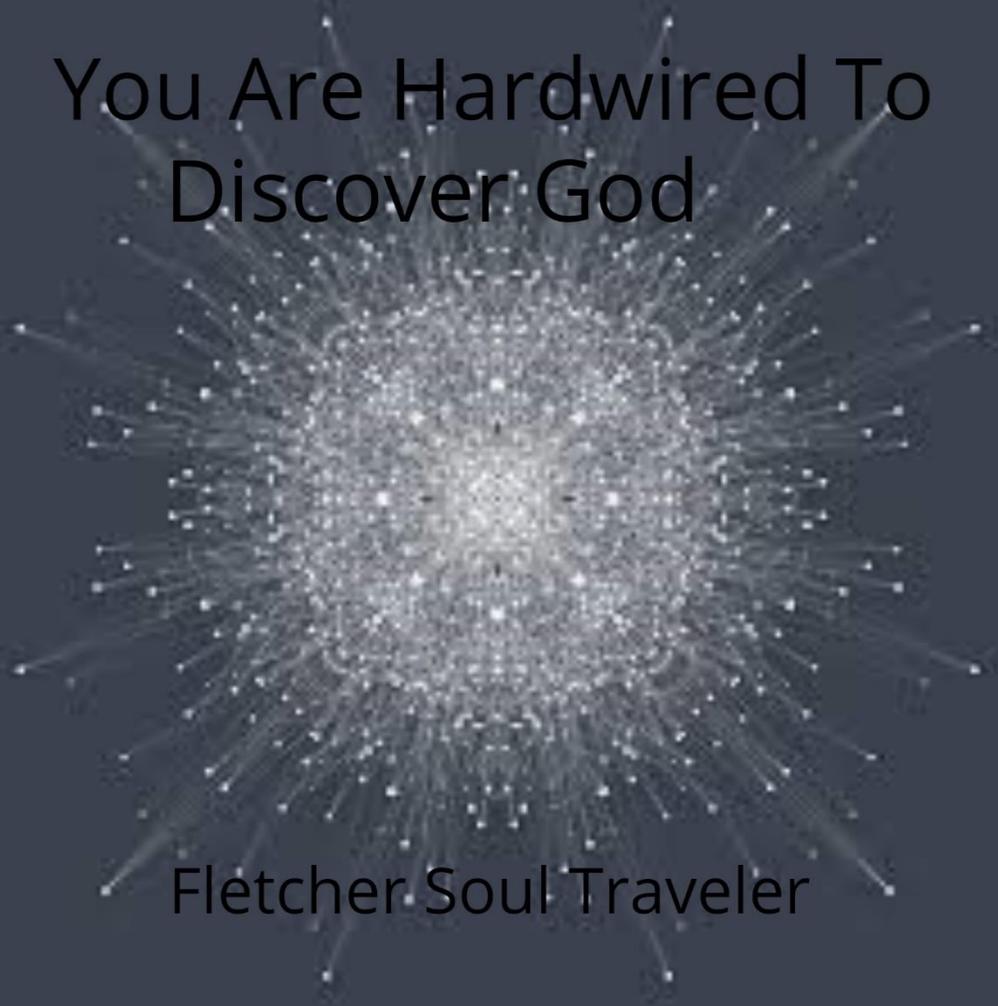


You Are Hardwired To Discover God



Fletcher Soul Traveler

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Intro



You are hardwired to discover God. Come and sit around the campfire for this incredible tale. It's all about you on this journey in life.

We were never taught this in school yet all the great masters talked about this. The signposts of God are all around yet we don't have the eyes to see.

This book will talk about the present-day people who are discussing how we are directly hardwired to find God. It will also go into the scripture where the evidence is provided where to find the kingdom of heaven.

All the major religions are talking about the same thing. They just have a different way of expressing it for the particular time and culture. Yet the essence is the same.

I believe that today we as humans are at a major turning point in our evolution. With the advent of the internet almost 30 years ago we are at the forefront of really communicating and understanding each other. We are a global village. Yet we see the chaos in the world and think is there any hope left in this world?

The sun is rising on the horizon. Darkness has nowhere to hide. We are seeing this in all areas of life. Darkness is being exposed. Look at the news today and you will see in every area of life a scandal has been exposed. I see great hope in humanity.

Granted it will take a while. Remember this is a journey. What would a journey be without having a grand adventure? We are on the journey of going from darkness to light.

In a million years we will see how far we have gone. Yet each decade going forward we will witness the consciousness of man going toward the light.

Humanity takes two steps forward and one step backward. That's how we grow. From an individual to a nation, to the world we learn by taking baby steps. We learn from our mistakes.

This is how we grow. I hope this book will help you on this journey. It's has a different point of view yet millions of people are waking up from their slumber. It doesn't matter what religion or non-religion you believe in. Each one of us has our own unique way to discover our true nature.

I believe that it's by your will alone that you take your steps to understand your true nature.

The following poem reflects my viewpoint.

It's Been There All The Time

It's been there all the time.

What are you talking about?

What's been there all the time?

You are the universe.

You just don't know it.

There are about 7,000,000,000,000,000,000,000,000 (7 octillion) atoms in
your body.

All our billions of years old.

At the deepest level, you are the universe in human form.

Wow!!!

Isn't that incredible?

On top of that, you are hardwired to discover your true nature.

The signpost of God is all around you and inside of you.

Yet we are talking on our phones while driving down the freeway of life.

The greatest miracle of life is keeping you alive.

You are magnificent.

Every single cell of your body is custom-designed by God.

You are infinite.

Your body will someday die yet your true essence will go on forever.

You have the opportunity to discover your true nature.

Behind your breath lies the answer.

What is keeping you alive?

All the great masters have said to be aware of the essence of your breath.

Behind your breath lies your true nature.

Infinite kindness, love, and compassion.

This is the water that will put out the bonfires of anger and hatred upon this land.

The sun is appearing on the horizon.

Mankind is waking up from his slumber.

We are going from darkness to light.

Darkness has nowhere to hide.

Discover your true nature.

It's been there all the time.

Ponder this over.

It's been there all the time.

The greatest game is being played right between your eyes.

The Palace In The Sky



When I was young and in India I hear this incredible poem.

There is a palace in the sky without any foundation.

A blind man sees a light more beautiful than a million suns.

A deaf man listens to the unstruck music.

A lame man climbs the ladder and drinks the nectar and gets intoxicated.

The poem goes on and on.

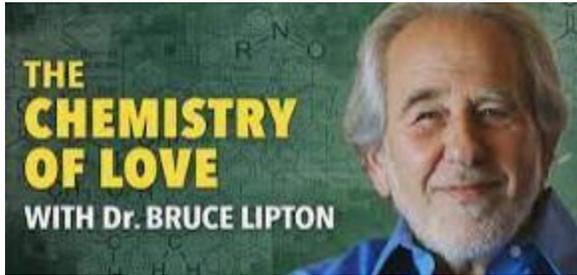
The final clincher is the following.

Only a wise man understands what I'm talking about.

These aren't some pretty words.

The entire universe exists inside of your heart.

Custom Designed By God



We are all custom-designed by God. Yesterday I heard an interesting interview with Bruce Lipton.

He is a scientist and has a fascinating story to tell. He wasn't interested in God, religion, or anything spiritual. His passion

was science and biology.

He was studying the structures of cells. One day he discovered that our cells have antennas embedded on the surface of the cells. We have trillions of cells and each cell had an antenna. He thought to himself.

Mind you I'm paraphrasing what he said. He asked himself what these antennas are for. For what purpose do we have for them? In the real world, he thought of a TV set.

You have an antenna that receives signals from a broadcast. You can change the channel and a different TV program will appear on the screen.

At this point, it gets extremely interesting. Somehow he has an epiphany that our awareness and consciousness are being broadcasted from God or the quantum field.

Each one of us has a unique signature. He realized that the body will die yet our essence is always the same. We can never die. Our essence is eternal.

To his amazement, he discovered that God exists inside of us. The treasures exist inside. We are hardwired to discover the universe within.

Imagine all this took place within five minutes. From that point on his goal was to discover his true essence. The clues are there in plain sight. Bruce then as a scientist begins to use the lab within to discover his true nature.

In the interview, Bruce said that some Jesuits said gave me a child for seven years and I will tell you how the child will grow up. For the first seven years, a child will pick up the good bad, and ugly.

A child's brain wave is theta in which everything external gets sucked in from 0 to 7 years old. This goes directly into our subconscious. Now imagine that we live our lives 98% of the time from our subconscious. Our subconscious drives our life.

This means that our lives are driven by our early childhood. Without pursuing ourselves and discovering our true nature we live most of our lives driven by our subconscious. We react like leaves blowing in the wind.

Our body is so entwined with our subconscious that we react automatically without being aware.

Imagine our subconscious is like a hard drive. It has tons of data stored for the ages of 0 to 7. When an event occurs the subconscious will go instantly to the hard drive and it knows how to react.

Notice we are oblivious to what's going on. This is mankind to a tee.

We have been fighting forever. The world is on fire. People flame each other on Facebook. We have a President who tweets whatever comes to his mind.

Humanity is on the verge of a breakthrough. The signs that we were built to discover are all around us. We have all the instruments inside of us to discover our true nature.

We are about to go from me to we which is the title of this book. Imagine every single person on earth is hardwired to discover we all came from the same place. We are all family regardless of race, color, or creed.

Our true nature is kindness. Our true nature is love and compassion. We are all a spark of the divine. We are the universe. We just don't know it. These are exciting times. You hold a piece of the puzzle of life inside of you.

You can change and discover your true nature. Millions of people are waking up. Recently science and religion are really talking about the same thing. Discoveries that Bruce saw are major scientific breakthroughs for all of us.

Bruce saw in a flash of light that we are being broadcasted from the quantum field. We have our name that God knows and the universe knows. Every human life is special.

With our free choice and free will, we can moment by moment be on a conscious journey to discover our true essence. Ponder this over.

Custom Designed By God 2



Let's continue with how a human being is hardwired to find God. Many scientists think that a part of our DNA is multidimensional and quantum.

We contain the blueprint of God inside of us. From this blueprint, a human being is created. We are created in the image of God.

When I was young I loved to study the great wisdom of India. I still do. The Indians have a theory that everything we do and say is recorded into an energy frequency.

This energy frequency can be read in some part of the time in the future. Some people have fine tuned themselves to be able to read the Akashic record from another person.

Now recently many people think that in our DNA we have multidimensional DNA which contains the blueprint of God. Now imagine in this blueprint contains the entire essence of the universe and the essence of your soul journey in the universe.

You are eternal. You can never die. Your body will. Many people are discovering this concept and are learning how to mine the Akashic record for themselves.

Can you imagine how incredible that would be? It means that you could stop any disease from coming your way. You would be in tune with God and listen to the wisdom that lies within.

You could bring back all the positive attributes you have learned on your magnificent journeys in life.

A person could tap into the future and bring back wisdom such as inventions that would help our fellow man.

From that state, it would be easy to go from me to we if you could consciously tap into the oneness and blueprint of the universe.

As you can see the car is sitting in the garage gathering dust. The car is meant to be driven on the freeway of life. Moment by moment we can drive our car and gather a greater understanding of why we are alive.

We spend most of our lives in survival mode. We spend most of our time living by our habits and subconscious. Imagine we are hardwired to discover our true essence. Yet so many humans are oblivious to this fact.

You see we have free will and free choice. The entire universe lives by this law. At times I think well maybe human beings shouldn't have free choice and we would come into this world and never forget our true nature.

Peace would always prevail on earth. Anger and war would not exist. Heaven would be on earth. Yet life is a grand adventure. We come into this world to discover our true nature and to help transform this world from darkness to light.

It is a cosmic game. This isn't the first time this game has been played. For time immemorial this game has been played through this universe and countless other universes.

The entire universe is watching us and cheering for us. They are rooting us on. We have incredible coaches that help and assist us.

Yet they can't take a single step for us. You see each of us has to play the game without any steps taken by another being.

These are exciting times. We as humanity are going from me to we. For thousands of years because of thinking it's all about me we have fought countless wars.

We are living in an era where this is changing right before our eyes. Ponder this over. You are hardwired to discover God. You contain within your DNA the blueprint of God.

Chakras



For over five thousand years the Indians have discovered flower petal-shaped vortexes of energy lying across seven different areas on our spinal column.

These chakras are directly connected to the endocrine system of glands.

These chakras are responsible for distributing energy through the body. Where there is a blockage disease will occur. In our next chapter, we will talk about the Chinese discovery of meridians.

I won't go through the specifics of each chakra. Here's a general overview of each one. The following information came from color-meanings.com

The Root Chakra – The Sanskrit word for this Chakra is Mooladhara Chakra (mool means root). The chakra color associated with the root chakra is Red.

The root chakra defines our relation to Earth. It impacts our vitality, passion, and survival instincts. The red chakra colors are also indicative of our need for logic and order, physical strength and sexuality as well as the fight or flight response when faced with danger.

The sense of smell in the human body is connected to the Root Chakra. The gland to which the root chakra is attached is the Gonads.

The Sacral Chakra –The chakra color associated with the sacral chakra is orange. This chakra relates to the water element in the human body.

The chakra colors are orange which impacts sexuality, reproductive function, joy, desire and even creativity, and compassion for others.

The sense of Taste is associated with the Sacral Chakra. Glands and organs impacted by this chakra include the lymphatic system, female reproductive organs, large intestine, pelvis, and bladder.

The Solar plexus Chakra – The Sanskrit word for this chakra is Manipura Chakra which translates to “city of jewels”.

Thus the solar plexus chakra is the personal power chakra that is responsible for one's personal and professional success.

The chakra colors yellow of this energy vortex are associated with fire, energy, charge, etc.

This element of fire, when balanced and harmonious allows one to feel more confident, cheerful, and energetic along with the right amount of respect for self and others.

Our sense of sight is associated with the solar plexus chakra. The glands or organs associated with the Solar plexus chakra are the Adrenal glands.

The Heart Chakra – Anahata Chakra or the heart chakra is associated with the chakra color Green. This chakra influences our relationships and has the Air element.

A weak heart chakra is responsible for sabotaging relationships through distrust, anger, envy, etc. The sense of touch is impacted by the heart chakra and the glands connected to it are Thymus and lymph.

The Throat Chakra – The Vishuddhi chakra refers to our true voice. As the name suggests, the Throat chakra with its chakra colors Blue is associated with the ability to communicate, listen, etc.

The glands to which the Throat chakra is attached are the esophagus, ears, throat, thyroid, jaws, teeth, and neck vertebrae.

The ethereal element of the Throat Chakra, when balanced, allows an individual to have a pleasant voice, artistic abilities, expressive ways, and also the ability to be in a higher place spiritually.

Individuals with a balanced throat chakra can meditate well and use their energy efficiently and artistically.

The Third Eye Chakra – The Ajna Chakra translates to the “center of knowing or monitoring”.

This chakra is associated with chakra colors Indigo and is connected to the Pineal or pituitary gland. Those with a well-balanced brow chakra can have telepathic

abilities, and charismatic personalities and they often do not have any fear of death.

The element of electricity or telepathy along with the chakra colors of Indigo are associated with our sense of Thought.

The Crown Chakra – This chakra is known as Sahasrara chakra in Sanskrit and is associated with the chakra colors of violet or purple.

The crown chakra is associated with the pituitary gland, nervous system, and the brain and head region with its element of light.

In its balanced state, this chakra can render individuals the ability to perform miracles, transcend the laws of nature, and have a heightened awareness of death and immortality.

Now according to the great masters and mystics, the journey begins at the base of the spine. There lies the Ida and the Pingala nerve. Imagine a column called the Sushumna which is not physical and goes from the bottom of the spine

Here's the definition of the Sushumna from Wikipedia.

Sushumna (सुषुम्णा, suṣumṇā "very gracious", "kind" [3]) runs along the spinal cord in the center, through the seven chakras.

Under the correct conditions, the energy of kundalini is said to uncoil and enter Sushumna through the brahma dwara or gate of Brahma at the base of the spine.

The Shiva Samhita treatise on yoga states, for example, that out of 350,000 nadis 14 are particularly important, and among them, the three just mentioned are the three most vital.

It seems to me that God hardwired each human being to help them discover his true nature. The journey begins at the base of the spine of the root chakra. Here the consciousness of me me and me reside.

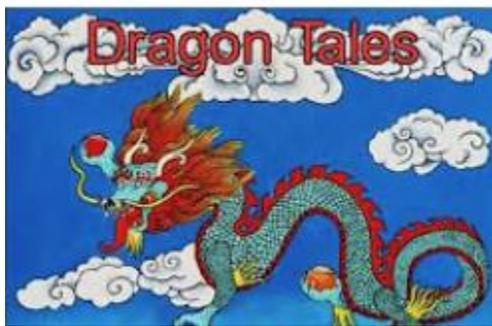
The human being is existing in a state of survival mode. The goal in life is to master each chakra and ultimately arrive at the crown chakra and enter its door. At this stage, one will realize that I am the universe. We are all one.

This is our true state of existence. We are all one huge gigantic family. Each one is responsible for discovering our true nature.

The world will be in a better place if we all did this. Ponder this over. So do you think that you are hard-wired to find God? Maybe it's time to use your inner key to start the engine.

dear friend David an acupuncturist. David the Dragon uses simple English to describe how it works. The east has been thousands of years ahead of the west in discovering these subtle energies inside of us. For them, it was clear as day. It wasn't just a fancy theory but a moment-by-moment experience of the river of life inside of us.

David the Dragon Audio



Hi, I'm David the dragon. I'm best of friends with Little Ricky. You have read about me in this story. I'm over five thousand years old. I still feel young at heart. You see I take care of myself.

Where I come from the British Isles the dragons didn't have any common sense. You could say common sense is uncommon.

Where I came from the dragons didn't exercise or eat good foods. They partied throughout the night. To be frank they had no clue about universal laws. They

were only interested in acquiring stolen treasure and fighting. Boy, what kind of existence is that!

When we flew from the west to the east our entire lifestyle changed for the better. We started to take a look at how to make a better life for the dragons.

As you see only young dragons came with us. They were stuck in their old ways. Quite frankly they had no desire to change. They liked misery.

Well, we decided to have a grand adventure. We learned how to meditate from Zoran and the rest is history.

We learned very young that life is an external and internal adventure. Bet you nobody told you that.

We came to a point where we could see energy all around us and in us. If there was a block over time disease could take place.

You see in the bodies of humans and dragons lie a vast number of rivers and streams. In a healthy body, these rivers and streams are flowing properly.

But the more ones live a life out of balance these rivers and streams get clogged up and don't flow properly. The water over time becomes stagnate and mosquitos can fester. This is where disease manifest.

Here's an example of anger. When a person is always angry this blocks the rivers and streams inside of the body. Over time the body becomes angry and can fight against itself. You call this cancer. Cancer is angry cells.

We discovered a long time ago that by using needles at certain points on the body we can begin to unblock the rivers and streams.

Yet the acupuncturist can help to unblock these dams yet it is up to you to change, modify, and learn how to be healthy.

In the West, you go to a doctor and take the medicine. Your symptoms go away. Your drugs have side effects. The patient takes no responsibility. No wonder your system is messed up.

A wise person begins to listen within and change accordingly. This person realizes that proper rest is the key. In the west sleep and rest is sort of a nuance. They

don't have an understanding of how important it is. For the body to heal and repair it needs rest. Period.

We live such a fast past life we have forgotten why we need sleep and rest in the first place.

The acupuncturist during this time had an easy job. He knew how to break the dam and let the waters flow properly. He might give some healing herbs to the child.

The child understood completely that the acupuncturist could only assist so far in the process. She knew that it was up to her to follow through and live day by day the natural laws of life.

You see their culture was understanding and practiced every moment these natural laws.

Unfortunately, in the world, today man has lost touch with his true nature. Consequently, the disease is quite common.

Our herbs are giving out our organic and have no side effects. They are extremely beneficial in helping the body balance.

Your western medicine has extreme side effects and can cause death. Listen to the commercials today and you will hear a lovely voice telling all the side effects the drugs have.

They are concerned to make a profit. That is the bottom line.

Now kids listen to this story. Only your generation can change this wacky system. You can look at different and natural ways.

You see chemicals are the least effective ways of healing. Your scientists know about energy but at the present moment, only a few doctors are researching the power of energy

This is where acupuncture comes in. In the future, there will mymarid of different discoveries and inventions.

The more a society becomes more aware the more discoveries can occur. You see only in an open society can change occur for the better. These discoveries can be used for good or they can be a complete disaster.

The nuclear bomb is a prime example. The genie got loose and now the world is trying to find out how to reign in the genie.

You see your world has a lot to learn. Imagine most of the world is looking externally. But the jewel lies within. You need a balance between the external and internal.

Millions are people are waking up to this fact. At a certain point in time when humanity truly understands this your inventions will be so-called a miracle in life. They aren't miracles in life but your understanding is at a different level.

Your cell phone would be considered a gift from God five hundred years ago. I bet each one of you kids knows how to operate one. You have no problem with that.

In the same way, the more you understand the laws of the universe more incredible inventions will come your way.

Nature wants to give her incredible gifts but you have to be in synch to receive them. Anger, war, and greed will never be the way to discover these gifts.

For thousands of years, war is not the answer. It has never solved anything and never will.

Only the kids can truly change for the better. Hopefully, you will listen to this story and remember your generation can change for the better. The seeds have been planted many millions of years ago.

You can be the fruit that can change this world.

You are never alone. Someday you will realize this. You will see that all of humanity and the dragons are in the same boat together.

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

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Monroe Institute



When I lived in Miami Beach I read an article in Omni Magazine about the Monroe Institute. Robert Monroe was a radio engineer in the late fifties.

One day as he was sleeping he felt himself drifting outside of his body. He thought he was dying. He had this experience recurring every month or so. Finally, he went to the doctor.

He was concerned that he was going crazy or he had some major illness. Robert told the doctor what was happening and the doctor told him that maybe he was having an out-of-body experience.

He recommends some books to read on the subject. Robert Monroe learned that his experience was about the same as his. Maybe he wasn't so crazy after all.

The experience kept on coming. Being a radio engineer he thought can I produce this experience by using sound waves? After years of research, He learned to utilize sound waves.

He came up with a system that used sound waves to trigger the right and left hemispherical synchronization of the brain. This technique can be modified for learning, health, exploring, etc.

The Omni article said that he had a week-long course in the foothill of Virginia. I was fascinated by this article, called the office, and found out there was an opening for the course. This course is called Gateways.



I arrived at the site of the course and was captured by the beauty of the place. The site was in the mountains. There were a few houses on the property. The foundation owned a good chunk of land.

We were oriented on what days were to be. They took away our watches so we had no idea what time it was. This was not an ordinary course.

Most courses I know of are lectures. This course was based on experience.



At the institute, our actual living quarters were our laboratory. Each bed was its unit.

There were headphones with a microphone which I will tell you about later. There was a curtain that closes off the bed so no light could come in.

Each unit was self-contained. At the first meeting, they told us our schedule. We would get up in the morning shower and then play a series of tapes.

After each tape, we would go to a conference room and talk about our experiences. We would do this throughout the day. We would have lunch and breaks throughout the day.

Day 1 started. We learned about focus 10. This step was about how to put the body asleep and at the same time keep the mind awake. The tapes were incredibly produced. We would put on these headphones,



lie down on our bed, and have these incredible experiences. Day after day the experience would build on each other.

I remember some experiences being completed taken out of my body and being bath in light.

There were talks with angels. I call the Monroe Institute the Disneyland of spiritual. It was amazing to go to a place and see modern scientific equipment being used for self-discovery.

So many of these tapes were for our self-discovery. I remember on some tapes I could hardly walk afterward. I was quite shy and didn't talk too much about my experiences.

I would recommend this program to anyone. During our course, we had a doctor, ministers, computer programmers, housewives, and people from all walks of life.

It was worth it. Robert Monroe is truly an amazing man. He is definitely on the cutting edge of technology.

Intro.

This is Richard Fletcher Monday, October something Second day of the gateway program. I would like to say at this point I'm diving deeper and discovering more of myself and I'm very impressed by the whole operation that is happening around here.



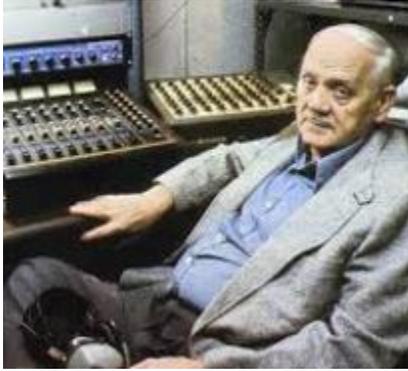
Energy-bar tool

My experience was building the energy bar was going to take some time to get into it. To develop it It wasn't too hard to construct. My experience was very simple. I kind of drifted to sleep. I wasn't there the whole time.

But I had some powerful connections beforehand to see this energy bar could take me to another dimension. It could take me to the other side.

It has endless possibilities for what this bar can be used for. I can use this bar as a beacon to attract my guides or use it to protect me from other things it looks like an all-versatile tool. I just need to develop more and more usage of it.

Freeform 10



This tape was freeform 10. My experience was using the energy bar and trying to see and trying to feel how I could use it in a practical form.

I used this energy bar to create a vibration inside of me that was vibrating faster, faster, faster, and faster. I then used the energy bar to go up and down my body.

I used it like a laser to take away all the negative energy and impurities from my body. I then would take it to my brain and subconscious.

From there it turned my dark subconscious into the light. From there I could be more conscious. Then I used the energy bar to create swirling effects around my body.

This would create a much more intense kind of energy. I put this energy bar on my third eye. I was experiencing an inner dimension

Liftoff

This is the lift-off tape. In this tape, I lifted myself through the roof, through the clouds, and past the moon. I lifted myself and then lowered myself down.

I was putting together the kinesiology of actual lifting off.

Introduction to Focus 12



Before the tape even began I was just completely sailing inside. I was just accepting myself.

I was just trying to accept my hesitation. Hesitations are your friend. Just go inside

and enjoy the experience just like a child.

In the focus 12 state, it was such a beautiful, beautiful, beautiful state. It is a state, of freedom of joy, and happiness. It was an expanded state of awareness. I was experiencing this state just like a child.

A child just accepts and accepts. This is a place I want to be all the time the place of acceptance. If the hesitation is there accept it just like a friend.

It's ok. I don't have to control any kind of experience. All I have to do is ride on that experience.

Just ride on that joy, just ride on that beauty and ride on that light. All I have to do is let that experience come to me of its own accord. I know what I'm looking for and I know it's happening moment by moment.

It will open up to me in its prime moment. In the meantime, I will just enjoy each experience that comes to me. I am putting my attention on what is coming my way.

I am not being directed towards one aspect of what I think is supposed to happen but just to be open period. Focus 12 is such a beautiful state. I have been there many times before.

Problem Solving



This tape is called problem-solving. The problem that I was trying to solve was the question "how can I practically leave my body consciously?"

I had this one vision of walking down these stairs from the gateway program (from upstairs to downstairs). And then an answer came to me that I'm learning the tools.

Don't worry about it. Everything will simply come to you. It's just a matter of relaxing into that experience and just accepting it. It will come in due time.

Most of all just being patient. It will come. There are means. This is not a supernatural thing. If you practice it will happen. It will manifest.

This was the question I put out and I waited and this was the answer that I got. I'm just learning how to visualize, see images, and accept images. There is something for me to learn from those images. In the past, I would ignore them but I know not to look at them and embrace them.



Free flow 12

The name of this tape is free flow 12. My main objective was to explore this state of consciousness.

I just let go and just enjoyed this state of consciousness. It was a very beautiful experience that I had. I was just bathing in the light.

I was experiencing that beautiful vibration inside. I was just riding that wave and riding that energy inside. I saw a picture of a person named

Catherine who was here. I was just experiencing her inner beauty and her happiness.

I was just experiencing a very simple friendship. It was very beautiful and very simple. I just rode with that experience and was open to various nonverbal communication experiences.

I have the ability the inside, it's there and it's latent and I have experience with my brother. Overall it was a very simple beautiful experience.

It was beautiful to see the potential that is there. I am very happy with this place. I am very happy to partake in this program. Just to relax and swim and socialize. I feel I'm establishing a stronger connection inside.

Free Movement



The name of this tape is free movement. There are different positions to leave the body.

This first one was the most powerful. I feel with this technique I can master it with some practice. It's a very powerful way to explore different worlds and dimensions inside of myself.

The next thing was lifting myself from a string lying down and lifting myself at a 45-degree angle. This is also very powerful. All and all I see the glimpse that I can experience the freedom that I want.

I see that it is happening. In the long road, I will have that experience.

Five Questions



This is a tape called five questions. The first question is who I am. In my last life, I realize I was a student of Ramakrishna a famous Indian saint in the 1800s. My name was M. I wrote the Gospel of Ramakrishna.

That's what I read in the Autobiography of a Yogi and completely identified with Yogananda. Yogananda would come and see me as a child.

My next question is what is my purpose here? My purpose here on earth is to expand and become completely one with the Lord and to express his knowledge and love.

Also to establish the kind of communication a human being can have with his creator.

The message that I was told to do was to keep on trucking. Keep on going and I will be led to areas I never knew existed. This workshop that I doing is something I have wanted to do for a long time.

All of my dreams and aspirations are coming true. This tape was delightful just to go and go deeper into this experience.

Non-Verbal Communication



I just can't believe this. This tape is NVC. I just got taken away. I saw all of these incredible things.

The light coming out of my navel, blooming into a Lotus blossom. A Christmas tree with

Lord Jesus on it.

The next thing I knew around this table were people from outer space sitting around it. There were just talking to me and there was such a feeling of love, energy, emotion, excitement, and joy.

My whole body was sweating and tears of joy were streaming down my face.

Now I know the experience of NVC. It's such an incredible place and experience.

This is the type of communication that human beings are meant to have.

I just want to say thank you, thank you, thank you. I'm just totally one hundred percent fulfilled. I just can't believe this.

This form of communication is so beautiful. Just to see and feel the kind of communication that we can have. Just pure love being transferred.

Introduction to Focus 15



This tape was the introduction to focus 15. My experience of this time was to sense and experience a state of no time.

There is a tremendous void, a tremendous light inside of myself. By being with this light it is possible to travel to any time zone past the present and future.

It's wonderful to know that through this experience I can learn to do so. I can slowly just ease myself into this consciousness.

It's incredible to know that there is a place that is beyond time. There was so much energy that it was hard to get used to it.

Free flow 15



This tape was free flow 15. I experience a beautiful love with Cathy. I experience a beautiful connection between us.

I just completely want to dive into that experience. I know I have met her before but I don't remember where. (See Maldek experience.).My daughter was there and her

daughter was there.

We were all playing and laughing together. It was so much fun. We were all experiencing so much joy and happiness.

No tape experience.



This was the no-tape experience. This was like all the rest of the tapes.

I brought myself into 10 then 12 then 15. In all of these states, I experience inner NVC communication.

I just rode this inner wave that kept on getting faster, faster, and faster.

I found myself in various states of consciousness. It was so easy to just go right through them. When I reached the 15 states I just explored that state.

It was so beautiful to be in a place where there is no time. Just light, love, and happiness. We don't need these tapes. They are just like training wheels on a bicycle.

It's nice to know that there is a technique that we can use to experience this. The silence is beautiful. I am very happy to know that I can incorporate this into my life. It's all happening.

What an incredible love that exists inside. It's so natural and beautiful.

Communication point 15



Communication point 15. I went to a state and asked for any kind of message.

The messages I received were in the form of NVC verbal communication. My first message was a picture of Cathy.

The next picture was an image of a dove that gave me peace. Then I was brought up and saw the image of Shri Maharaj Ji



(Maharaj Ji Father). My whole feeling was sensing discovering that there is communication in this state is where communication can occur between your guides and teachers.

They can in this state teach you and communicate with you. They communicate not so much with words but with images.

They can transmit their experiences through images. I just need to learn more and more about this. I am very hopeful about communicating with my guides.

No name tape



Before this tape started they play Amazing Grace. I couldn't believe what was going on. Maharaj was there in his crown and glory. It brought me back to where I was 15 years ago.

It was very emotional and I cried a lot. Just to experience the joy inside. Amazing Grace. This life is truly amazing. It is glorious, I then kind of drifted off and when I came back I was surrounded by swans.

I tried to do the tape but some of the techniques I couldn't quite understand. The main thing I wanted to emphasize was Amazing grace. It truly is amazing. Amazing beyond words. That is the main thing I wanted to communicate.

Relation Galaxy



The name of this tape was the relation galaxy. At this point, I was supposed to put on my headphones. I was just totally just gone. I went to this place in the center of the universe.

At the center was the incredible power of love. The primordial energy for this universe. It was beyond words to experience the unity of the universe being supported by this primordial vibration.

I saw in this state swans and a beautiful lotus flower that was blooming and blooming. There exists in this place all of the great masters. There exists that divine light. The light of God exists everywhere.

That was such a wonderful place to be. I was experiencing my body like an astronaut experiencing the various g-forces.

My whole body was contorted. I am still not out of that place. I just want to live there and dwell there.

5 Messages



The name of this experience was 5 messages.

The fifth message was I have something to do in December. There is a mission that I'm getting prepared for (I moved from Miami to Calif. with Catherine in December) my fourth one was that I should be good friends with Cathy.

The number one message was devotion to the lord. I should be an example of this. The Lord wants love.

Number two was that everything I ever desired will come true. All of my dreams will be satisfied.

Another purpose that came to me was to love everybody I encounter. I should be an example of accepting people for who they are and loving them without conditions.

I should be a simple messenger of the Lord. I don't remember the other one.

Vibe Flow



This tape was called vibe flow. This is a nice tape. Bob (Robert Monroe) just increased the frequency level.

I just got in tune with the frequency level. I just went higher and higher and higher and higher.

Shhhh. I was absorbed in that energy. Half of that experience was traveling at the speed of light. It was like being in a rocket going faster than warp speed. It was traveling at the speed of light. 186,000 miles per second.

Next on the tape was music from the session I forgot to turn off the tape

I was just completely blown away. I was in total bliss. This music just brings me back to that state. I was in total awe.

There was laughter in the background. The rest of the people were discussing their experiences.

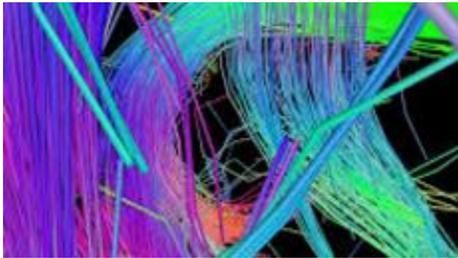
Side Two



During this music, I was seeing a picture of Shri Maharaj Ji (Maharaj Ji's father). I saw an image of Shri Maharaj Ji holding Maharaj Ji.

I had an NVC experience of going into a dream and coming out and realizing that it was an NVC

experience. I just want to go back inside for a few more minutes. I could very easily just leave and never come back. (Long Pause) 15 to 20

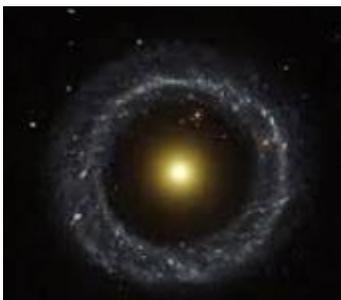


The name of this tape was 15 to 20. I felt I was resonating with the colors green and purple.

It will take me time to know what this experience means. Slowly I will begin to

understand all of this. (Long Pause)
Music is playing in the background.

One one patterning



This tape is called one-one patterning. I kind of zone out of this tape. I see I just to have something in my mind hold it and repeat it every single day and it will come true.

By putting it in my subconscious over time it will come to existence. I am incorporating everything in my life. The main key is to utilize these tools in my life.

I am the director of my life. I am in charge of maintaining and expressing my emotions. At the same time, I just enjoyed the feeling of love that was all around.

I had such a peaceful rest. (I forgot to turn off the tape long period of silence)

Freeform 21



The name of this tape is freeform 21. I just got taken inside of me. I just really enjoyed the experience inside of myself. Joy and peace were overflowing.

All of my guides and teachers were there.

(Once again I forgot to turn off the tape)

Freeform 15



My experience with freeform 15 was completely wonderful. I went to such a deep place inside.

I had this wonderful experience that happened there. Catherine was there and we were beings of light. There was this big heart that surrounds us.

We were just one in that heart. Out Of that heart, our souls just merged. The light came from my third eye and Catherine's third eye. It was like two laser beams of light and love merging into our bodies. We just totally become one.

It was like a sexual experience but it didn't contain sexual energy. It was just pure love. We were both fulfilled in that love, in that joy, in that happiness.

I was inside of her and just riding the wave of love. Both of us were in tuned and in synchronization and experience the oneness of each other.

Coming from her breast was this liquid light was I was drinking. Each drop tasted like nectar. I was completely intoxicated. At one point her daughter appeared and my daughter appeared and we all hugged each other.

We were all laughing and dancing and singing. It was like a family of love, beings of love. At another point, after this self-expression, Catherine just laid on top of me and I just totally melted into her. We just exchanged the beautiful love that existed between us. Both of us were saturated in that love.

We were both in tune with each other. It was such a wonderful feeling. I feel I have known her for a while. I don't know where. Somehow there is a connection between Catherine, myself, and Shri Maharaj Ji. I haven't figured it out.

I just have these feelings that something beautiful and simple is manifesting in my life. I'm open to it. Later on, in one of my tapes, I received a message that on thanksgiving my daughter and I should go and visit Catherine and her child in Virginia. We should just go and play and have fun.

Introduction to Focus 21



The introduction to focus 21 was a completely mind-blowing experience.

As soon I put on my headphones I was tuned in to that light. I was completely submerged in that light inside. I was just taken over. I was flying with a whole group of swans.

There was this beautiful lake where thousands of lotus flowers were just blooming and blooming. I went through the various states of consciousness.

I went from 10 to 12 to 15 in different colors. At 21 a marvelous thing happened. Bob was there (Robert Monroe) and he was just shining. He was his joyful self. He just looked up at me smiling and gave me the thumbs-up sign. He said "go for it" and "enjoy the experience".

There were so much love and communication between us. I recognized him and he recognized me. Both of us know that this is an incredible journey. The ultimate journey.

Once he said that I was completely ready to accept and experience that wonderful light of my existence. I then went to a place where I experienced a light that was supreme love and intelligence.

Every single cell of my existence was filled with this intelligence. I was just one and bathing in that light and joy. I was just flying like a swan. I was just flying like that beautiful bird. That swan is free.

I felt like my soul was free. My soul was just singing in that joy and happiness inside. I was just one. It was so wonderful.

Freeform 21



One of the most amazing tape experiences was freeform 21. I don't think there are any words to describe what happened there.

From the moment I put on my headphones throughout the entire process, I was riding the wave of ecstasy and joy. Technically Bob (Robert Monroe) was a genius to develop that tape.

The sounds that he was emitting were the sounds and frequency that reside inside. It was completely a marvelous experience. I was completely experiencing the oneness of joy.

I had these visions of Catherine. She would just smile at me and just drift away. Once again I would dive deeper and deeper into the experience inside. I would go deeper and deeper into that light.

My whole body was like an astronaut experiencing the G-Force. I was experiencing how powerful and incredible the energy is. This energy touches my whole molecular structure and even beyond that.

It reaches the soul and the very essence of life. I feel so wonderful that everything is on track in my life. I have a vision of a quest and it's happening. All of my dreams are coming true on all levels

One experience that I want to express is that I went to bed on the last night of the program around midnight. I was kind of tired. I just needed to go inside and experience that inner beauty.

I drifted off to sleep and was just in that place of love. I was in a nice deep sleep. Around three o'clock in the morning, I was waking up with a bang.

I automatically woke just right up. Something inside of me told me to go take a shower and go see Catherine. I did this. I was kind of hesitant.

What am I doing? I just had this faith and intuition to do this. I went up to Catherine's room and very quietly walked into her room. I opened up her curtain and very slowly touched her.

She looked at me and I could tell she was in a state of shock herself. She thought at first I was a ghost. All she could see was my head because the rest of my body was behind the curtain. She looked at me and said is that you or is it a ghost. I reassured her that yes it was me.

I just climbed into bed with her and just held her the rest of the night. We just exchanged the feeling of love that we had. We just caressed each other and love each other.

There was such a warm inner exchange of love. It wasn't sexual energy. It was like the energy of love, satisfaction, and joy. It was a wonderful experience.

At times I would find myself snoring. My body was asleep but I was wide awake. I was in such a beautiful state inside. I was surrounded by love. I saw these beautiful swans surrounding us. They were protecting us and saying everything is an ok.

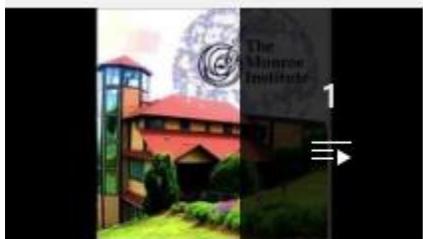
Everything is going to plan Just relax and enjoy each other. At one point when Catherine was drifting off to sleep, I saw one of my guides named Running Water.

I saw his face and saw he was an Indian. At one time we were brothers. We were once in a state of laughing and playing and interacting with the forces of nature together.

It was such a beautiful connection. I remember coming out of a dream state and all of a sudden BAM there he was. We talked to each other for some time. He was the eternal brave. He was forceful powerful and full of love.

That consciousness lies inside of me. I felt so wonderful the whole night. What a way to end the week

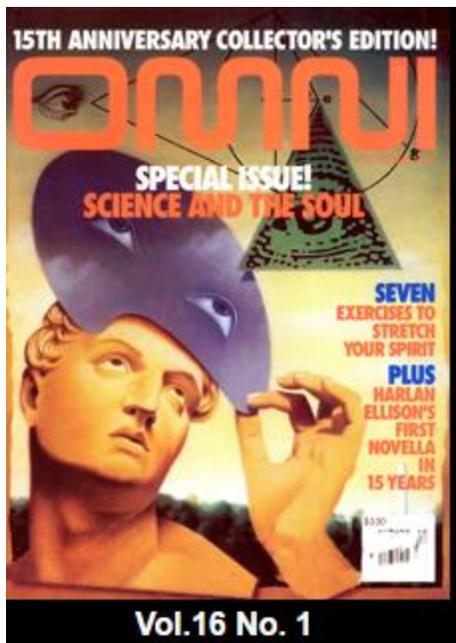
PDF



Books 2022- Monroe Institute

Fletcher Soul Traveler

Updated today



This is from the table of contents of Omni magazine which featured Robert Monroe.

[Notes from the New Land \(pg 40\)](#)

At the Monroe Institute, participants go on an extraordinary journey induced by sound patterns - both into and beyond themselves. by Murray Cox

35 years later

My twin brother John last week sent me the links to these two YouTube videos. These videos contained once classified information from the CIA in the 1980s. They were changed from classified to unclassified in the early 2000s.

These documents were about Robert Monroe and their Monroe institute. They were about the gateway program that was highly known during its day. I watched these two videos 35 years later. They are just as relevant. today as 35 years ago.

Robert Monroe was an absolute genius. I thought so back then. Today I even have more respect for the man. He died in the 1990s. In these CIA videos, they went over the one-week Gateway program that I attended years ago.

I found it quite fascinating that the same tools used during the Gateway program were the foundation of the CIA's development tools. In plain English, they described many of the tools we learn and experience during our week-long program. Maybe it's just 35 years later but I was blown away by the description of the tools.

Back then I didn't have the maturity or understanding of the preciousness of these tools. Mind you this was probably one of the most memorable weeks of my life. One does not become an adult overnight. A young child doesn't have the maturity of an adult.

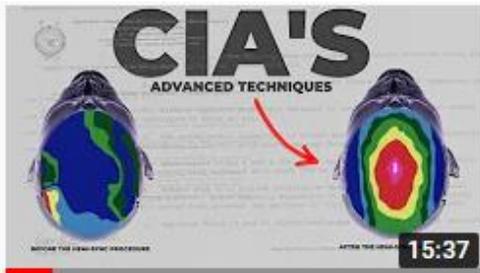
After meditating for over 50 years and listening to these videos I saw the brilliance of Robert Monroe. Not too many people knew of him. His voice was mesmerizing. I don't think I have ever heard a voice so brilliantly before. In each of the tapes, we listen to during our retreat he would be leading us.

His voice was the perfect magnet to resonate this experience with us. I would love to experience these original tapes once more. It would be an entirely different experience. My understanding from this course has been integrated into me.

Many of my doubts have disappeared years ago. These tapes are incredible training wheels that humanity can use. With training wheels, once you get the

confidence you can take them off. Even if you never take off the training wheels, there are endless journeys to embark on within.

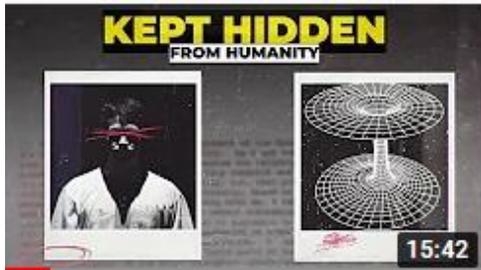
Both science and the world of mystics are coming together. He was at the forefront of this Hemi-Sync technology since the 1950s. We are just at the beginning of a new mankind which he talked about in his books.



Brain Enhancement Techniques Listed In a CIA Document

Video Advice ✓ 936K views

✓ AUDIO PROGRAMS - <https://bit.ly/3w7mRjt> The report entitled Analysis and Assessment of The Gateway Process was penned in...



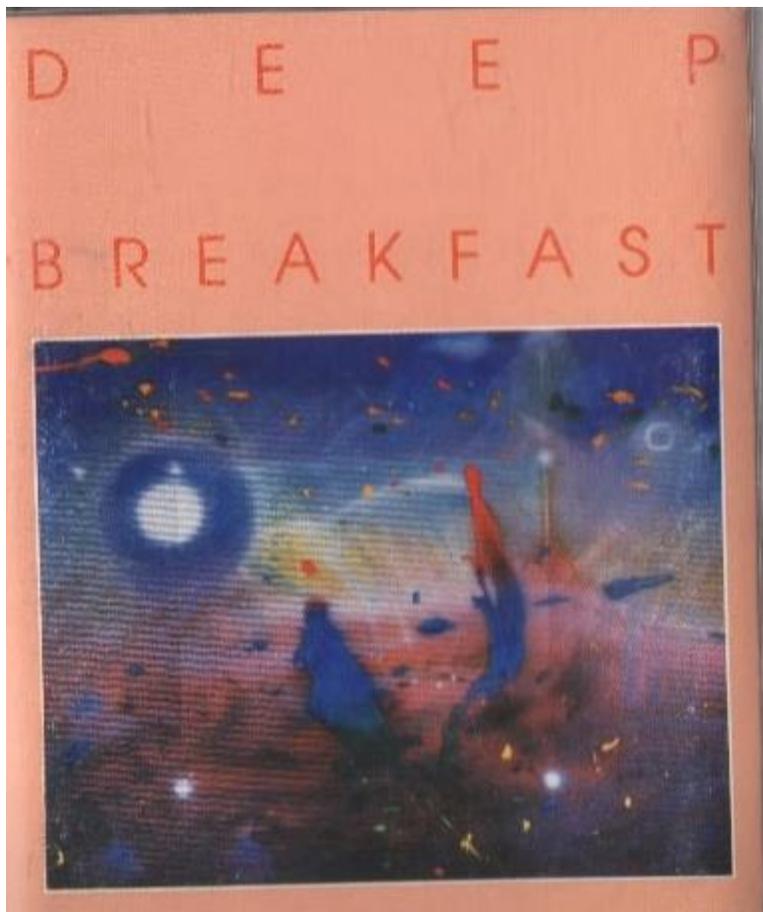
"Focus 21: The Future" | CIA's Advanced Techniques

Video Advice ✓ 166K views

✓ AUDIO PROGRAMS - <https://bit.ly/3w7mRjt> Back in 1983, the CIA wrote an obscure report on the "Gateway Experience," claiming that...

[Ray Lynch - Deep Breakfast](#)

The first time I hear this was at the Monroe Institute in 1985. It was a week-long seminar.



THE GATEWAY TAPES (C.I.A
DECLASSIFIED)

Is This From A Mystic Or a Scientist?

Is this from a mystic or a scientist?

Kabir a mystic from the 15 century said the following.

All know that the drop merges into the ocean, but few know that the ocean merges
into the drop.

Now that is profound.

A modern-day Einstein might have said that today.

The entire universe exists inside of us.

We are a part of the universe.

Is this a paradox?

We are beyond time and space.

There are billions of universes.

Inside our DNA is a part that is not material.

It is spiritual.

No instrument known to man can detect this yet.

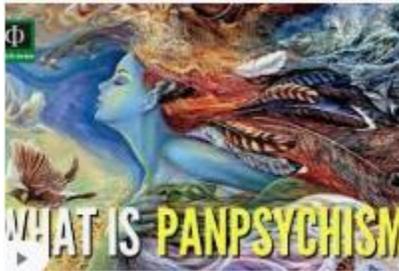
Yet the mystics have said all along.

You are hard-wired for this experience.

Ponder this message.

The divine words from Kabir are alive.

What Is Panpsychism 3/16/2018



Recently I read an incredible article that describes the nature of consciousness. It was talking about a term called Panpsychism. During the 1920s Bertrand Russell came up with this term. It's kind of like what came first the chicken or the egg. What comes first a human body and mind or is there an awareness beyond that?

Is the universe aware and conscious? Is there a cosmic quantum soup of consciousness? Does a rock or a flower aware? Does consciousness require a form? How big or how small can the form be to be aware?

Is dark matter aware? Is the sun in the sky aware? What denotes awareness?

Some people think which I also do that the foundation of the universe is consciousness. The entire universe is aware. Before the big bang consciousness existed. This is not the first time a universe was created nor will it be the last time. Like the incoming of breath and the outflow of breath, the universe comes and goes. Granted it takes billions of years. But still, that is a blink of an eye for eternity.

In this article, they described that even particles are alive and aware. These are part of a cosmic soup where everything is tied together. The entire universe is comprised of this soup. Imagine making a homemade soup. You blend it all and combine milk or cream. Your family loves it.

Now can you take out a single ingredient? You can't. In the same way, there is a universal soup of consciousness which we are a part of. It is quantum. It is beyond time and space. We always think linearly.

In the quantum world the past, present, and future are melded together. There is a whole set of chaotic laws that we can't even conceive. Man thinks that by using logic that they can understand the quantum soup. But's it's beyond logic and rational thinking.

Personally, I think the great mystics got a piece of the puzzle. Not the entire puzzle. But a piece of the puzzle contains the whole puzzle. It's like a hologram. A small piece contains the entire piece of the puzzle.

What if a person who meditates can be in a place where they are receptive to the inner light inside. Imagine this light is the same light as the quantum universe. Everything is a part of this light. $E=Mc^2$. Everything is energy and light. Everything is alive and aware.

Maybe, just maybe a meditator can see and feel the quantumness of the universe. Maybe the laboratory of life exists inside of us. Maybe we were created to find and discover this inside of ourselves.

Personally, I think we are in the beginning stages of development. Why we still are babies in emotional development. We still fight and war with each other. We use our precious discoveries of the universe to make atomic bombs. We have a President who tweets my button is bigger than your button. A thin thread is holding a knife over our heads and we are oblivious to it.

I have great hope for the future. I feel that science and the world inside will lead the way for humanity. Just think when a scientist truly begins to open the door inside. They will begin to operate at a deeper level. They can embark on the scientific discoveries of the inner and the outer. Both of them will lead to the same place.

Life is a mystery. Both the scientist and the mystic are embarking on an incredible journey. The light particles that a mystic sees is the same light particles that a scientist uses in Cern Switzerland.

Both of them are in different laboratories. One is outer and the other is inner. Personally, I think the mystic has an advantage. The human body is wired for this experiment. The human body has five senses which there are five eternal senses within. The human being can learn how to be aware of the consciousness of the universe. A human being is hardwired for this experience. Yet most of the time the car is sitting in the garage. The garage door needs to be open and you must back out the car and take it for a spin.

Humanity is just beginning to understand to open up the garage door within. When they do science will go to another completely different level. There the universe can show humanity gifts we can never imagine. You see without kindness the universe will only show you so much.

It would be like handing a small child an atomic bomb. They wouldn't know the damage what it could do. We are in that state. Without humanity becoming a kind man we will never progress to our true potential.

You see the universe is kind and aware. The universe is love and compassion. Become like the mystic and discover your true nature.

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

Meditation



Wow, we are directly hard-wired to find God yet we are so dense at this present moment. How can the world at large discover its true nature?

Did you know that the same power that is keeping you alive is keeping the universe alive? Behind your breath lies the secret of life. The universe is

keeping you alive. The mystics have known this for thousands of years.

On average, a person at rest takes about 16 breaths per minute. This means we breathe about 960 breaths an hour, 23,040 breaths a day, and 8,409,600 a year. Unless we get a lot of exercises. The person who lives to 80 will take about 672,768,000 breaths in a lifetime.

We are breathing yet most of the time we aren't aware of our breath. By focusing on the breath moment by moment one begins to dive deep into the infinite ocean of life.

Here are some simple and easy yet powerful meditations you can do.

[Sit down meditation](#)

For me, this is the foundation for life. Without this practice personally, I don't think a person will travel far on this path. You see by closing your eyes and concentration on your breath you are closing the doors to the external world and opening the doors within.

Each time you do this on a day-to-day basis your understanding and experience grow. As I said, in the beginning, you meditate upon the universe. After some point in time, the universe starts to meditate on you. There is a melding of energy. The mind is like a tuning fork.

Whatever it focuses on it vibrates at that frequency. When your mind concentrates on your breath it vibrates to love and compassion. Mind you this is a slow journey. Rome was not built in a day. The earth took billions of years before humans came upon the scene.

You see we are hardwired to discover God. Enjoy the journey of meditation. In the beginning, you will probably meditate just for yourself. At some point, a person gets more spiritually mature and will meditate for all sentient beings.

Did you know that concentrating on your breath is the foundation for many of the world's meditation practices? It is as old as time. I have been meditating for around 47 years and every day I am grateful to do so. My advice put your heart and soul into this practice.

Many people don't like to meditate. They say it's boring. Well, your mind is boring. Meditation is not boring. The universe is not boring. You are bored. The mind is bored. Change your mindset. You are playing the video game of life.

As in our video games, they are supposed to be challenging. This is the most challenging game you will ever play. It's also the most rewarding. You will change every aspect of your life. You will see that the keys to the universe exist inside of you. You will over time learn how to be in harmony with the universe.

Words can't truly describe that experience. Imagine there will never be a point in time when you can clap your hands and say "I've learned all that can be learned". Learning and growing are a part of life and the universe. You will never stop learning. You are eternal.

I was a surfer for many years. Presently I live in Kansas. Yet I love it here. Meditation and the practice of life is my hobby. I love to discover my true nature and the universe. It's my hobby. I've been doing this for many years now. I have gone through so many incredible levels in this video game. I hope I can help you in your playing the game.

Even if you don't think there is a video game you are playing the video game whether you know it or not. You see 98% of your actions come from your subconscious mind. You aren't even aware of it.

Your subconscious mind got developed when you were from 0 to seven years old. You are playing the same tapes from your early beginnings in life.

No wonder we are like leaves blowing in the wind. We react to every situation that comes our way from these early memories in life. We have learned how to be reactive beings and are quite good at it.

Many of us react when we read this. Don't tell me what to do. We aren't. You have free will and free choice. Personally, if there is a cliff and you are about to walk off the cliff we want to tell you hey there is a cliff in front of you.

Many people say it's too hard. Yes, it's hard yet at the same time is super easy. You can learn to change your attitude. Your thoughts either positive or negative are the building blocks of your life.

I prefer to build love, patience, kindness, compassion, and tolerance in my life. Inside of you contains all the wondrous qualities of the universe. This is your true nature.

By closing your eyes daily you will slowly discover your true nature. Learn how to love to meditate. It's probably the most significant thing a human being can do.

Stop The Noise In Your Head



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

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

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

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

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

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

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

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

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

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

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

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

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

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

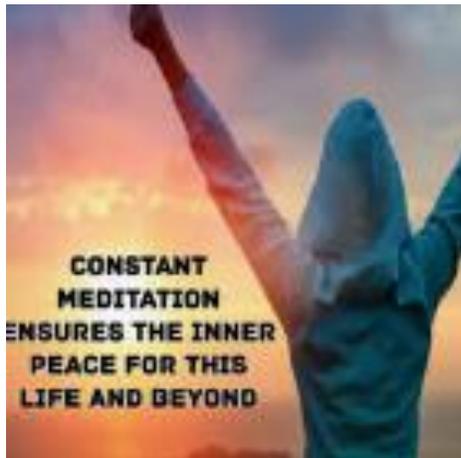
The genie knew he was outsmarted by the wise man. The young boy enjoyed his life and helped others in the community. He eventually learned about the dragons and helped tremendously his fellow man.

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

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

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

Constant Meditation



When you concentrate on your breath you are constantly bringing the mind back towards your center point. The mind loves to wonder. Mystics have said to control your mind is the most difficult thing to do in the universe.

I bet you for the last 47 years I have brought my mind back to the center point probably around a billion times. Yet if I look back from where I started and where I am today is a difference

between night and day.

In the beginning, my mind was out of control. It still is yet my mind is my friend. The mind's natural state is to wonder. The more I drench myself in the ocean of silence my mind is getting cleansed.

Learn how to become friends with your mind. Don't make it an enemy. It like training a puppy. You can do it. Every time your mind wanders bring it back.

In the beginning, it took a while to sink into the silence. It was like struggling in the water. Yet at a certain point silence would fill you up. It's hard to describe.

Over the years it has gotten so much easier. Now I close my eyes and I'm there. As I said before, in the beginning, you meditate on the universe. At a certain point, the universe meditates on you.

Even in this state, one must make conscious decisions to express love, patience, tolerance, and compassion for all. We must also reprogram our subconscious minds to reflect our true nature. That will be talked about in some other chapter.

Once you can begin to experience the silence and feel love and compassion while you close your eyes you can begin to do the next step.

In this step, you will slowly learn to concentrate on your breath while you are awake. It's a standing meditation. Imagine you are breathing 24 hours a day yet you are unaware of your breath.

Try this next time you are driving. Turn off the radio. When you are driving focus on the road and pay attention to your breath. The more you do this the less you will be in a hurry. I won't say that you will drive like a Granny yet your state of mind will be totally peaceful.

You will not have a care in the world. You can be in a traffic jam and you won't have a care in the world. I have a personal theory. The more agitated the mind is the more reckless and impatient a driver will be. Sometimes you can almost see a fire of anger from a driver. You can see their hands flaring in a state of anger and being impatient.

I'm sure they are completely oblivious to their condition. They are just responding automatically without any self-control.

Try this every time you drive. Once you begin to feel this wondrous effect while driving slowly begin to consciously meditate during other activities in your day.

For example, do this while someone is talking. Listen truly to what the other person is saying and at the same time follow your breath. At some point, you will fill the stillness and at the same time, you will truly listen to what the other person is saying.

This leads to incredible communication skills. The other person will know that you are truly listening to them. Most people don't truly listen and are thinking about what to say next while the other person is speaking. This leads to broken communication.

Need I saw our political environment is like that today. Nobody truly listens yet they only speak without truly thinking. It's more like an automatic response. Our current President does this on Twitter.

He tweets nonsense without going through true filters. Emotionally he is like a child and never grew up. Otherwise, he would never mock someone and call them names. That's for another topic. Need I say more?

The more you do this over time you will be filled with joy and happiness. The more in harmony you are with the universe the better your life will be. You will truly see and understand that happiness exists inside and nobody can take it away.

Your worldly desires will slowly fade away. Most important of all you will let go of all negative emotions. They don't serve you at all. They harm your mind and body. You may be angry at some person who wrongs you 20 years ago.

They have forgotten the incident. Yet you still hold on to it for dear life. Meditation and the power to forgive will dissipate this anger.

These are just a few things to ponder over and try. Mystics have talked about this for thousands of years. Now is the time for you to simply slowly embrace a new way of looking at life.

When I practiced Yoga in the seventies Yoga was almost unknown in America. You were out there if you practiced it. Today Yoga is truly practiced all over America. It has been mainstream for many years.

In the same way, the world is waking up from its slumber. What I'm saying will be mainstream someday soon. Millions of people are talking about the same thing and are changing their life for the better.

Can't Go Back To Sleep



Have you gotten yourself into a pattern where you wake up around 1:00 in the morning and can't go back to sleep? You are wide awake and restless. Well, this is a perfect time to close your eyes and concentrate on your breath.

Just relax and watch the sweetness of your breath. Don't struggle just watch and feel the love flowing through you. You may go back to sleep and then wake up again. Continue watching your breath. The more you do this over time the easier it gets.

When you begin to experience love inside of you try the following. Focus on your breath. Then spend time and focus on each chakra. See chapter 11. Start from the root chakra and work your way to the crown chakra. Take your time. Don't rush.

Imagine this system is always been there and yet we are oblivious to it. Our mentality is if I can't see it I don't believe it. Well, you can see the air or see love but it does exist. This chakra system is a part of our being. It's as real as your physical body. You just can't see it.

You are hardwired to see God. By being aware of these chakras and paying attention to them you are consciously becoming aware of the mind, body, and soul connection.

You can heal yourself over time. You can let go of your emotional baggage. You can slowly change and become in harmony with the universe.

You can become more aware. You can learn how to take charge of your life and learn how to be a proactive human being.

Most of us live our lives like leaves blowing in the wind. We react to each circumstance without being aware. Our subconscious is running the show.

Many people think that sleep is a drag. They wish that they didn't have to sleep. They are oblivious not in synch with nature and the universe. Sleep is a time when the body can get rid of toxins from the day.

Scientists have discovered between 8:00 and 12:00 is the best time for the body to repair itself. Unfortunately, most of us are oblivious to this. Every night while we sleep we tap into the source of life. This is how we recharge ourselves. It's like we have a battery inside that needs to be recharged every night. Much like our cell phones need to be recharged.

When we wake up from our dreams and can't fall asleep try this. If you don't want to do this then spend time forgiving all those people who have wronged you. Forgive yourself.

While you are doing this try to feel what part of the body this energy is stored in. You see your negative thoughts and emotions are stored in your human body.

We all are carrying boulders inside and we all feel the weight in ourselves. Forgiveness is the key to dropping our emotional baggage.

By concentrating on your chakras over time you release emotional baggage from the specific chakra you are focusing on.

This path is meant to be fun and full of adventures. As Bugs Bunny once said don't take life so seriously because you will never get out of it alive.

These are all tools that you can use daily. There are hundreds of tools that you can use to change for the better.

Most people don't like to change. We have been taught since birth that change is not good. We have been taught to fear change. We don't want to upset the apple cart.

Even when we live our lives in misery we don't want to change for the better. Our world has made us complacent and feel numb. Take a look at our media. It only projects the negative not the positive.

That is slowly beginning to change. Most broadcast news channels now present a small positive segment at the end of the newscast. Some have it every day while others might have it on a Friday.

If you just spent a little time each day and used these tools your life will change for the better. You are the company that you keep. If you just blow this off and say I don't need to change.

I'm fine with yourself that your free will and free choice. Nobody is going to judge you.

All I'm saying is that you are hardwired to discover your true nature. You are the universe. You just don't know it.

Tip Of The Iceberg



This is just the tip of the iceberg. The entire human body is hardwired to find God. We need to discover how to transform ourselves. One of the people I truly admire is Dr. Joe Dispenza.

He is on the cutting edge of the fusion between medical science and the methods to discover our true nature.

The world in general is stressed out. Billions of people aren't connected to their true nature. At the brain wave level, this stress is high beta.

You have heard of the flight or fight response. In the old days of our ancestors when we saw a tiger, we would run for dear life. All sorts of chemicals would kick in and a rush of adrenaline would occur.

Well in our present-day life so many people are so stressed out that they don't know how to turn off the facet of this adrenaline. Consequently, all sorts of damage occur.

Look at the opioid epidemic today. It is affecting all over America. Thousands of people are dying each year.

Yet we are hardwired to find God and this is our present state in current affairs. This state of mind has been upon us for thousands of years.

We are reactive beings. Look at the political post on Facebook and you will see what I mean. People are flaming each other.

If kindness is our true nature how do we discover it? Did you know that your life is governed by your subconscious mind? This is the driving force in your life.

From age zero to seven your active brain wave state was in theta. Theta accepts the good, bad and ugly and stores them in your subconscious. It's similar to a hard drive.

As we get older our brain waves go from theta to beta. This is the current state. A healthy individual beta state will make a person alert and ready for the day. Unfortunately, most of us are like leaves blowing in the wind.

Meditation is a process where we can discover our true nature. We learn how to go into deeper levels of brain wave states to change ourselves. The goal is to identify ourselves with our true nature.

We are the universe. We just don't know it. As humanity, we are in a state of kindergarten emotional maturity. Look at our politics today and you will see what I mean.

Joe Dispenza has discovered when the pineal gland and pituitary gland are active over 1500 incredible chemicals are released from the brain into the human body.

These chemicals wash the mind and body and over time make the human whole again. You become a kind man.

The goal is to identify yourself once again with your true nature. You can become the sun, moon, and stars and still be walking around in a human body. This is your true nature.

As humanity, we will witness a great transformation occurring in mankind. Yes, this will take time but millions of people are waking up from our slumbers.

You see it's only by your will alone can you open the inner door. The car is locked up in your car and gathering dust. Only you have the remote control to open up your inner garage door.

Then you can take your car for a divine spin. You see you have the keys yet they are sitting on your kitchen table. They have been there so long that you have no idea what the key is for.

Meditation is the key to discovering your true nature. Joe Dispenza is researching for the last 30 odd so years to build a scientific and spiritual bond with each other.

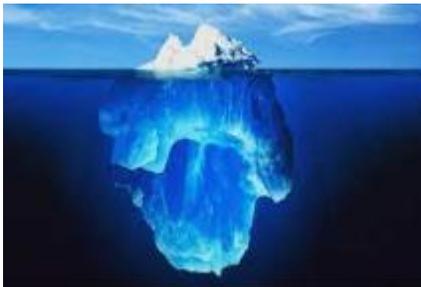
When I first started to meditate I would see a few articles about the science behind meditation. In the forties, Paramahansa Yogananda published his autobiography and it contained scientific wisdom. It was like sweet music to my ears.

Since then thousands of papers were published. What I like about Joe Dispenza is that he has around a thousand people come to a week retreat.

In the past, he saw the great breakthroughs that occurred on the fourth or fifth day. The seminar was only five days at that time. So he added a couple of extra days.

In my eyes, I love to see that there are practical scientific tools we can use to discover our true nature. As I said this is just the tip of the iceberg.

Closing



As we said in the previous chapter this is just the tip of the iceberg. You have an incredible opportunity to discover your true nature inside of you. All the tools are there. All the guidance lies inside of you. The doors can only be opened by you. You are not alone. The universe exists inside of you.

What do you think? Are these just pretty words? Nobody is trying to convince you or convert you. There is nothing to convert to. This is your true nature. We are simply reminding you of this.

This is an exciting path and journey. Remember you are hardwired to find God. Signposts are all around you.

Ponder this over. What have you got to lose?