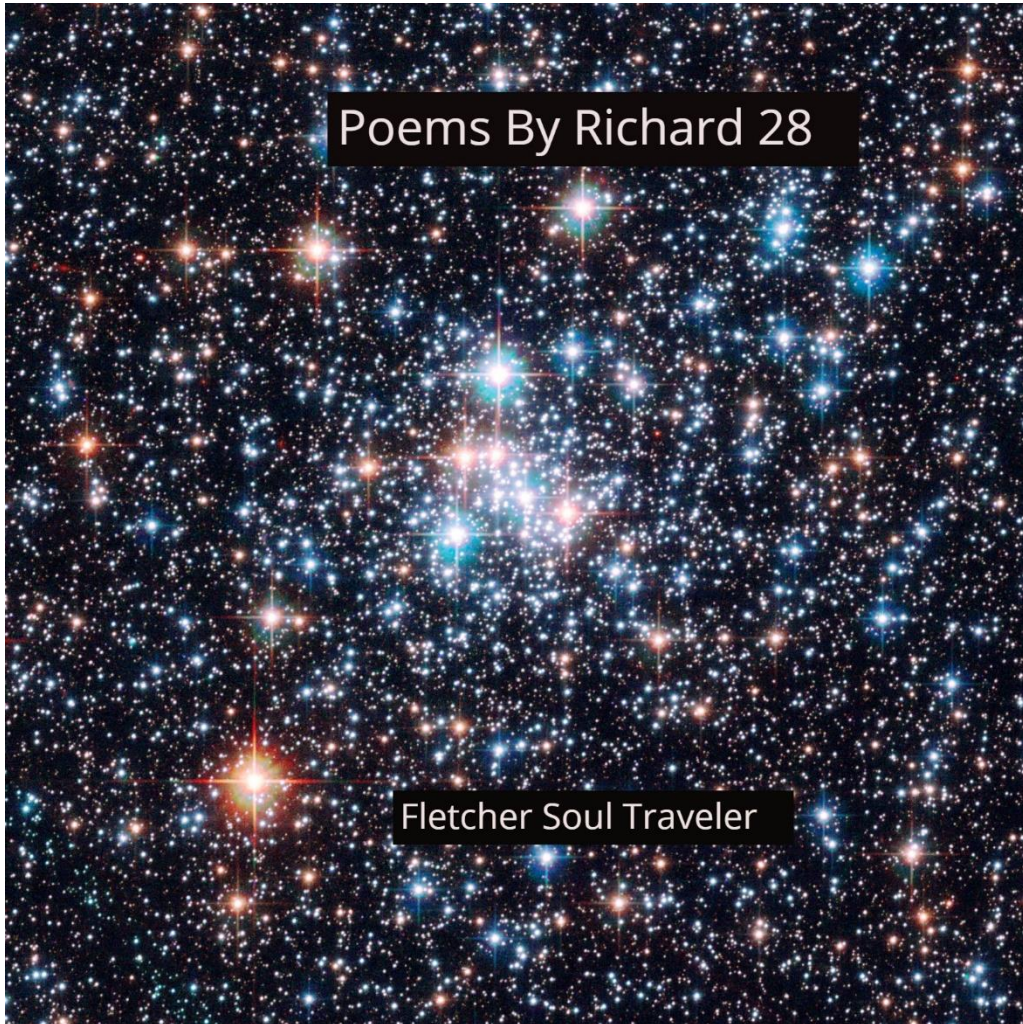


2021

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.



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Burr Cold Water

I remember trying to open the car door after surfing in cold water.
I had to put all the effort in the world to open the car door.
Yet I was exhilarated.
Never felt so much alive.
Coldwater is extremely beneficial.
Just ask WIM HOF aka the iceman.
Coldwater is our friend, not our enemy.
In the last 30 years, so much research has been done on this subject.
The mind and body love this therapy.
Even just a few minutes a day will help you tremendously.
The healing effects of nature are all around us.
We just have to pay attention.
When I was you my parent's friend has severe asthma problems.
His wise old doctor recommends him to be in the oceans every day.
His asthma was cleared.
The cold salty water improved his immune system.
Not only that the physical activity in the ocean helped him to improve his health.
If you don't have the ocean nearby which I presently don't take a cold shower.
It can be only for 30 seconds or soak your feet.
Be proactive about your health.
Remember this is the only body you get at least for this go-around.
We are on the verge of becoming a nation of taking responsibility for our inner
health.
That includes the mind, body, and soul.
If you take care of all three I can guarantee you your life will turn around.
Mind you it will never be perfect.
Curveballs will still be thrown your way.
Yet by doing this you are training yourself to live in the center of the hurricane.
Need I say more?

Individuality vs universality

Can you survive without university?
Can you survive without the sun?
Could you survive without gravity?
Could you survive without air?
Could you survive without water?
Could you survive without food?
Could you survive without the earth rotating around the sun?
Could you survive without love?
Could you survive without hope?
Could you survive without Mother Earth?
Could you survive without the creative source?
Could you survive without sleep?
Could you survive without shelter?
Could you survive without your medicines?
Could you survive without the moon?
Could you survive without our Milky Way star system?
Could you survive without our galaxy?
Could you survive without our universe?
Could you survive without atoms?
Could you survive without cells?
Could you survive without nature?
Could you survive without your body?
Could you survive without your mind?
Could you survive without your soul?
Could you survive without beauty all around?

This is just a shortlist.

Everything you see and touch is a part of the creative force.
Our egos just think we are superior and we simply act upon it.

Ponder this over.

Emptiness

What comes to your mind with the word emptiness?
When the average person hears this word it is a negative state of mind.
I feel empty devoid of any feelings or life.
My life has no meaning or purpose.
Usually, a person has some kind of negative addiction.
Mystics have discovered for thousands of years the true experience of emptiness.
There is a thread of love tying the whole universe together.
This is our natural state.
Yogi's call this sat chit ananda.
True is the consciousness of bliss.
When the mind is focused on truth the awareness is absolute bliss.
Scientists have taught for many years the space is empty that it is a void.
In the last few years, many say that the entire universe is conscious and aware.
Mystics have been saying this for thousands of years.
A man who lives his life solely externally for happiness will someday run out of
gas and feel empty.
A wise man dives deep inside every waking point of the day.
One discovers the jewel within.
You don't have to go to a mountain top to do this.
One can sit on the couch with your eyes closed.
The universe doesn't care where you sit and meditate.
When I was young I lived in the big apple for some time.
With cars blaring and honking you can still calm your mind.
This is a practical path.
Remember the more attention you pay to something the more attention it pays to
you.
If you pay attention to your problems you will have more problems.
I'm not saying curveballs won't be thrown your way.
They will but you can be in the center of the hurricane.
The tide comes in.
The tides go out.
Yet you are the infinite ocean.
What do you care what state the tide is in?
I find it fascinating that the majority of people still disbelieve that there is a jewel
that lies within.
Well, what is keeping you alive?
When you know this you will have solved this riddle.

Silence Is Your Friend Or Foe

Silence is either your friend or foe?
For many people, silence is deafening.
A moment in silence brings one into a state of agony.
Solitary confinement can bring a person to be insane.
Yet for a mystic it brings liberation.
Just think it could be the same room yet for one it brings liberation while the other
goes insane.
Many people find it extremely uncomfortable to be in a room with absolute
silence.
One must have the radio blaring or the TV on.
For them, silence has not been cultivated.
Silence is a state of mind.
If you love silence it is your friend.
If you don't know silence it is your foe.
Silence is living in the center of the hurricane.
In this state all is calm.
This is your natural state of being.
When silence is your foe you are like leaves blowing in the wind.
We are scattered.
We are happy in one moment and discouraged in the next moment.
Silence has infinite levels of existence.
It is an infinite well within.
A wise man can be in silence and yet be talking to you.
That's quite the paradox for most
Yet for the mystic life is a paradox.
He places his concentration on the unknown.
The unknown becomes the known.
In that state one just smiles at life.
He has nothing to say or prove.
The world would be heavenly if we all had this state of mind.
The kingdom of heaven lies within.
If I could give you any advice it would be the following.
Love to love the silence inside of you.
Make it your friend.
Your life will be much better and clearer.

Chief Financial Officer

You are your own chief financial officer.
You can go bankrupt or be the richest person in the world.
A man who dives into silence every day understands these words.
Only thru silence can one discover the true riches of life.
It is not a given.
It must be discovered by yourself.
Why it is that way I don't know.
You have free will.
Maybe just maybe that is the answer.
Yet you control the inner money in your life.
Just like a Fortune 500 company hires the best CFO it can, you hired yourself.
Are you up for the challenge?
The stakes are high.
Your mind, body, and soul are at state.
Nobody is going to take over you.
Yet you must learn to be conscious of the silence.
Everything is put into place.
When you were born you had infinite riches inside of you.
Since being born humanity has squandered it away.
At times we are on the verge of bankruptcy.
Take a look around you and you will see what I mean.
Some political parties have almost denounced kindness.
Being a bully is considered a great trait.
True becomes fiction and fiction becomes the truth.
One who dives into silence is truly the wise one.
He has nothing to say or prove.
He just smiles at life.
Where is the world going?
Ask yourself where am I going in life.
You are a piece of the puzzle.
Have you discovered that piece inside of you?
Remember you are your own CFO.
How much inner money is in your bank account?
You are the deciding factor.

Board Of Directors

I find it funny that when we were born we had a divine board of directors on board.

We all came from the creative source.

Yet over time we slowly fired them one by one.

Granted it was probably unconscious.

For some, it might have been conscious.

Anyway, we are in a position today where we have forgotten the guidance we received when we were born.

Today we pray for guidance yet at times it is so elusive.

We have forgotten to reboot the computer of life.

In this state, we can see the board of directors online.

This is not a fairy tale.

This is our true nature.

Meditation and entering the silence are the key.

Unfortunately, we have the key within.

The door is there.

Many even say the door was never closed.

There are many rooms in the mansion of life.

We have simply ignored them from our neglect.

We think we are isolated and alone.

Nobody would care less about us.

This my friend is so not true.

The same breath that is keeping you alive is keeping the universe alive.

This is a fact.

Just ask quantum scientists.

He may not say behind your breath but he will say there is a quantum field that exists everywhere.

The wise men in the past knew the board of directors are always there for guidance.

Mankind has slowly closed the door where there is not even a small whisper coming behind the door.

How do you feel about this>

Would you like practical guidance coming inside of you?

Your board of directors is always there but you aren't.

Ponder this over.

Unions

In my eyes I love unions.
When I was in high school I worked at Richard's market.
It was an incredible job.
I washed pots and pans.
The pay was incredible.
After 6 PM the union rules were to be paid time and a half.
I think back then I was paid around 10.00 an hour.
Just think if I would have worked at a restaurant doing the same job I would have
been paid 1.60 an hour.
I made around 5,000 that year.
That is how I got my money for my travels.
Huge difference.
The unions had my back covered.
Richard's market was very successful.
Did you know that there is an inner union existing inside of you?
The word yoga means union.
We are not alone.
Our school systems don't teach us this precious knowledge.
Fortunately, my high school had a 3 weeks course on yoga.
That totally changed my life forever.
There is a true union that exists within.
It has always got your back covered.
Unfortunately, we terminated those unions with our ignorance.
They are still there.
They are the fabric of life.
Yet we have forgotten that they even exist.
We go on merrily texting on the freeway of life.
That's a sad state for humanity.
We can't see the forest from the trees.
We think this is our true nature.
No wonder the world is in chaos.
Even today unions are almost nonexistent.
The minimum wage is not a living wage.
I could go on and on which I won't bother you with.
Discover your true nature.

Can You Hear The Grass Growing

We see and hear such a small spectrum of life.
Dogs can hear sounds that we can't even hear.
Eagles have a vision unparalleled to man.
Bats have built-in sonar.
Whales and dolphins can communicate to one another thousand of miles away.
Imagine we have internal senses that have never been activated.
The operating system, hardware, and software were installed before you were born.
Did you know the aboriginals can hear the sound of grass growing?
How about that?
Talk about having sensitive ears.
The only way to achieve this is by entering into silence.
Silence is the door within that unlocks the great mysteries.
The earth is alive and conscious.
Everything in the universe is aware and conscious.
Yet we are blind to that fact.
For the western man, a forest is a commodity.
It is meant to be destroyed for its resources.
For the ingenious tribes, a forest is sacred and honored.
What a huge difference that makes?
No wonder why our present-day world is so messed up.
Common sense is uncommon.
The birds and fish can move in complete unison.
No one is leading yet they all are leading.
That's called harmony.
Currently, the world at large hardly knows what that word means much less
experiencing that.
We are at a point where we must discover inner harmony within and bring it into
this world.
Just think Portland Oregon had temperatures of 117 degrees.
That's over 30 degrees from normal.
We must all do our part.
We will all discover the thread of love tying us all together the world will change.
Each one of us is responsible.
Don't wait for some else to change first.
It's your responsibility for yourself.

Silence is God's first language

As humans, we communicate mostly with words.
Yet words can get in the way.
Words can be used for good or for harming others.
It's hardly the best way to communicate.
Silence is God's first language.
It might be his only language.
As humans, silence is an unknown state of mind.
The wise men in the past said that silence is our true nature.
Unfortunately it has fallen to deaf ears.
Currently the world at large lives in a chaotic state of mind.
We think it is normal.
Nothing can be farther from the truth.
Apathy has entered many doors.
This is a light inside of the tunnel.
It's not another freight train barreling down on us.
Millions of people are waking up from their slumbers.
Silence is the door to unlock the great mysteries of life.
The universe communicates through silence.
It will never say 'Hey Charlie! Wake up from your slumber'.
It does not demand anything from you.
Yet we are missing out on life and its great mysteries.
You are the universe.
You just don't know it.
Many people just roll their eyes when hearing this.
Talk to a modern-day scientist and they will tell you this is true.
All the wise men in the past understood this.
What are you going to do about this?
Maybe it time for you to think about it.
The world can't go on with such chaos.
Chaos is not our natural state.
Silence is the language to communicate.
It is a state of being.
It's funny that it is our natural state, yet we have ignored it for thousands of years.
No wonder we have so many problems on earth today.

God Speaks Thru Silence

We pray to God.
God listens.
God speaks thru silence.
Then how can we listen?
Meditation brings one to a state where one can listen to the unspoken word.
That may seem a paradox.
Unfortunately, we haven't been trained this way.
We can live with our feet on the ground and our heads in heaven.
This is our true nature.
Our minds are like a tuning fork.
Whatever it touches it vibrates at that frequency.
We all vibrate with chaos.
Just turn on the news.
A wise man trains to vibrate with the frequency of silence.
This is where God speaks to you.
Love is the doorway to this precious communication.
Everyone on earth has the ability to do this.
No one will be denied.
A person can change their habits in 30 days.
Maybe, just maybe you can try to do this.
You will stumble and fall.
Curveballs will be thrown your way.
That's called life.
When you fall just smile and pick up yourself from the ground.
Dust yourself off and take another tiny step.
That's all that is needed.
One baby step after another.
Remember Rome was not built in a day.
To truly change takes time but it is so worth it.
In the beginning, you meditate on God.
At some point, God will meditate on you.
What you pay attention to you will pay attention to you.
That is a universal fact.

Silence Speaks To You About The Secrets Of The Universe

I will love to see the day when modern-day scientists and mystics merge as one.

That will be an incredible day my friend.

Meditating is the key to unlock the great mysteries of life.

Can you imagine the wisdom of a scientist combined with the wisdom of a mystic?

The scientist will be able to understand so much more about the great mysteries.

His knowledge and understanding will be so much more.

Scientific dogma will not exist.

One could truly think outside of the box.

Even today scientists are ridiculed and put down when they have a new theory or concept.

This has been going on for thousands of years.

Dear old Galileo was put on house arrest with his theories.

Scientists today are blacklisted for life with their thinking.

Eventually, over time their theories become mainstream.

This is usually after they died.

Nicolas Tesla is probably more famous today than when he was alive.

He had an extremely difficult time when he was alive.

Consider this quote.

“If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.”

This is still out-of-the-box thinking for today.

The quantum scientist completely understands this while the majority just roll their eyes.

Tesla learned the language of silence.

A fountain of wisdom came his way.

We are just at the cusp where the two will merge together.

That will be a glorious day my friend.

Silence Quotes

Yoga is the settling of the mind into silence.
When the mind has settled, we are established in our essential nature, which is
unbounded Consciousness.
Our essential nature is usually overshadowed by the activity of the mind.

Patanjali

“The quieter you become, the more you are able to hear” – Rumi

“Those who know do not speak. Those who speak do not know” – Lao Tzu

“The monotony and solitude of a quiet life stimulates the creative mind” – Albert
Einstein

'When the lips are silent, the heart has a hundred tongues,' says Rumi, 'Listen!
Clam up your mouth and be silent like an oyster shell, for that tongue of yours is
the enemy of the soul, my friend. ' Through silence, Rumi reaches a level of
consciousness where he loses all his mundane identities.

“Why are you so afraid of silence,
silence is the root of everything.
If you spiral into its void,
a hundred voices will thunder
messages you long to hear”

— Rumi

Silence is an ocean. Speech is a river. When the ocean is searching for you, don't
walk into the river. Listen to the ocean.
– Rumi

Silence is the language of God, all else is poor translation.
– Rumi

Be quiet, the secret cannot be spoken, It is wrapped in silence.
– Rumi

Buddha once said, Do not speak - unless it improves on silence

A fool is known by his speech and a wise man by silence

Silence is a source of great strength

There is something wrong with a culture inebriated by noise

Focus On The Good Not The Bad

Focus On The Good Not The Bad.
Remember whatever you pay attention to it pays attention to you.
This is the law of life.
If you pay attention to your problems you will have more problems.
I see some people complain about their miseries all day long.
Their lives are miserable.
Look at the Dalai Lama. What a wonderful example of someone who focuses on
the good.
Imagine if your country was invaded by China and you had to flee for your life.
You might be still freaked out by that.
Yet that event has far been removed from his mind.
He saw it as a blessing in disguise.
Without that event, even the western world wouldn't know about him.
He never would have traveled around the world.
Even among life's problems smile at life.
Look at the humor in the situation.
My dear friend Guy had the ceiling fall in.
Literally, this happened.
Yet he knows how to be in the center of the hurricane.
Yes, the ceiling needs to get fixed.
Why get freaked out, where if you do you have to fix not only the ceiling but your
freaked out mind and body.
It's worse enough for the ceiling to cave in.
Why compound the problem.
This is a practical path that takes practical steps of action.
Only a wise man understands this.
Every moment we are fine-tuning the guitar of life.
The goal is to be conscious in every working moment.
Curveballs will still be thrown your way.
Yet even a bunt and struggling to first base is better than a strikeout.
Each moment is precious.
Life is not dull.
Yet you may live a dull life.

Knowledge

Knowledge is the art and science of discovering yourself.
This has been known for thousands of years.
Yet in mainstream society, we are still texting on the freeway of life.
Signposts are all around us.
Yet we are too busy to see them.
Extreme stress is predominant today.
How can one discover one's true nature when we are so stressed out.
The world is like a ticking time bomb.
Our common sense is slowly and rapidly drifting away.
When truth becomes fiction and fiction becomes the truth how can one acquire
true knowledge.
You are the universe.
You just don't know it.
That's the theme of this century.
Yet let's be honest.
For many, it's just a cute theme.
People's eyes roll when they hear that.
Despite the wisdom of mystics and scientists, we prefer our morning coffee.
Mediation is not for me.
Yes, I get that.
The world needs to wake up from its slumber.
Our problems are cascading out of control.
How much more sleep do you need?
The world is experiencing a nightmare.
Yet we don't think we are a part of the problem.
Truth exists inside of you.
As the wise men in the past said know thy self.
There is a precious jewel within you.
You are the missing piece of the puzzle.

Mankind Surely We Can Do Better Than That

Mankind surely we can do better than that.
It seems like chaotic times.
Where did our great wisdom go?
The truth has become fiction.
Fiction has become truth.
Distortion of facts has blinded us.
Remember it takes only thirty days to establish a new habit.
That's a good or bad habit mind you.
Since the capital building riot, many people have distorted the truth.
Some say it was only a walk in the park.
Say it over and over and this is rewired in your brain.
This becomes your truth and no practical evidence will convince you.
Hundreds of laws are being passed because of a rigged election.
The ex-president said it was rigged way before the election.
Not one state said it was rigged.
Yet today this is still a driving force in politics today.
This is the first time in our history where the ex-president has never conceded
and said he lost.
Mind you Gore lost by several percentage points and gracefully conceded his loss.
One side said it will do anything to stop the other side from getting anything
done.
That is its main mission.
Then why did we vote for them with this kind of attitude?
We need to look at both sides of an issue with clear eyes.
Why are we so polarized?
The great eagle needs two wings to fly.
Some people think that we should cut off the left-wing.
That's called totalitarianism.
We need both wings to fly.
We need to compromise.
We need to stop the name-calling.
We need unity.
We need wisdom.
We can either unite or watch our democracy fade into the night.

Set the tone of the conversation

Ring, ring, ring, ring.
It around 2:30 in the morning.
I pick up the phone and wonder who is calling me at this hour.
It's my friend Mark.
We somehow get into a discussion of why there is so much dysfunction in our
communications today.
Out of the blue Mark said the tone is what sets the conversation.
Bingo.
Light goes on.
Jackpot.
A person might have great wisdom with something to say yet the tone set the
conversation.
If the tone is derogatory the greatest message in the world will never be received.
It will be rejected.
The tone is the demarcation point of the conversation.
If one's tone is of love and compassion true communication will take place.
If one has an angry tone right off the bat one misses the mark.
Both sides are drowning.
Discrimination and wisdom are nowhere to be found.
I could have set up the tone of the conversation with Mark with the following.
Old school.
What the ... are you calling me at this hour.
New school.
Synchronicity is in the air.
Let's see the lotus flower blossom.
With divine grace out came the answer.
The tone is what sets the conversation.
Simple.
We don't learn that in our schools.
Hey Mark I'm still learning about snippets of wisdom.

Thoughts

Where do our thoughts come from?
Just think they appear and disappear like a thief in the night.
Some thoughts seem to hang in there like a noose on our neck.
We can't shake them off.
Talk to a person who has been to war.
PTSD is very alive and well today/
Some people hold on to anger.
That son of a bitch I'll never forgive you.
That tape gets played over and over again until it creates a groove in the record of
life.
Buddha says you are drinking your own poison.
Present-day scientists have proven this in the last 30 years.
All of your thoughts are wired into your brain, neural networks, mind, and body.
Your state of mind and body is a reflection of your current thoughts.
Disease is when the mind, body, and thoughts are not in easement.
Unfortunately, we are not taught this in schools.
We live our entire lives like leaves blowing in the wind.
Mystic said the most difficult thing to do in the universe is to tame your thoughts.
We train our dogs to behave properly.
Yet we never bother training our own minds.
Take a look at the chaos all around us.
Need I say more?
Nobody is going to save us.
We must save ourselves.
It's so easy yet so hard.
Our true essence is so much more we can ever conceive.
Yet we are hardwired for this experience.
The operating system, hardware, and software have been there since we were born.
One can learn to cultivate the mind.
Christ and Buddha did.
Nobody gets a free ride.
Yet they said and proved it could be done.
Christ said Truly, I say to you unless you turn and become like children, you will
never enter the kingdom of heaven.
Ponder this over.
It can make the difference between day and night in your life.

John Evans RIP

Yesterday I learned from my dear friend Laurie that John Evans died.
John was a dear friend who I haven't seen in many moons.
He had a smile that could light up a room.
Everyone loved John.
He had that aura of charisma around him.
He had his feet on the ground and his head in heaven.
He loved to study the great mysteries of life.
The Kabbalah was one of them.
You could say he was a spiritual warrior.
He fought against darkness and ignorance.
That was his way.
The smile could change anyone's darkness into light.
When I met him he loved martial arts.
He loved to create harmony.
The martial arts create great disciple which is needed in the undisciplined world of today.
He wasn't just a seeker of the mysteries but a great knower of the mysteries.
That my friend is a huge difference.
He didn't flaunt his wisdom.
Like a wise man, he just smiles at life.
He had nothing to prove.
John was a good man and a kind man.
I deeply value the time we spent with each other.
To his wife, I offer my prayers and condolences.
John has gone to another room in the mansion of life.
Yet he will always be there with us.
John knew that life is eternal.
Like the caterpillar, one must someday transform into a butterfly.
John now has his feet in heaven and his head in heaven.
We can see him deep within our hearts.
Yesterday John came to me and give me a huge smile and a wink in the eye.
He said we should all meet again someday.
Give my love to my beautiful wife.
Love never dies but the body does.
Love is eternal.
Life is so precious.

I Have A Theory

I have a theory that what the Buddhist call the empty mind is in reality the quantum mind.

The quantum mind exists beyond all time and space/

It exists in all dimensions.

It exists in all the known and unknown.

The Tibetans say there are 3 stages of mind.

The course mind, a subtle mind, and a very subtle mind.

Most of humanity lives in the course mind.

A thought occurs positive or negative and they respond accordingly.

This is like leaves blowing in the wind.

The subtle mind is one who is embarking on discovering the jewel within.

He lives sometime in the center of the hurricane and at times lives in the hurricane forces of the wind.

By practice, they learn how to calm down the hurricane forces of the mind.

The very subtle mind is like the Buddha or Christ.

They have subdued the mind where the only thing that exists is perfect calm.

They can see truly the reflection of their true nature and become it.

This is the path of wisdom.

All three stages working in the same manner.

A thought comes in.

The subconscious mind attaches an emotion to the thought.

Chemicals get released into the bloodstream.

Presto you become that thought or emotion.

It doesn't matter what it is.

The wise man understands this process and learns to refine his thoughts and emotions.

The quantum field contains endless chemicals that we haven't even conceived.

This is where true harmony and true health will come someday.

Quantum medicine is knocking at our door.

As Tesla once said, if you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.

The universe movie projector is creating a real-life movie that we get totally sucked in.

The wise man turns around and sees that the projector is simply sending light to the screen and producing images.

Ponder this over.

This may help you in life.

Arise From Your Slumber

Arise from your slumber.
Your precious Mom would say this on a school day during your youth.
You are snuggled in your blankets on a cold winter's night.
The fireplace was emulating sweet warmth.
Breakfast was on the table so you could eat.
Your Mom was up an hour earlier than you getting everything ready for the new
day.
Day in and day out this precious routine would take place.
Even during summertime when there was no school.
The days were hot and the fan was blowing a cool breeze on your warm body.
Words can't express the love your Mom had for you.
During the good times and bad times, she was there to support you on your
journey.
How much our moms sacrificed for us.
Yet there was never complaining.
When love is there each action is precious.
We probably took this for granted.
We were young and naïve.
Yet the older I get the more I value my mom.
My mom is still alive.
I try to say hello every day.
It might be a five-minute conversation or an hour.
Time is slipping away.
My dad died over twenty-five years ago.
I can only talk to him in my heart.
Talk to your family and friends when they are alive.
Let go of the past.
Don't carry burdens inside of you.
Laugh at life.
Smile at diversity.
Not everyone will have the same views on life.
You don't have to hate them for that.
This life is such a precious journey.
It's not a nightmare.
At times it may seem like it.
The sun is shining inside of you.

Stupid Is Is What Stupid Does

The definition of stupid is as follows.
Having or showing a great lack of intelligence or common sense.
Boy have we ever seen this in the world today.
When truth becomes fiction and fiction becomes the truth stupidity rules all.
Yet the stupid ones who rule think they are intelligent.
When being a bully has more class than a humble ruler stupidity is king.
Where have our morals and ethics gone?
Can we ever go beyond our politics?
It seems like certain people will bring America down to its knees to hold on to
power.
Power corrupts.
Look at the history books for that example.
Yet many people think they can hold onto power and not get corrupted.
Switch the shoes for the last four years and tell me would you support what has
happened in America today.
Just switch the shoes and tell me how you would rule.
A wise man does this all the time.
How would this action benefit the other side?
If it's not beneficial for all let's reconsider our proposal.
So many people are spinning the truth.
Where does truth exist if at all?
True wisdom only exists inside of you.
Yet we think our leaders have it.
Wisdom never comes from bullies.
Wisdom never comes when a person or party bends the truth.
Yet person says a falsehood over and over again and they know it, is a sign of
stupidity.
Unfortunately millions of people will believe it.
Have we as a nation become stupid people?
If someone has a different point of view we blast them and flame them.
Where is common courtesy?
Where is our humbleness?
Where are our moral principles?
In God we trust.
It seems like we trust stupidity and we have a clear vision.
Ponder this over.

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Transform

The definition of transform is as follows.
to change in composition or structure
to change the outward form or appearance of
to change in character or condition
to cause (a cell) to undergo genetic transformation
What if I told you that the wise men from the past talked about transforming themselves?

This is the goal of human life.
The great tools of transformation have always been there.
Like any tool, if you don't use it, it will not benefit you in any shape, way, or form.
Using a tool helps one to transform.
We are all on the treadmill of life.
The mystics decided a long time ago to get off the treadmill.
By doing so one discovers the jewel within.
This path is the most practical path.
One must have his feet on the ground and your head in heaven.
Be conscious and aware is the key.
The more conscious you are the more practical you can be.
In this video game of life, the purpose is to transform.
Life gets bored playing at the same boring level.
Currently, humanity is playing at the same level for a long time now.
Wars have never solved anything.
They have just caused extreme suffering on the land.
Millions of innocent people have been killed due to man's wars.
War is one word I would love to delete from the human dictionary.
It should be struck out.
Yet it's so easy to start a war.
It doesn't take much.
Just a person who has a pet peeve can start one.
We are pulling out of Afghanistan after twenty years yet utter chaos still exists.
We leave the country worse off than it was twenty years ago.
Each one of us can transform if we want.
The only thing that is stopping us is our apathy.

The Hidden Christmas Tree

Imagine coming into this world as a fully lighted Christmas tree.
The light shines within.
That incredible smile you gave lights up the room.
Everyone is transformed into a state of love with that smile.
Yet slowly one by one the light bulbs fade away.
At one point we even forgot that the tree and lights even existed.
Note this is just not a Christian tree.
We are talking about the Tree of life that is keeping you alive.
Humanity thinks that happiness exists outside.
For thousands of years, wise men have said the precious jewel lies within.
Why do we live in a state of apathy?
Maybe we just think this is all nonsense.
Yet what is the power that is keeping you alive?
That is a very simple question yet very difficult to answer.
You are the universe.
You just don't know it.
Yes roll your eyes all you want but that is the truth.
I know it sounds crazy.
Yet talk to a scientist who is researching quantum mechanics and they will tell you
the same.
Mystics have been saying this for thousands of years.
The operating system, hardware, and software lie inside of you.
You just have to flip on the switch.
It's as simple as that.
You are magnificent.
You are not your problems.
Dust is simply covering the mirror of life.
You don't freak out when your mirror is dusty.
You just simply clean it.
The same way you just clean your inner mirror.
No sacrifice or penance is needed.
This is a peaceful journey.
You change when you want to.
You have free will.

Intention

The definition of intention is the following.

1a: what one intends to do or bring about

b: the object for which a prayer, mass, or pious act is offered

2: a determination to act in a certain way : RESOLVE

3 intentions plural : purpose with respect to marriage

4: IMPORT, SIGNIFICANCE

5: a process or manner of healing of incised wounds

6: CONCEPT

especially : a concept considered as the product of attention directed to an object
of knowledge

Without a proper intention, one will never discover the jewel within.

The jewel is there.

You are there.

Yet the jewel is still hidden inside of you.

The proper intention is the means to propel you to discover the jewel within.

It is the glue which binds us to higher states of mind.

Most humans have dense intentions which bind them to the five senses.

They are texting on the freeway of life oblivious of their true nature.

The wise man cultivates inner intention daily.

The fruits of his effort leads to enlightenment.

Ponder this over.

What is your intention in life?

What are you focused on?

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Contact

The definition of contact is the following

Noun

- 1.the state or condition of physical touching.
- 2.the state or condition of communicating or meeting.

Verb

- 1.communicate with (someone), typically in order to give or receive specific information.
- 2.touch.

What is the ultimate contact?

You may touch every object externally in the world yet you will still ultimately experience a void inside of you.

A wise man constantly touched the jewel within and get enlightened along the way.

Attention

The definition of attention is the following.
notice taken of someone or something; the regarding of someone or something
as interesting or important.

Similar:
awareness
notice
observation
consciousness
heed
recognition
regard
attentiveness
curiosity
inquisitiveness
listen
be attentive
attend
concentrate on
concentrate on hearing

Where is our attention placed today?

Where are we as a society going?

When truth becomes fiction and fiction becomes truth we have lost the way.

Our minds have become scattered.

A scattered mind is like leaves blowing in the wind.

We can't see properly.

Our attention span is so short.

How can we solve the problems of today when we are texting on the freeway of
life?

This should be common sense.

Yet our nation is divided.

I'm right and you are wrong.

That is the problem.

Our attention is to always blame the other person.

We see only a small piece of the puzzle yet we think we see the entire puzzle.

What are you going to do about this?

Feeling

The definition of feeling is the following.

noun

an emotional state or reaction.

"a feeling of joy"

Similar:

love

care

affection

fondness

tenderness

warmth

warmness

emotion

sentiment

passion

adoration

reverence

devotion

compassion

sympathy

empathy

understanding

concern

solicitude

solicitousness

tender-heartedness

brotherly love

pity

sorrow

commiseration

condolences

2.

a belief, especially a vague or irrational one.

"he had the feeling that he was being watched"

Similar:

notion

inkling

hunch

fancy
apprehension
presentiment
premonition
idea
vague idea
impression
gut feeling
feeling in one's bones
funny feeling
sixth sense
adjective
showing emotion or sensitivity.
"he had a warm and feeling heart"

Similar:
sensitive
warm
warmhearted
tender
tenderhearted
caring
softhearted
sympathetic
compassionate
understanding
empathetic
responsive
receptive
intuitive
thoughtful
emotional
demonstrative
passionate
sensible

Wow just think if we could tap into these qualities in each and every moment.
The funny thing is it is possible.

Aspiration

The definition of aspiration is the following.

noun

1.a hope or ambition of achieving something.

"the yawning gulf between aspiration and reality"

Similar:

desire

hope

longing

yearning

hankering

urge

wish

aim

ambition

expectation

inclination

objective

goal

target

end

object

dream

2.MEDICINE

the action or process of drawing breath.

One needs to be full of aspiration to live a fulfilled life.

When humanity punches the snooze button over and over that is a signal, my friend.

Our car is running on gas fumes.

We need to fill our tank.

What do you do when you are in this situation?

We all have those off days where everything goes south.

How do you handle that?

Resolve

The definition of resolve is as follows.

verb

settle or find a solution to (a problem, dispute, or contentious matter).

come to the conclusion

settle on a plan of action

noun

firm determination to do something.

When a person has a problem it's like a constant mosquito buzzing and harassing you.

It's an irritant.

You can't quite shake it off.

The only way to do so is to resolve the problem.

Easier said than done.

This is where the art of mindfulness comes in.

Mindfulness brings one to the center of the hurricane.

In that state, all irritations of the mind get resolved.

The problem may still be there yet it can't touch you.

This is why I say the spiritual path is the most practical path.

What can be more practical than get rid of the mosquito bites of the mind?

In a clear state and vision, one can overcome any curveballs thrown your way.

At times your problems define you.

You go around and around in your mind getting worried.

All this does is make you more stressed and uptight.

You're not a happy camper.

Who likes to sleep on the ground and be attacked by mosquitos?

The wise man has a mosquito-proof tent with a magnificent bed.

He sleeps like a baby at night.

Which one do you choose?

Remember you do have a choice.

You have free will.

Shame

The definition of shame is as follows.
a painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behavior.

We have seen recently politicians who have no shame whatsoever.

Therefore their actions are foolish and unkind.

One politician lied over 30,000 times since taking office.

Yet today many Americans think that the election was rigged.

Shame is a mechanism where a normal person takes into consideration before doing an unwise act.

One who does not have shame has no buffering process.

He will tweet what comes to his mind at 2:00 in the morning.

A wise politician will go over his Tweets with his advisors to make sure they are correct.

It seems like shame is slowly drifting away.

It is a central cornerstone in developing a proper state of mind.

When one only votes for the party line shame goes out the door.

Common sense goes out the door.

Truth becomes fiction and fiction becomes truth.

A healthy state of mind turns into a swamp.

We should be only voting for people who have a stable mind and an ethical mind.

Those who say the attack on the Capitol Building was a walk in the park should be voted out of office.

This is a sign of a very unhealthy mind.

How can you govern with such nonsense?

They can't even feel any shame.

When this happens to the majority of a party disaster can happen.

Remember the eagle needs a healthy left and right-wing to fly.

Passing laws is one of the functions of our leaders.

Probably the most important is mental and emotional stability.

Kindness is a lost art in our politics today.

Maintain your power at all costs.

Even if it means bending the truth into falsehood and bending falsehood into the truth.

At first, they don't believe what they are saying.

Yet by saying it over and over they become convinced of their lies.

Where did shame go?

Consideration

The definition of consideration is as follows.

noun

careful thought, typically over a period of time.

"a long process involving a great deal of careful consideration"

Similar:

thought

deliberation

reflection

contemplation

cogitation

pondering

meditation

musing

mulling

examination

inspection

scrutiny

analysis

review

discussion

attention

heed

notice

regard

The golden rule comes to my mind.

do unto others as you would have them do unto you.

This is the foundation for man.

Where has consideration gone?

Yelling, screaming, and flame-throwing have taken their place for millions.

No wonder we have so much chaos on this land.

Basic human virtues of the mind have been ignored and replaced with such
negativity.

Remember you are the company you keep.

Every moment you are programming your mind for the positive or the negative
state of mind.

Your mind and body are interconnected.

I think therefore I am.

That is the truth.

It's not just a theory.

Non-hatred

The definition of non-hatred is as follows.
Non-hatred is a consciousness lacking the intent of harm towards sentient beings,
sufferings, and the sources of suffering.
It has eliminated the generation of hatred.
That my friend is desperately needed in the world today.
There is a reason why the wise man simply smiles.
He has nothing to say or prove.
In that state of awareness, hatred is long gone.
Hatred or non-hatred is a state of mind.
It must be cultivated.
When you were born you didn't have a once of hatred in you.
The world around you taught you how to hate.
You took it hook, line, and sinker.
It's not your fault.
Yet you must clear yourself of the hatred.
It does not serve you and the world.
In fact, it is putting more gasoline on the fire of life.
When one can see the inter-connectedness of all things one drops the hatred.
This is your true nature.
What happened?
Why as a society do we contain so much hatred?
Is this serving any purpose?
Maybe it's time for internal housekeeping.
We have garbage everywhere.
Hatred has a putrid smell.
You can smell it a million miles away.
Love is the perfume of life.
It is the essence of all.
A wise man takes out the trash daily.
The dump trucks come and pick it up.
Over time one fully embraces the perfume of life.
By doing so sweet fragrance fills the air.
The mind, body, and soul are in harmony.
This my friend is your true nature.

Non-Ignorance

The definition of non-ignorance is as follows.

Non-ignorance is a mental factor that is characterized by clarity and sharpness and that serves as the opponent to the mental factor of ignorance.

In reality, it is clarity in mind.

It is called at times crystal clear.

Ignorance is a lack of knowledge or information.

Major problems happen in this world when the majority of people forget their true nature.

Unfortunately, we aren't aware of it.

Because of this factor, we can't see what we can't see.

Then we say our awareness is normal and clear.

I find it funny how so few people want to understand the basic laws of the mind.

Why would I want to do that?

Yet your mind is the instrument to decipher wisdom and actions to take.

This is not a serious path yet it requires discipline.

A happy dog is a disciplined dog.

An angry dog is an undisciplined dog.

Proper training and discipline are needed to find the inner jewel.

One can never find true wisdom externally.

One can only find it inside of you.

That's where the buried treasure lies.

We have been taught to only focus on the external therefore we live in ignorance.

If this is not so why is there so much chaos alive today in this world?

Ask yourself what are we missing?

This knowledge has never been taught in our schools.

We are taught only to focus externally on our happiness.

Look where that has brought us today.

We are sawing off the branch we are sitting on.

Yet we can't stop it.

We need to send that text on the freeway of life.

We don't have time to change or think about our consequences.

My vacation is coming up.

I've planned this for a long time.

I don't have time to think about this.

What a waste of time?

Ponder this over.

Maybe we got this picture backward.

Diligence

The definition of diligence is as follows.

noun

careful and persistent work or effort.

Similar:

conscientiousness

industriousness

rigor

rigorousness

One must be diligent to have a healthy mind.

A person never can rest on your laurels.

Curveballs will always be thrown your way.

You will stumble and fall.

Just pick yourself up.

The goal is to quickly recover and go forth.

Nobody is perfect.

Yes, perfection lies inside.

Yet nobody is perfect.

We all make mistakes.

Laugh at yourself.

Have a great sense of humor.

Enjoy the ride.

Be like a little child.

Don't be so serious.

Yet be diligent in your actions.

Don't give up the ship.

Just put your hand on the rudder.

Persistent diligence will sail you home.

Pliancy

The definition of pliancy is as follows.

adjective

bending readily;

flexible;

supple;

adaptable:

It seems like our society is cast in stone.

We are rigid in life.

We can't see the forest from the trees.

Society is not flexible to new ideas.

Therefore our minds and bodies are stiff.

It is not supple.

We hold on to dear life to our points of view on life.

Anyone who doesn't have our point of view is our enemy.

It seems to be getting worse in our society.

Some say the Capital Building riot was a walk in the park.

Despite hundreds of videos some still say no violence occurred.

Truth is fiction and fiction is truth.

Our mental state is solid as a rock.

Mind you that's not a good state of mind.

In that state, it's impossible to be supple, flexible, and adaptable.

Humanity doesn't look at a person's state of mind.

The media only looks externally not the other way around.

Maybe it's about time to look seriously at the inner video game of life.

Currently, we are stuck at the chaos level with no end in sight.

Our mental chaotic state causes the world at large to be chaotic.

We are far from having a human society.

The word human means divine mind.

Man means mind.

We haven't even come close to training our minds.

Looks at the world around us and the world is spinning out of control.

Yet the inner jewel exists inside of you.

It's always been there, my friend.

Why are we in apathy when the solution is staring us in the face?

Master the video game of life and you will be a happy camper.

Conscientiousness

The definition of conscientiousness is as follows.

: the condition or quality of being conscientious

Apparently, the secret to a happy, healthy adulthood is learning early on to deal with disappointment and developing character traits—persistence, curiosity, conscientiousness, optimism, and self-control—to surmount it.

— Deanna Pan

Not surprisingly, they have found that people blessed with innate conscientiousness, meaning that they are organized and predictable, typically eat better and live longer than people who are disorderly.

— Gretchen Reynolds

This trait is an incredible trait to cultivate.

When a person is conscious of his actions his life blooms like a flower.

His actions come from his heart and wisdom within.

Most of humanity is driven by the subconscious mind.

In fact, over ninety-five percent of our actions come from it.

One can be innocent as a child and have great wisdom.

Great wisdom comes from discovering the jewel within.

A conscientiousness person blames no one for his problems.

His mind is calm and peaceful.

A person who hasn't developed this trait tends to live life out of control.

This person tends to grasp at straws.

It's like the engine of life is backfiring.

The spark plugs are not in synch.

Life is extremely challenging.

Remember the more you pay attention to something the more attention it will pay to you.

This trait can be cultivated over time.

Life is free-flowing yet we must pay attention to our thoughts and actions.

In each and every moment we must fine-tune the guitar of life.

To be an incredible guitar player one must make a great effort.

To master the guitar of life we must practice in each and every moment.

Mind you this takes an innocence of a child to do.

Yes, this is a paradox.

Life has many paradoxes.

Ponder this over.

It can and will take you far on this journey of life.

Non-harmfulness

The definition of Non-harmfulness is as follows.

benign
harmless
innocuous
inoffensive
safe
non-dangerous
non-injurious

The intention is to create a safe and harmless environment for all.

There is a thread of love tying us all together.

When a person connects to this thread automatically a person's awareness is non-harmful.

One recognizes that in reality, we are all the same.

Yet when we focus only externally we can't see the true vision in life.

We create separation.

From a state of separation, we tend to get violent.

Anger is among this land.

For many people, anger is the norm.

Many people think it's funny to flame the other person.

They get a kick out of it.

Yet that is a violent act.

When we create division on purpose we are adding gasoline to the fire of life.

Many wise men understood this principle.

Unfortunately today it's a ghost shadow.

It's like we remember this concept but it is so far away from our mental reality.

It's like a silent whisper in the hurricane winds of the mind.

Presently it's very hard to hear.

We get bombarded with worldly and chaotic affairs of the mind.

Usually, the loudest gets paid attention first.

A silent whisper never gets paid attention.

I say common sense is uncommon.

Violence has hit the mainstream for a very long time.

The truth has been distorted.

Take the Capital Building riot.

Some say it was simply a walk in the park.

Truth has become fiction and fiction has become truth.

For many Americans, they are fading away from the truth.

The more you say this the more you will believe this.

Aggression

The definition of Aggression is as follows.

noun

hostile or violent behavior or attitudes toward another; readiness to attack or confront.

Similar:

hostility

aggressiveness

belligerence

antagonism

militancy

warmongering

warlikeness

violence

attack

assault

encroachment

offense

invasion

infringement

Where do all wars start?

They start from the aggressions of the mind.

Every single war has started that way.

An aggressive thought turns into aggressive action.

Mind you it doesn't take too much.

A leader could have had a bad night's sleep.

It's as simple as that.

The snowball starts going down the hill.

Before you know it's out of control.

The increased anger state of mind leads to aggression.

Mind you clarity has done an exit stage left.

Snagglepuss has left the stage.

The mind is in a chaotic state.

Presidents have said my button is larger than your button.

They were talking about nuclear weapons.

Mind you that is a scary thought.

Why don't we vote for Presidents who have stable thoughts?

You would think we would have learned our lessons.

Apparently not.

Vindictiveness

The definition of vindictiveness is as follows.

disposed to seek revenge : VENGEFUL

intended for or involving revenge

intended to cause anguish or hurt : SPITEFUL

We have seen plenty of this lately.

How can we ever vote for a President whose very false nature is this trait?

Mind you I said false nature.

Our true nature is love and compassion.

Yet when it comes to politics, ethics and morals have gone out the door.

America seems to have lost its moral compass.

Anything to stay in power is the norm.

Cheat, lie and steal are the norm.

Why do we seem to embrace this trait in America today?

Even some Christian groups said that God chose the previous President to be the
chosen leader.

That's a heavy pill to swallow.

Where did kindness go?

It seems like playing mind games and being vindictive is the norm.

Even people who tell the truth are being prosecuted by their own political party.

I have never seen that before yet we see it happening today.

Someday we will look at the past and we won't believe how barbaric these times
were.

Look I'm not placing political values.

I'm placing human values.

There is a big difference.

The ex-president mocked so many people that we became immune to this.

In the past, just one of these mocks would have been controversial for years.

Now it is just standard in our daily life.

An ignorant and dark mind embraces vindictiveness.

Not an ounce of emotional and mental maturity.

They never left their childish games.

We are here to transform.

Without transforming we are lost in our ways.

Tick tock goes the clock.

You are part of the solution.

Where do you want darkness or light?

It's as simple as that.

Concealment

The definition of concealment is as follows.

noun

the action of hiding something or preventing it from being known.

Similar:

hiding

secretion

cover

hiding place

secrecy

keeping secret

keeping hidden

hushing up

covering up

cover-up

suppression

disguise

camouflage

whitewash

We all tend to conceal our faults to people.

We say its human nature yet we are divorced from nature.

A wise man learns not to hide from anything.

We have lived our entire life like leaves blowing in the wind.

Consequently we hide our imperfections.

If we would just embrace our imperfection we could use alchemy to transform ourselves.

Remember everything is energy.

Energy can be transformed into something else.

When we embrace the things we are hiding it goes from darkness to light.

The pain of hiding something disappears.

The knot in the stomach goes away.

Just think one small match can light up an entire room.

You can transform any darkness inside of you.

Just embrace it and release it.

Make darkness your friends.

Don't hide from anything.

This is the way to heal oneself.

Spite

The definition of spite is as follows.

noun

a desire to hurt, annoy, or offend someone.

Similar:

malice

maliciousness

ill will

animosity

hostility

antagonism

resentment

malevolence

venom

evil intentions

hate

vengeance

nastiness

mean-spiritedness

None of these characteristics are positive.

We don't want to be around people who have them.

Some people's nature is full of spite.

We had a recent president who took great pleasure in it.

Many wars have been started due to man's spite for one another.

Spite comes from a dark and undisciplined mind.

When satisfaction comes from hurting, annoying, or offending someone this person has lost his moral compass.

Our nation currently has a cloudy vision.

When truth becomes fiction and fiction becomes truth we are lost.

When we have leaders who use spitefulness in everyday life it becomes common and the norm.

We then have people who think its ok to be spiteful.

This circle goes round and round spinning out of control.

We then tend to believe it's a positive state of mind.

We think it's normal.

Jealousy

The definition of jealousy is as follows.

jealous resentment against a rival, a person enjoying success or advantage, etc., or
against another's success or advantage itself.

mental uneasiness from suspicion or fear of rivalry, unfaithfulness, etc., as in love
or aims.

vigilance in maintaining or guarding something.

a jealous feeling, disposition, state, or mood.

Jealousy will never take you far in life.

It will make you bitter towards your fellow man.

One will think that life is not fair.

One thinks the grass is always greener on the other side.

Nothing good from being in a state of jealousy.

It's a heavyweight we place on our shoulders.

Over time one's perception of life is a jealous nature.

We do incomprehensible things.

Yet we don't have clarity.

Jealously taints the mind.

It's like a shapeshifter.

Unfortunately, we aren't aware of what we have become.

It becomes a part of our nature.

An unruly mind can become a jealous mind.

A clear mind filters out jealousy.

A person may have a jealousy thought yet the mind doesn't pick it up and act on
it.

We must always pull out our weeds within.

Jealously has never helped humanity.

Miserliness

The definition of miserliness is as follows.

noun

excessive desire to save money; extreme meanness.

"the party earned a damaging reputation for miserliness by cutting pensions"

Similar:

avarice

greed

stinginess

tightness

cheapness

Around 2025 it is calculated that Jeff Bezos will be worth one trillion dollars.

Just think with all that money you can be a miser.

I can guarantee that his employees won't see the light of day at that money.

The more one has the more money one wants.

It's like a ghost drinking a bottle of whiskey.

He will never get a drop.

Many people are on the treadmill and can't get off.

Being a miser is a state of mind.

Nothing can satisfy you.

You can buy all the adults toys you want.

A miser only thinks about himself.

He will never think about others.

Consequently one will live an unhappy life.

There are no two ways about that.

When the mind is extremely obsessive with this state, unhappiness is the result.

When I was in India many moons ago many poor people would serve you an incredible meal.

Mind you they didn't have much.

Yet they loved humanity.

Most people do.

A person who is a miser lost that a long time ago.

We have seen many people in the news who have great power and wealth.

Yet they have lost touch with humanity.

They have forgotten the thread of love tying us all together.

Pretension

The definition of pretension is as follows.

adjective. characterized by assumption of dignity or importance, especially when exaggerated or undeserved:

a pretentious, self-important waiter.

making an exaggerated outward show;

ostentatious. full of pretense or pretension; having no factual basis; false.

wants to pretend that one possesses qualities one does not possess.

acts as a basis for the establishment of the wrong livelihood and as a cause for engaging in lying.

In another word, one is full of himself.

This exaggerating will lead to lying.

We had a recent President who lied over 35,000 times while in office.

I find it fascinating how political parties drop their morals and ethics when in power.

Yet if the other party did the same actions they did all hell would break out.

We are a fragmented nation.

We tend to do anything to stay in power.

That means we can cheat, lie and steal.

Most people know that our ex-president lost yet they know by continuing the lie will create uncertainty.

From this, the Capital insurrection occurred.

Months later many said this event was a walk in the park.

They know they are lying.

Yet truth has become fiction and fiction has become truth.

Our nation is walking on quicksand.

One small incident could cause the entire ship to sink.

When fiction becomes truth, this is a sign that we are going the wrong way for the nation.

Dissimulation

The definition of dissimulation is as follows.

noun

concealment of one's thoughts, feelings, or character; pretense.

"an attempt at dissimulation"

Similar:

misrepresentation

deceit

dishonesty

lying

shamming

faking

hypocrisy

Sounds very familiar.

Especially in today's world.

Spinning the truth comes to my mind.

We see this all the time.

Some media channels are great at this.

Whatever happened to just presenting the news in an unbiased manner.

That my friend has been gone for decades.

This is a common occurrence today.

Nobody truly knows the exact truth.

It has been stretched or fabricated in some way.

How can a common person decipher the truth when it has been spun?

No wonder such chaos exists today in this world.

When our news turns into dissimulation we are lost.

Common sense becomes uncommon.

Truth becomes fiction.

Fiction becomes the truth.

That is a scary thing.

Haughtiness

The definition of haughtiness is as follows.

noun

the appearance or quality of being arrogantly superior and disdainful.

"her air of haughtiness"

Similar:

arrogance

conceit

self-importance

egotism

sense of superiority

boasting

condescension

scorn

mocking

sneering

scoffing

snootiness

What is it about the computer that the rise of haughtiness arises?

I have noticed this for over 35 plus years.

When teaching or explaining to someone we get haughty to the other person.

It seems like when we know something and the other person doesn't get it we get
haughty.

Mind you we have been in the same shoes as the other person.

I find this fascinating.

I still stumble and fall over this one.

It's definitely embedded in my subconscious.

At least I'm aware of it.

That's a good place to start.

Some weeds are harder to pull than others.

A change in the state of mind is needed.

The result of the trigger must be nullified.

One must develop compassion in each and every moment.

When the trigger gets pulled again one can be in an inner state of mind.

I call this being in the center of the hurricane.

I'm talking to myself here.

This path is a practical path.

We can learn and grow in each moment.

Harmfulness

The definition of Harmfulness is as follows.

the fact of causing damage or injury to somebody/something, especially to a person's health or to the environment

I remember this incident in fifth grade.

Bill and I were selling boy scouts tickets.

We were at the dock.

Bill suddenly said there was a kitten in the water.

I rescued the kitten.

The owner of the house gives me a five-dollar reward.

I have a hunch that Bill threw the kitten in the water.

What is it in humans that we like to cause harm to another sentient being?

Mind you this is a minor incident but the poor kitten could have drown.

Somehow this incident was told about through my school.

My teacher asked me about it and I told her the story.

A classmate stood up and said I was wrong to accept the money.

A true boy scout never accepts a reward for his actions.

I never hear that one before.

I pray that someday humanity will wake up from our slumber.

There is so much harm going on in this world.

Yet the majority of people are kind and compassionate.

It just takes a few rotten apples to spoil the batch.

Even rotten apples have precious seeds within them.

Maybe it's time to discover our own precious seeds within.

Shamelessness

The definition of Shamelessness is as follows.
lacking any sense of shame: immodest; audacious.
insensible to disgrace.
showing no shame.

When truth becomes fiction and fiction becomes truth it is a sad day for America.

Many of our leaders have no shame.

When many leaders say that the capital riot was a walk in the park despite the
video evidence have they any sense of morality.

Many laws are being passed to stop certain groups from voting.

Half the population believes the past election was rigged.

The ex-president has raised over 100 million dollars from this falsehood.

I could go on and on.

It seems like common decency has faded away.

To stay in power despite any morals and ethics is the norm.

Yet the ones in power if the other side did the same thing they would be up in
arms.

All great civilizations' downfalls occur when common decency has left the arena.

What's left is only power moguls who could care less about you.

We even have the media that will spin the truth.

We are on the verge of falling apart at the seams.

Yet we think our country is not in jeopardy.

The signs are all around us.

We are so locked into I'm right and your wrong.

Remember America needs the left-wing and right-wing to fly.

Dullness

The definition of dullness is as follows.

not sharp; blunt:

causing boredom; tedious; uninteresting:

a dull sermon.

not lively or spirited; listless.

not bright, intense, or clear; dim:

a dull day; a dull sound.

Our minds need to be sharpened.

Our society today is demonstrating that we don't have sharp minds.

Note we can't even get along with each other.

Truth is fiction and fiction is truth.

We need to learn how to sharpen our minds.

We can't see the brilliance within.

Yet we think we have all the answers.

When the mind, body, and soul are not in balance chaos exists internally and externally.

We think everything is ok.

Some people even think the Capital Building riot was a walk in the park.

All the great masters said to cultivate the mind.

Instead of listening, we like the weeds that we have grown.

I have friends who get a kick at flaming others.

To the delight of their friends, they love to see this.

They actually enjoy mocking and putting down others.

If we as a society want to advance we must sharpen our minds.

Yes, it does take time and effort.

It's so easy to flame someone.

The hardest thing to do in the universe is to conquer your own mind.

Afflictive

The definition of afflictive is as follows.

adjective

characterized by or causing pain, distress, or grief; distressing.

Pain and distress are all around us.

Just look at the pandemic today.

So many people have lost their loved ones.

They are grieving every single moment of the day.

Many more will die.

Is there an end in sight?

My heart goes out to all.

As a nation, we can't even stand together.

I have my rights while thousands are going to the hospitals every single day.

We as a nation have lost our moral compass.

Even some of our so-called leaders are spreading such lies.

The right-wing and left-wing must be united to fly.

We must all unite and see our differences as blessings in disguise.

We are a melting pot.

We have forgotten that.

We all came from somewhere else.

Why do we hold on to our beliefs that's it my way or your wrong and evil?

Where did having a different point of view mean you have to hate the other person.

If we were united as a nation the pandemic would be long gone by now.

There wouldn't be so much unnecessary grief upon the land.

Non-faith

The definition of Non-faith is as follows.

does not have admiration for, and does not aspire to virtuous phenomena.

Maybe just maybe this is the source of the problem.

Humanity doesn't believe that this exists inside of them.

These are mere stories.

Otherwise, I would have known by now.

When we think this is all fantasy we tend to brush it off.

For generations, the world has not found the jewel within.

Most people have never looked for it.

Science is proving today what the wise men have said in the past.

Science and the world of mystics are slowly melting together.

You are your own chemistry set.

Science has proven that.

Learn to be more open.

You are the universe.

You just don't know it.

Modern-day scientists have proven that today.

Laziness

The definition of Laziness is as follows.

noun

the quality of being unwilling to work or use energy; idleness.

"it was sheer laziness on my part"

Similar:

idleness

shiftlessness

inactivity

inertia

There is a huge difference between being lazy and one who has discovered the jewel within.

A lazy man does nothing yet his mind is extremely active.

One who has discovered the jewel within lives in the center of the hurricane.

Huge difference.

One tries to escape from this world while the other has his feet on the ground and his head in heaven.

At times being lazy is a reflection of our state of mind.

We are lethargic and have no energy for life.

Life has no meaning nor purpose.

In this state we are idle.

The engines are running yet we have the car in park.

If we do this too long we are running on gas fumes.

One who has a purpose in life is constantly filling the car with gasoline.

He will never have to worry about running out of gas.

Non-conscientiousness

The definition of Non-conscientiousness is as follows.

Antonyms

cutthroat, dishonest, dishonorable, immoral, unconscionable, unethical, unjust,
unprincipled, unscrupulous

Hey, this sounds like some current-day politicians today.

In some sense, many millions of Americans have no problems with these
characteristics.

As long as their party is in power anything goes.

Yet if the opposite party has the same qualities all hell will break out.

Whatever happened to human decency?

Forgetfulness

The definition of Forgetfulness is as follows.

noun

lapse of memory.

Similar:

absentmindedness

amnesia

poor memory

a lapse of memory

vagueness

My friends, we have forgotten who we truly are.

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

That is the truth.

You are magnificent.

Yet we all have amnesia.

We come unto this world with full awareness.

Slowly it starts to dwindle away.

At some point, it simply vanishes.

We may have flashes at some point in time.

Yet even then we are too busy to see.

We have totally shut down.

This is the state of the world today.

The world is in chaos.

It doesn't seem like a way out of this mess.

But there is a way.

Find the inner jewel inside of you.

This will lead you home.

It's as simple as that.

We spend most of our time in our minds.

There must be a mind, body, and soul connection.

You can solve this riddle.

Non-alertness

The definition of non-alertness is as follows.

Not fully aware and attentive;

Not awake

I find it fascinating that we think we are totally awake.

Yet we don't know who we truly are.

We live our entire life unaware of our true nature.

When the wise men of the past said you are the universe.

You just don't know it.

We simply blow them off.

Even when modern-day scientists say the same thing we still refuse to accept this
fact.

If quantum energy exists beyond time and space then that means it exists inside of
you.

If even your thoughts are energy and your body is energy who are you?

What is keeping you alive?

What is the power behind your breath?

Bounty Hunter

The definition

Distraction

The definition of distraction is as follows.

noun

1. a thing that prevents someone from giving full attention to something else.

Similar:

diversion

interruption

disturbance

intrusion

interference

obstruction

hindrance

2. extreme agitation of the mind or emotions.

Similar:

frenzy

hysteria

mental distress

madness

insanity

wildness

Hum these sound like current symptoms in our society today.

I've been on this planet for many moons.

I can't ever recall a moment where chaos is so prevalent in our society.

We are so distracted from the truth.

Yet millions of people are waking up from their slumber.

They are saying enough is enough.

For peace to be on this planet, you must have peace inside of you.

One can live in heaven and still have his feet on the ground.

That my friend is probably the most practical thing you can do.

The jewel within is the source of wisdom that is needed in this world.

You need this jewel.

When this jewel leaves you they will bury you in the ground.

It's as simple as that.

Regret

The definition of regret is as follows.

verb

feel sad, repentant, or disappointed over (something that has happened or been done, especially a loss or missed opportunity).

Similar:

be sorry about

feel apologetic about

feel remorse about/for

have a conscience about

blame oneself for

mourn

noun

a feeling of sadness, repentance, or disappointment over something that has happened or been done.

We all have things we have regretted doing.

That's part of life.

Yet we can learn from our mistakes.

This is how we grow and learn.

Life might be boring if no obstacles are thrown our way.

Maybe that's why there is a duality in all things.

We are playing the most challenging video game ever.

It's called life.

We have the opportunity to gather wisdom along the way.

Furthermore, we can learn how to laugh at ourselves.

Humor is the greatest medicine for the soul.

Humor is a way to connect to the jewel inside of you.

It is a heightened state of awareness.

Humor allows us to dissolve our regrets.

Been there done that.

We then can see the actions that caused such regret and not get affected by the trauma it caused.

We can laugh at the situation in a good way.

Regret has transformed into gratitude.

The situation can't be changed but you can let go.

Investigation

The definition of investigation is as follows.

noun

the action of investigating something or someone; formal or systematic examination or research.

Similar:

examination

inquiry

study

inspection

exploration

consideration

analysis

research

fact-finding

search

evaluation

You are your own Sherlock Holmes.

There is a grand mystery to be solved.

You must use inquiry, inspection, and many other sorts of means to solve this
mystery puzzle.

The question is who are you?

It may seem simple yet it is not.

This life is like going to the movies.

A light shines its light onto the screen from the projector.

We get so sucked in we think this is real.

A wise man turns around and sees the projection of light.

You have the key to solve this mystery.

Many people never do this investigation in their lives.

Ponder this over.

Where are you in life?

Analysis

The definition of analysis is as follows.

noun

1.detailed examination of the elements or structure of something.

"statistical analysis"

Similar:

examination

investigation

inspection

study

scrutiny

exploration

probe

research

inquiry

evaluation

interpretation

2.short for psychoanalysis.

"other schools of analysis have evolved out of the original disciplines established by Freud"

The Greeks were outstanding at this.

This was the golden age of man.

Unfortunately few people today use this.

It's almost like a forgotten art.

Most politicians lack this virtue.

We must all take responsibility for acquiring this trait.

If we all did this we could tremendously reduce the chaos in the world today.

Crazy

The definition of crazy is as follows.

adjective

1.

mentally deranged, especially as manifested in a wild or aggressive way.

Similar:

mad

insane

out of one's mind

deranged

demented

not in one's right mind

crazed

lunatic

unbalanced

unhinged

unstable

disturbed

distracted

mad as a hatter

stark mad

mental

off one's head

out of one's head

nutty

nutty as a fruitcake

off one's rocker

not (quite) right in the head

raving mad

stark raving mad

bats

bonkers

cuckoo

loopy

loony

bananas

loco

dippy

screwy

with a screw loose

not all there
off the wall
out to lunch
not right upstairs
barmy
batty
crackers
barking
barking mad
stark staring mad
off one's trolley
as daft as a brush
not the full shilling
one sandwich short of a picnic
up the pole
away with the fairies
buggy
nutsy
nutso
out of one's tree
wacko
gonzo

This kind of sums up the world's condition today.

Turn off the media

Sometimes we need a break from our outside world.

The news is so depressing.

The pandemic still is out of control.

The media is flaming everyone as I speak.

Truth is fiction.

Fiction is truth.

We need to turn off the media and just remember wow I'm alive.

You are the universe.

You just don't know it.

You are magnificent.

Your so-called enemies are magnificent.

We came from the same source of life.

Ultimately we are the same essence of love and compassion.

We are all interconnected.

There is a web of love tying us all together.

Yet we are spending our time flaming each other.

I'm right and you are wrong.

The jewel lies inside of you waiting to be discovered.

Millions of people are discovering it for themselves.

How about you?

My advice is to turn off all devices.

Close your eyes.

Watch your breath.

What is keeping you alive?

A New Era

A new era is coming.
Mark my words.
It's about time.
We have been living in darkness for ever so long.
Yet there is tremendous work to be done.
It's not easy but it can be done.
Are you up for the task?
Nobody can do the work for you.
Pick up the shovel and pick.
There is a diamond within.
It is a very precious diamond.
It contains your true essence.
This diamond is pure love and compassion for all.
Nothing can taint it.
Nothing can destroy it.
It radiates the cosmos.
This is who you are.
Let's stop the flame-throwing and hatred.
There are no enemies except in your narrow thinking.
Take small baby steps to find your true nature.
Be kind.
Laugh at diversity.
Everything changes.
That is the eternal law.
Nothing remains the same.
There is a thread of love tying us all together.
Even modern-day scientists know this.
They call it the quantum field.
You can solve this puzzle if you want.

Faith

During these troubling times have faith?
Have the faith of a mustard seed.
The seed is very tiny yet it has so much potential inside.
The world seems to be crumbling.
Yet darkness has no place to hide.
The light is appearing on the horizon.
It's going to be a glorious day my friend.
This is not blind faith.
This is a faith, based upon our true essence.
You are magnificent.
That may be hard to believe.
Yet it is true.
You have simply forgotten your true nature.
It's time to discover it once again.
It's been there all the time.
You have simply ignored it.
That is your main problem.
You can live in the center of the hurricane.
Unfortunately, we are like leaves blowing in the wind.
We are scattered.
The world seems to be crumbling and we can't find shelter.
Your true home is always there inside of you.
Maybe it's a good idea to sit by the fire and just chill out.

Joy

The definition of Joy is as follows.

Definition of joy 1a: the emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires : DELIGHT

b: the expression or exhibition of such emotion : GAIETY

2: a state of happiness or felicity : BLISS

3: a source or cause of delight

What is your temperature of joy on the thermometer of life?

During this pandemic have you lost your joy?

Are you polarize in life?

Does the daily news affect your joy?

Absolute joy exists inside of you.

Yet most of humanity never pays attention to it.

The more one pays attention to inner joy the more inner joy pays attention to you.

In the same way, the more you get angry towards the world, the world will get angry towards you.

This is the law of concentration.

Whatever you concentrate you become.

Your karma is a direct reflection of your mental state.

Your body is a reflection of your mental state.

Your neural circuits is a reflection of your past mental states.

One who complains constantly does not have the hardware or software to tap into constantly the state of joy.

The body and mind are wired to complain.

And the saga goes on and on.

This my friend is called karma.

You have placed yourself on the web of constantly complaining.

This becomes your second nature.

Millions of people are caught up in this cycle.

Unfortunately, they aren't aware of it.

The record groove gets deeper and deeper.

How does one get out of this situation?

That's the question you must ask.

Only you can solve this puzzle.

Bliss

The definition of bliss is as follows.

noun

perfect happiness; great joy.

Similar:

joy

pleasure

delight

happiness

ecstasy

elation

euphoria

heaven

paradise

seventh heaven

cloud nine

utopia

Eden

the top of the world

These are all states of mind.

We have all had these moments in our lives.

Most of the time they are fleeting.

They come and go like a thief in the night.

Yet this is your true state of existence.

If that's true what happened?

Why are we so angry and frustrated?

That's the question you must ask.

Are you totally satisfied with your current state of mind?

Feet On The Ground

The Kabbalistic say the following.
Have your feet on the ground and have your head in heaven.
The Buddhists say combine wisdom and bliss into your daily actions.
Both of them are talking about the same thing.
They just have a different way to express it.
To truly have your feet on the ground one must be in bliss and wisdom.
Present-day society is not grounded properly.
We have so much unconscious emotional baggage that we hold onto.
We don't live in the present moment.
We have a tendency to live in the past and fear the future.
Mind you this is not our true nature.
Our lives are driven by our subconscious minds.
Yet we think we are aware.
Because of this in each and every moment, we play the same unconscious tapes
over and over again.
When one says you are the universe the subconscious mind rolls its eyes and
mocks the other person.
At this moment in time, you have existing hardware and software that can't see the
forest from the tress.
One must want to learn how to rebuild the hardware, software, and operating
system.
Remember it's by your will alone you set your mind in motion.
This path towards the light is a conscious path.
You must be aware in each and every moment.
Does this make any sense?
The kingdom of heaven exists inside of you.
Are you consciously aware of it in this present moment?
Don't wait until you die like the majority of people do.
You were born to discover the jewel within you.
One who solves this puzzle has his feet on the ground and his head in heaven.

Interconnectedness and Bliss

The definition of interconnectedness is as follows.

noun

the state of being connected with each other.

"the interconnectedness of all things in the universe"

In my eyes, the Buddhists were the quantum scientist of their day.

Years before Christ there foundation of truth was built upon the interconnectedness
of all things in the universe.

This my friend was not a theory but a practical experience.

The ancient yogis have the expression Sat Chit Ananda.

Truth is the consciousness of bliss.

The entire universe is alive and conscious.

Many modern-day quantum scientists support this.

There will soon be the day that science and mystics will be on the same
wavelength.

We are getting ever so close.

How incredible would be for a scientist to have a theory and go inside the inner
laboratory and perform the test?

That is not out of the question.

The mystics have done that for thousands of years.

We are at the beginning of a new dawn for mankind.

When the majority of mankind has the will and desire to discover the jewel within
this earth will transform.

Someday in the future, we will see what a wild roller-coaster ride we were on.

Mankind will see the thread of love tying us all together.

That my friend will be a glorious day.

Behind your breath lies the answer to this puzzle.

When humanity realizes that the source of all has been always there.

Yet we have been too busy with texting on the freeway of life.

We couldn't see the forest from the trees.

Mankind will learn to slow down and see his true nature.

It's been there all the time.

The Well Of Bliss Is Inside Of You

The well of bliss is inside of you.
Why do you have parched lips and dying of thirst?
How can a fish drown in water?
This world is a desert.
It will never completely fill you up.
External happiness is fleeting.
It comes and goes in an instant.
We are grasping at straws in life.
We see only one percent of the light spectrum.
Yet we think we have perfect vision.
The universe is singing to you a glorious song.
We are too busy texting on the freeway of life.
In our society, the more you do is a badge of honor.
Even if you burn out working eighty hours a week.
You proudly proclaim your loyalty to your company.
Your company could care less.
When it comes to layoff's everyone is fair game.
Everyone asks what do you do instead of have you found the jewel inside of you.
That is the most important thing in life.
Our society doesn't like a person who slows down and smells the flowers of life.
You are considered an outcast.
Common sense is uncommon.
It seems each day we are losing our balance and falling down into a state of chaos
and confusion.
This pandemic will be around for a while.
We are bickering and arguing yet the virus morphs and changes into something
more powerful.
The more we fight with each other the more powerful it will get.
Each one of us must cultivate internal wisdom.
The problem is most people just roll their eyes when they hear that.
Humanity is living in a state of apathy.
Yet millions of people are waking up from their slumber.
The answer lies inside of you.

Unshakable Bliss

What in the world is unshakable bliss?
Unshakeable bliss is when one lives in the center of the hurricane constantly.
That is the goal.

We have all been in the center of the hurricane.
Yet the majority of the time we are like leaves blowing in the wind.
Due to our minds focused solely on the external world, this is the predicament we
are in.

The center of the hurricane exists inside of you.
Yet if you focus your life solely externally one doesn't know how to center oneself
in the hurricane of life.

It's as simple as that.
We were never taught this in schools.
I was fortunate.

In 1971 my high school had a month-long Yoga class as an elective.
This jumpstarted my incredible journey in life.
Incredible wisdom is all around you.

With the advent of the internet, sacred wisdom is there for the asking.
It's up to you to follow up and practice.

You can't change your life without practicing wisdom.
This is a practical journey.
It's a moment-by-moment affair.

It's probably the most practical thing you can do.
Bliss is probably one of the foundations of life.

It is your true essence.

Somehow along the way, we lost sight of it.

Today many people are fueled with anger and intolerance.
They think this is a normal state of awareness.

Granted this awareness has been on planet earth for thousands of years.
Yet it's not our true existence.

Are you motivated to discover your true nature?
Or have you decided to sit this one out and just carry with your usual patterns in
life?

The choice is yours.

Harmony And Bliss

When your life is in harmony you will be in bliss.
They are two sides of the coin.
You can't have one with the other.
They are part of the same package.
One can't connect to harmony without first being connected within.
One can't connect to bliss without first being connected within.
We were taught to focus only externally.
That is why the world is so chaotic.
Many people only think along party lines.
Even if they know the party is not telling the truth.
This has a cascading effect.
The more we lie and call it the truth the further we get from harmony and bliss.
We get to the point where the only emotions we express are anger and intolerance
towards others.
We can see only our side of the picture.
Harmony includes all.
It doesn't say I'm right and you are wrong.
A person who is in harmony just smiles at life.
He has nothing to prove.
He doesn't even try to convince you.
Harmony is beyond convincing somebody.
It is a state of mind.
Harmony and bliss can be cultivated just like planting a garden.
This is an inner garden.
The same care is taken as taking care of an external garden.
I'm talking about something as real as it can be.
I'm talking about your true nature.
You are magnificent.
The clouds of darkness are simply hiding your inner light.
It just takes your will and conviction to wake up from your slumber.
That all it takes.
Day by day small baby steps is taking.
You don't need to leap to the other side.
This is a practical path.
Just watch your breath in each moment.
You can solve this puzzle.

Practical Bliss

What is practical bliss?

Practical bliss is bliss combined with wisdom.

If someone is very narrow minded and tries to convince you and starts an argument.

Practical bliss contains the wisdom of seeing and realizing the situation and simply smiles.

There is no point in saying any words when someone is narrow-minded.

This person won't listen to a word you are saying.

Consequently don't put gasoline on the fire.

Practical bliss allows a person to see where the other person is coming from.

Intuition is highly developed.

The mind and heart are balanced.

This person won't try to change you or convert you.

He has nothing to hide.

Yes, he still has baggage he is carrying.

Mind you he has dropped ever so much.

Life is glorious with practical bliss.

In each moment one can tap into this state of awareness.

It's not for the chosen few.

It exists inside of everyone including you.

Yes, curveballs still will be thrown your way.

That's called life.

Yet one cannot be rattled by them.

One who is center and calm is more likely to hit the ball.

As I said discovering the bliss within is the most practical thing you can do.

Most of the time we think we are alone on this journey in life.

Practical bliss reveals we are never alone.

We are all interconnected with each other.

Due to our lack of awareness the world is in such chaos.

We don't think we are responsible for it.

We blame others for the mess we are in.

Party vs party.

Race vs race

Country vs country.

We are wearing blinders yet we think we are seeing properly.

Imagination And Bliss

When we were young all of us lived in a state of bliss.
Between the ages of 0 to 7, the mind is in theta.
Theta is the borderline between conscious and subconscious.
Kids have a great tendency to daydream and to have great states of imagination.
Yet at some point, in time most parents tell their kids to stop daydreaming.
Johnny your head is in the clouds.
Over time we focus all our attention externally.
This is our current predicament.
Imagination and dreaming help rewire the neural circuits.
If you don't have the neural circuits to experience bliss how do you expect to
experience this state of awareness.
Again I'm going to say the spiritual path is the most practical path.
One needs to rewire the hardware, software, and operating systems to discover the
jewel within.
This path is a conscious path.
It involves your will and awareness.
Dear old Albert Einstein tributes his success upon his dreams and imagination.
True wisdom and knowledge exist in that state of mind.
The universe won't give you secrets using your rational mind.
Only by entering the subconscious mind can one discover the secrets of life.
We must as a society rediscover the innocence of a child.
Currently, the world is in chaos.
People are daily flaming each other.
We are adding more gasoline to the fire of life.
We think this is normal.
Many people think this is life as it is.
We then hold to our beliefs for dear life.
If someone has a different belief than you most people will flame the other person.
There is another state of being.
It lies inside of you.

Imagination And Bliss 2

The Buddhists are supreme experts at using imagination in their daily practice.
Imagine having a daily practice where you combine imagery and deep silence.

By imaging something a person is rewiring the brain and neural circuits.

In order for a person to change this must be done.

An idle person is unaware of this.

They simply go through daily motions without being aware of most actions they
take come from the subconscious mind.

Positive mindful imaginations during one's practice is the key.

We must realize the importance of daily rewiring our brain.

This must be conscious.

Being conscious is the key.

We can constantly learn how to fine-tune the guitar of life.

Yes, this takes effort.

Yes, we all have different ways to do this.

The main key is whatever method you use, do it daily.

Over time your imagination will be an intricate part of you.

One will see imagination is your best friend.

We have been held back by society's norms.

Johnny stop your imagination and daydreaming.

We were told this constantly when we were young.

To fit in we did this hook, line, and sinker.

Consequently, we lost sight of our true essence.

This is the state of the world today.

We must all encourage each other.

It seems like the world at large is in a stupor.

Chaos is all around.

Many people are numb when it comes to life.

I hope you might take this message to heart.

You are magnificent.

That is your true state of being.

Bliss And Health

What does bliss have to do with health?
In my eyes everything.
A blissful state of mind and a blissful body leads to exceptional health.
An angry mind can lead to cancer.
Cancer is angry cells gone rapid.
One who tries to be in harmony in life develops intuition.
Intuition is the key to fine-tune the guitar of life.
Most people don't believe in preventive medicine.
Consequently, our medical system is diseased based.
I saw on TV a few years ago a pharmaceutical CEO said that making profits is the
name of the game.
His goal wasn't to heal you but to have you as a lifetime customer.
Even during this pandemic, the media isn't talking about preventive measures of
getting Covid.
They go as far as wearing a mask, social distancing, and getting the vaccine.
Yet this is just scratching the surface.
I once had a job writing software for the heart procedure for surgeons.
I ask the CEO why they don't promote preventive medicine.
He looked at me and glared "nobody wants to take any responsibility".
The patient expects us to heal them without changing their lifestyles.
The United States is the leader in sick-based medical care.
Yes, there are exceptions.
My brother and I have been practicing preventive medicine for 50 years now.
We are still fine-tuning this guitar.
One has to always morph and grow into greater wisdom.
A person who is stagnating about his health will definitely deteriorate faster than
one who is consciously involved in maintaining excellent health.
Your lifestyle determines your health.
The body can heal itself.
You can reprogram the operating system, hardware, and software.
Granted you must take action.
Currently, most of humanity is living on remote control.
The disease comes when the body and mind are not at ease.
Only you can fix that.
Your medicines only take away the symptoms.
They won't take away the root cause.
Your lifestyle created this.
You can change for the better.

