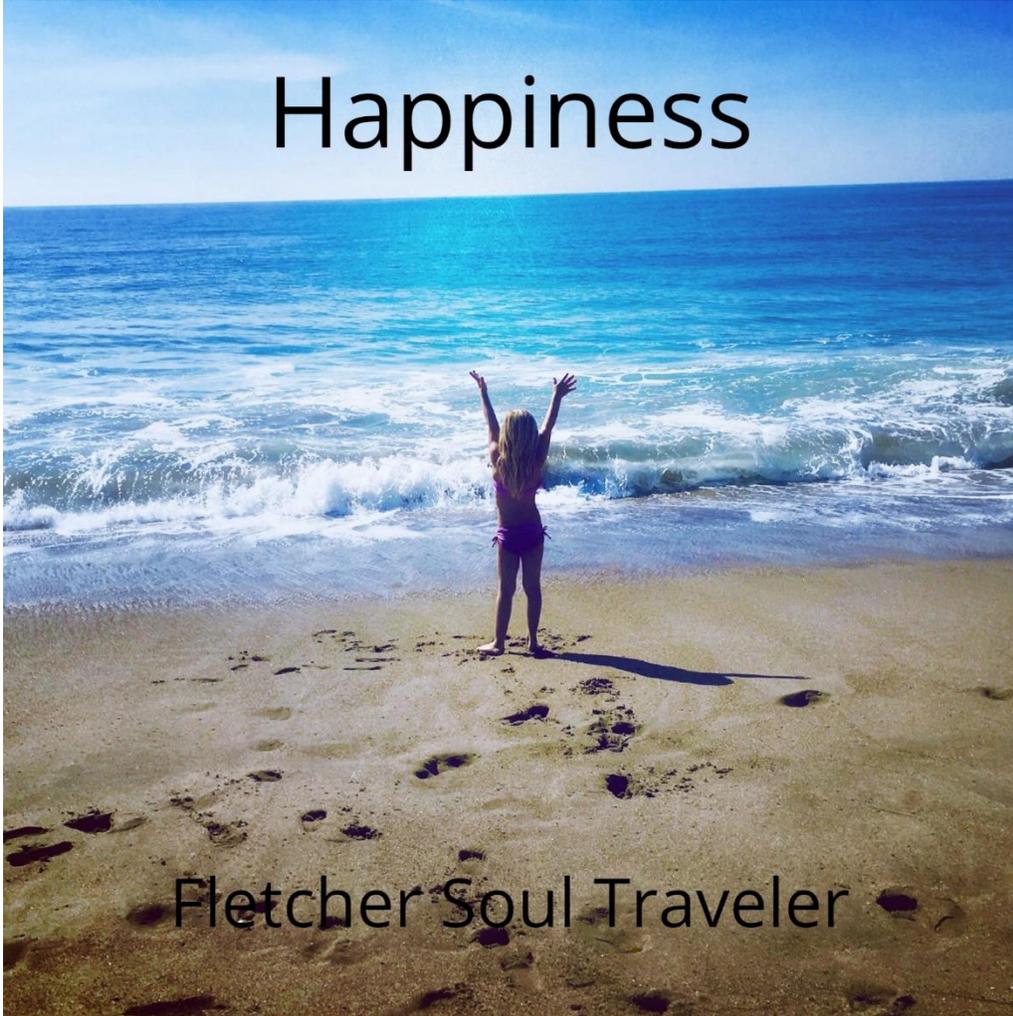


# Happiness



Fletcher Soul Traveler

## Contents

Intro.....	4
The Ray Of Happiness .....	5
The Ray Of Bliss.....	8
The Ray Of Contentment .....	13
The Ray Of Self Control .....	17
The Ray Of Non-Attachment.....	23
The Ray Of Compassion .....	28
The Ray Of Good-Natured.....	33
The Ray Of Forgiveness.....	39
The Law Of Laughter .....	45
The Law Of Prayer (The Law Of Gratitude, The Law Of Devotion) .....	50
The Four Noble Laws (Truths).....	56
The Law Of Balance.....	81
The Law Of Health.....	87
The Ox Parable .....	94
Starting For The Search For The Ox .....	95
Finding The Footprints .....	96
Catching A Glimpse Of The Ox .....	97
Catching The Ox .....	99
Taming The Ox .....	101
Ridding The Ox Home .....	103
Ox Lost You Remain .....	104
No Ox, No you .....	105
Returning To The Source.....	106
In Town With Helping Hands .....	107
The Law Of Free Will .....	108
The Law Of Kindness .....	114
The Law Of Intuition.....	120
Mediation .....	123
Empty Trinkets Of Life.....	125
Happiness Lies Inside .....	126
Heaven Moves With Me .....	127

Tune Your Mind .....	128
Happiness.....	129
The Carrot On The Stick .....	130
I Don't Know Why People Pass This Up .....	131
There Is A Point In Life .....	132
God Is Patient.....	133
Happiness 2.....	134
Best Of Both Worlds.....	135
India .....	136
Hey You .....	137
The Challenges Of Marriage.....	138
The Rip Off Artist.....	139
I Want My MTV .....	140
Greed .....	141
I Wanted To Scream.....	142
The Journey.....	143
Cooking Up A Storm.....	146
Feel So Alone.....	148
Fully Alive .....	150
Generator, Operator, Destroyer .....	153
Hit The Wall.....	156
Imagine The Feeling .....	158
Just Turn On The Music.....	161
Last Breath .....	163
Money Can't Buy.....	166
Nothing In This World Last Forever .....	168
State Of Bliss .....	170
Sweet Times .....	172
I Feel.....	174
Best Of Both Worlds.....	176
Heaven Moves With Me .....	177

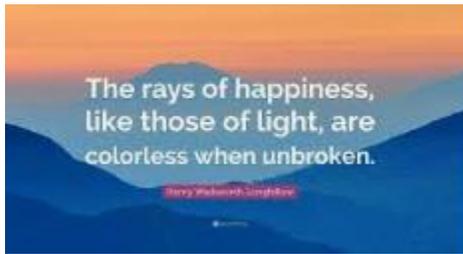
## Intro



There's a snowstorm going on outside. I couldn't even get out of my driveway even if I wanted to. This book Happiness is a composition of all the various times where I talked about happiness.

This goes back twenty-five years to the present. I hope you will reflect and ponder over what I'm presenting. I'm not trying to convince you or convert you. Happiness doesn't need convincing or converting. We all strive for happiness in our own unique way. This is what I have discovered for myself.

## The Ray Of Happiness



[com Unabridged \(v 1.1\)](#) – [Cite This Source](#) – [Share This](#)

hap·pi·ness   'hæpɪnis - Show Spelled Pronunciation [[hap-ee-nis](#)] [Pronunciation Key](#) - Show IPA Pronunciation

*-noun*

1. the quality or state of being happy.
2. good fortune; pleasure; contentment; joy.

---

[Origin: 1520–30; [HAPPY](#) + [-NESS](#)]

—*Synonyms* 1, 2. pleasure, joy, exhilaration, bliss, contentedness, delight, enjoyment, satisfaction. HAPPINESS, BLISS, CONTENTMENT, FELICITY imply an active or passive state of pleasure or pleasurable satisfaction. HAPPINESS results from the possession or attainment of what one considers good: *the happiness of visiting one's family*. BLISS is unalloyed happiness or supreme delight: *the bliss of perfect companionship*. CONTENTMENT is a peaceful kind of happiness in which one rests without desires, even though every wish may not have been gratified: *contentment in one's surroundings*. FELICITY is a formal word for happiness of an especially fortunate or intense kind: *to wish a young couple felicity in life*.

Our Constitution, says that we have the right to pursue happiness. Every one of us desires to be happy. We spend our entire life pursuing it. Happiness is like the rainbow in the sky. You can see the rainbow touching the ground but as you get near the rainbow it moves. Happiness is quite like that. It is always within our

grasp. At times we can even hold it but then it will disappear. We search for happiness everywhere.

For some, I'll be happy when I'm out of middle school. I'll be happy when I graduate from high school. I'll be happy when I graduate from college. I'll be happy when I am married. I'll be happy when I have kids. I'll be happy when I have a new boss. I'll be happy when I go on vacation. I'll be happy when I retire.

We are always looking for happiness. We want that some external event will make us happy for the rest of our lives. We search for it and never quite find Cinderella-type happiness. The Prince who we married ended up being someone imperfect just like us.

So where do we find happiness? Can we truly be happy and be involved with this world? Does true happiness exist? Is happiness a state of mind? If I become rich will I truly be happy? Everyone equates happiness with money.

Did you know a lot of people who win the lottery spend all their money and lose it in five years? If you don't have money and a big sum is given to you without proper financial planning you could lose it.

For thousands of years, great teachers have said that true happiness lies within. It does not exist in this world. Imagine at the time of your death everything that you own will be taken away. You can't bring any material possessions with you.

Happiness is truly a state of mind. I have been to third-world countries where the average poor person is selling something on the street. He has his entire family with him. Happiness is written all over his face.

I have seen people who are super-rich and whose lives are miserable. Happiness truly comes from within. There is an internal well where one can drink and be filled with happiness and joy. It is our true essence.

Meditation brings us into that realm. Meditation is the key that unlocks the door within. Imagine your true nature is infinite happiness yet we spend our entire lives looking in the wrong places. It has been inside us all the time.

At times I see that the majority of us are looking in the wrong place. We just need to redirect our attention within. From that well within we can tap into the source and bring that happiness to the surface.

Over time it will start to fill up your life both externally and internally. You will see for yourself that happiness exists everywhere but do we have the eyes to see? It's only by refining ourselves over time do we see the beauty of life.

In this state, we don't strive if only I had this or if only I had this. Every moment you are drinking the nectar within.

I'm not saying as soon as you start to meditate that all your problems will go away. This life is a journey. Every day we take one step after another. Over time by being aware and being self-empowered we truly become happy.

We realize that happiness is truly a state of mind. Nobody can take it away. As long we strive to reach happiness externally it will come and go. It's like the mirage that you see in the desert when you are thirsty. You see the mirage and you're happy because there is water. Yet when you walk up to it, it disappears.

Many people may say I'm happy and I don't need to go within and find it. That's great. We are saying something a little different. We are saying that the entire universe is comprised of happiness.

By being aware of the force behind all life you will become happy. You don't have to depend on some external event to trigger happiness. Your essence is happiness. By discovering your true essence you will be happy.

## The Ray Of Bliss



*Dictionary.com Unabridged (v 1.1) – Cite This Source – Share This*

**bliss**   **blɪs** - [Show Spelled Pronunciation](#)[\[blɪs\]](#) [Pronunciation Key](#) - [Show IPA Pronunciation](#)

*-noun*

1. supreme happiness; utter joy or contentment: *wedded bliss*.
2. *Theology*. the joy of heaven.
3. heaven; paradise: *the road to eternal bliss*.
4. *Archaic*. a cause of great joy or happiness.

*American Heritage Dictionary – Cite This Source – Share This*

**bliss**   (blɪs) [Pronunciation Key](#)  
n.

Extreme happiness; ecstasy.  
The ecstasy of salvation; spiritual joy.

### *Phrasal Verb(s):*

#### **bliss out** Slang

To go into a state of ecstasy.

When I was 18 years old I was looking for someone who could teach me how to meditate. I begin to read some books on the topic. Several

of these books talked about bliss and that was the first time I ever heard that word.

I was quite fascinated by it. In these books, they talked about how each human being can tap into his/her true existence and experience supreme happiness that doesn't exist in this world. This state of being is called bliss.

I read more books on the matter and I came upon this expression that Truth is the consciousness of bliss. When the mind resides in truth your awareness will be in bliss. I learned that the law of silence is a road that one takes to the heavenly realms.

Each time we meditate we experience that bliss and bring it into our daily lives. In essence, our life begins to change.

We learn that this bliss is the essence of life. It is our true nature. I call this process the evolution revolution. It's an evolution in development but in this period and this age it's a peaceful revolution because your whole world starts changing dramatically. What you think is important drops away.

I found out after many years that the goal was to be in this state of awareness in each moment of our lives. Through meditation, we dive into this bliss but to make it practical, we need to bring this bliss into our daily lives. We need to be grounded.

I must admit that when I first started to meditate I escaped from this world. It was during the Vietnam name war and life was extremely confusing. I was young and was trying to find myself. Looking back I see that I wasn't mature and made a lot of mistakes and didn't have great judgment. I wasn't grounded. Through the years I learned that the goal is to be completely grounded on the earth and at the same time your head is in heaven.

I love the phrase “Chop wood carry water” because it reflects that we need to be practical. We need to learn how to live in this world and how to live in the center of a hurricane. We need to embrace life and everything it has to offer.

In looking back I wouldn't trade my experience for anything. As we grow older we get wiser and learn from our mistakes. The bliss that I encounter inside grows day by day and has morphed into more than an individual experience where it is a global yearning for peace.

I meditate for myself and all sentient beings. In the beginning, I meditated just for myself. This is the maturing process of development. I feel that spiritual experience matures as we become more mature.

In the beginning, we first learn how to meditate and experience this incredible bliss for our own personal reasons and growth. Somewhere along the way, we reach a place of maturity where our outlook changes.

Instead of me, me , me we change our perspective to be of the oneness of all life. This is a dramatic shift. This makes all the differences in the world not only in our spiritual growth but in our day-to-day existence.

We live our lives to help this world become aware of who we truly are. In this state, this bliss that we felt when we meditated for ourselves changes and morphs to a deeper and deeper level. We become less egocentric and more human to the core. We start to embrace all these sacred laws.

So I look back over the years and watched this incredible journey of life. I'm still young but I've seen such growth and development. We truly need to help one another along this journey.

We need to stop judging each other and inspire one another. We are all learning how to become better human beings. Every step we take is a learning phase and a phase of growth.

I still love to meditate a lot and dive into my essence yet at the same time I love life. I love to work and play. I love nature and taking walks. I love to write poetry. I've learned to take my experience and make it manifest in my daily life.

I used to escape from this world through meditation and yet I'm still meditating and I'm not longer escaping. I embrace this life. My head is in heaven and my feet are on the ground. I have been a software engineer for 35 years. I love my family. Life is spiritual. Life is a dance. We need to take off our blinders.

Through silence, one can drink of this bliss and become one with all life. We become life not escape life. It's a divine paradox whereby meditation one can escape or embrace life itself.

Both of these are the experience of bliss but through maturity and understanding of wisdom, we transcend and change into something different. We become humble human beings. This is what life is all about.

This is what true bliss is. You have nothing to prove or hide. You are authentic. You forgive and ask for forgiveness. You realize that this life is a miracle.

*Truth is the consciousness of bliss.*

*When you enter the silence that dwells within your mind is transformed.*

*Bliss is your true nature.*

*When you experience the truth your awareness will be in absolute bliss.*

*The key to the kingdom lies inside.*

*Open up your heart and see what is keeping you alive.*

## The Ray Of Contentment



*Dictionary.com Unabridged (v 1.1) – Cite This Source – Share This*

con·tent·ment   **kən'tentmənt** - Show Spelled Pronunciation[kuh n-**tent**-muh nt]  
[Pronunciation Key](#) - Show IPA Pronunciation

*-noun*

1. the state of being contented; satisfaction; ease of mind.
2. *Archaic.* the act of making contentedly satisfied.

---

[Origin: 1400–50; late ME *contentement* < MF. See [CONTENT<sup>2</sup>](#), [-MENT](#)]

As you can see from the dictionary definition the ray of contentment is a state of being where one is contented, has a deep level of satisfaction and the mind is at ease. Our present-day lifestyle is so fast-paced that it doesn't allow us to truly sit down and smell the roses of life.

So many people rush through life as if there is no tomorrow. We train our kids to have many activities that they hardly have time to just play around. Somehow we got in our mind more is better.

Most of us rush out the door and drink our coffee on the commute to work. We try to cram as much as we can during the day. Even our bosses are always looking for ways to give their employees more to do. To be honest it's absolutely insane.

The only way truly to be content is to be in the present moment of life. In this state, the mind is at ease. The mind is not agitated and you are not in a state of dissatisfaction.

For thousands of years, great teachers have taught this. Only you can calm down the winds of your mind. The mind of humanity at times is howling. No wonder we are so unhappy.

We go from one thing to another during our daily life and nothing can quench our thirst. It's always like we are ghosts and we are trying to get drunk on a bottle of whiskey. We can drink bottle after bottle and can't get drunk. The whiskey just runs through us.

The ancient ones weren't crazy when they said that we have to slow down. They saw the mental condition of humankind. They were once in that state. Yet through time and practice, they learned how to be content. They learned how to control their mind.

So many people say yea but truly don't understand. As a society we are so driven but where are we going? We are always looking for happiness and contentment outside of ourselves.

It's like we are on this freeway and the incredible scenery is all around us yet we are so busy getting to our destination, we never enjoy the ride. Every day we just drive on the freeway of life. We go through the motions of living yet we truly don't know the essence of life. In this state, we never reach our destination.

Personally, I think that our entire society needs to learn the law of silence. We need to recharge our batteries every day and stop the endless chatter of the mind. Meditation overtime slows down the mind

and one begins to enter into a greater field of awareness. This awareness is peace of mind and contentment.

You will still be super active but by slowing down your mind you will be accomplishing more in your life. Your mind and concentration will be like a laser. You will accomplish more with less effort. It's like we are running to stay in place.

Imagine for most of us we are on a treadmill of life. We are constantly running. We are running away from our problems. We are running to work. We are running away from our relationships. We are running back home.

We are running out for a bit to eat. A wise person just turns off the treadmill and calmly lives in the moment. It may seem like time has stopped for this person.

In this state, one is beyond time and space. Whatever you need to get done will be done. There is no state of having to do it now.

I can see why the great samurai warriors of old developed a passion for tea ceremonies. This precious art teaches a person to live truly in the moment. The ceremony is quite long.

It trains one not to look into the future or else boredom will occur. You can't look at the clock and say when is this fricking thing going to end? It can teach so much. A warrior may be good at battle yet has he conquered his mind?

Anybody can fight yet it's truly a wise person who has conquered his mind. The ancient Japanese warriors knew this. The tea ceremony and many of their ancient practices were developed to train the mind.

Imagine that you are a warrior. Many of us are road warriors. No matter what you do or where you come from, you need to conquer your mind. This is the ultimate thing that a human being can

accomplish. This will lead to a pure mind. This is your true state of existence. These sacred laws will turn your mind into gold. You are already gold yet it needs to be purified. The baggage that we hold on to must be released.

This path is probably the most challenging thing we will ever do yet at the same time the most rewarding. Remember all it takes is one small step after another. You are already walking in life why not walk differently. Walk-in a manner where you truly know that you are walking with life.

## The Ray Of Self Control



*Dictionary.com Unabridged (v 1.1) – Cite This Source – Share This*

self-con·trol   'selfkən'troul, ,self- - Show Spelled Pronunciation [self-kuh n-troh-l, self-] [Pronunciation Key](#) - Show IPA Pronunciation

*-noun*

control or restraint of oneself or one's actions, feelings, etc.

---

[Origin: 1705–15]

*—Related forms*

self-con·trolled, *adjective*

self-con·trol·ing, *adjective*

*—Synonyms* self-discipline, self-restraint, willpower, levelheadedness.

*Dictionary.com Unabridged (v 1.1)*

*Based on the Random House Unabridged Dictionary, © Random House, Inc. 2006.*

*Kernerman English Multilingual Dictionary (Beta Version) – Cite This Source – Share This*

**self-control** [selfkən'troul] *noun*

control of oneself, one's emotions and impulses

Example: *He behaved with admirable self-control although he was very angry.*

A person who learns the ray of self-control and puts it to use is truly wise. The hardest thing in the universe for a human being to learn is

self-control. Most people think that they are in control of their lives but if they stop and think most of the time we are reactive beings. We react to what the external environment gives us.

A person who is in self-control stands in the center of the hurricane. The winds of the mind do not touch that being. Most of us are swept away by the winds.

Throughout time we have been told that by mastering our mind we master life. The most difficult thing is self-control.

Many people think that meditation is so simple that anyone can do it. They are correct. Yet when you sit down and focus on your breath you will see that the mind acts up.

It will conjure up all sorts of things for you to think about. Through time and self-control, one begins to break through this fog. Many people are fascinated by martial arts. They love to watch it at the movies. Yet to be good at it, it takes a tremendous amount of self-control not only physically but mentally.

The martial artist that I have met never wants to fight. They truly want peace. Fighting and defending themselves is the last resort. A good martial artist usually is good-natured.

Through practice and self-control, he/she has reached a state where they have entered into a state of peace. Their mind and body are in harmony.

They are in great physical, mental and emotional shape. In this state of awareness, they are totally comfortable with their divine essence. If confrontation occurs they will use words of kindness and compassion.

Each person who learns self-control has to take the same baby steps that you and I take. Nobody gets a free ride. We must all learn to control our emotions and impulses. Most of the world wars are caused

by this. How many of the great teachers in the past have talked about putting into practice the art of self-control?

We can control our lives. Daily we can take baby steps and start paying attention. Daily we can enter into the law of silence and begin to tame our minds and emotions. Each one of these divine laws will help you to have self-control in your life.

This is truly the goal of life to master yourself. It is exciting. Each one of us can do it. Each one of us has to overcome the lack of self-control that we have.

Many people think I have self-control, and yet it can be at a deeper level. I'm sure even the Dali Lama practices self-control every day of his life. Until a person is enlightened we will constantly learn self-control.

This for me is the incredible game of life. We are all dealt cards in our life and through self-control, we can learn how to master this game. It's an internal game. No one can play it for you but help and support are on the way.

This is the game of life. The more you partake in this inner discovery the more your life will be practical and down to earth. You will emanate a source of joy and happiness around you. Your personal obstacles and excess baggage will lighten (literally).

So this is an incredible game. We must take a conscious decision to change day by day. Learning self-control is a moment-by-moment, year-by-year decision to improve your life at all levels.

You will stumble and fall. If this was a video game it would be the most challenging and the most rewarding. You would win the game of life.

Through this video game, you would see both internally and externally your life will begin to change. So embrace the art of self-control in your life. Learn ways how to control your mind and emotions.

If anger comes up and you are justified just let it go and gather up the strength to have a true smile on your face. Contemplate in the eyes of the universe is worth it to get mad. This is such a minute entry in time.

Why should I bother to put any attention in this manner? You can diffuse your own time bombs. In the course of practicing many will blow up in your face, but when you do succeed even just once you will see the effect that takes hold.

Remember it's not stuffing your emotions but it's learning how to transform them. It really is divine alchemy. It's transferring negativity into something positive.

This is magic at its finest. A magician may pull a rabbit out of their hat, yet a true magician pulls peace and happiness out of a negative situation. They literally transform the situation.

These are just a few things that come up to the surface about self-control. In every moment you can learn how to control yourself whether it's at home or the workplace.

You can learn how to control not only your words but your actions. One can learn how to train the body, mind, and emotions to be a true expression of what this life can be.

You are truly the artist creating yourself. Your life is the canvas. Your thinking and your emotions and actions will reflect your present-day creation for the world to see.

When we see that each one of us has been given the canvas of life and free will to create whatever we want it makes life exciting. We can learn to become the master artist of our own creations. Each one of us

has a unique piece of the puzzle. Only you can contribute your piece of the puzzle. Learning self-control is the way.

*A wise person understands that life is like a video game.*

*Even a child learns self-control playing the game.*

*As we learn more we go to the next level and the game becomes more challenging.*

*We start to master the game of self-control.*

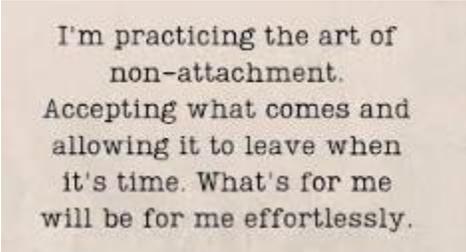
*Over time our bottle is forgotten in the gutter.*

*We are in another level of life where we dine in a divine manner.*

*Each of us can learn self-control.*

*You can master the game called life.*

## The Ray Of Non-Attachment



I'm practicing the art of  
non-attachment.  
Accepting what comes and  
allowing it to leave when  
it's time. What's for me  
will be for me effortlessly.

We come into this world empty-handed and we leave this world empty-handed. The ray of non-attachment helps us not to get frustrated by life's events and our own personal attachments.

During our life, we become attached to our car, our house, our job our riches. Whatever our mind is attached to when this thing gets taken away from us it causes suffering. Everything in life is impermanent. Nothing external is changeless. Everything created ultimately goes back to the source.

Many of our sufferings are holding on to an idea or concept or object and when something goes not according to plan we hold on. We then become disappointed or sad that things in life don't go according to plan.

The ray of non-attachment allows us to live life freely without being tied down by our attachments. Through the law of silence, we enter into a state of awareness that it was and will always be. Over time one by one our attachments start dissolving one by one. It's much like a sugar cube being dissolved in water.

All the great books of the past have taught about the importance of being non-attached in one's life. Yet what kind of training have we gone through to help us become non-attached? Once again if we conquer our minds we have conquered the world.

Meditation and contemplation are the means to slowly melt into the source of all life. Over time this awareness begins to infiltrate into our daily lives. We are more carefree and relaxed.

We can accomplish more than others because the mind is sharp as a laser. When we are attached to people, places, and things our minds are hopping from one thing to another. We are restless. We are uneasy. Our mind wanders. We have difficulty controlling our minds and thoughts.

The wise person spends their life solving this mystery and actively begins to take the course of action to enhance one life.

This ray of non-attachment applies not only to our world but to our inner world. We can't hold on to our experiences. It's like holding on to sand in your hand. It will slowly slip away.

All our disappointments and sufferings are mostly from our attachments to life. Our mind thinks that by attaching itself to something it will become happy.

Yet this is never the case. The foundation of Buddhism clearly talks in fine detail in more precise steps about what happens when we become detached. They are much more eloquent than I am. There are plenty of incredible books talking about the destructive nature of being attached.

By being aware of this ray and entering into the silence we begin to train ourselves not to become attached. When we do and we do suffer we can remind ourselves that everything in life is impermanent.

We can day by day train ourselves to see what is changeless, boundless, and never dies. This is our true nature.

The source lies within. By connecting to your true nature every day and over time moment by moment you will see and comprehend these words. It's a state of awareness that comes from within and they become reality in your everyday life.

Ok, of course, it takes time. There is a maturing process. But by being aware and focusing on your inner nature you will grow day by day. You have infinite potential.

Being non-attached doesn't mean that you can't enjoy this life. You will enjoy this life to the fullest because you will be vibrating with life itself. Your mind, body, and emotions will be in tune and in harmony with who you truly are. You will truly become free.

Of course, you will still have off days. You will still have a lesson to learn. I have not mastered myself but even in my present state, I rejoice in being alive.

Life is a grand adventure and I'm happy learning and growing. I'm so grateful to be aware and conscious that these gifts lay inside of my being. They are yours for asking. This life we live is a great series of lessons that we can learn to master. Life is the highest education. They are so much to learn.

We can't even hold on to our spiritual experiences. If we do we will be disappointed. Life teaches us to only hold on to our divine essence. If you hold on to anything else you will become disappointed. Once we truly begin to understand that concept we can start to implement the process of self-discovery.

With our maturity growing our understanding of this ray begins to grow more and more. We then can take off our tinted glasses and see the world as a reflection of ourselves.

Amazingly, our concepts and our attachments to this world are the source of our problems. Once you see the world with a new vision and

you train your mind your life becomes happier. I really don't understand why we don't teach these basic laws in our schools. Our nation and the world at large would be in such a better place.

It seems like so much attention is put on what we do instead of who we truly are. All the latest technologies don't bring us any more happiness than what we had before. Yet we want more and more. We think as a nation as a whole that material things will bring us joy.

Last night I saw a survey that only 12% of the people in this country enjoy their job. Something is wrong with our state of being. We need a new way (it's been there all the time). We have never been taught that common sense is uncommon.

We think we have it all together. Yet the lives that are dictated by advertising and the media will never bring true happiness and joy. Those ads for a new car will never give you true happiness. Your new car someday will be towed to the dump.

Then where will your happiness be? We need to look beyond the superficiality of our existence. You are truly divine. Your essence is boundless and changeless. Our present-day scientists know this. Yet we continue to live in a state of denial.

This is not about becoming a monk or priest. We are talking about discovering your true nature, in doing so you will become free. Your life will be absolutely incredible. No words can truly describe it. This is your true nature.

Through the law of non-attachment, you will become free. This is your true state. You are the bird in the cage. Open the door inside and become free again. Remember only you have the piece of the puzzle. The world will be a better place when you realize that.

*We are building sandcastles in the sky.*

*Yet we think that it is permanent.*

*One day the ocean of life will dissolve your precious sandcastle.*

*What is the foundation that you are standing on?*

*Is it made of rock or of sand?*

*Your happiness depends on it.*

## The Ray Of Compassion



*noun*

1. a deep awareness of and sympathy for another's suffering
2. the humane quality of understanding the suffering of others and wanting to do something about it

All the major religions talk about how important compassion is in our daily lives. All the great spiritual leaders have talked about compassion.

Compassion is a quality that can be cultivated daily. Our quality of life would be greatly enhanced and the world around us would be if we embraced this ray.

We all in some way or another suffer every day. Some people's sufferings are quite pronounced such as acute illnesses like cancer. Some people are tormented by their minds and escape through drugs and alcohol. Each of us suffers in some way in our daily lives.

Unfortunately, there are third-world countries that don't even have the means to have proper water, food, and shelter. The average American would be horrified to live and see these conditions.

In our country some people have everything money can buy yet their life is truly a sad story. Money cannot buy you happiness. Acquiring all the latest toys won't elevate suffering.

Many times it will actually increase it. I'm not saying that money can't buy happiness and that it is evil but I'm saying that unless we look at our lives daily and water our inner thoughts we will put ourselves into areas that will be conducive to suffering.

Throughout time the world has seen many incredible human beings who had incredible awareness of themselves and the human condition. They realized that every one of us suffers in some way every single day of our lives.

They realized this and they discovered that there was a way for every human being on this planet to overcome suffering and become enlightened.

These beings dedicate their entire life to helping humanity. They pledge to spend their entire existence to help every sentient being to return home and to help them overcome their sufferings.

Buddha was one of the first ones on this planet who became enlightened and since then many others have become enlightened and helped others on this journey of life.

It's up to each one of us to become better human beings and develop compassion in our daily lives. Every one of us is so precious and yet at times, we don't truly see it.

The ray of compassion can be brought out into every single moment of our life. We can begin to radiate this just like the sun. Why does everyone love the Dalai Lama?

He is such a bundle of joy and compassion. He has nothing to hide. He sees the suffering in this world and in every moment his actions

are dictated by the act of compassion. He truly wants to help the world. Mother Teresa is another incredible example. She dedicated her entire life to helping those in need in Calcutta India.

We all live our own lives and we aren't the Dali Lama or Mother Teresa but we can display compassion daily in our lives. We can take a look when our children are going through rough times and give them a hug or encouragement.

If our wife or husband is having difficulty going through something we can support them with love. The more we pay attention and see what is going on around us and we see that each moment is a divine opportunity to cultivate compassion.

Instead of putting gasoline on the fire, we can put precious raindrops in any situation. We can help reduce the suffering in people's lives. Many people think that these are weak qualities but true compassion is worth all the gold on earth.

It is absolutely sacred and valuable. True strength comes from compassion. Anybody can get angry or pissed off. It takes a person of inner strength to overcome these negatives in their daily lives and to cultivate compassion.

Imagine that everyone you meet is suffering in some major or minor way, even someone who has meditated for over thirty years. We can reduce the suffering but until a being fully enlightened suffering will be there.

I experience this myself even in deep meditation. There is always a grain of suffering there. Our goal is to develop these divine qualities to such an extent we can truly become better human beings and this world around us will change.

Isn't it amazing that God (if you believe in God) or some divine essence doesn't dedicate to us how to live? To have peace on earth, we must bring it. Nobody is going to save us.

We can get help and inspiration but it's up to each one of us individually to become better human beings. This is the way peace will happen on this planet.

So I pray that each one of us will become aware of the sufferings of others in each moment and want to do something about it. It can be something as simple as a smile.

We don't have to save the world or renounce the world. Yet each of us in our own way can be more considerate of others and help someone who is suffering. We just have to become more aware.

Many people don't wish to see suffering or talk about it. Many people put their heads in the sand and say I don't see it, my life is going well. Until a person becomes enlightened suffering will be knocking on your door.

We can all help each other out and see that we are all in the same boat of existence. Life is an incredible journey and we are all sailing back home. Let's rejoice and help out our fellow humans on this journey.

Let's help elevate the sufferings of third-world countries. I love to see that Bill Gates just dedicated 365 million dollars to help out farmers in Africa.

So it's up to every one of us. Just a smile will do to help out tremendously to help others on the way.

*Dive into the infinite ocean of compassion and discover your true nature.*

*Surfers ride the waves of the ocean while the wise man rides the waves of compassion*

*Your entire existence is waiting for you to have this self-discovery.*

*Compassion is your true nature.*

*It takes time to learn how to surf and it takes time to learn how to ride the waves of compassion.*

*The more you surf the better you will get.*

*The world will rejoice when you do so.*

## The Ray Of Good-Natured



### Webster's Revised Unabridged Dictionary

#### Good-nature

Good \Good\, a. [Compar. [Better](#); superl. [Best](#). These words, though used as the comparative and superlative of good, are from a different root.] [AS. G[=o]d, akin to D. goed, OS. g[=o]d, OHG. guot, G. gut, Icel. g[=o][eth]r, Sw. & Dan. god, Goth. g[=o]ds; prob. orig., fitting, belonging together, and akin to E. gather. [root]29 Cf. [Gather](#).] 1. Possessing desirable qualities; adapted to answer the end designed; promoting success, welfare, or happiness; serviceable; useful; fit; excellent; admirable; commendable; not bad, corrupt, evil, noxious, offensive, or troublesome, etc.

And God saw everything that he had made, and behold, it was very good. --Gen. i. 31.

Good company, good wine, good welcome. --Shak.

2. Possessing moral excellence or virtue; virtuous; pious; religious; -- said of persons or actions.

In all things showing thyself a pattern of good works. --Tit. ii. 7.

3. Kind; benevolent; humane; merciful; gracious; polite; propitious; friendly; well-disposed; -- often followed by to or toward, also formerly by unto.

The men were very good unto us. --1 Sam. xxv. 15.

4. Serviceable; suited; adapted; suitable; of use; to be relied upon; -- followed especially by for.

All quality that is good for anything is founded originally in merit. --Collier.

Everyone loves to be around someone who is good-natured. It's like basking in the sun and soaking up the rays. We all love to be around this person. Look at the Dali Lama.

Even if someone has no idea of what he teaches when they see him in person they are so happy to be in his presence. I haven't met anyone who doesn't feel this way.

They might not understand Buddhism but everyone knows a good-natured person. We don't have to ask ourselves, we experience the warmth just like being in the sun.

These are incredible qualities- Kind, benevolent, humane, merciful, gracious, polite, friendly, and well-disposed. Each one of us has these divine qualities to some extent.

When we were young we were these qualities yet over time we slowly lost touch and we became more embittered in our daily life. Many of us prefer to become sour instead of sweet.

Many of us talk constantly about the sour grapes life has given us. We all have had hardships in life but a good-natured person will make wine out of sour grapes.

They know that everything must pass. Nothing will go on forever in terms of hardships. A good-natured person will be good-natured at all times- the good, the bad, and the ugly.

Life is not always fair and a good-natured person understands that. They have developed such a strong essence of the character that they understand that nothing can take away their true character except for themselves. Nobody can steal your character. No matter what goes on outside nobody can take it. A good-natured person understands this

and sees that life is an incredible journey and every moment is precious.

They realize that one can truly go into deeper and deeper levels inside and cultivate more of these qualities. It's like having an infinite well.

We can always improve and it's a joy to develop these qualities. Everyone will love to be around you. In your workplace, people will love to work with you.

They won't have to worry that you will gossip behind their backs or complain constantly about your problems. Even a good-natured person has problems. They can get laid off. They don't have any more privileges than you do.

Yet a good-natured person probably gets the job done faster and is more efficient. They won't be looking at their watch every hour and counting down the minutes. In fact, time flies literally. When you are in joy, time flies.

So how do we acquire these qualities and become more good-natured? Fortunately, they have never left us, the clouds have simply covered them. It helps to daily enter the law of silence (meditate).

Meditation brings us to a state where we once again connect ourselves to our true existence. We are good-natured. We have simply let life and its hardships become easier in life. Slowly over time, we have forgotten our true nature.

We are all good, every single one of us. Every one of us has made minor or serious mistakes in life. The goal is to overcome our mistakes and on a conscious level make decisions to improve our quality of life.

Meditation brings these precious gifts back to the surface and we once again see the joy in every moment. Granted it takes time but time is going on whether you like it or not. Everything takes effort.

So our essence is good-natured. By meditating daily we once again experience that joy, that gracious, polite, benevolent being that we are, and now is the time to express these qualities in our everyday life experiences.

This is where it all happens. This is where transformation truly occurs. Meditation is not some drug that you take to drop out of society. Meditation helps you get connected to your true nature and then take that experience and integrate it into your daily life.

It is extremely practical. Many people think that if a person meditates he/she is escaping life but in reality, it's embracing life. You begin to discover that we are all born with the same qualities of life.

There is a thread of love trying us all together. A good-natured person reflects these qualities and embraces them on daily basis.

When we connect to our true essence how can we not be happy and good-natured? No wonder the world at large has lost these precious qualities because we have forgotten who we truly are.

Life has dealt us a bunch of cards that we don't like. We don't like to commute every day and work in some office. We are constantly struggling.

Yet meditation brings one to the center of the hurricane and we experience a tremendous calm in our daily life. We experience a fresh breeze that refreshes us amid the desert.

So the combination of meditation and being aware in your daily life of the actions and how you talk to others will help you remember you're good nature. We can rediscover our true nature. Just as we can improve our skills at any sport by practicing we can practice our skills in life. Every moment we can bring out the best in us. We can let go of the garbage. We can be in a state where we have nothing to prove.

We don't have to defend ourselves whether we are right and they are wrong. We can simply smile, a good-natured person does.

*A good-natured person is a good friend to have.*

*It doesn't complain about what's going on.*

*He doesn't gossip behind your back,*

*No matter what life punches he see it as a game.*

*He enjoys the video game of life with all its challenges.*

*He is on to a different level.*

*A good-natured person smiles at trouble for he has heaven in his pocket.*

*We are all good but have clouds covered within.*

*Remove those clouds and you will discover your true nature.*

## The Ray Of Forgiveness

*Dictionary.com Unabridged (v 1.1) – Cite This Source – Share This*

**forgiveness**   **fər'gɪv nɪs** - [Show Spelled Pronunciation](#)[fer-**g**iv-nis] [Pronunciation Key](#) - [Show IPA Pronunciation](#)

*-noun*

1. act of forgiving; state of being forgiven.
2. disposition or willingness to forgive.

*WordNet – Cite This Source – Share This*

### **Forgiveness**

*noun*

1. compassionate feelings that support a willingness to forgive
2. the act of excusing a mistake or offense

We live in a world where every day the world makes mistakes. Nobody on this planet is perfect. We all make mistakes. Some are small and some are quite serious. Nobody gets a free ride. Even the great Prophets of old made mistakes. From the time we were born we have made mistakes and people have made mistakes toward us. If we could we would love to go back to the past and correct the misdoings that we have done upon others. But unfortunately, we can't. This is where the ray of forgiveness comes in. We need to forgive everyone who has ever done us any harm or hurt us in any way.

As human beings, we get hurt by someone and then we hold on to that and create resentment, anger or we stuff it inside. Consequently, we get hurt and harmed twice. We hold on to the event years later. This causes us to hold inside of being a tremendous amount of negative weight.

The ray of forgiveness is the willingness to forgive a person so we can release it from our being. It's not saying that what the person did was acceptable but by forgiving that person we clear up the negative debris inside of our being. In essence, we become freer. All the great scriptures talk about forgiveness. It is the way to drop all our internal baggage and excess weights that we carry.

We also have to forgive ourselves. We all have made mistakes and hurt someone on this journey of life. We have made bad decisions that have affected our bodies and mind. We have been unkind to our children. We have been in anger and rage. We have lost control of ourselves. Each one of us has made a mess of ourselves. Yet no matter what you have done you must forgive yourself and forgive all others. This is a golden law. If you do this your life will get better.

When I was young I read a book about Milarepa who was Tibet's greatest yogi. When he was young his uncle took his family fortune and enslaved Milarepa. Over time Milarepa became extremely angry and wanted revenge. So he began to study with a dark sorcerer. Over time he learned how to control nature and the rain. He sent a huge storm and caused hail to fall from the sky. This storm was so powerful he killed his uncles and his extended family. Well, to make a

long story short he meets a great teacher and this teacher showed him his wrongdoings and the consequences of his actions. He went through a spiritual awakening and forgave his uncle and himself. Over time he turned into Tibet's greatest Yogi. Even hundreds of years later his legend and his teachings are still around. He developed a Buddhist lineage which is one of the four lineages in Tibetan Buddhism that exist in the world today.

So we must all forgive. We must forgive our leaders. We must forgive President Bush and his cabinet. We must forgive anyone who has harmed us.

Spend some time every day where you can start from your birth and try to trace your history and see where you need to forgive others and where you need to forgive yourself. You are cleaning out your closet and getting rid of things you don't need. Personally, I did this and I was quite amazed at how many people and circumstances needed to be forgiven. It was probably in the hundreds.

Many people probably think why do I need to forgive? I don't want to. What that person did to me was unacceptable. I'm justified in what I feel. That's true. That person did something unacceptable. You are justified. Yet by feeling and acting justified you then are the judge of life. Justification is so far from the truth it's ridiculous. It will hold you and bind you. You will never see the light of day if you think you are justified. You will remain in the dark. We want to get rid of the chains that are trying us. We want to get out of the dungeon. If there is a dark side it uses justification as a means where you feel I'm right to be

justified yet at the same time it will bind us further in chains. This is why in all great spiritual books they teach that you must forgive,

For the Law of attraction to work for your benefit, you must forgive yourself and all others. This is crucial. We talked about the law of Self-approval. Without forgiveness, you are missing the boat. Many people struggle in life and are extremely angry because they can't forgive. They feel they are 100% justified in their thinking and actions. How many families have broken up because of some misunderstanding or error in judgment? Your world will improve once you tap in and start the forgiven process. Remember you are not saying it was ok for you to do this to me. What you are saying I forgive you, just by saying that you have started the healing process. You will let go of this excess baggage that is holding you down.

I feel that it truly is God's gift to humanity the ray of forgiveness. We all make mistakes. This journey of life is learned through many lessons. Not one person comes into this world and is perfect. Even Christ and Buddha made mistakes and asked for forgiveness. If they asked for forgiveness so can we.

This ray is probably one of the most dramatic rays for us. For without forgiveness we feel justified. By being justified you have walked away from the light and placed yourself in chains. It's as easy and simple as that. We don't even know what we are doing. No wonder the world is in such a sad state.

How many wars have started because we felt justified? Look at the current war we are in and see the results of our actions. Once again forgive our political leaders who declared war. Forgive the soldiers for being there. Forgive the terrorist. Pray that this world will see that peace is the way. Focus on peace and through the power of visualizing an image that soldiers all around the world are dropping their weapons and going home to their families.

So as I'm writing this book I see that this part of the book is so important. Learn to forgive and learn why you need to forgive. Why hold on to something that does not serve you but holds you back from the experience of happiness and joy.

I look at the Dali Lama who was forced out of his country by the Chinese government. I read his book and he said it was a blessing in disguise. If this never happened and he never forgave the Chinese, the western world would have never seen or heard from him. He saw that through forgiveness his mission of helping humanity is coming to fruition every day. He is not trying to convert people to his faith but in essence, remind us of our true nature. We are all human beings. This is a human race. We all make mistakes. Let's forgive and go on and make this world a better place.

*Life is a journey and we are walking every day.*

*In this journey of life, we pick up things on the way.*

*We have fought and called other people names and consequently carried the burden.*

*At times we are totally innocent yet someone put us in harm's way.*

*To truly live we must forgive ourselves and all others.*

*By doing so the junk that you are holding on to will slowly disappear.*

*Forgiveness will lighten up your life and will be a beacon to show you the way.*

## The Law Of Laughter



Recently I was flipping channels on the TV and a documentary on the Sundance channel was on. This documentary was focused on Mike Meyers who is famous for his Austin Powers movies and Deepak Chopra.

They were discussing the similarity between comedy and the quest for life. Both of these have a point in time where one becomes enlightened or understanding is gained. When a joke is told there is tension in the air.

As the story unfolds it builds and builds with anticipation. At the height of suspense, the punch line is told. The energy of realization is transmitted to the audience and they understand the joke and waves of laughter occur.

This audience all laugh ha ha ha. Tension has been released. Maybe it's a political joke. Comedy has the means to laugh at any given situation and brings us a state of awareness.

In the same manner, the Zen Buddhists have Koans which are life word puzzles. To the ordinary person, it does not make sense. What is the sound of one hand clapping?

But through their meditations, they reach a level where they understand the Koan, and an aha experience occurs. This is similar to understanding a joke but at a deeper level. This is the internal comedy that leads to Enlightenment.

Both of these are crucial for our everyday life. Laughter is indeed the best medicine. I'm sure many people know of Norman Cousins when he got cancer that we watched all different sorts of comedies for over a month.

Laughter daily will heal us. He used Laughter to heal his cancer. There is a theory that cancers are angry cells. By being aware of laughter we can heal.

Laughter can transform angry cells into happy and healthy cells. The Taoists have a meditation technique where they imagine certain parts of the body to be a huge smile.

They smile from the pelvic area all the way across. They smile from the stomach area all the way across. They smile at the rib cage all the way across. They smile from the mouth. They smile from their eyes.

They smile from their forehead. By doing this daily and paying attention to the law of health they keep the disease at bay. The Taoists have been known for their remarkably long lifespan.

Truly laughter breaks up any emotional residue. This residue may be released from our minds and bodies. God gave us a natural release mechanism called laughter.

Many people are so serious about life that they become emotionally constipated. They lose the joy and the true meaning of life.

We were born into this world. It was set up so we can learn from your mistakes. There is no other way to learn. So God gave us and all beings laughter. We can laugh at ourselves and the world at large.

Life is truly a joke. There is a punch line called enlightenment where everything makes sense.

Have you seen the Tibetan Buddhist? They are a group of beings who truly know how to laugh. Look at the Dalai Lama. He laughs at his mistakes.

This is how we learn. If we get down on ourselves it doesn't help in any way whatsoever. It's like putting chains on us. Laughter is truly a divine gift. Even if you don't believe in God it will enhance your life.

The Buddhists don't believe in God but look at their emotional life. It is based on happiness and joy.

So you can learn to use the law of happiness in your daily life. Look at situations where a difficult position comes your way. Use the power of laughter to see the clarity of the situation and blast away the negativity. You can see through different eyes. Laughter is the key.

Life can be one ha-ha experience and one aha experience. Both of them lead to the same door.

Laughter opens the doors to creativity where you can totally transform yourself in any given situation. By being open to creativity you can learn how to dance with life.

No matter what obstacle comes your way you can dance around it. The Indians hold Lord Siva as the Lord of Dance, the Lord of Life and Death, and the Lord of transformation.

Each of us dies every day and is reborn every day. What I mean is that by dying when we lose perspective and get so involved in the world a part of us dies. We forget our true nature.

Every night we return to the source. We get charged from the source of life and in the morning we wake up. In the same manner, we can consciously wake up and be aware of the process.

These tools will help and assist you in this manner. You can die from your past conditioning and be born into the great laws of life. This is awareness coming to your forefront.

As you can see we can use laughter along the way. We can laugh at life. The best teacher's I have ever had used laughter as a means to learn. How many times have you heard a boring lecture?

Can you truly learn? Yes, you can but it's difficult. Yet a teacher who can teach with humor and laughter truly can deliver the message and

understanding. A boring lecture speaks to the mind. A fun-filled humor talk full of humor will affect the mind and heart. It will go directly to the soul. This is where laughter can be used.

My daughter is in her first year of college and she sees how laughter from the teacher determines the quality of the lecture. Laughter enhances the situation.

Personally, I think all teachers should be required to learn how to use laughter in their teachings. It would certainly improve our educational system, just that one idea alone.

How many young kids are turned off from education and learning because of a boring teacher? Life is not boring. If your teaching style is boring you are doing a great disservice to your students.

You need to lighten up. Get a little wild with life. Do something different. Breakthrough your boring ideas. No wonder so many kids are frustrated with the whole education system. It needs to be transformed.

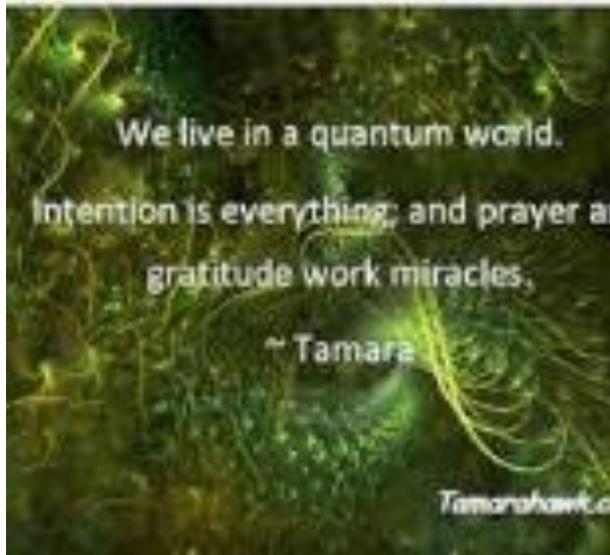
Every part of society can be enhanced with laughter. We need to learn how to use laughter with our political systems, our social systems, our educational systems, our religious systems, and our business systems. Laughter is the means to understand life.

### Practical Actions

- Learn how to laugh at yourself
- Laugh at obstacles and problems
- Watch comedies instead of violent movies.

- Practice the Taoist smile meditation. (Even for just one minute)
- Learn to laugh like when you were a child. Reclaim your innocence,
- Get rid of your hard edge in life. Look at children for examples of laughter.
- Don't take anything too seriously.

## The Law Of Prayer (The Law Of Gratitude, The Law Of Devotion)



We live in a quantum world.  
Intention is everything; and prayer and  
gratitude work miracles.  
~ Tamara

TamaraHawk.com

Most people agree that there is something greater than them that created everything and keeps everything alive, some essence Creator whether you call it God, Allah, existence, or however you choose to see this in your life.

The Law of Prayer allows one to establish direct phone conversation with this Creator. In this state, you primarily talk and

they listen. Prayer has been used as such an incredible tool for time immemorial.

How can one talk about the glorious connection between ourselves and the heavenly realms? The more one prays and the more we put into practice this sacred wisdom, the more the law of prayer becomes a part of your life.

Your life becomes a sacred prayer. In this state, one desires love, compassion, and happiness for every living thing. One's heart is opened and one begins to pray for all life, for all beings to truly be happy and cared for.

Every moment is a precious prayer. This is a state of awareness.

Praying keeps one humble and focused on the path. It keeps us simple. Praying puts us into our childlike innocence of life. We see through the eyes of a child.

We become innocent and pure. This is the power of prayer. Miracles do happen all the time. I have seen hundreds of prayers being answered especially when a group has focused on a certain person or event. Our thoughts of kindness and helping out are carried

throughout the world. Kindness is truly the answer on this planet. We all pray in different ways and different manners but it's all the same.

It's time for us to see that everyone on this planet wants to be happy. Everyone wants a family, a home, and food on the table. Nobody truly wants to fight and experience war.

It's time for us to put down our arms and embraced our fellow man. This time is now. I know I'm not alone in this. There are millions of people just like you and me praying for peace on earth. It will happen.

No doubt about it. Each day we are helping the world through our prayers and our daily practices. Each religion prays differently but the essence is the same. We all want heaven on earth.

We all want this world to truly live in peace. The Law of Prayer is the way to directly change the course of events in our own life and the world around us but also the world at large.

By our thinking and our convictions through prayer, we can change this world. Over time we begin to see that through action and going through the four worlds of creation our prayers are being answered.

We can change this world step by step, day by day, year by year. We can influence leaders all around the world by praying for peace. By praying that they may understand that peace is the way, peace is the solution, peace is what the world needs.

How incredible through the internet the prayers of peace are broadcasted around the world. Prayer is the means to communicate what we need and the Power of Silence will answer our prayers. We are all so precious.

There was a time when I didn't see the importance of prayer. I didn't see the value of it. I wasn't brought up in that environment. But over time when I started to learn how to meditate,

I began to see what a golden opportunity we have. The Law of Prayer allows us through words to express ourselves to our Divine Mother and Father.

It is a precious communication to talk directly to the source of life and express gratitude. For those who are suffering it brings comfort to us knowing that someone truly cares for us and wants us to be happy and content. Our prayers truly do get answered but at times we don't understand.

Every day I wake up and thank my creator for giving me another day to experience life to its fullest. The law of prayer has empowered my life and made me more compassionate and carrying on a day-to-day level. I am grateful to be alive.

The more I pray I realize that the entire creation prays on some deep level. There will never be a time when one stops praying. Even the Angels and Archangels pray.

The law of prayer exists in all of life. Life is grateful to be alive. Prayer is part of nature. Nature always is evolving and learning. Nature prays to the creator for the ever-unfolding discovery of life. This process has been unfolding forever.

This world would be a better place if every day we stopped even for a moment to pray and cultivate kindness and love for one another. Each of us prays in our way.

Let's honor all religions and traditions. It is time to see the diversity of all life and see that what your neighbor is praying for is probably the same. Our nations around the world pray for peace. Let's bring a united state of awareness on this planet that peace is the way.

The Law of Prayer and the Law of Manifest Destiny must work together to have most of your prayers answered. In praying you ask for something from the Divine and for it to manifest the Law of Manifest Destiny must be fulfilled.

This is why it's extremely important to understand these sacred laws. Only by changing your subconscious mind and performing the right actions can your prayers be filled.

Prayers aren't like rubbing a bottle and a genie will appear. You must ask and then go through the process of the idea, thought, plan, and action to make your prayers come true. It's a day-by-day process of refining yourself to these sacred laws.

Most people complain that their Prayers don't come true. Yet what have they done to help them succeed? There is a process that must take place. Waiting around for a prayer to be answered will never help matters.

You must have the conviction to ask and then make the appropriate actions in your life by following the Laws of Manifestation. **If you are praying for health for yourself or someone else, then take steps to assist in the healing.**

**An angel may show up to assist in the miraculous healing of someone. Another may manifest the perfect doctor to help them heal.**

**Also pray for those who are helping with the healing process, including the doctor or surgeon, to receive the greatest guidance and have the surest hands for healing.** If you want and pray for world peace then turn your life around and make peace a reality in your life.

**We must have peace in our own hearts and our own lives to spread it outward to others.** Live your life in a day-to-day manner

where you spread peace and kindness throughout your daily life. As the Dalai Lama said, "Kindness is my religion". If every one of us took this responsibility personally and not waited for our political institutions to develop a plan for world peace, we would have greater world peace. Peace has to come from within. Peace is an experience that must be cultivated. Peace is infinite.

So I hope that you have a better understanding of the Law of Prayer and how you need to take proper action. When I was a child I never learned this. I never learned this in Sunday school.

I was taught to pray but I never knew how the Law of Prayer operated. Many of our prayers don't manifest because we don't know these sacred laws. No wonder people tend to give up.

So much of the time we pray and nothing happens. Well now is the time to utilize these laws in your life for your betterment and the world around you. It truly is the time to transform yourself.

You don't have to believe in God to change. These are natural laws that exist between time and space, in the seen and unseen worlds. A person doesn't have to follow a certain religion for these laws are beyond all religions.

These are the building blocks of life. Hopefully, this gives you a greater understanding of the Law of Prayer.

As a child, I Barbara, was raised in a family environment steeped in religion and prayer. My grandmother would go to church at least once or twice a day and pray the rosary every night.

Seeing her devotion from an early age I also learned to have my direct devotional connection with God. When I would pray sincerely, intently, and humbly I would feel this sense of peace and love come over me. I assumed it was God.

Devotion became a way of life for me. Somewhere along the way, I discovered that one could actually make your whole life a prayer, a prayer of Gratitude.

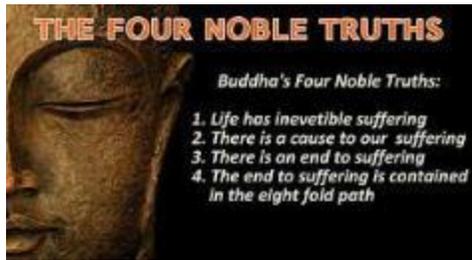
You can allow yourself to see the Beauty in life. Even taking a walk in nature, you can allow yourself to see the magnificent diversity and variety of life and be grateful to the Creator of life for such beauty.

Prayer can become as simple as being thankful for every breath you breathe.

### Practical Actions

- Pray every day. It doesn't matter if you believe in God or not. Your subconscious mind will pick it up.
- Praying allows you to go to the next level in the video game of life.
- Remember through prayer you pray and God listens.
- Meditate daily. In this silence, God talks while you listen.
- Remember when you pray you must take action. Check out the laws of Manifestation again.
- Daily take out the negative weeds that are growing. Forgive yourself and all others.
- Pray that you truly are a piece of the puzzle. You want the very best for yourself and the world.
- Pray daily for those who need helps in any way. We are on the same boat of life.
- Put your prayers into action.
- Always give gratitude, be thankful for what you have, and receive (count your blessings).
- Pray for guidance every day.
-

## The Four Noble Laws (Truths)



These four noble laws are known in Buddhism as the Four Noble Truths. They are the foundation for all Buddhist traditions.

Yet in my eyes and in the eyes of many who seek to discover these laws, these laws are universal. The Buddha was probably the greatest psychologist on earth.

He probably knew more about the nature of the mind than anyone else. Since then thousands of beings have taken this sacred knowledge and applied it to their daily life.

The Buddha declared that there was a way out of the crazy patterns that we create in our daily life. There is a way to overcome all the obstacles of the mind and to be in a place that is timeless, endless, beyond space and time a state called Enlightenment.

I'm not a Buddhist. I don't belong to any Buddhist organization but I truly believe in these 4 noble laws or truths. The more I meditate the more my understanding grows and I realize that suffering gets more refined the deeper I go.

It's like the analogy of peeling the various levels of the onion. The first layers are easy. But as you go deeper and deeper you realize the suffering exists at a very deep level in our minds.

The mind is like a grain of sand in an oyster. It constantly has some sort of irritation. The goal is to turn the grain of sand into a pearl. This is what Buddha discovered.

He discovered a practical path to overcome all suffering. This path is not morbid. Many people think that this path is a path of suffering. It is quite the opposite.

It is a path of love, happiness, mercy, compassion, forgiveness, patience, and tolerance. It is a way to rediscover your true nature. We

are all Buddhas we just don't realize it. The goal is to realize who you truly are while you are alive. This will make the world a better place not only for you but for all those around you.

### **1. The Nature of Suffering:**

The first law states that human nature is not perfect nor the world around us is not perfect so consequently during our lifetime we will suffer. We will endure physical suffering such as pain, sickness, injury, fear, frustration, depression, and disappointment. Everything in life outside of us is impermanent so we can never attain true happiness fixated in the world. We try to hold on to happiness yet it slips away.

### **2. Origin of Suffering is Attachment:**

Because our mind thinks that happiness exists in this world we become attached to the world at large. We strive for happiness in things that aren't perfect in nature. Because we think that happiness exists in this world our mind is conditioned to always look outward and never within. So over time our mind becomes conditioned and we forget our true nature. By doing so we forget who we are and therefore suffering takes place.

### **3. The cessation of suffering is attainable.:**

For thousands of years, the Ancient Ones have proclaimed that there is a way to end suffering. They have taught that discovering who you truly are is the way. You are already enlightened you just don't know it.

### **4. The Path Leading to the Cessation of Suffering:**

The way to discover your true nature is the path one takes by right view, right intention, right speech, right action, right livelihood, [right effort](#), right [mindfulness](#), and right [concentration](#). This path has been followed by all the great masters and teachers around the world. All these laws work in complete harmony with one another. The more a person is in tune with these laws and applies them in their daily lives the more their understanding and wisdom will grow. These laws are universal. They are beyond religions and dogma. By applying these laws you will begin to enrich your life. No matter what your religion is, the foundation is the same. All religion is based upon improving your nature and helping and assist you

to become a better person and ultimately helping you to understand your true nature. It is priceless. Every one of us is custom-built. We are all so unique yet our essence is the same.

In my eyes, the modern-day scientist and the mystics of old are helping us to discover our true nature. There is a path leading to the cessation of suffering.

This is what the Buddha taught and all the great masters have taught. The puzzle exists inside of you. This is where the journey starts. It's the most incredible journey you will ever take.

It's the journey of discovering your true nature. It is the most exciting thing you can do because your essence is this journey. You are endless, boundless, beyond time and space.

You are these sacred laws. This is your true nature. You at your deepest level are kind and full of love. You at your deepest level are full of patience and compassion.

This is your true nature. This path will help you to become a more precious human being. It will bring out the best in you. Yes, it requires work but in my eyes, it's playing. How incredible it is to daily learn how to bring out the best side of myself in all circumstances.

It's like a game. At first, it was hard just to play but as time goes on the game got easier but also more challenging. I'm sure many of you play video games and see that at each level the game becomes more challenging but that's what makes it fun.

The game of life is probably the most challenging game you will ever play. At times we don't even know the rules or how to play this game. We just get thrown into life without any kind of proper preparation.

The great teachers of old have taught these precious laws to help you in this game of life. It's incredible everyone knows the theory of gravity, an apple will fall off a tree, yet the inner laws we weren't taught.

By knowing these laws and applying these laws over time our life becomes incredible. We see the potential of this life and see how our life is turning out. Life becomes more exciting and we understand and grow in wisdom. We learn how to become Co-Creators and not reactive beings like leaves blowing in the wind. This life becomes sacred. This path is not saying to drop out of life but it's to embrace life.

You don't have to become a monk or drop out of society. In fact, the more you walk on this path the moment will help you to bring these divine qualities into your everyday life. This is what it is all about. To change the world you must first change yourself.

#### Practical Actions

- Read some books on the 4 noble truths (see book list)
- Meditate daily
- Daily pull out your negative weeds.
- Cultivate these divine laws more and more into your daily life.
- Realize that many others have walked upon this path and left advice and guidance along the way. Read the great books of life. They all are talking about the same thing.
- Learn how to be a CO-creator in life instead of a reactive being. This one causes most of humanity's suffering.
- Learn how to tame your mind. Educate yourself. Read books or attend seminars or retreats.

*You don't have to be like the Buddha who left his kingdom.*

*You don't have to be like Christ.*

*You can still live your own life.*

*Yet all life is asking you to look within and see your true nature.*

*You are indeed good.*

For each one of us we need to take a look at the Law of Balance. Are we balanced in our life? Are there areas in our life where we are out of balance? Do you sleep too much or too little? Do you party too much or never socialize at all. Are you a workaholic? Do you eat too much or do you hardly eat? Everything in life must be balanced. If you get too much sleep are you avoiding the world? If you sleep too little are you healthy in the long run. We need to be aware of how balanced we are in life. One who is in balance inside is in harmony with life.

Do you constantly give and never receive or do you receive and don't give. Both of these should be in balance. Do you spend time with your family and make time for yourself?

Are you always working overtime and don't have any time for others. Are you always complaining and telling others the misfortunes of others?

Being in balance takes constant effort yet this effort brings us to our true existence. We must learn how to balance all areas of our life.

Do you exercise every day and neglect your spiritual life. Do you spend time on your spiritual life but neglect your physical body.

Do you spend most of your life living to work instead of working to live? There is a huge difference.

Do you drink one or two drinks and call it quits or do you drink and wake up with a hangover?

Do you spend time with your family or do you avoid them?

According to the Law of Life, everything must be in balance. Every one of us has a unique balance. My life is entirely different than yours and requires a different state of mind, and your life is different from mine. But each one of us has an inner thermometer where we can see what we need to do to achieve balance in our life. Once again it's by being aware. Awareness is the key. The majority of the time we live our lives on auto-pilot. We go through the motions in life and don't really pay attention to where we are going. If you want to fly to certain destinations such as San Francisco you would board a plane going there. You would not board a plane flying to Rome. In the same way, we need to stop flying around in circles and look at where we truly want to go in life. This is where being in balance helps us. By being in balance we can see and feel the various adjustments that we need to take in our life.

*Is life like a rubber band that if you stretch it too far it will snap?*

*Some people's lives are totally out of control.*

*Some peoples 'lives are totally in control, yet it's a life of boredom.*

*Some people are risk-takers, while others aren't.*

*Some people love adventure while some love the couch.*

*Some people are always serious, and some never laugh.*

*Some people laugh and are never serious.*

*Some people obey the laws.*

*Some people never obey the laws.*

*Some people's truth is fiction.*

*Some people's fiction is truth.*

*Some people are honest, while some aren't.*

*How do we tune the guitar of life?*

*If we are high strung we will break, yet if can't stretch we are like a limb(lifeless)*

*Life can't be a constant party or we will burn out.*

*Life can't be constant sleep or we will miss out.*

*Life can't only be filled with work,*

*Nor can Life be filled only with play.*

*We can't always escape from life.*

*Nor can we always be 100% focused on it.*

*We need the middle way.*

I'm sure that a pilot of an airplane does some small adjustments periodically to maintain being on course. The same way it is for us. We must make small adjustments day in and day out and harmony will be achieved.

Fortunately, this process of refining ourselves gets easier with time and more joyful along the way. We are letting go of our baggage and by doing so our life is lighter and more energetic. We are learning what it means to be a human being balanced in life. So we can act following the Law of balance or we can go on what we have been doing with our current awareness.

By being aware of the law and learning how to balance your life in all areas your life will improve at all levels. You will be learning that this life you have is incredible and you were meant to live in happiness and joy. You were meant to be healthy.

### Practical Actions

- Do an inventory of your entire life? Where are you out of balance?
- Ask yourself what actions you can take to bring yourself into balance.
- Get help and assistance if you have a hard time bring yourself into balance.
- Educate yourself. Read books.

- Meditate and contemplate.
- Learn to fine-tune yourself.

*Man climbs the stairway of life and gets very frustrated.*

*He looks for satisfaction but never quite finds it.*

*Man is tired but can't find sleep.*

*Alone at night, he prays for answers.*

*There is an elevator within that man can take.*

*It doesn't stop until the man reaches his true home.*

*Stop and enjoy the ride.*

*The whole universe is spinning right between your eyes.*

*The secret of life lies within.*

*The mystery of this riddle lies in your heart.*

*Be like a child and discover your youth.*

*Your true father and mother are keeping you alive.*

*Relax and enjoy the sweetness of breath.*

For each one of us we need to take a look at the Law of Balance. Are we balanced in our life? Are there areas in our life where we are out of balance? Do you sleep too much or too little? Do you party too much or never socialize at all. Are you a workaholic? Do you eat too much or do you hardly eat? Everything in life must be balanced. If you get too much sleep are you avoiding the world? If you sleep too little are you healthy in the long run. We need to be aware of how balanced we are in life. One who is in balance inside is in harmony with life.

Do you constantly give and never receive or do you receive and don't give. Both of these should be in balance. Do you spend time with your family and make time for yourself?

Are you always working overtime and don't have any time for others. Are you always complaining and telling others the misfortunes of others?

Being in balance takes constant effort yet this effort brings us to our true existence. We must learn how to balance all areas of our life.

Do you exercise every day and neglect your spiritual life. Do you spend time on your spiritual life but neglect your physical body.

Do you spend most of your life living to work instead of working to live? There is a huge difference.

Do you drink one or two drinks and call it quits or do you drink and wake up with a hangover?

Do you spend time with your family or do you avoid them?

According to the Law of Life, everything must be in balance. Every one of us has a unique balance. My life is entirely different than yours and requires a different state of mind, and your life is different from mine. But each one of us has an inner thermometer where we can see what we need to do to achieve balance in our life. Once again it's by being aware. Awareness is the key. The majority of the time we live our lives on auto-pilot. We go through the motions in life and don't really pay attention to where we are going. If you want to fly to certain destinations such as San Francisco you would board a plane going there. You would not board a plane flying to Rome. In the same way, we need to stop flying around in circles and look at where we truly want to go in life. This is where being in balance helps us. By being in balance we can see and feel the various adjustments that we need to take in our life.

*Is life like a rubber band that if you stretch it too far it will snap?*

*Some people's lives are totally out of control.*

*Some peoples 'lives are totally in control, yet it's a life of boredom.*

*Some people are risk-takers, while others aren't.*

*Some people love adventure while some love the couch.*

*Some people are always serious, and some never laugh.*

*Some people laugh and are never serious.*

*Some people obey the laws.*

*Some people never obey the laws.*

*Some people's truth is fiction.*

*Some people's fiction is truth.*

*Some people are honest, while some aren't.*

*How do we tune the guitar of life?*

*If we are high strung we will break, yet if can't stretch we are like a limb(lifeless)*

*Life can't be a constant party or we will burn out.*

*Life can't be constant sleep or we will miss out.*

*Life can't only be filled with work,*

*Nor can Life be filled only with play.*

*We can't always escape from life.*

*Nor can we always be 100% focused on it.*

*We need the middle way.*

I'm sure that a pilot of an airplane does some small adjustments periodically to maintain being on course. The same way it is for us. We must make small adjustments day in and day out and harmony will be achieved.

Fortunately, this process of refining ourselves gets easier with time and more joyful along the way. We are letting go of our baggage and by doing so our life is lighter and more energetic. We are learning what it means to be a human being balanced in life. So we can act following the Law of balance or we can go on what we have been doing with our current awareness.

By being aware of the law and learning how to balance your life in all areas your life will improve at all levels. You will be learning that this life you have is incredible and you were meant to live in happiness and joy. You were meant to be healthy.

### Practical Actions

- Do an inventory of your entire life? Where are you out of balance?
- Ask yourself what actions you can take to bring yourself into balance.
- Get help and assistance if you have a hard time bring yourself into balance.
- Educate yourself. Read books.

- Meditate and contemplate.
- Learn to fine-tune yourself.

*Man climbs the stairway of life and gets very frustrated.*

*He looks for satisfaction but never quite finds it.*

*Man is tired but can't find sleep.*

*Alone at night, he prays for answers.*

*There is an elevator within that man can take.*

*It doesn't stop until the man reaches his true home.*

*Stop and enjoy the ride.*

*The whole universe is spinning right between your eyes.*

*The secret of life lies within.*

*The mystery of this riddle lies in your heart.*

*Be like a child and discover your youth.*

*Your true father and mother are keeping you alive.*

*Relax and enjoy the sweetness of breath.*

For each one of us we need to take a look at the Law of Balance. Are we balanced in our life? Are there areas in our life where we are out of balance? Do you sleep too much or too little? Do you party too much or never socialize at all. Are you a workaholic? Do you eat too much or do you hardly eat? Everything in life must be balanced. If you get too much sleep are you avoiding the world? If you sleep too little are you healthy in the long run. We need to be aware of how balanced we are in life. One who is in balance inside is in harmony with life.

Do you constantly give and never receive or do you receive and don't give. Both of these should be in balance. Do you spend time with your family and make time for yourself?

Are you always working overtime and don't have any time for others. Are you always complaining and telling others the misfortunes of others?

Being in balance takes constant effort yet this effort brings us to our true existence. We must learn how to balance all areas of our life.

Do you exercise every day and neglect your spiritual life. Do you spend time on your spiritual life but neglect your physical body.

Do you spend most of your life living to work instead of working to live? There is a huge difference.

Do you drink one or two drinks and call it quits or do you drink and wake up with a hangover?

Do you spend time with your family or do you avoid them?

According to the Law of Life, everything must be in balance. Every one of us has a unique balance. My life is entirely different than yours and requires a different state of mind, and your life is different from mine. But each one of us has an inner thermometer where we can see what we need to do to achieve balance in our life. Once again it's by being aware. Awareness is the key. The majority of the time we live our lives on auto-pilot. We go through the motions in life and don't really pay attention to where we are going. If you want to fly to certain destinations such as San Francisco you would board a plane going there. You would not board a plane flying to Rome. In the same way, we need to stop flying around in circles and look at where we truly want to go in life. This is where being in balance helps us. By being in balance we can see and feel the various adjustments that we need to take in our life.

*Is life like a rubber band that if you stretch it too far it will snap?*

*Some people's lives are totally out of control.*

*Some peoples 'lives are totally in control, yet it's a life of boredom.*

*Some people are risk-takers, while others aren't.*

*Some people love adventure while some love the couch.*

*Some people are always serious, and some never laugh.*

*Some people laugh and are never serious.*

*Some people obey the laws.*

*Some people never obey the laws.*

*Some people's truth is fiction.*

*Some people's fiction is truth.*

*Some people are honest, while some aren't.*

*How do we tune the guitar of life?*

*If we are high strung we will break, yet if can't stretch we are like a limb(lifeless)*

*Life can't be a constant party or we will burn out.*

*Life can't be constant sleep or we will miss out.*

*Life can't only be filled with work,*

*Nor can Life be filled only with play.*

*We can't always escape from life.*

*Nor can we always be 100% focused on it.*

*We need the middle way.*

I'm sure that a pilot of an airplane does some small adjustments periodically to maintain being on course. The same way it is for us. We must make small adjustments day in and day out and harmony will be achieved.

Fortunately, this process of refining ourselves gets easier with time and more joyful along the way. We are letting go of our baggage and by doing so our life is lighter and more energetic. We are learning what it means to be a human being balanced in life. So we can act following the Law of balance or we can go on what we have been doing with our current awareness.

By being aware of the law and learning how to balance your life in all areas your life will improve at all levels. You will be learning that this life you have is incredible and you were meant to live in happiness and joy. You were meant to be healthy.

### Practical Actions

- Do an inventory of your entire life? Where are you out of balance?
- Ask yourself what actions you can take to bring yourself into balance.
- Get help and assistance if you have a hard time bring yourself into balance.
- Educate yourself. Read books.

- Meditate and contemplate.
- Learn to fine-tune yourself.

*Man climbs the stairway of life and gets very frustrated.*

*He looks for satisfaction but never quite finds it.*

*Man is tired but can't find sleep.*

*Alone at night, he prays for answers.*

*There is an elevator within that man can take.*

*It doesn't stop until the man reaches his true home.*

*Stop and enjoy the ride.*

*The whole universe is spinning right between your eyes.*

*The secret of life lies within.*

*The mystery of this riddle lies in your heart.*

*Be like a child and discover your youth.*

*Your true father and mother are keeping you alive.*

*Relax and enjoy the sweetness of breath.*

For each one of us we need to take a look at the Law of Balance. Are we balanced in our life? Are there areas in our life where we are out of balance? Do you sleep too much or too little? Do you party too much or never socialize at all. Are you a workaholic? Do you eat too much or do you hardly eat? Everything in life must be balanced. If you get too much sleep are you avoiding the world? If you sleep too little are you healthy in the long run. We need to be aware of how balanced we are in life. One who is in balance inside is in harmony with life.

Do you constantly give and never receive or do you receive and don't give. Both of these should be in balance. Do you spend time with your family and make time for yourself?

Are you always working overtime and don't have any time for others. Are you always complaining and telling others the misfortunes of others?

Being in balance takes constant effort yet this effort brings us to our true existence. We must learn how to balance all areas of our life.

Do you exercise every day and neglect your spiritual life. Do you spend time on your spiritual life but neglect your physical body.

Do you spend most of your life living to work instead of working to live? There is a huge difference.

Do you drink one or two drinks and call it quits or do you drink and wake up with a hangover?

Do you spend time with your family or do you avoid them?

According to the Law of Life, everything must be in balance. Every one of us has a unique balance. My life is entirely different than yours and requires a different state of mind, and your life is different from mine. But each one of us has an inner thermometer where we can see what we need to do to achieve balance in our life. Once again it's by being aware. Awareness is the key. The majority of the time we live our lives on auto-pilot. We go through the motions in life and don't really pay attention to where we are going. If you want to fly to certain destinations such as San Francisco you would board a plane going there. You would not board a plane flying to Rome. In the same way, we need to stop flying around in circles and look at where we truly want to go in life. This is where being in balance helps us. By being in balance we can see and feel the various adjustments that we need to take in our life.

*Is life like a rubber band that if you stretch it too far it will snap?*

*Some people's lives are totally out of control.*

*Some peoples 'lives are totally in control, yet it's a life of boredom.*

*Some people are risk-takers, while others aren't.*

*Some people love adventure while some love the couch.*

*Some people are always serious, and some never laugh.*

*Some people laugh and are never serious.*

*Some people obey the laws.*

*Some people never obey the laws.*

*Some people's truth is fiction.*

*Some people's fiction is truth.*

*Some people are honest, while some aren't.*

*How do we tune the guitar of life?*

*If we are high strung we will break, yet if can't stretch we are like a limb(lifeless)*

*Life can't be a constant party or we will burn out.*

*Life can't be constant sleep or we will miss out.*

*Life can't only be filled with work,*

*Nor can Life be filled only with play.*

*We can't always escape from life.*

*Nor can we always be 100% focused on it.*

*We need the middle way.*

I'm sure that a pilot of an airplane does some small adjustments periodically to maintain being on course. The same way it is for us. We must make small adjustments day in and day out and harmony will be achieved.

Fortunately, this process of refining ourselves gets easier with time and more joyful along the way. We are letting go of our baggage and by doing so our life is lighter and more energetic. We are learning what it means to be a human being balanced in life. So we can act following the Law of balance or we can go on what we have been doing with our current awareness.

By being aware of the law and learning how to balance your life in all areas your life will improve at all levels. You will be learning that this life you have is incredible and you were meant to live in happiness and joy. You were meant to be healthy.

### Practical Actions

- Do an inventory of your entire life? Where are you out of balance?
- Ask yourself what actions you can take to bring yourself into balance.
- Get help and assistance if you have a hard time bring yourself into balance.
- Educate yourself. Read books.

- Meditate and contemplate.
- Learn to fine-tune yourself.

*Man climbs the stairway of life and gets very frustrated.*

*He looks for satisfaction but never quite finds it.*

*Man is tired but can't find sleep.*

*Alone at night, he prays for answers.*

*There is an elevator within that man can take.*

*It doesn't stop until the man reaches his true home.*

*Stop and enjoy the ride.*

*The whole universe is spinning right between your eyes.*

*The secret of life lies within.*

*The mystery of this riddle lies in your heart.*

*Be like a child and discover your youth.*

*Your true father and mother are keeping you alive.*

*Relax and enjoy the sweetness of breath.*

## The Law Of Balance



For each one, we need to take a look at the Law of Balance. Are we balanced in our life?

Are there areas in our life where we are out of balance? Do you sleep too much or too little?

Do you party too much or never socialize at all? Are you a workaholic? Do you eat too much or do you hardly eat? Everything in life must be balanced. If you get too much sleep are you avoiding the world?

If you sleep too little are you healthy in the long run? We need to be aware of how balanced we are in life. One who is in balance inside is in harmony with life.

Do you constantly give and never receive or do you receive and don't give? Both of these should be in balance. Do you spend time with your family and make time for yourself?

Are you always working overtime and don't have any time for others? Are you always complaining and telling others about the misfortunes of others?

Being in balance takes constant effort yet this effort brings us to our true existence. We must learn how to balance all areas of our life.

Do you exercise every day and neglect your spiritual life? Do you spend time on your spiritual life but neglect your physical body?

Do you spend most of your life living to work instead of working to live? There is a huge difference.

Do you drink one or two drinks and call it quits or do you drink and wake up with a hangover?

Do you spend time with your family or do you avoid them?

According to the Law of Life, everything must be in balance. Every one of us has a unique balance. My life is entirely different than yours and requires a different state of mind, and your life is different from mine.

But each one of us has an inner thermometer where we can see what we need to do to achieve balance in our life. Once again it's by being aware. Awareness is the key.

The majority of the time we live our lives on auto-pilot. We go through the motions in life and don't really pay attention to where we are going. If you want to fly to certain destinations such as San Francisco you would board a plane going there.

You would not board a plane flying to Rome. In the same way, we need to stop flying around in circles and look at where we truly want to go in life. This is where being in balance helps us. By being in balance we can see and feel the various adjustments that we need to take in our life.

*Is life like a rubber band that if you stretch it too far it will snap?*

*Some people's lives are totally out of control.*

*Some people's lives are totally in control, yet it's a life of boredom.*

*Some people are risk-takers, while others aren't.*

*Some people love adventure while some love the couch.*

*Some people are always serious, and some never laugh.*

*Some people laugh and are never serious.*

*Some people obey the laws.*

*Some people never obey the laws.*

*Some people's truth is fiction.*

*Some people's fiction is truth.*

*Some people are honest, while some aren't.*

*How do we tune the guitar of life?*

*If we are high strung we will break, yet if can't stretch we are like a limb(lifeless)*

*Life can't be a constant party or we will burn out.*

*Life can't be constant sleep or we will miss out.*

*Life can't only be filled with work,*

*Nor can Life be filled only with play.*

*We can't always escape from life.*

*Nor can we always be 100% focused on it.*

*We need the middle way.*

I'm sure that a pilot of an airplane does some small adjustments periodically to maintain being on course. The same way it is for us. We must make small adjustments day in and day out and harmony will be achieved.

Fortunately, this process of refining ourselves gets easier with time and more joyful along the way. We are letting go of our baggage and by doing so our life is lighter and more energetic.

We are learning what it means to be a human being balanced in life. So we can act following the Law of balance or we can go on what we have been doing with our current awareness.

By being aware of the law and learning how to balance your life in all areas your life will improve at all levels. You will be learning that this life you have is incredible and you were meant to live in happiness and joy. You were meant to be healthy.

### Practical Actions

- Do an inventory of your entire life? Where are you out of balance?
- Ask yourself what actions you can take to bring yourself into balance.
- Get help and assistance if you have a hard time bring yourself into balance.
- Educate yourself. Read books.

- Meditate and contemplate.
- Learn to fine-tune yourself.

*Man climbs the stairway of life and gets very frustrated.*

*He looks for satisfaction but never quite finds it.*

*Man is tired but can't find sleep.*

*Alone at night, he prays for answers.*

*There is an elevator within that man can take.*

*It doesn't stop until the man reaches his true home.*

*Stop and enjoy the ride.*

*The whole universe is spinning right between your eyes.*

*The secret of life lies within.*

*The mystery of this riddle lies in your heart.*

*Be like a child and discover your youth.*

*Your true father and mother are keeping you alive.*

*Relax and enjoy the sweetness of breath.*

## The Law Of Health



This human body that you have is truly the crown of creation. You are more precious than any building dedicated to God, for God resides in your temple.

This is how incredible you are. Even if you don't believe in God then the power of the universe exists inside of you. You are custom-built and built in the image of your creator.

So with this state of awareness realize that the Law of Health is something that you need to apply daily in your life. You are the most incredible diamond and must take care of it. Please don't throw the diamond on the ground. Life is precious.

Realize that attaining better health will improve the quality of your life. When your body is healthy and your mind is healthy you will be healthy. Science knows that there is such a deep connection between your body and mind.

By applying the Law of Health and becoming in tune with it your day-to-day life will change. You will truly be alive. You will be energetic. You will be able to exercise.

You will be happy with yourself and the way that you feel. Others will notice and ask you what you did. The law of Health starts by looking at where you are right now.

Are you overweight? Are you constantly tired? Are you angry at Life? Are you a couch potato? Do you just love junk food? Is it difficult to wake up and face a brand-new day?

Each one of us is responsible for our own health and happiness. Each one of us can take small steps along the way. I'm not saying large steps.

I'm saying take baby steps day by day, month by month, year by year and your health will improve. Start where you are and congratulate yourself where you are because you put yourself in the condition.

It really doesn't matter where you are. Now take a look at seeing what small steps you can take.

Some people are so overweight they can't even walk around the block. Yet by taking baby steps like walking to the mailbox they slowly start building their endurance.

Then after a time, they can walk around the block. After that, they slowly increase it. They start to feel good about themselves. Wow, I feel more energy.

Then the next day they think hum maybe I should be looking at what I eat. I do eat so much junk food. So they start to change their diet. After some time, their body starts to crave real, wholesome food.

They begin to lose weight and develop a sense of pride inside themselves. Over time they truly begin to transform. This is applying the Laws of Health in action.

All of us no matter who we are can apply this law to a deeper level. A professional athletic may say well I have achieved this state. Well, there is always more and more. Are you prone to injury? Do you work out breathing through your mouth when you exercise? There are breathing techniques that you can learn that will take you to a deeper level and by breathing correctly your body will experience fewer traumas than by breathing through your mouth.

Is your body stretched and relaxed? Is your mind at peace? Can you sleep soundly? When you are at bat can you stop your mind and the world around you and only see the ball coming at you? This law is about fine-tuning ourselves to health.

It's about learning how to train the body and the mind. It's about how to create harmony and optimum health inside of us. It's by learning how to take care of the diamond within.

It truly is amazing that we are the richest nation on the planet but our healthcare is going down the drain year after year. The cost of healthcare is totally out the door.

Look at all the ads on TV using this drug and it will help you stop the symptoms of this yet it could cause death if taken. Look at all the side effects each drug has.

I haven't seen one commercial that doesn't have a side effect. And our doctors say this is good for us. We must learn to become healthy on our own and take responsibility in our own hands.

I'm not saying don't go to a doctor. I'm saying take preventive care of yourself. Learn how to daily improve your life. Stop eating junk food, exercise, meditate and pray.

Have gratitude that you are alive. Change your thinking patterns. Develop a healthy mind. Pay attention to your body and what it needs.

Go to the library and check out books that you can read to improve your health. Take a yoga class or Tai Chi class. Walk.

You can and must care for yourself. How many of us wished that when we have to go to the hospital only we could go back to the past and start over and implement the changes that would be necessary to take to prevent us from being in the hospital?

We can be vibrant to a ripe old age. Look at the Real Age website and take their series of tests. It will recommend to you what you need to do to lower your age.

You may be 55 years old but if you follow these natural laws your body will be like a forty-year-old. Science has proven that. You can reverse aging.

Science says that within the next forty years we will be able to increase the age that we die to around 150. If that's possible then at 55 you are still a youngster.

So take this message to heart. Maybe you are tired of life and say I don't have the energy to change. Just take a little tiny baby step every day. Your body has such great intelligence to it by following these laws you will improve.

I'm saying take care of yourself. Harmonize your mind and body. Be happy. The Taoists have a meditation technique where they focus on the various parts of their body and send the happiness to each part of their being.

Cancer or disease can't survive when the body is happy. Many stories have been told about how certain cancer victims have overcome their cancer by laughing and being happy. Truly there may be something to it that laughter is the best medicine.

So pay attention to your health and state of mind. Be positive. Remember all disease is when the mind and body are not at ease and when the mind and body are not in harmony. You can improve your health little by little. Remember it's the daily steps that you take that reach your goal.

God wants you to be happy and healthy. For the sake of you and for the sake of others around start on a day-to-day process of taking care of yourself. You deserve it.

For the last 6 months, our family has been going to the Y to work out. Every one of us has seen tremendous results in our body and mind. Each of us needs to do strength training, flexibility (stretching i.e. yoga), and some sort of aerobic exercise.

All three are important. They are like the three legs of a chair. If you remove one leg the chair won't be able to stand up. You will be amazed at the difference. Be sure to start slow.

This is not a race. If you do too much your body and mind will rebel and you will give up. Make this practice a part of your life. Our family has seen such incredible results and we are fine-tuning our practice.

Perform strength training 3 days a week so your muscles can rest between sessions.

Every day performs some aerobic exercises and stretches. I find that by breathing through my nose the entire time my body doesn't get sore. When I feel that I have to breathe through my mouth I make less effort and hold back a little.

Your breath is an indicator of how much effort you should use. If you are not smiling inside or you are panting and puffing you are putting too much effort out and your body will feel the effects later.

Have you ever seen a runner smiling when they are running? Most runners look like they are in agony when running. When I was a runner in high school I learned to run through my nose. I found out that I could have more energy and endurance when I breathed through my nose. I practice this breathing currently when I'm at the Y or walking. It helps me to truly enjoy the exercise and prevents me from overtraining.

Every day the body can truly love to exercise. Unfortunately, most of us have been trained wrong and given some bad advice. We have learned that through the pain you gain.

Nothing could be further from the truth. Pain is an indicator that something is wrong. We have never been taught to listen to our body signals.

Our body is the most incredible computer and it will give signals to us. Unfortunately, at times we aren't aware.

## Practical Actions

- Pay attention to the food that you eat. Read books on health and nutrition.
- Learn to slow down and meditate.
- Do only one thing at a time.
- Meditate daily
- Exercise daily.
- Drink plenty of water

- Pull out your negative weeds.
- Remember that all thoughts either bring you up or down.
- A thought will lead to a habit either a good one or a bad one.
- Let go of anything that causes you to harm in any way.
- Pray and contemplate daily.

## The Ox Parable

The following parable is a classic Zen parable using a series of traditional pictures called “In search of the Missing Ox”. I gathered this material from the book *A Guide to Zen* by Katsuki Sekida.

It is a wonderful book about the stages of enlightenment and the practice of Zen. This parable is the story through pictures of the various stages of Enlightenment. The Buddhist have put signposts up on the way describing the various steps of reach enlightenment.

They are incredible benchmarks that we can use for our own spiritual development. It doesn't matter if you are a Buddhist or not. These are universal benchmarks.



The Ox represents in Buddhist literature our true state of existence. Our essence is was and will always be. We are these natural laws that we are talking about. This is our true nature.

The process of starting the search for the Ox begins at different stages of our life. We are all different and unique. Each of us looks at the world through different eyes. There is a time in our life when we start asking some basic questions about life.

What is the purpose of life? Why am I here? What is true happiness? Does it even exist? What happens to me when I die? These are basic questions that we start to ask at the beginning of our journey. Before then we were just living life.

Our awareness was solely focused externally. Every one of the great masters started at the same place you did. So at this point, we begin to question and start to learn how to meditate and enter into the silence.

## Finding The Footprints



As one starts to meditate and spends time contemplating you will begin to have some experiences of the quieting of the mind. You will begin to have your first experiences of entering into silence.

You are learning how to meditate and train your body to relax and enjoy the ride. You have gained enough confidence that you are on the right path.

You see the footprints of the ox. You haven't seen the ox yet but the footprints are in front of you and you are following the path.

## Catching A Glimpse Of The Ox



In this stage, one begins to have a glimpse of the ox. One only sees the tail and footprints yet it truly is an amazing experience. After meditating for some time we begin to have spontaneous experiences out of nowhere.

It's like the nervous system is allowing small transformations to occur. We can't have total enlightenment at once because our nervous systems could not handle it.

The body and mind have to readjust themselves for this transformation to occur. Without getting into too much detail the nervous system would blow a circuit if this experience happened at once.

So, in the beginning, these small changes occur. Imagine this experience is like our body is a car that

has not been used for a long time. This car was meant to get out of the garage and onto the road. At this point in finding the footprints, we start dusting off the car and start to clean the cobwebs from the car.

Catching a glimpse of the Ox is like starting the engine and for just one second the cars start. Have you ever had that happen when you haven't driven your car for a long time?

When you first try to start the car nothing happens. The ignition just won't turn on. After a while just for one second as you turn off the ignition key the car starts for just one second.

Yet that one-second experience is all you need. You have experienced just for one second that your car can start. This is the same experience as one who is at this stage.

You begin to have experiences where you know your car has started even just for one second. This inspires you to continue your practice.

## Catching The Ox



Well, you finally learned how to start the car and back out of the driveway. You are still definitely a beginner driver. Your experience has brought to you where you can catch the ox but you can't hold on.

It's like the beginning phase of driving your car. You tend to weave all over the road. You don't have total control over your car.

You experience happiness and joy in your meditation yet in the midst of that there are periods of cloud coverings inside of you. There is a shift of awareness but you are learning how to control your mind and your emotions.

Your meditation and contemplating are like clearing your house and the dust starts flying everywhere. Eventually, the dust settles and you are at ease.

Consequently, your mind is throwing up dust inside and you are agitated and yet when the mind and dust settle down you enter into your true nature.

At this stage, you know you want to control your emotions but you have a hard time doing so.

## Taming The Ox



After a tremendous amount of house cleaning and throwing away a lot of junk you begin to tame the Ox. You can easily enter into silence.

There are still afflictions that you are working on but you have arrived where the wild animal of the mind has been tamed somewhat. Sure you still have your problems to deal with but you know you can enter into the silence.

You begin to learn ways to fine-tune yourself. You begin to put into practice these hidden laws.



## Ridding The Ox Home



The Ox is now tamed. It will go wherever you go. You don't even need to hold on to its reins.

I'm most definitely not on this step. I have been meditating for many years but I still have afflictions. I have yet not truly conquered my mind. I'm day by day progressing to this step. I

'm so excited to be alive. By being in tune with these sacred laws I'm fine-tuning myself. I see that this goal can be reached.

Ox Lost You Remain



In this state, enlightenment is forgotten. Any feelings or incredible states of mind are a burden. It's like watching a movie and not getting involved mentally or emotionally.

To be honest I can sense that experience. I can taste it yet that is not my present-day state of awareness. Yet by tasting it, I know that one can have that experience.

No Ox, No you



In this stage, you and the Ox have disappeared. What remains is only the Sun. No clouds are covering your vision. In essence, you no longer exist.

This stage will be described more in detail later when we talk about the four conditions of the mind. This stage is called “Both inner and outer concerns are absent. This once again is from the book a guide to Zen.

Returning To The Source



This is a state where you are the sun, the moon, and the stars and you are walking around in a human body. You are life itself. You are beyond time and space. Your existence is eternal. No words truly can describe that state.

In Town With Helping Hands



The wise man returns to the town and showers gifts that he has received along the way. He brings truth and inspiration along the way. He is indeed one who truly helps humankind to discover their true essence.

## The Law Of Free Will



Everyone knows that we have free will. Our religions talk about it. But how can free will truly help us to understand who we truly are? Most of us put most of our attention on the external world. Our will is focused externally. We have completely forgotten and abandoned our inner home.

In my eyes, we can utilize this inner law of Free will to enhance our life at all levels. We can use our Free Will to change our life for the better. Everyone in this world uses their free will. But has this path brought us happiness and what we are looking for?

A truly wise person will use his/her Free Will to understand him/herself to the deepest level. This person will want to change and transform their essence and the world at large. Why not use your free will and learn about these sacred laws and apply them to your life?

What do you have to give up? Your pain and you're suffering. How would you like to wake up every morning and feel grateful to be alive? It all comes down to your will.

What do you choose in your life? Do you want to continue walking down the same path over and over again like a broken record? Has your free will been I will do what I want to do without any thought and awareness of others?

To be honest free will in the world has been nothing sort of disaster. How many wars have been started? How much injustice has taken place? All in the name of free will.

A truly wise person harmonizes Free Will with the true harmony that exists within. This being is in harmony with all the natural laws of the

universe. How incredible would that be compared to our existence if we lived for thousands of years? We truly have been brainwashed to think that if we only ruled the world we would be happy being the King of the hill. Yet take a look at most political leaders are they truly happy?

A truly happy person has conquered their mind. Only in that state of awareness is one truly content. This is where Free Will comes in. The creator says you have Free Will I'm not going to dictate to you about your life. Also, I will provide you will help and tools if you want to find out how you truly are.

So by using Free Will, we start to look at ways to rediscover who we truly are. We use our free will to enhance every moment and aspect of our life. Every moment is sacred.

Nothing is taken for granted. We can use the power of Free Will to uplift ourselves and others instead of holding others by a chain. We can learn that there is one thread tying us all together.

There is no separation. By using our Free Will we can change ourselves for the better. So Free Will can be a two-edged sword. We can use it to truly reach for the stars or live in this world as we currently are not living but in survival mode.

Free Will is truly a Divine Gift. The creator is saying I'm not going to judge you. Live your life. Grow and understand. Learn from your mistakes. Everything in life is a learning experience.

No matter what you have done your essence is good. Forgive yourself and others. This life is truly an incredible laboratory.

*When I was young I was told that God is everywhere.  
He existed beyond the stars, the galaxies, and the sun.  
One day I asked my minister, can I see God before I die?  
He answered in a somber voice that you have to die and then you can see him.  
Late that night I pondered into the night.  
My mind was restless and I couldn't get the conversation out of my mind.  
If God is everywhere beyond time and space.  
If God is, was, and will always be, then there is no vacuum where he doesn't exist.  
Therefore he exists inside of me.  
From that point in time, I knew that I could solve this question.  
The key was in my heart waiting for me to open up the door.  
I have come millions of miles or a small step.  
In the face of eternity does it matter?  
We all are God's children.  
Let's help one another.*

Then some have learned something that truly is incredible and they want to share it with you. There is a brand new way of living that is built on trust.

There is a foundation that exists inside of your being that is so incredible. It doesn't matter what you have done or how many times you have failed. You are good. The water may be muddy but just wait a while and let the mud go down to the bottom. Over a few minutes, the water will soon be clear.

Have you ever seen the Lotus Flower? A Lotus flower is famous for having its root in murky water but the flower rises over the water. It truly is a sight to behold.

I remember once taking a train in India and seeing a huge lake with thousands of Lotus flowers. We are like the Lotus Flower. We can learn over time to transform ourselves and grow.

We can plant the seed within and every day utilize these laws and watch ourselves turn into a Lotus flower. This is our true nature. This is who we truly are.

We have simply forgotten. So it doesn't matter what religion you belong to or your beliefs. You can utilize these sacred laws to bring you to a greater understanding of your life.

You will see that your essence and the essence of the universe are the same. How incredible would that be?

So it truly is by your will alone that you set your world in motion. Understand that you control your life. No one outside of you is responsible for what happens in your life.

Take back your reins and use your will to make your life an incredible adventure. You can see and listen to a new set of eyes and ears.

This life is an incredible adventure. No matter what your age is life is fun. Life is a joy. Life is divine. Don't get into a rut. Use your will for the highest in your life.

I'm not saying that you can't go out and party. I'm saying that the party of your life is constantly going on and you are missing out.

The most outrageous party of life is going on and we are asleep and we think this is the party. There is something so incredible inside of you that one glimpse would bring you to tears for life.

You are good and you are divine. You are life itself. How incredible is that? How incredible is it that you are hardwired from the creator and only by your will can you turn on the switch?

Nobody else can do it for you. Remember you have free will. So this is a little of my understanding of free will. No matter what we have done learn from it. Everything in life is a learning experience.

Get over it. Use your will to learn more about these sacred laws and apply them. Over time you will see an incredible change.

I remember when I first started when I was young I would get frustrated and I wanted instant results. But over time I saw that every day I was going a little deeper into the ocean. Every day it's just like starting over.

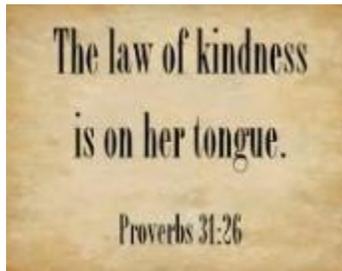
Every day it's a brand-new experience. This is life. It's incredible. So I hope you can understand more about the Law of Free Will and how you can apply it to benefit your life.

### Practical Actions

- Remember it's by will alone you set your mind in motion. You should be in charge of your mind not your mind being in charge of you.
- Meditate daily and learn how to control your mind. (Lifetime practice)

- With free will you can either live in Heaven on earth or live in hell. It's your choice.
- Use your free will so you can contribute your piece of the puzzle to this world. The world needs you.
- Educate yourself. Read. Go to seminars.

## The Law Of Kindness



As the Dali Lama once said, “Kindness is my Religion”. These four words can truly transform your life and the life on this planet. Indeed this world would be truly Heaven on earth this is our true state.

We have simply forgotten it. Throughout our daily lives, we have forgotten how to treat one another. We have lost touch with the innocence inside.

As we get older we hold on to our beliefs and try to impose our beliefs on other people. We don't truly listen to other people and we try to show people that we are right and you are wrong. We say we should put ourselves in another person's shoes yet we don't do it.

Kindness is the way to God. Even if you don't believe in God kindness will make your life so much richer and your life will be a showcase to others.

True kindness exists when a person enters into silence (meditation) and then brings that state of silence into your everyday life. Over time you become kinder. You truly have nothing to prove but smile. This is our true state.

We become aware that there is a thread of love tying us all together. By being kind to you I'm being kind to myself. These are sacred laws that we have forgotten.

Our society is so involved in doing and accomplishing and proving others right or wrong that we have forgotten these core values. Our mind is so focused on what is going on in the world and the world around us that clouds have covered our perception. We truly are dictated by external events.

This is why we need silence daily in our lives. We need to remove the clouds inside. The sun is always shining inside, but do we have the eyes to see?

I firmly believe that most political problems or religious problems could be solved by kindness. Most of us are set in our ways and through kindness, we can develop a sense of unity and the expression of unity in all life.

We can see that the person on the other side of the table is just like me and you. He/she wants to be happy and they desire happiness for the family, state, and nation. Being aware of this allows our minds to become more open and loving.

The lack of kindness is a disease. We can see how this affects our relationship with our family, friends, business, and all communications. If we aren't kind we are out of synch with nature and we are out of harmony.

We can conquer the world yet without kindness the world will still be in dire straits. Our entire business model is built on killing our competitors and the way we handle our day-to-day relationships with employees has to be rebuilt. The foundation is built on sand and it will fall someday.

In my eyes, kindness is the way to truly help one another. It is a state of being. Our world needs to change its priorities toward a more socially conscious way of living. Kindness can go a long way to bringing this world into a greater arena for peace.

It's a wonder we don't learn this in school. How many times as parents do we yell at our kids? We never learned how truly to handle situations in this world.

We grow older yet we are stunted in our personal growth when it comes to true communication and how to tap into the source of life.

These are practical things that we need in our daily life to improve our quality of existence.

Because we have lost touch with our true nature we can become mean, angry, condescending, and have a myriad of negative emotions. We have not been taught how to transform these emotions into something healthy for us. This is the key to a healthy life.

By being kind we can pick up ourselves when we fall and start walking again. We can learn how to improve and not make the same mistake again. By being kind to ourselves and seeing how difficult it is for us to change we can be more kind to others.

Kindness is a bridge we can use to see another's point of view. Imagine a river with two sides. You are on one side and the opposition is on the other bank of the river.

Kindness is a bridge where both of you can walk and meet each other halfway on the bridge. You can walk over to the other person's side and see their point of view. If we could do this in our daily life, we could truly help this world to become a better place.

Kindness is the way to drop all our defenses and put down our shields. We have been taught to always be on the defensive. With Kindness, there is nothing to defend. In reality, the whole universe is unified but we don't have the eyes to see. We are trying to defend our world and if the kids act up we will get mad.

This sense of defending and attacking has been going on for thousands of years. It's time for it to stop. Kindness is a way to defuse this ticking time bomb. Whenever we don't agree on something or something that is beyond our control we blow up.

So by being kind day by day, we can start to change our perspective on life. We can slowly change the colors of our glasses. Have you seen that commercial where if you walk outside the lenses slowly go from light to dark?

That's the human condition. We are born with clear sight. Yet the older we get our vision becomes more cloudy. Kindness will help you to see more clearly not only inside but outside your daily life.

By being kind to your body you will also be healthier. You will see that this human body truly is a miracle and you will pay greater attention to it. Our lives are so fast-paced that we truly aren't kind to our bodies.

No wonder our society has so many medical problems. We are living against the laws of nature and aren't aware of them. How many of us simply drink our life away? Being kind to our bodies will help us to discover ways to bring ourselves back into harmony.

By doing this we will have an even greater sense of kindness and compassion. It's an endless cycle. Kindness is eternal. It will help in all areas of our life.

The Buddhists spend their entire life practicing kindness. They see kindness as the foundation for all life. They have been studying and practicing developing kindness for over 3 thousand years.

It's only been within the last 30 years that western scientists have looked at ways to enhance our emotional condition. We have studied disease instead of ways to improve our health.

All religions talk about being kind. We go to church on Sunday and yet do we truly take home the message and help it in our daily lives? For many people, I see yes they do take the message to heart.

As we said before kindness does not belong to any religion it belongs to all of life. It is the foundation of all true communications. Kindness is true courage in action.

It's so easy to blow up anyone can do that but to be kind in adversity takes tremendous strength and character. This is what we need to cultivate in our daily lives. We are truly divine farmers.

Amazingly, we can't take anything from this world except for our character. Everything else we leave behind. But a person who day by day cultivates these divine laws takes this with him/her when she dies.

This is what we truly should concentrate upon. Not only can we have rich and rewarding levels of life on a practical level but on a deeper level, we become better human beings.

We enhance the quality of our life. So kindness is a way to enrich our lives in all the different avenues. It will help to bring down old barriers that you have put up.

By knocking down these barriers your life will become lighter (in all ways). You will have a smile that comes from a place deep within. You won't take life so seriously and try to defend your point of view. Life will be easygoing.

Of course, obstacles will come in the way (that's how we grow) but we won't see them as a size of a mountain when it's a golfer hole. We can start living in a more heavenly existence.

We don't have anything to prove. This is how the wise ones from the past lived. Kindness was a part of their life. It was the most precious diamond. They cherished their connections with others.

They gave freely in their lives. So I hope that you can see that Kindness is truly something that is the greatest example of human

character. You can rule the world or own the world but without kindness, you have gained nothing.

## Practical Actions

- Remember anyone can be mean. A truly wise person is kind.
- Meditate daily and embrace the kindness that exists within.
- Practice kindness in your thoughts, words, and actions. You will make your world around you a better place.
- Be kind to your body and mind. Take care of it. You are a precious diamond.
- Likewise be kind to your wife, husband, children and friends. They are indeed special. They are your gifts in this life. Cherish your family and friends.

*Kindness is my religion*

*Dalai Lama*

## The Law Of Intuition

As a western society, we have lost touch with our inner intuition. We place so much on external knowledge and our lives are based externally we have forgotten our true nature. Intuition is our sixth sense. It is part of our human nature. We can sense when something is about ready to go wrong. Have you ever listened to your body and it tells you to go to bed an hour earlier than usual? The body is telling you I need more rest. Something is going on and I have to deal with it. The body will send a signal to you except most of the time we don't tune in.

Intuition is built into our very existence. A gut reaction is built in. How many times have you met someone and you had a gut reaction, be careful with this person? He may be up to something that can cause harm to you. In our day-to-day, business affairs intuition will come handy in seeing if the truth is spoken or not. The body has intelligence. Most people are afraid of ESP, but ESP is intuition. We can perceive events that haven't happened yet. Deja vu is another form of intuition.

Have you ever had a hunch about something? Maybe in some situations, you had a hunch if I did this that would happen, and if I did this that will happen. Intuition allows us to be aware of our cellular memory. Medical intuitionist can tap into a person and tell them what's going on in your body.

You have the same capability yet you have turned this off. By paying attention to your body and over time your intuition will grow. By cutting off our intuition we make careless mistakes in our life. We need to balance our intellect and intuition to properly make decisions. We need both to foster true communications between each other. Intuition allows us to feel the person's point of view along with verbal speech. Our communication is stunted without it. Fortunately, intuition is built in. Just like anything in life the more you pay attention to something

the clearer it becomes. Clairvoyance is someone who has an incredible sense of intuition. They have developed it to a point where they can see things we can't.

Intuition is a feeling. It allows us to have discernment which is highly needed in our times. So how do we develop intuition? For one-stop and relax. We are constantly doing things without really focusing within. Learn how to relax and meditate. Listen to your body. Meditation over time will allow you to develop your sixth sense. Pay attention to your stomach. Your stomach will give you proper signals like a gut reaction or a feeling. Trust these feelings. Over time you will trust your intuition more than your conscious thought. We have relied on our external perception of life for so long we have forgotten the internal. We need discernment in our life. Many people think intuition is a waste of time because they don't know any better. Is your sight a waste of time? Is your hearing a waste of time? Intuition is a sixth sense that we have. Our world would be in a better place if we all used it more. Our politicians need to develop intuition so they may come to common agreements with each other. We need discernment in our daily lives.

*Intuition is a doorway to the divine*

*How long will it take for you to understand?*

*By looking outer and never looking within how do you expect to find God?*

*God is hidden in your heart.*

*He is under your own pillow.*

*A wise man will ponder and understand this riddle.*

## Mediation

I once had a grand teacher who said meditation is perfect concentration upon a perfect point.

How elegantly said.

Imagine the mind is like a tuning fork.

Whatever it touches it vibrates at that frequency.

Have you ever felt that material happiness is finite?

Imagine the car you always dreamed of.

A yellow Ferrari.

In the beginning, it brings so much joy.

You take all of your friends around the block for a spin.

Day and night you are satisfied.

One day you notice that a little dissatisfaction has entered your door.

Day by day your yellow Ferrari becomes a hassle.

How many times to the shop?

I need an oil change.

My brakes need changing.

The transmission just went out.

Everything material wears out.

Material happiness will soon lead to pain.

Does this mean we can't enjoy the comforts of life?

Do we have to live a life of a hermit?

How can one live in this world and live in absolute joy?

Mediation brings an individual to the center of the hurricane.

The winds of change are blowing yet perfect calm resides inside.

This is your true state.

Absolute joy, total bliss.

Your mind is vibrating with the word of life.

## Empty Trinkets Of Life

In our search for life, we make it so complicated.

We work our lives away thinking that money will buy happiness.

Empty trinkets of life.

We are so busy that we neglect our very own children.

And yet when we realize the fact, time has slipped away.

Empty trinkets of life.

We own a nice house and an outrageous car.

But does harmony or chaos exists?

We have time for pondering one day a week.

We put in our five bucks for an offering but do we ever think?

If Christ would come back would we do the same act as before?

Years later we hoped that in the next go around we would learn from our mistakes.

Are we so caught up in our daily routine that we miss out on the miracle of this  
life?

Has the secret been shown to us and we throw the diamond on the ground?

We say to ourselves a real diamond would never be given like that.

In the end, we come and we go but do we truly know the beauty of this life?

Life is precious, know why you are alive.

## Happiness Lies Inside

All the great masters have said that happiness lies inside.

It's not a joke.

It really does.

The proof is in the pudding.

Try it and you will like it.

People try it and they like it.

It needs no convincing.

It needs no converting.

Ponder over these words.

Happiness lies inside.

## Heaven Moves With Me

When I was young my happiness was defined by where I was.

I was always happy around the ocean.

At times our family would take a vacation to the mountains.

I was unhappy.

I wanted to be in the ocean.

I couldn't be happy in nature.

When I learned how to meditate many moons ago I learned the following.

Heaven moves with me.

It doesn't matter where you are.

You can be in New York City.

You can be in India.

You can be at work.

You can be paying your bills.

Heaven moves with me.

I always thought who would ever want to live in Kansas?

Well, I live there now.

Heaven moves with me.

Ponder this over.

As Christ said the kingdom of heaven lies within.

## Tune Your Mind

The mind is like a tuning fork.

Whatever you focus on it vibrates at that frequency.

If you are angry your mind will be angry.

If you are sad your mind will be sad.

If you are happy your mind will be happy.

Notice all these states usually come from external sources.

Our state of mind comes from the external.

None of these states are permanent.

Our emotions blow in the wind.

Yet all the great masters have said.

The kingdom of heaven lies within.

Focus your mind on the divine.

There lies the power of love.

The more you focus on it the more you become.

Your happiness over time goes within.

You have discovered the source of all.

It has always been there.

## Happiness

When I was young I thought that toys could bring me happiness.

When you first receive the gift you are so happy.

Days go by and your happiness slowly goes away.

One day your toy is broken.

Your happiness has died.

Over and over I saw this in my life.

I saw it in others.

All external happiness will someday fade away.

This led to my search.

There had to be another way.

True happiness lies inside your heart.

It was will and always be.

Go within.

Discover the meaning of this puzzle.

## The Carrot On The Stick

We come into this world with a carrot on the stick.

We are looking for happiness all over the place.

We think if only I had this and this I would be happy.

We are never completely satisfied.

We may get that brand-new car yet years later we junk the car.

Everything changes.

Nothing remains the same.

So where is the true carrot?

Does it even exist?

Is this pursuing happiness a joke on us?

Are we our own worst enemies in finding our true nature?

The masters have said to discover your true nature by looking in the mirror  
within.

Remember only you can solve this puzzle

## I Don't Know Why People Pass This Up

I don't know why people pass this up.  
We all are searching for happiness externally.  
We get glimpses of happiness yet it disappears like a thief in the night.  
There is no conversion or convincing.  
The facts are laid out.  
The kingdom of heaven is within.  
It doesn't matter if you follow a religion or not.  
The facts are laid out.  
The kingdom of heaven lies within.  
It doesn't matter your background.  
Nobody cares about your race.  
We are one after all.  
All we are saying your car is sitting in your garage getting dusty.  
You have the opportunity to take your car for a spin.  
Become the race car driver.  
Your car was meant to be driven.

## There Is A Point In Life

There is a point in life when we question what purpose do I have.

What is the meaning of life?

I'm having a good time.

I'm making a lot of money and I'm partying on the weekends.

I'm traveling all around the world.

I live in a grand house.

But there is a mosquito in my mind.

I can't sleep at night.

I am restless.

What is going on?

This is a turning point in life.

You can have all of this yet true happiness lies inside.

The journey of self-discovery begins within.

Nobody will take away your treasures.

The endless treasure lies in your heart.

## God Is Patient

God is patient.

Many scientists see the patience of God.

This earth was not created in 7 days.

Billions of years occurred before man showed up.

God is not in a rush.

Man is.

We drive around with our cell phones in our hands.

We might miss something.

Yet God is patient and relaxed.

When we were young we could hardly wait to be older.

When I'm this age I will be happy.

We turn this age and we aren't.

We think that somewhere in the future we will achieve happiness.

Maybe we should learn from God.

Slow down.

You are moving too fast.

You are a human being, not a human doer.

## Happiness 2

Many people think that if you pursue truth you must be a prude.

I could never sacrifice my life.

I love my vices.

Nobody ever said you have to give up anything.

You have free choice.

No judgments are made.

This life is an incredible journey.

We are simply saying there is another way.

We are wearing tinted sunglasses.

We are not seeing the grandeur of life.

We don't understand this cosmic joke.

Once you understand laughter will be heard throughout the universe.

You are God you just don't know it.

The happiness you are looking for is hidden in your heart.

## Best Of Both Worlds

I'm so thankful I discovered God within.

I have the best of both worlds.

The treasure within is shared with mankind.

Happiness, joy, and contentment.

Love for mankind.

I have the best of both worlds.

I love learning to master myself.

Inside and outside this life is a gift.

I'm so lucky to be alive.

Danger is all around yet the path I walk on is safe.

I may get laid off yet, in the end, another job opportunity is just around the bend.

This life is an incredible journey.

Enjoy every step of the way.

## India

India was a land of self-discovery for me.  
I saw the good, bad and ugly.  
Yet I saw the beauty of life.  
I saw the beauty of the beggar.  
I saw the rhythm of life.  
I saw that money couldn't buy happiness.  
I realized that knowledge lies within.  
I didn't have to go to India to find this.  
Yet in India, it was so pronounced.  
In the west, we all live like kings and don't know it.  
We are so spoiled.  
In India, most are just trying to survive.  
For thousands of years, India was a land of self-knowledge.  
True knowledge lives inside a man.  
India showed the world the way.  
I learned about performing all actions in love.  
Granted I'm not there but I strive for it.  
India taught me to appreciate life.  
It taught me the riddle of life.

## Hey You

Hey, you walking down the street!

Do you know that you are special?

Hey, you walking down the street!

Do you know the secret of life?

Hey, you walking down the street!

There's a diamond inside of you.

Hey, you walking down the street!

What a miracle you are alive!

Hey, you walking down the street!

Money won't buy you happiness.

Hey, you walking down the street!

Love your fellow man.

Hey, you walking down the street!

Respect your fellow man.

Hey, you walking down the street!

Welcome to the journey.

## The Challenges Of Marriage

Is the grass greener on the other side?

The wise man says it's burnt.

So many people are getting divorced today.

Yet your problems will never go away.

If you haven't faced the beast within, you will always blame your problems on the other person.

We are responsible for our own problems.

If you have problems in your marriage, the same problem will come up if you leave.

Life makes sure we learn our lessons.

You can't say I'm going to skip this one.

All our problems stem from inside.

If we face ourselves, we can truly have a wonderful marriage.

Our life will be in harmony.

We will not judge or criticize others.

Unfortunately, we don't learn this in school.

No wonder our marriages are in a mess.

We expect happiness ever after, with no effort on our part.

Life is a journey.

We have to take an active part.

## The Rip Off Artist

Can you imagine the life of a rip-off artist?

How sad a life he must live!

He takes advantage of the weak.

He takes advantage of the rich or poor.

He takes advantage of the elderly.

He thinks money can buy happiness.

His life is based on corruption.

He stalks his prey.

Animals are better.

They kill for food.

## I Want My MTV

Music can be comforting to the soul.

Music can teach us.

Music can capture us.

Music can inspire us.

Music can create hope within us.

Music can help lead man.

Music can help us to love our fellow man.

Music can help a man from his depression.

Music can show us the way out of this Maya.

Music can bring tears of happiness to our eyes.

Music can remind us what a miracle I'm alive.

Music is a gift from God.

Where would we be without music?

## Greed

Why is man greedy?

Would you be truly happy if the entire world was given to you on a plate?

I can guarantee you would not be happy.

You could be the ruler of all the worlds.

You could conquer all the land.

You could buy the moon.

Yet you will never be happy.

Happiness is a state of mind.

Happiness is a direct experience that lies within.

Everything outside will come and go, yet the experience within will last forever.

Beyond time and space.

It's a lucky man who discovers this truth.

His life will be changed forever.

## I Wanted To Scream

I remember a time not so long ago- (almost thirty years)

I just learned how to meditate.

Now I'm the sort of person that I really try things out.

I heard that the key was in my heart.

I was handed the key and told now it's up to you.

You must open the door.

For many years I practiced.

Words cannot explain what happened.

I wanted to scream at this world.

It does exist.

Your father does lie inside.

There is so much happiness inside.

But most people wouldn't listen.

You can't shove it down people's throats.

Yet it's sad when people refuse to listen.

Years later I realized I could only save myself.

Yet I could provide assistance and tell people that the truth is real.

I have seen so much joy inside.

My father has held me.

He is keeping you alive.

Open up your heart and you too will want to scream.

## The Journey

We come into this world born naked.

We leave this world naked.

Between our birth and death lies an incredible journey.

We have free will in this game of life. What is the purpose of this journey?

Why am I here on this beautiful planet?

For thousands of years, man has pondered over this question.

Who am I?

What is the purpose of life?

Is there something to find and discover while I'm here?

For the majority of mankind, we look outside ourselves for the answers.

If only I could buy that yellow Ferrari.

Yet even if you had one your happiness is fleeting.

At first, you are in love with it.

Wow, what an incredible car.

You're in euphoria for at least a month.

You're so proud of that car.

Once a week you get out the hose and wash it down.

The car get's buffered with wax so it's super shiny.

Yet over time, a little dissatisfaction enters the door.

I need an oil change.

Someone bumps into my fender.

My transmission just went out.

Hey, I never knew this car could be such a bumpy ride.

You get pulled over for speeding.  
What my fine is for a thousand dollars.  
The officer says you were doing 60 in a 25-hour zone.  
After some time your yellow Ferrari is a hassle.  
The same love you had when you bought the car disappeared a long time ago.  
Yet we were brought up that the purpose of life is to hoard material things.  
Your true happiness comes from being rich.  
Money can't buy happiness.  
Happiness is a state of mind.  
True happiness comes when you discover your true nature inside of you.  
That's the true treasure.  
All the great masters of the past have said that.  
Well maybe if the yellow Ferrari doesn't buy me happiness how about a mansion?  
Somehow you win the lottery.  
Congratulations.  
So you go out and buy a mansion.  
Just you and your lovely wife.  
You move in and settle in.  
After a while, you realize someone has to clean up the place.  
Who is going to clean the pool?  
My yards need mowing.  
I have 3 acres of grass.  
Wow after that last rainfall a ton of weeds appeared in my garden.  
Your mansion soon becomes another obstacle.

Your happiness disappears like the thief in the night.  
Now I'm not saying that physical things are wrong or bad.  
But I'm saying at times we are barking up the wrong tree.  
How about finding the true source of happiness inside of you?

Then you are happy if you are rich or poor.

You will still be happy when you get laid off.

Oh, the rug will still be pulled underneath you yet you recover and see you are  
never alone.

What a wonderful feeling that is when you discover the universe is supporting me  
on my journey.

It always has and always will.

Your true friend exists inside of you.

Discover your true nature and you see the beauty of this journey.

## Cooking Up A Storm

I'm cooking up a storm.

Have you ever been in that mood?

At times my wife is amazed.

When we have a few ingredients that need to be used up.

This is where creativity comes in.

The mind stews and ponders.

Just like the cream rises to the top from the milk a great idea comes up.

Yummy.

My wife constantly is amused

Isn't it amazing in all facets of life we tap into something so grand yet we take it  
for granted?

Imagine the Wright brothers first taking flight.

Only a week later some other team did the same thing in Europe.

Is there an unconscious field of human thought?

Are we united in that field and not aware of it?

Maybe we are united after all. <grin>.

Maybe we should ponder this over.

We have our thoughts that seem to be our own yet are they?

Do we tap into universal thought fragments and call them our own?

We think we tame our mind yet without meditation the mind tames us.

The mind wags its tail when you only look externally for happiness.

The mind gets angry when you try to look within.

As I said before meditation is dog school for the mind.

Meditation helps to tame the mind.

Meditation helps to cure the mosquito itch of the mind.

There is always a mosquito bite where you are ever so off.

You can quite pinpoint it.

It walks with you day by day.

Meditation helps cure it.

I remember when I first start to meditate my stomach would always have this certain nervousness to it.

Over time meditation helped elevate it.

When your mind is calm your body will reflect that calmness.

It seems to me this is a practical path.

It helps heals the mind, body, and soul.

It helps a person to think clearly and from their hearts, not ego.

Our ego is our friend.

Our mind is our friend.

We just need to be in balance.

I'm cooking up a storm.

What can I cook up next?

## Feel So Alone

We have our cell phones yet we feel so alone.

Moment by moment we text our family and friends/

At times we risk death to text a message while driving.

Is any message you send or receive worth dying?

What are we trying to feel?

Are we like ghost drinking their whiskey yet it goes through their empty bodies?

Where ever I go I see people looking down at their phones.

I'm amazed every time I see someone with their back hunched walking across the street staring at their phone.

Unfortunately, some have died that way.

Look I'm all for technology.

I've been in this business for over thirty years.

Yet technology is a tool.

It can't bring lasting happiness.

At times, I feel the cell phone is bringing people one more step in the opposite direction towards God.

It's one more layer of dust covering the mirror of life.

We are trying not to feel alone yet the cell phone is distancing us from our true nature.

Isn't that a joke?

We are in constant contact with people but how genuine is it?

I see Moms taking a stroll in the park strolling their newborns for a walk.

Unfortunately, they have a cell phone in their hand.

This is the time to bond with the newborn.

Did you know there is communication that is beyond words?

It's called love.

When you are strolling your newborn be in love consciously with your newborn.

She can feel it.

She just came from God moments ago.

She still knows her connection with God.

She is not alone.

Yet if you are busy talking with someone else she will notice that.

Babies are super aware.

Look I'm not saying don't use your cell phone.

I have one.

Yet I'm saying be aware.

We need balance.

Be practical.

Am I addicted to my phone?

Why do entire families when at a restaurant all on the phone?

They are communicating with someone else yet not with each other.

No wonder we feel so alone.

All the great masters have said that the cure to feeling alone is to discover your true nature.

It truly is simple.

You are the universe.

You just don't know it.

## Fully Alive

Many people say that living a spiritual path is not very practical.

They say you will lose out on life.

You can never have a good time.

You lose your sense of humor and fun.

You are a prude.

You sacrifice your life for nothing.

You live your life like a monk.

You waste your life meditating.

You think too much.

You're trying to convert people.

Yet this path is simple.

The main goal is to be fully alive.

We are living on the surface of the vast ocean of life.

A spiritual path guides one to dive deep into the great mysteries of life.

It's not a sacrifice.

True happiness is not giving up anything.

Well, maybe it is if you consider giving up anger.

Kindness.

Compassion.

Love.

Patience.

Tolerance.

These are the gifts you discover when you are truly alive.

A man discovers great wisdom when he is truly alive.

It's funny and sad at the same time.

We truly think we know all the answers.

We think we know ourselves.

Yet our attention is always focused on externality.

No wonder our mind wags its tail like a dog in that state of mind.

Some get angry or put off when we talk about the journey inside.

We seem to have no interest in the mysteries of life that are hidden inside.

Maybe people get confused by the words religion and spirituality.

Don't try to convert me.

I have my religion.

I don't believe in God.

Yet we all believe I'm alive.

A spiritual person tries to solve that mystery.

No more, no less.

This journey is fun and humorous.

It's exciting.

It's never boring.

As a kid, I would get bored a lot.

My mind would get bored.

Yet I haven't completely overcome that I have traveled millions of miles since.

They say to conquer your mind is the most difficult thing in the universe.

Yet I'm well on my way.

I'm not being boastful.

I'm just seeing the benefits of being truly alive.

Amazingly, you can be truly happy where ever you go.

Happiness follows you because wherever you go happiness goes.

I often ponder why we like to be in the winds of the hurricane of the mind.

Do we really like confusion and frustration?

We are born to live in the center of the hurricane.

Big difference.

Maybe people probably think this is not real.

This is made up.

Well, ponder this over.

The proof is in the pudding.

Discover your true nature of being fully alive.

## Generator, Operator, Destroyer

When I spent time in India I spent time contemplating God.

One of my favorite definitions was the following.

God.

Generator, Operator, and Destroyer.

Otherwise known as Bhrama, Vishnu, and Siva.

I find it quite fascinating that many of the major religions have a trinity.

Father, Son, and the holy ghost.

You might have imagined I have spent a considerable amount of time pondering  
over such things.

Just think everything in the universe is created.

The sun, moon, and stars.

It can exist for billions of years.

Yet astronomers have witnessed a supernova.

A star goes up in glory.

Even our own planet someday will be stardust.

Everything eventually goes back to the source.

Nothing can escape that fact.

This is the greatest magic trick of all time.

Who knows how many times the universe has been created and destroyed?

Yet we come into this world for such a short time.

It's only a blink of an eye.

I get great joy and bliss thinking about such matters.

It puts my life in more perspective.

At times we play such petty games.

There is a vastness in space that is beyond human comprehension.

I'm sure the modern-day astronomer can say the same.

We now have observatories mounted on satellites searching all over the universe.

Now that's spending taxpayer's money on a great cause.

I find it fascinating that we are the universe.

We just don't know it.

All the great masters have shown the way to discover our true nature.

Personally, the inward and outer journey is the same.

As Guru Nanak once said, everyone knows that a raindrop is part of the ocean.

But how many people know that the entire ocean is contained in the raindrop?

Sounds like a holograph to me.

One thing I learned while in India is that the entire universe is aware and conscious.

Indians say to each other Jai Sat Chit Anand.

In other words, Truth is the consciousness of bliss.

The entire universe's awareness is bliss.

When I first heard the concept of bliss many moons ago I really didn't understand it.

It wasn't happiness or worldly love.

It was beyond that.

Bliss was something that was both physical and spiritual.

When the mind is focused on Truth the mind is in bliss.

Bliss is the ingredient or drug which calms down the mind.

There are no harmful side effects.

This is your true nature.

There is such an opioid addiction in the United States.

Every day people are dying from an overdose.

They are suffering and yet can't find how to go beyond it.

The journey within will help one to solve the mysteries of life.

Come and discover your true nature.

It's only one breath away.

## Hit The Wall

Have you ever felt that you hit a wall in life?

I can't go any further.

I'm all walled in.

How do I get myself out of this situation?

We face bumps in the road.

Life wouldn't be a journey without them.

Yet it's so easy to freak out and go into fear.

Is there another way that we can face the wall and obstacles and be in a state of freedom?

Freedom is a state of mind.

Our happiness is not dependent upon the external.

Our happiness comes from within.

We are meant to live in the center of the hurricane.

Yet we still live in the vicious winds of the mind.

An obstacle comes up in life and we freak out.

Someone has a different opinion in life and we have to defend ourselves.

We have a President if you say anything against him he will tweet nonsense about you.

All the great masters have seen to face the wall calmly.

Face it directly.

You will find a solution to your problems.

The wall will disappear.

The wall is a state of mind.

Mind you the obstacle might still be there yet you will see the obstacle from a higher level in life.

Again I say the spiritual path is the most practical path.

It deals with all areas of life.

It's the essence of life.

You can learn how to be peaceful and joyful when you hit a wall in life.

You can be calm and serene.

You can be mindful.

This is your true nature.

Instead of putting gasoline on the fire of life.

You can put water on the fire.

Eventually, the fire will not burn anymore.

All the great masters did this.

They had the same fire you have.

Over time they learned how to slowly extinguish the fire.

You have the same tools as they do inside of you.

Look inside of you to solve this riddle.

Ponder this over.

You are a piece of the puzzle.

## Imagine The Feeling

Imagine the feeling.

What are you talking about?

Ah, now we are getting somewhere.

Good question.

Imagine the feeling of love inside of you.

Where does it come from?

It can be there and suddenly totally disappear.

At times we wander from partner to partner looking for the answer.

Love seems so elusive.

Yet there is a fountain of love inside of you.

This is your true nature.

Why is love so difficult to find?

We think the answer exists outside of ourselves.

We think we can find true love externally.

All the great masters have said true love exists inside of you.

This is your true nature.

Mankind is so used to living in a state of constant flux of emotions.

We totally react to the circumstances that life throws at us.

We are happy then we are sad.

We are angry and then we are happy.

Our happiness and sadness are created by external events.

Is there a lesson to learn in all of this?

You bet there is.

We must learn how to become friends with our minds.

We must learn how to live in the center of the hurricane.

In the center lies peace, love, and compassion.

This is your true nature.

We must learn how to stop, look and listen.

Don't put gasoline on the fire of life.

You can control the words you speak.

Granted it takes practice.

But everything in life takes practice.

You don't have to react to everything that happens to you.

The wise man at times simply smiles.

He doesn't have to prove anything to anybody.

You can cuss and swear at him and he will simply smile.

Why because he has nothing to prove or convince you.

He just sees a human being in pain and humbly listens to you.

He actually cares about you.

He knows you are in pain.

He has compassion for you.

Now he wasn't always like this.

He was just like you and me.

But day by day he slowly turned his life around.

Oh, he made mistakes.

That's how you learn.

He felt the bumps in the road of life.

That's why it's called a journey.

But he learned how to tap directly into the source of love.

Over time he became it.

It was one and the same.

This is your true nature.

We just have a dusty mirror.

We can clean the mirror of life.

Ponder this over.

This is your true nature.

Imagine the feeling.

## Just Turn On The Music

When sorrows come your way.

Just turn on the music.

When happiness comes your way.

Just turn on the music.

When a loved one dies.

Just turn on the music.

When you want to party.

Just turn on the music.

In times of celebration.

Just turn on the music.

When you feel all alone.

Just turn on the music.

Music is there to comfort you.

Music touches your soul.

Music is God's gift to the world.

It's a language of love.

Everybody loves music.

Yes, there are many different types.

Some can relate to some and some can't relate to the ones you like.

There is a vast field.

All human emotions are captured in music.

They bring these emotions to the surface so we can heal ourselves.

Let's face it.

When there are bumps in the road we love to have the radio on to listen to our favorite songs.

Music helps cushion us on this incredible journey of life.

The music captures memories from time past.

I'm sixty-four years old.

When I hear a song from my youth, bubbles of sweet memories come to the surface.

Each old song captures something new from the past.

Events you have forgotten rise to the surface.

Let's face it the world would be rather dull if there was no music.

How would we know about harmony if the music doesn't exist?

How would we know about rhythm if music didn't exist?

Harmony and rhythm come from God.

Music comes from our soul which is a part of God.

I give thanks to all the creators of music throughout the lands.

You give humanity sweet hopes in the journey of life.

You help connect us to our true nature.

Just turn on the music.

Music is alive.

## Last Breath

Wow, the end of your journey is about to end.

You are about to take your last breath.

This was an incredible journey you had.

Another journey is about to be embarked on.

You see your body dies but your essence is eternal.

You are about to become one with the universe.

You are about to become one with God.

This is your true nature.

You are like a raindrop returning to the ocean.

The raindrop merges into the ocean.

You merge with God.

You come unto this world from God.

Slowly over time, you forget your true nature.

Upon death, you go back to the source.

All the great masters have said to discover the essence behind your breath.

Something is keeping you alive.

Your breath is ever so precious.

Don't take it for granted.

Your breath is a gift from God.

The more you become aware of your breath the vast mysteries of life will be revealed.

Your true nature is kindness.

Your true nature is love and compassion.

Your true nature is patience and tolerance.

You are the universe.

You just don't know it.

The greatest treasures lie inside of us.

We tend to think that happiness lies outside of ourselves.

It never has and never will.

That precious car you always wanted will soon be a headache.

At first, it was like wow I always wanted this.

The first few weeks the car brings you so much happiness.

You show it off to your friends and take them for a spin in your new car.

Unfortunately, after some time the thrill is gone.

BB King even wrote a song about this.

Do many people think that if these gifts are truly there why don't I know it?

Well, there is a mine within.

Yes.

There are diamonds within.

Yes

How do you dig for diamonds?

You need a shovel and a pick.

To answer this riddle in life you need to learn how to dig for the jewel inside of you.

That's what all these sayings are for.

The miracle of life lies behind your breath.

Follow our breath from moment to moment.

This is where your incredible journey begins.

## Money Can't Buy

They say money can't buy you, love.

What do you think of that?

Is that true or false?

Imagine buying a fancy car.

Let's say a yellow Ferrari.

At first, you love the car.

Wow, I got this brand-new yellow Ferrari.

You take your family and friends for a spin.

For the first month, you have so much love and joy.

Slowly day by day your satisfaction goes out the door.

You get a speeding ticket.

One of your tires blows.

You need an oil change.

Your car spends more time in the shop than on the road.

You realize the car ride is always bumpy.

Let's face it life happens.

After some time you are no longer happy with your car.

It's just another possession you have.

Money can't buy you happiness.

Money can't buy you, love.

Love and happiness are your true nature.

Yet we have forgotten.

I remember as a kid getting some presents from my parents.

The thrill lasted only a few days.  
But if you tap into the source of life the thrill will never leave you.  
Seems too good to be true.  
Do you mean you have a genie of happiness inside each one of us?  
Yes,  
Precisely.  
Now life will throw you curveballs.  
You will hit speed bumps on the road of life.  
Yet you have a genie you can call to lessen the blows in life.  
You will still have a bumpy road.  
That's why life is a journey.  
Yet diving inside of you daily creates shock absorbers in life.  
All the great masters in the past had incredible shock absorbers.  
They simply smiled in adversity.  
Imagine knowing the essence of life while you are alive.  
No wonder people loved them.  
They show the way to discover the true essence within.  
Ponder this over  
You can solve this puzzle.

## Nothing In This World Last Forever

Nothing in this world lasts forever.  
As George Harrison once said all things must pass.  
Nothing in this world lasts forever.  
Everything comes and goes in life.  
This life is an incredible journey.  
We are sailing downstream in the river of life.  
In the wake of eternity, we are a blink of an eye.  
Yet we hold on for dear life.  
I have given the example before of buying a brand new car.  
Wow, a yellow Ferrari.  
For the first month or so we take our friends and family for a spin.  
We are so happy with our little car.  
As the months go by a little dissatisfaction enters the door.  
We need an oil change.  
Someone rear-ends the back of the car.  
Our transmission goes out.  
Our car spends more time in the shop than on the road.  
Over time our wonderful car becomes a hassle.  
What happened to our happiness?  
I noticed this very early in life.  
You would open your Christmas presents and be ever so happy.  
A month later you could care less about the presents.  
I learned that external happiness is fleeting.  
It comes and goes like a thief in the night.  
This is why all the great masters have said true happiness lies within.  
Happiness is a state of mind.  
If you truly are happy inside you will be happy regardless of the circumstances  
outside.  
This is true freedom.  
Your happiness does not depend on anything external.  
No wonder the great masters were happy.  
They had many bumps in the road of life.  
They learned how to develop internal shock absorbers.  
They learned not to get upset by the bumps of the road.  
They learned about their true nature.  
You are the universe.  
You just don't know it.  
Ponder this over.

Nothing in this world last forever.

## State Of Bliss

When I was young I read the book the Autobiography of a Yogi.

This book totally turned my world upside down.

To this day it's still fascinated me.

Steve Jobs gave away hundreds of these books.

I was driven to learn about the path of the Yogi and the mystic.

In this book, Yogananda describes a state of awareness called bliss.

The Indians have a phrase well-known throughout India.

Jai sat chit ananda.

True is the consciousness of bliss.

When the mind is aware of truth the consciousness is of bliss.

To be honest I really didn't understand this concept until I went to India.

I was just starting to learn how to meditate.

I was what you might call an eager beaver.

My whole mind, body, and soul wanted to know the truth.

For me, the east represented a practical pathway to the unknown.

For some reason, I loved to meditate.

I had a knack for it.

It was difficult at first.

I had an incredible initiation.

That initiation provided me with the wisdom and experience which continues to  
this day.

It's like a carrot on a stick.

I was shown the ultimate.

The door was pushed wide open.  
Words can't describe the experience I had.  
Yet I knew that by practicing day in and day out my life would change forever.  
I had proof of the pudding.  
To this day I'm amazed at finding the diamond within.  
I hope you find this inspiring.  
Many of my friends weren't interested in the least.  
It's sad to see that when we are young we strive to find happiness outside of ourselves.  
Yet the entire time happiness exists inside of us.  
I've learned that each of us is on our journey in life.  
We are all going back home.  
To the ones who want to know and discover the inner jewel you can.  
Never has there been a point in time where the light is greater on this planet.  
You truly have the potential to discover the light within.  
Ponder this over.  
You can solve this riddle.  
Mankind is slowly waking up from his slumber.

## Sweet Times

Cherish your sweet times.

Life may become sour.

Many moons ago I saw a sign at Buffalo University.

It said if life is a bowl of cherries.

Why are we living in the pits?

Can we control our happiness?

Is happiness something external?

Is happiness like a leaf blowing in the wind?

One moment we are happy and the next moment we are sad.

Is this human nature?

Life will always throw us curve balls.

Life is an adventure.

At times the road in life will be bumpy.

That's why life is a journey.

You can never totally read the road in life.

You will never know what's around the corner.

It might be a dead end.

Yet sweet times come and go.

The wise master of the past has said there is a sweet spot inside that you can hold on to.

This is your true nature.

How about that?

Yes, I've been harping on this point for ever so long.

Many moons have passed and I still talk like this.

Yet, it's the truth.

The most incredible jewel lies inside your heart.

I'm not trying to convince you.

I'm not trying to convert you.

This is nothing to convert to.

I'm saying that discovering the jewel inside is probably the most practical thing  
you can do.

I'm not saying all your problems will be solved.

But you can find a solution to your problems.

You can learn to be aware of the actions you take.

By slowing down and not reacting you can learn how to control yourself and your  
mind.

Most people simply react without truly thinking about it.

Just ask our current President.

Tweeting at 3:00 in the morning.

Yes, life is sweet.

Ponder this over.

These are not just some mumbo-jumbo words.

They can truly affect your life.

## I Feel

I feel the love in my heart.

I feel gratitude in my life.

I feel compassion for my fellow man.

I feel hope for the future.

I feel kindness towards all.

I feel patience stirring inside.

I feel tolerance towards my fellow man.

I feel the bliss within.

I feel day by day the weeds are being pulled within.

I feel this journey of life is a blessing.

I feel that in every moment we can learn from life.

I feel when you fall in life it's a grand opportunity to grow.

I feel two steps forward, one step backward is how we progress.

I feel the injustices in this world.

I feel the worries of my fellow man.

I feel the pain to see such poverty on this planet.

I feel such happiness to set a child laugh.

I feel such harmony listening to a beautiful song.

I feel that God is inside of me.

I feel that heaven is inside of me.

I feel that the universe is alive.

I feel beauty all around me.

I feel the light basking inside of me.

I feel the vibration of love all around me.

I feel that God does not judge us.

I feel that God is kind.

I feel that the dawning of man is heard.

I feel that a new beginning is occurring.

I feel mankind will soon become a kind man.

I feel that mankind can change.

I feel mankind will drop anger, power, war, and greed.

I feel mankind will truly reflect the God within.

I feel science and religion will show us the way.

I feel that men may learn to truly listen to one another.

I feel that we can have respect for one another.

I feel that man can learn how to compromise.

I feel that mankind can be united.

Ponder this over.

A brand new day is here.

You are a piece of this puzzle.

## Best Of Both Worlds

I'm so thankful I discovered God within.

I have the best of both worlds.

The treasure within is shared with mankind.

Happiness, joy, and contentment.

Love for mankind.

I have the best of both worlds.

I love learning to master myself.

Inside and outside this life is a gift.

I'm so lucky to be alive.

The danger is all around yet the path I walk on is safe.

I may get laid off yet, in the end, another job opportunity is just around the bend.

This life is an incredible journey.

Enjoy every step of the way.

## Heaven Moves With Me

When I was young my happiness was defined by where I was.

I was always happy around the ocean.

At times our family would take a vacation to the mountains.

I was unhappy.

I wanted to be in the ocean.

I couldn't be happy in nature.

When I learned how to meditate many moons ago I learned the following.

Heaven moves with me.

It doesn't matter where you are.

You can be in New York City.

You can be in India.

You can be at work.

You can be paying your bills.

Heaven moves with me.

I always thought who would ever want to live in Kansas?

Well, I live there now.

Heaven moves with me.

Ponder this over.

As Christ said the kingdom of heaven lies within.