks that people our age are all washed up.

Boy, do they ever have that wrong.

Meditation leads one into silence where all creation gets created.

There is an infinite well of wisdom that exists within.

Guy and I use this well for our projects.

It exists inside of you also.

Anyone can tap into it.

You have free will.

Life is an incredible journey.

The people that come into your life maybe someone you haven't seen since your childhood.

I trust the universe to manifest what I need on this journey in life.

We are all guided.

The more I see that the more I see evidence of this in my life.

The web of life reveals itself when we are ready.

Being ready means one is focused upon the jewel within.

The universe is shy and humble.

Only a child can understand this message.

Our daily anger towards one another prevents us from seeing this inner wisdom.

We place our own internal clouds over the sun within.

Ponder this over.

I'm blessed to have Guy in my life.

Count your blessings.

Be kind to others.

Just smile at diversity.

Hello My Friends

Hello, my friends whether you are.
Some are living.
Some have passed away a long time ago.
Rejoice in this present moment.
It truly is a present.
Behind your breath lies the answer to this riddle.
In the midst of the storm of chaos lies your inner shelter.
Your shelter has a cozy fireplace where you can sit beside it.
All the troubles of the world simply fade away.
In that state, one would call it internal peace.
That my friend is your true state.
We have placed inner blinders over our eyes.
We can't listen to the sweet music being played.
We can't feel the inner fire of love emanating within.
We can't see the light of the fire.
When we close our eyes we see only darkness.
All the great spiritual Masters said the kingdom of heaven lies within.
This is not a metaphor but an actual experience.
This life is meant to discover the jewel within.
The universe is playing a hide and seek game with you.
This life is like a video game.
What level are you on?
There are infinite levels to discover.
Each level brings wisdom and awareness to you.
The operating system, the hardware, the software have been put in place since you
were born.
You are hardwired for this experience.
One who pays attention to the external and internal understands this message.
Only you can solve this puzzle.

Good Question

Did you know that depending upon your brain state it affects your mind and body?
During these chaotic times, people are extremely stressed out and frustrated with
life.

Imagine a facet of stress hormones turned on and are gushing out into your
precious body.

You can't turn them off.

In this state everything is stressful.

One can't get a good night's sleep.

One wakes up tired and is tired through the day.

Even being super tired one has a hard time going asleep at night.

The mind is constantly churning with unrestful thoughts.

Fear and anxiety are in the air.

The only questions that come to mind are survival questions.

Day by day we dig deeper into the hole.

This my friend is where all diseases start from.

The mind and body are in a constant state of turmoil.

Dis Ease is when the body is not at ease.

How do we get ourselves out of the hole that we placed ourselves in?

How do we stop digging deeper and deeper?

Those are the question we must ask ourselves.

Wisdom comes from questions that you have never asked yourself before.

Questions are the keys to unlock the door from our insanity.

Our world at large is insane yet we think it's perfectly normal to flame one
another.

We think is normal to mock our fellow man.

We think it's normal for our politicians to seek revenge when they don't get their
way.

We think it is normal to think my side is right and the other side is wrong.

A chaotic state of mind brings chaotic thinking.

Chaotic thinking brings chaotic actions.

Chaotic actions become habits.

Chaotic habits become our chaotic personality.

This then defines who we are.

We then think it is normal to mock, put down and get pissed off with others who
have a different point of view than you.

Ponder this over.

Good Question 2

Is this life like a motel?
Imagine we are born.
We check into the motel.
We live a limited lifespan.
At death, we check out of the motel.
Many times it's far too early.
Even if you live for 150 years its still is just an overnight stay in the motel.
It's just a blink of an eye in eternity.
Have you ever thought about that?
Another good question?
It seems like questions lead to many different areas of self-discovery in life.
Going back to is life like a motel?
Can you stay in the motel for eternity?
You know the answer.
I have never met anyone who did.
We are born and someday we die.
What is the purpose?
Another good question.
Do you ever ask questions and ponder them?
Hey, any good question.
Where is this going?
Hey, another good question.
What are you talking about when you say cultivate the inner garden.
Where is the inner jewel you are talking about?
If the hardware, operating system, and software are in place how do I flip the switch?
How do I learn to meditate?
Wise ones learn to ask questions in life.
There are no stupid questions on this journey.

Do you like to meditate

Do you like to meditate?
For many meditation is a strange object.
It's not in our vocabulary.
It probably should be.
We were never taught this in our schools.
We have our own misconceptions about what it is.
Only strange and weird people meditate.
Yet do you know the power of love behind your breath?
Did you know the same life force energy keeping you alive is the same life force
energy keeping the entire universe alive?
That is no exaggeration.
Talk to any scientist there is a quantum soup that is beyond time and space.
It lies in all seen and unseen worlds.
It exists inside of you.
It doesn't skip you.
Hey, your name is John.
I skip anybody whose name is John.
There is no discrimination.
All is one.
Even the good, bad and ugly.
Your body is hardwired for this experience.
Does that excite you or am I talking to the wrong audience?
Do I get any emotion back?
Look I know I keep talking about the same things.
That is my nature.
I love to think outside of the box.
I would love to see humanity embrace the concept of feet on the ground and the
head in heaven.
This world would be in a better place.
This will take a while.
It could be a thousand or ten million years.
But everything goes back to the source.
Humanity is going from darkness to light.
There is no stopping that.
Every morning the sun shines in our sky.
The sun is always shining.
Meditation reveals the sun inside of you.

Which Level Are You On

Which level are you on in this video game of life?
What are you talking about?
Precisely this is what I'm talking about.
To play this video game one must first realize that there is a video game.
We spend most of our lives oblivious to that fact.
It's like in the movie the matrix.
Same kind of game is being played.
Ours is the subconscious is running the show without us being aware.
We play the same broken record over and over again.
We make the same mistakes.
The groove of life becomes deeper.
Eventually, the Grand Canyon gets created in your mind.
The goal of life is to discover your true nature.
Every one of us is a precious jewel.
We have just thrown the jewel into the mud.
That's ok no harm done.
Just wash it off with the water of wisdom.
Wisdom can help us discover the different video game levels.
We can learn how to master the game of life.
Mind you life will still throw you curveballs.
But the one who learns to stay in the center of the hurricane will have peace in that situation.
One can learn how to hit the ball out of the park.
Even a single is better than striking out.
The main thing is to get off the treadmill of life.
You know exactly what I'm talking about.
You have free will.
That's the rules in the game of life.
Read the instruction manual again.
It clearly states that.
It is by will alone I set my mind in motion.
Unfortunately, our minds are running the show.
Mystics have said the hardest thing to conquer is your own mind.
You can conquer the entire world yet you still haven't taken the first step in conquering your mind.
Your mind is your best friend but it acts like an angry dog.
Take your dog to dog school training.
It will be the best thing you ever did.

Where Do You think Happiness resides

Where do you think happiness resides?
I hope you ask that question and ponder it over.
Have you ever bought a new car?
You love your car for a while.
All your friends want you to take them for a spin.
Yet I can guarantee you that your car will end up at the repair shop someday.
Not only that but someday your car will end at in the dump.
Nobody will want to see it.
So what happened to your happiness?
It got all washed up.
Everything external has a beginning and end.
Even the universe is born and someday it will die.
That is the facts of life.
So what is the power that is keeping the universe alive?
That is the same power that is keeping you alive.
I know it seems far-fetched and bizarre.
Yet that is the truth.
This is what mystics and ingenious people have been saying for eons.
Mind you many people mock both of them in their own ways.
We think we have all the answers.
We are always growing and learning on this road of life.
Even when you solve this riddle it is just the first step on this journey.
It's an infinite one.
It will never end.
The mind can't comprehend that.
Just thinking about it causes the mind to short circuit.
Yes, that is a good thing.
The mind needs to be blown at times.
We need to become humble.
The more a person gathers wisdom the more humble we get.
We will never have all the answers to life.
I love that.
Life will always show us the next step to take.
Even during downturns and twisted turns the essence of happiness lies inside of
you.
Once we recognize that we can smile at the freeway of life.
Have you ever seen one switch lanes constantly on the freeway?
I can guarantee that this person is rushing in life.

His state of awareness is agitated.
It's like a mosquito is constantly biting the mind.
The mind itches and one moves from one lane to another constantly.
Unfortunately, he isn't even aware of it.
That is the key.
Awareness.
Are you trying to be aware in each and every moment?
The world would be in a better place if we did.

Where Did Yesterday Go

Where did yesterday go?
I look back and it seems just like yesterday I lived in the House of the Future.
That my friends were a long time ago.
Yet sweet memories make them seem like yesterday.
Time is marching on.
It stops for no one.
Make this an incredible journey.
Love your fellow man.
Be kind.
Yes just be kind.
That is the essence of life.
No matter how much flame throwing it will never change the other side.
You can never convince anyone with your point of view.
Trust me I think we all know that but we seem to forget it.
We get lost on our way.
We are in the dark forest of the mind and seem to be all alone.
Yet inside of you lies the inner flashlight.
Just turn it on and skip through life.
The inner light will show you the way.
That my friends are a blessing.
No matter how crazy this world becomes the inner light is a beacon to all.
When the world becomes darker we become kinder.
That is our true essence.
I know this may seem like a rant.
It's not.
I'm saying things that deep down inside of you, you know.
Nobody needs to be convinced.
The truth needs no convincing.
You are the universe.
You just don't know it.
Yes, you can roll your eyes and say there goes Richard again.
Yet talk to a quantum scientist and he will tell you the same.
Ask yourself where did yesterday go.
Look at the incredible journey we are in.

Do you listen to your body

Last night after dinner I felt like I was going to get sick.
My body sends me sweet messages so I can take proper action.
When this happens I go to bed in a flash.
My lovely wife understands.
He who hesitates or ignores this signal will suffer the consequences.
I have done this simple trick all my life.
The body sends us a signal that it needs some time to heal.
Otherwise, sickness will take place.
It's as simple as that.
We must learn how to be in harmony especially during these chaotic times.
Intuition lies in your gut.
Learn to eat good wholesome food.
A junk food diet will turn into a junk food body.
You are what you eat?
Food is the best medicine.
Modern-day drugs really don't cure you.
That's why we need constant refills.
Our world would be in a better place if we healed our minds and bodies.
We are all out of touch with Gaia.
Gaia is so far away from our awareness.
Yet every day we walk upon her.
Isn't that a paradox?
Our earthly Mother is all around us holding each other in her infinite arms.
Yet we are simply texting on the freeway of life/
There is so much wisdom we can learn.
Have you stopped gathering precious wisdom?
Did you stop learning after you graduated from school?
A wise man understands that infinite wisdom is in the air.
One can never truly understand the wisdom of the infinite.
At the same time, we can grow and expand our ways of thinking.
One can constantly change and morph into a butterfly.
This is the alchemy of life.

The Stranger

How strange is it that we are a stranger to ourselves?
Isn't that ironic?
The thing that we are looking for doesn't exist outside of us.
Yet we continue to think it does.
We have been fed since birth that the external can be true happiness.
A beggar can be truly happy while a rich man may wallow in his riches.
A rich man may also be rich externally and rich in heart.
A beggar can be poor internally and externally.
You see it doesn't matter the external events in your life.
Everything comes and goes.
The tide comes in and the tide goes out.
All things must pass.
The only constant thing is your true self.
It is not elusive.
It is as clear as day.
Yet we wear tinted glasses.
We are so comfortable looking externally for the answers while the true answer
lies inside of you.
Ponder this over.
Are you a stranger to yourself?
Only you can answer that question.

Feet On The Ground And Your Head Is In Heaven

Feet on the ground and your head is in heaven.
I studied the Kabbalah about twenty years ago.
One of the main themes was this incredible phrase.
This is the essence of life.
Be grounded.
Be down to earth.
Be practical.
Do your duties.
Be like a chameleon.
Be simple.
Yet strive to be in heaven every day.
This is a practical journey.
No theories or concepts are needed.
Behind your breath lies heaven.
It hasn't gone anywhere.
We simply have.
We were never taught in schools this advice.
We were taught only when you die one enters heaven.
How about experiencing this mansion while you are alive.
Problems will still come your way.
That's why the Zen Buddhists say chop wood carry water.
Heaven exists right between your eyes.
If thy eye be single thy whole body shall be full of light.
The quantum scientist and mystics are both speaking the same language.
The quantum scientist has an external laboratory.
The Mystic has an internal laboratory.
Both of them see light.
One is the manifest light while the mystic sees the unmanifest light of creation.
This light is pure love, mercy, and compassion.
It is your true essence.
It doesn't matter who you are.
It doesn't judge you.
Mind you, you judge yourself.
Society does a great job of judging you.
The creative source loves its creation.
You have the opportunity to experience this constantly while you are alive.
The operating system, hardware, and software lie inside of you.
Just turn on the internal switch.

Being A Software Engineer Is A Challenge

Being a software engineer is a challenge.
You never know truly what's going on.
Every single program out there has at least one bug just waiting to expose itself.
Nothing is perfect.
Just think behind all software code lies the creative mind.
Maybe our lives are just like writing software.
If you don't like something go into your source code and change it.
Nobody can stop you from how you react to life.
Take it easy.
A complex program wasn't created overnight.
Relax.
Enjoy this life.
You will never resolve all the bugs in your life.
But that doesn't mean to give up on your dreams.
Life is very fragile.
Take care of your body and mind.
It's the only one you got at least for this go-around.
Remember that life will throw you curveballs whether you like it or night.
Just think in baseball a player is great if he gets to the base one out of every three times.
So don't expect perfection.
It doesn't exist outside of you.
Perfection exists inside of you while we leave in a world of duality.
Sometimes we forget that.
We get mad at ourselves for making mistakes.
Ask good old Thomas Edison.
He had hundreds of errors before making the lightbulb.
Each failure brought him closer to his goal.
We were never taught that being a failure is a blessing in disguise.
It took me around a month to learn how to ride a bicycle.
From that experience, I learned that with practice and patience one obtains his goals.
What was once out of my normal insight in life has become a reality.
The internal has more pull than the external.
Yet balance in life occurs when one does this.
The mind is either your friend or foe.
You decide the outcome.
Nobody can choose it for you.

It's your decision

It's your decision.
Nobody can make it for you.
Society may try to dictate what you should do.
When I was 18 years old many moons ago I decided to surf around the world.
I just graduated from high school.
Months before I started a meditation practice.
Mind you back then both of these were radical ideas to the core.
Nobody could relate.
A reasonable person would automatically go to college.
Well, that was around 10 years later.
My dear parents backed me up.
They didn't quite understand why I was doing this but they supported me.
It was probably one of the best decisions in my life.
My future foundation was built around these incredible travels.
My insight into the world was dramatically changed by being in places I learned in school.
For example, when the Soviets invaded Afghanistan I laughed.
People have been trying to conquer them for thousands of years.
They are one of the friendliest people on earth yet don't cross them.
They are incredible warriors.
When the computer revolution first started I went back to school.
It was love at first sight.
Thirty-seven plus years later I'm still surfing that wave.
It's still extremely challenging.
You can never rest on your laurels.
Each year one must learn new ways of doing things.
You definitely never get bored.
It will test you every step of the way.
Decisions are a part of life.
My advice is to make conscious decisions.
If you don't you may be like leaves blowing in the wind.
Even if you do make proper decisions curveballs will be thrown at you.
This is the fact of life.
Life has its dualities.
We can't escape it.
Yet if we understand this it's so much easier to deal with.
All things must pass.

Greetings

The definition of greetings is as follows,

1: a salutation at meeting

2: an expression of good wishes: REGARDS —usually used in plural
holiday greetings

From the bottom of my heart greetings.

Good wishes to all humankind.

The world needs this.

Most certainly in this place and time.

Chaos may be all around us.

Yet we have an inner buffer within that protects us.

Come and sit by the fireplace within.

Melt your mind into the warmth of the fire.

The mind becomes ever so peaceful.

Harmony and love are in the air.

You may be stuck in the traffic jam of life.

Internally one resides in the peaceful cottage inside.

All is calm.

This is your natural state.

This is who you truly are.

Set aside your politics.

Do it really matter?

You can't change anyone else except for yourself.

Your true self is saying greetings.

It has been there for time immemorial.

Mystics have been talking about this inner cottage for thousands of years.

We have been caught up in the web of life and think that is normal.

How crazy that is?

Yet we do it without knowing who we truly are.

The truth needs no convincing but somehow we do.

What is in us that doesn't want to feel the comfort of the fire within?

I really can't answer that question for you.

You must answer that for yourself.

Maybe because we can't see it with your two eyes we refuse to believe.

Anyway one day we will take our last precious breath.

We will then return to the cottage of life.

Finally, we will feel the warmth of the fire.

Why not do it when you are alive.

This is only a suggestion.<grin>.

Equanimity

The definition of equanimity is as follows,

1: evenness of mind especially under stress

nothing could disturb his equanimity

2: right disposition : BALANCE

physical equanimity

Wow, have we ever as a society missed the mark.

This is the definition of sin to miss the target.

The opposite is the bull's eye.

I love the evenness of mind, especially under stress.

Did you know that anger creates over 1500 harmful chemicals into your chemistry set?

By the way that's your own body.

Stress harms both your body and mind.

Both of them are affected by it.

Over time disease is a state of being constantly stressed out.

No wonder when we get old so many people complain about their ailments.

Look I'm not saying you will never get sick but you can slow down the aging process.

Mystics have strived for equanimity for thousands of years.

The Buddhists have even documented the various state of mind of being tranquil.

Modern-day scientist recently has joined on with this ancient bandwagon.

Balance is the key.

Having the right disposition is the key.

It seems like Pantajali, the Buddhists, and Jains were right was right.

A calm body and calm mind are the secrete of life.

I was talking to a dear old friend yesterday.

Somehow we brought up the subject that human beings only see and hear only one percent of the light spectrum.

The universe is singing to us while we are texting on the freeway of life.

Isn't that ironic?

Brahmanand said

O seeker of truth, I have witnessed such a great wonder:

A well, suspended in the sky, from which ambrosia ceaselessly flows.

A lame person climbs to it without any ladder and drinks jugs of that nectar.

Gongs, conches, and kettle drums ring out without being played by anyone.

The deaf hear them and become ecstatic: they lose track of body and mind.

Up there is a palace without foundation, which is radiant with light.

The blind see it and are so overjoyed they can't stop talking about it.

In that place a person dies, yet continues to live, and has strength without eating food.

Brahmanand says that only a rare soul can understand his tale.

True equanimity exists inside of you.

You are the universe.

You just don't know it.

Emptiness

Good old Webster's dictionary defines emptiness as follows.

1.the state of containing nothing.

"the vast emptiness of space"

Yet this may seem like there is emptiness in space but the entire universe is alive.

You are the universe you just don't know it.

All of creation comes from emptiness.

Just thing we have the number one.

Yet if you add a trillion zero's to it, the mind will short circuit.

This is the number after only adding 30 zeros to it.

1,000,000,000,000,000,000,000,000,000 which is a Nonillion.

Infinity is staring us in the face with Mathematics.

What we think is emptiness is actually a web of love tying us all together.

Mystics have known this for literally thousands of years.

You have a telescope built-in.

All the wisdom and knowledge lies within.

You are a part of the zero.

Does that excite you?

Or

Is that dear old Richard on his soapbox again?

Plug your hand into an electrical socket and you will get shocked.

Mystics have plug themselves into the internal electrical socket of love and have been shocked.

Imagine living in that state constantly.

That is your true nature.

Yet the goal isn't to have your head in the clouds only.

That would leave the world in an unpractical state of being.

Yet combine feet on the ground and head in heaven and you have a glorious place.

The solution has always been there.

It is always staring at us both internally and externally.

It is the humblest of the humble.

It is the mightiness of the mighty.

It's only by your will can you solve this puzzle.

What a glorious day it is?

You and I are alive.

It's another miraculous day in creation.

Emptiness 2

The world is empty and void of meaning.
Life is empty and has no meaning.
This my friend is when we get lost.
Yesterday we reflected on the meaning of emptiness when one discovers the
jewel within.
Life truly has meaning and purpose.
Yet so many people live their lives in dread and being bored to death.
The difference is the state of mind.
Your mind can be your best friend or your worst enemy.
We have never been taught how to train it in our schools.
Consequently, huge ramifications take place in our lives.
We live our life like leaves scattered in the wind.
We go through the ups and downs of life.
A wise man learns how to live in the center of the hurricane.
Much of humanity lives in the hurricane forces of the mind.
You can see this all over the place.
Chaos seems to rule this world.
We think it is perfectly normal.
Why because we are wearing tinted glasses.
We think that is normal sight.
Because we feel totally empty we do things we shouldn't do.
We get addicted to so many different things.
From these addictions, our minds and bodies are in a state of disease which leads
to chronic disease.
We grow old far before our time.
Mankind tries to fill their emptiness externally.
It's like a ghost drink whiskey and never gets satisfied.
As I said many times before the operating system is in place.
The hardware and software were installed since the day you were born.
You just have to turn on the inner computer.
This is called inner concentration.
A great teacher once said meditation is perfect concentration upon a perfect
point.
How elegantly said?
How full are you in your life?
Are you hungry for an answer?

Consciousness

When I was young I probably wouldn't believe that I would someday talk about
consciousness.

It wasn't even in my train of thought.

It sounded so intellectual and technical.

Brilliant research scientists studied consciousness.

They all had brilliant minds.

Yet take a look at a newborn baby.

Wow, that is consciousness.

No words need to be spoken.

The parents are in absolute awe.

A miracle is born and it's alive.

Now that consciousness manifested into a human form.

Nothing is grander than that.

But somewhere along the way the baby slowly loses its innocence.

It takes in the good, bad and ugly.

It stores all of this into its subconscious just like a hard drive.

The operating system, hardware, and software slowly change over time.

By the child is ten years old the subconscious runs around 95% of the show.

Yet we are never aware of it.

How sad that is?

We have lost touch with our true nature.

We are asleep driving on the freeway of life.

Yet this external dream will soon fade away like a thief into the night.

We check into this motel of life and the next day we check out.

Our life seems like an eternity yet it's just a flicker in time.

Our current workforce is driven by so much stress.

The bottom line is profits or saving money to the worker's expense.

Common sense is uncommon.

The owners don't see you as an individual.

You are just a number.

Jeff Bezos is worth over 201 billion dollars.

Just think with that money every citizen in Canada would have \$5,583.33.

You could buy 6,700,000 cars at \$30,000/each.

Or

1,005,000 houses at \$200,000/each.

If you could save \$100,000/year, it would take you 2,010,000 years to save 201
billion dollars.

We need to take care of our fellow man.

You Are A Living Miracle

You are a living miracle.

What can I say?

Every step you take is a miracle.

Every breath you take is a miracle.

This human body is a miracle.

Your mind is a miracle.

Your soul is a miracle.

Being in a state of awe is a miracle.

Being kind and loving is a miracle.

Having a true friend is a miracle.

Being able to meditate is a miracle.

Gathering wisdom is a miracle.

The precious food we eat is a miracle.

The fresh air we take in is a miracle.

The water we drink is a miracle.

Being healthy with a sound mind is a miracle.

Riding a wave on the water is a miracle.

Your precious dog or cat is a miracle.

Having shelter during a storm is a miracle.

Taking a walk in nature is a miracle.

Watching a sunset or sunrise is a miracle.

Looking at the stars at night is a miracle.

Gazing eyes at your lover is a miracle.

Your children are a miracle.

Slowing down and being in the moment is a miracle

This life is filled with miracles in every moment.

Count your blessings.

Miracles are taking place right before your eyes.

Learn to see and appreciate them.

Before we know it we will disappear into the sunset.

Life is short my friend.

Live it like there is no tomorrow.

Because in reality there is no tomorrow.

Hello My Friend

Hello, my friend.
This life is a divine play.
We are all actors yet we think this stage is real.
We get so involved in our parts we have forgotten who we truly are.
Some of us play melodrama parts while some laugh through life.
This is a cosmic joke.
Humor exists everywhere in the universe.
We are the serious ones.
The universe is not serious nor somber.
You don't have to sacrifice your life to the universe.
You don't have to fast or do penance.
You don't have to be a Priest.
You don't have to give up the luxuries of this world.
You don't have to be poor.
You can still drink your beer and party in life.
Yet smile and have fun every step of the way.
See the humor in the good, bad and ugly.
Discover the jewel within.
Make your breath your best friend.
Nobody probably told you that.
It was never taught in schools.
Behind your breath lies the keys to the universe.
The same breath that is keeping you alive is keeping the universe alive.
You are never alone.
At times we act like we are.
We get lonely and sad.
Mystics are never lonely.
They are not special.
Yet moment by moment they focus on the breath.
Mind you it's the same breath you take moment by moment.
The difference is they are aware and you are not.
That is the difference between night and day.
How can one be lonely when the entire universe exists inside of you?
Yet we act out on the stage and are texting as if that message is the most important
thing in the universe.
Do you get my drift?
Lonely ones pay attention solely to the world.
A wise one pays attention to the external and internal.

Worry VS Gratitude and Trust

Worry vs gratitude and trust.
Sometimes when I program I tend to worry.
Imagine having to make a tremendous amount of changes.
They have huge consequences.
Just one mistake and the program will bomb.
Yet worrying never solves a thing.
Yet the mind doesn't care less it keeps on worrying.
But if the mind focuses on gratitude and trust this is the difference between night
and day.
This is a practical path.
Worry can be tremendously lessened by being in a state of gratitude and trust.
Yes even if you cause bugs to happen which they will one can be of a calm mind.
All things must pass.
Everything works out in the end.
One must be patient.
Gratitude and trust is a heightened state of awareness.
The universe trusts us so we must trust the universe.
This can be very subtle.
We think we are alone which we are not.
By being in a state of loneliness we aren't in contact with our inner being.
This makes life quite difficult.
The most practical and sane thing to do is to constantly remember the power
behind your breath.
This will bring you into a heightened state of awareness.
Gratitude and trust live there.
The mind hones into its natural state and melts into peace and contentment.
This is how the great master of the past walked in this world.
That same shelter exists inside of you.
The only difference is that they dwelled there moment by moment.
You can too.
It's only by your will and practice.
Nobody gets a free ride.
They had to do the same steps you have to do.
They showed us it could be done.
An unhealthy state of being causes pain to the body and mind.
A healthy mind leads to a healthy body.
A healthy body leads to a healthy mind.
Ponder this over.

Zen

It seems like Madison Avenue likes to use the word or image of Zen to sell you stuff.

Zen cannot be bought or sold.

Zen is a state of mind.

People say that Zen is emptiness.

But in the state of emptiness comes creation.

From so called nothing brings forth a seed.

From a seed sprout a baby tree.

From that baby tree springs forth over thousands of years a mighty sequoia.

You don't have to be a Zen Buddhist to experience the Zen-like state.

It exists inside of you.

This is your true nature.

Yes, I say this a lot but it's true.

You are magnificent.

You are the seed.

You are the sequoia tree.

In your true state, you are already enlightened.

You are the universe.

You just don't know it.

Do these words excite you?

Or

This is good old Richard on his soapbox?

The ironic thing is that these words are true.

We are just wearing cloudy glasses.

We may or may not have a great external vision.

Yet our internal vision misses the mark.

All our problems today are because we have lost our inner vision.

We have no internal wisdom.

When each of us discover the jewel within life on earth will change.

Do you think that if our society discovers the jewel I don't have to do my part.

Peace on earth begins with you.

It is your responsibility to change this world.

Kindness will go a long way towards that.

The Zen-like state embodies kindness to the core.

Kindness is the foundation of life.

Our leaders think kindness is weak.

Yet kindness is the greatest force in the universe.

Your life will change on so many levels when you embrace kindness in each and every moment.

Be Kind

If I could say what is the essence of life I would say the following.

Be kind.

It's as simple as that.

Kindness is the foundation of life.

Yet the world at large isn't very kind to each other.

My dear friend Mark recently had a great post.

It said the world would be in a better place if we inspired each other instead of complaining to each other.

Kindness and inspiration are tied together.

When one is kind one is inspired.

When one is inspired one is kind.

Many people think that kindness is weak.

Many political people think so.

Yet try to be kind in the face of adversity.

Try not to lose your cool.

It's very difficult.

When China invaded Tibet many moons ago many Buddhist monks were put in prison.

Their number one fear was that they lose their kindness.

Each day was a great test for that.

Many succeeded while many failed.

Yet they all continued to practice.

Many of them who failed in the end succeeded.

As the famous quote from the seventies 'keep on trucking.

The more you try the more you will succeed.

Just focus on being kind.

Michael Obama once said when they take the low road we take the high road.

Rise to the occasion and be kind.

If we all did this the world would transform.

All the great teachers from the past said the same thing.

Heaven on earth begins with you.

Your actions are a reflection of your state of mind.

If you have a complaining mind your actions will reflect that state.

If you have a kind mind your actions will be kind.

It's as simple as that.

This is not a theory or philosophy.

It's just common sense in the crazy world that we live in.

Stuffed Emotions

When I was young we were taught unconsciously to stuff our emotions.

If anything uncomfortable came your way you stuffed it away.

Where did it go?

Accordingly, too many it goes to the subconscious mind and body.

Carl Yung spent a lifetime working on developing tools to clean out the garbage within.

Today our society, in general, is still in the same place years ago.

We have not changed much.

It's probably worse.

Society at large is flaming each other.

With the advent of the Internet, things have got out of control.

We can flame anybody we want with a few touch of the keyboard keys.

Most of present-day society is not aware that 95% of our actions come from our subconscious mind.

We aren't even aware of it.

We are like leaves blowing in the wind.

We can turn this around but it takes consciousness and effort on our part.

Just think the greatest battle exists inside of you.

Where do all wars start?

Inside the minds of man.

We create our environment whether it's a good one or a bad one.

The wise person tends the garden within.

Mind you the same problems come his way but he knows how to pull the weeds.

Much of society doesn't even know the garden exists, consequently, the garden is full of weeds.

We even have political parties who know that they are spinning lies just to stay in power.

They even admit it.

Yet that is their master plan.

The older I get I see that only through kindness can we change our current system.

Without kindness, we are simply digging a deeper hole.

Politics won't solve any problems without both sides being united.

This is called the United States for a reason.

We must act like mature adults or as newborn babies.

A newborn is absolutely pure while a mature adult works on the inner child within.

We have put people in power who have no idea of this concept.

Consequently, they rule with their own self-interest even when they know it goes against their compass moral code.

Don't Worry Be Happy

This is dedicated to my friend Shay who passed away a few years ago.

This was one of his favorite songs during the early nineties.

Being worried and being happy don't mix.

It's like oil and water don't mix together.

Why worry when you can be happy.

Being worried is a negative state of mind.

It will never solve any problems.

Trust me I know all about that.

I'm sure none of your problems ever got solved being worried.

Yet if you have a problem and you are happy the solution will drift up to your
conscious mind.

Most of my programming problems have been solved in my sleep or taking a
shower.

When the body and mind are happy solutions arise from the well within.

Look I've said this is a practical path.

It's not some fairy tale yet it's extremely practical.

We need practical and down-to-earth tools we can use.

Most of the time we worry about the future.

Yet by doing that we miss out on the present moment.

Being worried causes the mind and body to get stressed out.

The more we worry the more stressed out we get.

This is an endless cycle and very difficult to get out of.

Our present-day society spends billions on taking medicine so they can sleep.

Unfortunately, this medicine doesn't give one the proper sleep cycles and rest that
the body needs.

It only compounds the problem.

A happy person can put his head on the pillow and simply drift off to sleep.

When I was young my Mom would kiss my brother and me and before she left the
room we would both be asleep.

We can train our bodies and mind to be happy.

Granted we never learned this in school.

I don't know why.

It seems like we have not learned a valuable piece of the puzzle in life.

Without this vital piece, we lose out on our true nature.

We struggle with life instead of embracing life.

I'm not saying you will never have any more problems in your life.

Curveballs will be thrown your way.

Yet one can learn how to bunt and run to first base.

Honor

The definition of honor is as follows.

1.high respect; great esteem.

2.adherence to what is right or to a conventional standard of conduct.

"I must as a matter of honor avoid any taint of dishonesty"

Can you imagine how the world would change if we truly honored each other and
held each other in high esteem?

For many politicians, honor is a lost word.

For many, I must stay in power at any cost.

I must twist the truth so it is a lie.

If I say the lie long enough it eventually becomes true in face of my fellow
Americans.

I can spin the truth any way I believe.

It doesn't have to be the truth.

It can be an absolute lie yet over time the lie becomes the truth.

Our forefathers never thought that this would ever happen.

Many politicians don't honor our constitution.

They honor their own personnel power.

When others speak up and say that your speaking a lie the majority in power will
condemn you and vote you out of your position.

Honor is left on the sidelines.

The cookie crumbles.

Our democratic system is going down the drain.

When the truth is fiction and fiction is the truth what state of mind is America in?
You see the minds of those in power have twisted minds and those twisted minds
are in charge of making laws.

We have gone back fifty years when they say the election is stolen.

From this many laws are made throughout the land to prevent average Americans
to vote.

Cheating by average Americans when voting is almost nonexistent.

Yet this lie that the election is stolen is believed by many.

Many high courts have said that this is not true the election was not stolen.

Tell a lie long enough and many Americans will believe it.

This is the soul of democracy that we are talking about.

We are in a very fragile state of mind.

When the lie becomes a reality we are in a doomed state of existence.

Honor and integrity are long gone.

We have leaders who want to remain in power at any cost.

That is a sad day for America.

The Winds Of Grace

The winds of grace are always blowing.
Imagine we are lost at sea.
We are on a ship with the mightiest sails.
There is one major problem.
The sails have not been hoisted.
You may have the greatest wind in the world yet if the sails aren't hoisted you
aren't going anywhere.
Hoisting the sails is the difference between night and day.
It makes all the difference in the world.
The winds of Grace are always blowing yet if the sails aren't up you're going
nowhere.
Amid texting in the sea of life where are your sails?
Do you even care?
Grace is all around us.
It is part of us.
It will never leave us.
We pray for grace in our daily lives.
Curveball gets thrown at us.
That's called life on this planet.
Nobody gets a free ride.
Each one of us has unique curveballs that life throws at us.
Each one is unique.
The winds of grace slow down the ball just a fraction of a second so you can see
the ball more clearly.
That makes it easier to hit the ball.
This is where silence comes in.
Silence is the mechanism of hoisting the sails and seeing the ball more clearly.
Silence is the place where grace resides inside of you.
It is your homing device to sail towards home.
The more one resides in silence the boat overtime goes into autopilot.
The great mystics of the past had this turned on.
The autopilot is the same for you and them.
One huge difference is they had there's turned on.
Silence is the way to turn it on.
One can be in silence and still be talking in this world.
It seems like a paradox.
It isn't.
Raise your inner sails and you will solve this riddle.

Peace Is Essential

Peace is essential.
It is desperately needed on this planet.
The world is in a state of chaos.
Peace is the most practical thing to achieve.
When one finds peace within he has solved the puzzle within.
Each one of us has a piece of the puzzle.
We are all interconnected.
Peace is the glue that ties us all together.
Without peace of mind, the mind is agitated.
When the mind is agitated the body will be agitated.
Both of them share the same state of awareness.
We look for peace externally but will never find it.
Peace is only found within.
Mind you an outside event may bring moments of peace.
But the feeling wells inside of you, not the other way around.
Our world would be in a better place if we all did this.
As a society, we have lost our ways.
Telling lies and knowing they are lies is the beginning of our downfall.
When one speaks the truth and is voted to lose their position because of speaking
up, the apple is turning rotten at its core.
A rotten apple never serves society.
I could go on endlessly why we need practical peace in our lives.
A person who is wise and practical makes it his mission to discover peace within.
Beyond anything else, peace is the most essential.
Unfortunately, we put finding peace at the bottom of the barrel.
To many it is nonessential.
I would rather have all my toys and gizmos.
There is nothing wrong with that.
Yet someday your toys and gizmos will be taken away from you whether you like
it or not.
Peace can never be taken away from you.
This story has been told in some way or another for thousands of years.
We have slept in and we think we are awake.
In the meantime, we have forgotten our true nature.
Peace lies inside of you waiting to be discovered.

We Can Tinker With Our Chemistry Sets

We can tinker with our chemistry sets.
We do this all the time yet we are unconscious.
The wise man understands this and takes precise actions to change this.
In every thought you have and in your emotional state, thousands of chemicals get released into your body.
Some are harmful and over time will cause a disease.
Some are extremely beneficial to the mind and body.
You control what gets created and released into your body.
You are the owner of your chemistry set in life.
You perform all your chemistry tests moment by moment in your life.
That's why I say all the time the spiritual life is the most practical thing there is.
Being in a state of Kindness. Love, Patience, Compassion, and Tolerance flood the body with powerful chemicals which heals the body and mind.
Scientists are just beginning to get on this bandwagon.
The East has known this for thousands of years.
Christ and other great masters knew this.
We were never taught this in our schools.
I find it fascinating.
Something so obvious yet we always blame the external side of things.
We are oblivious that we create a chemistry set that causes havoc on our minds and bodies.
Yet this takes effort.
It takes the same unconscious effort for our present-day conditions today.
You can change your chemistry set.
Nobody can do it for you.
The next time you flame someone realize that you are flaming yourself at the same time.
As Buddha once said you are drinking your own poison.
Our current political system of lies and distortions wreaks havoc on the minds and bodies in America today.
Lies and distortions over time will change our DNA.
These harmful things rewire the mind and body.
They go into our subconscious.
Over time the body is wired to reflect lies and distortions without you being aware of it.
This my friend is dangerous territory.
Many political leaders are doing this today.
All for the sake of staying in power.

The More You Pay Attention To Something

I stumbled upon this mantra a few years ago.
It came from the well within.
The more you pay attention to something the more attention it pays to you.
I know this may sound crazy but here goes.
In the beginning, one meditates on God.
After some point in time, God begins to meditate on you.
The more you pay attention to something the more attention it pays to you.
It's like a radio station KGOD.
The radio station has been in existence for eternity.
It has always been broadcasting.
Yet we have forgotten to tune to that station.
Consequently, we live our lives without tuning within.
When one discovers the station within one begins to tune in each moment to that
signal.
That's the signal behind your breath.
It's like a tuning fork.
The more one tunes into this divine station the body and mind tunes into this
station.
After some point, this divine station starts to pay attention to you.
Christ and many other great masters demonstrated this to the world.
This radio broadcast exists inside of you.
The universe is singing a love song to each one of us.
It is custom designed.
The operating system, hardware, and software have been there since birth.
The radio station has been broadcasting for eons.
You just have to tune in to it.
The only way is to go within.
You can't listen to this station with your external ears.
You have internal senses that have been lying dormant for many years.
Look at a newborn child and you will see what I'm talking about.
Note this is your true nature.
You are a part of this divine broadcast signal.
Talk to any quantum scientist today and they will tell you the same thing.
You are the universe and you just don't know it.
Roll your eyes all you want but in essence, that is who you are.
We are stuck on a video level of life where we have forgotten our true nature.
Consequently, chaos is all around.
You can solve this missing piece of the puzzle.

Kindness

This is a question that was asked a few days ago from one of my posts.
How do you deal with deep subconscious trauma affecting your chemistry often
invisibly?

I responded with the following.

Let's chat sometime if you want. Hard to answer that question in a few words.

That was yesterday.

After pondering it over the sample answer came floating to the surface.

Kindness solves all.

Kindness will solve all traumas.

You definitely won't forget the incident but through kindness, you will forgive.

The world needs kindness.

The majority of the world's problems would be solved through kindness.

All traumas would be resolved through kindness.

The universe is kind.

God is kind.

Your true nature is kind.

We have unfortunately be taught at times to be the opposite.

Consequently, we flame and are intolerant towards other people's points of view.

There is a reason why the Dhali Lama said my religion is kindness.

He has that deep understanding that kindness is the answer to life.

Be kind to your body and mind.

Be kind to others.

This will take to truly discover the jewel inside.

A person may meditate for fifty years and have incredible experiences yet without
kindness in one's daily life it doesn't mean a thing.

Spiritual experiences don't mean anything without kindness.

Kindness is the glue that holds the universe together.

Going back to trauma.

Simply be kind in each and every moment.

Kindness will dissolve any trauma over time.

Kindness is a gift from God.

One may own all the riches in the world yet without kindness this person is poor.

One may be poor and obtain kindness.

He is truly the rich man.

Material riches will someday be taking from you.

Kindness will never be taken from you.

Ponder these words carefully.

They have deep meaning.

Surprise

The definition of surprise is as follows.
an unexpected or astonishing event, fact, or thing.
"the announcement was a complete surprise"

synonyms:

shock · bolt from/out of the blue · thunderbolt · bombshell · revelation ·

We have all had in our lives surprises.

Some are good and some not so good.

Life always will surprise us.

Something unexpected will always come our way.

One surprise at times leads to another surprise.

Life unfolds its magic that way.

We never know what comes our way.

The wise person understands there are internal surprises not just external.

These are the grandest surprises.

The universe starts to unveil to you the magic of life.

Mystic has been blown away for thousands of years.

There are endless surprises inside of you.

Kindness is the key to opening the door within.

The universe is kind therefore only thru kindness can you enter.

Anger will never take you anywhere in life.

Tell me has your anger done anything positive towards your mind and body.

So many people can't sleep properly due to stress.

Did you know a daily habit of tensing and relaxing your body release stress in your
body?

A relaxed body leads to a relaxed mind.

Look at a cat when it wakes up.

It slowly stretches and relaxes its body.

The majority of mankind doesn't do this.

We get completely taken by surprise when we get older.

Disease kicks in because we didn't take care of this precious temple.

Look I'm not saying you won't age.

I'm saying you can slow down the aging process.

It's in your control.

This human temple is a miracle.

Since I was a teenager I believed in preventive medicine.

My theory was this is the only body you get.

At least for this go-around.

We might as well take care of it.

Is The Universe Biased

Is the universe biased?
Have you ever asked that question?
Is the game of life rigged?
Why do I always repeat the same mistakes?
Why does happiness go up and down?
Why does life throw me curveballs?
Does peace of mind even exist?
Is there a God or all we all alone?
Is there a point to life?
Is life a random series of events?
How can I control my mind?
How can I control my emotions?
How can I heal my body?
Why do we fight one another?
Why is there so much chaos in this world?
Why can't humanity get along?
Why do we work ourselves to death?
If junk food is junk food why do we ate it?
Why do we have such narrow thinking?
Why do we condemn someone who thinks outside of the box?
Where is heaven?
Is heaven a state of mind?
Why do I have a hard time sleeping?
Why is my body so tired all the time?
Why am I so depressed?
Why am I so lonely?
Why don't I ever try to meditate?
What is keeping me alive?
What is the power behind my breath?
Do we have 5 internal senses?
What is this inner garden you talk about?
Is life a video game?
Can we reprogram our subconscious?
You are a master chemist.
You can solve this puzzle.
The answers exist inside of you.

Is The Universe Biased 2

Yesterday a friend of mine sent me a message on yesterday's post.
One thing I know. Life is not fair. So enjoy it anyway.

I responding with this.

Unfortunately, that is true.

But our attitude definitely helps in the situation.

My friend was an incredible basketball player.

At times I'm sure that winning the game was by being in the zone.

Imagine in two seconds the buzzer is about ready to go off.

The ball is in your hand.

You are in the zone and you shoot the ball.

The ball goes in and you have just won the game.

Or

You are hesitant and afraid.

You shoot and the ball doesn't go in.

You may miss the shot regardless of being in the zone or not.

Yet the one who can maintain being in the zone has a great advantage in life.

Life is not fair.

Yes, that is true.

Yet one can live in the center of the hurricane.

That makes all the difference in the world.

One performs actions and is not attached to the curveballs that may be thrown your way.

It's how we respond to events that create our happiness.

An actor on stage knows that by acting in a sad scene he knows he is acting.

After the play is over he might go out to drink a few beers.

That sad part never enters his mind.

He was just acting.

In the same way, we should have this same attitude in life.

We get so unhappy in life when it doesn't go our way.

It's how we respond to a situation that governs our happiness.

Calmness under adversity is the way to be.

In today's world calmness is an unknown word.

People freak out and think that it's normal.

Clarity is so far removed in our daily lives.

Is the universe biased?

Whatever you pay attention to you ultimately become.

Pay attention to the universe and the universe pays attention to you.

Pay attention to God and God pays attention to you.

It's as simple as that

Rose Colored Glasses

We tend to see the world with rose-colored glasses.
Yet we think we have a clear vision.
Many of my friends daily love to mock someone who has a different point of view.
They would prefer the other political party was not around.
A one-party system is called totalitarian not democracy.
The eagle needs two wings to fly.
You can't amputate an eagle's wing and expect the eagle to fly.
Some of my friends have this attitude.
They can't see any kindness from the other side.
They promote anger, hatred, and love to mock others.
In fact, they are only creating deeper darkness within.
When you can't even say a simple nice word about a person or thing my advice
don't say anything.
Yet this will never happen.
Well, maybe in a thousand years or so.
The world at large is extremely emotionally immature.
Innocent children at times are more mature than adults.
We add our own toxic layers to our glasses.
When one sees the unity of all life one has crystal clear vision.
The crystal vision exists inside of us.
It is our true nature.
When society at large embraces this our world will change for the better.
We have two choices.
One is walking towards the light.
Two continue walking towards darkness.
That's very easy to do.
We don't have to do anything or change our ways.
It takes responsibility to walk towards the light.
It takes responsibility to claim your missing piece of the puzzle.
We can dance to another tune in life.
The station KGOD is always broadcasting.
Can you listen to the sweet music being played?
Even the commercials are divine.
They inspire us to realize our true nature.
The music being played is intoxication to the soul.
The intoxication is the soul's medicine.
The mind and body get healed.
The layers of darkness slowly fade away.

Slow down and smell the roses

Slow down and smell the roses.
Miracles are all around you.
We are running on the treadmill of life.
We are running on remote control?
Where are we headed?
We are running yet we aren't going anywhere.
Depending on our emotional state we run fast or slow.
The wise man understands the mind can be your best friend.
One slows down the mind and presto the universe appears to you.
Calmness is our natural state.
These aren't just words but a state of being.
We are living either in the past or the future but never in the now.
Ram Das wrote the book 'be here now' over sixty years ago.
At that time I didn't have a clue what he was talking about.
Yet the more you pay attention to something the more attention it pays to you.
All wisdom comes when we slow down our minds.
The center of the hurricane is calm.
It doesn't know the hurricane-force winds of the mind.
In the center, it is perfectly calm.
The Zen Buddhists and many other traditions know this.
They all have different ways to get there.
The essence is behind your breath.
One who constantly focuses on the breath is like a tuning fork.
The mind slowly tunes into the frequency of calmness.
In that state, one will have a huge smile on its face.
There is nothing to say or prove.
One doesn't try to convince anyone of this truth.
The truth doesn't need any convincing.
Yet for thousands of years, the wise ones have said the precious jewel lies within.
It is within your grasp.
All you have to do is pick up the jewel and hold it.
It's that simple.
One who holds the inner jewel within is truly a lucky man.
The truth cannot be spoken yet one tries to describe it.
The truth will help us with discovering the answers to like.
The answers are always there.
A mind that lives in the hurricane forces of the wind will never discover the inner
jewel.

Management

Definition of management is as follows

1: the act or art of managing : the conducting or supervising of something (such as a business)

Business improved under the management of new owners.

2: judicious use of means to accomplish an end

is extremely cautious when it comes to money management

3: the collective body of those who manage or direct an enterprise

Management decided to hire more workers.

How do we manage our lives?

Is it on remote control?

Do we manage our thoughts and emotions?

Or

I have never thought about that before.

Maybe just maybe it might be a good idea.

They have been there since your birth.

We take it for granted.

Yet we have never trained the dog within.

I find it fascinating that the word dog spelled backward is God.

Is like when you look into a mirror of life the image gets reserved.

All our problems in society today are due to our thoughts and emotions not in harmony.

When the world at large does this we put garbage in the living room of life.

Consequently, we can't see the forest from the trees.

How does one manage life?

That is the crux of the question?

What is keeping you alive?

Do these words make you bored?

If you are bored with life you are missing out on the magic of life.

Life is never boring.

Your state of mind gets bored.

Big difference.

How do you manage your boredom?

Do you have a healthy way?

Or

Do you indulge in ways that affect your mind and body?

These are helpful hints.

We will never stop fine tuning the guitar of life.

We can learn from one another.

I Am Blessed To Be Alive

This may sound corny but I Am blessed to be alive.
I've been meditating for fifty years.
Oh my God has it been that long?
Our lives here are a blink in time.
We check into the hotel of life and we check out the next morning.
Life is so precious.
I think many of the world's problems are due to taking life for granted.
We just assume there will always be tomorrow.
The older we get we see that thinking doesn't go too far.
In the future, we will pass away into the night.
I'm not being morbid just explaining the facts.
Yet meditation is the doorway to the infinite.
I don't want to die.
Meditation brings one to the point where death is an illusion.
Yes, the body dies.
But one goes into another room in the mansion of life.
At times I'm confused.
The human body is wired for this experience.
Everything was put in place when we were born.
Yet we were never taught in school to flip on the switch.
Major problems and malfunctions occur.
No wonder the world is in chaos.
No wonder few people know how to live in the center of a hurricane.
Does this resonate at all?
Or.
Is this dear old Richard rambling some words?
Why do I write these words?
Maybe I'm selfish.
Writing keeps me always questioning life.
I want to think outside of the box.
I don't want to live in the box and die in the box.
We have such incredible human potential inside of us.
I've been blessed to have been meditating for many years.
There is a jewel within that is keeping you alive.
This is not a somber message.
You are the universe.
You just don't know it.

Down The Rabbit Hole

Good old Alice went down the rabbit hole.
We all are going down the rabbit hole of life.
Many people get so sucked into worldly affairs that they don't know which way is
up.

If we are conscious of life it will take us far in life.
Currently, the world at large is going through a global pandemic.
It is affecting the entire world.

We are going down this rabbit hole with no end in sight.
It is twisting and turning in all directions.
Hopes go up and hopes go down.
Many people can't sleep at night.
They toss and turn with no relief.

I say the spiritual path is the most practical path.
During these chaotic times, a wise man puts his head on the pillow and drifts off to
sleep.

Not a care in the world.
This my friend is called peace of mind.
Yes, it takes precious effort.
Even doing nothing takes effort.
What rabbit hole are you going down?
Are you conscious and aware of where you are going?
The choice is totally up to you.
You hold the rudder in your boat in life.
Sometimes life says stay home.
A great storm is brewing.
A storm that you have never seen before.
Stay close to the fireplace of life.
Feel the warmth from the fire.
The storm will someday pass.
In the meantime enjoy each moment.
Pray for this chaos to end.
Flame the inner fire of kindness.
Just don't flame the world with anger.
We don't need any more wood on the fire.
A little kindness goes a long way.
Kindness is water that puts out the fire.
What are you doing to put out this chaotic fire?

RIP David Andersen

I haven't seen or spoken to David in many years.
I first met him in New York City in the seventies.
Boy, could the man ever sing.
He played this one song that each time I heard it made me cry.
My brother John had the same effect.
The is music from the soul.
We became friends.
Once a friend always a friend.
Time makes no difference.
David was kind and full of humor.
He could nonchalantly walk up to the stage close his eyes for a few seconds and
then heaven would be broadcasted to the world.
I found out just now that David moved into another room in the mansion of life.
He will be missed.
I send my condolences to his family and friends.
David will be missed.
He lived life to its fullest.
One who dives within the silence is truly a wise man.
David was a wise man.
God gave him some incredible talent that he was grateful to use.
His music will go on forever.
David lies inside of our hearts.
His ashes are spread throughout the universe.
We are all part of the same family of life.
It was a pleasure and privilege to meet such a man.
He was humble in nature.
A wise man has nothing to prove or say.
David smiled at life.
His songs were his message.
May he help fine-tune our inner pianos.
A huge divine reception is coming his way.
He has come back home.
Goodbye, sweet David.
May we see you again.

Mind-blowing

I read this mind-blowing info a few days ago.

Scientists have discovered a multidimensional Universe inside the brain
Scientists have uncovered that the brain is full of multi-dimensional geometrical structures.

These structures operating in up to eleven dimensions which is seemingly unheard of, to say the least.

“We found a world that we had never imagined, there are tens of millions of these objects even in a small speck of the brain, up through seven dimensions. In some networks, we even found structures with up to eleven dimensions.”

Don't know about you but this is mind-blowing.

We are literally hardwired to experience the seen and unseen worlds.

You are the universe.

You just don't know it.

This slogan is never more alive than today.

Scientists all around the world are discovering the vast mysteries of the universe that exist inside of us.

I read this also a few days ago.

In a major scientific leap, University of Queensland researchers have created a quantum microscope that can reveal biological structures that would otherwise be impossible to see.

This paves the way for applications in biotechnology and could extend far beyond this into areas ranging from navigation to medical imaging.

The microscope is powered by the science of quantum entanglement, an effect Einstein described as “spooky interactions at a distance.”

This sounds like science fiction.

Mystics have said for thousands of years the precious jewel of the universe lies inside of us.

Modern-day scientists are just beginning to unlock the mysteries of the quantum field.

You can discover your true nature if you like.

The key is in your hand.

It's called your free will.

There is a famous slogan that says it is by will alone I set my mind in motion.

What makes a Buddha a Buddha

What makes a Buddha a Buddha and a Christ a Christ?

Modern-day scientists would love to see their MRIs.

Wow.

That would be outside of the box.

Yet they didn't get a free ride.

They had the same operating system, hardware, and software that we have.

Yet thru inner wisdom, they reprogramed themselves.

Yes, they got incredible guidance.

You also have incredible guidance.

It always there.

The most important fact is they listened to it in each and every moment.

That's quite the difference.

They were dealt the same cards in life.

Maybe a little luck was involved.

Yet they pursued discovering the inner kingdom within.

Even back then they knew the more attention you pay to something the more
attention it pays to you.

There were and still are today incredible inspirations.

This is your natural state.

Yet currently the world is in chaos.

What is the root cause?

Our state of mind and being.

Our neural networks are wired to be chaotic.

That's the word that comes to mind.

Yet we think this is normal.

So much so that these words are mumbo jumbo for so many people.

The mind is either your best friend or worst enemy.

If Christ or Buddha were alive today they would use scientific terms and stories to
relay their message.

Peace of mind can never come from a chaotic mind.

Peace only comes from within.

When the mind, body, and soul is in alignment peace will arise to the surface in
each moment.

This is called the kingdom of heaven.

Heaven is a state of mind or being.

Ponder this over.

What is your ultimate aim?