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Intro



Hi, this is Little Ricky the dragon. That's what they used to call me when I was young. I have a twin brother called John. We are best of friends. I hope you read the book dragon tales. This told our incredible story. It was and still is an incredible adventure.

Many stories were told. This is not a fish tale. You learned how a bunch of young misfits dragons who couldn't fit in was kicked out of their homes in England. That's where the story begins.

They began an incredible external and internal journey. Many of their teachings are still in existence today.

The foundation for Taoism, Confucius, Yogic, Jainism, and Buddhism all stem from our work. You probably don't know that dragons live an extremely long time. We live 5 to 10 thousand years.

This is even for dragons who party night and day and never take care of themselves. The enlightened dragons have found the elixir of life. They have become one with the universe and no longer have a physical body.

That's why you can enter our cave and see no evidence of us. The entire community of dragons and men went to the unknown. This has only happened a few times in your history. In your Americas, a few indigenous tribes also learned how to do this

We learned how to be in balance with the universe. This is something you need to learn in quite a desperate way. Mankind is spinning chaos all around. Your minds are out of control.

Nobody taught you how to master your mind and emotions. We went through the same problems you did. Even when we landed in Tibet we had no control of our minds and emotions.

It was just like you today except we were dragons. Yet somehow we learned along the way. Being in a cave helped a lot. We only flew at night. That was the safe time to do so.

We loved flying amidst the stars. It was total freedom. Well, at least we thought so. Somehow we gradually learned how to meditate. It was by happenstance. Zoran was just sitting there staring at the wall and he felt this incredible power behind his breath.

He got so excited and still at the same time. He told us his story. Gradually I mean we began to learn how to meditate. Most of the time it was a hit and miss. Yet we kept up with it. What are you going to do during the daytime?

We did this for five thousand years. You can imagine by practicing something for five thousand years one got quite good at this. We became enlightened dragons.

War and strife left our consciousness a long time ago. Our minds became one. We were one with the universe and yet still existed in a dragon body.

When the young Tibetan kids showed up we were astonished, to say the least. They were in the same mindset we were in thousands of years ago. They were young and innocent.

Yet they had no idea of how magnificent they were. They asked us to train them. Well, we never taught humans before. Thousands of years ago they would hunt us down one by one and kill us. Not a pretty picture.

This is how Shamballa got started. We had a huge cave. I mean a huge cave. An entire city could have lived there. Over a thousand years we built this entire city. It was known throughout the land but still was a secret. One had to have a good heart to enter this kingdom.

We still had our share of misfits yet even they transformed. You see the power of love and kindness will melt any negative emotions over time. There was only a small handful out of millions who didn't transform.

This book is about the teachings of dragons. One can achieve enlightenment from these teachings. As I said before many of the world's religions stem from these teachings.

Intro 2



Fletcher Soul Traveler

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If you know me you will know that I love to think outside of the box. I have been researching most of my life. It's not only intellectual

knowledge yet is practical down-to-earth wisdom.

You could call it the land of a mystic. Feet on the ground and your head in heaven. Be practical and yet consciously live within the jewel that lies within. Call it whatever you want but something is keeping you alive.

The same power that is keeping you alive is keeping the universe alive. This is my first introduction to Tibetan formal training that I'm about ready to embark on. It's a 16-week course.

Lama Glenn Mullin is presenting this course starting July 24, 2021. I'm looking forward to learning more about this ancient wisdom. Here's the beginning of this new journey. Maybe you might want to join in this adventure.

The Six Yogas of Tilopa, Naropa & Niguma

**16-Week Training Program
With Lama Glenn
starting on July 24, 2021**

Life will give you many signposts and synchronicities if you are open to them.

I have been fortunate to be aware of this since childhood. When one is conscious of the inner doors signposts and synchronicities are a part of

your life. Remember the more attention you pay to something the more attention it pays to you.

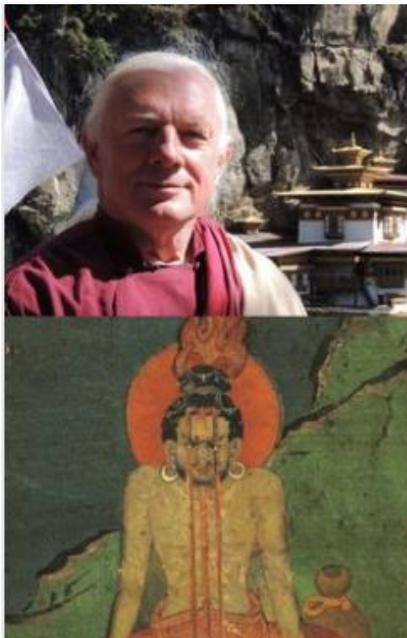


My girlfriend Anna and I were driving from Toronto to Vancouver Canada. The year was 1974. We ran into Mahatma Rajeshwar and Bill Paterson along the way.

They were going to do a TV interview and asked us if we wanted to come. We spent a few days there. Bill gave me a copy of a book about Milarepa.

He was Tibet's greatest Yogi. The Kagyu lineage still exists today. In fact, in Ashland Oregon, there is a beautiful temple that comes from the Kagyu lineage. Bill, unfortunately, died about 10 years ago. He was well known for his kindness.

I loved the book. I was extremely fascinated by his life. I love to meditate. It is a part of my life. I mean an incredible part of my life. I had a knack for it.



The Six Yogas of Tilopa, Naropa & Niguma

16-Week Training Program
With Lama Glenn
starting on July 24, 2021

Tummo, Illusory Body, Clear Light,
Dream Yoga, Bardo Yoga & Phowa

Fast forward almost 48 years. I'm on Facebook and I see the interesting post, Tummo & Six Yogas Training with Lama Glenn. I was quickly drawn to this. What a synchronicity! My mind went back to receiving this

precious book on Milarepa many moons ago. Signposts are all around us.

You Tube

[Six Yogas of Naropa with Glenn Mullin](#)



Buddha has been following me around for a long time. My parents had a Buddha statue and as a kid, I would get mesmerized by just staring at it. It took all my troubles and worries as a young child away.

In my teens, I began a formal meditation practice which I still do today. My practice is the foundation of my life. I once had a past life regression where my twin brother John, Mark Lowenhurst, and I were students of Buddha. I could see it in my mind's eye.

Even today I can close my eyes and visions will appear. Of course, I can't prove it<grin> yet the impressions are there. Milarepa is another guide. When I first read the book on Milapera it was also mesmerizing.

I lived in Ashland Oregon for some time and there was a beautiful temple that comes from the Kagyu lineage. My wife and I went to the temple a few times but never heard about how to study with them. Anyway, this is going to be an incredible journey.

Both Buddha and Milapera have been friends with me for such a long time. Once again how can you explain that? Yet I most certainly know that we are never alone.

This journey is both internal and external. What can I say we are all blessed.

If you have read this far



Fletcher Soul Traveler

13 subscribers

If you have read this far maybe you might be interested. You probably rolled your eyes.

I'm writing a series of books on the great mysteries of life. This book will help you to see a different side of the picture in the journey of life.

We live most of our lives externally. Signposts are all around yet we don't have the eyes to see them. You are your own Guru. You may have the greatest teacher in the world, yet if you don't practice you will never go anywhere.

There are many different ways to find the jewel within. This is one incredible way. It is always fine-tuning and adjusting itself for the current times yet the foundation is eternal.

This isn't your typical book. I don't write typical books. It may at times seem scattered yet each topic is meant for you to ponder. Pondering is a lost art form.

Thirty years ago I had a grand teacher who would tell you to ponder over what he just taught. To be honest it just went over my head. Fast forward 30 years and pondering is an intricate part of my life.

Ponder It Over

To ponder it over means to think it over.

When I was young I didn't truly understand the concept of pondering it over.

I would say let's get to the facts.

We can brush it over.

Yet pondering makes the mind go within.

It helps connect us to our higher selves.

It enables us to connect where we can be open.

To ponder something over is to stir the pot.

When the soup settles the answer comes to the surface.

Pondering is a way to connect to something far greater than yourself.

Have we forgotten why we should ponder in our life?

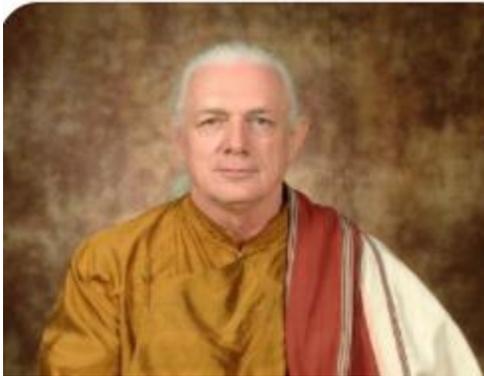
If so why?

Are we so distracted in our daily affairs?

We miss out.

We have forgotten our true nature.

Mm I get high with a little help from my friends



We had two incredible teachers for this course. Lama Glenn and Chongwol La. Both of them were highly entertaining. Lama Glen has quite a sense of humor.

He knows his subject backward and forwards. He has been studying this for around fifty years.

I highly recommend this to everyone. I have been meditating for fifty years. I was introduced to an ancient system. Mind you I've been meditating on the chakras for many years.

This was the first time I encountered a discipline system of tummo and chakras. Everything comes to us at perfect timing.



This was a zoom class on Saturday and Sunday morning. Lama Glenn taught the Saturday class and Chongwol La taught the Sunday practical class.

Chongwol La lives in South Korea and the class was a zoom session.

Lama Glenn lives in Canada and his class was streamed from there. This practice is very practical and can be used in every moment in

one's life.

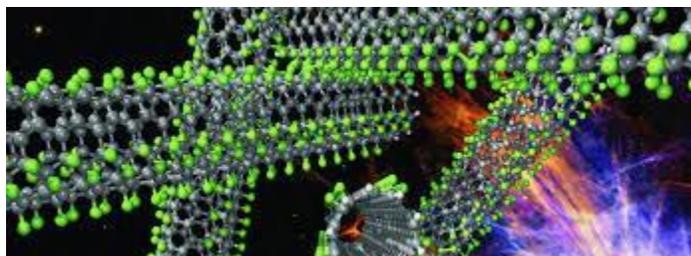
Even when one is sleeping one can be aware during the sleep state.



Gosia & Jonas were the event organizers and moderators. They live in Europe. They did a magnificent job.

I see great signs for them in the future. They are still quite young and have much knowledge. Both of them had a great sense of humor.

You are your own master chemist



Did you know that Buddhists have been studying the art and science of happiness for thousands of years? They were probably one of the first to talk about that you are your own master chemist.

Buddha once said that when you get angry you are drinking your own poison. In the last 30 years, western scientists are on board with this. They know that over 1500 stress hormones get released into the body.

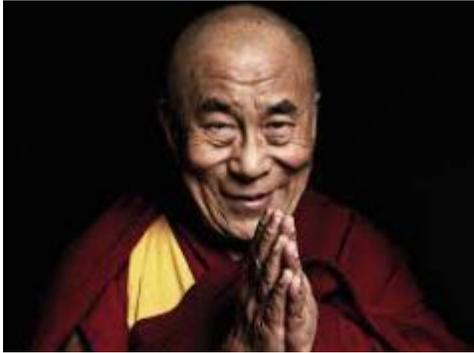
Recently I finished the book *You are your own master chemist*. From the YouTube video, I learned that my book was in alignment with the Buddhist. Buddha was probably the best psychologist ever known. Granted he did not call himself that.

Yet they mapped out the states of mind that the western world is trying to catch up on. Just think it was only in the 1980s did western science study the science of happiness.

The east is thousands of years ahead of us when it comes to studying the mind. Lama Glen mentioned there are probably thousands of chemicals that exist that western science does not know about.

Only in a heightened state of awareness do these chemicals get produced by the brain. Remember your state of awareness determines your state of mind and body. If you are constantly stressed out one has no clue about the mind-body connection.

How would you like the Dalai Lama to be your Grand Parent



I loved Lama Glen's story about spending time in India and going to the first Dali Lamas school. It was so intimate and endearing. Glen said the Dalai Lama treated each one like a Grandson.

That's an incredible state of being. So much attention was placed on them. I loved the story when Glen asked why the Dalai Lama never went to the United States.

He was told his visa was always denied. Lama Glen had a father-in-law check out this rumor and lo and beyond he never requested a visa. To make a long story short he was told how to apply and get approval.

He was told don't go through the Tibetan government channel. He was told that during the fifties the CIA was involved in Tibet. If the CIA got wind he was applying for a visa they would have stopped the process. That's how the Dalai Lama first came to the states.

Just wing it



Sometimes in life, you just have to wing it. Lama Glen told a great story about where he had to translate a book from Tibetan to English. This was in the early seventies.

He had only learned Tibetan only a few years earlier. Yet the Lama that gave him the assignment said just wing it. In the future, someone will take your work and expound on it. He said this has been the way. Nobody is perfect. Yet if you put your heart and soul into it this will be reflected in your translation. The tone is the most important message, not the words. The Dalai Lama doesn't speak perfect English yet his smile lights up the world.

6 Yogas Of Naropa



Accordingly, Milarepa Tummo is the basis for the 6 yogas. The 6 yoga are Tummo, Illusory Body, Clear Light, Dream Yoga, Bardo Yoga & Phowa. Let's investigate these further.

Mind you this is a high level. The Buddhists have been studying this for thousands of years. There are many different schools and trains of thought for this practice.

Lama Glen taught mostly from the Niguma system which is feminine. I liked it because it was simple to the core. Many of the preliminary steps were taken out like the one below.

The essence of the Niguma system was the incredibly simple practice. Mind you it can get quite sophisticated in theory yet the practice is quite simple. One can feel the results in one daily practice. I feel blessed.

The Niguma system contains the bare essentials for one to be enlightened. It is probably the simplest practice in the 6 Yoga of Naropa system. They have many schools and trains of thought yet the goal is always the same.

¹MigmarTsering, 25, is from the remote province of Nubri, Nepal. He sports an afro hairstyle, a swag beard and a charming smile, and an earring on his left ear. He carries a chic, leather backpack.

When I first spotted him, he was bowing full-length on a plywood, in front of three Buddha statues. He has bowed, or prostrated, 3,000 times already, he said. Only 97,000 more to go.

Prostration involves bowing to the ground or bowing on your knees, with your forehead touching the floor, to pay reverence to a holy or venerated person or object.

¹ [The Buddhist tradition of 100,000 prostrations – Tulay 橋](#)

The following came from Wikipedia.



²Niguma is considered one of the most important and influential yoginis and Vajrayana teachers of the 10th or 11th century in India.

She was a dakini, and one of the two female founders of the Shangpa Kagyu school of Vajrayana Buddhism, along with dakini Sukhasiddhi. Her birth name was Shrijnana (or Palgyi Yéshé in Tibetan). Like many of the mahasiddhas and Tantric practitioners of the time,

Niguma was known by several names both during her lifetime and afterward. She was called Yogini Vimalashri, or Vajradhara Niguma, or Jñana (wisdom) Dakini Adorned with Bone (ornaments), or The Sister referring to her purported relationship to the great Buddhist teacher and adept Naropa.

She was also sometimes called Nigupta, which is explained by the historical Buddhist scholar Taranatha as follows: "The name Nigu accords with the Indian language, which is Nigupta, and is said to mean 'truly secret' or 'truly hidden.' It is the code-language of the dakinis of timeless awareness."^[4]

There is often confusion between the biographical details of Niguma's life and spiritual accomplishments and that of the renowned Vajrayana teacher and mahasiddha Naropa.^{[5][6]}

While the biographical information for Niguma is scarce, what is available often offers details that are identical to the biography of Naropa.^[7] While not much can be confirmed about the historical details of Niguma's life, what does remain is the corpus of her teachings and her impact on the founding of the Shangpa Kagyu Buddhist spiritual lineage, known as one of the "“Eight Great Chariots of the Practice Lineages” (Wylie, sgrub brgyud shing rta chen po brgyad), meaning one of the eight great Buddhist spiritual traditions that eventually were transmitted

² [Niguma - Wikipedia](#)

from India to Tibet.[8] The importance of the dakini Niguma as a spiritual practitioner, teacher, and lineage founder continues to the present day.

Tummo and Tantra



Over forty years ago I heard about this ancient practice.

There would be stories with pictures of Buddhists sitting in the snow with wet sheets around them and they would completely dry them off.

The first thing that came to my mind was why not just use a dryer. It would take no more than 30 minutes to dry.

There are an infinite amount of powers that one can acquire along the way. I thought about how it would be if they used the power of compassion to do this.

Years later after listening to Lama Glen I understood that the foundation of Tummo is compassion. To evolve as human being compassion is the essence.

Lama Glen explained in this two-hour zoom seminar many things that helped me refine my understanding of Tibetan Buddhism. My vision and understanding were greatly magnified.

I look back at how my life has been in synch with the Buddha. Our house is like a Buddhist temple. We have Buddha's statues, Quan Yin statues scattered throughout the house.

My spiritual practice follows the ancient guideline that Buddha taught about. Lama Glen helped me to understand the experiences I have had for the past fifty years and translate them into Buddhist understanding. Mind you this is only by

listening to a two-hour seminar. Lama Glen is going to present a 16-week course on this subject. I already got my money's worth just by his YouTube seminar.

Accordingly, Milarepa Tummo is the basis for the 6 yogas. The 6 yoga are Tummo, Illusory Body, Clear Light, Dream Yoga, Bardo Yoga & Phowa.

The Buddhists have a book called Crystal Clear. I read this book around 2001. Crystal clear is a state of utter formlessness. Is it how to bring infinite radiance, stillness, and formlessness into everyday life?

My understanding of crystal clear is probably the merging of Buddhist thought and the current understanding of the quantum field. Both are talking about the same thing. Read some of my books and you will see this theme presented in many ways.

Lama Glen said that Humans experience the essence of tantra in three ways naturally.

- Every night when we go to sleep. One who is aware can capture a snapshot of the clear primordial mind.
- Making love is another way. The organism can lead to clear light radiance if one is aware.
- Meditation is another way.

All three can be awakened within oneself. When one is sitting on the meditation cushion. When one goes to sleep called clear light of sleep yoga. The last is the clear light of death when one dies. These states are the following awake, dreaming, and death.

Tummo is the basis for the meditation practice. It brings infinite radiance, stillness, and formlessness into everyday life. This ultimate state is elusive nonphysicality, a clear mind, clear sight. Glen says there is infinite me yet all form disappears.

Accordingly to Lama Glen, one learns how to lean towards form in everyday life and at the same time lean toward the elusive non physicality, clear mind, clear sight. The Cabbalistic calls these states feet on the ground and the head in heaven. One can sit and meditate and only have the 5 inner senses activate where

one enters the clear mind clear light state. Coming back to the external senses one activates the external senses. The goal is to harmonize the two.

The philosophy of Tantra says we exist simultaneously in three dimensions. Course, subtle and very subtle. Ordinary life is course. It consists of our minds and bodies. Everyday life is a part of this.

External stimuli create internal experiences in the brain. At the coarse level, everything is experienced in duality. When one tries to meditate for the first time one brings to the table a course mind.

A mind that has been conditioned externally. Our body and state of mind create various chemicals to reflect our state of being. The Buddhists have known this for thousands of years. Only recently has western scientist embraced this concept and proven it over again and again. Dr. Joe Dispenza is at the forefront of this.

The Dali Lama has each year a conference with scientists from all around the world. This has been going on since the eighties. They have been studying the mind-body connection in the lab ever since then.

These are called the Buddhist Psycho-Neurology immune systems. Behind this loud noise lays the subtle body. Our minds and bodies are like tuning forks. We only vibrate at the frequency of the current state of mind and body.

Here's an example of being out of balance. In my junior year, my parents took our family to Yosemite. It's probably one of the most incredible places on the planet. Yet I couldn't see the forest from the trees. I was miserable. Why because I missed the ocean. Now that is being out of balance.

One can be in a heavenly place and the subtle mind can be out of wack and cause suffering due to your state of mind. Your mental state creates the emotional state of your being.

These disturbances are felt in the heart and thyroid. This is called subtle chemistry. The conscious mind and the subconscious mind are the two which control chemistry. Remember the subconscious mind controls 95% of our actions. Only 5% are conscious. I find it interesting that Carl Yung was familiar with Buddhist philosophy. I'm sure that much of his understanding came from them. Lama Glen also believes in this.

When one can stop the heart consciously and stop the physical functions one enters the state of the timeless zone. The Buddhists are trained in breathing retention.

Tummo is the process of holding your breath and sending it to the heart. Then pure alchemy occurs and the higher chemicals are secreted into the body.

According to Lama Glen by bringing all the energies to the heart we become like a one-cell being. Arising from that brings the most subtle mind to be activated.

Most of humanity lives in dense bodies. Need I say more? Look at the world today.

Furthermore, Lama Glen said don't believe anything externally that is in the shape of outside appearance. It's all illusionary. The biggest obstacle is overcoming the attachment to the ordinary appearance of things.

This is called Maya the great illusion. Talk to a quantum scientist and they will tell you about the quantum field. This has been proven over a hundred years ago yet we still live in the Newtonian model.

At the next level, we try to manipulate these drops of chemicals to our advantage. In the beginning, we work with the 4 principal chakras. The navel chakra, heart chakra, throat chakra, and the center of the brain chakra.

These chakras help speed up the evolutionary process. The tantra states that one day of meditating in this state is equivalent to 100 years of normal evolution. Paramhansa Yoganand said the same thing with Kriya yoga. Anyway, there are scientific practices that can speed up this practice.

The basis of the tantra practice is to go from the gross mind to the subtle mind and ultimately to the very subtle mind.

Tummo, elusory body and clear light is the process to take you from the gross, subtle, and very subtle bodies. One achieves enlightenment through these three practices of yoga.

Tummo Yoga always starts with physical exercises. There are six main exercises.

The first one is similar to pranayama. They do this because most humans are shallow breathers. The purpose is to harmonize the male and female energies. This is the same concept of harmonizing the Ida and the Pingala nerves.

These breathing exercises are done three times. When you do this both nostrils should be balanced. If not repeat the three rounds. Note for further explanation I'm taking the class. Then breathe deeply through both nostrils three times. One should always do this before doing tummo.

During tummo, one does vase breathing through the nose. Accordingly to Lama Glen's instructions.

- Breathe in through the nose. Swallow if you want. This will put the abdomen in the correct position. Hold for forty-five seconds. Relax and slowly exhale the breath through the nostrils. Do this for around 10 minutes.
- Then do the same but rotate your abdomen clockwise and counterclockwise three times each. This is vitalizing your eternal organs. You are rotating the entire solar plexus region. Do this without moving your backbone or shoulders. Remember to press down and pull up. This messages the gall bladder, pancreas, kidneys, and other vital organs. It is very good for digestion.
- Do the same but push the stomach out and in. This is arousing the fire energies. It also helps with the internal organs.

Note don't read this book and try to do the exercises. You must learn from a qualified teacher. I'm just a mere beginner like you.

Tummo means fierce women. The digestive system is a system of fire elements. Did you know that there is a junction box with 72,000 Nadis or energy channels that are wired there?

It's not physical yet it's real. Someday in the future scientist will develop instruments that show this. The acupuncture of today knows about this along with the Taoists, Yoga, Lamas, and Jains.

In tantra, sexual energy is the purest and most primitive energy. Our brain energies are the most impure because it is a condition of our external stimuli,

state of mind, and body. Accordingly to Lama Glen by arousing this sexual energy our neural system is heightened by this pure energy.

There are 108 exercises but only 6 are needed.

Lama Glen's favorite exercise is. Look at 1:48:51 in the YouTube video. This is somewhat complicated. It just needs daily practice.

Garchen Rinpoché said the following.

The essence of Tummo meditation is to focus on the burning heat. One doesn't ordinarily meditate on this. Our body comes from our mother and father.

When we were growing up in our mother's womb, her energy and life force entered us through our belly button, which makes it a very special place. It is said that through the white essence that we received from our fathers, we gave birth to the affective emotion of dislike, which generated our bones.

Through the red essence that we received from our mothers, we gave birth to desire and this generated our blood and flesh. In Tummo practice, we meditate on Vajravarahi in the form of a blazing line. Our mother's blessing truly resides in our precious human body.

You can see the sign of this blessing in the form of your navel. When we hold our breath there, using the vase breathing method, the breath unites with our mind at that place in our body. The heat is ignited. This is the essence of Tummo meditation.

Heat is generated in the body. Heat is necessary to live. It is part of our life force. When heat decreases, our life decreases. Longevity is heat, it is fire. Our life force is heated. When our consciousness separates from the heat of our body, we die.

Death in the body occurs when we lose this heat off our life force. So one of the benefits of mixing consciousness and heat in the body is longevity. Also, when you have heat, there is bliss. When you have bliss, there is clarity. When you have clarity, there is non-conceptual realization. Garchen Rinpoché.



Everyone knows that fire dragons breathe fire. Of course, we all do. When they get really angry they can incinerate anyone around them. Just ask the poor citizens in England who felt their wrath.

Even in the beginnings of Shamballa, the young and innocent dragons had anger problems. They would all at times blow up and get angry. Even after years of meditation, this serious problem occurred.

Yet they stumbled upon chance or was it a chance a different more subtle fire within them? They happened to stumble upon tummo the fire of life. Slowly I mean slowly this ancient wisdom was absorbed by them.

They discover the chakra systems and the channels within. They discover nadis which are like thousands of rivers running in the body.

Mind you in the course body these can't be seen therefore most people laugh and snicker when they hear such a thing. This process took around 5,000 years even before the first young Tibetans arrived.

It took around 1000 years for the Tibetans and the Indians to implement both their teaching and the dragon teachings. Both of the systems were almost identical. They understood there was a course body and subtle body.

They also understood there is a very subtle body that is infinite, beyond time and space. They would call this the Buddha body. Furthermore, they discovered the Buddha mind.

Austrian physicist Erwin Schrödinger is known for this phrase. The total number of minds in the universe is one. Consciousness is a singularity phasing within all beings. "There is one universal mind or Buddha mind.

These stages take place every night and bring you back to the source. Mystics and Yogis have been practicing this for thousands of years.

Slowly over time, this tummo system was developed. The Tibetan Buddhists have a comprehensive system of using Tummo. They may be different and have their nuances yet the result is the same.

This lineage has been carried on to today. Tummo is the foundation of their practice. Most people never discover the fire within and lead an ordinary life.

The wise man kindles the fire within and makes a bonfire. The fire then destroys all negative obstacles over time. This is just the tip of the iceberg. This system can be quite complicated, yet Glen Mulan keeps it quite simple to use and understand.

6 Afflictions



The following are the 6 afflictions that keep us away from discovering our true nature that you are the universe. You just don't know it.

- Attachment

Because we live our life focused externally we are attached to people, places, and things. We are attached to our ideas and concepts. We become extremely rigid in our thinking. If one daily recognizes the impermanence of all things one could slowly remove attachments in one life.

The Tummo practice takes attachments and puts them into the fire within. Image having a log of attachment and placing it on a bonfire. The attachment would get burned up. Every day the practitioner places attachments on the inner fire and blissfully sees the attachments get burned into ashes.

- Anger

Buddha said when one gets angry he is drinking his poison. Western scientists know today that over 15000 different harmful chemicals get released into the human body. Cancer is angry cells.

I'm not saying that all cancer comes from anger yet the anger we hold on to is stored in the body. Remember there is no difference between the mind and body. Ask any quantum scientist and he will tell you this.

The Buddhists have known this for thousands of years. The tummo practices place anger on the bonfire and convert it to love and compassion for all. Every day the mind, body, and soul are being rewired to ultimate love and compassion.

- Ignorance

What could be the ultimate ignorance in one's life? Maybe not knowing you are the universe. There is only one mind.

Your human body is wired for this. The software, hardware, and operating system have been there since birth. The 6 Yoga's of Naropa helps one to remember their true existence in everyday life.

- **Pride Conceit**

Our planet would be in a better place if these weren't around. I'm right and you're wrong. Therefore I hate you. Look at the world around you, especially in current-day politics.

One who is full of pride and conceit will never realize the inner jewel within. At least for this lifetime. But remember everything eventually goes back to the source.

- **Doubt**

I can almost see people's eyes rolling at times when I write. It sounds too good to be true. Take a look at all my writings. I have almost covered all the world's major religions in some sort of manner.

There is a thread of love tying us all together. One who dives deep within will understand this riddle.

- **Wrong view False view Opinionated**

One who only focuses on the external will always have the wrong view of reality. One will become opinionated and scornful if someone has a different point of inner view.

What is a mango in less than a word? One who discovers the jewel within will understand what I'm talking about.

Are You Curious or Dull About Life

Are you curious about life?

Or.

Are you dull about life?

Only you can answer those two questions.

Do you wake up in the morning with a smile?

Or.

Do you dread every morning waking up?

Are you a constant complainer?

Or.

Do you count your blessings every day?

Are you in constant anger with life?

Or.

Do you see kindness in all?

Do you judge someone different than you?

Or.

Do you love to see the diversity of mankind?

Your thinking is the clothes you wear for your personality.

One who knows this will wear clean clothes every day.

Maybe it's time to do the laundry.

Just saying.

Nerve cells that fire together wire together

These are called neural networks.

The brain fires more electrical charges than all the cell phone calls in a day.

That is a lot of activity going on.

I would have loved to see the brain scan of a Buddha or Christ.

Just think how incredible that would be.

Years ago I hear the Dalai Lama would rehearse in his mind all the activities of his day.

He would see in his mind's eye area where he could be kinder and wiser in his actions.

At that time I couldn't relate to it.

Well, I sure do now.

He was consciously reprogramming his neural networks and his subconscious mind.

He didn't have to think about being kind.

He trained the subconscious mind day in and day out to be kind.

I once read where he said he had a major anger problem as a child.

Yet today it's hard to believe.

There is no kinder man on the planet.

This is a practical path.

What kind of neural networks are you creating in your life?

If you don't want to answer that question then you are like a leaf blowing in the wind.

Your subconscious mind is running your show.

Nobody gets a free ride.

Illusory Body



The definition of the Illusory Body is as follows. A body made of subtle energy-wind that one attains through advanced methods on the complete stage of the tantra.

Listen to Lama Glen's interview.

Illusory Body Yogas of Waking, Sleep, & Death - Glenn Mullin



You are the universe. You just don't know it. I find it incredible that we have the hardware, software, and operating put into place yet we have no idea it even exists.

The illusory body is beyond time and space. Scientists might call it the quantum field. You were never born nor will you ever die. Yes, your body will die someday.

The illusory Body is one of the "six yogas" of the completion or perfection stage of the tantra practice.

It is a profound yoga of training in both the pure and the impure "Illusory Body." "Pure Illusory Body" is the training to transform our bodies into the Buddha body, and "Impure Illusory Body" is the practice of working with our ordinary physical body, our subtle body, our dream body, and our after-death between/bardo thought-body. Following the great Yogi and doctor Yuthok Yontan Gonpo (1126–1202),

Dr. Nida considers this practice to be a direct and powerful Vajrayana psychotherapy, designed to authentically free us from all impure and superficial concepts we have about ourselves, teaching us ultimately how to use our wisdom mind to transform our body into that of an enlightened deity form of a Buddha.

In other words, this is our true nature. This is our true state of mind.

Unfortunately, we are only focused externally. In the 6 Yoga this system is slowly

incorporated into one's life. Through one's practice, a person is constructing the mechanics to build this body within.

This is a misnomer, however. Your true nature is the Buddha body and Buddha mind. Yet this practice allows the transformation to occur inside of you. This is alchemy at its finest.

The practice of the Clear Light and the Illusory Body brings one to a state of enlightenment. This is your true nature.

The 6 Yogas of Naropa streamline the process of enlightenment. It bypasses many steps along the way. It strips out many different steps that some Buddhists have created along the way.

It provides tools that one can use daily in one's life. It is a practical path, not a theoretical path.

In this class, I have a greater understanding of this process. I have been meditating on my chakras for years. Yet this class brought me to a greater understanding and helped me in my process.

I learned about hidden elixirs that can be accessed along the way. I knew these existed yet this path provides means to tap into the subtle chemicals of life. These subtle chemicals are both physical and nonphysical. Scientists know this body is a chemistry set.

The world is in chaos and our health care systems reflect that. One who learns to be in balance and harmony understands what I'm talking about. Many of the world's diseases could be eliminated if we got rid of the stress levels in our lives.

Billions of people can't turn off the facet of adrenalin when trying to sleep at night. They toss and turn throughout the night. Most diseases are caused by stress.

Maybe next time when a person laughs at the charka system one should ponder. All matter is nothing but the quantum field. Maybe just maybe the human body is made up of this field. Scientists know that the universe is quantum energy.

Your body Is Your Drug Store

The art of Taoism has been around for thousands of years.

I find it quite fascinating that they talk about the elixir of life.

This elixir is not an herb or any external substance.

This elixir exists inside of us.

In India, they talk about the nectar from God that flows within.

Yet here we are taking drugs for our ailments.

Each drug has huge side effects.

Now I'm not saying don't take drugs.

I'm saying maybe there is a better way.

For example, in China, you pay your doctor when you are healthy.

You don't pay when you are sick.

Mind you in modern-day China this isn't always the case.

But the point is that you focus on balance and harmony.

In our culture everything is fragmented.

We don't focus on the harmony of the mind, body, and soul connection.

When I was young I heard about the concept of being in harmony with the universe.

To be quite frank I had no idea what they were talking about.

Here's an example of being out of balance.

In my junior year, my parents took our family to Yosemite.

It's probably one of the most incredible places on the planet.

Yet I couldn't see the forest from the trees.

I was miserable.

Why because I missed the ocean.

Now that is out of balance.

Before we can begin to be in harmony with the universe let's try being in harmony with the planet earth.

Currently, man has divorced himself from our precious earth.

We pride ourselves on the technology that we have.

Yet we are emotionally immature with the earth.

Where am I going with this?

Imagine if man was in absolute harmony with the earth.

Can you imagine the wisdom that it has?

It might tell you that your body is your drug store.

Every thought whether positive or negative secretes over 1400 positive or negative chemicals.

Currently, most of America is totally out of balance.

Look at all the problems today.

I used to work for the USDA.

I saw my friends taking up vaping.

I couldn't believe how much smoke came out when they exhaled.

It was at least 5 times the smoke from regular smoking.

No wonder there is such an epidemic.

Imagine drugs existing inside of you that are dormant.

To receive them, you must be in balance and harmony.

In every moment we have the opportunity to be conscious and aware.

Currently, we are playing the same tapes over and over again.

I can guarantee that these elixirs of life will work better than any physical drugs.

Your body has the intelligence to produce these for you.

How many people listen to their bodies?

How many people monitor their thoughts?

How many people dive into silence?

How many people monitor their actions?

You see this is a moment-by-moment conscious event.

When we are unconscious chaos exists.

Look at the world around you.

Does it seem to be in balance and harmony?

The question is do you want to change?

Are you content with the current conditions?

This isn't just Richard on a soapbox.

I'm asking real questions.

What do you think?

You are your savior.

Nobody is going to save you except yourself.

All the scripture point the way but you must walk on this path.

This human body is hardwired to find God within.

We are on this incredible journey to discover our true nature.

We are out of balance and yet we can learn how to be in balance.

These are exciting times.

Millions of people are waking up.

Clear Light



I always knew there was a light inside of me. Yet before I started to meditate I would get fleeting glimpses once in a while. Our true nature is clear light yet because our focus is externally we are oblivious of it.

For many, it seems like hocus pocus. Good old Albert talked much about the quantum field. Everything comes from that source. We see only one percent of the light spectrum.

As I've said many times before we have the hardware, software, and operating system set in place. Just think you want to start a bonfire. You need fuel to start the fire and more fuel to ultimately make the bonfire.

The Buddhists and dragons discovered a system within which one could add precious fuel to the bonfire. Certain techniques are used to dissolve the blocks that we have within. Supreme alchemy is used to rewire both the physical and subtle bodies.

Clear light is our essence. Over time one sees this clear light and one's attention is absorbed into this clear light in waking consciousness. Mind you that person still has afflictions but that person is consciously working to dissolve them.

The goal is to become one with this clear light while being alive. One becomes united with the universe. One becomes in harmony and balance with life.

We live such stressful lives that this seems like a fairy tale. Billions of people can't turn off the facet of the adrenaline. They toss and turn all night.

A mind that is in a high beta state will never see this clear light. Yet every night during sleep we return to this clear light. Upon dying, one sees this clear light and returns to the source.

There are many different systems to connect and ultimately become one with this light. The Six Yoga's of Naropa is one of them. It involves building a new circuit both physical and non-physical. We have to learn how to rewire within. Our

current-day state of mind will never lead us home. Our afflictions never serve us yet we are so conditioned by them.

So what is this clear light? Imagine seeing a light that contains all. Imagine this light contains supreme bliss, love, and compassion towards all. Imagine this light contains all wisdom.

Before this universe was created this clear light existed. This is your true state of being. This universe was created. This universe will be destroyed. Yet behind that, the clear light will always be. You are a part of this. Yet currently we only think about our petty lives. We are a part of the problem of why chaos exists on this planet.

The 6 Yoga of Naropa streamlines the process. It provides the main essentials for one to become enlightened. Granted it takes effort. There have been many people who have become enlightened using this system.

Even if one doesn't do it during this lifetime one life is changed forever. There is a path that goes on forever. There is never going to be a time when you will clap your hands and say I know everything there is. We are continuously growing and learning.

We are going from darkness to light. This is the video game of life. What level are you on? There are infinite levels to play on. You can solve this riddle. The answer exists inside of you.



The following is part of an article by Yogananda called Life Is A Dream:

Life is a cosmic movie (projected within the screen of consciousness).

I look at the beam of God's light, which is projecting these scenes on the screen of life (consciousness). I see the pictures of the whole universe coming from this beam.

Another time I was sitting in a movie theatre watching a movie on a screen. And then I looked into the projection booth. I saw that the projectionist was not interested in the movie, because he has seen it over and over again. Instead, he was reading a book.

The projector was doing its job: there was the sound, and the beam of light was casting realistic images on the screen. And there was the audience caught up in the drama.

From age to age, from civilization to civilization, the same old movies are shown over and over again, only with different characters playing the parts.

When I took my gaze from the light of the projector and looked at the audience in the movie theatre, I saw that they were going through all the emotions of the actors in the movie.

They were suffering with the hero, and reacting to the evil of the villain. To the audience, it was a tragic experience. To the operator in the projection booth, it was only a movie! And so it is with God. He has created (imagined) movies of light

³ [Life Is A Dream: Yogananda - Self Awareness \(google.com\)](#)

and shadows, the hero and the villain, good and evil, and we are the audience and the actors.

It is only because we identify with the play too much (as being real) that we are in trouble. Without shadows as well as light (contrasts) there could be no picture. Evil is the shadow that converts the one beam of God's light into pictures or forms.

Therefore, evil (contrasting with good) is the shadow of God that makes this play possible. The dark shadows of evil are mixed with the pure white beam of the virtues of God. He wants you not to take these pictures so seriously.

- Daydreaming
- Dreaming at night
- Life is a cosmic dream
- Living a dream or a nightmare.
- Illusions. What you see might be not real.
- The cosmic dream
- Lucid dreaming
- Dreaming to accomplish goals
- Piercing the dreams to see the dream fade away and see only the crystal light.
- Brain chemistry dreams
- Advanced cosmic dreams

For the past two years, I've been consciously paying attention to the whole sleep cycle. I'm in a meditative state watching myself. Somehow going from that conscious state I haven't watched that transition yet.

Many times when I'm in a dream state I see the dream dissolving in the crystal clear light state. This has happened quite frequently and I'm aware that behind our dreams lies the essence of all that is.

Recently when I'm in a meditative state engulfed in light the whole scene collapses and time and space are suspended. It is quite surreal. I see that time and space as a construct yet there is something even beyond that.

My motto lately is the more you pay attention to something the more attention it pays to you. When I sleep I try to meditate at the same time. Slowly I mean slowly

one can learn how to be in a sleep state and be conscious and aware of the inner jewel.

One's body can be in a sleep state while at the same time one can be in a state of bathing in light and bliss.

I'm looking forward to learning more about the dream work the Tibetans do.

Here's the essence I got from Lama Glen's YouTube video.

Going to sleep in Buddhism is like dying every day. One goes back to the source and returns to everyday life. Usually, this is unconscious.

Death is returning to the source and only the body dies. I call this going into a different room in the mansion of life.

Glen told a story about listening to classical music in his classroom. He had an out-of-body experience going to heaven. Angels were all around. He heard the laughter of angels.

At some point, a kid was poking Glen in the stomach and woke him up. All the kids were laughing in the class. To the kids, he just fell asleep smiling. Glen was swept to the heavenly realm. Ramakrishna said the external beauty would help trigger him into ecstatic levels of consciousness.

Glen said I wasn't with the angels I was making a fool of myself in front of my fellow students. Yet he did get transported into the heavenly realms. Sometimes our external stimuli will help trigger a divine experience.

The Buddhists say that parents don't choose us, we choose our parents.

Bardo Yoga

Bardo and Nature of Mind YouTube



⁴The Tibetan word bardo (བར་དོ་ Wylie: bar do) means literally "intermediate state"—also translated as "transitional state" or "in-between state" or "liminal state".

In Sanskrit, the concept has the name antarabhāva. It is a concept that arose soon after the Buddha's passing, with

several earlier Buddhist groups accepting the existence of such an intermediate state, while other schools rejected it

Bardo Introductory talk by Robert Thurman and Dr. Nida



Used loosely, the term "bardo" refers to the state of existence intermediate between two lives on earth.

According to Tibetan tradition, after death and before one's next birth, when one's consciousness is not connected with a physical body, one experiences a variety of phenomena.

These usually follow a particular sequence of degeneration from, just after death, the clearest experiences of reality of which one is spiritually capable, and then proceeding to terrifying hallucinations that arise from the impulses of one's previous unskillful actions.

For the prepared and appropriately trained individuals, the bardo offers a state of great opportunity for liberation, since transcendental insight may arise with the

⁴ [Slide 1 \(squarespace.com\)](https://www.squarespace.com)

direct experience of reality, while for others it can become a place of danger as the karmically created hallucinations can impel one into a less than desirable rebirth.

Franseca Fremantle states that there are six traditional bardo states known as the Six Bardos: the Bardo of This Life; the Bardo of Meditation; the Bardo of Dream; the Bardo of Dying; the Bardo of Dharmata; and the Bardo of Existence.

The first bardo begins when we take birth and endures as long as we live.

The second is the bardo of dreams.

The third is the bardo of concentration or meditation.

The fourth occurs at the moment of death.

The fifth is known as the bardo of the luminosity of true nature.

The sixth is called the bardo of transmigration or karmic becoming

Kyenay bardo (skye gnas bar do): is the first bardo of birth and life. This bardo commences from conception until the last breath, when the mindstream withdraws from the body.

- Milam bardo (rmi lam bar do): is the second bardo of the dream state. The Milam Bardo is a subset of the first Bardo. Dream Yoga develops practices to integrate the dream state into Buddhist sadhana.
- Samten bardo (bsam gtan bar do) is the third bardo of meditation. This bardo is generally only experienced by meditators, though individuals may have spontaneous experience of it. Samten Bardo is a subset of the Shinay Bardo.
- Chikhai bardo ('chi kha'i bar do): is the fourth bardo of the moment of death. According to tradition, this bardo is held to commence when the outer and inner signs presage that the onset of death is nigh, and continues through the dissolution or transmutation of the Mahabhuta until the external and internal breath has completed

Chönyi bardo (chos nyid bar do): is the fifth bardo of the luminosity of the true nature which commences after the final 'inner breath' (Sanskrit: prana, vayu; Tibetan: rlung). It is within this Bardo that visions and auditory phenomena occur. In the Dzogchen teachings, these are known as the spontaneously manifesting Thödgal (Tibetan: thod-rgyal) visions.

Concomitant to these visions, there is a welling of profound peace and pristine awareness. Sentient beings who have not practiced during their lived experience and/or who do not recognize the clear light (Tibetan: od gsal) at the moment of death are usually deluded throughout the fifth bardo of luminosity.

- Sidpa bardo (srid pa bar do): is the sixth bardo of becoming or transmigration. This bardo endures until the inner breath commences in the new transmigrating form determined by the "karmic seeds" within the storehouse consciousness

The 8 Stages of Dissolution

This is a rabbit hole we are on every day in our lives.
Whenever we go to sleep we go through these 8 stages.

Mind you we are unaware of them.

Every night we go to heaven yet we are unaware of it.

When a person dies these same steps take place.

A wise man practices dying every day.

He realizes that only the body dies.

You are the universe.

You just don't know it.

Austrian physicist Erwin Schrödinger is known for this phrase.

“The total number of minds in the universe is one.

Consciousness is a singularity phasing within all beings.”

There is one universal mind.

These stages take place every night and bring you back to the source.

Mystics and Yogis have been practicing this for thousands of years.

You can solve this puzzle.

The answer lies inside of you.

The operating system, hardware, and software have been there since you were
born.

The sun is always there.

That is your true nature.

You have simply placed dark clouds around you.

Remove the clouds within and discover your true nature.

Stage One: earth into water

Stage Two: water into fire

Stage Three: fire into air

Stage Four: air into consciousness

Stage Five: consciousness into luminance

Stage Six: luminance into radiance

Stage Seven: radiance into imminence

Stage Eight: imminence into transparency

A wise man smiles and laughs at death.

He dies every day and sees the unity of life.

He realizes death is simply changing into new clothes.

We don't cry when we wear a new outfit.

Everything in the universe is created and destroyed.

Even the universe.

Yet behind that lies the source of all creation which is eternal.

Going Home

Click the picture to read a great article.



Imagine the same process of death occurs four times a day for everyone yet most people don't know it or experience it.

We go from the waking state to the dream state. The dream state back to the waking state. We die every day.

The Tibetans have a book called the Tibetan Book of the Dead. It goes step by step in the

death process. What I liked in this class was that Lama Glen and Chongwol La said that everyone will have a completely different experience of the death process.

Depending on your religious background or spiritual background each one of us will have a different experience. The essence of the quantum field embraces all. It will comfort you to go back home.

A spiritual anesthesia is given to overcome the pain and suffering one is in. All troubles are melted away. One will melt and merge with the clear light. This is your true home. All religions point to going back home.

The wise man is curious and wants to day by day experience his true essence while alive. This is called the state of enlightenment. There are many steps along the way.

This is why I call this the video game of life. We are hard-wired for this experience. The software and operating system are in place.

The wise man understands and directly goes through the 8 stages of dissolution every day. The great mysteries are shown to him. One becomes united with the universe and beyond.

Phowa



⁵The Phowa practice, or Transference of Consciousness at the Time of Death, is a simple, powerful means of ejecting the consciousness from the crown aperture into the Buddha-field of Amitabha aka the land of paradise, bypassing the bardos and avoiding rebirth in the six realms of cyclic existence.

Sufficiently realized practitioners can facilitate this transfer of consciousness for others as well as themselves. Once in Paradise one does not return to the samsaric realms and can quickly attain enlightenment.

Marpa the Translator said,

If you study Phowa, then at the time when death is approaching you will have no despair. If beforehand you have become accustomed to the path of Phowa, then at the time of death you will be full of cheerful confidence.

Lama Glen recently told a story of a dear old friend who was dying. The Dali Lama was a good friend of her for many years. He told her why not call the Dalai Lama and ask him to meditate and transfer her to paradise.

She replied she didn't even have the energy to do so. Anyway, Glen gets on the phone and makes a phone call. This person calls the Dalai Lama who is sound asleep in bed. They wake him up and he sits in meditation and assists her in the transformation. She leaves her body.

This may seem like a fairy tale. Yet one can be in paradise and on the earth at the same time. Why not be in paradise when you die? This person spent her life meditating upon paradise. Why not get an extra shove along the way?



Phowa, Death and Rebirth - Summer Course 2013 [ECTV]

25K views · 8 years ago

EC Europe Center

Phowa, the Tibetan Buddhist Conscious Dying meditation - an interview with Lama Ole Nydahl. What happens to the mind when ...

⁵ [Phowa Teachings - Shambhala Pubs](#)

Phowa Teachings and practice March 9,2021

856 views • Mar 9, 2021



Mix - Essential Phowa Practice
with Christine Bagley

YouTube



Phowa 2



Another meaning for the word phowa is transformation. The same process a caterpillar goes through to become a butterfly is the same for the spiritual life. A butterfly spent time in a cocoon whereby the transformation took place. We all have an inner cocoon inside of us.

As I have said many times before the hardware, software and operating system have been put in place when we were born. The practice of tummo and phowa brings the system back online.

Tummo is the fire of love and compassion. This is your true nature. Behind the universe lies the fire of life. It is keeping the entire universe alive. There is only one mind ultimately and one body. The body and mind are the same.

It's a good idea to find heaven while you are alive. The world would be in a better place. You would too be in a better place. I've said many times before that the spiritual life is the most practical life.

Most people roll their eyes and say yeah that's absurd. How would you like to live in the center of the hurricane instead of the hurricane-force winds of the mind? This practice over time calms the winds of the mind.

There are simply dark clouds covering the inner sun inside of you. Your true essence is the sun, not the clouds. This practice can remove the inner clouds.

The key is transformation. Your attitude is everything. Many people have a poor attitude and wonder why they are in the dumps. Remember you are your master chemist.

You are the only one who can change your attitude and beliefs. Most of our beliefs are external. They are extremely limited and won't take you to your destination.

A wise man combines the external and internal. This means that one has his feet on the ground and his head in heaven. One is in harmony and balance.

In this state, one has nothing to prove. One simply smiles at life. One has complete love and compassion for his fellow man. This person realizes that we are all the same. If the world at large has this experience there would be peace on earth.

Stop The Noise In Your Head



As the children began to learn how to meditate they saw how powerful the mind is. They never noticed that before.

They asked the dragons how to stop the noise in my head. Of course, all the dragons laughed. ‘

They laughed because everyone goes through this. You see the mind is the most different thing to control in the universe. The majority of man reacts to every situation. Man is reactive.

The wise man learns to be proactive. They understood the basic law it's by will alone that I set my mind in motion. Now that's very easy to say but hard to do. All people who learn how to meditate in the beginning have this problem.

In the east, they call it the monkey mind. The monkey goes from one branch to another. It can't be controlled. Well, when they first started to learn how to mediate they saw this from first-hand experience.

The dragons told a wonderful story each time this subject was brought up. They told a story where a man saves a genie. Nobody knows exactly how this man saved him.

Well, the genie told this man you can have as many wishes as you want. The man said wow that's incredible. I love that idea. The genie said well there's a catch. The man said, "what's that". You must always give one wish after another.

If you don't I will chop off your head with my sword. Are you sure you want to continue with this? The man hesitates for a moment and says reluctantly sure.

Well, the genie said what's your first wish. The man gives one wish after another. It seems like when one wish is granted he had to give another.

He didn't have one opportunity to enjoy even for a second the previous wish. He was getting tired and couldn't even go to sleep. The genie was always harassing him and saying "what's your next wish"?

Well, fortunately, there was a wise man nearby. He went to the wise man and sincerely asked for help. This boon was turning into a curse. The wise man whispered into his ear.

Well, the genie demanded another wish or he will chop off his head. The young man said to go to the forest and find a huge log. Your wish is my command. In a second he returns with a huge log.

The genie said with a smile give me a wish or I will chop off your head. As you can see the genie wasn't particularly nice. Well, the young man told the genie to go up and down the pole.

When I need you I will give you another command. The young man could relax and enjoy all the wishes he gave to this genie.

The genie knew he was outsmarted by the wise man. The young boy enjoyed his life and helped others in the community. He eventually learned about the dragons and helped tremendously his fellow man.

The dragons said that the genie is the mind. The mind wants to control you versus the other way around. By placing your mind on your breath the genie will go up and down the log and set you free.

Meditation is the key to bringing awareness to your mind. Your mind is either your friend or foe.

Everyone in the universe has to learn how to control their mind.

Crystal Clear

The Buddhists have a book called Crystal Clear.

This book is sacred doctrine.

They decided to release this book to the west.

The story goes the techniques are so simple that no one will believe them.

Isn't that amazing?

It involves concentration on your breath.

Every moment we breathe.

Behind our breath is the power that keeps the universe alive.

Yet it's too simple.

Many people just say it can't be that easy.

Well for them it's true.

If you say it's too simple you will never look within.

You can solve this puzzle.

Concentrate upon your breath moment by moment.

The universe will become alive.

You are never alone



I find it fascinating that all the help in the universe lies inside of us. You are the universe you just don't know it. In the quantum field lies everything. I mean everything.

Our universe is just a finite speck of it all. Yet family is all around us and supporting us. It is a sight to behold. The Yogis, Tibetans, and Jains have received guidance and support from these divine friends for many years. We are not alone on this journey of life. Yet we prefer to text on the freeway of life.

These divine friends and family are a part of us. Many of them are part of our auric field. They only will help you when you use your free will. Without your free will, it's like a divine car sitting inside of you just waiting to be driven.

An enlightened being is friends with these divine beings because they are our true nature. Help is always around us. You are never alone. You are the universe you just don't know it.

You Are Never alone

You are never alone.

There is a saying.

You come into this world alone.

You leave this world along.

I beg to differ with this statement.

You are never alone.

God always holds you in his arms.

Granted the arms aren't physical.

Yet your essence is one and the same.

You are magnificent.

You were not born a sinner.

How can you be a sinner when you come directly from God?

Granted we all make mistakes on this journey of life.

What would be a journey without learning and growing along the way?

How do we fine-tune this guitar of life?

How do we change and discover our true nature?

How can we be aware and conscious of every moment?

What steps do we need to take to be aware we are never alone?

We have free will.

Are we limited by our thoughts?

Is the sky the limit on the journey of life?

Are we hardwired to find God?

If it is so why is the car gathering dust in the garage?

How do you open the garage door within?

Am I a piece of the puzzle in life?

If so what is my purpose?

What can I do to understand how precious this piece is?

Is love just an emotion?

Is it true that behind my breath lies the kingdom of heaven?

If this is true how come I was never taught this in school?

Do you mean that at times I'm happy and it goes away?

It's like a thief in the night.

Physical happiness is temporary.

That's the nature of all things.

Yet are you saying there is an infinite ocean of happiness that lies within?

For thousands of years, there have been people diving into this precious ocean.

It is free and open to all.

All it takes is to silence your mind.

12 Tibetan Deities ⁶

See the reference for this article by Catherine

- by Catherine
- Last Updated: 2021-06-21

Tibetan Buddhism began in the Songtsen Gampo era in the 7th century. With the arrival of Princess Bhrikuti of Nepal and Princess Wencheng of the Tang Dynasty, Buddhist gods, an important symbol of Buddhism, were introduced to Tibet. From a certain perspective, the 8-year-old Shakyamuni Buddha statue brought by Princess Bhrikuti and the 12-year-old Shakyamuni statue brought by Princess

Wencheng almost became the beginning of the history of Tibetan Buddhism. After more than 1,300 years of historical evolution and development, an intense ethnic style and local characteristic have been formed.

To this day, Buddhist deities still provide an important method and content for Buddhist monks' studying and practicing in Tibetan monasteries. The Tibetan deities in the list can be found in almost all Tibetan monasteries and temples, as well as their significance, identifications, and images.

Buddhas

Buddha figures are the most enshrined category in Tibetan areas, including Shakyamuni Buddha, Jampa Buddha, Immortal Buddha, Medicine Buddha, etc.

Some statues are renowned like the 12-year-old Shakyamuni statue enshrined in the Jokhang Temple, the Buddha statue enshrined in the Ramoche Temple, the Qamba Buddha statue in the Tashilhunpo Monastery, the Qamba Buddha statue in the Drepung Monastery, and the Shakyamuni statue in the Sakya Monastery.

⁶ [12 Tibetan Deities, Buddhist Gods and Goddess \(greattibettour.com\)](http://greattibettour.com)

1. Shakyamuni



Who is it?

Shakyamuni, formerly known as Gautama Siddhartha, is the founder of Buddhism. Shakyamuni was born in Kapilavastu, the north of ancient India around 500BC, and he was the son of King Sudhodana. After enlightenment, he was respected by the world as "Sakyamuni", meaning "the sage of the Sakyamuni".

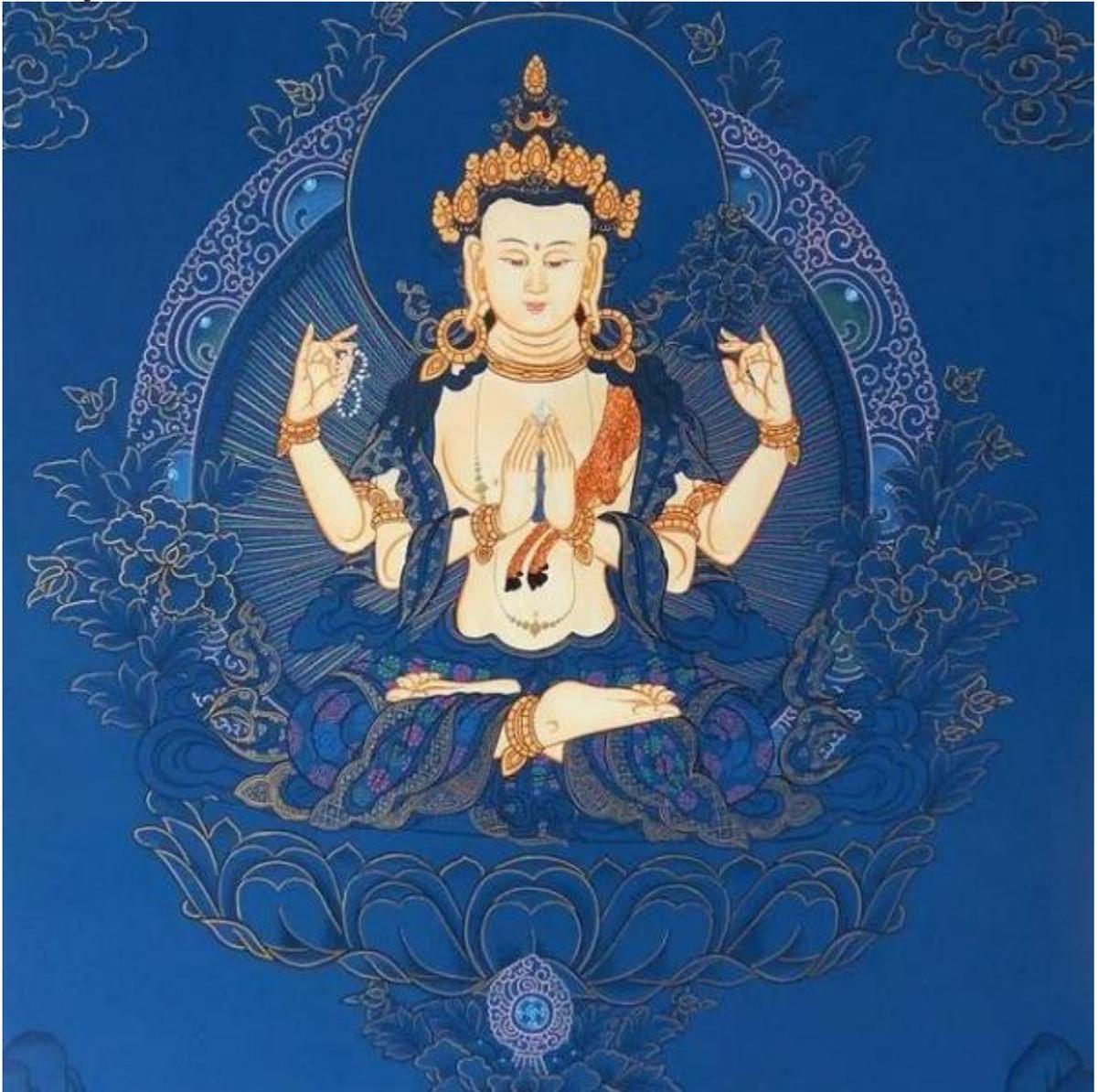
How can I tell?

Buddha Shakyamuni sits on the vajra seat with his left hand on his feet or holding a bowl, which means meditation. His right hand points vertically to the ground, which means that Buddha Sakyamuni sacrificed everything to attain liberation for all living beings.

Bodhisattvas

Bodhisattva figures also account for a large proportion of Tibetan Buddhism. In Tibetan Buddhism, Guanyin is the most respected person in the Bodhisattva beliefs, followed by Manjusri, Samantabhadra, Ksitigarbha Bodhisattva, etc. Avalokitesvara with a thousand hands and a thousand eyes is a common kind of Guanyin.

2. Guanyin



Who is it?

Guanyin is the incarnation of wisdom and compassion in Buddhism. When all beings encounter any difficulties and pains and can recite the name of Guanyin sincerely, they will be rescued by Guanyin.

The famous Potala Palace in Lhasa is considered to be the dojo of Guanyin Bodhisattva. Potala is the transliteration of Sanskrit, translated as "Po Lo", referring to the island where Guanyin lives. The "six-character mantra" (Om Mani Pad Mi Hum), which is well known to all Tibetans, is the mantra of Guanyin

Bodhisattva. In Tibet, Songtsen Gampo is regarded as the incarnation of Guanyin Bodhisattva.

How can I tell?

Holding a jade vase and wearing a crown, she rides on a Golden Roar. Because she is dedicated to assisting Amitabha, and saving the world by seeking the sound of suffering, she has a Buddha statue of Amitabha on her crown.

3. Manjusri



Who is it?

Manjusri Bodhisattva is responsible for wisdom in Buddhism, and his dojo is in Mount Wutai, Shanxi, China. In Buddhist temples, he usually stands on the left side of Sakyamuni Buddha, serving as the left guard.

How can I tell?

Manjusri's images are mostly "non-male and non-female", but they are more like a female. Manjusri's mount is a green lion, representing wisdom and mighty power.

She is holding a sword, which represents wisdom. The image of Manjusri of Tantric Buddhism, topped with five buns, indicates that the five kinds of Buddha wisdom are sufficient.

Taras

In Tibetan Buddhism, Tara is called "Dolma". According to legend, she is the incarnation of Guanyin Bodhisattva who manifested herself to save the suffering. According to the sutra, Tara is transformed from the eyes of Guanyin Bodhisattva.

There are 21 forms in total. They have different body colors. Tibetan Buddhism calls them 21 Tara. The most common and popular Tara statues in Tibetan monasteries are White Tara and Green Tara. According to Tibetan Buddhism,

White Tara is the incarnation of Nepalese Princess Bhrikuti, while Green Tara is said to be the incarnation of Princess Wencheng. Most Buddhist temples in Tibet enshrine these two statues of Tara.

4. White Tara



Who is it?

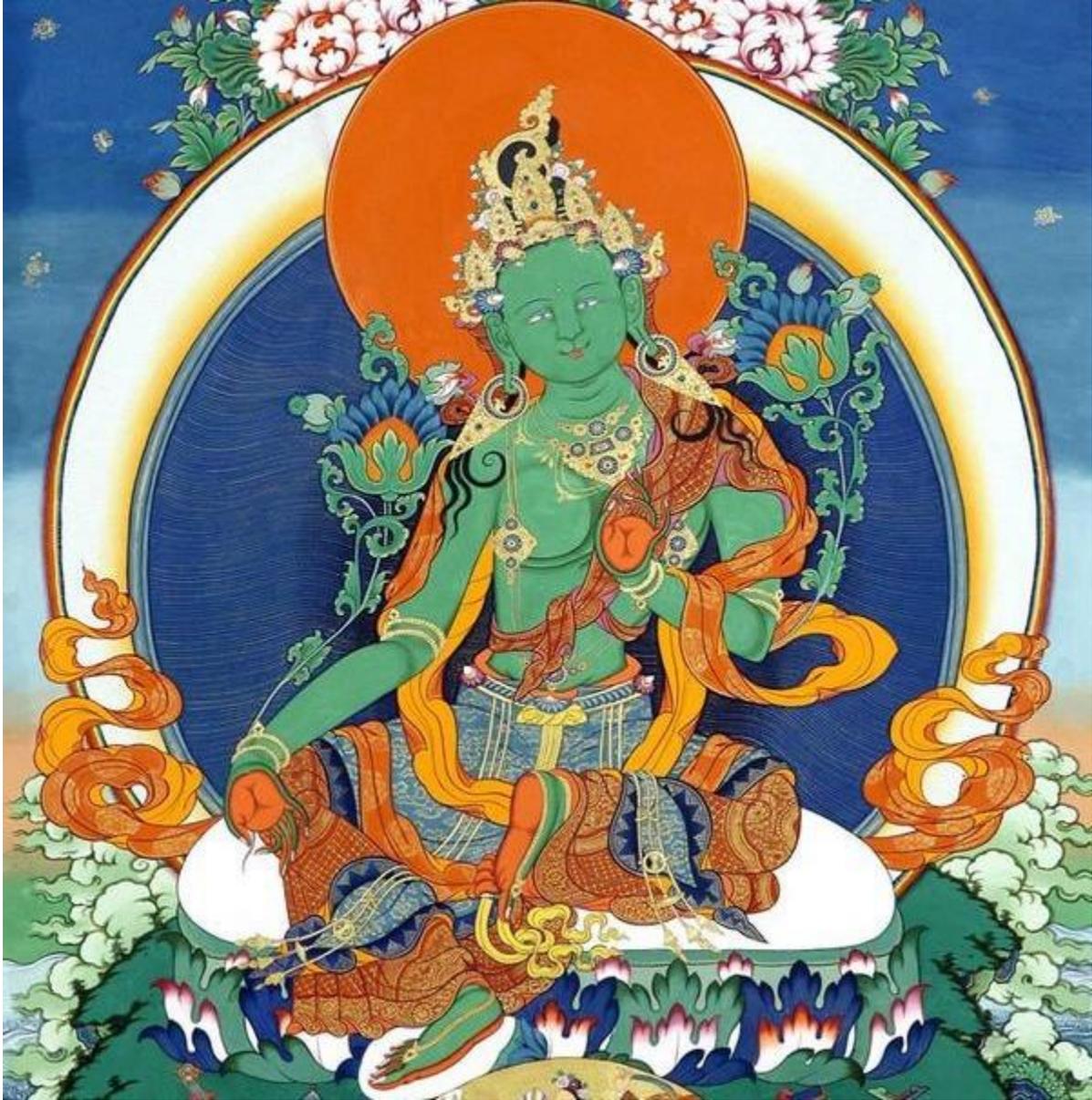
In Tibetan Buddhism, White Tara is one of the three deities of longevity. If we want to live longer for ourselves or others, praying for White Tara is very important.

How can I tell?

White Tara has a pure white body as well a dignified and peaceful face. She has one eye on her hands and feet, and three eyes on her face, so she is also called the seven-eyed goddess.

5. Green Tara

Who is it?



She can save eight kinds of suffering. At the same time, she can turn the "suspicion", one of the Five Poisons in human behavior into complete wisdom, which has the merits of protecting women and children.

How can I tell?

The statue of Green Tara is in Bodhisattva costume. The whole body is emerald green, and her head is wearing a small five Buddha crown. Her left hand is placed on the chest, holding Utpala flower (blue lotus), and the right leg is stretched out.

Goddesses

They are female protector deities worshipped in Tantric Buddhism. According to Tibetan Buddhism, the goddess is the source of all Buddhas. It mainly includes Palden Lhamo, Dakini, Usnisavijaya, Ushnisha Sitatapatra, and so on.

6. Palden Lhamo



Who is it?

Palden Lhamo (Tibetan: དཔལ་ལྷ་མོ།, Sanskrit: Lakshmi) is an important female guardian deity of Tantric Buddhism. In Chinese Buddhism, she refers to as either

“Meritorious god”(功德天) or “Auspicious goddess”(吉祥天女). She's the goddess of happiness and wealth.

How can I tell?

In Tibetan Buddhism, Palden Lhamo has both peaceful and wrathful forms.

The latter form is a fierce deity. She is usually depicted as deep blue and with red hair, riding side-saddle on a yellow mule. On her head, there are five human skulls, crescent-shaped adornments, and peacock feathers.

Her left-hand holds a skeleton stick, which was specially designed to deal with the evil spirit of Asura. Her right hand holds a skull bowl full of blood.

7. Dakini



Who is it?

Dakini, the Sanskrit transliteration, meaning a person walking in the air. Dakini is a female deity. She is powerful enough to fly in the air, hence her name. In Tantric Buddhism, the Dakini is the goddess of wisdom and compassion.

How can I tell?

She wears a crown of five skulls on her head, with a bare body, thin waist and soft abdomen. Her neck hangs fifty skulls. With left arm elbow raised, she holds a skull-cup(kapala) for a drink in the left hand, and a curved knife in the right hand, standing on the lotus pedestal in a flying posture.

Dharma Protectors

Dharma protectors are the deities who protect the Buddha's Dharma. Buddhism believes that when the Bodhisattva spreads the Dharma if there are no effective protectors,

Buddhism will fall. They can benefit all living beings, as well as drive away those who endanger Dharma. They have extraordinary supernatural powers and are invincible. Many figures are the combinations of ancient Indian Brahmanism and Tibetan primitive religion - Bon.

8. Mahākāla



Who is it?

Mahākāla (Sanskrit, Literal: Great Black One) is a protector deity, which means "beyond time" or death. He is the wisdom protector recommended by all sects of Tibetan Buddhism.

How can I tell?

With three eyes, Mahākāla is of the brilliance of 10 million black fires of dissolution and dwells

amid eight cremation grounds. He is depicted in many manifestations. The most notable variation in Mahakala's manifestations and depictions is in the number of arms.

The Two-Armed Mahakala is the wrathful incarnation of the Ādi-Buddha, as well as of the Buddha Vajradhara. The Four-Armed Mahakala is the incarnation of Cakrasaṃvara. The Six-Armed Black Mahakala is the wrathful incarnation of the eleven-face Avalokitesvara with thousand hands and thousand eyes.

9. Ekajati



Who is it?

Ekajati is the principal guardian deity of the Sakya Sect. In Tibetan Buddhism, the devotional worship of Ekajati can increase the practitioner's wisdom, prolong one's life and prevent one from diseases.

How can I tell?

Various forms of her image can be seen in Tibetan Buddhism. Some appear in the form of Tibetan thangka painting. Some appear in the form of copper gilt statues, in golden.

No matter which manifestations and depictions, she is always depicted in dark blue skin with her hair upright like a flame. She steps upon corpses. She is adorned with a crown of five skulls, a skull necklace, bone ornaments, and gems, holding an ax in her right hand and a skull cup in her left.

Vajra Holders

Vajra holders are mainly the deity or protectors of Tantric practice in Tibetan Buddhism. The most famous and common ones in Tantric Buddhism are Cakrasamvara, Yamantaka, Hayagriva, Guhyasamāja vajra, Guhyasamāja and so on. Its characteristics generally appear in the image of anger and majesty and have the power to deter evil.

10. Cakrasamvara



Who is it?

"Cakrasamvara" may also refer to the main deity in this tantra as well as to a collection of texts or "cycle" associated with the root Cakrasamvara tantra. He is one of the five deities honored in the Supreme Yoga Practice of Tibetan Buddhism.

How can I tell?

He is depicted with a blue-colored body, in a standing posture, with four faces (white, yellow, red, and blue), three eyes, and twelve arms, embracing his consort, the wisdom Dakini Vajravārāhī. He holds a vajra in his right hand and a bell in his left hand.

Masters

Master mainly refers to the founders of various sects in the history of Tibetan Buddhism, or the figures of famous monks of that sect.

Among them, the most commonly known are the Guru Padmasambhava, founder of the Nyingma School, Atisha and Mirarepa of the Kadam School, Guru Tsongkhapa, founder of the Gelug School, and Dalai Lamas and Panchen Lamas.

11. Guru Padmasambhava



Who is it?

Padmasambhāva is an ancient Indian, one of the greatest achievers in the history of Indian Buddhism.

From A.D. 763 to A.D. 804, Guru Padmasambhava entered Tibet at the request of King Trisong Dezan to preach the Dharma and established the Nyingma School, the oldest Buddhist sect in Tibet.

He also presided over the construction of the Samye Monastery, ordained monks, taught Tantric practice, and translate Buddhist scriptures, so that Buddhism was truly established in Tibet.

How can I tell?

With an angry face, Padmasambhava wears the crown of Dharma on his head. He holds the skull cup in his left hand, with a longevity vase in the cup. He holds the vajra in his right hand and sits on the lotus pedestal.

12. Guru Tsongkhapa



Who is it?

Tsongkhapa (1357~1419) is the founder of the Gelug Sect of Tibetan Buddhism and a Buddhist theorist. He has written a lot in his life. His writings discussed the practice order of Exoteric Buddhism and Tantric Buddhism, which has a profound influence on later generations.

How can I tell?

Most of the Tsongkhapa statues wear a yellow peach-shaped Pandit hat. The hands of Tsongkhapa are in Dharmachakra Pravartana mudrā, which means twisting the thumb and index finger(or middle finger, ring finger) and relaxing the rest of the fingers naturally.

Each hand holds a lotus flower, blossoming on shoulders. The scripture stands in the middle of the left shoulder flower, and the sword stands in the right shoulder flower.

This is the same as the image of Manjushri. Because Tibetan tantric Buddhism respected Master Tsongkhapa as the incarnation of Manjushri, the scriptures and swords have also become signs of his identity.

Walk with the help of
others but do not loose
the strength in your legs.

Others help only
when your legs are
strong.

- Acharya Mahapragya

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 a 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.

Class is almost over

Many

Deities

Funny Story

This is a funny story for me. I wrote the following Facebook post

Richard Fletcher



· tS8Aug9uaosns0e4t507u f9 ·

Can we slow this down?

I've been meditating for fifty years. Mind you it is a part of my life. I've been waiting to take this course since 1972. We are all taking this course. Is there a way to slow down this process?

I know that most of you probably have been involved in Tibetan Buddhism for many years. Some of us are complete newbies yet we have the desire to learn. Yes, it takes baby steps.

Many of you have probably a Ph.D. in Tibetan Buddhism. While others like me aren't even at a kindergarten level.

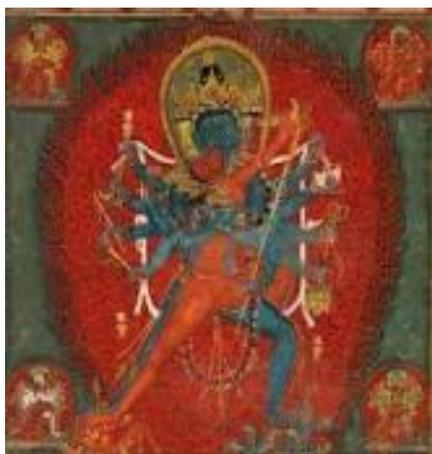
Is there a way to simplify things so a beginner can learn this process? The speaker can say this is for the ones who have been practicing for a while. For you, beginners just ignore this.

That's how to keep it simple. What I'm trying to say is that would it be possible to have an easy-to-use instruction manual for each session? We need step-by-step guidance.

Thanks.

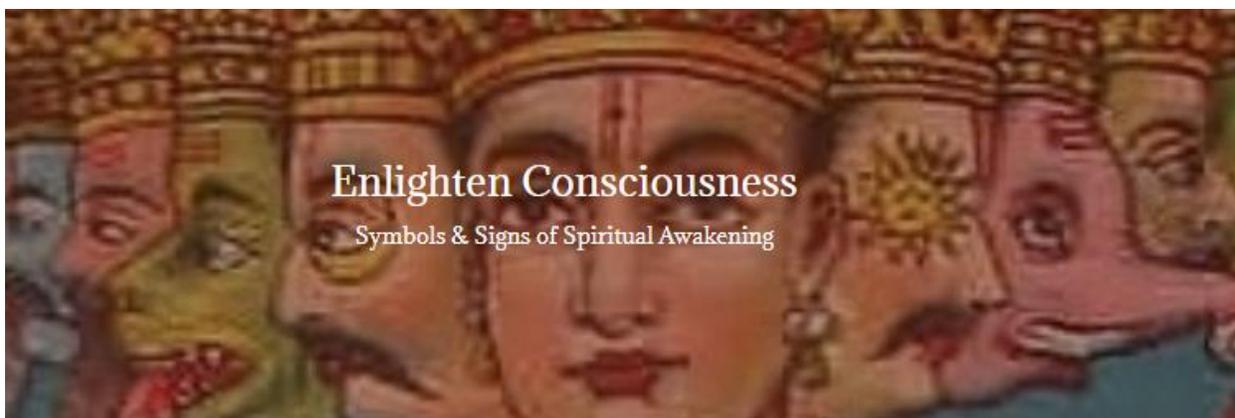
This link is a great explanation of the Chakrasamvara practice

What Is Chakrasamvara Practice?



As you can see I was slightly confused when I first heard about this. It took a day or so to overcome it. I did a lot of studying. If you know me I never give up.

Click on [Learning How To Ride A Bicycle](#) to see what I mean.



Symbolism of the Chakrasamvara Mandala: Representing Non-duality

- by [Jenna Lilla PhD](#) ⁷
In the featured image, we see a mandala image from 15th Century Tibetan Buddhism. The central deity in the mandala is Samvara. Samvara is considered the image of “Supreme Bliss” [1]. He is blue in color, with twelve arms, and four faces. He embraces Vajravārāhī, who is red in color. Vajravārāhī means the “The Diamond Sow” [2]. In Tibetan Buddhism, the syzygy is called Yab-Yum, as metaphor of the union of bliss and emptiness.

Carl Jung understood that in archetypal terms the syzygy or yab yum “always takes the form of the paired opposites, where the One is never

⁷ [Symbolism of the Chakrasamvara Mandala: Representing Non-duality - Enlighten Consciousness](#)

separated from the Other, its antithesis”[3]. Jung realized the syzygy to be an image of the “experience of individuation, the attainment of the Self” [3] Here is an expanded quote on the topic from *Archetypes of the Collective Unconscious*:

“It is a psychological fact that as soon as we touch on these identifications we enter the realm of the syzygies, the paired opposites, where the One is never separated from the Other, its antithesis. It is a field of personal experience which leads directly to the experience of individuation, the attainment of the self. A vast number of symbols for this process could be mustered from the medieval literature of the West and even more from the storehouses of Oriental wisdom, but in this matter words and ideas count for little. Indeed, they may become dangerous bypaths and false trails. In this still very obscure field of psychological experience, where we are in direct contact, so to speak, with the archetype, its psychic power is felt in full force. This realm is so entirely one of immediate experience that it cannot be captured by any formula, but can only be hinted at to one who already knows.” (Carl Jung, CW 9i, para. 194)

Chakrasamvara: The Wheel of Bliss. The Wheel of Supreme Bliss is an icon of the enlightened mind in which desire and wrath are transformed into rapturous compassion. Chakrasamvara embraces his consort Vajravarahi. Their union represents the inseparability of emptiness, wisdom, and compassion, female and male. This empathic embrace of all existence expresses the essential spirit of the Tantric tradition. So desire becomes compassion, aggression becomes clarity and ignorance transforms into the awareness of the interdependent nature of all life.

When desire no longer clings to an object, it awakens to its primordial nature which no longer divides into self and other. This blissful awareness encompasses all life and emotions allowing the vision of selfless ecstasy.

All creation begins with the sacred union of male and female energies. To experience the pure creative passion between man and woman, to know unconditional love is to manifest the body, mind, and spirit of Buddha.

In other words, this is a form of a sacred prayer using archetype symbols. These symbols are directly implemented by the practitioner in their daily practice. The chakras and the art of tummo are used. It's a magnificent

prayer. The goal is to become one with the Buddha-mind and Buddha body. One of my favorite phrases is you are the universe. You just don't know it. The goal of this practice is to be enlightened. The 6 Yogas of Naropa is one of the fastest ways of achieving enlightenment. It bypasses many steps and concentrates on the most important way to become enlightened.

What is the meaning of Dakini?



Ḍākinīs (Khandroma) in Tibetan Buddhism. ... Dakinis are **energetic beings in female form**, evocative of the movement of energy in space. In this context, the sky or space indicates śūnyatā, the insubstantiality of all phenomena, which is, at the same time, the pure potentiality for all possible manifestations.

Who is heruka vajrasattva?



deity, Vajrasattva.

Om represents and symbolizes the vajra body of the Buddha; śrī means glorious; vajra means thunderbolt[vi]; heruka means **'the one who drinks blood'**. ... Glorious Thunderbolt Blood-Drinker; vajra body of the Buddha'. This is calling out the name to invoke the commitment

What is vajrayogini?



Vajrayogini, also called Vajravarahi, in Vajrayana (Tantric Buddhism), **female embodiment of the cognitive function leading to Buddhahood**. ... Although she may be visualized alone, she is usually in union (yab-yum) with Heruka, who, when he is united with Vajrayogini, is known as Hevajra.

Who is heruka in Buddhism?

Heruka, in the Vajrayana Buddhism of Tibet and Central Asia, **a fierce protective deity**. He is an emanation of the buddha Aksobhya, whose figure is incorporated in his headdress. He is depicted as blue in colour with two arms, which hold a vajra (thunderbolt) and a kapala (skull cup) full of blood.

What is a Vajra used for?



The vajra is the **weapon of the Indian Vedic rain and thunder-deity Indra**, and is used symbolically by the dharma traditions of Buddhism, Jainism and Hinduism, often to represent firmness of spirit and spiritual power.

What does vajra look like?



Vajra, in Sanskrit, has both the meanings of “thunderbolt” and “diamond.” Like the thunderbolt, the vajra cleaves through ignorance. ... The vajra is fashioned out of brass or bronze, the four prongs at each end curving around the central fifth to form a **lotus-bud shape**. A nine-pronged vajra is less commonly used.

What is vajra body?

The vajra is regarded as **the symbol of highest spiritual power which is irresistible and invincible**. It is therefore compared to the diamond, which is capable of cutting asunder any other substance; but which itself cannot be cut by anything.

What does vajrasattva hold in his hands?

Vajrasattva's right hand is at the level of the heart, holding a vajra, the diamond scepter of the Buddhas. His left hand rests beside him, holding a **bell-vajra**. He sits on a lotus flower and his gaze is compassionate towards human beings.



[What is the Cakrasamvara Tantra? Buddhism Explained with ...](#)

YouTube · Tibet House US Menla Online
Nov 20, 2018

From Darkness To Light



This journey begins with small baby steps. Two steps forward one step backward. You see we learn from our mistakes and grow. Every step we take we can learn from it.

At this moment in time, the Dragons have trained around 6 to 7 generations. All of the villagers have been trained by the dragons. All the villagers lived peaceful life. They understood and were aware of the laws of the universe.

Unfortunately, the country was about to go to war. Not only that but there was a huge drought. If that wasn't bad enough every male was going to be drafted whether they liked it or not.

The dragons and the elders held some meetings and pondered what to do. They decided that the entire village was to move into the cave with the dragons.

The dragons never truly investigated how large the cave was. Well, you know kids. They love to go to off-limits places. You tell them not to go there and that's the first place they will go to.

They discovered that this cave was huge, I mean enormous. It went on for miles. There were huge underground rivers and vast lakes. Millions of people could live there.

So the villagers moved in. They found a great place by a huge lake to call home. David the scientist dragon found a way to flood sunlight in the sky during the daylight hours. They had the fire. Every fire dragon can create fire from its breath.

Slowly I mean slowly dragons and man learned how to live in harmony together. All of the villagers will continue their training. Now many of the teachers will be the villagers themselves.

They had daily and weekly meetings to talk about how to improve their quality of life. You see everyone knew that they were all on the same boat together. No longer did greed exist.

If there were any disagreements both sides would love to work things out. You see through the generations they learned to be highly evolved and mature human beings. Today we are still in the kindergarten phase. Take a look at politics in America. Need I say more?

For example, most of the houses were created out of wood. In Tibet wood is a scarce commodity. They needed to conserve with it and use it wisely. They came up with a plan to only use wood if the tree has fallen on the ground.

Once again David had a series of meetings to talk about a new way to build houses. They had a series of meetings and in six months, they built a prototype. When it was revealed the dragons and man were speechless.

The house was built using hemp. Hemp is grown nationwide in Tibet. It is super strong. It is one of nature's strongest materials. The dragons knew had to communicate with mother earth.

She gave guidance on how to provide natural electricity to each house. This was free. Each house will be off the grid and at the same time capture electricity directly from the earth.

Each house would have a bathroom with running water. There were a shower and a bath. Also, there was a toilet. This toilet was highly advanced. It would take the urine and convert it to potassium for fertilizers. The waste would then be transformed into fertilizers also.

All the wastewater would flow through underground tunnels to a place where it would go through a process of converting the runoff water back to a pure state. Mother earth told them the necessary steps to take place.

One by one the entire village worked on building the houses. The entire village helped in the process.

It took five long years. But they accomplish it. All of them gained such wisdom. They figured out how to farm inside using techniques that Mother earth told them to use. What better advice to get directions from?

At first, they only had seeds from Tibet and China. In the vast future, they would have seeds from all around the world. They had the perfect climate to grow anything.

They wouldn't have ever dreamed to use pesticides like we have today. You see money wasn't the driven product so you could give a man an inferior product. That was never in their consciousness.

Day by day they made improvements in all areas of life. They planned for the future. They saw that someday millions of people would live here. They planned according. They made sure that future generations would be safe and secure.

Each dragon and man were responsible for thinking outside of the box. Daily in their meditation, they would get insight and guidance. You see inside each of us lies the universe. You are the universe you just don't know it became a common experience for everyone.

The Golden Rule



The main motto for the dragon world was as follows. Do not impose on others what you do not wish for yourself. In the Bible, it is written “do unto others as you would have them do unto you” They both mean the same thing.

Kindness was the name of the game. The world needs kindness. Confucius was a young boy when he started learning from dragons.

He was an exceptional student and became a great teacher to man. He studied for around 10 years and then was sent to China to bring greater wisdom to all walks of life.

The golden rule was the foundation of his teachings. Today many people know him by “Confucius says” but he was far more than that. He knew the laws of the universe and tried to convey them to man.

He was one of the first Chinese to directly talk and teach ethics to people of all sorts of life. He even held political posts where his message could be heard. Confucianism is very much alive today in China. Mind you this was 600 hundred years before Christ.

Confucius introduced many people to the dragons teaching. He didn't use the dragons as a reference point. People weren't ready for that. Yet he gave many blessings to thousands of people to live and study with the dragons.

They got a precious letter introducing them to the Dragons. Confucius signed the letter so the dragons and man knew that Confucius endorsed the student.

Also, Confucius would help people who lost their homes in times of war. China was struggling. Chaos was all around. Thousands of people were helped by him. The underground Dragon world leaped in bounds with thousands of refugees and students arriving.

The dragon world was smart. They knew this was going to happen. As you know they prepared for the future. Each person and family were given a precious house to live in. Mind you it would be like today each person was given a mansion by today's standards.

These refugees thought that they were given the keys to heaven. They were provided with new clothes, shelter, and food.

Little Ricky the dragon helped in preparing the food for all the refugees and newcomers. Each day an incredible banquet would appear for the people.

There was so much love in the air. They were all treated with the highest respect and honor. They were treated with dignity. We need that so much in America today. The dragons didn't kick anyone out. Currently, in America, you could be living here for over forty years and be deported.

None of the people wanted to leave. There never saw so much harmony in their lives. The dragons and the locals were so kind. The golden rule was alive in this world.

Every action was driven by this rule. You see it truly didn't have to be forced upon. Everyone who lived there experienced such unity.

Sima Qian, a historian at the time relates how a young Confucius went to visit Lao-Tzu. The story goes he asked a question about history.

This is Lao-Tzu's response.

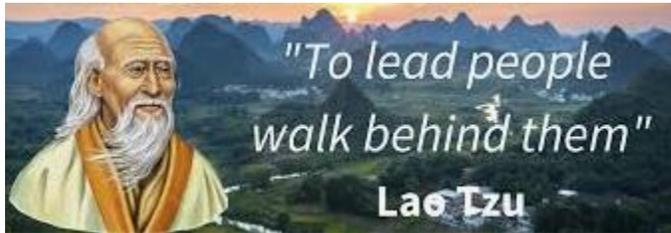
Those about whom you inquire have molded with their bones into dust. Nothing but their words remain. When the hour of the great man has struck he rises to leadership,

but before his time has come he is hampered in all that he attempts. I have heard that the successful merchant carefully conceals his wealth, and acts as though he had nothing – that the great man, though abounding in achievements, is simple in his manners and appearance.

Get rid of your pride and your many ambitions, your affectation, and your extravagant aims. Your character gains nothing for all these. This is my advice to you.

The story goes that Confucius was so impressed by the old master. Confucius compared him to a great mythical dragon and took his advice to heart. Soon after this meeting Confucius joined the dragon world and found his true calling.

Lao-Tzu



One of the earliest students was Lao Tzu. He was truly a man of nature.

He spent a considerable amount of time with the dragons. Even at a young age, he was wise beyond his time. Even the dragons were amazed at his knowledge and wisdom.

At times it seemed that his wisdom was beyond theirs. Mind you these dragons were thousands of years old. Lao Tzu was only around ten years old. Needless to say, there was great friendship and understanding with each other. At that time China and Tibet couldn't understand the simplicity of Lao Tzu and the dragons.

Lao Tzu didn't care about politics and worldly affairs. He hardly ever went to cities. They were a complete distraction. Man wasn't open to wisdom or knowledge at this time.

So Lao Tzu spent a lot of time with the dragons and nature. You see Lao Tzu could see the unity of all life.

There is a story that when Lao Tzu was going to leave this world a small group approached high in the mountains. They begged for some insight and wisdom.

Today we have the Tao Te chings. One of the greatest books today. Lao Tzu went with some dragons and never returned. His wisdom is still alive today.

The Tao that can be told is not the eternal Tao.

The name that can be named is not the eternal name.

The nameless is the beginning of heaven and Earth.

The named is the mother of the ten thousand things.

Ever desireless, one can see the mystery.

Ever desiring, one sees the manifestations.

These two spring from the same source but differ in name; this appears as darkness.

Darkness within darkness.

The gate to all mystery.

The Tao means the path or the way. It is a universal principle that exists in the entire universe.

The creation of galaxies and man spring forth from the Tao. As the poem above says the Tao that is spoken is not the eternal Tao. Remember that speaking about a mango is not a mango. You must eat a mango to understand.

Lao-Tzu got much wisdom from studying with the dragons. As a boy, he was wise beyond belief. Many people thought that his wisdom came directly from the stars. Many people thought he was as wise as a Dragon. Now that's impressive.

These are the following main themes that Lao-Tzu presented to the world.

True wisdom does not come from books.

You can study all the great books in the world yet you will have bookish knowledge. Remember a book describing a mango is not the mango. You must eat a mango to understand. Day by day taking baby steps one develops intuition to understand the great Tao. It is a practical experience not merely reciting words.

The Dragons were experts in this field.

Two, dualities exist in the universe. There is push-pull energy that exists in the entire universe.

For every action, there is an opposite and equal reaction. There is darkness, there is light. There is life, there is death. There is hot, there is cold. There is peace, there is war. Everything has a duality.

Three, there is Humility. A wise man understands this. A wise man knows the more you know the more humble you get. The sun in the sky just shines. It doesn't have anything to prove.

The West thinks that they have all the answers and will try to prove it to you. Arrogance and the ego are not part of humility. All the great wise teachers were humble. The people and dragons in Shambala were humble. Humility is intertwined with the universe.

Fourth, is simplicity

Tis a gift to be simple, 'tis a gift to be free
'Tis a gift to come down where I ought to be
And when I am in the place just right
I will be in the valley of love and delight
When true simplicity is gained
To bow and to bend I will not be ashamed
To turn, to turn will be my delight
'Til by turning, turning, I come 'round right.

This is a song that everyone would sing in Shambala. To understand the universe you must be simple. A man whose mind is complicated will never see the light of day.

Jesus the Christ said the following words.

I tell you the truth, it is hard for a rich man to enter the kingdom of heaven. Again I tell you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.

We are living in a world that is extremely complicated. The youngsters hardly have an opportunity to kick back and relax.

Their parents have them perform so many after-school activities that they don't have time to think. If you mentioned a more simple life many people will glare you in the eye.

Fifth, give for only giving. If you give and expect to receive anything then it is not truly giving. You may get disappointed in the end. Give like a fruit tree. A fruit tree does not expect anything in return.

Its nature is giving. Likewise, the nature of the universe is giving. The wise man flows with the universe. His actions come from the universe. It requires no conscious thought or effort.

Sixth, Action within inaction. If you ever saw how we as humans are running on the treadmill of life and never getting anywhere. We have governments that try to help but they are sinking in quicksand.

Everyone is trying to swim upstream. The wise man understands the laws of nature and lets the river glide him downstream. No effort is needed. It seems like today the more effort we take the greater the struggle is in life.

Most of the great masters of the past understood this key point. They knew the less one did the more you accomplish. There were in synch with the laws of the universe.

Meditation is an art to go inside and discover these practical laws. Everyone can be a Harry Potter. You are a true wizard.

Last but not least. Violence and conflict will never solve anything. It will not provide fruits on the tree of life. Violence and war are obsolete. Many times mankind has to go on the same merry-go-round.

Around and around we go. It's like a broken record. Around, around and around we go. War, war, and war. The only way out of this mess is to embrace the universe. The jewel lies inside of your heart. It doesn't matter who you are and what you have done in life. You can change for the better.

You have free will. With your free will, you can use it to find your true nature.

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

The Christ



There have been many rumors about the lost years of Christ. We hear stories from when he was young and then fast forward thirty years we hear about his mission.

Many people ask that question for thousands of years. The East has a particular soft spot for Christ.

Many of the following countries said that he came and spent some time learning about the sacred laws. Afghanistan, Pakistan, India, Tibet, and Egypt all have records and documents explaining Christ coming and visiting for some time.

Christ heard about the dragon's world and was quite fascinated by it. He heard the dragons and man lived in harmony for thousands of years.

By now over two million people live there. It was the most sophisticated city known to man. Yet for the majority of people, it was a myth.

Some of the high Lamas in Tibet introduced Christ to Shamballa. It was in the Tibetan backyard. Yet it was so hidden you could never find the entrance if you weren't welcome.

You see still at that time there were gangs of robbers and thieves. It was the wild west(but it is the east).

When Christ entered the grand complex he couldn't believe what he saw. Dragons were flying in the sky and he saw a vast modern city. It would make any city today pale in comparison.

You see this world combined the spiritual path and the practical path. These were central cornerstones. Kindness and the golden rule existed all around.

Love, kindness, and compassion were in the air. It was so strong almost like magnetic energy. You couldn't help but not feel it.

Christ was overwhelmed. He saw a state of heaven on earth. He knew he was home. All of the dragons and men welcomed him like a brother.

They made him feel he was home. Many great banquets were held in his honor. Laughter and humor filled the air.

The dragon and man introduced him to the great mystery school. He spent 10 years studying and learning.

Mind you the dragon has been there for over five thousand years. They have an incredible amount of knowledge to share. This was the most evolved Mystery School in the land.

Imagine having a city of over two million and having no crime. No police force or military. No greed nor war.

Anger was gone thousands of years ago. You see the universe is not angry. Man is. The universe is kind. All the dragons and man knew to be aware moment by moment of the grand power of love. This love sustains the entire universe.

Everyone wanted to be there. Everyone expressed love in their unique way. You didn't have to look a certain way or have a particular lifestyle. All were accepted. All of man's negative ways were long ago forgotten.

You could pray and meditate in any way you liked. Each person and dragon had their particular ways. Tolerance of others was a wave of life. The golden rule existed in every molecule of life.

To be honest Christ didn't want to leave. He was truly home. Yet he knew he had a mission to bring these same concepts to mankind. The world needs love and compassion. The world needs to find the jewel inside.

During those years Christ grew in leaps and bounds. He looked at his state of awareness when he came and when he left. It was a difference between night and day.

Even the son of God grows every day. Christ knew that you can never stop learning. Even the universe is continuing to expand and grow. As you know Christ went back home to Israel and started his message. His main theme was the Kingdom of heaven lies within. The Romans weren't quite open to that message.

They were the rulers of the time. The Romans were quite ruthless and caused an incredible amount of violence throughout the land.

The ultimate punishment was putting an innocent man on the cross. These were the dark ages of man. Fast forward to today and it's still the dark ages.

Peace will come on this earth. The world should have been blown up by now. A new dawning has occurred. Man will discover his true nature.

Man will find the jewel within. Mark my words millions of people are waking up. The Sunrise is occurring in man.

Christ's message will never die. It is eternal. There is so much hope. Remember that the city of Shambala is still alive. You can solve this great mystery by looking inside.

The Christ of India ⁸

By [Abbot George Burke \(Swami Nirmalananda Giri\)](#)



Essene roots of Christianity



The Christ of India
Fletcher Soul Traveler

At the time of Jesus of Nazareth, there were two major currents or sects within Judaism: the Pharisees and the Sadducees. The Pharisees were extremely concerned with strict external observance of their interpretation of the Mosaic Law, ritual worship, and theology. The Sadducees, on the other hand, were very little concerned with any of these and tended toward a kind of genteel agnosticism. Today these two groups might be compared with the Orthodox and the Reformed branches of Judaism respectively.

There was also a third sect which both was and was not part of Judaism. They were the Essenes, whose very name means “the Outsiders.” (“Essene” is the Greek equivalent of the Hebrew *Chitsonim*—“the outsiders.” Since Philo and other Jewish historians used “Essene” in writing about them, that has become the common

⁸ https://ocoy.org/original-christianity/the-christ-of-india/?gclid=EAlaIQobChMlo7aAjo-l6wVilijCh1-Qw9EEAAYASAAEgKfvvD_BwE

usage.) Whether they chose this name for themselves or whether it was applied to them by the disdainful Pharisees and Sadducees is not known. But that they were incongruent (even incompatible) to the normal life of Israel at that time is certainly known.

Jesus of Nazareth was an Essene, as were most of his followers, including the twelve Apostles. When Jesus said “I will build my church” (Matthew 16:18), the word used in the Greek text of the Gospels is *ecclesia*, which literally means “the called out” or “the separated” in the sense of “the aliens.” It is not far-fetched, then, to wonder if the correct translation should not be: “I will establish My *Essenes*.” Many elements distinguished and even separated the Essenes from the rest of Israel.

Their claims about their very existence was certainly a controversial matter. For the Essenes averred that Moses had created them as a secret fraternity within Judaism, with Aaron and his descendants at their head. The prophet Jeremiah was a Master of the Essenes, and it was in his lifetime that they ceased to be a secret society and became a public entity. From that time many of the Essenes began living in communities. Isaiah and Saint John the Baptist were also Masters of the Essenes. Their purpose was to follow a totally esoteric religious philosophy and practice that was derived from the Egyptian Mysteries.

As the grandson of the Pharaoh, Moses had been an initiate of those mysteries and destined to ultimately become the head of the Egyptian religion. It was common in Egypt for the eldest son of the Pharaoh to inherit the throne, and the next eldest son to be made the head of the Egyptian religion. Although Moses was the only son of the Pharaoh’s daughter, he was adopted and his bloodline was not known. For this reason he could not be Pharaoh, but he could be put into the position usually given to the second son. The Egyptian Mysteries were themselves derived from the religion of India: Sanatana Dharma, the Eternal Religion. Because of this the Essenes had always maintained some form of contact and interchange with India—a fact that galled their fellow Israelites. Regarding this, Alfred Edersheim, in his nineteenth century classic *The Life and Times of Jesus the Messiah*, wrote: “Their fundamental tendency was quite other than that of Pharisaism, and strongly tinged with Eastern elements.”

The reality of this contact with India is shown in the *Zohar* (2:188a-b), a compilation of ancient Jewish mystical traditions and the major text of the Jewish Kabbalah. It contains the following incident regarding the knowledge of an illumined rabbi concerning the religion of India and the Vedic religious rite known

as the sandhya, which is an offering of prayers at dawn and sunset for enlightenment.

“Rabbi Yose and Rabbi Hiyya were walking on the road. While they were walking, night fell; they sat down. While they were sitting, morning began to shine; they rose and walked on. Rabbi Hiyya said, ‘See, the face of the East, how it shines! Now all the children of the East [in India], who dwell in the mountains of light [the Himalayas], are bowing down to this light, which shines on behalf of the sun before it comes forth, and they are worshipping it....Now you might say: ‘This worship is in vain!’ but since ancient, primordial days they have discovered wisdom through it.”

Their contact and interchange with Indian religion—Brahminical practices in particular—were manifested in several ways among the Essenes:

1. They practiced strict non-violence.
2. They were absolute vegetarians and would not touch alcohol in any form. Nor would they eat any food cooked by a non-Essene. (Edersheim says: “Its adherents would have perished of hunger rather than join in the meals of the outside world.”)
3. They refused to wear anything of animal origin, such as leather or wool, usually making their clothes of linen.
4. They rejected animal sacrifice, insisting that the Torah had not originally ordered animal sacrifice, but that its text had been corrupted—in regard to that and many other practices as well. Their assertion was certainly corroborated by passages in the scriptures such as: “Will I eat the flesh of bulls, or drink the blood of goats?” (Psalms 50:13). “To what purpose [is] the multitude of your sacrifices unto me? saith the Lord:...I delight not in the blood of bullocks, or of lambs, or of he goats” (Isaiah 1:11). “For I spake not unto your fathers, nor commanded them in the day that I brought them out of the land of Egypt, concerning burnt offerings or sacrifices” (Jeremiah 7:22). The quotation from Isaiah is particularly relevant since he was himself the Master of the Essenes.

It was the Essenes’ contention that the “animals” originally offered in sacrifice were symbolic effigies of animals that represented the

particular failing or fault from which the offerer wished to be freed. Appollonius of Tyana taught this same thing in relation to the ancient Greek sacrifices, and urged a return to that form. Long before that, in India dough effigies were offered in “sacrifice.” (See page 42 of *Ganesha*, by Chitralkha Singh and Prem Nath, published by Crest Publishing House of New Delhi.) In the Essene practice, each person molded the effigies with his own hands, while praying and concentrating deeply on the traits he wished to have corrected, feeling that it was being transferred into the image. The effigies were made of five substances: powdered frankincense, flour, water, olive oil, and salt. When these had dried, they were taken to the tabernacle whose altar was a metal structure with a grating over the top and hot coals within. The effigies were laid upon this grating and burnt by the intense heat. As they burned, through the force of the heat the olive oil and frankincense liquefied and boiled or seeped upward. This fragrant liquid was called “the blood” of the sacrifice. It was this with which Moses consecrated the tabernacle, its equipment, and the priests (Exodus 24:6,8), not animal blood. And it was just such a “lamb” whose “blood” was sprinkled on the doorposts in Egypt (Exodus 12:7).

For the Passover observance, the Essenes would bake a lamb effigy using the same ingredients—except for the frankincense they would substitute honey and cinnamon. (Or, lacking honey, they would use a kind of raisin syrup.) This was the only paschal lamb acceptable to them—and therefore to Jesus and His Apostles.

Consequently, the Essenes refused to worship in Jerusalem, but maintained their own tent-tabernacle on Mount Carmel made according to the original directions given to Moses on Mount Sinai. They considered the Jerusalem temple unacceptable because it was a stone structure built according to Greco-Roman style rather than the simple and humble tabernacle form given to Moses—a form that symbolized both the physical and psychic makeup of the human being. Further, the Jerusalem temple was built by Herod who, completely subservient to Rome, disdained Judaism and practiced a kind of Roman agnostic piety. Because of this the temple was ritually unclean in their estimation. They placated the Jerusalem Temple priests by sending them large donations of money. On occasion they gave useful animals to the Temple in Jerusalem, but only with the condition that they would be allowed to live out their natural span of life.

5. They interpreted the Torah and other Hebrew scriptures in an almost exclusively spiritual, symbolic, and metaphysical manner, as did the Alexandrian Jewish

philosopher Philo. They also had esoteric writings of their own which they would not allow non-Essenes to see. But even more objectionable to the other Hebrews was their study and acceptance of “alien” scriptures—the holy books of other religions—so much so that an official condemnation was made of this practice. In light of this we can say that the Essenes were perhaps the first in recorded history to hold a universal, eclectic view of religion.

6. Celibacy was prized by them, being often observed even in marriage, and many of them led monastic lives of total renunciation.

7. They considered their male and female members—all of whom were literate—to be spiritual equals, and both sexes were prophets and teachers among them. This, too, was the practice in Hinduism at that time, women also wearing the sacred thread.

8. They denied the doctrine of the physical resurrection of the dead at the end of time, which was held by some Pharisees—who usually believed in reincarnation—and later became a tenet of Mediterranean Christianity.

9. They believed in reincarnation and the law of karma and the ultimate reunion of the soul with God. This is clearly indicated by the Apostles asking Jesus about a blind man: “Master, who did sin, this man, or his parents, that he was born blind?” (John 9:2. See *May a Christian Believe in Reincarnation?*).

10. They believed that the sun was a divine manifestation, imparting spiritual powers to both body and mind. They faced the rising and setting sun and recited prayers of worship, refusing, upon rising in the morning, to speak a single word until the conclusion of those prayers. They did not consider the sun was a god, but a symbol of the One God of Light and Life. It was, though, felt that appropriate prayers directed toward the sun would evoke a divine response. (See Jesus’ words to the king of Kashmir as recorded in the *Bhavishya Maha Purana* that are given later on.)

11. They believed in both divination and the powers of prophecy.

12. They believed in the power of occult formulas, or mantras, as well as esoteric rituals, and practiced theurgy (spiritual “magic”) with them.

13. They believed in astrology, cast horoscopes, and made “magical” amulets of plants and gems according to astrological aspects. They also believed that angels had taught Moses the practice of herbalism.

14. They believed that miraculous cures were natural extensions of authentic spiritual life.

15. They would wear only white clothes as a sign that they worshipped God Who is Light and were clothed by Him in light. This so provoked the other Israelites that praying in white clothing was prohibited by the Pharisees and Sadducees, and laws were drafted accordingly. (The Mishnah *begins* with such a prohibition.) The disciples of Saint Thomas in India had a similar rule, only wearing white clothes in worship.

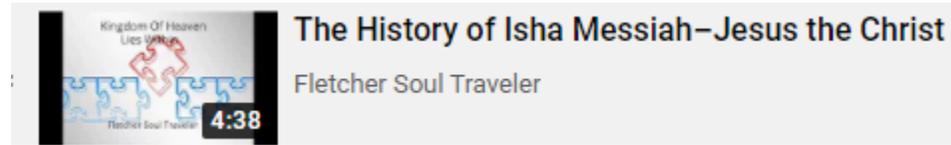
16. They observed the identical rules of purity (shaucha/shuddhi) as the Brahmins in India at that time, especially in the matter of bathing frequently.

17. They practiced the strictest adherence to truthfulness. (Travelers in past centuries cited the strict adherence to truth by the Brahmins of India as a great and admirable wonder.)

It should also be noted that most of these Brahminical practices were observed by Buddhists as well, so it is not out of place to consider that the Essenes—and Jesus and His disciples—possessed the qualities of both Hindu and Buddhist religion in “the West” at that time.

From all this we can see why Edersheim states that “In respect of doctrine, life, and worship, it [the Essene community] really stood *outside* Judaism.” As a result of these differences from ordinary Judaism, the Essenes lived totally apart from their fellow Hebrews, usually in separate communities or in communal houses in the towns and cities. (The supposed “communal experiment” in the book of Acts (4:32) was really a continuation of the Essene way of life. The Last Supper took place in just such an Essene “house.”)

The History of Isha Messiah—Jesus the Christ



Among the Essenes of Israel at the threshold of the Christian Era, none were better known or respected than Joachim and Anna of Nazareth. Joachim was noted for his great piety, wealth, and charity. The richest man in Israel, his practice was to annually divide his increase into thirds, giving one third to the temples of Carmel and Jerusalem and one third to the poor, keeping only one third for himself. Anna was renowned as a prophetess and teacher among the Essenes. Their daughter Mary [Miryam], who had been conceived miraculously beneath the Holy of Holies of the Temple, had passed thirteen years of her life as a Temple virgin until her espousal to Joseph of Nazareth. Before their marriage was performed, she was discovered to have conceived supernaturally, and in time she gave birth to a son in a cave of Bethlehem. His given name was Jesus (Yeshua in Aramaic and Yahoshua in Hebrew).

This Son of Miryam was as miraculous as his mother, and astounding wonders were worked and manifested daily in his life—for the preservation of which his parents took him into Egypt for some years where they lived with the various Essene communities there. But before that flight, when the child had been about three years old, sages from India (Matthew 2:1, 2) had come to pay him homage and to establish a link of communication with him, for his destiny was to live most of his life with them in the land of Eternal Dharma before returning to Israel as a messenger of the very illumination that had originally been at the heart of the Essene order. Through the intermediary of merchants and travelers both to and from India, contact was maintained with their destined disciple.

Watch this YouTube video to get an overview of the “Lost Years” of Jesus discussed in this article.



At the age of twelve, during the passover observances on Mount Carmel (not in Jerusalem), Jesus petitioned the elders of the Essenes for initiation—something bestowed only on adults after careful instruction and scrutiny. Because of his well-known supernatural character, the elders examined him before all those present.

Not only could he answer all their questions perfectly, when the examination was ended he began to examine *them*, putting to them questions and statements that were utterly beyond their comprehension.

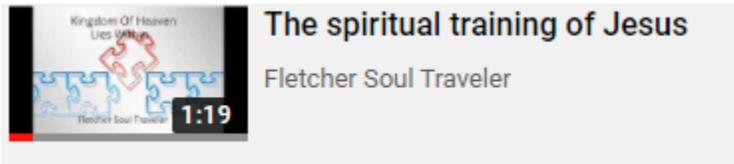
In this way he demonstrated that the Essene order had nothing whatever to teach him, and that there was no need for him to undergo any initiation or instruction from them.

Upon his return to Nazareth preparations were begun for his journeying into India to formally become a disciple of those masters who had come to him nine years before. T

he necessary preliminaries being completed, Jesus of Nazareth set forth on a spiritual pilgrimage that would end at the feet of the three masters who would transform Jesus the Nazarene into Isha the Lord, the Teacher of Dharma and

Messiah of Israel. Nicholas Roerich, in his book *Himalaya: A Monograph*, said that according to the Tibetan scrolls he found in 1925, Isha was thirteen when he left for India. The *Nathanamavali* of the Nath Yogis, which we will be considering later on, says that Isha reached India when he was fourteen.

The spiritual training of Jesus



In India the masters initiated Jesus into yoga and the highest spiritual life, giving him the spiritual name “Isha,” which means Lord, Master, or Ruler, a descriptive title often applied to God. It is also a title of Shiva.

The masters also instructed Jesus in the form his spiritual teachings should take and the specific yogic practices that should be given to his disciples. It was also decided that one of those disciples should be sent to India for the identical spiritual empowerment and instruction that was being imparted to Jesus.

For some time Jesus meditated in a cave north of the present-day city of Rishikesh, one of the most sacred locales of India. In the years He spent in the Himalayas, He attained the supreme heights of realization. To augment the teachings he had received in the Himalayas, Jesus was sent to live in Benares, the sacred city of Shiva.

The worship of Shiva



The worship of Shiva centered in the form of the natural elliptical stone known as the Shiva Linga (Symbol of Shiva) was a part of the spiritual heritage of Jesus, for His ancestor Abraham, the father of the Hebrew nation, was a worshipper of that form.

The Linga which he worshipped is today enshrined in Mecca within the Kaaba. The stone, which is black in color, is said to have been given to Abraham by the Archangel Gabriel, who instructed him in its worship.

Such worship did not end with Abraham, but was practiced by his grandson Jacob, as is shown in the twenty-eighth chapter of Genesis.

Unwittingly, because of the dark, Jacob used a Shiva Linga for a pillow and consequently had a vision of Shiva standing above the Linga which was symbolically seen as a ladder to heaven by means of which devas (shining ones) were coming and going.

Recalling the devotion of Abraham and Isaac, Shiva spoke to Jacob and blessed him to be an ancestor of the Messiah. Upon awakening, Jacob declared that God was in that place though he had not realized it.

The light of dawn revealed to him that his pillow had been a Shiva Linga, so he set it upright and worshipped it with an oil bath, as is traditional in the worship of Shiva, naming it (not the place) Bethel: the Dwelling of God. (In another account in the thirty-fifth chapter, it is said that Jacob "poured a drink offering thereon, and he poured oil thereon.")

This, too, is a traditional form of worship and offering.) From thenceforth that place became a place of pilgrimage and worship of Shiva in the form of the Linga stone. Later Jacob had another vision of Shiva,

Who told him: "I am the God of Bethel, where thou anointedst the pillar, and where thou vowedst a vow unto me" (Genesis 31:13). A perusal of the Old

Testament will reveal that Bethel was the spiritual center for the descendants of Jacob, even above Jerusalem.

Although this tradition of Shiva [Linga] worship has faded from the memory of the Jews and Christians, in the nineteenth century it was evidenced in the life of the stigmatic Anna Catherine Emmerich, an Augustinian Roman Catholic nun.

On several occasions when she was deathly ill, angelic beings brought her crystal Shiva Lingas which they had her worship by pouring water over them. When she drank that water she would be perfectly cured.

Furthermore, on major Christian holy days she would have out-of-body experience in which she would be taken to Hardwar, a city sacred to Shiva in the foothills of the Himalayas, and from there to Mount Kailash, the traditional abode of Shiva, which she said was the spiritual heart of the world.

Benares and Jagannath Puri



Benares and Jagannath Puri
Fletcher Soul Traveler

Benares, the spiritual heart of India, was the major center of Vedic learning. During his time in the Himalayas, Jesus' endeavors had been centered almost exclusively on the practice of yoga.

In Benares Jesus engaged in intense study of the spiritual texts of Sanatana Dharma, especially the upanishads and the Bhagavad Gita—which he later quoted in his discourses in Israel.

When Jesus had come to the point where the acharyas of Benares were satisfied with his level of scriptural and philosophical knowledge, he was sent to the sacred city of Jagannath Puri, which at that time was a great center of the worship of Shiva, second only to Benares.

In Puri Jesus lived some time in the famous Govardhan Math, today a major center of the monastic order of the foremost philosopher-saint of India known as Adi Shankaracharya.

There he perfected the synthesis of yoga, philosophy and renunciation, and began to publicly teach the Eternal Dharma. In the nineteen-fifties, the former head of the Govardhan Math, and head of the entire monastic Swami Order of Shankaracharya, Jagadguru Bharat Krishna Tirtha, claimed that he had discovered "incontrovertible historical evidence" that Jesus had lived in the Govardhan Math as well as in other places of India.

He was writing a book on the subject, but died before it could be finished. Unfortunately the fate of his manuscript and research is presently unknown.

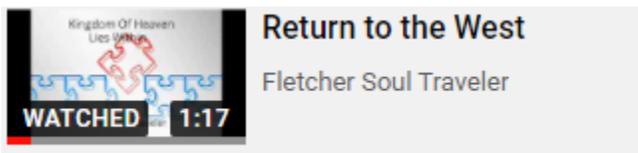
As a teacher Jesus was as popular as he was proficient in teaching, and gained great notoriety among all levels of society. However, those who were making religion into a business became intensely jealous and even began to plot his death.

Therefore he left Puri and returned to the Himalayan regions. There final instructions were given him regarding his mission in the West and the way

messages could be sent between Jesus and his Indian teachers. Jesus also lived in various Buddhist monasteries in the Himalayan region at this time.

Jesus was aware of the form and purpose of his death from his very birth. But it was the Indian masters who made everything clear to him regarding them. They promised Jesus that he would be sent a container of Himalayan Balsam to be poured upon his head by a close disciple as a sign that his death was imminent, even “at the door.” When Saint Mary Magdalene performed this action in Bethany, Jesus understood the unspoken message, saying: “She is come aforehand to anoint my body to the burying” (Mark 14:8).

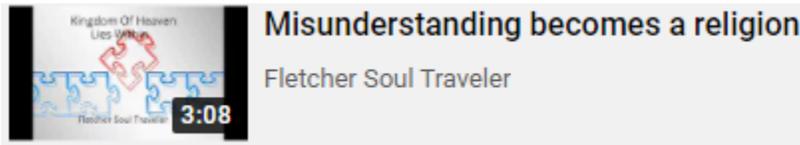
Return to the West



Jesus then set forth on his return journey to Israel with the blessings of the masters. All along his way, Jesus taught those who were drawn to his spiritual magnetism and who sought his counsel in the divine life. He promised that after some years he would be sending them one of his disciples who would give them even more knowledge and benefit.

Arriving in Israel, Jesus went directly to the Jordan where his cousin John, the Master of the Essenes, was baptizing. There his Christhood was revealed to John and those who had “the eyes to see and the ears to hear” (Deuteronomy 29:4). In this way His brief mission to Israel was begun. Its progress and conclusion are well known, so we need not recount it here except to rectify one point.

Misunderstanding becomes a religion



Throughout the Gospels we see that the disciples of Jesus consistently misunderstood his speaking of higher spiritual matters.

When he spoke of the sword of wisdom they showed him swords of metal to assure him they were well equipped (Luke 22:36-38). When he warned them against the “leaven” of the Scribes and Pharisees they thought he was complaining that they did not have any bread (Mark 8:15,16). Is it any wonder, then that he said to them: “Perceive ye not yet, neither understand? have ye your heart yet hardened? Having eyes, see ye not? and having ears, hear ye not? How is it that ye do not understand?” (Mark 8:17, 18, 21). Even in the moment of his final departure from them, their words showed that they still believed the kingdom of God was an earthly political entity and not the realm of spirit (Acts 1:6).

This being so, the Gospels themselves must be approached with grave caution and with the awareness that Jesus was not the creator of a new religion, but a messenger of the Eternal Religion he had learned in India.

As a priest of the Saint Thomas Christian Church of South India once commented to me: “You cannot understand the teachings of Jesus if you do not know the scriptures of India.” And if you do know the scriptures of India you can see where—however well-intentioned they may have been—the authors of the Gospels often completely missed the point and garbled the words and ideas they heard from Jesus, even attributing to him incidents from the life of Buddha (such as the Widow’s Mite) and mistaking his quotations from the Upanishads, the Bhagavad Gita and the Dhammapada for doctrines original to him.

For example, the opening verse of the Gospel of John, which has been cited through the centuries as proof of the unique character and mission of Jesus, is really a paraphrase of the Vedic verse: “In the beginning was Prajapati, and with Him was the Word.” (*Prajapati vai idam agra asit. Tasya vak dvitiya asit.* Krishna

Yajurveda, Kathaka Samhita, 12.5, 27.1; Krishna Yajurveda, Kathakapisthala Samhita, 42.1; Jaiminiya Brahmana II, Samaveda, 2244).

Having confused Christ with Jesus, things could only go downhill for them and their followers until the true Gospel of Christ was buried beneath two millennia of confusion and theological debris.

Return to India—not ascension



Return to India—not ascension

Fletcher Soul Traveler

It is generally supposed that at the end of his ministry in Israel Jesus ascended into heaven. But Saint Matthew and Saint John, the two Evangelists that were eye-witnesses of his departure, do not even mention such a thing, for they knew that he returned to India after departing from them.

Saint Mark and Saint Luke, who were not there, simply speak of Jesus being taken up into the heavens. The truth is that he departed to India, though it is not unlikely that he did rise up and “fly” there. This form of travel is not unknown to the Indian yogis.

That Jesus did not leave the world at the age of thirty-three was written about by Saint Irenaeus of Lyon in the second century. He claimed that Jesus lived to be fifty or more years old before leaving the earth, though he also said that Jesus was crucified at the age of thirty-three.

This would mean that Jesus lived twenty years after the crucifixion. This assertion of Saint Irenaeus has puzzled Christian scholars for centuries, but if we put it together with other traditions it becomes comprehensible. Basilides of Alexandria, Mani of Persia, and Julian the Emperor said that Jesus had gone to India after His crucifixion.

Why did Jesus return to India? Anna Catharine Emmerich said that in her visions of Jesus’ life she clearly saw that in India Jesus loved the people and was wholeheartedly loved in return.

Even more, everyone there understood everything Jesus had to say and teach. In contrast, he was little liked in Israel and virtually no one knew what he was talking about. This would certainly be an inducement to return.

There may be another reason. Some contemporary anthropologists and historians believe that Abraham was a member of the Yadava clan of Western India, the family of Krishna, who disappeared from India after Krishna’s departure from this world. Swami Bhaktivedanta, founder of the Hare Krishna movement said the

same. If this is so, then Jesus was really returning to the homeland of his ancestors.

And finally, Jesus may have realized that his teachings could only be preserved in the context of Eastern religion and philosophy.

An ancient Chinese text on the history of religions and their doctrines, known as *The Glass Mirror*, had this to say about Lord Isha (Jesus) and His teachings: "Yesu, the teacher and founder of the religion, was born miraculously....His doctrines did not spread extensively, but *survived only in Asia.*"

Some Buddhist historical records about Jesus



A contemporary written record of the life and teachings of Jesus in India was discovered in 1887 by the Russian traveler Nicholas Notovitch during his wanderings in Ladakh.

He had it translated from the Tibetan text (the original, kept in the Marbour monastery near Lhasa, was in Pali) and, despite intense opposition from “Christians” in Russia and Europe, published it in his book *The Unknown Life of Jesus Christ*.

As would be expected, the authenticity of Notovitch’s book was attacked and various articles written claiming that the monks of the Himis monastery, where Notovitch had found the manuscript, told investigators that they knew nothing of Notovitch or the text. But both Swami Abhedananda and Swami Trigunatitananda—direct disciples of Sri Ramakrishna and preachers of Vedanta in America—went at separate times to the Himis monastery.

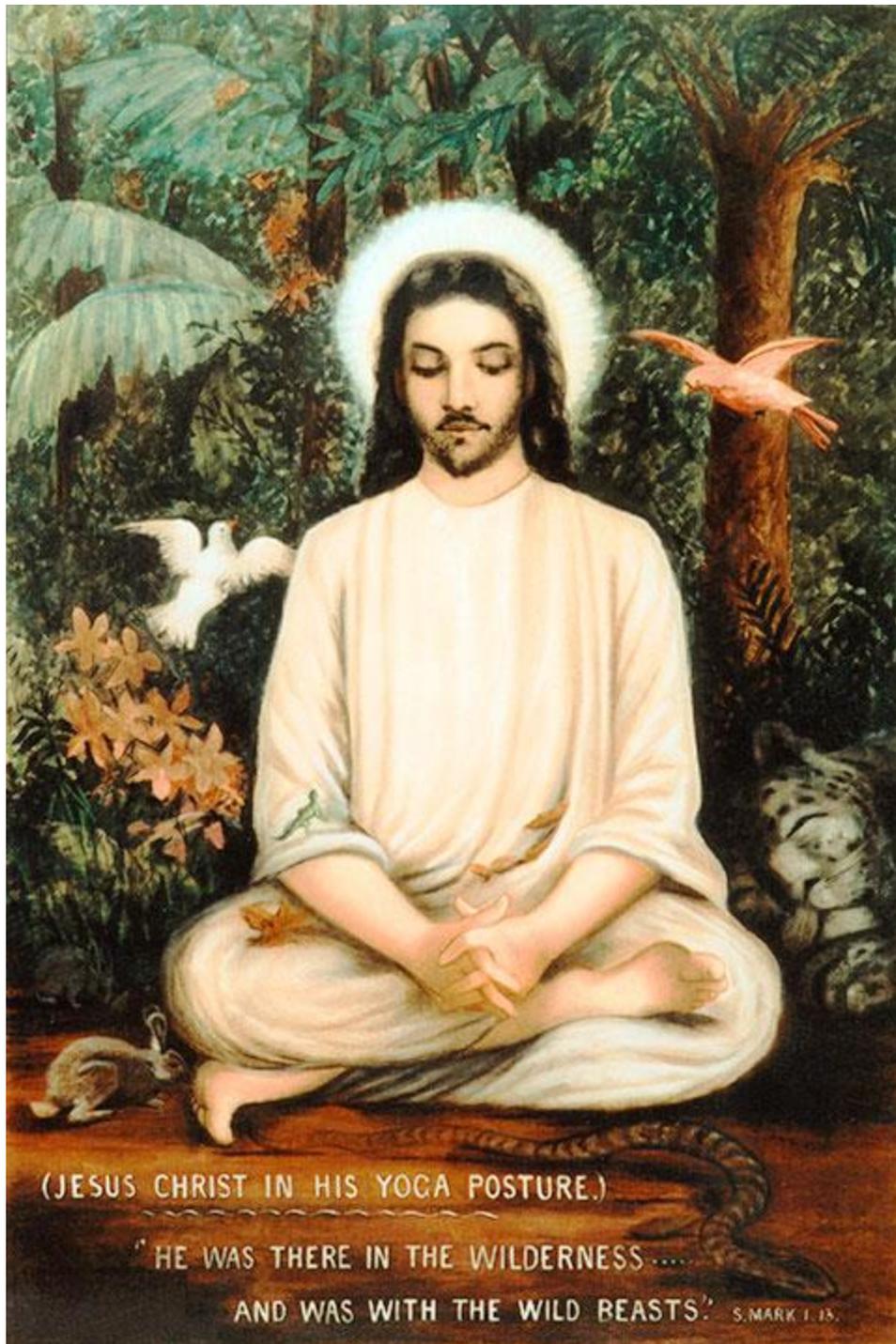
The monks there not only assured them that Notovitch had spent some time in the monastery as he claimed, they also showed them the manuscript—part of which they translated for Swami Abhedananda, who knew from having read Notovitch’s book that it was indeed the same writing found in [The Unknown Life of Jesus Christ](#).

Subsequently, Abhedananda had the English translation of Notovitch’s text printed in India where the “Christian” authorities had until then prohibited both its publication or its importation and sale. Immediately after the publication of the English edition of Notovitch’s book, the British Government in India hired Moslems to go throughout Ladakh and neighboring areas posing as Hindus in search of further manuscripts about Jesus in India.

They were to buy the manuscripts and bring them to their employers to be destroyed. Whether this shameful ruse succeeded to any degree we have no knowledge.

Swami Trigunatitananda not only saw the manuscript in Himis, he also was shown two paintings of Jesus. One was a depiction of his conversation with the Samaritan Woman at the well.

The other was of Jesus meditating in the Himalayan forest surrounded by wild beasts that were tamed by his very presence. In America the Swami described the painting to an artist who produced the following:



Later, Dr. Nicholas Roerich, the renowned scholar, philosopher, and explorer, traveled in Ladakh and also was shown the manuscript and assured by the monks that Jesus had indeed lived in several Buddhist monasteries during his “lost years.” He wrote about his own viewing of the scrolls in his book *The Heart of Asia*.

In 1921 the Himis monastery was visited by Henrietta Merrick who, in her book *In the World's Attic* tells of learning about the records of Jesus' life that were kept there.

She wrote: "In Leh is the legend of Jesus who is called Issa, and the Monastery at Himis holds precious documents fifteen hundred years old which tell of the days that he passed in Leh where he was joyously received and where he preached."

In 1939 Elizabeth Caspari visited the Himis monastery. The Abbot showed her some scrolls, which he allowed her to examine, saying: "These books say your Jesus was here."

Robert Ravicz, a former professor of anthropology at California State University at Northridge, visited Himis in 1975. A Ladakh physician he met there spoke of Jesus' having been there during His "lost years."

In the late 1970s Edward Noack, author of *Amidst Ice and Nomads in High Asia*, and his wife visited the Himis monastery. A monk there told him: "There are manuscripts in our library that describe the journey of Jesus to the East."

Toward the end of this century the diaries of a Moravian Missionary, Karl Marx, were discovered in which he writes of Notovitch and his finding of scrolls about "Saint Issa."

Marx's diaries are kept in the Moravian Mission museum. The pages about Notovitch and the scrolls have "disappeared" and their existence is now denied in an attempt to discredit Notovitch, but before their disappearance they were photographed by a European researcher and have been made public.

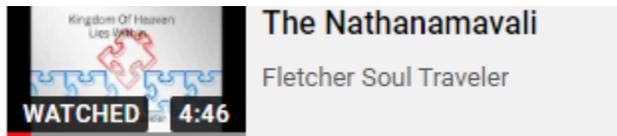
Notovitch also claimed that the Vatican Library had sixty-three manuscripts from India, China, Egypt, and Arabia—all giving information about Jesus' life.

In 1812, Meer Izzut-oolah, a Persian, was sent to Ladakh and central Asia by the East India Company. Though religion was not his mission, he observed much and subsequently wrote in his book *Travels in Central Asia*: "They keep sculptured representations of departed saints, prophets and lamas in their temples for contemplation.

Some of these figures are said to represent a certain prophet who is living in the heavens, which would appear to point to Jesus Christ."

When Swami Abhedananda was in the Himis monastery doing his research on the records of Jesus life in India he was told by the abbot that Jesus had not departed from the earth at the time his apostles saw him ascend, but that he had returned to India where he lived with the Himalayan yogis for many years.

The Nathanamavali



The Bengali educator and patriot, Bipin Chandra Pal, published an autobiographical sketch in which he revealed that Vijay Krishna Goswami, a renowned saint of Bengal and a disciple of Sri Ramakrishna, told him about spending time in the Aravalli mountains with a group of extraordinary ascetic monk-yogis known as Nath Yogis.

The monks spoke to him about Isha Nath, whom they looked upon as one of the great teachers of their order. When Vijay Krishna expressed interest in this venerable guru, they read out his life as recorded in one of their sacred books, the *Nathanamavali*.

It was the life of him whom the Goswami knew as Jesus the Christ! Regarding the Nath Yogis' tradition, Sri Pal comments: "It is also their conjecture that Jesus Christ and this Isha Nath are one and the same person."

Perhaps they were the yogis with which Isha lived either before his return to Israel or after his secret return to India after his ascension. Here is the relevant portion of the *Nathanamavali*:

"Isha Natha came to India at the age of fourteen. After this he returned to his own country and began preaching. Soon after, his brutish and materialistic countrymen conspired again him and had him crucified.

After crucifixion, or perhaps even before it, Isha Natha entered samadhi by means of yoga. [Yogis often leave their bodies in samadhi, so it is not amiss to say that Jesus did indeed "die" on the cross.]

"Seeing him thus, the Jews presumed he was dead, and buried him in a tomb. At that very moment however, one of his gurus, the great Chetan Natha, happened

to be in profound meditation in the lower reaches of the Himalayas, and he saw in a vision the tortures which Isha Natha was undergoing. He therefore made his body lighter than air and passed over to the land of Israel.

“The day of his arrival was marked with thunder and lightning, for the gods were angry with the Jews, and the whole world trembled.

When Chetan Natha arrived, he took the body of Isha Natha from the tomb, woke him from his samadhi, and later led him off to the sacred land of the Aryans. Isha Natha then established an ashram in the lower regions of the Himalayas and he established the cult of the lingam there.” “The cult of the lingam” refers to the Shaivite branch of Hinduism. We will speak more on that later.

This assertion is supported by two relics of Jesus which are presently found in Kashmir. One is his staff, which is kept in the monastery of Aish-Muqan and is made accessible to the public in times of public catastrophe such as floods or epidemics.

The other is the Stone of Moses—a Shiva linga that had belonged to Moses and which Jesus brought to Kashmir. This linga is kept in the Shiva temple at Bijbehara in Kashmir.

One hundred and eight pounds in weight, if eleven people put one finger on the stone and recite the bija mantra “Ka” over and over, it will rise three feet or so into the air and remain suspended as long as the recitation continues. “Shiva” means one who is auspicious and gives blessings and happiness. In ancient Sanskrit the word *ka* means to please and to satisfy—that which Shiva does for His worshippers.

I have met two people who have “raised the Stone of Moses.” One of them said that the number required to raise the stone relates to their spiritual development—that he had raised it with only three others.

The Bhavishya Maha Purana



One ancient book of Kashmiri history, the *Bhavishya Maha Purana*, gives the following account of the meeting of a king of Kashmir with Jesus sometime after the middle of the first century:

“When the king of the Sakas came to the Himalayas, he saw a dignified person of golden complexion wearing a long white robe. Astonished to see this foreigner, he asked, ‘Who are you?’

The dignified person replied in a pleasant manner: ‘Know me as Son of God [Isha Putram], or Born of a Virgin [Kumarigarbhasangbhawam]. Being given to truth and penances, I preached the Dharma to the mlecchas....O King, I hail from a land far away, where there is no truth, and evil knows no limits.

I appeared in the country of the mlecchas as Isha Masiha [Jesus Messiah/Christ] and I suffered at their hands. For I said unto them, “Remove all mental and bodily impurities. Remember the Name of our Lord God. Meditate upon Him Whose abode is in the center of the sun.”

There in the land of mleccha darkness, I taught love, truth, and purity of heart. I asked human beings to serve the Lord. But I suffered at the hands of the wicked and the guilty. In truth, O King, all power rests with the Lord, Who is in the center of the sun.

And the elements, and the cosmos, and the sun, and God Himself, are forever. Perfect, pure, and blissful, God is always in my heart. Thus my Name has been established as Isha Masiha.’

After having heard the pious words from the lips of this distinguished person, the king felt peaceful, made obeisance to him, and returned” (*Bhavishya Maha Purana* 3.2.9-31. The word *mleccha* means a foreigner, a non-Indian.)

Another Kashmiri history, the *Rajatarangini*, written in 1148 A.D., says that a great saint named Issana lived at Issabar on the bank of Dal Lake and had many disciples, one of which he raised from the dead.

When teaching in Israel, Jesus told the people: “Other sheep I have, which are not of this fold” (John 10:16), speaking of his Eastern disciples. For when Jesus came to the Jordan at the beginning of his ministry, he had spent more years of his life in India than in Israel.

And he returned there for the remainder of his life, because he was a spiritual son of India—the Christ of India.

As Swami Sivananda wrote in *Lives of Saints*: “[Lord Jesus] disappeared at the ages of thirteen and reappeared in his thirty-first year. During this period, from his thirteenth to his thirty-first year, he came to India and practiced Yoga....Jesus left Jerusalem and reached the land of Indus in the company of merchants. He visited Varanasi, Rajgriha and other places in India. He spent several years in Hindustan. Jesus lived like a Hindu or a Buddhist monk, a life of burning renunciation and dispassion.

He assimilated the ideals, precepts and principles of Hinduism. Christianity is modified Hinduism only, which was suitable for those people who lived in the period of Christ. Really speaking, Jesus was a child of the soil of India only. That is the reason why there is so much of similarity between his teachings and the teachings of Hinduism and Buddhism.”

Hidden Puzzles

The following are some of the hidden puzzles that I wrote during the period of taking this class. Ponder over these. It might help you along the way. This has been a profound time in my life. Signposts are all around you.

Spiritual Life Is The Most Practical Life

Many people roll their eyes when I say the following.

The spiritual life is the most practical life.

How practical is the spiritual life?

Ok, let's go into this.

You are born.

You take your first breath in.

You live so many years.

When you take your last breath you are no longer here.

What is keeping you alive?

This is the spiritual path.

One consciously tries to focus on the power of the breath.

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

The spiritual path is constantly rewiring the circuits of the brain.

It is constantly modifying the operating systems, hardware, and software.

Currently, the world at large is ignorant of this fact.

We only place importance on the external events of life.

This leads to the chaos which we see today.

Many people due to laziness and apathy live lives like leaves blowing in the wind.

One who is constantly discovering the jewel within does not lead a boring life.

Being Bored is a state of mind.

The spiritual path leads to the transformation of one's self.

One goes from darkness to light.

Mind you this is not a metaphor.

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

Everything is set in place.

Then why don't I see the light within?

Have you ever turned on the inner computer?

Where you place your attention is what you perceive.

If you only focus externally one will never see the light within.

Your current agitated brain wave state of high beta can't see the light within.

Only when one calms down the mind your true essence is revealed.

Tell me is this the most practical thing you can do.

Smart Cookies

The ancient Yogis were smart cookies.

Hatha yoga was an art and science.

I once had a conversation with someone who told me if they used the word hatha yoga they really didn't go much into the practice.

I silently didn't say anything.

Hatha yoga is a precious jewel.

The way they teach it in the west is like physical exercise.

That's only 1% of the light spectrum.

The goal is to be one and conscious with the mind, body, and soul.

Wise practitioners close their eyes when performing the asanas.

They hold their position and totally relax into it.

The mind is concentrating on the power of the breath.

There is a force field of light that one beholds.

Sweet internal sounds are heard.

The perfume of bliss fills the air.

The mind, body, and soul are in harmony.

Day by day this experience grows.

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

This is no longer a physical exercise but a tool to discover your true nature.

Your YMCA only teaches the physical aspect.

That's sad because there is so much more than that.

It's almost like it shouldn't be taught at all.

Granted it's great exercise.

Yet without proper training and wisdom, it is just exercise.

Over 50 years ago I stumbled upon this almost by accident.

I combined my hatha yoga practice with meditating.

Mind you I still do my meditative practice.

Yet the essence of hatha yoga is the merging of the mind, body, and soul.

I hardly ever do it in a group session.

The goal is to silently close your eyes and dive deep within your true nature.

It is a sacred routine.

One must close the external senses and totally open up the internal senses.

Only by blocking out the external world can you experience your true nature.

Yes, the effects will manifest in your daily life.

This is just a simple tip of advice.

We are all fine-tuning the guitar of life.

May you someday take these words to heart?

Narrow Thinking

I was thinking about my last post and came to the following conclusion.

Narrow thinking.

Even if the gist was true it still was narrow thinking.

Let yoga be taught everywhere.

Whatever level they get out of it.

Everyone is on their own spiritual and physical journey.

Who am I to judge their journey?

Everyone has their unique path.

It is tailor-made for them.

The web of love is tying us all together.

Nothing is cut and dried in life.

There is no absolute.

Mind you yesterday was narrow thinking.

I apologize for doing that.

I was excited to see and discover the great combination of hatha yoga and meditation.

Yet I presented it narrowly.

We all stumble and fall.

Hopefully, we can learn from my mistakes.

I had this nagging feeling that something was slightly off when I wrote that piece.

During my sleep, I got this message narrow thinking.

I pondered it over and completely agreed.

Someday in the future what I wrote will be true.

It could be a million, billion, or trillion years.

We are all going from darkness to light.

Let patience and tolerance prevail on earth.

May we realize the great wisdom that exists inside of us?

May we ponder over our thoughts and action daily?

Only through our thoughts and actions can we make this world a better place.

Food is your best medicine

I have been fascinated for around 50 years that food is your best medicine.

Nothing can surpass it.

Yet in our drug-ridden society, we look to the pharmaceuticals industry for our answers.

Yes, I believe there are many wonder drugs.

There is no denying that.

Yet food as medicine has not reached the mainstream society.

Junk food is still the norm.

We eat junk food and wonder why we get sick and are unhealthy.

We go to a doctor who will prescribe drugs.

He gives you the drugs and they have huge side effects.

They are like a band-aid to the solution.

Some of these drug commercials say the side effects could be death or a heart attack.

Basically, you are playing Russian roulette.

My wife Barbara had a friend who a doctor gave her a prescription for one drug.

Two years later she was taking 20 drugs for all the side effects coming from the first one.

You would think as a society we would get the picture.

We were never taught preventive medicine in our schools.

Even modern-day doctors only have around an eight-hour class on this subject.

Those doctors who consider food as medicine are considered quacks and outcasts.

If you want a healthy life, be proactive.

Take responsibility for your health.

Educate yourself.

What is cutting edge today won't be seen for around 50 years.

There is a myriad of incredible things you can do to help cure and protect yourself.

I'm not saying don't go to a doctor and take drugs.

I'm saying take responsibility for your own body.

It's the only one you have.

This human body is so magnificent.

Behind your breath lies the essence of life itself.

The same breath you take is the same breath the universe takes.

What can be more wondrous than that?

Yet we are texting on the freeway of life oblivious to the wonderment of life.

Count your blessings

Count your blessings.

You are alive.

This past week a dear friend of mine passed away.

The older I get the more frequent this will happen.

Nobody can escape death.

The more you value your life the better you will be.

Gratitude is the key.

When one truly cultivates gratitude the mind and body are in harmony.

Life will be so much easier to live.

Hardship will still come your way.

Curveballs will be thrown your way.

Yet the mind and body won't resist.

Remember it's how you react to a situation that causes you pain.

Somehow we forgot that major piece of advice.

We think that counting your blessings should only be done when we spend an hour worshipping.

After that, we can go on our merry way.

But to truly count your blessings one must be aware of the power behind your breath.

This is where true blessings should be counted.

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

Now that is what I call a blessing.

There are infinite states of being blessed.

Most of us are skimming the surface of the ocean of life.

We are like seagulls swimming over the ocean.

The whales know how to dive deep into the depths of the ocean.

Mind you they can skim the surface of the ocean yet they were born to dive deep within.

We are built in the same manner.

Humanity is skimming the surface of the ocean yet we were meant to dive deep within.

This is our true nature.

So counting your blessings is truly a state of mind.

Most of us are oblivious to our true nature.

We are so lost flaming each other and trying to prove our point of view.

The wise man simply smiles.

He has nothing to prove.

Microscope VS Telescope

We are all experts using the external telescope.

With our two eyes, we focus on the external world.

Our whole life is based externally.

Yet we have an infinite power microscope inside of us.

We have never turned it on except when we were young.

We came into this world with the microscope turned on.

This microscope is so powerful one can see that the body and mind are the same.

One can see the interconnectedness of all things.

One can see that I'm an intricate part of the universe inside a human body.

What magnification level are you on?

Is your microscope even turned on?

Do you even care if it is or not?

What difference does it make in my life?

What you don't know you don't know.

You can take a horse to water but you can't make him drink.

Well, you can put salt in his food.

Hopefully, this is salt in your food.

The truth needs no convincing.

We are not trying to sell you something.

The truth is not a commodity that can be bought or sold.

It exists inside of you.

It is keeping you alive.

Without the power behind your breath, you will not be here.

It is as simple as that.

Yet are you even aware of your breath?

Most of us breathe unconsciously.

We are shallow breathers due to this situation.

We are chest breathers, not belly breathers.

Look at a newborn baby.

This is how we should breathe from the belly.

I could go on and on with the benefits of belly breathing and the power behind
your breath.

Close your eyes for a few minutes and sense the emotion of pure love keeping
you alive.

It is as simple as that.

Droplets of love

I find it fascinating that we are wired for biological chemical and nonphysical droplets of love.

It is built-in.

The Buddhist and ancient yogis have known this for thousands of years.

It's only in the last 30 years have western scientists have been studying the effects of meditation on the brain.

We have probably hundreds of thousands of unique chemicals that we have never seen before.

In our ordinary state of survival, scientists have mapped out around 1500 positive and 1500 negative chemicals.

Yet there is an infinite amount of blissful chemicals that lie dormant within.

Many people due to stress try to get drunk or get high to escape the world.

They know that the next morning one will have a hangover.

Yet people drink year after year and wake up with hangovers.

These droplets of love are medicine to the mind, body, and soul.

There are no negative side effects.

The more one drinks these droplets of love the more in harmony one will be.

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

This path allows one to have his feet on the ground and his head in heaven.

What can be more glorious than that?

In this state one simply smiles at life.

There is nothing to say or prove.

The world at large may be flaming each other and fighting with each other.

The wise man knows how to live in the center of a hurricane.

Why live our lives like leaves scattered in the wind?

The center of the hurricane exists inside of us.

What can be more glorious than that?

Nobody can do the work for you.

It's only by your will alone.

That is the first step.

Nobody is going to save you.

You must save yourself.

Yes, help is all around you.

Help comes when you take action.

Grace comes to those who align themselves with their true nature.

Miracles do happen.

It's a miracle you are alive.

Relax

If you want peace of mind you must relax.

If you want a healthy body you must relax.

Struggling never leads to relaxation.

Do you know the tension you are in any given situation leads to stress?

Over time your mind and body become stressed out.

This becomes your natural state.

Mind you this is not your true state.

Your body then becomes wired to this.

Note in this state it is like a mosquito is constantly buzzing around you.

One becomes quite irritated.

Most spiritual practices say the more relaxed you are the closer you are to realizing your true nature.

Being stressed out one will never discover the jewel within.

It's as simple as that.

Only when the mind, body, and soul are in harmony can one understand the meaning behind this.

Relaxation is the key.

One may have the greatest concentration in the world yet if you aren't relaxed the door won't open.

Brute mental force won't open the door.

A relaxed person realizes the door is always open.

In fact, there is no door.

This is your true nature.

One then discovers that relaxation is a valuable asset to have.

It is your friend.

Curveballs can be thrown at you.

One simple smile at life.

There is no internal struggle.

As I said many times before one lives in the center of the hurricane.

This is your true state.

Our current society doesn't know how to relax.

Even when we are drinking our beers the mind is agitated.

When the mind is agitated peace of mind can't occur.

How relaxed are you in your life?

Have you discovered the inner relaxation that exists inside of you?

This is your true nature.

Grace

Grace is behind the sweetness of breath.

One who is grateful in life will most likely experience grace.

Grace comes from within.

It is a precious state of being.

One who has grace is full of love and compassion for all.

Mankind currently is in intense strife.

The wise man simply smiles at life.

He is full of grace and understands when to keep his mouth shut.

Grace is all around.

Yet do we have the eyes to see?

We spend so much time looking externally that we have forgotten our true nature.

Grace is a sight to behold.

You are magnificent.

You are full of infinite grace.

Somehow along the way, we lost hold of our true essence.

We got lost in survival mode.

We thought the answer lies in external, not internal.

Grace was just what we said before a precious meal.

Our precious life comes from grace.

A wise man focuses constantly on the power behind the breath.

In that state, one enters the ocean of grace.

The mind, body, and soul are in harmony.

What a glorious state to be in.

Grace is a gift for every breath we take.

One can touch grace and your life will change forever.

One's attitude towards life will change in so many incredible ways.

Duty VS Consumers

Most indigenous people have an oath of duty.

They promise to sustain Mother Earth.

One will never take more than what they need.

In our societies we are consumers.

Anything goes.

That is a huge difference.

When it comes to our health we follow the commercials on TV.

If it's on TV then it must not be harmful to the body.

Eating junk food is the norm.

I have a friend who smokes a pack of cigarettes a day.

He only drinks soda.

He is still quite young.

Over time his body will revolt.

The disease will come in.

He will go to a doctor and expect him to prescribe a magic pill.

He expects to keep on performing the same lifestyle without any modifications.

The commercials on TV keep on coming.

They know their product is harmful.

Yet it's a national brand.

Famous people throughout the century have been in their commercials.

These commercials are heartfelt and at times bring a person to tears.

Yet the product shouldn't be on the market.

Millions of products shouldn't be sold if we want a healthy life.

That will only change when we develop a sense of duty for the land and a healthy lifestyle.

Until then this madness will go on for centuries.

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

One fine-tunes the guitar of life.

The other is oblivious to the laws of nature and harmony.

Look at our medical system today.

We spend more money on our health insurance than any country.

Yet we are not even close to being number one.

Our health care system is sinking.

It's more of a sick-based system.

Preventive medicine should be the norm.

Most people don't even make it a priority.

A wise man gathers wisdom and understands the importance of fine-tuning the guitar of life.

Find your refuge within

When you're down and out.

Find your refuge within.

When life is going your way.

Find your refuge within.

When you see people flaming on Facebook.

Find your refuge within.

When you are laughing and playing with your kids or grandkids.

Find your refuge within.

In the midst of working in this world.

Find your refuge within.

In the midst of sleeping.

Find your refuge within.

When you are walking in nature.

Find your refuge within.

When driving on the freeway of life.

Find your refuge within.

While looking up at the stars at night.

Find your refuge within.

While praying during a crisis.

Find your refuge within.

When you are ever so happy.

Find your refuge within.

When you are down in the dumps.

Find your refuge within.

A wise man understands that in each and every moment one takes refuge within.

We all have that refuge inside of us.

The warranty of your inner car

What in the world is the warranty of your inner car?

You buy a car.

It has a warranty.

Let's say 5 years.

Mostly I say mostly if something fails the car dealer will fix it.

Not all the time.

Now hear me out.

We are born.

We have this incredible car.

It may have some birth defects yet the same power keeping you alive is keeping the universe alive.

Unfortunately, our car spends most of its life locked in a dusty garage.

This car was meant to be driven on the freeway of life.

We spend thousands of dollars buying and maintaining our external cars.

The US spent billions to almost no avail for our health care systems.

Preventive medicine is not the norm.

Most of society has no clue there is an inner garage with the most incredible car that exists.

This is your true nature.

You can learn how to open the inner garage within.

One can learn to back out the car into the driveway.

You can learn how to wash the car and then take the car for an incredible spin on the freeway of life.

You could call this living in harmony.

Life becomes a blessing, not a curse.

Remember this car is meant to be driven in your everyday life.

It can handle all the potholes you encounter along the way.

Your freeway of life is constantly changing.

Nothing is constant.

Yet we hold on for dear life.

Someday the warranty of your car will expire.

Nobody can escape death.

The wise man dies daily and death is no surprise.

You can solve this puzzle if you want.

If you are smart enough to be alive you are smart enough to find the answer
inside of you.

Worship

Prayer is one talking to God.

Meditation is God communicating with you.

Mind you without words.

Christ said the kingdom of heaven exists inside of you.

There are thousands of external places to worship God.

Yet inside of you lies the greatest place to worship God.

It is custom-built inside of you.

You were born to discover this sacred place.

We are going from darkness to light.

When we lite our internal candles we can help lite others.

Kindness is a manifestation that comes from within.

Kindness is our true nature.

We can stop the anger in this world by being kind to each other.

All the great masters were kind to each other and humanity.

They did not argue and fight with each other.

Yes, they had different points of view.

There are millions of different kinds of flowers.

Each one is created special and unique.

You are magnificent.

You are created in the image of your creator.

In each moment the power of love is keeping you alive.

Behind your breath lies the answer.

Your breath is holy and sacred.

When you stop breathing you are no longer alive.

Yet we are unaware of this.

We have forgotten this sacred fact.

No wonder we feel so disconnected.

Because in essence, we are.

Our lives are only focused externally.

We must do both.

When one has focused externally and internally a state of harmony will exist.

One will smile at the obstacles in life.

There is nothing to say or prove.

We will all make mistakes.

That is how we learn and grow in life.

The Fool

In the ancient courts of Yester, there existed the fool.

The fool was the court jester.

He entertained everyone.

He would be like a Johnny Cason today.

Mind you a lot of subtle truth was there.

He performed a lot of parody.

Mind you he could get away with murder so to speak.

He could say things that if you and I said them we would be put to death.

I'm not sure how far the fool could go on this.

The fool must be conscious and aware of how far he could go.

Even the fool understood that anyone was fair game.

Yet there were intense limits.

Each court had its unspoken words.

Yet the court jester made you think when he made you laugh.

There was a very subtle meaning behind the joke he said.

When you laughed it made you contemplate what was being said.

There was truth behind his words.

Today we have 'Saturday night live' and many others.

They carry on the tradition.

Parody is the means to subtly expose the truth about an incident.

Now not all parody is truth.

At times it is cruel and unkind.

In my eyes, if done from a state of kindness it is quite funny.

From a state of anger, it is quite cruel.

The fool's states of mind determine the outcome.

The fool at times dictates the state of his mind to the audience.

He can be used for darkness or light.

It's a two-edged sword.

Therefore the fool's state is extremely important for the benefit of his audience.

He knows he has an important message to deliver.

You could say if done right he was an incredible channel for his time.

Divine and funny messages came to him.

He was a philosopher of his time.

Who knows when this tradition ended?

It was fun while it lasted.

The Inner Gurus

I found this in some Buddhist texts.

It is part of a prayer that some Buddhists say every day

Ablaze with the lights of the five colors, in essence, they are the four gurus” : the
innate guru,

That is the primordial radiance of my mind.

The experience guru, my ability to learn from my day-to-day life

The instruction guru, my ability to integrate whatever Dharma wisdom I have
encountered throughout my life

The root guru, whatever living masters I have met and from whom I received
Dharma transmissions and also inspiration.

The Buddhists have been studying the divine essence of the mind for thousands
of years.

Our true state of mind is this true essence.

How incredible life would be if we consciously embraced the Gurus within?

Just one of these could change your life forever.

My ability to learn from my day-to-day life instead of humanity sinking deeper
and deeper into chaos.

The innate guru,

That is the primordial radiance of my mind.

In that state, one would be kind in every moment.

One would just smile at life without flaming the other.

A person would learn how to put his internal garbage on the internal bonfire
within thereby turning his anger into love.

Millions of people are flaming one another on social media expecting the other
person to change his mind.

Some people think it's funny to flame others.

They get a big kick out of it.

The wise man says purify your mind.

Your mirror contains dust so you can't see your true nature.

Dust off your inner mirror and you will see your inner brilliance.

Modern-day scientists are saying the same thing.

One can learn to rewire the inner circuits.

What do you think about this?

Stoking The Fire

Which fire are you stoking?

We are all stoking fires in each moment.

There is a fire of negative

This fire stokes anger, lying, and deceit upon the land.

There is a fire of positive.

This fire stokes bliss, kindness, patience, love, and compassion upon the land.

We all at some given moment stoke these two fires.

None of us are perfect.

Yet we can strive to improve ourselves.

We can be aware of our thoughts and actions.

What is greater?

A person who prays to God and yet his actions stoke the fire of negatively.

He could be careless about how his actions affect others.

The other person simply smiles at life.

He has nothing to say or prove.

He won't get into a shouting match.

This world would be a better place if we all did this.

Currently, the truth is fiction and fiction is truth for many people.

When a lie is told over and over again people will believe it.

Not only believe it but follow through with violent actions.

Many people still believe the Capital riot was a walk in the park.

It was a peaceful demonstration.

Some party is totally against finding out what happened that day.

If the other party was responsible for that dreadful day they would be up in arms.

An eagle needs two wings to fly.

When we stoke the fire with kindness true wisdom is obtained.

When we stoke the fire with anger and falsehood we are living in an illusion.

It's like the emperor with no clothes.

We think nobody can truly see we are naked so we continue with this charade

Our democratic system is in peril.

The ones in power want to stay in power.

They will do anything to remain in power.

Even if it will bring democracy to its knees.

Just One Step Away

Never give up on your dreams.

You are at times just one step away.

At times the closer you get to your goal it seems like an eternity away.

The first step was easy.

At some point, the mind comes in and says you should give up your goal.

It happens to almost everybody pursuing their dreams.

Yet at that precise moment, one should smile and realize I'm getting ever so close.

These are called tricks of the trade.

Many mystics have studied the mental states of the mind.

The mind is your best friend yet it must be trained.

A dog is your best friend and it must be trained.

Nobody likes an unruly dog that wakes up the neighbors in the middle of the night.

The more you train your mind the happier one will be.

One who lives in the center of the hurricane has a calm mind.

Most of us are like leaves scattered in the winds of the mind.

A dream must be born.

Nobody exactly knows when that will happen.

One who is calm and lives in the center of the hurricane is patient.

One knows that patience is the key.

Perseverance is also another vital force.

Perseverance and being completely calm help in the incubation period of your particular dream.

A wise man pays attention to these vital points within.

That is the primordial radiance of my mind.

The experience guru, my ability to learn from my day-to-day life

The instruction guru, my ability to integrate whatever Dharma wisdom I have
encountered throughout my life.

In this state, one can most certainly manifest your dreams.

One is in harmony with yourself and the universe.

There is no inner conflict or blocks.

Ponder this over.

Take your life to the next level in the video game of life.

A Kinder World

We all want a kinder world.

We all want a safe world for our kids and grandkids

For the world to be kinder, you must be kinder.

You are a piece of the puzzle in life.

As a nation, we are a collective consciousness.

Our current-day politics represents our subconscious mind.

It seems like the whole world is in chaos.

Our lives are upside down.

Nothing makes sense.

This covid thing has caused so much havoc on the land.

Despite all this, we can be kinder to each other.

Kindness is the answer to all our problems.

A kind person will listen to your point of view without flaming you.

A kind person won't seek revenge.

We had an administration that used revenge as a weapon.

It continues today.

Many leaders will bend the truth so they can stay in power.

If they don't revenge will be coming your way.

A kind person doesn't get involved with petty politics.

A person who has no ethics or morals shouldn't be in office.

Our political system is a manifestation of our collective awareness.

A kinder person will want a kinder person to be elected.

A kinder person who gets elected will work for the benefit of all instead of the party and its views.

By the way, this is the United States of America.

Our great eagle needs two wings to fly.

Once again I say the spiritual life is the most practical life.

One who is constantly fine-tuning the guitar of life is the wise person.

How kind are you in life?

What are practical ways for you to help and assist the world around you?

Does flaming your fellow man on Facebook solve anything?

Peace on earth begins with you.

A kinder world will be here if you reach for it within you.

Time

Time is so elusive.

When I was in second grade that summer seemed like it lasted forever.

Today summer passes like a thief in the night.

Yesterday I had to go to the bathroom 3 minutes before the alarm was going to go off.

I knew I didn't have enough time to go to the bathroom and come back in time before the alarm would go off.

Mind you my wife was in a deep sleep.

I didn't want the alarm clock to rattle her out of her sleep.

Those three minutes seemed like an eternity.

I even remember looking at the clock about three times and couldn't believe how slow time passed.

I can meditate for hours and time has passed by in no time.

I think that the body and mind are the foundation of time being slowed down or fast.

There is even a point where time simply doesn't exist.

Wise men say there is only the now.

The past and future simply don't exist.

Yet we grow old and die.

Life is a grand illusion.

I love the analogy of going to the movies.

Most people see the images on the screen and get sucked into the drama.

A wise man turns his head around and sees there is a projector of light bouncing off the screen and creating a picture.

In the quantum field, there is no time and space.

There is only the now.

Mystics have known for thousands of years there is only the now.

They were the modern-day scientist of their times.

One who tries to be conscious of the power behind the breath in every moment
will understand this riddle.

The external world, body, and mindset determine your passage of time.

The same external event will be a different sense of time for each individual.

Each person will experience time differently.

As Ram Das once said, "Be here now".

Make This World A Better Place

How grand that would be if we made this world a better place.

It involves each one of us.

Nobody is left out of the picture.

Nobody is left behind.

We are all on the same boat sailing together in the ocean of life.

Somehow we have forgotten that basic fact.

There is so much chaos around.

Yet the external world may be rocky.

There are storms all around.

Inside of you lies perfect peace and stillness.

This is your true nature.

We are here to share our sacred wisdom.

Everything is sacred in life.

Each moment is an opportunity to fine-tune the guitar of life.

Hopefully, we can learn to inspire each other.

That is the name of the game.

We can lean on each other to be launching pads for discovering the unknown.

Life is never boring but our state of mind definitely can be.

Your state of mind and body determines your state of awareness.

You can make this world a better place by being aware of your mind and body.

Make small baby steps each day.

Get out of your subconscious routines.

Try to be more aware.

Be kind.

Kindness goes a long way in life.

There are always two sides to the coin.

The wise man understands that.

He is not on either side of the coin.

You see there is a state of mind beyond the coin.

In the state is no duality.

There is only unity and the interconnectedness of all life.

Why flame each other on social media?

We can never solve any problems that way.

What do you think?

You can solve this sacred puzzle.

After all, you are a piece of the puzzle.

Empty Space

According to the institute of physics, the atom is 99.999999999% empty space.

Wow !!!

If you removed the empty space from all the atoms of all people, the entire human race could fit in the volume of a sugar cube.

Yet wise men of old have said for thousands of years the entire universe is alive and conscious.

Empty space is filled with kindness.

Empty space is filled with supreme love and compassion.

Scientists and mystics are both talking about the same thing.

Scientists look externally for the mysteries of life.

The mystics look within.

Scientists come up with the most incredible theories.

They think outside of the norm and box.

Mystics experience the secrets of life.

There are no known words to describe this experience.

Talking about an apple is different from actually eating an apple.

The mystic will eat the entire apple.

They eat the core and all the seeds.

Mankind will throw away the core and the seeds.

No wonder we live such shallow lives.

I'm speaking in metaphors.

Life is incredible.

You are magnificent beyond belief.

You are the universe.

You just don't know it.

We are a speck on the sugar cube of life.

Yet we are all interconnected with the source of life.

This is our true nature.

Does this make you excited?

You are never alone.

Your ancestors exist in this same sugar cube.

They are next-door neighbors knocking on our doors.

One who discovers the jewel within will understand this message.

This is your true state of being.

The mystery can and should be solved.

Mad At The World

So you are mad at the world.

You put up a flaming post on Facebook.

You are angry.

You think you are justified in your actions.

Yet you are drinking your poison.

Buddha said holding onto anger is like drinking poison and expecting the other person to die.

The world at large is a manifestation of our subconscious minds.

When the world at large is chaotic I can almost guarantee your mind is chaotic.

Being mad at the world and displaying it will never solve the problem.

Mother Teresa once said the following.

I was once asked why I don't participate in anti-war demonstrations.

I said that I will never do that, but as soon as you have a pro-peace rally, I'll be there.

Gandhi and Martin Luther King Jr. both used the philosophy of the Jain's non-violence in their demonstrations.

A skinny man from India had the British Empire leave India.

One can learn not to be mad at the world and change the world for the better.

In any given situation one can be proactive and not flame another person.

People have been dreaming about peace on earth for thousands of years.

That dream will never die.

You will yet the dream is still there.

It may take a hundred or a thousand or a million or a billion years.

That is still a blink in the eye in eternity.

A wise man is kind to this world.
He knows the interconnection of all.
He just smiles at life.
He has nothing to say or prove.
He will never try to convince you.
The truth needs no convincing.
He has been there and done that.
Nobody gets a free ride.

Everyone must tame the inner mind to be truly happy in life.
An unruly mind is like a dog barking late at night while you are trying to sleep.
I say over and over again the spiritual path is the most practical path.
One must always fine-tune the guitar of life.

Emptiness And The Quantum Field

The wise men of the past talked about emptiness.

Modern-day scientists talk about the quantum field.

Both are talking about the same thing.

The wise men of old have been using this term for thousands of years.

They were the modern-day scientists of their times.

It seems like each one of us has this precious laboratory that exists within.

The more one uses this laboratory the more the various instruments go online.

Most people's laboratory exists yet it's not being used.

It's full of cobwebs and dust.

The operating system, hardware, and software were installed before we were born.

We have an inner microscope that can see, feel, taste, and hear the quantum field.

Many people scoff at this notion.

Impossible they say.

Can't be done.

And on and on, and on.

Good old Columbus heard the same thing.

The world is flat.

You will fall into oblivion.

What is keeping you alive?

That is the question that should be answered and experienced in your daily life.

This human body is the crown of creation.

At this present moment, we are in a state of chaos.

We should be custodians of the land.

The world is sinking due to our ignorance.

We buy, buy, buy and buy without being aware of the consequences.

Even when we do nations fight about what should be done.

Meanwhile, time is ticking away.

This world will change when we experience the interconnectedness of each other.

Until then we rely on politicians to solve the problems.

Currently not a great idea.

When fiction is truth and truth is fiction, not a good idea.

You are the missing piece of the puzzle.

I know that's hard to believe yet it's true.

Only you can solve this puzzle.

Maya

I first encountered this word in India fifty years ago.

It means illusion.

Illusion means the appearance may seem real but in reality, they are not.
Modern-day scientists and the wise men of old are talking about the same thing.

The whole world is an illusion.

When I was 18 years old I read the autobiography of a Yogi.

One of my favorite parts was when Yogananda went to a movie theater.

The audience was captured by the movie.

Yet what was causing the movie to be a movie?

There was a projector sending light that hit the screen and created the illusion of
a movie

Well, the wise men of old said the same thing about this world and the universe.

Quantum scientists have come to the same conclusion.

Yet despite this, we are still living in the Newtonian era.

We focus only on the external.

A wise man focuses on both the external and internal.

Humanity sees only one percent of the light spectrum when looking external.

There is so much that we don't see.

We have the hardware, software, and operating system to see the source of all.

Maya is sometimes defined as a web of illusion.

Mankind gets trapped in it.

Mind you we don't even think we are trapped.

That's called the ultimate illusion.

We are so trapped that when someone says we are trapped we simply roll our eyes.

Somehow we are living in a state of apathy and are quite content with it.

Today fiction is truth and truth is fiction.

As a nation, we aren't in an uproar about this.

We are complacent.

By bending the truth it has become the norm.

When morals and ethics go out the door in everyday life the world will become more chaotic.

Chaos comes from a mind that has no discipline.

A disciplined mind is a mind that is in harmony.

To go beyond this illusion is the purpose of life.

You can solve this puzzle.

How To BE Light-Hearted

How to be light-hearted.

Take out the boulders in your inner garden.

They are wearing you down.

They have no good purpose in your life.

Pull the inner weeds.

They can and will take over the garden if you don't pay attention to them.

Develop a daily habit of being grateful.

Being grateful every day is the key.

One may have the same problems as others yet being grateful makes you rise beyond the problem.

Many people make a mole hole into Mount Everest.

Learn to meditate.

Meditation brings helium to the inner balloon of life.

It allows one to rise to great depths within where the problem seems like a million miles away.

Laugh at life.

Laughter is great medicine for the body and mind.

Laughter can melt your troubles away.

Be kind.

A kind person has a kind body and a kind mind.

Much needed today.

Come from your heart, not your mind.

The wise man merges the heart and mind.

This is called wisdom.

In a state of wisdom, one has nothing to prove.

He doesn't try to convert you to his point of view.

A wise man simply smiles at life.

He sees the divine humor in all.

Wake up each day with a sense of wow I'm alive.

Life is an incredible journey.

Learn how to concentrate on the power behind your breath.

Most of humanity has no clue about the love that is keeping you alive.

Monitor your thoughts and actions.

If something negative comes up in your mind don't say it.

Hold your tongue until you have something kind to say.

Your true nature is light-hearted.

You can change for the better.

It's up to you.

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Maya Deepfakes

I saw this on 60 minutes a few days ago.

It was an episode on Deepfakes.

As Bill Whitaker reports this week on 60 Minutes, artificial intelligence can manipulate faces and voices to make it look like someone said something they never said.

The result is videos of things that never happened, called "deepfakes."

Often, they look so real, that people watching can't tell.

Just this month, Justin Bieber was tricked by a series of deepfake videos on the social media video platform TikTok that appeared to be of Tom Cruise.

This is scary stuff.

Where are we heading?

I wasn't kidding that truth has become fiction and fiction has become truth.

It seems in the future anybody will be able to do this.

You can smear your opponent and manipulate anyone.

Anyone is fair game.

This is Maya presented into this world.

It's an extra layer from you and reality.

What is the truth?

Even aside from the real truth inside of you, what is truth?

What is going on?

The world seems to tumble downhill like a snowball.

Technology is heading in the wrong direction.

I have been in this field for around thirty-eight years.

I've used this technology to do incredible stuff.

Lately, I'm seeing it is used at times without morals and ethics.

I even wrote a book about it called Pandora's box.

Frances Haugen, said "I am here today before congress because I believe that Facebook's products harm children, stoke division, and weaken our democracy," she said during her opening remarks. "The company's leadership knows how to make Facebook and Instagram safer but won't make the necessary changes because they have put their astronomical profits before people.

I'm sure this is the tip of the iceberg.

We are being used for companies to make billions of dollars.

They know how to addict the population for profit.

This won't be the last time we hear of this.

Row Row Row Your Boat

Row, row, row your boat

Gently down the stream

Merrily merrily, merrily, merrily

Life is but a dream.

In the last few years, I had a couple of enlightening dreams.

In my dream, everything would slowly dissolve into light or a state of emptiness.

It was quite incredible.

This is our natural state.

A state of complete bliss, love, and compassion for all.

Many quantum scientists and wise men of old have come to the same conclusion.

The universe is a dream.

Behind this dream is the source that is trying us all together.

We come into this world and someday we will leave this world.

It is only a flicker of a moment in time.

Yet every one of us has the operating system, hardware, and software to discover our true nature.

This is not a theory my friend.

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

The jewel exists inside of you.

We search for happiness near and far.

When I was young I even traveled around the world looking for it.

I eventually found it in my own inner backyard.

That is the paradox.

We are so sure that it exists outside of us.

If somebody tells you the jewel exists inside of you one will roll their eyes.

This story has been told for thousands of years.

We are living in a dream that seems so real that we call this reality.

Yet tell me what happens to your earthly reality when you die?

The bubble will burst.

At the time of death one goes back to the source of all.

You are the universe.

You just don't know it.

Wouldn't you like to have just a tiny speck of that experience while you are alive?

The Sugar Cube

How's this for an ultimate Maya or illusion?

According to the institute of physics, the atom is 99.999999999% empty space.

Wow!!!

If you removed the empty space from all the atoms of all people, the entire human race could fit in the volume of a sugar cube.

I don't know about you but that blows my mind.

What do you think?

What we think is solid is mostly empty space.

Yet according to our senses, the world around us is solid, which it is to some point.

Yet quantum science knows the world as we know it is mostly empty space.

I first heard about the concept of being empty over fifty years ago.

To tell you the truth I didn't like the idea.

A universe that was empty or void was something I didn't like.

Yet fifty years later my understanding of emptiness has changed dramatically.

In emptiness lies supreme bliss, love, and compassion.

From these divine qualities, all of creation comes.

The ancient Yogi would say Sat Chit Ananda.

Truth is the consciousness of bliss.

The seen and unseen worlds all stem from this plane of existence.

Both the ancient ones and quantum scientists are both talking about the same thing.

The divine sugar cube lies inside of you.

You can dissolve this sugar cube and solve this precious puzzle.

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

When you have that kind of conviction synchronicities will happen to you.

The universe will start opening up your inner doors within.

This is an endless journey.

It will never end.

You have been around since the dawn of creation and even eons before that.

Yet we are texting on the freeway of life.

We are oblivious of our true nature.

That my friend is called Maya

We see only one percent of the light spectrum and think that's reality.

Many animals have senses more developed than we do.

Yet we have the hardware, software, and operating system in place.

We just haven't turned the computer on.

Our subconscious mind is running the show.

We are playing the same tapes over and over again.

The world is in chaos and we don't seem to mind it too much.

Tune In To Kindness

Some people have the concept that kindness is weak.

Before the universe was created there was kindness.

Universes come and go.

They get created and ultimately get destroyed.

Kindness still exists.

It is eternal.

It exists everywhere in all dimensions seen and unseen.

Today kindness seems like a misnomer.

Currently in our political process kindness is millions of miles away.

Anger and distortion of the truth are at the forefront.

Holding on to power is the ultimate goal.

A kind person is considered weak.

Yet a kind person has you in his heart.

He isn't there for power or control.

He is there to serve you and hopefully make your life easier.

My advice is to only vote for a kind person.

An angry person or one who believes fiction is truth will never serve you properly.

They have their political agenda at hand.

Their goal is to stay in power and will do anything to do that.

Does that sound familiar to you today?

We have political parties that will do anything to stay in power.

That means they can't and won't serve you properly.

A kind person is full of wisdom.

Where do you think wisdom comes from?

Kindness.

Wisdom and kindness go hand in hand.

To rule one must have both.

Anger and lies can never rule properly.

Take a look at the chaos around you and you will see what I'm talking about.

If you don't see it you might want to change your ways.

Kindness comes from within your being.

If you aren't kind you are part of the problem.

We all stumble and fall.

We all make mistakes.

That's how we learn.

We can all tap into our true nature of kindness.

This world would be in a better place.

Adios Senor

Did you know that the Tibetan Lama can leave their bodies consciously upon death?

Mind you not all of them

Lama Glen Mullen said that 15 out of 20 of his teacher have left the body that way.

Imagine knowing your time is up, you sit in meditation.

They have a special technique they have practiced for years.

In essence, they enter the quantum state of mind.

All systems shut down naturally and they are consciously aware.

Unlike most of us, we are oblivious to this process.

They use this same process every day when going to sleep.

They become aware and consciously drift off to sleep.

Most of us are unaware of the process.

We are oblivious of natural laws that all sentient beings are in alignment with.

Yet we are oblivious.

The body and mind follow universal laws when it comes to sleep and death.

Each night when you go to sleep one enters the deathless state.

The kicker is we are not aware of it.

Meditation helps bring one's awareness to this state of mind.

Before creation, this emptiness was there.

It is bliss, kindness, love, and compassion.

One can learn to cultivate this while you are alive.

It's like a tuning fork.

Whatever it touches it vibrates at that frequency.

When the mind touches kindness, bliss, love, and compassion it vibrates at that frequency.

Imagine an infinite force field that exists.

It is also inside of you.

This is your true nature.

You are the universe.

You just don't know it.

The hardware, software, and operating system have been there since your birth.

Maybe it's a good idea to learn how to turn it on.

This is a practical puzzle to solve.

As I said many times before the spiritual path is the most practical path.

Rocket Man

The wise men of old were true rocket men.
They explored inner space.
They knew how to ignite their inner engines.
They put gasoline on the fire of life to take inner voyages to the beyond.
They were discovering their true nature.
This is your true home.
You have the same rocket engine inside of you.
It is lying dormant.
The inner fire within dispels all darkness over time.
Over time all your fear, anger, and negative emotions will be vaporized.
This sacred science is older than mankind.
It brings a person from darkness to clear light.
One who tries to use the power for control of others will never ignite the inner
fire within.
Safety measures are put in place.
A person of power will never ignite the engines.
Over time he will stop trying.
This is not saying the inner engines will never fire.
It means this person is not ready to take the inner ride.
Nobody stops you on this inner journey except for yourself.
One must be humble and kind.
A wise man naturally is humble and kind because the universe is humble and kind.
Many politicians think that gathering power at any cost helps this world.

It only brings the world into chaos.

Your human body is a vessel to the unknown.

Take care of it.

I mean take care of it.

Did you know that most diseases are caused by you?

There are natural laws the body abides by.

You can break the laws but unfortunately, over time the laws will come back to
haunt you.

They don't judge you.

You just didn't follow the natural law so you got sick.

One who learns how to be a rocket man tries to be in tune with these natural laws
in each moment.

You can learn how to blast off into the heavenly realms and still be walking on this
precious planet.

Feet on the ground and your head in heaven is the name of the game.

Alchemy At Its Finest

This is alchemy at its finest.

Image two drops.

One female.

One male

One drop drips down.

One drop drips up.

They both merge in the heart.

A great union just occurred.

This takes place every time one goes to sleep.

You enter the quantum field.

You enter the state of emptiness.

Yet you are not conscious of it.

During sexual union that bliss you experience is coming directly from emptiness.

Emptiness contains infinite bliss.

When you die one experiences this blissful state of awareness.

The wise men of old daily practiced this.

It is said that over time all your negative traits will disappear into the wind.

This is pure alchemy at its finest.

It takes one from darkness to light.

This is your true essence.

The sun is always shining inside of you.

We have put dark clouds that have covered the inner sun.

This human body and mind are magnificent.

Your true state of mind is purer than any gold.

Yet in our current condition, we have lost sight of our purity.

We have all the tools we need inside of us.

We just need to gather our will and do something about it.

Apathy and lack of willpower will never solve our problems.

One must have great motivation to solve this puzzle.

You were born to discover your true nature.

Yes, it is elusive.

That's why I call it the video game of life.

When one understands there is a grand video game being played and you are the star hopefully one might get motivated.

Whether you like it or not the video game of life is all around you.

Life will throw you curveballs.

Why.

One can learn how to hit the curveballs out of the park.

I Love To Write

I love to write.

It wasn't always that way.

When I was young I hated to write.

I loved to read books but hated writing.

I didn't have the mindset back then.

Yet today I love to write.

Writing to me is like radar.

You know you are going somewhere and the radar shows you where you are.

There have been times in my life when I felt I was on a ship without a rudder.

I was wandering in the ocean of life.

I found out that when you try to be conscious of fine-tuning the guitar of life, life becomes easier.

The same curveballs get thrown your way.

Many times writing about them helps me to have a deeper understanding.

Many times I try to pass this on.

Hopefully, we can all learn from each other.

We all have our inner wisdom to share.

We all have our moment of being there and done that/

I learned that lesson.

Yet life will throw you a lesson again to help bring an even greater understanding.

When we write we bring our stories to life.

Stories are a way to reflect on the meaning of life.

They entertain us and at the same time tap into life itself.

There is always a hidden meaning to a story.

You have to look more than the surface level.

I'm learning throughout my life to become aware of the words that I speak and write.

Words have power behind them.

One can speak words that lead towards the light.

One can speak words that lead toward darkness and help promote chaos in this land.

We carry our weapons.

A wise man uses his speech towards uplifting his fellow man.

He understands there is a thread of love tying us all together.

With proper eyes, one can understand this riddle.

Buenos Dias

Buenos Diaz.

Have a good day.

You are alive.

Last night you went to heaven yet you were unaware of it.

Your ancestors were there.

You are never alone yet you think you are.

This life is an illusion.

It is playing tricks on you or should I say you are playing tricks on yourself.

The funny thing is you think the external events either cause you great happiness
or pain.

In essence, you have a clear mind and a blissful mind.

You have a quantum mind which means you exist beyond time and space.

You are even beyond this known universe.

Your mind exists in the seen and unseen worlds.

We are all interconnected.

There is one mind operating this divine show.

Yet we think we are separate.

In this state, chaos exists in this world.

We can all learn from each other.

We all have different points of view.

My way is my way.

Your way is your way.

The truth needs no convincing.

Being kind is truly the best way.

If we were all kind this world would be a better place.

Many people think being kind is a form of weakness.

Tell me do you think the universe is weak?

Kindness created the universe.

Today it is popular to embrace anger and the power of control over others.

We see it in our everyday life.

All this does is put humanity into chaos.

They have no morals or ethics.

How can they rule or govern in this sad state of mind?

Mind you it is a state of mind.

Your essence is good.

Down The Rabbit Hole

Down the rabbit hole.

We have all taken incredible trips down the rabbit hole.

These are going to be a series of adventures that I encountered along the way.

Mind you these aren't drug-induced.

No magic mushrooms were taken.

Yet the essence of magic was there.

Why take a drug when the inner drug exists inside?

The rabbit hole can be both an external and internal journey.

Around two years old my brother and I followed the synchronicity of life.

We knew we were going on a series of rabbit holes on this sacred journey.

Some of these took around fifty years to manifest.

The term down the rabbit hole means to me the following.

Going from 3 dimensions to the quantum.

It may take place externally, internally, or both.

It enhances the quality of life and brings great wisdom.

I say quite often the spiritual life is the most practical life.

In the west, we place great emphasis on this being the last bullet on this journey
of life.

We don't see the urge or need.

It's a waste of time.

Nobody is going to try to convince you.

The truth needs no convincing.

Someday you will be open to it.

Everything goes back to the source.

This is your true nature.

There are simply the clouds that are preventing you to see your magnificence.

The rabbit hole helps to reshape, remodel, and morph your life.

It is pure alchemy at its finest.

The more you are aware the more you will see the true magic of being alive.

Each moment is sacred and holy.

Even grocery shopping is a divine experience.

Just giving a smile to the cashier will give her such bliss.

Somebody cares about me.

Somebody is kind to me.

Somebody appreciates me.

That's how we change this world by being kind.

House Of The Future

One of the first rabbit holes I went down was the house of the future.

I have told that story many times before.

My twin brother and I were only two years old.

We lived in that house only a few years before moving to Newport Beach.

Our subconscious mind gets developed from around 0 to 7 years old.

I feel quite fortunate to go down this rabbit hole.

It programmed my subconscious to think outside of the box.

All inventions come from creative thought.

I learned at a young age that I could program my life.

I have been a software engineer for over thirty-eight years.

I'm sure I got into this field because of living in the house of the future.

I wasn't quite an ordinary child.

I would love to meditate and do yoga in the mornings.

I believed in preventive medicine.

Went to bed at 8:00 most of my life.

My brother and I love to be current on the latest mind, body, and soul connections.

This rabbit hole shaped my life in so many different areas.

It brought me the confidence to believe in myself without following the normal social norms.

I was on a path that society at that time couldn't relate to.

I didn't broadcast it.

It was and is an internal path.

On the outside everything was normal.
On the inside, an evolution revolution was taking place.
I know I was on a cosmic journey.
I say the spiritual life is the most practical.
What could be more practical than taming one's mind?
Mankind's mind is like leaves blowing in the wind.
A wise person lives in the center of the hurricane.
All is calm there.
From that place, great wisdom comes.
From that wisdom, it is manifested into your life.
Mind you at any given moment one can return to the leaves blowing in the wind
state of mind.
Yet through awareness, one can quickly return to the center of the hurricane.
This is the incredible rabbit hole I'm still on.
We all have the precious rabbit holes we are on.
There are many going on.
It's beyond time and space.

Receiving Knowledge

Here's another incredible rabbit hole I'm on.

Next month will be the 50th anniversary of receiving the sacred knowledge from Prem Rawat.

I was just an 18-year-old kid.

I traveled from France to India with my surfboard.

I received knowledge at Prem Nagar ashram in Hardwar.

We were in this room directly below the roof where Prem was playing and talking.

We could hear him laughing during the knowledge session.

All I could say was that this was the most profound experience in my life.

Words cannot describe the glorious experience I had.

The experience changed my life.

I walked out of the door a new person.

Heaven was shown to me.

The door became opened.

I was shown that now you have the tools it's up to you to use them or not.

The diamond exists inside of you.

You saw the precious diamond.

Now pick up the inner shovel and dig in the diamond mine of life inside of you.

50 years later I'm still digging.

This is an endless journey.

Each day brings a new experience.

One is fine-tuning the guitar of life.

The goal is to become a better person.

The hardest thing to conquer is your mind.

Meditation is one of the tools in the toolbox to do this.

We all have a clear mind.

It's covered with clouds.

We just need to remove the dark clouds and then we can see the sun shining
inside of us.

The best way to pay back Prem is to use the precious tools in your daily life.

Imagine having a car and it sitting in your dusty garage.

Somebody shows you the garage.

They dust off the cobwebs and open up the garage.

They instruct you to get in the car and start the engine.

You then take this magnificent car for a spin.

What a glorious ride you had.

Next moment you are given a garage door opener.

It's up to you to open up the garage door.

You can take this car for a spin any time you like.

Surfing

Surfing is, was, and will always be an incredible rabbit hole.

I was just twelve when my brother and I started.

The first time I stood up waves of joy engulfed me.

I was home at last.

I felt better being on the ocean than on land.

All my troubles faded away.

The ocean was alive and conscious.

I was an average surfer, not a great surfer.

The ocean could care less about my abilities.

The ocean became my best friend.

It's impossible to put into words.

Talk to any surfer and many will say the same thing.

There is a direct connection we can have with her.

Even when one is far away from the ocean the connection is never severed.

There is a cosmic connection between a surfer and the ocean.

A true surfer doesn't ride a wave for fame or glory.

A true surfer rides to communicate with the ocean of life.

They are the same.

Being locked in is the holy grail for a surfer.

One is baptized by the wave.

It changes one's life just like being born from the mother.

This rabbit hole morphs and changes for eternity.

At some point, the ocean reveals that the breath is the wave coming in and the wave going out.

A wise surfer understands this meaning.

Behind your breath lies the infinite ocean of life itself.

A surfer can catch a wave for eternity.

True wisdom and compassion are there.

One is never alone no matter what external circumstance.

One may wipe out.

We all do in life.

Yet there is always another miraculous wave to catch.

We learn by catching waves in our life.

We learn to be kind to each other.

An angry man doesn't even know the wave exists inside of him.

The only one who is kind, compassionate, and loving can ride the wave of life.

Why you may say?

Only the innocence of a child may play in the ocean of life.

An angry adult has many other games to play.

Besty Topalion Poetry Assignment



I remember one day Mrs. Topalion gave us an assignment. We were to find a poem that we like and had to read it to the class. I just started to learn how to meditate.

I choose this incredible eastern poem. I don't remember the name of it. Somehow I gravitated to it. I didn't know its meaning. Anyway, all the students gave their readings. It was my turn to read the poem. I read the poem and my teacher asked me if could critique the poem.

I said it was self-explanatory. To be honest it was at such a deep level I didn't have the life experience to say anything. She has such compassion. She didn't press me on it. Most teachers wouldn't let you get away so easily.

Yet a seed was planted and she didn't crush the seed. Years later I love to ponder life and its meanings. I often wondered how my life would be if she was a typical teacher who had her rules. If you don't follow them exactly you will feel the consequences.

To this day I am grateful she had great intuition and saw my struggle. She gave me the inspiration to follow my dreams. That is what a teacher is all about. I'm still learning the power of words in my everyday life. I feel so honored to have such a teacher.

What an incredible rabbit hole this has been. A brand new universe was discovered inside of me. That seed was planted fifty years ago.

There is only one mind

Here's another rabbit hole I'm in.

Austrian physicist Erwin Schrödinger is known for this phrase.

“The total number of minds in the universe is one.

Consciousness is a singularity phasing within all beings.”

I have had this notion ever since I was a kid.

In the last five years, my understanding and experience have brought me to a deeper level.

The Buddhists have been saying for thousands of years that there is only one mind.

We are this universal mind in essence.

Yet we have clouds covering this inner sun within.

The goal is to remove these obstacles.

When one blows away the inner clouds clear vision occurs.

Mind you this is a state of awareness.

It is not a concept or theory.

We have the operating system, hardware, and software in place.

This is not supernatural but our natural state of being.

Unfortunately, our lives are built only to grasp things externally.

Being actively aware of this rabbit hole helps solve the great mysteries of life.

Only through kindness can one understand this sacred process.

Being angry not only brings society down but you are drinking your poison.

Even modern-day scientists have discovered that when one is angry over 1500 different chemicals are released into the body.

Imagine a mindset where one becomes the ultimate reality.

This person would just smile and laugh at life.

He has nothing to say or prove.

He doesn't try to convince you toward his point of view.

This is our true state.

One understands and is aware of the thread of love tying us all together.

Quantum science and the world of mystics are talking about the same thing.

The first step is to become inquisitive that there are many paths to achieve it.

Yet in essence, there is only one path.

This is the path of going within.

Come join me and millions of people around the world.

This is the journey of life.

Only you can solve this riddle.

Holy Mole Chakras

I have been on this rabbit hole for fifty years.

I first heard about chakra while I was in India.

To be honest I had no idea what they were talking about.

It was way beyond my league.

Since then my understanding and experience have been leaps and bounds.

In my eyes, charkas are from the quantum field.

They are energy centers that sustain the human body.

The endocrine system is deeply tied to the chakras.

Our state of mind and body is directly reflected by the chakras.

As above so below is the mantra.

The disease will first manifest in the chakras and then in the human body.

We are heading towards energetic medicine where we will use quantum energy to heal our mind, body, and soul.

Because we only focus externally our entire system is running on survivor mode.

This means we are running on empty.

We are like leaves blowing in the wind.

The great wise men of the past were in complete harmony with the universe.

For one who is in harmony with the universe, all the engines are online.

There is only one universal mind yet we think ours is separate.

This separation causes much pain and suffering.

The art and science of using this precious system have been around for thousands of years.

In the west people laugh and chuckle and think it's a new age thing.

Look at the current movies today.
They make a person an idiot for thinking such a thing.
We have everything put in place when we were born.
Our social conditioning has closed the inner garage and dust has settled
everywhere.
Yet every night when you go to sleep one goes back home.
The problem is one is not aware of it.
Signposts are all around us.
We just don't see them.
We see only one percent of the light spectrum.
Unfortunately, we think we have clear vision.
Only you can solve this riddle.

Supreme Bliss

Did you know that your true state of mind is supreme bliss?
Fifty years ago while in India I heard the phrase Sat Chit Ananda.

Truth is the consciousness of bliss.

There is only one mind that is supreme bliss and wisdom.

We are not separate.

Because we grasp at straws we are where we are.

Our actions are dictated by our mental state of mind.

Because our focus is only externally our mind is not reflecting our true nature.

It's like putting garbage in your inner living room of life.

Your true nature is a tidy and clean house.

By removing the garbage within one begins to see its true nature.

You are magnificent.

We are all made of the same mind-stuff which is supreme compassion and love.

Mix this with infinite clear light along the way.

You are the universe.

You just don't know it.

Ironically your true nature never changes but you do.

Each sentient being is a jewel to behold.

This is an incredible rabbit hole to go down.

As I said before the spiritual path is the most practical path.

Feet on the ground and your head in heaven.

One who is constantly morphing and changing discovers the jewel within.

It is a conscious act.

Heaven is all around you.

But then why is there so much chaos in this world?

Your state of mind reflects the state of the world around you.

A wise man has nothing to prove or say.

Nobody can convince you.

You must convince yourself.

Nobody will walk this path for you.

There have been so many incredible coaches throughout history.

They all say the same thing.

They encourage us and give great wisdom.

Yet they say only you can put words into action.

You must take conscious steps in each moment.

Faith will take you so far.

Faith and taking conscious steps in each moment will help you solve this puzzle.

I Have A Knack For This

I've come a long way in this rabbit hole of meditation.

In my eyes, one is always taking the first step into the unknown.

One must be like a child to go anywhere on this sacred path.

A sophisticated adult will never go anywhere.

You can study all the grand scriptures and recite them by heart but they will be
just theories.

One must eat the mango of love to understand the mango.

There is a huge difference between talking about a mango and eating the mango.

This is a subtle journey.

Many of my friends say they haven't experienced much.

When we were born we never experience our growth.

Plant a seed in the ground.

You don't pluck the plant from its roots and say how much did you grow last
night.

Meditation brings one into a state of balance and harmony.

That may not seem like much yet it makes all the difference in the world to one's
life.

What is the sound of one hand clapping?

That is a great Zen Koan.

We must develop a greater mindset than our present state of awareness.

Currently, our mental state is quite mundane.

We are only interested in the world around us.

That's the problem.

Even when great scientists and Yogis say there is only one mind we simply roll our eyes.

How can we understand the great mysteries of life with this attitude?

To answer this question you can't.

Signposts are all around us.

We just wear internal blinders.

My brother and I somehow have a knack for meditation.

It is our passion.

We are simply trying to tell you simple tricks of the trade.

Mind you we both have been meditating for fifty years.

That is still a drop in the bucket of life.

You can solve this puzzle.

Stoking The Fire

We are all stoking the fire of life.
Most of the time we aren't aware of it.
Many people simmer the pot of anger.
It boils over constantly.
Mind you they have a difficult time going to sleep.
Thousands of negative chemicals get released into the bloodstream.
The mind is in a high beta state.
The facet of adrenaline doesn't ever get shut off.
Imagine constantly drinking your poison.
Anger never solves any problems, especially for yourself.
The wise man places the logs of kindness, love, and compassion on the fire of life.
He sleeps like a baby.
One has nothing to prove.
He doesn't try to convince you of his point of view.
He will say what he has to say without any judgment or superiority.
Kindness goes a long way in life.
Many people think that kindness is weak.
Do you think the universe is weak?
The foundation of the universe is kindness.
This is your natural state.
What kind of fuel do you put on the fire of life?
Are you sinking the ship that you are on?

A wise man has his hand on the tiller of life.
He is thoroughly enjoying the breeze blowing through his hair.
He may have a cold one in his hand.
The stars are sparkling at night.
What a glorious life.
This life is a grand adventure.
Whatever you stoke the fire with becomes your reality.
You place the kindling on your fire of life.
Whatever you place on the fire becomes your destiny.
Ponder this over.
You can solve this riddle.

The Mosquito Itch

Have you ever been bitten by a mosquito's mind?

The mind itches and you are bothered by something.

Yet you don't know what it is and you feel off-centered.

You can't pinpoint what's going on?

Did you know that meditation and paying attention to the itch will soothe it away?

Meditation will help focus on where the itch is.

Once you can see it you can focus on it and embrace it.

Once you embrace it, it will disappear.

The Buddhists were the original psychologists.

They have been studying the mind ever since Buddha was around.

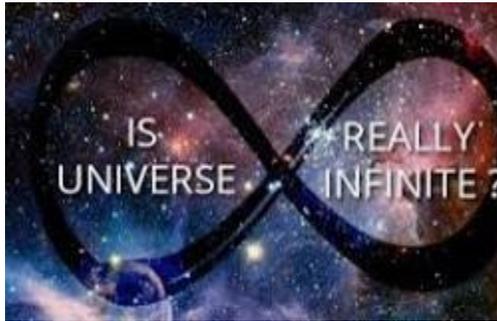
They are experts in positive mental health.

Did you know it was only 30 years ago did western psychologists studied positive mental health?

We need as a society to have a positive mind.

How the world would change for the better?

Closing



Well, this is the end of this song. I hope you enjoyed it. I had a lot of fun writing this. It's been an incredible adventure. I saw so many synchronicities come into play. This life is incredible.

This was a life-changing course. I waited for fifty years for the opportunity to take it. There are so many great mysteries of life just waiting to be discovered. Signposts are all around.

Personally, I think that so many people are locked into their tiny boxes when it comes to the spiritual path. The more one knows about the other practices the more one becomes aware of the thread of love tying us all together.

We allow others to have a different path and rejoice in that. Diversity is the calling in life. Yet there is a thread that ties us all together. Humanity would be in a better place if we all experienced that.

Kindness is the key to life. We have too many bullies today in society. Somehow many people get a kick out of bullying their neighbors. We can change this world. You are a piece of the puzzle.