



The Journey

Fletcher Soul Traveler

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Intro



What if I told you the following? You are the universe. You just don't know it. Modern-day scientists discovering the laws of quantum physics are saying the same thing. Many of them believe the universe is not a series of

random events. These events didn't create life. Life itself created life.

You are the sun, moon, and stars walking around in a human body. You were never created nor will you ever be destroyed. Your body will die but you never will.

You were there before the dawning of creation. You will still be there when our universe slept into the night and never come back again.

You see we are eternal. We are one with each other and all of life. We have been taught differently. You could say our ideas about life are quite archaic. We truly haven't come a long way since we first appeared on this planet. Maybe in technology and science, we came a long way yet we are still babies.

We are still fighting wars on this planet. One out of every six children is hungry in America. We make laws for the rich and ignore the poor. I could go on and on.

Emotionally we haven't progressed much. We still fight with each other. We don't know how to control anger. Look at Facebook today billions of people are flammng each other. We are adding gasoline to the fire of life. Has the whole world run amuck?

Yet there are millions of people waking up. Millions realize that they have a piece of the puzzle inside of them. If you want to change the world you must first change yourself. Only then can the world change before you. You will see the world with new eyes.

If you are eternal where were you before your Grandfather was born? Where were you before the earth was even created? You were the universe.

I know that's a lot to take in. Yet it's true. If you break down everything in the universe it comes down to the quantum of multi-dimensional energy. Your mind truly can't grasp this but your heart can. The finite mind can't grasp something infinite.

Only your heart can. You see true wisdom isn't thinking about the infinite. True wisdom comes from the silence within you. You can recite the knowledge of all the books on planet earth yet one who has discovered the silence within is truly the wise man.

Life is truly a paradox. We all have different lives to live yet ultimately we are all one. There is truly no difference between you and me. We have separate journeys yet at the same time, we all have the same journey.

If we look at the quantum level and multi-dimensional level our journey is the same. We are all one.

If we look at the material level it seems we are all on a different journeys in life. The world around us is a whole civilization of people seemingly living in a crazy world.

In the East, they call this Maya. Many moons ago I read this book the Autobiography of a Yogi. It was written by Paramahansa Yogananda. Yogananda describes this world as watching a movie in a movie theater.

You get sucked into the movie and it seems so real. You cry, laugh, and feel the emotions coming from the actors. Yet if you turned around you could see light streaming from the projector. The light would hit the screen and project moving images.

The East has had this concept for thousands of years. It's only since the early 20th Century did our scientists researched the law of physics. Back then they knew that energy is the backbone of the universe. Yet we still live our lives in the old ways.

You see the universe is kind. The universe is love. The universe is compassionate. The universe does not judge us.

What if I said that this is a journey from darkness to light? What if this journey is meant to discover your true nature? What if I told you that the ultimate goal is to discover you are the universe?

You have been living in the material and non-material world for eternity. This isn't your first go-around. This won't be your last go-around. You are on the merry-go-round of life. You will see that this ride is the most incredible in the universe. You will discover your true nature.

What if I told you that when I was born humanity was considered doomed? Millions of people believe in the last days of man. Yet we are still here. A great shift has occurred. You may not see it with your external eyes.

Imagine dusting your house. At first, it seems like you have created more dust by dusting. A huge cloud will appear. Over time the dust settles.

Well, this planet is going through the same transformation. It will take a while yet the darkness can't live in the light. If you want peace on earth you must have peace inside of you. You can't have peace on earth if you are full of anger and greed.

The universe doesn't have an ounce of anger and greed. We do. Our goal is to pull the weeds within and take care of our internal garden.

Chapter 1



If you are eternal that means you have existed for billions of years. How come we don't know that fact? Many of the wise men from the past posed that same question.

Their answer was always you must look within to discover your true nature. Imagine the whole universe's wisdom exists inside of your DNA yet we are oblivious to this wisdom.

Many people say they have no need or desire to discover their true nature. No judgment there. You see we are all on different journeys and at the same time we are all on the same journey. That's quite the paradox.

Did you know that the more attention you make to the universe, the universe starts paying attention to yourself? That's quite the statement. In the beginning, you have to put a tremendous amount of energy into focusing within. After some time, there is a shift and the universe meditates on you.

Inside of our DNA contains every life experience on this planet and beyond. You see you helped create the universe. Now that's mind-boggling if you stop and think about it.

Did you know that there is a part of you that exists in the entire universe? This is your true nature. Yet we come into this world with full knowledge and over time we forget our true nature.

Even after meditating for 47 years we only get glimpses of who we were in the past. Maybe there is a reason behind this. We don't want to get stuck in the past. We are on an infinite journey of learning and growing.

My twin brother and I have this feeling that we came from a different universe altogether. Where does this feeling come from? I have always felt that I'm a stranger in this world.

From the moment go I knew that I came from the stars. I knew that inside of me lies the universe, Yet I didn't know how to tap into it. I always knew that meditation was the key.

Yet I thought that only a teacher or Guru could show you the way. Yes, they provide tremendous help along the way. Yet they can't walk your journey. Only you can unlock the door within.

I have realized that behind your breath lies the universe.

Chapter 2



Let's talk about ways that will make your journey in life easier. Let's talk about the right mind and right action. What in the world is that?

Have you ever stopped and taken a look at what your mind is saying? Most people never do. If you ever tried to meditate you will probably see

firsthand how the mind is totally out of control.

It's like you have a chatterbox talking the entire time you are trying to meditate. The Indians call it monkey mind. The monkey jumps from branch to branch. It can't sit still.

Most of us are probably totally oblivious to this. We aren't aware of this. Yet a person who meditates is today aware of the power of the mind. All the past masters have said that controlling the mind is the most difficult thing to do in the universe.

You see you can control your mind. You can change how you think. You can overcome all internal obstacles. They say Rome was not built in a day.

This journey of life is a day-by-day, moment-by-moment journey to change your life for the better. You can never clap your hands and say I have mastered this journey. Remember this journey is eternal.

A wise man weeds his garden moment by moment. Before he speaks he monitors his thoughts. If something such as a negative emotion occurs he will not say it. You see anger only poisons the person who speaks. Yes, anger puts more gasoline on the fire. Take a look today on Facebook. People are flamming all over the place.

So what does this have to do with me? I'm fine. I don't have any problems. I don't need anything. Well, it's not a matter of convincing. Are you taking care of your garden inside of you?

Do you even know you have a garden? If you don't know you have a garden inside of you I will say you have weeds to pull. Look I'm not trying to say if you have

weeds you need to pull them. You have free will. Yet I'm saying that tons of weeds make life more difficult. It's bringing you down. Life then can be a drag. You then can take up vices that aren't good for you.

You see everything begins with your mind and how you think. All of your actions are dictated by your mind. Look we have a President who tweets whatever comes to his mind. It's not filtered whatsoever. Many of his tweets go against US policies. Yet he says them.

I'm saying your mind dictates your actions. Look at all the craziness in the world today. Look at all the laws which help out the rich yet harm the poor. Look at both political parties. Both of them are so immature. You see when your mind is mature your actions will be mature.

Right speech and right action will benefit the entire world, not just you. For thousands of years, we have ignored our state of mind. I don't have to say what this leads us to. War, War, and War. Man is always fighting. In all areas of life, we are constantly fighting. Mind you not just on the battlefield but in every action we take in life.

Yet we think this is normal. Take a look at TV or the movies. We think it is normal to watch horror or violence. We don't think anything about it. It has become so commonplace that we think it is normal.

Yet the universe is not violent. We are. The universe is kind and compassionate. We have forgotten our true nature. We have forgotten that there is a garden inside where we can pull the internal weeds. We can change for the better. Look all I'm saying is that you are the universe. You just don't know it. Ponder over these words.

Chapter 3



In the last chapter, we talked about the right mind and right action. We talked about the power of the mind. Today let's talk about meditation. I once had a teacher whose definition of meditation was “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. If you are angry your mind will be angry. If you are sad your mind will be sad.

We think that happiness depends upon external events. We think that the wise men of the past lives had no bumps in the road. No one gets a free ride on the precious journey. Meditation is the key to creating shock absorbers so when your car hits a bump in the road it won't affect you as much.

Most of us live our lives going up and down. The road is smooth. We are happy. Life throws us a curveball. We hit a bump in the road. We then go through sadness.

Our lives are dependent externally on our happiness. I remember as a kid getting a precious gift from dear old Santa. At first, I loved it. Yet a few months later I didn't bother to play with it. I remember seeing this pattern numerous times in my childhood.

I saw that external happiness is temporary. It will not last forever. Meditation is the medicine that reveals our true nature. Our true nature is kind, full of love and compassion. We are the universe. We just don't know it.

I'm not saying that by practicing meditation all of your problems will go away. In this journey in life, we have lessons to learn. We are here to grow. Meditation is a tool to help you pull your inner weeds. Meditation is a way to discover your true nature. Meditation is a way for you to discover your piece of this puzzle on this journey in life.

Meditation will help you to become a kind and considerate human being. People will love being around you.

Mediation will help you drench with water the anger in your life. If someone flames you, your response will be kindness. Kindness is the most powerful force in the universe.

Many people think that anger is more powerful than kindness. Anyone can be angry. In the face of adversity, both parties can explode so easily. Yet to respond with kindness takes tremendous strength.

There are hundreds of benefits to learning how to meditate. I could go on and on and on. There are thousands of books on the topic.

Do I think the world would be a better place if the majority of the world would have a daily meditation practice? Yes, I do. I have seen the incredible effects in my own life. Day by day I love to weed my inner garden. I love to grow fruits such as increased kindness, love, patience, and tolerance in my life.

These aren't just words. This is our true nature. Anyone can change for the better. Unfortunately, many of us were never taught how to discover our true nature. This journey will go on forever.

How would you like to experience that you are never alone? Inside of you lies your true nature. You are the universe. You just don't know it. Mediation is the key to unlock your inner door.

Chapter 4



Let's continue along this journey. Here's another tip to you help you. Take care of your body. It's the only body you get. People take care of their cars more than they do their own bodies.

That's kinda funny and sad at the same time. I believe food is medicine. At a young age, I believed in preventive medicine. This means having a healthy lifestyle. You must be balanced. You can't be strict that you miss out on life. At the same time, you can't be so lax that you have no rules or guidelines to take care of this beautiful human body. There must be a balance.

With that being said, ponder over how you take care of your body. Do you give it rest? Do you exercise? Do you take walks? Do you eat tons of junk food?

Each of us can change for the better. Or we can change for the worse. In America, unfortunately, the majority of people don't like to take care of their bodies. Maybe because of the mass media and commercials we get brainwashed. If you drink this soda it will make you happy.

Personally, sodas are like drinking poison. I'm not saying don't drink sodas. As a kid, sodas were served in our house only a few times a year. Mostly for holidays and birthdays. Yet at work I see people drinking only sodas and no water.

I remember once cleaning a bicycle using Coca-Cola. Just put it on a rag and the rust will come completely off. Mind you what harm does it do to your body? I think that in our schools we should teach classes on this kind of topic.

Many of the world's nations serve incredible lunch food to their students. Proper nutrition helps with thinking clearly. Imagine one out of every five children in America doesn't have the proper food to eat.

How many youngsters exist on junk food and sodas? You see in our society that is the norm. The vast food industry wants your money. They don't care about your health.

I spent four years working for the USDA. I still have a hard time understanding spraying crops with pesticides. My wife used to work in the insurance industry for many years.

She said it was so easy to sell insurance policies to the farmers. They were getting cancer from the chemicals that they were spraying on the foods. Yet they say this food is good and safe to it. No wonder cancer is an epidemic in our society. There are probably thousands of products out there that are unsafe.

So on this journey of life, we must educate ourselves and others. When you are young the body can handle an unhealthy lifestyle to a certain point. As you get older the body will rebel and different kinds of diseases will occur.

Most of our diseases are preventable. The disease occurs when the body is 'diseased'. We are not in harmony. When we are not in harmony the body will slowly give you signs that something is wrong and the disease will manifest.

In our first chapter, we talked about the right mind and right action. A person who truly lives by this will focus on the right things in all areas of life. They will be balanced. They love life and truly love to live a life in harmony and balance. The body speaks to them and they listen accordingly.

Probably around six times a year my body tells me to go to bed an hour earlier than normal. I feel something is off. The next morning I woke up and I feel great. Getting that extra hour's sleep allowed my body intelligence to bring my system back to normal.

We live our lives in an unconscious mode. We are usually oblivious to the world around us and inside of us. You have no clue how magnificent we are. We can change in many different ways to improve ourselves on this incredible journey. Ponder this over. What can you do to make this journey easier and help you to discover your true nature?

Chapter 5



The journey in life can be quite bumpy. One thing the world needs to embrace is kindness. Kindness is a gift from God. God is kind.

There is no wrathful God. God does not judge. Humans do. Kindness can go a long way. It is so easy to blow up and get angry in difficult

situations. But to be kind in the face of adversity takes true strength.

I feel that an infinite ocean of kindness exists inside of just waiting to be tapped into. The world doesn't need bullies and powermongers. We have a President who loves to mock and bully his opponents. This scenario of fighting and bickering has been going on for thof years with no end in sight.

Yet mankind is slowly waking up from its slumber. Most humans want to be kind to each other. Most humans want peace on earth. If we want peace on earth, be kind in each moment. Take your religions to heart and practice what the great masters have said. Be tolerant of each other's beliefs. Realize there is a thread of love tying us all together.

This planet earth is an incredible place. We need to cherish and protect it. Remember it's the only planet we live on. By being kind we can solve any problems on earth. There are numerous solutions out there to help make this world a better place.

We need kindness in politics. If the person you vote for isn't kind don't vote for them. If they have a negative campaign don't vote for them. If they receive money from pacts or any business donors don't vote for them.

If each of us did this in three generations we could change the political system. Get money out of politics. Have term limits. Stop giving them a pension when they leave office. The average American has social security. Politicians must use the same system. They are not special and elite.

In your practical journey kindness will take you a long way. People love being around a kind person. There is an aura that people can pick up. It doesn't matter if it is consciously or unconsciously. The effect is the same. A kind person has

nothing to prove. A kind person will never bully anyone. Only an unsincere person will bully and taunt each other.

Wars have been started by bullies. Need I say more? There is no honor in war. God does not take sides. Only man in his confusion does. You see war is outdated. It is a sign of emotional immaturity. A true and mature adult would never go to war. War is obscene. Only through kindness can war ever be stopped.

Imagine there are probably hundreds of civilizations in the universe who encountered this same circumstance of fighting and going to war with each other. Many of them probably blew their planet up.

Yet many of them probably overcame their problems and lived in kindness for each other. Many of them probably over time lost the concept of ever fighting and killing each other. We have a long ways to go. Fortunately, we are waking up from our nightmares.

Even in midst of all this craziness this journey of life is precious. We came to this world to discover our true nature. Each one of us is on a different journey and yet at the same time, we all are on the same journey. That's quite a paradox.

Do we truly need anger, greed, and power? Has it truly made this world a better place? I don't think so. Kindness is a way to weed out our internal garden. Kindness is a tool to pull these weeds. A garden that is full of weeds won't be beautiful and bountiful. Kindness is a way to discover your true nature.

What do we think is normal is not? We have been conditioned to look externally for everything. We have not been taught that the universe exists inside of us. Only you have the key and can open the door. You think you are powerless and alone on this journey.

The entire universe supports you and loves you. You are not alone. What can I say? You are the piece of the puzzle in life. Without your piece, the puzzle wouldn't be complete. For the sake of this world and the sake of yourself discover your true nature. There you will find the true treasures of life.

Ponder this over.

Chapter 6



Did you know that on this journey of life we have been taught to forget our true nature? Almost from the moment, you were born you were taught to stop your daydreaming.

Be an adult. Stop crying. A grown man never cries. Stop being a baby. Wait until your father

comes home. You will pay for this. I will never forgive you. I hate you. You are worthless. You are a sinner. You are going to hell. My religion is better than your religion. God is on my side, not yours. God is judging you.

These are only some of the ways we were creating distances between us and the universe. You are the universe. You just don't know it. You may say I'm off the wall but it's been known since the early 1900s. Since then numerous scientist has developed more incredible theories of the oneness of all life.

Mystics have been talking about this for eons. Any advanced civilization in the universe knows this. We are new kids on the block. Imagine there must be civilizations over 3 billion years old who have been through the been there been that which we are struggling to terms with our world.

For them, they have advanced to a point where bickering and fighting have long gone from their memories. We are at a point in time where we can consciously advance to a level where we embrace kindness, tolerance, compassion, and love for all. We can do this. Built into our DNA lies all the wisdom and knowledge to help us on the journey. You were made to discover your true nature.

Your car is sitting in the garage gathering cobwebs. Open up your garage door, back out the car, and drive on the universal highway of self-discovery. This is your true journey to consciously discover your true nature. This is how peace comes to your world. This is how transformation occurs.

There is a huge difference between talking about love and having a moment-by-moment direct experience with the universal love that exists inside of you and the entire universe. Your body is hardwired literally for your direct connection to God

and the universe. You are never alone. You may think so. Mystics and Prophets have talked about discovering the kingdom of heaven within. It's not just words but an awareness that exists in the entire universe.

The universe is kind, loving, compassionate, patient, and tolerant. It does not judge us. You have free will. You can say I like how this world is and don't change at all. Sure we have been fighting for thousands of years but that's the way the cookie crumbles.

Or we can say I'm going to discover my true nature. Let bygones be bygones. I'm going to solve my piece of the puzzle. Peace will be on earth. The kingdom of heaven will exist on earth. I will embrace kindness moment by moment in my life. I'm open to the greater universal journey of self-discovery.

You see humanity chooses the future. It's been said that the golden marker was in 2012. If humanity could reach that point it would be a turning point in human history. It's now six years later and we are still here.

When I was young everyone thought that we would blow ourselves up. It was in the minds of all. Even the Bible talked about the end of the world. Yet it didn't happen. A new dawning of man has occurred.

We have decided to embrace our true nature. Granted this will take time. Rome was not built in a night. Mankind is slowly waking up from his slumber. Millions of people are tired of the bickering and fighting around the world.

People want peace on earth. Peace is possible. Peace is your true nature. By discovering peace inside of you and expressing that peace in any given circumstance you will be a peaceful person. One down, one more to go. This is how peace comes to our planet.

First, you must discover peace inside of you. Nothing external will create permanent peace inside of you.

This is where our journey can drastically change this world and the universe. A scientist knows that one atom can affect another atom in the universe. By changing ourselves we can change the universe.

Look at the Christ or the Buddha. They changed the hearts of millions of people throughout the ages. They left a message of love, compassion, kindness, and tolerance for all sentient beings.

We can change this world. You can wake up from your slumber. The answer exists inside of you. You hold the key in your hand. Open up the door within and discover your true nature.

Chapter 7



We all tend at times to burn out on this journey of life. We are always on the go. Many of us are work alcoholics.

There is a software company where I live where the average software engineer works 60, 70, or 80 hours a week. Wow. After three years they are so burned out they quit their jobs. It's an industry joke around here. When a recruiter asks me what environment do you want to avoid I name this company. It is a multi-billion dollar company.

I usually tell people that I didn't come to this planet solely to work. There must be a work balance. Many of us were raised to be always on the go. Look at today. Many children participate in so many afterschool activities. They don't have much free time to relax and daydream about life. The schools provide so much homework the kids get totally stressed out on this journey of life.

Our entire world is on a merry go around that goes round and round. We think the more active we are the more we will go on this journey. We are running on a treadmill and think I'm getting tired of this nonsense.

Many people even sleep less than six hours a night. They think sleep is a waste of time. No wonder they get sick and get some kind of disease. During your sleep, the body can repair itself. When you are tired and exhausted you can't think clearly. There is a direct connection between the mind, body, and soul. Because we have lost that connection we are out of touch with universal laws. The laws are there but we are ignorant of them. We then wonder as we get older why life can be a drag. Many people I know don't want to live in their nineties. Many people I know say that would be a tragic affair.

Yet if you take care of yourself you can be disease-free at any age. Even in your nineties, you can have a lifestyle like one in their forties. The more you discover yourself and take proper action in all areas of life your life will get better and better.

Ray Kurzweil a CTO at Google once gave a talk where he said by 2050 man will be able to live for 150 years. He wasn't kidding. I definitely see that can happen. Combine a practical life full of gaining wisdom moment by moment and technology that can truly happen.

Once we begin to see the power of the mind and the power of our own consciousness and begin to connect the dots we will see so-called miracles happen on this incredible journey. Many people think that this journey is linear. You go from point a to point b. So consequently it takes time for things to occur. It took time to learn from our mistakes.

Yet in the quantum field time and space do not exist. The more you pay attention to it the more attention it pays to you. You see your true nature exists in the quantum field. This is who you are. You are the universe. You just don't know it.

This is where the more understanding you have of the basic building blocks of the universe you can apply them to yourselves. You can use your mind and awareness to change your DNA. This is where true miracles occur. It's not some magic that occurs. It like a software engineer can go to the source code of life and change the code so it will work better.

You have this built-in. Inside of your DNA contains the universe. Scientist thinks that around 90% is junk DNA. Maybe it is something else. Maybe it's quantum DNA and you can't see it. No instrument exists yet for us to see this. I'm sure in the future we will invent such a thing. Until we become more kind on this planet this invention will never occur.

I like this theory I heard about the soul. Many people are saying that our multidimensional DNA vibrates at a frequency. Imagine trillions of DNA vibrating and in that force field, it creates the soul. A human can learn to tap into that essence through meditation. The soul connects to the field which exists in the entire universe. This field is beyond time and space. Many scientists believe in this theory. It is quite elegant. I don't do true justice explaining this.

The theory goes further saying that random accidents didn't create life, that life itself creates life. I like that idea, This makes perfect sense. You are the universe. We can tap into this. How would this life and journey change for all of us if we

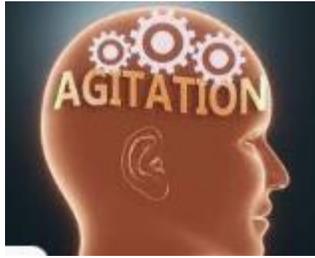
could have a day-to-day connection to this? This is our true nature. Yes, it is hidden yet you hold the key in your hand. What can be more glorious than that?

You hold the key to solve all of your problems. Every problem has a solution. I'm not saying there won't be bumps in the road. What is a journey without bumps and obstacles? They make the journey more exciting. Yet with the understanding and direct experience you can laugh at diversity. You understand all things must pass or it's only water underneath the bridge.

You learn how to not reactive to everything that is an obstacle. You don't need anger in any situation. Kindness and love are the basic building blocks of the entire universe.

Ponder this over. Look at new ways to walk on this precious journey of life.

Chapter 8



If you have gotten to this chapter I would say that you are open to discovering your true nature. You didn't just put the book down or shut off the audio. To build the new, we must take down the old. All sort of structures works in this manner.

If we want peace on earth we must start with ourselves. Peace is not the absence of war. Peace is a state of mind. When the mind becomes peaceful you will become peaceful. Most people's minds are quite agitated. It's like a grain of sand in an oyster. The oyster is quite agitated yet a pearl comes out of it.

If we look within we can stop that nagging agitated mind. We have never been taught how to become friends with our minds. We have never been taught to pull the inner weeds on a day-to-day basis. So much of what we know is surface level. We are skimming the surface of the infinite ocean and we think we know it all. Only by diving deep into the ocean can we truly understand our true nature.

Mystics have been talking about this for thousands of years. Yet the majority of humanity wasn't interested. Yet during this age, our survival as a species is dependent upon discovering our true nature. The age of war and bickering must stop. We all know that yet we continue along with our old ways.

We are playing the same track over and over again. War, war, and war. How do we as a world stop this insanity? We must all go within and change the track to a new one. We must play the track of kindness, love, and tolerance. We must have the experience that we are all one. We all affect each other. We think we are separate yet that is not true. Even science has proved that many moons ago.

We are all at a junction on this journey where we have never been before. There is a fork in the road. One leads to the path of unity while the other path leads to our self-destruction. Why do I say this? War can never lead man to peace. War leads to more wars. The weapons only get stronger. Need I say more?

We have chosen the path to peace. It may not seem that way but we have. Light dispels darkness. We see more pronounced darkness because the light is shining

on the darkness. It has nowhere to hide. It is out in the open to be seen. We see this all over the world. Man's exploration is being exposed. The injustices of the past are being revealed. A new dawning is occurring based upon kindness, love, and compassion.

The world is refusing to allow the old ways of dominance over others. The world refuses to accept the one percent who have more wealth than half the population. There is a peaceful evolution revolution going on. No weapons are needed. People are waking up to their true nature and won't accept the old ways of doing things.

Politicians who don't accept and embrace this change will be left behind. You see politics reflect our emotional state of mind. When a person becomes aware of his true nature he ignites the light inside and darkness will disappear. That means that a society will have the majority of people being kind and tolerant towards each other.

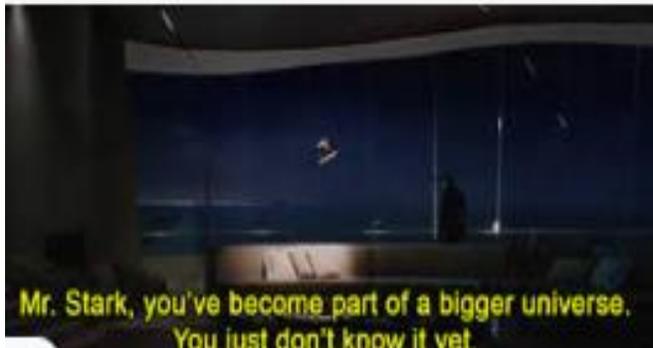
They will demand people running for office truly represent humanity, not big business. Corruption will be a thing of the past. Humanity will rise to a much healthier emotional level. In all areas of life, tremendous transformations will occur.

Through wisdom and dialog, any problem on earth can be solved. There is a practical solution. By discovering our true nature this planet will be transformed. Imagine if you are the universe you can help solve anything. If you are kind in any situation you will have done your part in changing this world. It's as simple as that. Yet only you can do that.

Personally, doom and gloom are in the past for this planet. Thousands of people have the same vision of peace on earth. The tools of self-discovery exist inside of you. There is no given path. Each one of you walks on a different journey. Yet we all walk on this journey of life together.

We all are on the same boat(planet earth). Our journey of transforming this earth is happening between our eyes. Humankind is waking up from its slumber. A new dawning is happening. The sun is appearing on the horizon. It's a new day.

Chapter 9



You are the universe you just don't know it. Our scientific instruments are getting more and more refined on our journey in life.

For example, we all know about the EEG machine. It can record and pick up different parts of the brain while

we are thinking. Most people think that our mind is located inside our brains. That's pretty much earthly thought. Well, scientists now have instruments that can detect your thought outside of your body. This is more in tune with universal thought.

Mystics taught this for thousands of years. They have said that the human body is hard-wired to discover God. Inside our DNA it has been programmed for us with all the tools to discover our true nature. Each one of us is custom designed. To start the journey of self-discovery the first step is to be open and make a conscious decision to open the door within.

You see you have free will. There is a famous maxim that says 'it's by will alone that I set my mind in motion. Most of us are controlled by our minds. They said to control your mind is the most difficult thing in the universe. Only by silencing the mind can you control the mind. Only by entering the field of silence will the mind be tamed.

Did you know that meditation will produce melatonin that makes the body super relaxed and mellow? Many people live such stressful life that their cortisone levels never go down. The body is constantly releasing cortisone.

Cortisone is used in fight and flight syndrome. In the face of an emergency, cortisone can help you overcome an obstacle. There are stories of superhuman strength that occur. Some people have been able to lift a car to help a person who is pinned down by the car.

Usually, the body will release cortisone and after some time, the levels will go down. Usually, this occurs in our sleep. The body has natural chemicals within

that will balance the body. Unfortunately, many people live such stressful lives they are completely off balance in all areas of life.

I believe that being in a state of meditation and awareness moment by moment helps to bring us to balance between mind, body, and soul. Feet on the ground and head in heaven. The goal is to be grounded and at the same time be aware of the state of heaven within.

The more I practice meditation I see that modern-day scientists and mystics are talking about the same thing. Modern-day scientists have discovered a field that permeates the entire universe. They know it's there. They have discovered that by changing the field outside of the human body healing can occur.

Many people might call this spontaneous remission. Doctors see this all the time. They can't explain it. Imagine all diseases start from our biological energy system. The disease is when the body, mind, and soul are off-balance.

The human being has the power to bring the mind, body, and soul back into balance. The more a person is in tune with this process the more aware and conscious a human being is.

I'm not joking when I say that you are the universe. You just don't know it. I'm not joking when I say that in the beginning, you meditate upon the universe. At some point in time, the universe starts to meditate on you.

You see whatever you focus on you will eventually become. A drug user will spend time around other drug users. A baseball player will spend time around other baseball players. You are the company that you keep. In the same, manner, a person who truly focuses on the universe becomes the universe and can still walk around in a human body. We are hard-wired for this

If we could only see the elegance of this system it would bring any person to tears of joy. You are magnificent. You have the power of the universe existing inside of you. Yet we don't have eyes to see. Yet we have them built in. It is closed. Only you can wake up from your slumber. All sorts of help and tools are out there that can help you on this precious journey.

Imagine that there are probably millions of civilizations out there that have been around for billions of years. We are newcomers on the block. War is completely erased from their memories. They are in a state of awareness that we can't even conceive. Our emotional state of being is living in a state of darkness.

Anger, greed, war, power over others, bullies, and corruption have been on this planet for thousands of years. To embrace our true state(light), we must drop the darkness of emotional states. This is called peace on earth or the kingdom of heaven. You see for peace to be on earth you must be in a state of peace.

That's how it works. The universe is there. You must be aware of the universe. God will never change you. You must change yourself. The universe will provide a myriad amount of different ways to change. This is why you are on this journey of self-discovery. You realize that you are never alone. Help is always there. Support is always there. The more you are in tune with yourself the easier life becomes.

Chapter 10



One of the most important things on this journey of life is a sense of humor. Humor is a gift from God. When we all hit bumps on the road on this journey, humor helps us to overcome any obstacle.

Humor is God's way of saying don't take life so seriously. You will never get out of it alive. This was said by dear old Bugs Bunny.

We need humor in our daily life. This world is at times so stressful. We get completely sucked into it, hook line, and sinker. Yet if we can laugh at the world the stress will slip away.

Humor has a way for us to see how ridiculous some of these bumps are on this journey. Humor gives us a different perspective on life. Some many times we see only our side of the story. There is a bigger picture. Humor allows us to see from a different angle. Humor allows us to see that all bumps in the road are temporary. Nothing lasts forever.

I remember when I was young. Whenever I got angry or upset my twin brother would simply laugh at me. At first, I would get more upset. My brother would continue to laugh at me. This would go on for around five minutes.

Mind you five minutes isn't very long yet when you are angry it's a long time. Eventually, I would see how ridiculous it was to be angry so I would start to laugh. You see laughter is contagious just like yawning. How fortunate I was to have a brother who had the insight to use laughter as a tool to help me in an angry situation.

Laughter is truly medicine for the mind, body, and soul. Nothing in life is permanent. Everything comes and goes. You can't hold on to anything external and expect it to be the same.

You can't hold on to your job. How many millions of people have been laid off since 2000? All of them probably went through trauma and pain. Yet laughter helps in any given situation. It's like a tuning fork. A tuning fork vibrates at a certain frequency that whatever it touches.

If you are in a negative state of mind your mind will be agitated. Laughter allows you to rise above the clouds so you can see the precious sun in the sky. The clouds will dissipate in the sky. Laughter allows you to see another perspective for any given situation.

On a side note, I'm almost 66 years old. Millions of baby boomers are trying to hold on to their jobs. They want to work until they are seventy. Yet the odds are almost against them.

Age discrimination is a fact of life. Companies want you to retire or lay you off. Laughter is a way to help you heal. Laughter is a way to see that you are not alone in this situation. Millions of older workers are going through the same pothole on this journey.

Personally, there must be a law prohibiting companies to lay you off so they can hire some young kid to replace you.

There are some things totally out of our control. This is the time to laugh. Recently I got laid off from HR Block. I did all the tasks on time. My teammates were pleased with my work yet I couldn't please my manager.

From the moment go he saw how old I was and wanted to let me go. I couldn't do anything to please him. In all of my years being a software engineer I never had this kind of boss. I had a choice to get fired or resign. I resigned. It's been a few months now that this has happened.

You can't change the situation. My boss was a bully, plain and simple. We all have been thrown curveballs in our lives. I found through laughter I could rise above this situation. I loved my job yet my boss was making it stressful.

To be honest, at times we work at jobs that are so off the mark of human consciousness. It's hard to put into words. It's like morals and ethics are gone out the door in so many companies. My boss told me it's not personal it's business. That's the problem today. How many people get laid off because of business

reasons? They don't care about their employees. It's just the bottom line. The CEO makes millions while the workers make peanuts.

To be honest I don't have high regard for HR Block. I don't like when the company doesn't practice what they preach. They give all sorts of talk about caring for their employees yet it is only lip service. When I resigned I told my boss I wanted a win-win situation. I never had the opportunity to do so. I didn't even have an exit interview with HR.

Since then I have seen all things must pass. Don't hold on to the pothole. My ex-boss could care less about me and my family. It's only me holding on to the anger. So just let it go. It's not worth holding on to. As you can see I still have an issue with this but through laughter and playing through this it dissolves.

You see we can consciously weed our internal garden. We can change for the better. We can rise above any given situation. Just ask the Dali Lama when he got exiled from Tibet. His life changed in ways he never could have conceived of. He knows how to laugh at life.

Chapter 11



When I was a teenager I had a best friend named Nick. Nick was an incredible surfer. His Dad told Nick that I spoke like a computer. This was many moons before the PC revolution. I always knew that I was going to be involved in designing software. I had quite the talent for it. It seemed natural and was my calling for my professional career.

I used to say in the eighties that we are all programmers in life. We program consciously or unconsciously, life and events that surround us. Lately, I have been discovering my insights into this process.

Did you know that every single thought you have has hundreds of chemicals being released from the nervous system? Isn't that remarkable? Yet as humans, we don't have the eyes to see.

Did you know that the subconscious mind is the majority decider in the actions you take and the words that come out of your mouth?

Our conscious mind is around 10% while our unconscious mind is 90%. You see over time we are in a state of being reactive beings. We react to whatever is going on externally. We are like the leaves blowing in the wind. We are happy. We are sad. We are compassionate. We are angry. Our state of mind is dictated by external conditions. Our whole life is based upon the external.

As I said in the last chapter much of humanity is living in a world where cortisone levels are extremely high. The valve never turns off. If you would hook up an EEG machine to the brains you would see the brain waves high in beta and the waves would be totally out of harmony.

In the eighties, there was scientific research into studying the effect of long-time Buddhist meditators. They found out that when hooked up to an EEG machine their brainwaves were completely off the chart. They existed in a delta state which humans only go into in deep sleep. They found out they maintained this state throughout the day.

What does that mean? It means that the meditators learned how to reprogram the nervous system and the unconscious mind. You see meditation allows the person to consciously reprogram the mind. By reprogramming the mind in essence they are weeding the internal garden.

They toil the soil and water when needed. Most of humanity never knows there is an internal garden that exists inside. Most of humanity doesn't realize that we are all software engineers. We can become in harmony with the universe. This is our true nature.

Mystics have talked about this for thousands of years. The Buddhists have talked about cultivating your inner garden for over two thousand years. Lately, many scientists are discovering the mind, body, and soul connection. They can hook you up and see practical charts of your state of mind.

They are seeing that man can reprogram himself. There know there is a benevolent field in the universe that man can tap into. This field does not judge or criticize you. Only man does that.

The majority of the time man is focusing on the external. The majority of man is living in a beta state of mind. In this state, man is living in a reactive state of mind. Did you know that meditators, when closing their eyes and focusing on the brain waves become more in harmony and coherent with each other? The mind, body, and soul will be in sync. Only in this state of mind can you begin to reprogram yourself.

There are many books out there today that explain in greater detail how this works and the tools you can use to reprogram yourself.

Thousands of people have had cases of spontaneous healing using these methods. You see you can affect your DNA and change it for the good or for developing the disease.

All disease stems from the mind. We never were taught that in school. We were never taught that we can reprogram ourselves to be kind, loving, compassionate human beings. We were never taught how to be in harmony with the universe. We were probably taught every man for himself.

Every nation for himself. The list goes on and on. We were taught to distance ourselves from our true nature. Why do I say that? Well just look at the world we live in.

Yet millions of people are waking up from their slumber. Millions of people are going inside and tending their gardens. This is how the world changes. We change from within and the world changes around us. It is as simple as that. The keys exist inside of you.

Only you can open the door. Ponder this over. Do you want this crazy world to dictate your life or do you want to be in charge of your happiness? Regardless of what life throws at you, you can simply smile and laugh. Your true essence is untouchable.



How flexible are you

How flexible are you? How far can you stretch in any given situation? Are you tolerant of others? Do you love hearing about new ideas or do they turn you off?

I'm set in my ways and nobody is going to tell me what to do. Many of us get stuck on this journey of life and just simply live without any purpose or meaning. We go through the motions and can hardly wait to die. I have talked to a lot of people and many don't want to live to a dear old age.

Many times I see their point of view. They don't take care of themselves. They don't believe in preventative medicine. They go to doctors for whatever malady that comes up. They think drugs are the answer. If my doctor subscribes this to me it must be good.

Maybe we should start looking outside of the box we live in. Maybe just maybe our lifestyle dictates our state of being. If a scientist knows that any thought will flood our body with positive or negative chemicals maybe we should take a look at what we think.

Many people think kindness is weak. Yet every time you are kind you are flooding your body with life-giving chemicals. You are feeding life to your system. You are in touch with the universal life force.

Anger will never solve anything. Cancer loves anger. It feeds off of it. Cancer cells are angry cells.

What am I trying to say? I'm saying on this journey of life learn about the universal laws. Take them to heart. Day by day live your life for the better. Monitor your thoughts. Weed your inner garden. Take care of it. It's the only garden you have. The only thing you take when you die is yourself and the garden. By the way, you are the garden.

Learn how to meditate. Eat good food. Exercise daily. Learn how to stretch your body. If you take care of your body and mind your body and mind will take care of you. It's as simple as that. There are countless tricks of the trade that you can take on this precious journey.

Educate yourself. Be curious and open-minded. Drop your judging and intolerance for others. Each of us is different yet we all are on the boat together.

We can change the world around us. We can change the world within.

Nobody is trying to convince you. The universe doesn't try to convince anybody. It simply is. We are saying your true nature is the universe, You have simply forgotten. When you get just a taste of your true essence you will see that what I'm saying is true. You don't have to tell anybody. At times just being silent is just good enough. Words tend to get in the way.

You can learn how to hit curveballs out of the park. You can learn how to laugh when your car hits bumps in the road. You can learn how to be a kind, loving and compassionate person.

The world doesn't need any more people throwing flames on social media. Why add more fire to the fire? The world needs people to be kind to each other in face of adversity. That's called true strength.

We can be like the caterpillar that goes from the transformation to becoming a beautiful butterfly. Everyone has that golden opportunity. People have talked about it for thousands of years.

All it takes is for you to start looking outside your box. Stretch your imagination. Become more flexible in life. These are tools you can utilize to make your life even better.

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