



Keys To Life
Unlocking The Laws Of The Universe

Fletcher Soul Travelers

This book is dedicated for all those whose lives have been spent in bringing peace to this planet. Where ever you are we bow our heads. May Peace be on this earth? We are all united with the thread of Love. May each one of us realize the garland of life?

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Introduction



A Law by definition in this book is like guidelines or divine qualities that exist that if you are in harmony with them the quality of your life in all areas will improve.

This life is a grand adventure. We are so fortunate to be alive. There is so much to be grateful for regardless of our circumstances. We all possess inside of our very own essence the keys to life and the unfolding of its vast mysteries.

Do you know that contained within your DNA the knowledge and wisdom of the entire universe reside? Each of us is a unique gift from God. We are all so different yet the essence is the same.

This book will hopefully begin to unlock the great mysteries that lie within your very own essence. Your true essence is infinite Love, Mercy, Compassion, Forgiveness, Tolerance, Patience, and Happiness.

These qualities of life are the building blocks of the entire universe, in the seen and unseen worlds. Beyond all dimensions, beyond time and space, these divine qualities exist. You could say that Love is the foundation of all life.

Look at the diverse world we live in. Look at how incredible nature is. We don't just have one kind of apple there are thousands of different kinds of apples. Look at how diverse this planet is. It is a gift from God. Behind all creation lies the power of life. Everything is alive. Everything is aware. Yet do we have the eyes to see this? Behind the power of life is the power of

infinite Love, Mercy, Compassion, Forgiveness, Tolerance, Patience, and Happiness.

These are just a few of the divine qualities that make up the universe, the sun the moon, and the stars. Every living thing in this world has these divine qualities.

These qualities of infinite Love, Mercy, Compassion, Forgiveness, Tolerance, Patience, and Happiness are infused with life itself. The whole of creation is infused with these divine qualities.

Look at the total innocence of a newborn baby. The newborn directly reflects these qualities. Yet unfortunately, as we grow older we forget and lose these precious gifts of life.

We get so preoccupied with our 9 to 5 existence that we forget about how incredible it is to be alive. We forget that our very own essence is infinite Love, Mercy, Compassion, Forgiveness, Tolerance, Patience, and Happiness.

This is our true nature. It doesn't matter if you believe in God or not. Your essence is Love. You are hardwired with Love. Every single cell of your body is love. Love is the intelligence behind all life.

Love is the power that creates the sun, the moon, and the stars. Love is the power that keeps you alive. These are not just some emotional qualities that man created.

These are infinite divine qualities, beyond time and space, is was and will always be. These divine qualities are the building blocks and foundation for all life, for all creation. This is our true nature.

In essence, we are infinite Love, Mercy, Compassion, Forgiveness, Tolerance, Patience, and Happiness.

So the question is where is it? Why have we forgotten our true nature? Where are true happiness and love? Why is my life not going in the direction I hoped and dreamed for? These are questions to ask yourself.

At times we live our life at an unconscious level. We go through this life struggling and reacting to the winds of change that blow all around us. We go around complaining about life, complaining about how we have a bad deck of cards dealt with us.

We are at times like the leaves blowing in the wind. In this state of mind, we are reactive beings. This has been man's path for thousands of years.

Living in this condition we have wars, nations are separate and we fight for our existence. We can't see the common dominator, the thread of Love tying us all together.

Our relationships and the way we treat each other in this world are not much to be desired. We need to understand that there is another way to exist. There is another way to be and behave.

This life we have is so incredible. Yet we are merely skimming the surface. We live most of the time unconscious. We have forgotten that there is a diamond that lies within the vast ocean of love inside of your being.

This diamond is your very own essence. It's life itself. It is keeping you alive. This is what all religions talk about. The Kingdom of Heaven lies within.

The entire treasure chest of the whole universe is contained inside of your being. You are the universe. You will always be. You can never die.

Your essence is the building block of all creation. You have simply forgotten. It is time to wake up from your nap. It's time to realize that you can change and that all you have to do is wake up to your incredible essence.

You are already enlightened you just simply aren't aware of it. Your nature is Divine. You are good but at times you don't always reflect it.

This book is about discovering your true nature and taking over the reins of your life. You are meant to be a CO-Creator. You are designed to bring all of your divine qualities to Life. You are meant to be a direct reflection of God.

You are meant to be divine. This is what the word human means. Hu means divine. Man means mind. For the majority of mankind, we only live and are aware of our conscious minds.

True human lives and knows how to integrate the mind and heart. There is no separation and distance between the two. A true human realizes that the unconscious mind is truly the main driver in life.

Science has already realized that the unconscious mind is the force behind everything. It drives your life. Your external life is a reflection of your unconscious mind. To change anything, we must change our unconscious mind.

Since the day you were born you have begun to program your life. In every event and circumstance in your life you have learned how to program. You have learned how to adapt.

Yet over time, we have forgotten that we are the source code of life. We have forgotten that our subconscious mind is truly in charge and directs the outcomes in our life.

We think that we truly can't have what we dream We think that we can't be truly in charge of our lives and direct it to what we truly desire. This is the state that we are in.

We have forgotten that we hold the keys to life. We can use these keys to unlock the doors within and discover that we can turn our lives around. We can experience that the mysteries of life exist inside our very own essence.

In that state, we call empowerment. We are the sun, the moon, and the stars and are walking around in a human body complaining about life. We have lost touch with who we are. This is your true nature.

Can you imagine how incredible your life would be if you could truly discover your true essence? Your life would change. The world as we know it would change.

Peace could be on this earth. This is not a fantasy. This is a reality. Yet we have simply forgotten who we truly are. It doesn't matter if you are a Saint or a Sinner the essence of your being is the same.

This book is about re-discovering your true nature. It is absolutely good. It is infinite Love, Mercy, Compassion, Forgiveness, Tolerance, Patience, and Happiness.

These are not just words but are like the sun's rays. Every day we experience the warmth of the sun. The rays of the sun bring life to this planet. If and when the sun dies our planet won't be alive.

The entire universe contains rays of infinite Love, Mercy, Compassion, Forgiveness, Tolerance, Patience, and Happiness. These are the building blocks behind all life.

Imagine that the sun in the sky contains these divine qualities. You also contain these same qualities. This is your true nature.

Throughout the ages people have talked about how incredible you are yet at times we haven't listened. We haven't seen how incredible our life could be if we could become one with all of life. Maybe we haven't even thought about it. Maybe we go to church

on Sunday and pay our respects to God for one hour and leave it at that.

Yet each one of us is truly divine. I hope that this book will help you to unlock the great mysteries within. I hope that you will begin to unlock your doors of existence.

Nobody can unlock your doors. Only you can. Yet we can provide inspiration and guidance for you. This is what life is all about. Once we have begun to open our inner doors we love to help others open their doors.

One realizes that giving is our true nature. It's like an apple tree. An apple tree does not hoard its fruit. It freely gives to all. This is its nature. This is our true nature.

At times we are so preoccupied with our existence that we have become self-centered and egotistical. We think that the whole universe revolves around us.

This is how a human being, family, community, state, nation, and the world can act. We have seen what unfortunate outcome this has brought us.

This book is about discovering another way. It's about discovering your true nature. It's about discovering how incredible and beautiful you are. You are a gift from God. How incredible will be the day when your life directly reflects this?

So the question is where is it? Why have we forgotten our true nature? Where are true happiness and love? Why is my life not going in the direction I hoped and dreamed for? These are questions to ask yourself.

This book is about discovering another way. It's about discovering your true nature. It's about discovering how incredible and beautiful you are. You are a gift from God. How incredible will be the day when your life directly reflects this?

Have you ever dialed into the source of your life?

Have you ever felt like you had a conversation with your creator?

How would you like to phone your creator?

What would you say?

From time immemorial we have been hard-wired for a direct connection to God.

You don't even need an operator.

God lives inside your heart.

You are the temple of God.

No temple on this planet is as magnificent as you are.

The creator hides inside of you.

The phone has been ringing since your birth.

Pick up the phone.

There are no collect calls.

This call is the most important of your life.

Please tell Suzie or John that I'll call you back,

I've been waiting for this call all of my life.

Hello

Words cannot describe the joy inside.

Direct communication to the heart.

Your heart is filled with love.

This book is about how to use these universal laws for your personal growth and development. By understanding these laws and applying these laws your life will be enhanced.

These laws are universal yet most of us have forgotten them. Hopefully, this book will help you to wake up from your slumber and help you to recognize how precious you are.

These laws aren't some kind of rigid code that you live by. Life is not rigid. Life is constantly changing and evolving. By being in tune with these laws your life will change and you will see the beauty behind all.

Every day is an opportunity to grow. These sacred laws encompass all areas of our lives. By using them and being in harmony with them you will see how incredible they truly are.

The answers exist inside of you. This book hopefully will help you to be aware of these universal laws in your own life. By being aware and making small changes day in and day out your seed will grow.

This book was originally going to be something else. As I started to think about what I was going to write about it morphed into something else. I had a flash inside that I realized that my book topic was to talk about the Laws of the Universe and how these laws can help us in our daily life.

The more one practices these laws the more one becomes truly free and is empowered with life itself. Our goal is to become fully aware of this incredible life force energy of love which is keeping everything alive.

All the tools exist inside of you. Your body is hardwired for this experience. Now is the time to take small baby steps day by day in your life.

Each moment in your life is special. Your dreams can come true. You can learn about these laws and implement them in your

daily life. No matter what situation you are in nobody controls your mind. You will learn how to reprogram yourself for the better.

These are exciting times. We truly live in a global village. The secret to life is being opened to all. Each one of us has the opportunity to grow. The tools are there, now we just need to use them.

So I sincerely hope that this book will help awaken you in your adventure in life. I hope that you can see that these laws can truly help you and will benefit you in all areas.

The more you pay attention and the more aware you are, you will see tremendous changes. They are very subtle yet over time you will look back and see “WOW” I have come so far.

The small baby steps that we take every day truly do carry us to our destination. So don't think this is a huge effort that you have to take. Be gentle with yourself.

An Apple falls from the tree

The truth lies within your heart

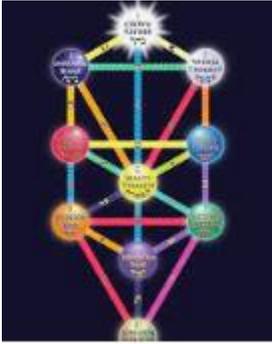
The secrets of the universe exist inside.

Open up the doors within and you will discover who you truly are.

The wise man says ponder this over and over again.

You will discover your true nature.

The Essence Of The Kabbalah



For thousands of years, the Jewish culture has studied the mystical Kabbalah. Kabbalah means to receive.

The rules back then were quite restrictive for their time. Women were not allowed to study it. You had to be at least 40 years old.

It was a tradition that was very scared. Very few of the Jewish studied it. Most of the Jewish people and the world at large thought it was extremely dangerous to study.

I'm sure because it was quite sacred that it was kept underground for thousands of years. Most sacred knowledge had to be kept secret due to the various political and religious climates of the time. Millions of people have died due to their beliefs being known by another man.

Fortunately, about 120 years ago much of the sacred wisdom of the past began to surface. During the 1880s in England, Germany, and France there was a series of Mystery Schools opening and somehow members got trained by the Jewish Kabbalah Master teachers.

Sacred documents and texts from the past began to open up. The Kabbalah began to be open to the common person. The rules and restrictions were lifted.

Yet it still took around the 1960s for some Jewish people to open their doors. The Kabbalah Center was one of the first to open its doors to everyone regardless of their religion or non-religion.

To many Jews, this still causes a certain amount of controversy but today it's quite common to have the Jewish temples teach the Kabbalah. Even in our small town, the Jewish temple here has a series of courses on it. I have a friend from Michigan who

is a female who has taught Jewish rabbis. Times have changed and the doors are opened and the various barriers are being removed.

So why are so many people getting involved? We hear that even Madonna has been studying it for over 12 years. All of a sudden there is a lot of interest in sacred wisdom. There are a lot of books being written on this.

The Kabbalah is quite sophisticated and simple at the same time. I have acquaintances that have spent years studying it for several hours a day and they are very intellectual about it. It can be quite a challenge talking to them because it's quite complicated. Yet there is a simple essence to it.

Kabbalah means to receive. You might ask yourself receive what. The Kabbalah is a systematic way to receive wisdom to transform your life. It is the study of life.

The Kabbalah studies the essence of life and the various building blocks. It is a very practical tool. It is used to enhance every single aspect of your life. The Kabbalah is the study of the tree of life.

A tree is a symbol that represents Heaven and Earth being united. The roots of the tree represent the earth while the branches represent the heavens.

But in fact, it is a tree encompassing both qualities of earth and heaven. There is a famous Kabbalah axiom that says "As Above so below. As below so Above" This is the melting pot of life. The Kabbalah teaches that we are divine. We represent the very essence of life. Yet we have forgotten.

The goal of the person who studies the Kabbalah is to rediscover the divine qualities that already exist inside of their being. It's opening up the door within. By opening up the doors on everyday basics one life begins to change. A person begins to

transform and becomes a better person. You could say that the person over time becomes divine. The heart is filled with kindness, compassion, and love for all sentient beings.

As I mentioned that the Kabbalah is the study of the tree of life. A person who is learning for the first time takes the first step and begins the journey where they are.

The journey begins from the earth and ends in heaven. Yet for the person who studies the Kabbalah called a Cabbalist one realizes over time that Heaven and Earth are the same. We have simply forgotten.

There are 10 Sephirah on the tree. Each Sephirah is different and unique and carries the full awareness of each of the ten.

Imagine 10 different universes each one different and unique but each one has a thread tying them all together, maybe much like the modern-day's Physicist with the string theory concept. Each Sephirah has divine qualities and gifts for the person who studies it.

Carl Yung studied archetype symbols for much of his life. He discovered that these symbols help to unlock the unconscious inside. Each symbol had a specific code to open more of the unconscious mind and enhance one's life.

The Kabbalah does the same thing. By paying attention to each Sephirah and studying and focusing on each symbol and divine aspect of the Sephirah one's unconscious mind begins to reprogram itself and one's life starts changing for the better.

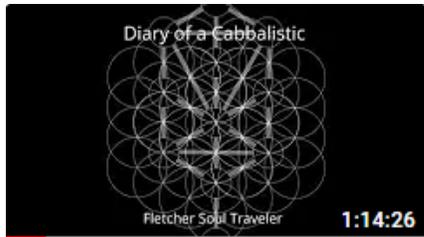
Each Sephirah has an Archangel and the name of God associated with each one. By paying attention to these the unconscious mind begins to change on its own.

In the past, a person would study each Sefirah for one year so it would take 10 years just to complete one cycle of going up the tree. Afterward, there are 22 pathways one's journey on. This could take up to 22 years.

I was taught to start at the first Sefirah and spend a month at each one. During the year-long process, one's life began to change quite dramatically.

I think the more you pay attention to your life and the direction it is going the more you will be in synch with life. Life will be quite exciting and rewarding.

It won't be boring. This is what the Kabbalah is all about. It's about taking over the reins of your life and taking various steps to enhance it in every area of your life. It makes you a better human being.



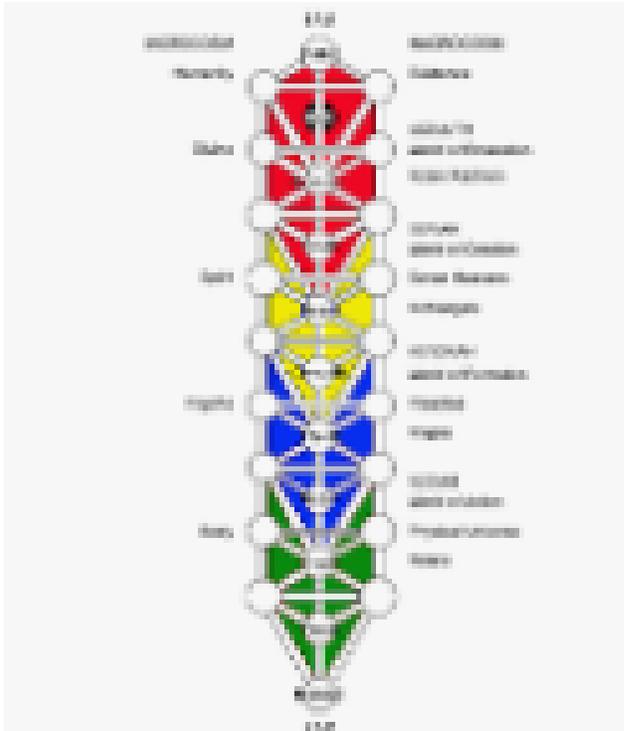
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The Law Of Creation (Four Worlds Of Creation)



What I like about Kabbalah is that it is quite practical. It describes the laws of creation in very simple terms.

The whole universe contains a step-by-step process. Suppose you woke up one morning and an idea popped into your head.

I would like to build a house for my family. This is the idea. From that idea, you begin to think about it and

dream about your house. This is the thought. From your thought, you begin to plan how are you going to build your house.

Where do I get a loan? You hire an Architect. The architect designs a plan exactly putting it down in a drawing of your house. Every room contains exact specifications and dimensions.

It is a blueprint that the builders will use to build your house. Finally, the builders come and they build the house in a few months.

Now according to the Kabbalah, each phase of the idea, the thought, the plan, and the action is a whole different world. Yet each world builds on the previous world where ultimately you will have your house built. But what would happen if you had an idea but stopped there? Would you have your house today? No, you

would not. Would you have your house if you just daydreamed about it? It would be in your mind but you and your family couldn't live in it.

Imagine now that you paid an architect 5 thousand dollars and he gave you an incredible blueprint and set of plans. Would you have your house? Only on paper.

Once you have defined your blueprints then and only then can you build the house. Each step is extremely necessary and vital to your creation. This is how the laws of creation work. The Cabalist understands these precious laws.

How many times do we pray but never put any action into improving our lives? We have to get off our behind and understand that these precious laws must be put into practice. This makes the Kabbalah an extremely practical path.

Whether you are pursuing a degree in a college or want to go to an exotic place for your next vacation these simple laws must be taken step by step. You can dream of going to Hawaii or Fiji in your mind but unless you take a plane there will your dream be fulfilled.

Most people never plan out their lives. They kind of live moment by moment. But can you imagine how your life would change if you had a daily plan, a monthly plan, a year plan, a five-year plan, and a ten-year plan?

This is where your life changes. Most Fortune 500 companies and the brains behind them have these kinds of plans. How come the majority of people don't?

We were never taught. If you could take just this piece of advice from this book your life would change. Understand that many extremely successful people understand this and follow these laws of creation. Everything from the sun being created to the stars in the sky to a baby being born goes through this process

of creation. By doing this simple thing your life will be empowered. You were given the right to create your life in harmony with the universe. By following these simple steps you are on the road to living a better life.

So my suggestion to you is to take a look at where you are now and put on paper exactly what you want and make the necessary plans.

Develop a plan for the day, month year, 5 years, and 10 years. Look at all areas of your life such as your career, your romantic life, improving your emotional life, your spiritual life, and your communication with others, your family, and friends.

Look at every nook and cranny of your life and make a plan. Then every day put your plan into action. Imagine if I had the idea to write this book but I never took action.

You would have never read this book. This is where most people stop. They go through the entire process of creation and yet they stop at the point of action. No wonder we are where we are. We must take action.

The Law Of Manifestation



Now let's get a little deeper and talk about the universal laws of Manifestation. These are universal laws that unfortunately mankind has not been aware of yet they have been studied and applied by the ancient and wise ones.

As we talked about earlier modern-day science understands that our entire life is an orchestra by the unconscious mind. Our external life is a direct reflection of our unconscious beliefs.

To change, we must reprogram our negative unconscious thought patterns. These thought patterns are pieces of code or speaking as a computer programmer bugs (in our source code of life).

The human being has been hardwired directly to access the greatest computer in the universe your unconscious mind. You have in your own hands the power of the whole universe inside of you.

You can change your life. You can learn how to reprogram your life. I've been a software engineer for over 25 years and every program you designed will have some kind of bugs. Yet you don't get frustrated and confused.

For every bug, you learn how to reprogram it so it is no longer a bug. After a period of testing out the program, it is ready for production. I remember building a dome automation program for the Observatory in Maui.

When I first started working there in the early 1990's they would have a person in the middle of winter on a high mountain wearing a snowsuit. This person would hold in his hand a device that would control the dome openings to be in alignment with

where the telescope was pointing in the sky. In other words, you didn't want the telescope to point out to a place where the dome was blocking its view. Anyway, to make a long story short I was brought on alone with someone else to automate this whole process.

What I absolutely love about developing software is that you start with nothing. From nothing over time and effort, a computer program is developed. The software engineer is the creator of the program.

In the past 35 years, I've designed programs for the HR Block, USDA, Military, City hall, Police Department, the Insurance industry, Brokerage firms, and many others.

You are probably thinking what does this have to do with my life? I'm not a software engineer. I don't like computers. Yet just stop and think for a moment.

When you were born you started with nothing. You were pure and innocent. You had a clean slate. Yet as we start to grow we began to program ourselves and get conditioned by the world.

The world around us started to program our subconscious mind. Over time we developed attitudes and obtained certain kinds of conditioning that did not meet our true purpose.

Instead of learning at a young age that we are software designers we have forgotten that we have any say in the matter. This is called a reactive being. We are constantly reacting to circumstances in our life.

We are never quite peaceful. We are always a little on edge. We feel that our life may be totally out of control or maybe we followed the social conventions to a tee yet our life is boring.

So consequently over time, we lose touch with the capability to learn how to program our life. We are like a broken record repeating the same thing over and over.

We spend millions of dollars on drugs and millions of dollars going to various kinds of doctors yet we have forgotten how we have the power to change ourselves. We have all the solutions inside of us.

For thousands of years, the Cabalist has understood these basic principles. They have learned and have been trained to change the unconscious mind.

They understand that the mind is infinite and has infinite possibilities and infinite gifts. As human beings, we are just skimming the surface of our understanding of the mind.

The mind is the power. Conquer the mind and you will conquer the power. This is not a power where you control others and fight among people who don't have the same views you have.

This is the power of infinite Love, Mercy, Compassion, Forgiveness, Tolerance, Patience, and Happiness. To conquer your mind, you must cultivate these divine qualities.

The more you cultivate these qualities the more you will bring forth greater and greater manifestations in your life.

Remember that God wants you to be happy. God wants you to be healthy. God wants you to be prosperous. God wants you to succeed. God wants you to be enlightened.

The human mind can change. Now is the time to hold your reins and start to follow these basic laws. The Cabalist has known these secrets for thousands of years. You were meant to be a CO-Creator.

Now is the time to accept the truth of this universal law.

Barbara's divine words.

Many of us have manifested this in our lives. A lot of times it has been something we just had a fleeting thought about. Often we have manifested thru our determination, focus, and hard work to achieve what we wanted.

So what is stopping you from having everything you want? What are your thoughts? Are they always positive? That negative self-talk is your unconscious mind. To manifest your destiny, you must first clean out the old negative patterns to create space to replace them with what you want.

We learn in the Law of Silence different techniques for quieting the mind. Some may choose also to do this in the stillness of prayer.

Others may choose to go out in nature and sit by a stream or on a bench or under a tree and just close their eyes and relax and let themselves listen to the sounds of nature maybe even the song of a bird.

I found with focus, the other thoughts in my mind that sometimes have seemed like they are in constant fast-forward motion, the mind chatter may start to go. To change your mind first, you must be able to get control over your mind and thoughts and chatter.

From the time we were born we have been subjected to and introduced to all different kinds of stimuli. We learned how to function and operate in this life from our parents, those around us, our immediate environment, and outside stimuli of everything from stories to music, to television, school, and now even computers.

We may not even be consciously aware of how all of these stimuli are being absorbed by us in our unconscious and then

replayed out in the lives that we are living. It becomes more apparent when we start to take a closer look at ourselves and our lives. What really drives us in life?

Are we truly happy with our lives – our jobs, our relationships, our homes, and how we spend our time? These are important questions to ask to start discovering who's lifestyle you are living and why.

To manifest your destiny and make changes in your life, first, you must discover what you want.

Before you can start fresh you must clean the slate of your life. This includes a cleansing for all past experiences that may not have been the highest good for all involved including yourself and others.

This is where the Law of Self-Approval comes in. Before you can approve of yourself, you must first begin by forgiving everything and everyone in your life from the point of your birth entry on earth for any hurt or wrongdoing whether deliberate or unintentional and forgiving yourself for any hurt or wrong you may have been involved with and ask forgiveness of all for anything you may have done to others which need forgiving.

(For the ancient Hawaiians this was called the Hooponopono and even included all ancestors and was necessary to be able to be one with and in communion with all life.)

Is it worth holding onto what makes you unhappy? Holding on and not forgiving is not just hurting another, it is hurting you. Is it making you happy or is it just holding you back?

It is not necessary to contact directly everyone involved in your past. You can do this by creative visualization. Close your eyes and picture a beautiful neutral ground or place like a meadow out in nature. Imagine yourself in that meadow and seated across

from you is someone you need to forgive for something that you feel was wrongful to you. See yourself as that person and let them talk and explain themselves to you if you feel this is necessary.

When you have had enough and expressed yourself if this helps you to let it out, then you can look at them and say I forgive you and I forgive myself for any part I may have played in this. Let the issue be released and clear.

Start from the time you were little and do this technique with everyone you can remember. Also as you proceed through your life with this technique also look at any times you may have intentionally or unintentionally caused harm or hurt to another.

Put them also across from you in the meadow and discuss and forgive all asking their forgiveness for what you have done. You may find during this process a desire or need to clear the air in person with someone if and when this is possible you may do this.

However, in situations where this may not work, you can use the visualization to clear for both of you. You are not required to have face-to-face direct contact for this to work.

This technique is effective for clearing the lack of self-approval thru guilt, unworthiness, and blame..... To have self-approval, you must clear these issues. You are doing a life review and taking stock of yourself.

You are clearing being the victim, self-sacrifice, as well as your own guilt for your own past actions. You are realizing the preciousness of all life. Love thy neighbor as thy self – how do you love yourself?

By approving of yourself and thus by giving yourself self-love you can then apply that also to all others (your neighbor).

The Law of Self –Approval involves self-love – how can we manifest if we don't approve of ourselves? This technique helps to start to clean out what is in our subconscious mind that is blocking or preventing us from realizing our dreams and aspirations,

Many of us have manifested this in our lives. A lot of times it has been something we just had a fleeting thought about. I remember when our daughter was little and she wanted something that had not only not been manufactured for over 10 years but was a limited edition then.

She was very young and did not understand that she may not get what she wanted. The very next day we were driving back from the grocery store and saw a garage sale sign with balloons on it.

Our daughter loved to go to sales, we used to go often to Hawaii to pick up children's books. It was a great recycling resource for parents on the island. As we walked up, our daughter went over to a box and pulled out the discontinued item she had wanted.

It was in perfect condition and even had the original limited edition numbered tag still on it. How often have you had a fleeting thought and then it came to be quick? Often these are things we are not totally attached to so they were easy to let go of so manifestation could occur.

If we can do this think of what we can accomplish if we truly set our mind to it. Often we have manifested thru our determination, focus, and hard work to achieve what we wanted.

So what is stopping you from having everything you want? Where are your thoughts? Are they always positive? That negative self-talk is coming from your unconscious mind. In order to manifest your dreams, you must first clean out the old negative patterns in your subconscious/unconscious mind to

create space to replace them with what you really want. You need to clean out the old and replace them with new positive thoughts. How much time a day do you focus on what you want in your life?

Are you busy mentally rehashing prior situations and events or going over what you have to do in the future? How often are your thoughts present just in the now? What you focus on you can create more of. Where is your focus? It's time to take inventory of yourself.

The modern-day man looks for God on the moon and beyond.

He studies the molecular structure of nature.

Through his telescope, he looks for him in all the reaches of the universe.

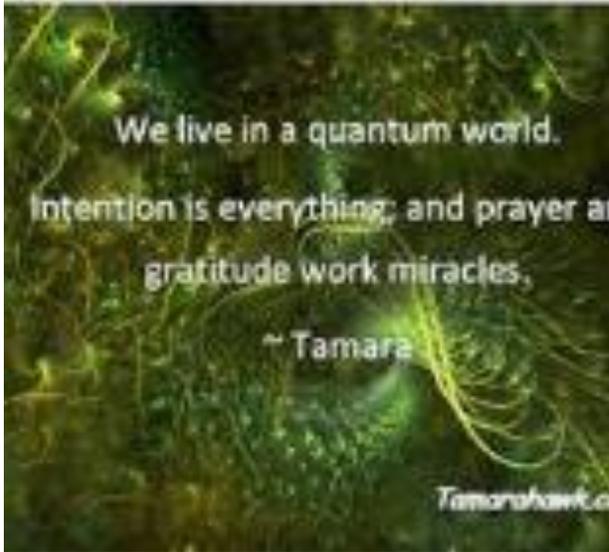
He sends out satellites to search for the unknown.

Yet he doesn't find the answer he is looking for.

The wise man looks within his heart and finds the hidden treasure.

He finds his way home.

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



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

The Law of Prayer allows one to establish direct phone conversation with this

Creator. In this state, you primarily talk and they listen. Prayer has been used as such an incredible tool for time immemorial.

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

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

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

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

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

Our thoughts of kindness and helping out are carried throughout the world. Kindness is truly the answer on this planet. We all pray in different ways and different manners but it's all the same.

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

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

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

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

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

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

How incredible through the internet the prayers of peace are broadcasted around the world. Prayer is the means to

communicate what we need and the Power of Silence will answer our prayers. We are all so precious.

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

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

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

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

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

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

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

Let's honor all religions and traditions. It is time to see the diversity of all life and see that what your neighbor is praying for is probably the same. Our nations around the world pray for

peace. Let's bring a united state of awareness on this planet that peace is the way.

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

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

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

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

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

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

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

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

manner where you spread peace and kindness throughout your daily life. As the Dalai Lama said, "Kindness is my religion". If every one of us took this responsibility personally and not waited for our political institutions to develop a plan for world peace, we would have greater world peace.

Peace has to come from within. Peace is an experience that must be cultivated. Peace is infinite.

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

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

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

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

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

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

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

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

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

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

Practical Actions

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

*" May the wicked become good,
May the good obtain peace,
May the peaceful be freed from bonds,
May the free set others free."*

- Prayer of a Bodhisattva

What is the purpose of life?

Is it to eat, drink and be merry?

There's nothing wrong with that.

But what is the purpose?

Does life have meaning?

Or

Do we just live a 9 to 5 existence?

Does our life only begin and end on the weekends?

Do we work just to make money?

Can money buy happiness?

Are we lost or are we found?

Is life an event or do we just live in a random cycle of events?

The wise man says first understand what Life is and then you will understand everything.

The Law Of Silence



For thousands of years, there have been a few who truly discovered that “Silence is golden” Silence is worth more than any earthly treasure.

By being truly silent all the unknown mysteries come to life. In true silence, one discovers what is truly keeping you alive.

In the past, those who truly wanted silence moved far out from the cities and the daily activities of life. What were they looking for and what did they find? Today noise is everywhere.

People have lost awareness of the true significance of being silent. How many people do you see walking around with headphones listening to music or driving their cars talking on their cell phones?

During the last one hundred years, we have been moving away from the field of silence. We are so accustomed to the outer and inner noise that we have forgotten our true nature.

Our minds are constantly on the go. There is constant chatter going on within and outside our environment. No wonder our bodies and minds are tired we are constantly being bombarded by sound and external noise.

Our present-day culture does not understand the Law of Silence. This law has not been understood by the common person. If one understood the law and had practical experience even for one second, a person’s life would change.

The mind and body are constantly agitated at a subtle level. It isn’t quite at ease. Consequently over time disease occurs. Silence is a way to return to the source where you came from. It is was and will always be. The whole universe is alive and silence allows an

individual to, day by day dive deeper into the vast ocean of life. This is where true wisdom and experience beyond any words come from.

The more a person experiences this silence the more one desires to change one's personal life to listen more at a deeper and deeper level. The level goes on forever. It's like an endless ocean and the deeper you dive you realize that there are no boundaries in this ocean.

All of the seen and unseen worlds come from this silence. Amazingly, our human body is hardwired for this experience but somewhere along the way we turned off the switch. We have been so engrossed in this world that we have forgotten our true nature.

Nowadays people think that only the monks need silence or that by being silent one loses out on life. Silence is seen more as a state of boredom or a state of one renouncing the world. This could be farther from the truth.

When one truly becomes silent and enters into that ocean one truly becomes alive and aware. From that state, one then returns with a greater level of awareness and appreciation of life.

This awareness spills out into every nook and cranny of one's existence. One's true natures become alive and one realizes that all of life is in perfect harmony but man isn't.

True silence brings one to truly live life to the fullest. Every day is a brand new day and one loves to be truly alive. By being silent one realizes and returns to the harmony of life. This is your true nature.

One does not have to leave this world to be in this state. One can have this in the middle of New York City and still daily enter the Law of Silence. It doesn't matter how much noise is on the outside, one can go within and experience the world of silence.

Over time a person embodies that law and every day goes deeper and deeper within. Over time every single cell reflects that silence and the body and mind are peaceful.

Over time it just takes less than one second to enter that point of consciousness. In the beginning, it does take effort and practice. Anyone who first learns to meditate will tell you then they never realized how much chatter the mind produces.

It goes on and on and on. The mind will tell you and dictate your life to not go into silence. It will produce a to-do list that it will never give you in a normal conscious state. It really is the hardest thing in the universe to train your mind. It seems easy (which it is) but our lives are so complicated.

We have lost touch with the yearning that comes from within. Our mind constantly is looking outside of our very own essence for happiness.

So where do we start? What tools do we have? What will it cost me? As I said before we are hard-wired for that experience. This experience is keeping you alive.

For thousands of years, we have searched in the four corners of this world for this experience. Well, guess what the whole time it existed inside of you. How's that for a laugh? I can imagine you saying that can't be true then where is it? I've been alive for so many years and I haven't found it. You got to be kidding.

All the great teachers who once walked the earth said that the Kingdom of Heaven is within. Through the Law of Silence, one may walk through that door. It's like having a radio channel but no tuning to it.

The music exists, and the channel exists but you are not tuned to that frequency. By applying the law of silence one becomes to tune into the channel of life, Not just your life but all of life (in the seen and unseen worlds). So the more you practice the more you begin daily to fine-tune yourself to this precious channel of life.

In this state, you will truly rejoice and have a deeper appreciation for all life. You would eventually overcome all the pettiness in your life. You would still have your daily life but it would be at such an incredible level. Your negative baggage in your life would disappear over time.

So tell me what is the step? What do I have to do? It's as simple as breathing. It really is. Recently the Buddhists released one of their sacred doctrines to the west. This doctrine is so simple in telling you the steps to enlightenment that they figured the western mind would say it's too easy.

In fact, they are right. It involves meditating on your breath. That's the whole technique. Yet being aware of your breath will bring you a state of enlightenment. At first, the mind says that too easy.

The secret to life and silence must be more difficult. But it isn't. Behind your breath, you realize that the whole universe is breathing. It is a doorway to life itself.

All of life's mysteries and what you are truly looking for exist behind your breath. This is the Law of Silence. By listening and paying attention to your breathing in and out you slowly begin to enter into this Silence.

Each day you enter into this silence you return with greater awareness and your body and mind begin to infuse themselves with this precious state of awareness.

Over time you begin to see that entering this silence or the state of meditation isn't only for 5 to 10 minutes a day or the time you spend meditation. But this state eventually will be constant where one's awareness is at all times aware.

Imagine being the Sun, the Moon, and the Stars and walking around in a human body. Do you think in that state you would care about your petty problems? You would be a beacon of life. In that state, you would have nothing to prove.

This is where the Law of Silence can take you. We have had examples of Christ or Buddha who attained that supreme state. They knew how to conquer the mind and enter into the Silence until they became it.

This is our true nature and state of existence. It is not some farfetched notion. Throughout the ages, there have been a few who figured this out and wanted to share this precious wisdom with the world.

Back then they were usually scorned and ridiculed. Well during this age there are literally millions of people just like you and me waiting to discover and put into practice this sacred wisdom.

It is beyond religion. You don't have to change your religion. All we are saying is that entering the Silence is what religion is talking about. You want practical experience.

I would rather taste a mango than read about a mango in a book. By entering into the Law of Silence one tastes the divine fruit that exists within. Imagine the whole universe is breathing and so are you yet we have forgotten this precious state of existence.

It's about time to come home. Your true Mother and Father are calling you. The Law of Silence will show you thru prayer you talk while God Listens. In Silence God replies while, you listen.

Practical Actions

- Meditate twice a day. Even if's it is just for 5 minutes each. Pay attention to your breath. Slowly increase the time.
- Go to the library and check out books on meditation. Get educated on the various kinds.
- Take a meditation class
- Pay attention to your breath in your everyday activities.
- Go to a meditation retreat for a weekend

Sit still and listen.

Inside the silence lies such peace.

A wave of bliss is about to release.

The secret of creation lies between your eyes.

Behold a light more beautiful than anything in this world.

This light is pure love ready to take you on a ride.

Surfers ride the waves of the ocean, while the wise man rides the waves of life.

Imagine riding the waves of life.

Behind our breath lies the answer.

Divine music will accompany you.

The mind becomes drunk on this bliss.

Yet this intoxication is medicine to the soul.

For eons of time man has explored.

Buddha, The Christ, and much more have told their story.

Behold the kingdom of God lies within.

It doesn't matter if you're a saint or a sinner.

We all have the same opportunity to go back home.

All it takes is one small step after another.

Sit still and listen

The answer to this riddle is found by this easy step.

The Law Of Cause And Effect



This is a Law that defines the daily outcomes in our life. Yet for the majority of us, we are oblivious to it. This is the Law of Cause and Effect. Every action that you take comprises this law. Everything you do has a direct effect on your life.

Suppose that you spend a good time of your life eating junk food and someday you get sick. You go to the doctor and want him to heal you. Yet your day-to-day consumption of eating junk food leads to your illness. Your actions lead to this state. The Law of Cause and Effect is that your daily actions over time lead to your present-day condition.

By improving your life on a daily level you will see the future of your life improving. I'm not saying that all sickness is our fault but I'm saying that we should be practical and do whatever we can to live a healthy life. Every action we take is accounted for.

If we are unhappy what actions have we taken to put ourselves in that situation? What can we do to bring ourselves around to happiness? Our actions dictate our state of awareness.

If you are angry daily I can guarantee that in the future you will be angry. Over time whatever actions you have taken become your life. If you are resentful now and take the same steps of resentment you will be resentful in the future.

This is the Law of Cause and Effect. If you are happy and share your happiness with others I can guarantee that other people will enjoy your company. If you are constantly pissed off I can guarantee that people won't want to be in your company.

Every single action affects the entire universe. If your life is in chaos you will enhance the chaos in this world.

If your life is peaceful you will enhance peace on this earth. You are accountable for bringing peace to this planet. If you don't have peace the planet won't have peace. You are a piece of the puzzle.

So realize that if your life is messed up you can clean it. You can start daily to make wise decisions in your life. You can totally change your life around.

There is no blame. Hopefully, we can start to give your wisdom so you can see for yourself that where you are in life is based upon your previous actions. Now you can be aware and change your actions in areas that you know need changing. This is applying the Law of Cause and Effect.

By really understanding this law, one becomes a CO-Creator and not a reactive being. This Law also applies to all Nations around the world. We are accountable for our actions. How we treat others will be reflected in us. This is something I hope that we may all understand.

Peace can never come through war. If we as a nation are peaceful, our neighbors will be peaceful. If we have an overabundance of Wealth and Food we should help out our neighbors in need. If each nation truly helped those in need our world would change.

For the world to change, we must change. To change, we must understand the Law of Cause and Effect. If we live our lives in harmony with the universe the world around us will reflect that. We will be happy. We will be content. We will not be greedy. We will smile and say hi to our neighbors.

If we have a drinking problem most likely the world around us will suffer from our drinking. We don't need to write down what kind of problems arise from the heavy use of drinking but it doesn't celebrate life. It's a drowning of oneself.

So we can change step by step. If you drink too much join AA. Whatever your vice is and you see that it is harming your life and others around you then do something about it. Taking ownership of your problem and doing something about it will empower you.

We are not here to judge because each one of us has a myriad of ways to improve ourselves. We are constantly refining our actions.

We are all in the same boat. As Christ said those who have not sinned may cast the first stone. Each of us has missed the mark (that's what sin means). But we are striving for a bull's eye. This is the goal of human life, to constantly grow in awareness and love. This process will go on forever.

So you can change and will change (hopefully for the better). Because you have Free Will the creator will not judge you but you will. You are your judge. You are in charge of your destiny. If you are in the dumps you can climb out or dig deeper. Help is on the way. By learning these laws and

seeing for yourself (yep been there and done that) you will change for the better. It's just one step after another, day by day.

I hope that this will motivate you. Because you are in charge of your life you can change. You brought yourself to where you are now so make better decisions. Before you get hot-headed think if is it worth it to get angry. Will anything productive take place? Just take a couple of breaths and relax in the silence. You will see that it is not worth your time and energy.

You can change. You simply need to learn a few tricks of the trade. These tricks will enhance your life. The more experience you get from your internal experience you will stop trying to prove that you are right. You will stop trying to defend yourself. You will stop getting angry when others criticize you. You will be a delight to be around.

This is the Law of Cause and Effect put into use for your own benefit. By understanding this you will no longer get hotheaded when someone is driving a car and drives too slowly.

It is strange so many times when I take a walk and I cross the street drivers will try to outrun me so they can turn right. At times I would get mad. Nowadays I realize that the driver is not angry. They could careless but why should I get angry because of what they did?

Why should I hold on to this anger and cause damage to myself? So I simply bless them when this happens. I still feel the anger but in a second I realize just let it go and smile within.

We hold on to anger and judge things that have gone on since we were born. Hopefully, by understanding the Law of Cause and Effect we can forgive ourselves and others. Truly laughter is the best medicine. Let's truly let go of the past and forgive all who have intentionally or unintentionally harmed us. Doing this will set us free.

Again awareness is the key. We have been so unaware of this law. We think that people's wealth is like a lottery ticket. I'm sorry to say that most people who are millionaires worked hard for their money and paid attention to their life.

They were smart and invested at a young age. They went to college and learned. By performing these actions they become millionaires. So what is our game plan? What actions can you take to improve your life? Start small and build up. See that everything you do gets reflected in you.

Some people are lazy and greedy and try to earn money by taking from others through illegal. Some of these people end up in prison. Hopefully, they will understand that their actions put them there.

Now I'm aware that not everything in life is fair. Why is someone who is dealing drugs living high off the hog while people are starving? I can't explain that.

But what I do know is that we can help this world by changing ourselves. This is what I think all of us as a world can do. Be responsible for your own existence. Help out your fellow man. Someday you may need a helping hand.

Practical Actions

- Pay attention to your thoughts. Remember every thought is like your bank account. A negative thought takes away money from your bank account while a positive thought adds to it. Just like in real life.
- Think before you speak any words. Does this uplift me or is this the same old conditioning and junk that I have been conditioned to?
- Think before you act. Does this action bring enhance my life or does it bring me down?
- Go over your life and do an inventory. See where your habits have led you to either a positive or negative avenue. Look at your relationships, career, finances, family, friends, your free time. Look everywhere and see where you need to pull some internal weeds.
- Read books on how to be a Co-Creator instead of a reactive being. See the book list at the back of the book.
- Educate yourself and attend classes and seminars on changing your life.

You can own the entire universe.

You can do anything you want.

You can rule the world.

You can conquer the galaxy.

You can be the richest man alive.

You can have an army of millions.

You can be a CEO of a large Fortune 500 company.

You can master the stock market.

You can be a famous movie star.

You can be the most famous actor of all time.

You can be the president of the United States.

Yet without true happiness, your life is empty.

The wise man pursues inner happiness.

This is the true gift of life.

The Law Of Being

The Rays Of Life



In the great Mystery Schools of the past and present the adepts were taught about these Rays.

These rays of light exist in all of the creation in the seen and unseen worlds. These rays emanate like the sun's rays. Imagine a Central Sun where all of the creation resides from.

These rays are direct emanations from the Central Sun. This story may be true or not yet as one gets in contact with these rays, we are like the divine farmers cultivating our inner emotions.

We all have experienced each one of these rays in our daily life yet by being aware of them and paying more attention to each ray, over time we start to embody the quality of each ray.

Can you imagine how incredible that would be if as a human race every one of us became aware of the full potential of these rays? This world as we know it would be totally transformed.

Your life would change. You would truly be happy. You would have nothing to prove yet smile.

Yet we have never been taught how to get in contact with these rays and cultivate our inner garden with these divine qualities. Our society is so focused externally we have lost touch with our true existence.

In reality, we are these rays. This is our true nature. Our essence is light. We have simply forgotten. Clouds have covered our

vision. We need to daily soak up these rays just like we need to bathe in the sunshine.

Doesn't it feel so good to the body on a winter's day to lie in the sun and feel the warmth? It brings joy to the body and mind.

Well, how about going to the source of these rays on daily basis and soaking up these divine rays? Over time it will truly transform you. Thru the Law of Silence, one can enter into a vast field of existence where these divine rays lie.

They are everywhere but thru meditation and contemplation, one mind's becomes like a radio and can tune into these incredible channels.

It's like taking a shower but instead of water, each ray has a divine quality to it. So imagine in a little bit we will talk about the ray of patience.

How would you like to bathe in Patience? How would you like to swim in patience? By immersing yourself in these rays over time you become these rays these are your true nature.

A sun worshiper lies on top of their blanket soaking up the precious rays of the sun.

The wise man goes inside and soaks up the internal rays of the Central Sun hidden inside.

Inside this place lies the key of wonder.

Your true nature resides inside.

Open up your door within and soak these precious rays.

Your life will change for the better.

The Ray Of Patience



Dictionary.com Unabridged (v 1.1)

-noun

1. the quality of being patient, as the bearing of provocation, annoyance, misfortune, or pain, without complaint, loss of temper, irritation, or the like.
2. an ability or willingness to suppress restlessness or annoyance when confronted with delay: *to have patience with a slow learner.*
3. quiet, steady perseverance; even-tempered care; diligence: *to work with patience.*

This universe is extremely patient. Can you imagine how long it took for life to appear on our planet? It took probably millions of years just to have a single-cell organism.

It probably took another million years to evolve from that. The human race is the new kid on the block. Our world has been around for millions of years while our existence is in the blink of an eye. Yet life is patient.

It is not in a hurry to get anywhere. It doesn't honk its horn if a driver doesn't see the green light. It doesn't hurry to get to its destination and then hurry to eat lunch and hurry to finish work and then hurry home.

Patience is everywhere yet we have lost touch with it. We all know we need to have patience yet our society doesn't allow us to foster it.

I'm remembering living in Hawaii and the locals were always amused by the surfers coming from the mainland. They were always on the go. They couldn't quite slow down their minds and appreciate the sunset. Surfing was more like an object to conquer than an art form.

Some surfers from the mainland over time began to see how fast-paced they were and learned how to adapt and slow down. By slowing down you can see the forest from the trees. They began to learn patience.

They say patience is a virtue. That may sound like a cliché but it is. Being bathing in silence daily one becomes over time more patient and more understanding of others and yourself.

Over time I realize the small steps you take in life that matter. Taking small baby steps, day in and day out is where true growth takes place.

I remember when I first started meditating I was always looking and desiring to have a grand experience. I was missing the boat. Life is a grand experience day by day minute by minute.

Each day we pay attention and meditate we are growing yet we aren't aware of it. Over time the sound of silence becomes our true nature.

We don't have to strive towards it but in the process of taking baby steps, we become it. I had a friend once who said he quit meditating because his mind was so strong. He had been practicing for a year.

Well, guess what that's the process. The mind is strong but by taking baby steps, day in and day out, and cultivating patience you will eventually become still. Yet this process will go on for eternity.

Life is ever going and changing and evolving. In my eyes, we will always develop more and more patience. This is truly the key to life.

Many people give up just right before their creation will manifest. The reason why they lost patience and think what is taking so long? Yet everything in life has a process to manifest. We learned about this in the Laws of Creation.

Your life will go far if you can develop more patience in your life. You and others around you will like to be around you.

Have you noticed how impatient you are waiting in lines? Yesterday when I went to the grocery store I noticed my body and mind were agitated. I saw that I was very impatient.

The mind wanted to pay for my groceries and get out the door. Yet this is the perfect time to practice patience. We need to train ourselves and develop patience in every moment.

Try to pay attention to areas where you are impatient whether it's with your family, friends' work environment, or driving to and from work. Notice areas where you become agitated. These are key areas to look upon and contemplate.

We must ask ourselves why we become agitated. Is it worth it? What do we get from it except for negativity? Does it serve us? In the long-term version of our life does it matter?

Who cares if you left your socks on the floor and your wife had to pick them up? Yes, put your sock away yet this life is so incredible. We need to pay attention to every moment. Throw your impatience out the door.

Practice slowing down in your life and you will see a remarkable difference. When you are racing down the freeway, where is your attention?

Do you feel the incredible power of life itself or are you defending your position on the road? Road rage is the anthesis of a lack of patience. Road rage is a state of mind. We need to look at what brings up rage inside and calm down this monster. It's not who we truly are.

One lesson I'm learning is, don't take things personally, especially when driving down the road. It's my theory that our driving habits directly reflect our state of mind. The faster we go and the more we change lines it demonstrates our mind is agitated and not satisfied at the least.

Have you ever taken a Sunday drive-thru on a country road and just cruised slowly and soaked in the incredible feeling of nature? Everything is so serene and real.

Time slows down and you can drink at the moment. It's a feeling that is beyond words. You feel that you are on top of the world and you are in harmony with your surroundings.

You're just at the right speed when you could respond to anything coming down the road. This state of being is our natural state. It's not just for a Sunday drive.

Every moment of our day should be a Sunday drive. That feeling that you have captured should be there all of the time. The law of Patience will help you capture this feeling wherein every moment you experience the preciousness of life. This feeling of gratitude expands more and more each day.

So these aren't just some Sunday school principles. We were probably taught these as a kid, by society as a whole has not practiced them.

Human beings, in general, are impatient beings. Look at our technology. In the past, we were happy to send a letter and get back a response in a week. Then the telegraph was created. You had to go to western union and then send a telegraph and it got

to its destination within seconds. The person on the other side had to go and pick it up. Today we have instant communication via the phone, emails, and the internet.

Yet we are still impatient and maybe more so. In the past at least our lifestyle was slowed down. Today we are talking on the phone while driving our car and drinking coffee. We have lost our true state of being. Our awareness is so focused externally.

So by being more patient, we start to open up the doors of perception inside. We see that truly life is a miracle. Amid all creation, our existence is a flicker in time.

Yet we think we are the most important beings (which we all are) yet our focus is external and we have lost sight of the beauty of all life. By being impatient we rob ourselves of our true existence.

We place blinders over our eyes and say all I know that exists is in front of us. I accept the commercials and media hype of today. It takes a tremendous amount of willpower and conviction to make effort to be patient in all areas of your life.

So I hope you recognize what a golden opportunity you have to change and develop patience in your life.

I had to learn this when I was a kid. My brother could pick anything up and just do it. It always took me time to learn things. I knew that by having patience and putting in the time I could learn.

To be honest I feel so grateful that I developed this quality. It has helped me to become a better human being and also to learn things that are difficult in life.

Life is so patient with us.

It is the source that is keeping us alive

Yet we go from one thing to another while the answer lies inside.

In the meantime, life is enjoying the ride.

We are impatient when someone cuts us off on the freeway of life.

We curse and mutter

Life is enjoying the ride.

While we are working our kids yearn for attention.

Can't you see I got work that has to be done?

*The wise person understands his impatience and begins to learn how to be like
life.*

Life is willing to show us the way.

We can practice daily and improve in every way.

The Ray Of Compassion



Noun

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

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

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

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

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

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

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

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

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

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

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

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

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

He is such a bundle of joy and compassion. He has nothing to hide. He sees the suffering in this world and in every moment his actions are dictated by the act of compassion. He truly wants to help the world. Mother Teresa is another incredible example.

She dedicated her entire life to helping those in need in Calcutta India.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Compassion is your true nature.

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

The more you surf the better you will get.

The world will rejoice when you do so.

The Ray Of Good-Natured



Webster's Revised Unabridged Dictionary

Good-nature

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Life is not always fair and a good-natured person understands that. They have developed such a strong essence of the character that they understand that nothing can take away their true character except for themselves.

Nobody can steal your character. No matter what goes on outside nobody can take it. A good-natured person understands this and sees that life is an incredible journey and every moment is precious.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

So the combination of meditation and being aware in your daily life of the actions and how you talk to others will help you remember you're good nature. We can rediscover our true nature.

Just as we can improve our skills at any sport by practicing we can practice our skills in life. Every moment we can bring out the

best in us. We can let go of the garbage. We can be in a state where we have nothing to prove.

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

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

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

He doesn't gossip behind your back,

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

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

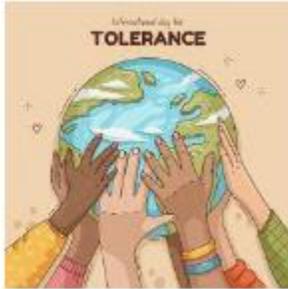
He is on to a different level.

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

We are all good but have clouds covered within.

Remove those clouds and you will discover your true nature.

The Ray Of Tolerance



Dictionary.com Unabridged (v 1.1)

1. a fair, objective, and permissive attitude toward those whose opinions, practices, race, religion, nationality, etc., differ from one's own; freedom from bigotry.
2. a fair, objective, and permissive attitude toward opinions and practices that differ from one's own.
3. interest in and concern for ideas, opinions, practices, etc., foreign to one's own; a liberal, undogmatic viewpoint.

—*Synonyms* 1, 2. patience, sufferance, forbearance; liberality, impartiality, open-mindedness. TOLERANCE, TOLERATION agree in allowing the right of something that one does not approve. TOLERANCE suggests a liberal spirit toward the views and actions of others: *tolerance toward religious minorities*

It is kind of funny and yet sad that we expect the whole world to be just like us. As Christians we expect the world to embrace Christianity.

For Muslims we expect everyone to be a Muslim. The world truly needs to learn tolerance. How many wars started because of religion or someone having a different set of views than you have?

The Christians are suspicious of the Muslims and the Muslims are suspicious of the Christians. Yet at the very fundamental essence, we believe in the same thing. We all believe in God.

We fail to see how beautiful that all of us are created equal and yet at the same time we are custom designed. No one of us is truly alike. Yet there is a thread of life and love trying us all together.

When one truly meditates and experiences this thread of love one's attitude toward the world becomes to change. We begin to see the unity of all life. We rejoice in the diversity of life.

We don't need everyone to look the same way and eat the same foods. We truly begin to see how incredible each culture is and how it brings humanity to be so diverse and interesting.

Instead of having humongous milk, we have so many different types of cheeses. Some are made of cow's milk while some are made of sheep's or goat's milk. There is probably hundreds of type of cheese.

The same goes for us. Each one of us is different and unique. We must develop a tolerant attitude toward those whose opinions, practices, race, and religion differ from one's own.

Tolerance is a state of awareness. The more aware we become the more tolerant we will become. We must let go of the savior complex that only our religion can save the world.

It can save us but all religions are divine and come from God. Not one is better than the other. It's time for humanity to see that.

I believe that through meditation one becomes to see the unity of all life. We begin to rejoice in the diversity of life. We see life as it truly is wonderful and diverse.

Each country is different and special. It has its customs and beliefs. When I was young I traveled around the world and loved spending time in each country. I loved finding out what their beliefs were, the food that they eat, and their religion. It gave me such an appreciation of life. I think all young people should go abroad and visit different countries.

It will bring a whole different perspective on life. So much of who we identify with is with our surroundings and over time we think this is the only way to behave or think.

Yet there is a whole world out there that is totally different from you and yet the same. We truly all want to be happy. We are truly wanted to take proper care of our families.

We all want food, health, and shelter for our loved ones. In reality, our true values and essence are the same. We just have different ways of expressing ourselves.

When I was young I loved to read different scriptures from different religions. I saw they were all talking about the same thing in different ways. Each book is precious and divine.

Each master or teacher had the same theme yet a different way of presenting it. This is what makes life so precious. I don't want the whole world to become like me. I want the whole world to rediscover how precious they truly are.

Their religion, customs, ideas, and beliefs are precious. They should hold on to them and cherish them. We should honor this different point of view. We must honor and treasure diversity.

The older I get I see that this world is one global village and I pray that we can hold on to our special culture that has been in existence for a long time.

Hold on to your customs. At times I feel sad to see McDonald's around the world. I know it's a business yet we truly need each culture to be different.

Imagine going to India and only eating at MacDonalD's. You would miss out on the preciousness of such an incredible culture. You would be more like visiting a foreign culture and not partaking in the fruit.

I may be wrong but I think at times we want everyone to be Americans. We want the American brand to exist everywhere. I truly don't. I love American music but I loved the different sounds of every country.

I pray that each country and religion can remain distinct and honored by all. Not one country has a monopoly on life. So as a whole our world would be better if we truly respected our different values, views, philosophies, and religions.

Why do we truly need everyone to be just like us? What kind of insecurity complex do we have where the world needs to revolve around us and our country? It truly is egocentric. We are not the center of the universe yet at times we truly believe so.

So how can I develop more tolerance? Start to be more open towards those who are different from you. If you are a Christian talk to a Muslim and develop a friendship.

You will see the barriers break down. We are afraid in the life of things that are different from us. We are afraid of different people's beliefs and customs.

I remember I once lived in Florida and our neighbors were Hasidic Jews. I was young and in my twenties. They had someone who was my age next door and we became friends.

Their whole existence was quite different from mine but I truly enjoyed the diversity. I saw an entirely different culture literally right in my own backyard. I loved it. I didn't have to go to Israel to experience this culture. This culture came to me. Since then I have studied the Kabbalah and appreciated the gifts that have come from the Jewish people. I have cultivated many incredible Jewish friends since then.

If each one of us would truly become more tolerant of others we could change this world. We can change the world around us.

Try to learn more about the different ways people express themselves and see that each way is divine.

Meditate and experience the oneness of all life. Let go of your thinking that only my way is right. It is for you but not your neighbor. Start to appreciate the diversity of all life.

Over time you will see that you will become more tolerant. Every one of us can develop this precious ray on a daily level. We just need to look within and change our beliefs.

Maybe we were taught a lot of garbage about other cultures and different religions than ours. Yet we can throw away this garbage and burn it. We don't need the clouds of bigotry to cover the sun within. Let's take off our blinders and see the beauty of all life.

Which one is better a Christian or a Jew?

None

In the eyes of God, we are the same.

In the midst of war, what side is God taking?

None

In the eyes of God, we are the same.

Who are superior the Americans or the Chinese?

None

In the eyes of God, we are the same.

How about this who is better a Saint or the Sinner?

None

In the eyes of God, we are the same.

The Ray Of Humbleness



not proud or arrogant; modest: *to be humble although successful.*

—*Synonyms* 1. unpretending, unpretentious. 2. submissive, meek. 3. Unassuming

Marked by meekness or modesty in behavior, attitude, or spirit; not arrogant or prideful.

Imagine that in front of you are two great athletes talking to you. Both of these are great on the field. Yet off the field, they are two different kinds of beings.

One is loud and boisterous and extremely full of ego. The other one is humble and lets his playing abilities be shown on the field. He is comfortable with himself and has nothing to prove.

Who would you like to be around? Would you like to spend time with the loud and boisterous one or the one that is humble off the field yet highly useful on the field?

I imagine most of you would like to be with a successful yet humble person. Humility truly is a gift of life.

It's strange but in our culture, we look at them as iconic ones who are boisterous and full of ego. Our culture is obsessed with rock stars, sporting stars, and movie stars.

As a nation, we love the glitz and the glamor. We love to talk about the latest gossip about our stars. Yet deep down inside we love the humble ones who are famous and don't make a big issue out of it. They know that life is precious and they are humbled by it.

In the last twenty years, our culture has seen what happens to people who only think about themselves or their country and the mess it has on the rest of the world.

Our nation needs to become humble again. Our politicians need to become humble again. Each one of us has to become humble. Life is extremely humble.

Imagine the life force that created the entire universe. It's not egocentric and says pay attention only to me. It is a humble force and yet it sustains the entire universe. This is our true nature.

We are humble. As a child, we were all humble. As we grew up we developed ways to become more aggressive in life and developed a shell around us.

We didn't want the world to see our sufferings so we hid it from ourselves and others. We put on a shield that I'm better than you are. We put so much importance on building this shield and protecting it that we have lost touch with whom we truly are.

Only at the time of death do we become humble. We see that at that moment everything we have outside of ourselves will be taken away.

We need to drop our shields and see that life is precious. We can let go of the hurts and sufferings that we have encountered along the way. We can be venerable.

Life itself is venerable. We truly can experience the beauty of the sunset and have tears of joy. A man has been taught to repress and inhibit his emotions. What a sad way to live. How much of

life are we missing out on? We are just skimming the surface of life.

By being humble we see the majesty of all life and rejoice in it and are humbled by it. We see that we are no better or worse than anybody else. Once again we are all in the same boat of life.

Meditation brings one to the place where one begins to see that this entire universe exists inside of our essence. We are mere dew drops compared to the vast ocean of life.

This state of existence brings us to a greater level of humbleness. We take from that state and bring it back into our everyday life a greater appreciation of being alive.

We start to live more and more in ways that are, unpretentious, submissive, meek, and unassuming. This is our true nature. The ego we have developed is only a shell that we hid in. We are afraid of coming out and expressing our true feelings.

Only when we start letting go of our baggage will we begin to see that it doesn't serve us any longer. The ego is to help protect us from the world yet it shouldn't cover our true nature. It is a part of us. It is not our true self. This is what we need to discover.

I truly believe that if the world was humble and experienced its true nature this world would change. We would truly have respect for one another and each one of us would know that this life is an incredible journey and we are so fortunate to be alive.

A truly humble person sees the diversity of all life and at the same time the essence of life. One understands that life is ever going and constantly changing and morphing.

Yet the essence is the same. It's a divine paradox. A truly humble person is awed by this. Its very character is awed by life and so consequently has nothing to prove but a smile.

This state of existence is our true nature but we have lost contact with ourselves. By being humble it will start opening the doors within. Arrogance simply closes the doors to life.

You may own the world yet arrogance closes the doors within. Humility starts to open the doors of perception within. Only a humble person can see God, that's why it says in the bible it's easier for a camel to pass through the eye of a needle than a rich person going to heaven.

Unfortunately, at times our world awards arrogance while the humble person truly knows and values the mysteries of life. The humble person has nothing to hold on to with excess baggage. This is true riches. These hidden secrets are life itself.

The Ray Of Honesty



Dictionary.com Unabridged (v 1.1)

1. the quality or fact of being honest; uprightness and fairness.
2. truthfulness, sincerity, or frankness.
3. freedom from deceit or fraud.

Life is a series of lessons where we can put the ray of honesty into our daily life. Everyone loves a person who is sincere and honest. We don't like to be lied to or to have someone spin the truth.

This is one reason why the nation as a whole doesn't like politics. Today we have spin doctors who manipulate the truth to present it to the general public. This over time generates a lot of deceit and people's opinions of politicians go downhill.

We have a strong desire to be told the truth even if it will cause concern. People can see through a person who isn't quite honest. There is something not quite right about the situation.

We can take a look at many aspects of our lives and ask ourselves if are we being honest with ourselves and others. At times we aren't even honest with ourselves. We tend to hide the dirt under the carpet hoping someday we will come back and clean it. Yet life goes on and we wonder why at times we are dissatisfied with life.

One who goes through the transformation of these laws will begin to take a closer look at all aspects of our life and begin to see where changes can occur.

We are honest about what's working and honest on areas where we need to clean up after ourselves. This is where the grown-up truly becomes a grown-up. We take responsibility for our actions and are honest with ourselves and others in our life.

By being honest it frees us. The small lies and big lies that we tell or don't tell bind us down with chains. Over time we are dragging a lot of dead weight in ourselves. We struggle during the day and don't quite have the burst of energy we once had.

It takes a tremendous amount of energy to maintain emotional health and the more negative we are the less energy we will have. So it's wise to take an inventory of where we stand with ourselves and others.

The more honest we are with ourselves the more honest we will be with others. True honesty begins within. By meditating and contemplating and looking at all areas of your life you will see over time areas that you were not quite honest with.

Take a look at those areas and write them down. Pay attention to them. Work and play with them. The more you focus on them the less intense they will be.

The more a person grows into meditation and pays attention to key areas to improve honesty the faster one will grow. Growth comes through attention and conviction. Growth never comes putting things off and swiping things under the carpet.

Meditation will bring a person to a state where they are free from deceit or fraud. Yet this takes constant work and monitoring. Everybody can see over time someone who is deceitful.

This is a trait that we truly want to drop. Meditation and contemplation are like looking at glasses or a microscope where we can dissolve parts of ourselves that hinder us and others.

This is exciting to know that we have all of the tools inside to mold and change and transform. The first step in transformation is honesty.

Once we are honest we can begin to take the necessary steps to change. Even if one is honest and knows that he/she is a compulsive liar this person can over time learn to tame these negative qualities and overcome them.

Honesty is the first step to take. It's the first step for a drug user or a person who drinks too much. By acknowledging that you have a problem and being honest about it, you are on your way to healing yourself. Every one of us has afflictions that we need to clean up in our lives.

These are exciting times for our world. The world as a whole is starting to wake up from its slumber. People are beginning, to be honest, and call a spade a spade.

They are beginning to require that in all areas of life people be honest with each other. As more and more people get in touch within, more awareness will be in the world.

We don't need to feel guilty about the stuff that we put under the carpet. We just need to recognize that we put it there and now we simply need to clear our house.

Most families clean and vacuum their houses every week, well so do we. So what I'm trying to say is that by being honest a huge load and burden will be lifted off your shoulders. You will sigh with relief. As you start to do this you will begin to translate this experience into your everyday conversations with others. Life will be easier and more fun.

Over time we will see that honesty is our true nature. We have lived so long in the fog that we have forgotten our true nature.

The Ray Of Sincerity



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sin·cer·i·ty   **sin'sɛrɪti** - [Show Spelled Pronunciation\[sin-ser-i-tee\]](#) [Pronunciation Key](#) - [Show IPA Pronunciation](#)

-noun, plural -ties.

freedom from deceit, hypocrisy, or duplicity; probity in intention or in communicating; earnestness.

—Synonyms truth, candor, frankness. [HONOR.](#)

American Heritage Dictionary - Cite This Source - Share This

sin·cer·i·ty   (sɪn-sɛr'ɪ-tē) [Pronunciation Key](#)

n. The quality or condition of being sincere; genuineness, honesty, and freedom from duplicity.

Honesty and sincerity go hand in hand. An honest person will be sincere and a sincere person will be honest. Everyone loves someone sincere. We may not agree with them or their issues but if they are sincere and honest we applauded that in our fellow man.

Once again the deeper we discover our true nature the more we will begin to be more sincere in our daily lives. This is a state of being that we cannot fake.

Everyone can sense when someone tries to be sincere but isn't. True sincerity is a state of mind and being. It is not something that can be rehearsed.

The more we are sincere about developing and enhancing these divine laws in our life the more sincerity will automatically be there.

By meditating and contemplating we start to bring up these divine qualities to the surface. Through the daily experience of these sacred laws, we begin to be more sincere in our daily life.

There is an aura of change about us and people will begin to sense a change within us. They won't be able to pinpoint it but people will notice the change.

It's like meditation and focusing on these laws, churning the milk into cream. It takes a day-by-day effort to churn our existence into the cream of life.

It's like at first we may question if anything is going on and working but over time we realize that the great effort we have put in truly brings results to our eyes.

We still have good days and bad days yet we see that something beyond words is taking effect in our daily lives. This path becomes a practical path that we walk on and at the same time, our head is in heaven. We start to live in both worlds.

This is when our sincerity becomes much deeper. We know that life is a grand adventure and we have the tools inside to see the great mechanics of life at all levels.

We can live in this world and truly be and at the same time live in these sacred laws. We can bring heaven to earth and yet be focused and practical. It's like the Zen Buddhist has an expression "Chop wood carry water".

In this expression, we still have our daily duties but we are expressing ourselves at a deeper level. We are genuinely sincere and honest in our day-to-day life. We don't run away or hide from it.

We are embracing life at its deepest level. This is truly rejoicing in life. By rejoicing we are sincere. By being sincere we are honest. By being honest we are humble. It goes on and on. It's like totally embracing one we embrace them all.

So these are exciting times to be alive. Even if we have never been aware of these laws we can now begin to change within. Hopefully, this book will help you to realign your priorities and start you on this grand adventure.

On the practical front, people love to see the sincerity in others. This is a quality that helps lift people. Something about being sincere goes a long way, especially in business or communications.

A sincere person doesn't want to sell you a bill of goods. He/she will not try to manipulate you or others. Sincerity brings trust. If a person isn't sincere how can you trust that person? All of these divine rays can help us tremendously in our daily life and activities.

We can always go deeper and deeper. This is like an infinite onion where we peel away the layers. There are always more layers but each time we take off a layer we embrace more of that divine quality.

The Ray Of Respect



Dictionary.com Unabridged (v 1.1)

noun

1. a particular, detail, or point (usually prec. by *in*): *to differ in some respect.*
2. relation or reference: *inquiries with respect to a route.*
3. esteem for or a sense of the worth or excellence of a person, a personal quality or ability, or something considered as a manifestation of a personal quality or ability: *I have great respect for her judgment.*
4. deference to a right, privilege, privileged position, or someone or something considered to have certain rights or privileges; proper acceptance or courtesy; acknowledgment: *respect for a suspect's right to counsel; to show respect for the flag; respect for the elderly.*
5. the condition of being esteemed or honored: *to be held in respect.*
6. **respects**, a formal expression or gesture of greeting, esteem, or friendship: *Give my respects to your parents.*
7. favor or partiality.
8. *Archaic.* a consideration.

-verb (used with object)

9. to hold in esteem or honor: *I cannot respect a cheat.*
10. to show regard or consideration for: *to respect someone's rights.*
11. to refrain from intruding upon or interfering with: *to respect a person's privacy.*
12. to relate or have reference to.

-Idioms

13. **in respect of**, in reference to; in regard to; concerning.
14. **in respect that**, *Archaic.* because of; since.
15. **pay one's respects**,
 - a. to visit in order to welcome, greet, etc.: *We paid our respects to the new neighbors.*

- b. to express one's sympathy, esp. to survivors following a death: *We paid our respects to the family.*

16. **with respect to**, referring to; concerning: *with respect to your latest request.*

[Origin: 1300-50; (n.) ME (< OF) < L *respectus* action of looking back, consideration, regard, equiv. to *respec-*, var. s. of *respicere* to look back (*re-* [RE-](#) + *specere* to look) + *-tus* suffix of v. action; (v.) < L *respectus* ptp. of *respicere*]

As we start to mature as an adult we begin the process to respect all life. We begin to respect all sentient beings. By diving into the silence and as we begin to experience the source of all life we start to see the incredible web that is tying us all together.

We see that this creation in the seen and unseen worlds is tied together by a thread of love. Through daily meditation, our awareness of this world and the unseen world begins to expand.

We begin truly to respect and truly love all life. We honor all creation. We respect nature and all the incredible diversity that exists. We truly want to preserve nature and be a protector of all the different types of animals that exist.

In this state, we honor our friends and family. We have the highest respect for all they have given us and taught us. We begin to respect all human beings and their different customs, beliefs, and religions. We respect that each individual has a right to worship God in whatever way he/she feels.

This respect becomes part of who we truly are because it is our true nature. When one's touch's the source of life this experience opens up the door where we see the unity of all things.

We begin to see that honor and respect for all life are built into our very own existence. We have simply closed the door. No wonder there is such a lack of respect in this world.

We have lost touch with our true existence. We are wandering around in the dark and we think we can see properly. We make decisions that aren't exactly in harmony with nature and the universe.

We have a hard time respecting life because we have lost touch with it. At times we have a hard time even respecting ourselves.

It's time for humanity to wake up from our slumber. I'm going to mention Bill Gates again. Here is a person who is a billionaire who had some kind of awakening inside of himself.

He probably said I'm the richest man in the world yet what have I contributed to this world? What have I done to improve the human condition?

He started a foundation and it's the largest foundation in history. He began to respect and honor life. He wants to help change the world. He could have just run his company and just live his life. Yet something took place.

We all come from the same source. We may think that we are different yet the essence is the same. This is called the awakening and through that realization, we begin to honor the life and everything around us.

We realize that every moment of every day is a miracle. Every moment is a blessing. This is not just some fairy tale. The Buddhist has long documented the process of enlightenment and in the awakening process, a state is reached where one honors and respects all sentient beings.

I'm sure there are no words to describe that state yet the Buddhists have documents talking about this transformational experience.

So many of the world's problems are due to a lack of respect. How much of this world has been destroyed because of the lack of respect for nature? How many animals have been killed and are now extinct due to man's greed and lack of respect?

How many people have been killed due to the lack of respect for human beings? When we lose respect we lose our innocence over time. Fortunately, I feel and see that humanity is waking up.

We truly want this world to be a better place. In this day and age, millions of people are meditating and pray daily. The walls that separate us are being torn down.

I even saw in a Time magazine article that Oman Bin Laden son said that war and terrorism are not the answer. Peace is the way. I think that the majority of people on this planet truly respect life and want a peaceful existence. Even the world's leaders are slowly waking up.

So respect is a state of being. It can be cultivated. Daily spend time meditating. Spend time in nature and look at the stars at night. Pray daily for you and your family and all life everywhere. These are exciting times for this planet. We have such challenges but the human family can solve them. We are amid a global awakening. Soon the sun will shine over the horizon and we shall truly begin to respect all life.

A wise man respects all life because he sees the thread that ties us together.

In this domain, unity is discovered.

Respect just doesn't reside in a song.

It is your true nature.

The Ray Of Forgiveness



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

-noun

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

WordNet - Cite This Source - Share This

Forgiveness

noun

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

We live in a world where every day the world makes mistakes. Nobody on this planet is perfect. We all make mistakes. Some are small and some are quite serious. Nobody gets a free ride.

Even the great Prophets of old made mistakes. From the time we were born we have made mistakes and people have made mistakes toward us.

If we could we would love to go back to the past and correct the misdoings that we have done to others. But unfortunately, we can't. This is where the ray of forgiveness comes in. We need to

forgive everyone who has ever done us any harm or hurt us in any way.

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

The ray of forgiveness is the willingness to forgive a person so we can release it from our being. It's not saying that what the person did was acceptable but by forgiving that person we clear up the negative debris inside of our being. In essence, we become freer.

All the great scriptures talk about forgiveness. It is the way to drop all our internal baggage and excess weights that we carry.

We also have to forgive ourselves. We all have made mistakes and hurt someone on this journey of life. We have made bad decisions that have affected our bodies and mind.

We have been unkind to our children. We have been in anger and rage. We have lost control of ourselves. Each one of us has made a mess of ourselves.

Yet no matter what you have done you must forgive yourself and forgive all others. This is a golden law. If you do this your life will get better.

When I was young I read a book about Milarepa who was Tibet's greatest yogi. When he was young his uncle took his family fortune and enslaved Milarepa.

Over time Milarepa became extremely angry and wanted revenge. So he began to study with a dark sorcerer. Over time he learned how to control nature and the rain.

He sent a huge storm and caused hail to fall from the sky. This storm was so powerful he killed his uncles and his extended family.

Well, to make a long story short he meets a great teacher and this teacher showed him his wrongdoings and the consequences of his actions. He went through a spiritual awakening and forgave his uncle and himself.

Over time he turned into Tibet's greatest Yogi. Even hundreds of years later his legend and his teachings are still around. He developed a Buddhist lineage which is one of the four lineages in Tibetan Buddhism that exist in the world today.

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

Spend some time every day where you can start from your birth and try to trace your history and see where you need to forgive others and where you need to forgive yourself.

You are cleaning out your closet and getting rid of things you don't need. I did this and I was quite amazed at how many people and circumstances needed to be forgiven. It was probably in the hundreds.

Many people probably think why do I need to forgive? I don't want to. What that person did to me was unacceptable. I'm justified in what I feel. That's true.

That person did something unacceptable. You are justified. Yet by feeling and acting justified you then are the judge of life. Justification is so far from the truth it's ridiculous.

It will hold you and bind you. You will never see the light of day if you think you are justified. You will remain in the dark. We want to get rid of the chains that are trying us. We want to get out of the dungeon. If there is a dark side it uses justification as a

means where you feel I'm right to be justified yet at the same time it will bind us further in chains. This is why all great spiritual books teach that you must forgive,

For the Law of attraction to work for your benefit, you must forgive yourself and all others. This is crucial. We talked about the law of Self-approval.

Without forgiveness, you are missing the boat. Many people struggle in life and are extremely angry because they can't forgive.

They feel they are 100% justified in their thinking and actions. How many families have broken up because of some misunderstanding or error in judgment?

Your world will improve once you tap in and start the forgiving process. Remember you are not saying it was ok for you to do this to me.

What you are saying is I forgive you, just by saying that you have started the healing process. You will let go of this excess baggage that is holding you down.

I feel that it truly is God's gift to humanity the ray of forgiveness. We all make mistakes. This journey of life is learned through many lessons.

Not one person comes into this world and is perfect. Even Christ and Buddha made mistakes and asked for forgiveness. If they asked for forgiveness so can we.

This ray is probably one of the most dramatic rays for us. For without forgiveness we feel justified. By being justified you have walked away from the light and placed yourself in chains.

It's as easy and simple as that. We don't even know what we are doing. No wonder the world is in such a sad state.

How many wars have started because we felt justified? Look at the current war we are in and see the results of our actions. Once again forgive our political leaders who declared war.

Forgive the soldiers for being there. Forgive the terrorist. Pray that this world will see that peace is the way. Focus on peace and through the power of visualizing an image that soldiers all around the world are dropping their weapons and going home to their families.

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

I look at the Dali Lama who was forced out of his country by the Chinese government. I read his book and he said it was a blessing in disguise.

If this never happened and he never forgave the Chinese, the western world would have never seen or heard from him. He saw that through forgiveness his mission of helping humanity is coming to fruition every day.

He is not trying to convert people to his faith but in essence, reminds us of our true nature. We are all human beings. This is a human race. We all make mistakes. Let's forgive and go on and make this world a better place.

Life is a journey and we are walking every day.

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

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

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

To truly live we must forgive ourselves and all others.

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

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

The Ray Of Bliss



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

Pronunciation

-noun

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

American Heritage Dictionary - Cite This Source - Share This

bliss   (blɪs) [Pronunciation Key](#)

n.

Extreme happiness; ecstasy.

The ecstasy of salvation; spiritual joy.

Phrasal Verb(s):

bliss out Slang

To go into a state of ecstasy.

When I was 18 years old I was looking for someone who could teach me how to meditate. I begin to read some books on the topic. Several of these books talked about bliss and that was the first time I ever heard that word.

I was quite fascinated by it. In these books, they talked about how each human being can tap into his/her true existence and

experience supreme happiness that doesn't exist in this world. This state of being is called bliss.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

I used to escape from this world through meditation and yet I'm still meditating and I'm no longer escaping. I embrace this life. My head is in heaven and my feet are on the ground. I have been a software engineer for 35 years. I love my family. Life is spiritual. Life is a dance. We need to take off our blinders.

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

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

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

Truth is the consciousness of bliss.

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

Bliss is your true nature.

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

The key to the kingdom lies inside.

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

The Ray Of Love



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love   (lŭv) [Pronunciation Key](#)

n.

A deep, tender, ineffable feeling of affection and solicitude toward a person, such as that arising from kinship, recognition of attractive qualities, or a sense of underlying oneness. A feeling of intense desire and attraction toward a person with whom one is disposed to make a pair; the emotion of sex and romance.

To like or desire enthusiastically: *loves swimming.*

Theology To have charity for.

To thrive on; need: *The cactus loves hot, dry air.*

v. *intr.*

To experience deep affection or intense desire for another.

[Middle English, from Old English *lufu*; see *leubh-* in Indo-European roots.]

Our level of Love and understanding and experience of love grows from the time we are born until the day we die.

In the beginning, our love was for our mother's warm milk. We were nourished physically, mentally, and emotionally. As we grew we learned to love our parents and family.

We reached a certain step in maturity where we developed our first bond of friendships. This was the first time that love extended outside of the family. We maybe had a pet and learned how to love it.

During our school years, we learned how to love some and ignore others. We maybe had boyfriends or girlfriends who broke up or made up.

At each step, we learned a little about love. Maybe we went to church or a temple and synagogue. We learned a little about loving God.

Some people learn to love through nature or a sport. I just love surfing.

As we grow up our understanding of love becomes greater. We learn about relationships. We go through heartbreak. We go through how what we hold on to we will draw to you whether is beneficial or not.

Why do I always draw an abusive partner? We learn how to love ourselves. Nobody taught us that. We were taught to love others and God but to love ourselves that wasn't taught.

Each of us has a unique understanding of love. Depending on our understanding our Love will be either deep or shallow. Each of us takes different steps in life to understand the deepest levels of love.

Some people, want to reach the source of love and bring that into this world. They learn how to meditate. As we heal ourselves and enter into the silence daily we begin to have an overwhelming experience of love for life itself.

You begin to see the unity of all things. We begin to truly love humankind on this incredible journey of life.

I believe that this journey is infinite. Love is infinite. There will never be a time when we can say I've mastered love and I have reached the deepest level. Love is ever-expanding and growing.

Love is truly a gift from God. It is a journey that no words can say. Each of us experiences love to the proportion that we open up to it. It's like a pipeline of love that exists inside.

The more we meditate the more the love becomes alive. We learn that the source of love is our true nature and to truly give love, we must receive love. In this world, love can be shut off.

Your boyfriend may leave you or your husband may leave you. Yet the Love inside of your being will never go away. I remember my grandmother told me that "God loves you" when I was young.

I didn't understand what she was talking about. Years later through spiritual maturity, I grasped what she was saying. I'm still growing and getting more mature day by day yet I experience through silence the love that is beyond words. I'm learning how to manifest this more and more in my daily affairs.

So our experience of love grows and grows. We have felt physical, emotional, and spiritual love. We have gone through our ups and downs.

Yet I pray that each one of us will consciously tap into the power of love that is keeping the universe alive. Love is the answer and key. Without love, we are lost. A baby cannot live without love.

Neither can we. It truly is the foundation of all life. Once again through silence, we can tap into it. The goal of a human being is to bring these qualities into our everyday existence.

We need to make it practical and down-to-earth. This is the key to life. We are human beings and the answer lies within.

Imagine that one thread ties us all together.

In this web of life, such love was put into this creation.

The sun, moon and distant stars, on a dark's winter's night.

This needle of love is woven with such precise care.

Imagine a Mother rocking her child to sleep.

The love we have is truly divine.

Love is the fabric of life.

Each of us is different yet we come from the same cloth.

Love is truly the answer.

The Ray Of Mercy



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mer·cy  'mɜr si - Show Spelled Pronunciation[mur-see] Pronunciation Key - Show IPA Pronunciation

-noun, plural -cies for 4, 5.

1. compassionate or kindly forbearance shown toward an offender, an enemy, or other person in one's power; compassion, pity, or benevolence: *Have mercy on the poor sinner.*
2. the disposition to be compassionate or forbearing: *an adversary wholly without mercy.*
3. the discretionary power of a judge to pardon someone or to mitigate punishment, esp. to send to prison rather than invoke the death penalty.
4. an act of kindness, compassion, or favor: *She has performed countless small mercies for her friends and neighbors.*
5. something that gives evidence of divine favor; blessing: *It was just a mercy we had our seat belts on when it happened.*

—Idiom

6. **at the mercy of**, entirely in the power of; subject to: *They were at the mercy of their captors.* Also, **at one's mercy.**

[Origin: 1125–75; ME *merci* < OF, earlier *mercit* < L *mercéd-* (s. of *mercés*) wages (LL, ML: heavenly reward), deriv. of *merx* goods]

Because this world is a practical world and an incredible journey to learn about the life, we fall and stumble along the way. I know I have stumbled many times in the past and probably will in the future. Fortunately, life itself is full of mercy. Life knows that to learn we must make mistakes. That is how we become wiser. So

the essence of life is mercy. It knows that everything is changing and growing.

As we mature we begin to take these principles and develop mercy and kindness for our fellow human beings. We learn that smiling at a stranger or saying hello is an act of mercy.

Over time through silence, we see how patient this universe is and how we can bring this to our lives. We can see that everyone makes mistakes and we can have mercy. We can be kind to someone we don't agree with.

Once again at different stages of our life, we develop or don't develop mercy depending on what we focus on. There are various stages of growth.

Depending on our maturity level different expressions of mercy will be manifested in our life. For some people none at all. Some people may think that having mercy is a weakness.

Yet at its core Life is mercy. It does not judge or condemn us. It just loves. It is extremely patient. It will wait millions of years for us to understand. The deeper our understanding of life will be the depth of our mercy. This understanding will be reflected in how we treat people.

Someone who is a spiritualist doesn't hold on to grudges or harbor hard feelings towards others. This does not mean they don't think them. It means they let these thoughts go.

They are like leaves in the wind. Just let them blow. With this kind of attitude, we can smile at life and understand all of us have been fools one day or the other. Life is too important to hold on to some petty argument. Mercy comes when we realize I've been there and done that to someone who is going through the same thing you did.

Mercy is not well I overcame it why can't you? Mercy and the ego really don't match. I've noticed that someone who usually is

good-natured has a lot of mercy in their heart. Being good-natured equates to mercy and love. You cannot be good-natured without mercy. They go hand in hand.

If one enters into the silence every day over time understanding of mercy will grow. Meditation is the watering of the seed and tilling the soil. Contemplation is the removal of weeds. Both are necessary for our growth.

I remember I once read a book where the Dali Lama would go over his entire day in minute detail and look at ways to improve himself.

When I first read this I really didn't understand this process. It wasn't until years later I understood that it is critical to inspect our lives daily and to weed out our imperfections. This will allow us to grow at a greater rate. We want to be diligent in our growth and not let the whims of this world dictate our life.

So we can even have mercy on ourselves when we make bad decisions or act inappropriately. Remember we can learn from our mistakes.

We will fall but pick ourselves up. Don't think that if I make a mistake I'm weak. Some lessons are learned which will take you your entire lifetime and beyond that.

For example, anger and letting go of anger will probably take most of us our entire lives. Yet we can see on a day-to-day level our anger subsidizing. Yet we need to have patience and mercy for ourselves.

The goal is to pay attention, be aware and change. This is the journey called life.

I can't imagine how sad it would be if life was not full of mercy. Each one of us would be doomed. Yet life is full of mercy. Life is

infinite. We don't need to think about what would happen because mercy is endless and timeless.

What a miracle! Isn't it incredible that these laws are universal? There is no one judging us. We judge ourselves. Life is simply waiting at our door and asking us to open it.

There is an infinite amount of gifts that it wants to deliver. Every day is Christmas. Everyday life is merciful. So I pray that you will open up your doors within.

What have you got to lose? This is not a religion or belief. It is your very own essence that you have forgotten.

Life is infinite mercy.

He has seen the good, bad, and ugly for the human race.

Yet day by day it keeps us alive.

Mercy is its true nature.

It has seen the war that is incomprehensible yet life is infinite mercy.

We have been giving the keys to drive our car but where are we going?

Some of us get drunk while driving.

While some drive with reckless abandon and hit another car.

Yet life is infinite mercy.

A voice is calling silently in the wind.

By stopping your mind you will hear life's whisper.

The Ray Of Modesty



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mod·es·ty   'mɒd ə sti - Show Spelled Pronunciation[**mod-uh-stee**] Pronunciation Key - Show IPA Pronunciation

-noun, plural -ties.

1. the quality of being modest; freedom from vanity, boastfulness, etc.
2. regard for decency of behavior, speech, dress, etc.
3. simplicity; moderation.

[Origin: 1525–35; < L *modestia*. See [MODEST](#), *-Y³*]

Dictionary.com Unabridged (v 1.1)

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American Heritage Dictionary – Cite This Source – Share This

mod·es·ty   (mɒd'ī-stē) [Pronunciation Key](#)

n.

The state or quality of being modest.

Reserve or propriety in speech, dress, or behavior.

Lack of pretentiousness; simplicity.

WordNet – Cite This Source – Share This

modesty

noun

1. freedom from vanity or conceit [ant: [immodesty](#)]
2. formality and propriety of manner

At times in this world, the media loves someone loud and boisterous. How many reality TV shows and movie stars display this behavior? I remember once watching a football game on TV and the person who got the touchdown taunted the other team with the ball.

I couldn't believe my eyes. You could see the ego flaunting the other team reeking with the odor of I'm better than you are. I just scored a touchdown. In the past, this would never happen but in the last 30 years, the ethics of the sportsman has eroded. We love things that are bigger and better.

Consider someone free from vanity or conceit. The world at large considers this weak, while the football star taunting the other team is strong.

Drinking beer and getting rowdy among your friends watching a ball game is a virtue of being strong while someone who just smiles and has nothing to prove is weak.

Where have our values gone? Have we lost touch with our innocence? What might be revealed at the time of death that the football player will be scared to death of leaving while the one who is smiling and has nothing to prove will help and assist the football player to go to the other side?

He/she will be full of mercy and compassion. We think we are so strong but are we? Do we truly face death and aren't afraid? What kind of foundation are we sitting on? Will it fall away at any moment?

Once again modesty is an evolution. All of us have been loud and boisterous and wanted to prove to others how right we are. Is it an egocentric existence? Modesty is developed by looking at life and how incredible nature is and how modest life is. The sun

doesn't say I'll blow you away if you don't bow your head to me. It will shine regardless of whether you acknowledge it or not.

Even your precious breath is modest. It silently keeps you alive. It doesn't demand attention. Yet if we focus on it, it will reveal its true nature.

All the hidden secrets are humble. Not one thing in creation is saying look at me. Even a flower. A flower just is. It is not full of ego. It seems like amid human life we humans tend to say look at me.

Somehow we feel we need to be better than someone else for self-importance. I've done that in my life and I'm still learning that.

Modesty is our true nature. We are all naked and stripped of importance before the Almighty. Yet even the source of life is modest.

It allows us to come to it when we are ready. How modest can you get? The source of all life is so humble and modest that he/she says take your time. I'll be around when you need me. I'm always there for you.

I feel we need to learn this lesson in a major way. By entering into the silence and seeing the source of life can we begin to see the majesty of life. I'm sure many modern days scientists are humbled by the infinite space of the universe. We have only a small glimpse and I'm sure they are humble and modest.

So meditation will help us drop our egocentric ideas and importance. When we see our ego puffed up like a peacock we can gently see what we are doing and forgive ourselves.

We have been taught since birth to place our existence on our ego and shy away from modesty. In fact, no one wants to date a modest girl or guy. How's that for losing perspective? In our schools, the football player and cheerleaders are on top of the

pecking order. The modest ones are on the lower rings. No wonder we experience so much pain and suffering in our lives. We live at times in such shallow existence. We truly have our heads in the sand.

It's time for a reawaking. I see it. Among the young, they are questioning these things. They have a notion that things are backward. They don't know exactly how to put it but they see that the world needs rearranging. Our priorities need to be set straight.

This is not some nursery school tales but the tales of life. We have forgotten who we truly are. What we perceive as cool is skimming the surface and going through the motions of life.

Life is meant to be lived at the greatest depth you can conger up. Life is infinite. It is pure modesty. It doesn't show off and say look at me. A sunset in the sky is an expression of love. If you watch it or you don't watch it, it will manifest it differently every night.

So remember this ray in your life. Become more humble. Become more modest because this is the essence of life.

A true surfer of life is modest and kind.

He may ride the greatest mountains yet he is gentle on the beach.

He has nothing to prove just a smile on his face.

He has touched the source of life and is humbled by it.

Many people say you could become a rock star of surfing and have people bow to you.

But a true surfer of life is beyond proving to others or basking in ego.

He is riding the mountain of life and helping mankind.

A wise person understands we are all surfers of life.

Daily the ocean of life will keep us modest if we are aware.

So surf the ocean within and leave your ego in the desert.

The Ray Of Passion



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pas·sion   'pæʃən - Show Spelled Pronunciation[pash-uh n] Pronunciation Key - Show IPA Pronunciation

-noun

1. any powerful or compelling emotion or feeling, as love or hate.
2. strong amorous feeling or desire; love; ardor.
3. strong sexual desire; lust.
4. an instance or experience of strong love or sexual desire.
5. a person toward whom one feels strong love or sexual desire.
6. a strong or extravagant fondness, enthusiasm, or desire for anything: *a passion for music.*
7. the object of such a fondness or desire: *Accuracy became a passion with him.*
8. an outburst of strong emotion or feeling: *He suddenly broke into a passion of bitter words.*

We are can tell the difference between someone playing music with passion versus someone just reciting music and not being emotionally involved. There is a difference between a piece of artwork that was passionately created versus someone who just draws a painting.

What is the difference between your mother cooking and eating a boxed lunch at MacDonald's? In all sort of activities in our daily life, there is a huge difference between someone who just goes through the motions of life and one who put their whole heart and soul into every action they do.

Passion is the extra ingredient that truly makes anything in life delicious. Without passion, you make cook the food but

something is off. You make be a master painter yet without passion everyone will see that the painting is bland.

In the arts, particular people strive to have great technique but without true passion, the music can't quite reach the soul. Passion is the ingredient that opens up the heart to others so they can truly see what you have painted.

The difference between a good artist and a master painter is passion. They may have the same abilities but the one who has a passion is the one who can truly capture the moment.

Everyone loves to see the Olympics on TV every four years. People love to watch figure skaters. The ones who truly capture our hearts is skillful and at the same time, their heart is on fire versus the ones who just have tremendous technique.

I remember as a kid a famous surfer who lived in Huntington Beach in the sixties. This guy was so incredible and his surfing was so beautiful and full of passion that many surfers would leave the water and watch him surf from shore.

That was the only time I ever could recall a situation where surfers would do that. We were all awestruck by the beauty in motion. It was like a cat surfing on water or pure ballet on water.

He studied martial arts so it kind of resembled the Zen of surfing. It was probably the best show I have ever witnessed up to that point in my life.

Look at the world of music. What made the Beatles special? They had a unique style of music combined with passion and enthusiasm. They wanted to push the envelope of music to a new level.

They were in total love with their music. Anyone who pushes the envelope is passionate about their work. Take the great artist

Michelangelo. He would at times forget to eat sleep or drink water. People had to remind him.

This is the world of passion. It will bring you into a deeper state of awareness where you can truly tap into the creative forces of life.

Look at how incredible life is. Just the created act of making love and producing a child is such a powerful thing. In that state passion truly becomes alive. It's probably one of the only times when we truly can feel passionate at such a deep level.

Many people ask how I can tap into this passion. How can I bottle this passion? We can't make it up. We know when it is genuine or fake. At times we have it or we don't.

This is where truly entering into the silence daily will over time bring you a greater passion for life. As we dive into the infinite waters and go deeper we begin to tap into a greater and greater passion.

The deeper we dive within the greater the passion. It's like we can cultivate passion. As we daily water our fields within the seeds of compassion begin to grow. You don't have to put effort into this.

You are already infinite passion yet we have forgotten. Meditation helps bring passion to the surface just like the cream will always float to the top with milk.

Every moment can be filled with the state, wow I'm alive. For so many people hate their jobs and put only minimal effort into them. They are there only for the paycheck. Yet how many hours have they lost?

They only find joy on the weekends. Discovering passion within every moment is special and honored. It truly makes a difference in our everyday life.

That's why the Zen Buddhist says "Chop wood, carry water". Life is special every moment we are alive. These are not just some words but this is a state of awareness that truly captures the essence of life.

Luke Skywalker lies within us. We have the golden opportunity to see life at its deepest level and truly see the miracle of all.

These great ones whether they were known to the world or not knew the secret of life itself. They did not live a life of boredom. Without truly diving within our mind becomes bored and so we do.

How many people are merely surviving and not living lives to their fullest potential? You can still do the same things as before but your mind will be aware.

You will be capturing the passion in life so when you smile that essence will come out. You won't need to say anything or you don't need to prove your point. Just your essence will convey.

This is a state of awareness that you can have while you are alive. You can be surfing the waves of life and at the same time be working at your job.

This is a paradox yet life and its mysteries are a paradox. Who we truly are is the secret of life. We are much greater than who we truly believe.

So I hope that you will partake in this grand adventure called life. Every moment is special. Your life can be filled with passion and enthusiasm. It just lies within you and is waiting for you to discover your true nature.

What kind of fuel do you want in your life?

Boredom, complacency, or passion.

Every day we go to the gas station of life and fill up.

The attendant says "good morning sir" what would you want to fill up with.

The question is left to us.

Do we fill up our days with boredom and find this life is a drag?

Do we fill up our life with I'm can't make a decision so I'm stuck at the gas station?

A wise man fills up with the fuel of passion and enjoys the ride of life.

He knows that he is driving home to his lover.

The Ray Of Honor



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hon·or   'hɒnər - [Show Spelled Pronunciation](#)**[on-er]** [Pronunciation Key](#) - [Show IPA Pronunciation](#)

-noun

1. honesty, fairness, or integrity in one's beliefs and actions: *a man of honor.*
2. a source of credit or distinction: *to be an honor to one's family.*
3. high respect, as for worth, merit, or rank: *to be held in honor.*
4. such respect manifested: *a memorial in honor of the dead.*
5. high public esteem; fame; glory: *He has earned his position of honor.*
6. the privilege of being associated with or receiving a favor from a respected person, group, organization, etc.: *to have the honor of serving on a prize jury; I have the honor of introducing this evening's speaker.*
7. Usually, **honors**. evidence, as a special ceremony, decoration, scroll, or title, of high rank, dignity, or distinction: *political honors; military honors.*
8. (*initial capital letter*) a deferential title of respect, esp. for judges and mayors (prec. by *His, Her, Your*, etc.).
9. **honors**,
 - a. special rank or distinction conferred by a university, college, or school upon a student for eminence in scholarship or success in some particular subject.
 - b. an advanced course of study for superior students. Compare [HONORS COURSE](#).
10. chastity or purity in a woman.

13. to hold in honor or high respect; revere: *to honor one's parents.*
14. to treat with honor.
15. to confer honor or distinction upon: *The university honored him with its leadership award.*
16. to worship (the Supreme Being).
17. to show a courteous regard for: *to honor an invitation.*
18. *Commerce*. to accept or pay (a draft, check, etc.): *All credit cards are honored here.*

19. to accept as valid and conform to the request or demands of (an official document).

20. (in square dancing) to meet or salute with a bow.

-adjective

21. of, pertaining to, or noting honor.

-Idioms

This journey of life that we are on is a complete miracle. As I grow older and hopefully wiser I see the importance of honoring all life.

I see how imperative by honoring all life and being tolerant of things that are different from my way of thinking. To truly honor life, we must reconnect with life itself.

Not only should we enter into the law of silence but we should try to see if what we want is what our so-called enemy wants. It's the same thing expressed differently. The more we can honor life the more we can see the unity of all.

Nobody is forced to honor. Honor is cultivated over time when we realize that all life is sacred. When we can let go of our petty issues and see that something far greater is going on. It is a state of awareness.

When we become aware of how incredible it is to be alive we begin to honor all life. It's hard to put into words. There is a transformation of character that changes over time. Through your daily living and cultivation, one transforms.

This process is not static but ever-changing and growing. It's like looking through the world with a new set of eyes. By seeing the unity of all life, our focus changes, and our view of the world changes.

We are still the same person yet something inside has shifted. We still have afflictions but we see that they have mellowed out. As this occurs our attitude changes. We begin to honor life more deeply. We can see the differences in others and also at the same time we can see the thread that ties us all together.

How can one put this into words? We have been taught since birth to honor life to honor our parents. Yet because of our level of awareness if focused externally our experience of honor reflects that level.

Something happens when we truly want to discover our true nature. A shift of awareness occurs. In the shift, honor floats to the surface and enters the doors of perception. It has many different levels.

In each day we go deeper and deeper. In that state, we have no idea how far we have traveled yet we sense something tremendous is going on.

Many people have had a one-time experience where they encountered something that was totally outside of the box. My Dad had a stroke and was in a coma for one month.

The doctors wanted to pull the plug. He came out of it and lived for another 10 years. He truly recognized that life is a miracle. He truly honored life.

Before his stroke, he was a high-power businessman. After the stroke, he never could return to that but he realized that every moment was special.

He didn't have anything to prove. He realized that he was given another choice to live. His whole attitude on life changed after that.

I guess what I'm trying to say is that at times because we are so busy we don't have time to slow down. By not slowing down we lose touch with the miracle of life.

By losing touch with the miracle of life we lose touch with how sacred life is. This goes on and on. So consequently over time, we distance ourselves from our true nature. Only by embracing ourselves can we truly start to honor life.

Life is not shallow but at times we can be. Throughout the ages, we have seen examples of people who truly respect life and honor life. They honor all people, all religions, and beliefs.

Because they want peace for themselves they are mature enough to want peace for others. Honoring is a maturing of oneself.

We can be so selfish and at times we are in our life yet with true spiritual growth we let go of our negative aspects and truly want to change.

We set up our lifestyle to directly reflect our intentions to put these sacred laws into motion. By doing this we are honoring ourselves and at the same time honoring others. We are putting our pieces together in the puzzle of life. We feel it's our social responsibility to put our life into balance.

We know that we haven't reached the end of the journey yet day by day we are making baby steps. In this process, we cultivate honor and respect.

One begins to honor their body. This temple that we have is a miracle. We start to cherish and see that we eat the right foods. We exercise. We get rest. Every day we pay attention to the needs of the body and we pay attention to it. The body will send us signals about what it needs.

We begin to honor our minds and emotions. Just as we exercise our body we exercise our mind and emotions. We learn how to let go of our excess baggage.

We honor our soul by meditating and praying and contemplating. We realize that all three are inner connected. Each day we are fine-tuning ourselves.

We start to let go of those that don't enhance our quality of life. By honoring life we lose the desire to gossip about others. We train our minds to embrace these divine qualities.

These are the stepping stones of honoring. Our experience of life grows and at the same time, our respect for life grows. This is honor in motion.

One lives in this world and contributes to the success of this world. One does not withdraw from this world but becomes an active participant in this world.

As we do this we begin to truly honor every individual that we encounter. Our prayers are for ourselves and the world at large.

Each one of us can transform. This is what life is all about. No one can do it for you. It is not a job or a burden. It is the journey of self-discovery.

One who knows life honors all life.

One who is ignorant of life has a shady vision.

The Ray Of Charity



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char·i·ty   'tʃærɪti - Show Spelled Pronunciation[**char**-i-tee] Pronunciation Key -

Show IPA Pronunciation

-noun, plural -ties.

1. generous actions or donations to aid the poor, ill, or helpless: *to devote one's life to charity.*
2. something given to a person or persons in need; alms: *She asked for work, not charity.*
3. a charitable act or work.
4. a charitable fund, foundation, or institution: *He left his estate to a charity.*
5. benevolent feeling, esp. toward those in need or in disfavor: *She looked so poor that we fed her out of charity.*
6. leniency in judging others; forbearance: *She was inclined to view our selfish behavior with charity.*
7. Christian love; agape.

[Origin: 1125–75; ME *charite* < OF < L *cāritāt-* (s. of *cāritās*), equiv. to *cār(us)* dear (akin to [CARESS](#), [CHERISH](#), [KAMA](#), [WHORE](#)) + *-itāt-* [-ITY](#)]

—Related forms

char·i·ty·less, *adjective*

—Synonyms 5. kindness, consideration, humanity, benignity, sympathy.

Our culture is one that truly embraces the ray of charity. Granted we can always grow. Yet in the United States, we have reached a level where millions of people are donating their time and money to so many incredible causes.

We see everyone from the rich to the poor involved. We all want this world to be a better place. At times I wish our media would contribute more in showing daily how Americans are changing this world.

We have seen a tremendous outpouring of compassion throughout the years. This sense of charity is built into our genes. Somehow we know that we are all tied together. We have a true desire to help those in need.

I feel that the world at large is in the midst of a huge transformation experience. We all want the same thing. We all want everybody to have good clean water.

We want food to be shared with all. We want poverty and disease to go away. These are exciting times. We are seeing businesses slowly changing their business models to help people around the world.

We are seeing those who are the richest ones in the world start to change. I feel that charity is rising to the surface of humanity.

With the advent of the Internet, we are literally creating the web that ties us all together. Nothing is separate and isolated. We truly are one global village. We have seen that.

Somehow this external global network is affecting how we relate and communicate. It's like how in the body each organ is different yet it knows that the mind-body-soul connection is one.

In the same manner, unconsciously the world is learning and experiencing at a deep level the importance of unity. Charity is creating unity in this world. The act of giving deeply reflects humanity's sense of love for each other. It is branded into our very own genes.

So these are exciting times. I think we have many incredible changes to occur in the growth of this planet. We as the world are going through growing pains yet as a whole we are maturing.

100 years ago many people thought that war could solve problems but few people today still believe in that. The majority of people believe that we truly need to assist and help those in need and educate them to be self-reliant. This is what we expect from our charitable organizations.

There are many different levels of charity. Every moment can be a moment of charity. We can give freely of our kindness. We can give freely of our consideration.

We can truly be humane in all circumstances. The more we dive into the silence we can give freely to all the divine gifts that we have received.

One realizes that by giving one receives. In each step on this journey, our experience grows to show our capacity to give grows. In this state giving and receiving are built-in. It's part of our nature.

We don't give because we have to. We give because it is part of our essence. It is our natural state. We are returning to this state.

The Ray Of Acceptance



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ac · cept · ance   æk'septəns - Show Spelled Pronunciation[ak-sep-tuh ns]
Pronunciation Key - Show IPA Pronunciation

-noun

1. the act of taking or receiving something offered.
2. favorable reception; approval; favor.
3. the act of assenting or believing: *acceptance of a theory*.
4. the fact or state of being accepted or acceptable.
5. [ACCEPTATION](#) (def. 1).
6. *Commerce*.
 - a. an engagement to pay an order, draft, or bill of exchange when it becomes due, as by the person on whom it is drawn.
 - b. an order, draft, etc., that a person or bank has accepted as calling for payment and has thus promised to pay.

No matter who you are or what you have done you are accepted in the eyes of God. Yes, we need to look at our actions but there is a force that is keeping us alive. This force is not judging you or condemning you. I

t accept you for who you are. You are good. Your essence is divine. Your actions may not reflect that. So with this in mind, we can begin to change and grow into something that is so much more than what we currently know. These laws or gifts are yours. All you need to do is accept them. Nobody will be turned down. In this journey of life, we all have the opportunity to let go of the ways that are tying us down and accept a brand-new way of looking at life.

The process of giving and receiving is much like our breath. We breathe in and we breathe out. We receive and we give. Some people only know how to give while others only know how to receive.

We need a balance. Life is in balance. The law of Silence brings us into balance. Thru meditation, we are filled up. In that state, it is like a cup that is filled with water and it is spilling over the sides.

In that state, we are freely giving to others. Meditation is the way and means to get filled up with life itself. This is our true nature. This will help us to receive and accept what the world wants for us. This is not a dog-eat-dog world. This world is a reflection of love. When a gift comes our way we should accept it.

By throwing away our excess baggage we see that this is part of life. Everything in nature is a process of giving and receiving. Each breath we take is a divine action that reflects this.

Each one of these laws or gifts is yours. All you have to do is be open and each day these gifts will come to fruition. As these gifts ripen you will naturally share them in your daily life.

This is a natural process. You don't have to force yourself but just be open to who you truly are. In time you will change. In time and the more, you become aware automatically you will reflect and make changes that will enhance your life.

These changes will help you to become a better human being. This is what life is all about. We have so much to give and so much to receive. It's like we are receiving gifts from within and sharing them with the world. In this state, even a simple smile reflects divinity. We are becoming mature and responsible human beings.

We can't change this world if we only give. I'm sure Mothers know this. Over time they get burned out. We need to receive help from others if need be.

Once again this is a delicate balance. By slowing down we can be in harmony. So much of our life is preoccupied with work and getting to and from that we have lost touch with the hurriedness of existence.

By slowing down we see why I rush so much. What did it accomplish? Is it truly worth it? By slowing down we can actually start to receive these gifts that are part of who we truly are.

It's so simple yet we are quite complicated. We place clouds over our inner vision. We think that the more we accomplish the better our life will be. By slowing down you will accomplish more because your concentration will be greater. You will learn how to control your mind.

So the more we open up and accept these gifts internally the more we can accept them externally when someone is offering their service. It's up to you.

The Ray Of Contentment



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

-noun

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

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

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

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

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

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

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

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

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

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

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

Personally, I think that our entire society needs to learn the law of silence. We need to recharge our batteries every day and stop the endless chatter of the mind. Meditation overtime slows down the mind and one begins to enter into a greater field of awareness. This awareness is peace of mind and contentment.

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

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

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

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

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

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

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

Imagine that you are a warrior. Many of us are road warriors. No matter what you do or where you come from, you need to conquer your mind.

This is the ultimate thing that a human being can accomplish. This will lead to a pure mind. This is your true state of existence. These sacred laws will turn your mind into gold.

You are already gold yet it needs to be purified. The baggage that we hold on to must be released.

This path is probably the most challenging thing we will ever do yet at the same time the most rewarding. Remember all it takes

is one small step after another. You are already walking in life why not walk differently? Walk in a manner where you truly know that you are walking with life.

The Ray Of Self Control



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

-noun

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

[Origin: 1705–15]

—Related forms

self-con·trolled, *adjective*

self-con·trol·ling, *adjective*

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

Dictionary.com Unabridged (v 1.1)

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

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

control of oneself, one's emotions and impulses

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

A person who learns the ray of self-control and puts it to use is truly wise. The hardest thing in the universe for a human being to learn is self-control. Most people think that they are in control of their lives but if they stop and think most of the time we are reactive beings. We react to what the external environment gives us.

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

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

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

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

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

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

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

Each person who learns self-control has to take the same baby steps that you and I take. Nobody gets a free ride. We must all learn to control our emotions and impulses. Most world wars are caused by this. How many of the great teachers in the past have talked about putting into practice the art of self-control?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

When we see that each one of us has been given the canvas of life and free will to create whatever we want it makes life exciting. We can learn to become the master artist of our own creations. Each one of us has a unique piece of the puzzle. Only you can contribute your piece of the puzzle. Learning self-control is the way.

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

Even a child learns self-control playing the game.

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

We start to master the game of self-control.

Over time our bottle is forgotten in the gutter.

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

Each of us can learn self-control.

You can master the game called life.

The Ray Of Happiness



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hap·pi·ness   'hæpɪnɪs - Show Spelled Pronunciation[hap-ee-nis]

Pronunciation Key - Show IPA Pronunciation

-noun

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

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

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

Our Constitution, says that we have the right to pursue happiness. Every one of us desires to be happy. We spend our entire life pursuing it. Happiness is like the rainbow in the sky.

You can see the rainbow touching the ground but as you get near the rainbow it moves. Happiness is quite like that. It is always within our grasp. At times we can even hold it but then it will disappear. We search for happiness everywhere.

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

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

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

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

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

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

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

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

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

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

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

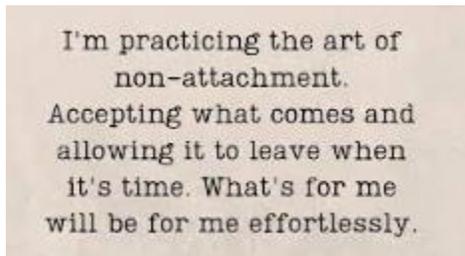
I'm not saying as soon as you start to meditate that all your problems will go away. This life is a journey. Every day we take one step after another. Over time by being aware and being self-empowered we truly become happy.

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

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

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

The Ray Of Non-Attachment



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Amazingly, our concepts and our attachments to this world are the source of our problems. Once you see the world with a new vision and you train your mind your life becomes happier. I really don't understand why we don't teach these basic laws in our schools. Our nation and the world at large would be in such a better place.

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

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

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

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

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

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

We are building sandcastles in the sky.

Yet we think that it is permanent.

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

What is the foundation that you are standing on?

Is it made of rock or of sand?

Your happiness depends on it.

The Ray Of Empowerment



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em · pow · er  **em'pau-er** - [Show Spelled Pronunciation](#)[em-pou-er] [Pronunciation Key](#) - [Show IPA Pronunciation](#)

-verb (used with object)

1. to give power or authority to; authorize, esp. by legal or official means: *I empowered my agent to make the deal for me. The local ordinance empowers the board of health to close unsanitary restaurants.*
2. to enable or permit: *Wealth empowered him to live a comfortable life.*

As one is walking on the journey of life we see that at times we are reacting to each situation that comes along in our life. We are like the leaves that get blown by the wind.

We react to every situation that is negative and uncomfortable. We never quite feel that we are Co-Creators in life. It's like our destiny is in our hands yet is totally out of our hands. We are left to the whims of circumstances.

Empowerment is the journey to reclaim your divinity. It's a journey to discover who you truly are. Do you think that if you were the sun, the moon, and the stars walking around in a human body you would have any concerns?

You would be totally empowered. This journey of self-discovery is the road to true empowerment. Over time through practice, we begin to reclaim our true essence. We begin to make conscious decisions both internally and externally. We become aware of

the proper decisions and actions that we need to take to make our life more alive and in touch with our deepest desires.

Our attitude changes from the poor me syndrome to one who is empowered with his/her life. We take responsibility for our own actions. We start to be aware.

We see that everything we do has consequences. In the past, we didn't see them. We had blinders on. By becoming aware we see the effects of our actions both internally and externally.

This is the maturing of man (mind) transferring into a human (hu divine man mind). In this state, we become more aware of our true nature.

For thousands of years, people from all walks of life have discovered the road lies within. True empowerment is a state of mind that needs to be cultivated.

By planting the seeds over time we water the seeds and till the soils and pick out the weeds. At some point, there is a harvest.

Each year we do the same process so as the years go by we become more empowered. Empowerment is not some magic pill that we take in an instant we will change. Life is ever-changing. We change for the better or worse it just depends on our focus.

Empowerment is a conscious decision to make every day. We are in charge of our destinies. Nobody will hold our hand along the way. We may get directions but we have to walk every step.

These are not some words that have been alive for a short time. These same words have been spoken for thousands of years. You are in charge of your own destiny.

These sacred laws will bring you in touch with your true nature. You don't have to give up on the world. You don't need to sacrifice your life. You can truly live your life and at the same time focus within and see that you are truly more than what you

see with your eyes. You are incredible. Your essence is of life. In this state, you become empowered.

These Rays exist inside of you. They are your true nature. The following is a daily ritual that you can use every day to get more in contact with your divine nature.

Every day you choose one from the list and say to yourself the divine prayer. Throughout the day ponder and contemplate the word of the day.

Try to make each action a part of the ray you are concentrating on. You will see that over time you begin to acquire more and more of these qualities in your daily life.

The more you pay attention to yourself and your thoughts the more awareness you will bring to yourself.

Pay special attention to your negative thoughts. Throw them out the door. Pull out your inner weeds. The faster you stop complaining, blaming, and justifying the better your life will be.

These three negative qualities will never get you anywhere in life except for placing you in the dumps. Just try for one day to stop complaining. It may seem easy but try.

You will see that it is harder than you think. The mind has been conditioned to complain. We hear complaints everywhere. Everybody has something to complain about.

This is the state of a reactive mind. We blame and criticize others for the position we are in yet we don't see that we dug the hole. Nobody places us here but ourselves.

By proper thinking and by taking proper actions we can take ourselves out of the hole and use the same soil to plant seeds of these rays.

We can simply train ourselves to think, act, and be in a manner that is conducive to our true nature. This is who we truly are.

All these exercises that we do are training us to go to a different level of existence. The more empowered one is the more one can simply smile at life's problems.

A person of empowerment laughs at problems because he/she can see behind them. They concentrate on solving the problem while the reactive person gets angry or runs away from the problem.

This is a huge difference in our perception of life. The more aware we are the greater our doors of perception will be. When a person begins to incorporate these divine laws on an everyday basis and enters into the law of Silence incredible things will occur.

So daily look at your weeds. Pull them out. Moment by moment take a look at your thoughts. If you have a negative one ignore it and don't pay any attention to it or focus on it.

Most important don't act on it. You are playing the video game of life and it's your life. Play to win. These are the life sheets that you can use in your everyday life.

Video gamers buy cheat sheets to learn how to master video games. Well, these are life sheets. They will help you go through the many different levels of your own video games.

You must learn how to master yourself. You must learn that your negativity doesn't serve you or others at all. Negativity is like someone holding your head underwater.

It doesn't serve you at all. In essence, someday it will get you in the end. It's so easy to be negative that everyone can do it at a moment's notice.

But it's very difficult to master your mind. This is what this game is all about. Think and contemplate for a minute how your life would change if you embraced these divine rays in your personal life.

You would truly be a gift to this world. You would truly bring your piece of the puzzle and enhance the world to be a better place.

Remember whatever you focus on you become. Your external life is a direct reflection of your inner life. No matter what kind of clothes you wear on the outside your inner sense of yourself will be reflected on the outside.

You can't fool anybody including yourself. If your life is not going the way you would like start the spring cleaning yourself. Throw away anything that does not serve you.

Then start to take practical actions to be in alignment with who you truly are. The goal is to be aware moment by moment we are starting to learn how to program our own life.

In the past, everyone had a say in your program the good the bad, and the ugly. It was a total mishmash. No wonder at times we are the way we are. At a subconscious level, we had good things stored in our memory and a lot of useless junk.

Many of us try to hold on to this junk because it's all we have. These laws are to help you to let go of the junk and replace it with something that will truly benefit you and the world at large.

Practical actions

- Do the Tree of Life Ritual every day

- Spend time taking a mental shower with a different ray every day.
- Contemplate daily and pull out your negative weeds.
- Meditate daily.
- Read books that will improve your mental and emotional health.
- Throw away negativity. It is a burden and a weight that is holding you down.
- Pay attention to all areas of your life. Get exercise, eat good food, and get plenty of rest. Each one of these areas affects our emotions and mental health.
- Try to stay away from extremely negative people.
- Daily have gratitude for what you have in your life.
- Make room for change. Don't be comfortable and not willing to grow otherwise you will decay. Everything changes.
- Attend a seminar

Tree Of Life Prayer

I, _____, call upon the Powers of Heaven,
and the Powers of the Universe,
to come down for the purpose of this ritual.

I, _____, affirm to the Universe that I have or am in me,
of full power and thought the ray of _____.
This energy and power of _____ flows through me,
and I am one who brings this to my life.

I confirm this to the Universe and to God,
and I thank these for all things in my life.
May light and knowledge continue to flow to us humans. Amen.

The Rays of Life:

Patience	Sincerity	Modesty	Self Control
Compassion	Respect	Passion	Happiness
Good-Natured	Forgiveness	Honor	Non-Attachment
Tolerance	Bliss	Charity	Empowerment
Humbleness	Love	Acceptance	
Honesty	Mercy	Contentment	

The Law Of Laughter



Recently I was flipping channels on the TV and a documentary on the Sundance channel was on.

This documentary was focused on Mike Meyers who is famous for his Austin Powers movies and Deepak Chopra.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

This is how we learn. If we get down on ourselves it doesn't help in any way whatsoever. It's like putting chains on us. Laughter is truly a divine gift.

Even if you don't believe in God it will enhance your life. The Buddhists don't believe in God but look at their emotional life. It is based on happiness and joy.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Practical Actions

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

The Law Of Giving And Receiving



The whole universe is in a state of giving and receiving. This is the law of life. In each breath, you breathe in Oxygen and you breathe out Carbon Dioxide. You receive oxygen and you give carbon dioxide. Now the trees and the flora receive this carbon dioxide and give us back oxygen. This is the circle of life.

Our natural state of evolution is similar to a tree. When a seed is planted in the ground over many years a wonderful fruit tree is grown. It may take many years before fruits start appearing.

There is a stage in the tree's life where each year hundreds of fruits appear. The tree has fully matured and is in the process of truly giving and receiving. Its gifts are its wonderful fruits.

We are very similar to that wonderful fruit tree. In our life, we start as a seed. Over time we begin to grow and mature. Hopefully, somewhere along the way, we begin to realize that the more you give the more you receive.

This is the law of life. We begin to see that in our everyday life we can make a difference. We can offer a smile to whoever we meet. We can help someone who needs assistance. We can help out with gifts of kindness.

The more a person goes into Silence the law of Giving and Receiving becomes more powerful. You tap into the infinite source of Love and in the state, you automatically want to give.

This is your true state. You receive such incredible gifts from the silence that your inner well springs up and you want to share these sweet waters of love with the world. You don't even have to say a word. Just one smile can brighten someone's day.

So the more you give the more you receive. The more you receive the more you give. This process goes on forever. Somehow mankind tends to not be in this state of awareness. It does exist inside of us.

Some people are very good at giving but have a hard time receiving. Look at how Mothers give constantly to their children. Yet if they only give and aren't open to receiving over time they may become bitter.

Consequently, the one who constantly receives and doesn't give will become self-centered and not be a pleasure to be around.

There must be a balance. We must learn balance. For me, balance is slowly obtained through silence. By being in silence one learns that life is constantly giving and receiving.

I learn that every day when I meditate that I'm constantly receiving and my cup is getting full. So in my day-to-day affairs, I can share from that cup.

I believe that first, you must fill up your cup drink some water, and then share your cup with others. Now every day we must fill our cups. We must realize that all the religions in the world emphasize filling your cups. All religions are teaching us the way.

To be filled we must enter into silence. Only through the Law of Silence can your cup be filled. If each one of us does this constantly our world will transform. We will be constantly living in the Law of Giving and Receiving. Remember in the Law of Silence where

countless teachers have recommended paying attention to your breath day in and day out. No matter what you do focus on the inhalation and exhalation of your breath.

Over time you will see that behind your breath lies the power of love which is keeping the entire universe alive. You will be in a constant state of giving and receiving.

This is truly an incredible goal. I see that it is possible. I'm not there yet but I do see how many times during the day I'm truly connected. It's just a day-to-day state of awareness and fine-tuning yourself.

It's learning how to be in harmony with all these incredible laws. The laws if they are focused on will truly transform you. It doesn't matter who you are or what you have done.

There are stories in the past of people who have committed horrible crimes and learned how to transform themselves into being of kindness. This is our true state.

The other is a hard shell that needs to be taken off. We are the fruit of the nut, not the hard shell. Unfortunately, many of us have been taught the other way around.

That being tough and edgy is our true nature while kindness and love are for sissies. Nothing can be further from the truth.

By tapping into your true nature you are tapping into the power that created the sun, the moon, and the stars. This is incredible power. Yet its manifestation is love and kindness.

There are the building blocks of life. We don't realize that this is true strength. Anyone can get angry but a wise person has conquered his/her mind and that Love is present in one's life. In that state, The Law of Giving and Receiving is in balance.

I feel so happy these days to see so many famous people helping out in this world. It's so incredible. So many people say oh it's because they want more fame.

Well, they already have fame and I think it's so much more. When you reach a state of abundance (which they have) you begin to search out ways to help those out in this world.

They are filled inside with abundance and start to find out ways to give back to this world. I applaud anyone in this manner. They could simply hide in the mansions and never come out yet they dedicate their lives to helping people in need.

I recently saw the Larry King interview with Brad Pitt where Brad is helping to rebuild a township in New Orleans. He raised millions of dollars and is taking this project into his own hands. I applaud that and the actions of his wife. They are an inspiration to me.

The people of America are giving people. Billions of dollars are donated to non-profits each year. I pray that this money truly will go to those who need it and that the people who are stealing this money stop and realize the Laws of Cause and Effect. Our nation has faith that the money donated will go to its proper source.

We as a nation and like all nations respond to situations where other nations need help and assistance. Let us constantly carry that out. We need to really pay back all debts and become solvent again.

If I ran my business and my household like our present-day's financial debt that we have occurred I would have lost everything years ago.

We must become financially stable again and then we can truly help this world. The Laws of Giving and Receiving pertain to all areas of life. We must be in balance in all areas of life.

We must learn how to stop conflicts peacefully before they get totally out of control. Otherwise, we will spend trillions of dollars often disrupting entire nations and throwing them into chaos. It would be equivalent to what happened to New Orleans happened to the entire United States. Every human in America would be affected.

So we must learn to be in balance. We must learn more to be in harmony with this sacred law. It is the Law of Life.

I have been following the life of Bill Gates now for over 25 years. We have all seen how he came to be one of the richest people in the world and at times the richest.

But what truly has impressed me is the evolution of where he is now. Imagine having everything and making more money per year than a lot of third-world countries and seeing that you could do anything and for many years he probably did that.

Yet something happened, something occurred to him outside where he began to see the world's problems and wanted to help out. In the last ten years, he has totally changed his perspective around.

Imagine stepping outside his position at Microsoft and dedicating the rest of his life to his foundation to help others in this world. Now I believe that Microsoft is a tight-run ship.

Money does not get squandered there. I can guarantee that his foundation will be the same. He will hire the best of the best and I'm sure he already has.

In a few short years, he has the largest foundation in history. Even Malcolm Forbes gave billions of dollars to this foundation. I don't know Malcolm at all but I bet that he doesn't give money out like this until he is fully convinced.

What I'm trying to say is that millions of people are giving in their way. Even one cent from the heart matters. You can help this world through one simple smile (no money required). Each of us can give.

Don't wait for your government to help establish peace. First, establish peace inside of you and everything else will follow. The world is changing for the better. Now let's all be aware of what we can do.

I pray that each one of us can truly begin to apply at a deeper and deeper level the Law of Giving and Receiving. May every nook and cranny all over the world be filled with Love, Kindness, Abundance, Health, and shelter to all.

May we all pray in our own ways? May we all realize that all of us want the same thing? Peace. May those who think that through guns and violence that peace may be attained realize that peace only comes through peace?

War only brings more war. It's time for man to bring himself to the next level of maturity. We have everything in place. It's time for us to change for the better. Hopefully, this will give you a simple spark of inspiration. Just one spark can lighten your life.

Practical Actions

- Meditate on your breath. Notice that your breath is constantly giving and receiving.
- If you are a Mother who constantly gives be open to receiving.
- If you constantly receive do something to help another person.
- Give a smile to everyone you meet and notice what happens.
- Donate your time or money to a worthy cause.

We breathe such a sweetness of life.

It doesn't matter if we are a saint or a sinner.

Life goes on.

It has such compassion.

It simply gives itself life to us.

It doesn't judge or we would never be around to see this planet.

Life simply is.

Life goes on.

Can you imagine the beauty and the ugliness it has witnessed?

Life has probably at times cried itself to sleep.

Only man can change its ways.

We hold the key but in the midst of our pride, we will not open the door.

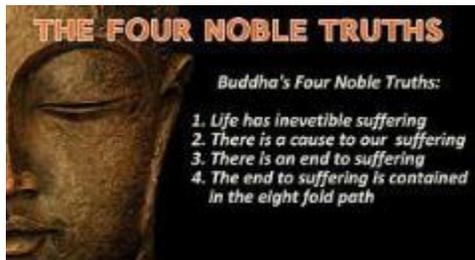
Life goes on.

We may have tainted breath but Life is so sweet.

Life teaches us to be complete.

Life the beautiful life we have.

The Four Noble Laws (Truths)



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

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

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

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

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

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

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

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

It is a path of love, happiness, mercy, compassion, forgiveness, patience, and tolerance. It is a way to rediscover your true nature. We are all Buddhas we just don't realize it.

The goal is to realize who you truly are while you are alive. This will make the world a better place not only for you but for all those around you.

1. The Nature of Suffering:

The first law states that human nature is not perfect nor the world around us is not perfect so consequently during our lifetime we will suffer. We will endure physical suffering such as pain, sickness, injury, fear, frustration, depression, and disappointment.

Everything in life outside of us is impermanent so we can never attain true happiness fixated in the world. We try to hold on to happiness yet it slips away.

2. Origin of Suffering is Attachment:

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

3. The cessation of suffering is attainable.:

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

4. The Path Leading to the Cessation of Suffering:

The way to discover your true nature is the path one takes by right

view, right intention, right speech, right action, right livelihood, [right effort](#), right [mindfulness](#), and right [concentration](#).

This path has been followed by all the great masters and teachers around the world. All these laws work in complete harmony with one another.

The more a person is in tune with these laws and applies them in their daily lives the more their understanding and wisdom will grow. These laws are universal.

They are beyond religion and dogma. By applying these laws you will begin to enrich your life. No matter what your religion is, the foundation is the same.

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

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

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

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

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

This is your true nature. This path will help you to become a more precious human being. It will bring out the best in you. Yes, it requires

work but in my eyes, it's playing. How incredible it is to daily learn how to bring out the best side of myself in all circumstances.

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

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

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

By knowing these laws and applying these laws over time our life becomes incredible. We see the potential of this life and see how our life is turning out.

Life becomes more exciting and we understand and grow in wisdom. We learn how to become Co-Creators and not reactive beings like leaves blowing in the wind. This life becomes sacred. This path is not saying to drop out of life but it's to embrace life.

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

Practical Actions

- Read some books on the 4 noble truths (see book list)
- Meditate daily
- Daily pull out your negative weeds.

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

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

You don't have to be like Christ.

You can still live your own life.

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

You are indeed good.

The Law Of Prosperity And Abundance



Every one of us wants to prosper and to be abundant. The Law of Prosperity and Abundance is a natural law that is expressed in all of life. Look at the abundance of stars in the sky.

Look at the incredible abundance of fruits, vegetables, trees, herbs, and plants. Nature is totally abundant. Look at the bees and their honey. They are not lacking. The whole universe is the Law of Prosperity and Abundance.

Now to be truly abundant one must be in balance with the Law of Balance which we will go over next. True abundance does not equate totally with money.

Some people are millionaires that hoard their money and aren't abundant at all. They just have a lot of money but their life is not abundant or prosperous.

To be prosperous and abundant is a state of mind a state of awareness. The more aware we are the more abundant we will be in all areas of our life.

We will be filled with Love, Mercy, Compassion, Patience, and Forgiveness. We will love to share with others what we enjoy. Life will be beautiful at all levels. This is true abundance.

We may also have a significant amount of money. Our life will be in balance. In this state one really doesn't need a new car every few years. One is satisfied with what one has in their life.

Abundance is not a new car or acquiring new stuff. Abundance and prosperity come from within. A true smile on your face is abundant. You are not lacking in life.

You love life and you share that feeling with others with a smile. You genuinely say Hello to strangers. Life is abundant and you feel it.

You were meant to prosper at all levels. Remember what you really want is inside of you. Yet if you want to have prosperity come to you in the form of money then go back and go over the laws of Manifest Destiny.

Take a look at each step. Go over the laws of creation. Go over the Idea, Thought, Plan, and Action. Make this practical. Do practical steps. Read books on prosperity.

Start daily to receive abundance in all areas of your life. Pray, meditate, plan take action. Doing something with a plan is so much easier than making action without a plan.

It's like a swimmer who just splashes in the water and one who can swim from one place to another. Both are swimming yet one is going nowhere and the other reach its destination.

So remember it is not just making effort, it using the Laws of Creation and the Laws of Manifest Destiny to accomplish what you truly want.

Your true nature is abundant. Your true nature is prosperity. You just aren't aware of it. There is a cloud of illusion that keeps the

sun from shining within. When the mental cloud disappears you will see that this is your true nature. You are an incredible diamond. You are priceless.

You are eternal. There is no amount of money in this world that can be matched by how precious you are. Everyone, us is custom designed by the creator.

So these laws aren't religious laws they are natural laws. They are the laws of the universe. We can realize that our true nature is abundant and our life is meant to be an expression of giving.

Nature is constantly giving. This is the way of life. One who hoards and holds out will miss out on the beautiful qualities of life.

By not being abundant or open we don't trust others. We are fearful. We don't know how to truly give (when we do there are strings attached).

A spiritual being is open in all areas of life. It's not a dogma but an expression of us. To be truly abundant, we must be open inside. The more open we are the more prosperity and abundance will flow into our lives.

These are actually qualities that we can cultivate over time. This is our true riches. Our internal abundance can never be taken away from us while our money in the bank can.

We have an internal bank account. This money can never be taken away. The more we spend and give to others the more prosperous we are. This is quite an incredible law. It goes against what we have been told in our life.

This does not mean that we should spend all our money unwisely. It means that from life comes wisdom. From wisdom comes true action and giving.

The more we go within the more wisdom we will acquire and put into practice in our daily life. Wisdom is not something that can be bought or sold. Wisdom is learning from your mistakes and learning from your actions.

Suppose that you are tired of not being able to pay your bills. Over time you will do something about it if you are smart or wise. I remember when I was in my twenties and just started out having a family.

I didn't have any money at all. There reached a point where I decided enough is enough and planned to do something about it. I was working as a room service waiter.

Well, I went back to school and studied computers. I was on the Dean's List. Since then I've been in the computer field for over 35 years. Each year I'm making more than the previous years. Over time through effort and determination and planning we can reach our goals. We just need to be smart and wise.

So it's up to each one of us. We can improve the quality of our lives. We can be abundant and prosperous. There truly is more than enough to go around. This world can be prosperous. We can help our neighbors. Nations can help one another.

We need to truly educate our youth on the power of education and wisdom so they will make better choices. Poverty at all levels must be eradicated from our minds and our physical existence.

Poverty is truly a state of mind. Let's change our awareness and help others to change their awareness so this world will be a better

place. Let's make poverty our number one issue in our political affairs. Let's help all in need to help them learn how to fish in life.

We don't have to give them fish yet we do need to give them the fishing rod so they can fish every day. This will make them self-sufficient in life.

So you can see this law is vast and covers all of life. If the creator can provide for all creation he can certainly provide for us. Maybe we just need to open the door inside.

Practical Actions

- Don't complain, blame or criticize
- Look after your inner garden. Throw out the weeds.
- Meditate
- Read books on abundance (both the internal and external type. Get educated.
- Learn ways to make money while you are sleeping vs. the 9 to 5 job.
- Take an inventory of your financial health. Both internally and externally.
- Create a mindset for abundance. Means change your entire outlook on life.
- Go beyond your comfort zone.
- Strive each day for another game level in life.

The Law Of Balance



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Some people's lives are totally out of control.

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

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

Some people love adventure while some love the couch.

Some people are always serious, and some never laugh.

Some people laugh and are never serious.

Some people obey the laws.

Some people never obey the laws.

Some people's truth is fiction.

Some people's fiction is truth.

Some people are honest, while some aren't.

How do we tune the guitar of life?

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

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

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

Life can't only be filled with work,

Nor can Life be filled only with play.

We can't always escape from life.

Nor can we always be 100% focused on it.

We need the middle way.

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

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

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

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

Practical Actions

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

Man climbs the stairway of life and gets very frustrated.

He looks for satisfaction but never quite finds it.

Man is tired but can't find sleep.

Alone at night, he prays for answers.

There is an elevator within that man can take.

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

Stop and enjoy the ride.

The whole universe is spinning right between your eyes.

The secret of life lies within.

The mystery of this riddle lies in your heart.

Be like a child and discover your youth.

Your true father and mother are keeping you alive.

Relax and enjoy the sweetness of breath.

The Law Of Health



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

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

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

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

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

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

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

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

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

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

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

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

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

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

All of us no matter who we are can apply this law to a deeper level. A professional athlete may say well I have achieved this state. Well, there is always more and more. Are you prone to injury?

Do you work out breathing through your mouth when you exercise? There are breathing techniques that you can learn that will take you to a deeper level and by breathing correctly your body will experience fewer traumas than by breathing through your mouth.

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

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

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

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

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

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

Have gratitude that you are alive. Change your thinking patterns. Develop a healthy mind. Pay attention to your body and what it needs. Go to the library and check out books that you can read to improve your health. Take a yoga class or Tai Chi class. Walk.

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

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

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

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

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

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

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

So pay attention to your health and state of mind. Be positive. Remember all disease is when the mind and body are not at ease and when the mind and body are not in harmony.

You can improve your health little by little. Remember it's the daily steps that you take that reach your goal.

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

For the last 6 months, our family has been going to the Y to work out. Every one of us has seen tremendous results in our body and mind.

Each of us needs to do strength training, flexibility (stretching i.e. yoga), and some sort of aerobic exercise.

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

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

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

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

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

Have you ever seen a runner smiling when they are running? Most runners look like they are in agony when running. When I was a runner in high school I learned to run through my nose.

I found out that I could have more energy and endurance when I breathed through my nose. I practice this breathing currently when I'm at the Y or walking. It helps me to truly enjoy the exercise and prevents me from overtraining.

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

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

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

Practical Actions

- Pay attention to the food that you eat. Read books on health and nutrition.
- Learn to slow down and meditate.
- Do only one thing at a time.
- Meditate daily
- Exercise daily.
- Drink plenty of water
- Pull out your negative weeds.
- Remember that all thoughts either bring you up or down.
- A thought will lead to a habit either a good one or a bad one.
- Let go of anything that causes you to harm in any way.
- Pray and contemplate daily.

Everyone is looking for the diamond.

We look near and far.

We think if only I had that I would be happy.

Yet are we looking in the right place?

People put their most valuable treasures in a safe.

Hopefully, they remember the right combination.

*Without the right combination, the safe is there, your treasure is there, but you
can't open it.*

There is a diamond hidden in a safe inside.

Without the combination, you will never know that it's there.

This diamond is the key to life.

Unfortunately, man does not know where it is hidden.

We search everywhere but within ourselves.

Only you know the right combination.

Only you can find the diamond inside.

The Law Of Rest



We as a society are constantly on the go. Every moment of every day we go go go. We train our children to have tons of after-school activities.

This truly leads to an imbalance which over time leads to disease. Everything in nature requires rest. Take a look at a dog or a cat. They have periods of activity then they take naps.

Even the four seasons replicate a resting pattern. Take the wintertime all the flowers and trees become more dormant. Resting is a natural law.

I remember surfing as a kid and spending around 5 to 6 hours in the water by the time 8:00 came around I was tired and fell asleep in almost an instant.

Even muscle builders understand that the body needs rest to build muscles. As you lift weights you start tearing down muscle fiber and then you rest. Resting is the phase where you repair and build your muscles.

By being aware of how we feel we can fend off our body being sick. I've learned over time to listen to the signals in my body. If I feel I'm coming down with a cold I will go to bed an hour earlier.

Usually about 99% of the time this will allow my body during rest to fight off what it has to. We can be in sync with our body intelligence to keep our health in mind and body. This takes awareness and the ability to enter into silence. Unfortunately for

most of us, we don't pay attention to our body's signals and that's why we can succumb to catching colds. I've learned how to have rest be my life partner.

I remember when I just started programming I would work many hours and slowly over time I would get burned out. After some time I learned that I was more productive if I didn't work so many hours. There was a point where once you got tired you made unnecessary mistakes. Your train of thought becomes cloudier.

Nowadays if I'm stuck on something I will walk away from it and let my mind rest. I will relax, spend time with my family or take a walk. In the resting process what happens most of the time is my mind will float up with the thoughts that will solve the problem.

This has happened time and time again. Being in tune with this law it helps in our everyday life situations. We are constantly learning how to balance life.

Most people should learn how to rest while those who rest too much should learn to be more active. This is where we should listen to our inner signals. Only when we are rested can we function properly.

I think this is especially a lesson for students. At times their lifestyle is so hectic and our school structure is not built on balance that all most every one of my daughter's friends gets burned out one day or the other.

This leads to illness and depression. The fast-paced of our college students leads to a society where learning is not exactly easy and fun. Most of the professors that I've seen give the kids way too much homework. Again balance and

Life is a garland tying man together.

We use the string and create such a tangle.

We say this is my string and we pull from different angles.

This is mine or I'm right and you are wrong.

What is the matter?

Are we smart when there is simply one string and we create such a mess?

Each of us has to untangle ourselves from the mess we have created.

Then and only then will man really become free?

*Then we will see that the needle of life causes no pain but man in his own
ignorance creates the pain.*

Rest must be maintained. A person should learn how to rest and play. A person should learn how to rest and work. Everything is in balance.

As a society, we should learn that's that it's ok to chill out. It's great to lie down on a couch and read a book. Just don't be lazy and spend your life on the couch.

The body and mind need to recuperate. So what I'm saying is to pay attention to your body and mind. Listen to your body when it's tired or run down. Pay attention to your thoughts.

If you are getting a little grouchy are you tired? If you are, then take a nap. When you wake up you and everybody around you will feel better.

These are just some things to think about concerning the Law of Rest. I think at times most animals are more in tune with this process than most humans.

We have lost touch with the natural elements within us. We are really out of synch with nature and its patterns. Consequently, we lose out on a healthier, happy, and stress-free lifestyle. We are always on edge.

Our minds are constantly on the go. We rush, rush, rush throughout life. We really can't enjoy stopping and smelling the flowers. We can't truly enjoy playing with our kids or friends.

We are constantly looking at the future but we can't seem to truly enjoy this moment in time. Learning more about the Law of Rest will truly enhance your life.

It will help you to truly be in a state where you are happy and satisfied. Every moment will be rewarding and fulfilled. You will learn that being restful is not wasting your time but it will enhance you at all levels of your life.

Your family and your mate will love you more because you will spend more time with them. Your priorities in life will begin to change.

Your job or profession will still be important to you but it won't be the most important aspect of your life. You will see over time that the simple things in life are the most important.

Your family and friends and the times being together will place more importance than bringing in the big deals. Your attitude

towards life will be more carefree and over time you will see to cherish every moment.

It truly is a miracle to be alive. This state of awareness will be carried over to all areas of your life. You will see that each day is a brand new day and you have the opportunity to experience it. Take advantage of how incredible you are alive.

See that resting is a gift from God where you can learn how to recharge your batteries. Know that through rest it is a process of creation.

All of the creation and your creative endeavors must have rest in between. True rest allows the fruits of your thoughts to sprout where over time they will grow into an incredible tree that will bear fruits. This is the power of rest.

It is part of the rhythm of life. Even the oceans rest. I remember being a surfer where the waves would come in sets and after some time the ocean would become calm.

All the surfers would then talk and chill out. Usually, after some time another set of waves would come in. Look at your own life and see how rest can help you out and make you more aware.

Practical Actions

- Try to go to bed before 10:30. Scientist has discovered between 8:00 and midnight the body lets go of all the stress of the day.

- When you have a problem walk away from it and you will discover through rest the answer will float to the surface in no time.
- Rest your body through sleep. Get plenty of it. Don't skimp.
- Rest your mind and soul with meditation and prayer. This is food for the mind and soul.
- Look at nature and all of its cycles. Learn from it. There is a time to be active and a time for rest.
- It's ok to chill out or party with friends. Just don't make it your main priority. Remember balance.
- Learn to control your mind. Be in the center of the hurricane. This is where true rest resides. Outside the center is your swirling mind. No wonder we get tossed from one thing to another.
- Do only one thing at a time. Don't talk on the cell phone while driving your car. Don't watch TV while eating dinner. This will help you to slow down. Go for a walk in nature but don't bring your iPod along.
- True rest is a state of being.
- Exercise your mind and body every day.

Where is your true home?

Before you were born where did you sleep?

After you leave this world where will you go?

Life is a mystery.

The wise men have said your home is eternal.

It is the foundation of life.

To solve this mystery close your eyes.

The Law Of Enlightenment



Imagine everything created eventually returns to its source. Imagine a raindrop that falls into the mountains. This drop will weave itself into a stream and then into a river and this journey could take place for thousands of miles.

Ultimately it goes back to the source the ocean.

We all came from the ocean of life. Every one of us has drop of life inside of us. We are all going back to the source, going back home.

This is our true nature. The Law of Enlightenment will show us through time that our goal is to become one with all life.

Religions talk about a light that cannot be created nor destroyed. The light is was and will always be. This is who we truly are.

This is our true nature. We are this Light. The Law of Enlightenment is the power that brings everything back home, back to our true essence back into the light.

This is what Saints and Sages have been saying for thousands of years. Let thy eye be single and the whole body should be filled with light.

Krishna revealed to Arjuna a light more brilliant than a billion suns. Our body is hard-wired to have this experience. The Saints and Sages of the past knew this and lived their life to daily meditate upon this Light within. The goal was Enlightenment or union with this light.

During the past 30 years, so much research has been done on what happens when you die. So many people have had the same experience of seeing this incredible Light that engulfed them and filled their being with Love and Joy.

This is common knowledge for many. The Law of Enlightenment will help you on a day-to-day level to go within and experience this Light for yourself. It is a practical experience.

This is not hearsay. This experience has been known for thousands of years. All the great masters have known this and taught this.

You are going back to the source. By being aware and by practicing daily you will be more and more aware every day.

There have been millions of people who have in essence returned home while they were alive and dedicated their lives to helping every Sentient being to come back home. This is who you truly are. The age of Enlightenment is here.

I saw an article recently that the average Sunday NY Times had more information than what a person acquired in the 1700s. This age is an evolution revolution in human awareness. Something is going on and we can quite pinpoint it. Something inside of us is becoming aware and we don't know quite what it is.

Each of us is waking up on our own time and yet today so much awareness is going on. With the advent of the Internet, so much is going on. We have an understanding that this is a global village.

We can't put it into words but our scientific advancements have been incredible in the last hundred years. Science knows that we are all one.

He who says doesn't know.

He who knows doesn't say.

The truth is not the book,

The book is not truth.

Truth lies inside of the book, yet is not the book,

The book contains truth, yet is not the absolute truth.

Truth is, was and will always be.

A book is simply words which try to describe truth

Truth can never be described.

How can the mind which is finite understand the infinite?

A book only talks about the fruit but is not the fruit.

Only by eating the fruit can you understand.

The mystics have said this for thousands of years but now science and the mystics are both talking about the same thing. How incredible that is.

They are on the same wavelength. That is simply amazing. For thousands of years, they were at odds with one another. Yet today we use fiber optics and it travels at 186,000 miles per second.

Our world around us is changing. The Law of Enlightenment will truly transform you and the world around you.

When I was young I heard the story about three blind men touching an elephant.

Each man touched a different part of the elephant.

*One touched the elephant's ear, another touched his feet, while the last touched
the tusk,*

They began to discuss their experience and a huge fight began.

I'm right and you're wrong.

I know all the answers.

You are a fool to believe in that.

What a child you are.

Yet they all had their own individual experience.

It was a piece of the puzzle.

Not the puzzle itself but a piece.

Our we like the blind man touching the elephant?

My religion is better than your religion.

I'm going to heaven while you're going to hell.

I'm going to declare war on you.

I'm going to convert you.

Religion has a piece of the puzzle.

It is not the puzzle itself.

Each religion is different and unique.

The essence is the same.

Which part of the elephant did you touch?

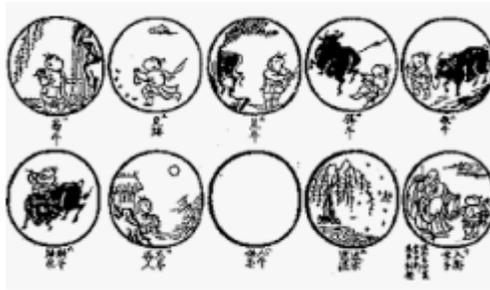
Maybe it's about time to be open to something new.

Your enemy is talking about the same thing you are.

He just has a different piece, a different point of view.

In the end, the essence is the same.

The Ox Parable



The following parable is a classic Zen parable using a series of traditional pictures called “In search of the Missing Ox”.

I gathered this material from the book *A Guide to Zen* by Katsuki Sekida.

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

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



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

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

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

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

Finding The Footprints



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

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

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

Catching A Glimpse Of The Ox



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

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

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

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

has not been used for a long time. This car was meant to get out of the garage and onto the road. At this point in finding the

footprints, we start dusting off the car and start to clean the cobwebs from the car.

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

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

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

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

Catching The Ox



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

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

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

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

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

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

Taming The Ox

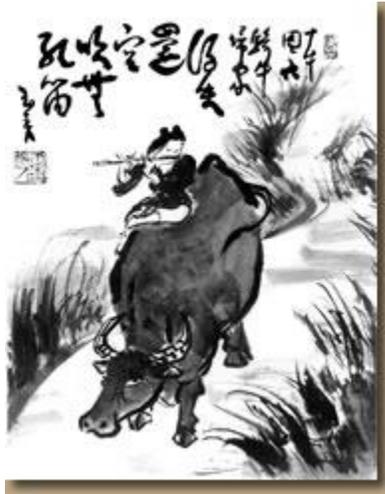


After a tremendous amount of house cleaning and throwing away a lot of junk you begin to tame the Ox. You can easily enter into silence.

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

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

Ridding The Ox Home



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

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

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



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

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

No Ox, No you



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

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

Returning To The Source



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

In Town With Helping Hands



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

The Four Conditions Of Mind



This is another section that I got from the book *A Guide to Zen*. These are the 4 major steps or phases of Enlightenment.

Inward Concern Is Absent; Outer Concern Dominates.

This is our everyday normal state of awareness. There are many different levels from a dropper state to a heightened state. Surfing is a great example of an externally awakened state.

One's awareness is totally focused externally. When one takes off on a huge wave you can't be undecided. You have to have total commitment.

One's inner perception of one's self is forgotten. The consciousness is focused in the outer and the inward is forgotten.

Outer Concern Is Absent; Inward Concern Dominates.

This mental condition indicates that the inward concern dominates and the out concern is absent. Through the practice of meditation over time one learns how to focus the five senses internally and be in a state where the outside world doesn't exist. In this state of awareness, one goes beyond the physical senses of this world. This is the foundation that we are trying to build.

Both Inner And Outer Concerns Are Absent

This is the state of mind called nothingness. In this state, it is not vacant but it is life itself. Your state of awareness is one with all life regardless of your inner and outer concerns. This is the true state of enlightenment.

Neither Inner Nor Out Concerns Are Absent.

This is the highest mental state one can have. Words truly are insufficient to describe this state of awareness.

Zen is not a philosophy or mysticism.

It is simply a practice of readjustment

Of nervous activity...

Here we encounter the purest

Form of existence.

It is the hushed silence of the

Snow-clad Himalayas.

Or it can be likened to

The eternal silence

Of the fathomless depths of the sea.

Katsuki Sekida

The Law Of Life And Death



As we talked about in the Law of Enlightenment everything must go back to its source. Everything that is created must eventually return back to its source.

This is the Law of life and death. Death is somewhat of a misnomer. We all are born and live different lives. Ultimately someday we must leave this world.

This is a natural law. Yet do we know where we are going? In our western society, we don't talk about death. We leave it to the last moment. It is a topic people don't want to discuss.

Yet death is a fact of life, and yet it is far more glorious than what people understand. Upon death, one can realize that in fact, the body may die yet the spirit is infinite.

You are the Sun, the moon, and the Stars. You are an eternity. Your essence is was and will always be. This is who you truly are.

The wise ones from the past realized this and tried daily to bring this awareness into their life. They were able to bring the death-like state (eternal life awareness) into the day to day existence. This is what religion is all about, to bind yourself to your true existence while you are alive.

Countless teachers had done this in the past. Christ and Buddha attained this state. They realized there was an awareness that created all life and this awareness is our true existence.

Death for them was not the unknown. They practiced the art of dying every day. The art of dying is the art of living because there is no difference. Life is eternal. Life is ongoing.

Life is was and will always be. Life simply changes form. When you die your body and its elements return to their source the earth yet your spirit is infinite. You can never truly die. Your body can.

Mystics have been saying this for thousands of years. These sacred laws are a blueprint for life. You will experience for yourself that your body will die but you won't.

This is why we say that Life is so precious. This life you have is a gift from God. Realize how precious it is. Life is so incredible yet most of the time we just live in a 9 to 5 existence.

We truly don't realize that our life is a precious diamond. Only when someone close to us dies do we begin to realize how precious this human life is.

Through the understanding of the Laws of Life and Death may we truly appreciate the value of this human existence? Life is truly a miracle.

Death comes knocking on your door when your time is up. Nobody knows. Yet the wise person values this life and treasures it. Life is such an incredible adventure.

One who sees that Life and Death are the same will truly see the beauty of all things. Behind everything is the power of Love. Love created us and ultimately when we die we will return back to the source of love. This is who you truly are.

One who understands this and experiences this has Love and Compassion for all living things. This is our true nature. We truly care for all sentient beings. We truly want the

In the beginning was the word.

Before time and space.

Before creation.

Before the void.

Primordial energy, a Primordial word.

This word cannot be spoken.

This word is, was and will always be.

This word was God and this word is God.

All scriptures talk about the word, yet it is beyond the scriptures.

All religions talk about the word, yet it is beyond religion.

Science talks about the word, but it is beyond science.

This word exists inside of you.

What is keeping you alive?

When you know this you will know the answer to this puzzle.

World to live in peace. We want the world around us to be happy and abundant. By being in awareness of this law Compassion and Mercy will cultivate inside of you.

You have compassion for those who are dying. You will have compassion for those who are sick. Your prayers will be for those all in need.

The more you understand this law and enter into the Law of Silence every day these precious seeds will begin to grow. You

will then begin to understand this and have these fruits become a part of your life. This life is a grand mystery waiting to be solved.

This Law of Life and Death is not morbid. Many people don't want to talk about it because they are afraid. I was when I was young.

I remember being told that death was like sleeping in that you never woke up. Since then my experience is that there is no difference between life and death except for a form.

This has brought me a greater appreciation of what it means to be alive. I'm no longer afraid of it yet I most certainly don't want to die tomorrow.

I have so much that I want to do. I'm trying to live as long as I can. My whole life is dedicated to improving all areas of this life and the life around me. I see that this human body is the most incredible temple and I take care of it.

By applying this Law to one's life our attitudes to ourselves and others change. We begin to see that everything is divine. Everything is sacred.

We start to live every moment in this state of awareness. As I said before this awareness grows. Every single aspect over time will be filled with the consciousness of Love. Every single action we take eventually will be divine. It already is yet we don't know it. Over time we will be in harmony with the universe. How incredible will that be?

So realize that your life is precious. You are indeed good. You may need to fine-tune your life (which we all do). But your essence is pure. I hope that you gain a greater understanding of the Law of Life and Death.

Our great teachers spoke upon this Law in their own way. Every one of them knew that death was an illusion and that you couldn't truly die. Every one of them talked about ways for you to

directly experience this. They talked that the Kingdom of Heaven lies within.

In Corinthians 15:31 Paul said I protest, brothers, by my pride in you, which I have in Christ Jesus our Lord, I die every day!

Realize that this is not a question of faith, but a question of do you want this experience. Apply these laws to your life and over time you will see for yourself.

Nobody wants to change your religion or beliefs, but we are simply offering and giving suggestions for you to take in your life. Hopefully, these suggestions will help you.

We only hope that you will take the time daily and improve in all areas of your life. It doesn't matter who you are. If each of us just improves a little each day the world around us will improve.

Then we will really begin to appreciate the people around us and not take them for granted. By applying the Law of Life and Death we will enhance the world around us. We will truly start to appreciate all life, all sentient beings, and the whole of creation.

Man thinks that his conscious only exists in his brain.

He has created himself distant from life itself.

According to Einstein $E=MC^2$.

Show me then where consciousness isn't.

Inside of a flower or a car.

The whole universe is alive.

Man just thinks he is alone.

The Law Of Communication



I think that this area of the Law of communication is one of the major problems that have caused mankind to fight for their specific cause for thousands of years.

Do we truly know how to listen? Do we truly hear what the other person is saying? How many times when a conversation is going on do we tune the other person out or as the person is speaking we are formulating what we would like to say next?

To truly listen one must learn to enter the silence and still the mind. In the state of awareness, one can begin to listen. Otherwise, we are filtering what the person is saying with our thoughts.

This will over time bring great awareness and will enhance your communication skills. You can truly listen from your heart. When you listen from your negative ego you are constantly evaluating, judging, and criticizing. A pure conversation will not take place.

True communication begins with an open heart and an open mind. Both of these channels must be opened. The world would be a better place if we learned these sacred laws.

How many wars have started because of misunderstandings? People always tend to try to prove that they are right. A truly wise person hasn't anything to prove. This person has full confidence in himself and listens to the other person with openness.

You must want to truly listen. So many of our conversations are superficial. Hi. How are you? I'm fine. We have forgotten that there truly is a depth to our being.

From this depth, the true conversation will take place. From the state of unity, true conversation can take place. As we truly begin

to understand who we truly are we will truly begin to listen at a deeper and deeper level.

A human being will then see that listening comes from an open heart and an open mind. In a conversation with another person, you are in sync with the person's thoughts and emotions.

It's almost like you acquire the ability to know and experience what the other person is saying. In this state, it's beyond words. Words at times are stumbling blocks but if you could capture the essence of what the person is saying you would go beyond the mere abstract use of words.

Words are like skimming the surface of the ocean while listening from the heart and an open mind is like diving into the ocean and discovering the pearls.

So as you can see there is a brand new way of listening. It just takes the power of conviction to take it to the next level. This is so exciting.

Imagine that in every conversation that takes place you can learn from it and on a day-to-day basis take it to a new level. Your life will change and the lives of others will change because of you.

I'm saying that you can truly change your life. This life can and should be fun. By tapping into your own divinity you will drink the incredible humor, wisdom, compassion, and love that are inside of your being.

Once you tap into this well on daily basis your conversation and listening skills will improve. You will be more interested. People will like to talk to you because you are a good listener. You truly care and are supportive.

In the darkness comes forth the seed of life.

Light eternal.

Man's fights between good and evil.

Silent is the night.

Eternity lies in the eye of the beholder.

The wise man speaks no words but

speaks from his heart.

He who knows eternity will find his true self.

These skills would help anyone in any endeavor in their life. It's amazing that as a society at large we don't learn this. This should be the foundation of our life.

Every day we communicate and speak and listen to one another. Yet we learn the ABCs of how to talk, but do we ever learn how to listen?

How many times do we hear from people who get a divorce "if only he would listen to me"? I feel he/she doesn't hear me and something like that. The cause of this problem gets carried over from generation to generation.

This problem gets more complicated because we can't even listen to ourselves. We have closed the door of our inner awakening. We have bolted the door shut. We have lost touch with who we are. We have forgotten our true state. We are living in a dream and thinking that it is real.

How many people think that what I'm talking about is hogwash? How many people think that nothing exists but this physical reality? That reason is the name of the game.

Most of us think I listen quite well what are you talking about? It's my wife, my husband who doesn't know how to listen.

I truly think that this Law of Communication will go on to a greater understanding of eternity. Day by day we are learning to refine ourselves. Even when a person dies your awareness is still alive. These laws will still be applicable in the afterlife.

There's never a point where we can say "OK I've learned enough. There is nothing more for me to learn. Life itself is always a learning experience. This is how the universe operates.

So I'm hoping that you will take these words to heart and begin to apply the Law of Communication. Applying the other Laws will help you to get a greater understanding. Over time True Listening will be a part of your life. It's just like riding a bike. It just takes practice.

Practical Actions

- When a person speaks. Listen with your mind and heart. Do not formulate the words in your mind as the person is speaking.
- Put yourself in the other person's shoes.
- Meditate daily. This will help you to tame your mind so you can truly listen.
- Monitor your thoughts and words. If they don't serve you don't say them.
- Learn daily to refine your thoughts. Throw out the negative weeds. You are in charge of your garden of life.

- Forgive yourself and forgive everyone around you. Forgive your leaders and all those who make mistakes (the whole world including you)

How can a fish drown in water?

How can a man choke on his own words?

How can pride and ego bring a country to the brink of war?

How can the loss of innocence take away the child inside?

How can man pretend to be so smart when he is sawing off his own limbs?

The Law Of Free Will



Everyone knows that we have free will. Our religions talk about it. But how can free truly help us to understand who we truly are?

Most of us put most of our attention on the external world. Our will is focused externally. We have completely forgotten and abandoned our inner home.

In my eyes, we can utilize this inner law of Free will to enhance our life at all levels. We can use our Free Will to totally change our life for the better.

Everyone in this world uses their free will. But has this path really brought us happiness and what we are looking for?

A truly wise person will use his/her Free Will to understand him/herself to the deepest level. This person will want to change and transform their own essence and the world at large.

Why not use your free will and learn about these sacred laws and apply them to your life?

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

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

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

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

How incredible would that be compared to our existence if we lived for thousands of years? We truly have been brainwashed to think that if we only ruled the world we would be happy being the King of the hill.

Yet take a look at most political leaders are they truly happy? A truly happy person has conquered their mind. Only in that state of awareness is one truly content.

This is where Free Will comes in. The creator says you have Free Will I'm not going to dictate to you about your life. Also, I will provide you will help and tools if you want to find out how you truly are.

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

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

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

Free Will is truly a Divine Gift. The creator is saying I'm not going to judge you. Live your life. Grow and understand. Learn from your mistakes. Everything in life is a learning experience. No matter what you have done your essence is good. Forgive yourself and others. This life is truly an incredible laboratory.

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

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

There is a foundation that exists inside of your being that is so incredible. It doesn't matter what you have done or how many times you have failed.

You are good. The water may be muddy but just wait a while and let the mud go down to the bottom. Over a few minutes, the water will soon be clear.

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

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

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

We have simply forgotten. So it doesn't matter what religion you belong to or your beliefs. You can utilize these sacred laws to bring you to a greater understanding of your life. You will see that your essence and the essence of the universe are the same. How incredible would that be?

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

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

This life is an incredible adventure. No matter what your age is life is fun. Life is a joy. Life is divine. Don't get into a rut. Use your will for the highest in your life. I'm not saying that you can't go out and party. I'm saying that the party of your life is constantly going on and you are missing out.

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

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

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

Everything in life is a learning experience. Get over it. Use your will to learn more about these sacred laws and apply them. Over time you will see an incredible change.

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

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

Practical Actions

- Remember it's by will alone you set your mind in motion. You should be in charge of your mind not your mind being in charge of you.
- Meditate daily and learn how to control your mind. (lifetime practice)
- With free will, you can either live in Heaven on earth or live in hell. It's your choice.

- Use your free will so you can contribute your piece of the puzzle to this world. The world needs you.
- Educate yourself. Read. Go to seminars.

As a man of forty does our child still exist?

Have you forgotten the innocence and the childlike nature of this life?

Have we become so bored and preoccupied that we have lost the beauty of life?

*In the midst of our business negotiations have we ever stopped and said, "WOW
I'm alive"*

We go on in our petty life with so much detail.

We place such an importance on getting the deal together.

We have lost all morals.

Cheat and lie our way to the top.

Money is God for the people.

How would our forefathers react if they saw how we lived?

They would probably cry and pray.

We had such hopes in our youth.

The dream will never die but we will.

*We promised our generation we would never be like our parents but look at
ourselves in the mirror.*

Have we become clearer?

We are stuck in our ways and have forgotten our dreams.

Let's wake up. We can make the change.

Change can come from our generation.

Pay your bills and also know why we are alive.

We have already slept in. Now is the time to wake up and change our lives.

The Law Of Unity



The Law of Unity is such an incredible law. Einstein and since then in the law of physics has discovered that everything in life is united and is one.

The whole universe breaths. There is something behind the universe behind the true essence that is keeping you alive and the universe alive. This is the Law of Unity. We are not separate. We are not distant from each other. Our very existence is unity.

We just don't see it. We have created distances between ourselves, our relationships with others, our nations, and the world at large.

We each think we are islands. Yet from time immemorial we have been reminded that we are the same. Being in tune with the law of unity will transform your life.

As I mentioned before in that state you would be the sun, the moon, and the stars and still be walking around in a human body.

How incredible would that be? The Law of Unity will bring us to a greater understanding of the capabilities that exist inside of us.

The Law of Unity is the building block of life. There is a unified field of existence that unites everything whether it's in the seen or unseen worlds.

It was is and will always be. You have the potential to become it. You are the state but have simply forgotten your true nature.

We live in this world yet we have forgotten who we truly are. The Law of Unity will teach you how to go back home and bring back those divine qualities into your daily life.

Imagine how incredible would that be. How incredible would the world be? Each of us would have the awareness that we are united. There is no difference between you and me.

We are all one. That would transform you and the world around you. This is just not a fairy tale or Santa Claus. This is your true being. This is who you truly are. You are infinite, endless, and boundless. This is your true nature.

How did we end up then being separated? We only think that. We just don't truly have that experience. The Law of Unity will help you gain a greater understanding of yourself.

Daily meditate and go into silence. In the silence lies the Unity of all life. Day by day, month by month, year by year this experience will begin to grow.

Your understanding and experience will grow. You will start having a firsthand experience of the Law of Unity. This experience will change your life.

All the great religions talk about this. They are talking about how we are all one. Now is the time for you to have a firsthand experience. Your very own essence is this?

By following these laws and living these laws your life will change. You are the director of your life. You can change and experience the wonderment of life. It's in your hands.

Nobody owns these laws. There is no copy write or dogma concerning these laws. These laws are your true nature. It is the stuff that you are made of. Nobody has to convince you to embrace life. It must be your decision and your own will.

They say actions speak a thousand words.

Many people praise the Lord yet think they have a monopoly on him.

If you don't believe in the way we do you will certainly be condemned.

Most of the wars have been started from religion.

My god is better than your god.

I think (which is my opinion) that God would like us to be totally supportive of one another.

After all, we live on the same planet.

He gave us all incredible gifts.

We just need to support one another.

My country is not better than your country.

In the eyes of the beloved, there is no race, color or creed.

We are one family.

Granted approximately 6 billion.

Yet we are different and yet the same.

Every one of us holds the key to life.

The thread of love holds us together.

It's time that our actions speak louder than our words.

We can bring heaven to this earth.

So all I can say is you are an incredible diamond. This diamond exists inside of you. Pay attention and look for the diamond within. By utilizing the Law of Unity you will see for yourself that this life is absolutely incredible.

We are all united by the power of love. This is a practical experience. This is yours. This is who you are. Open the doors within and walk. Just take one step then another. Over time you will see how incredible this journey is.

Practical Actions

- Read the Tao of Physics. Both the modern-day scientist and the ancient ones are both talking about the same thing.
- Meditate daily. Over time you will see that what is keeping me alive is keeping the whole universe alive.
- Develop your awareness of the here and now. Yesterday does not exist nor the future. Unity is for ones who have the eyes to see.
- Open up your mind and heart more and more daily. Never stop growing.

Just one breath is a miracle.

Behind your breath lies the key to life.

Day by day we are alive, yet we take it for granted.

The cemetery contains lifeless bodies.

Man in his ignorance forgets about the miracle of life.

Our life is so short compared to time.

We come and go like the flicker of an eye.

What is keeping you alive?

It does not matter if you're a saint or a sinner.

It does not matter if you're rich or poor.

It does not matter if you're educated or illiterate.

The same power is keeping us all alive.

Remember just one breath is a miracle.

The Law Of Kindness



As the Dali Lama once said, “Kindness is my Religion”. These four words can truly transform your life and the life on this planet.

Indeed this world would be truly Heaven on earth this is our true state.

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

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

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

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

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

Our society is so involved in doing and accomplishing and proving others right or wrong that we have forgotten these core values. Our mind is so focused on what is going on in the world

and the world around us that clouds have covered our perception. We truly are dictated by external events.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

So by being kind day by day, we can start to change our perspective on life. We can slowly change the colors of our

glasses. Have you seen that commercial where if you walk outside the lenses slowly go from light to dark?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

They gave freely in their lives. So I hope that you can see that Kindness is truly something that is the greatest example of human character. You can rule the world or own the world but without kindness, you have gained nothing.

Practical Actions

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

Kindness is my religion

Dalai Lama

The Law Of Practice



To master anything in life, you must practice. When I was young I wanted to learn how to surf. It took many hours of practice just to learn how to stand up and paddle the surfboard.

The more I practiced the better I got. The better I got the bigger the waves I could ride. Eventually, there was a time when I could ride any size wave in California. It took time and effort.

These laws are the same. The more we practice and pay attention to these laws the easier they will become in our life. Take the law of silence. In the beginning, meditation is difficult.

Your body and mind are not accustomed to sitting down and focusing within. The body aches and the mind are bored. The more effort we put in on daily basis the easier it becomes.

In the beginning, it might take over 30 minutes to settle down within and feel the effects of meditation. Over time with practice as soon as you close your eyes you are in a sublime state. It is a practice that makes perfect.

So many people give up because they can't break through. Only by practicing will you overcome all obstacles within. So be patient with yourself. Each day is a golden opportunity to take one more baby step. This process gets easier as you master your mind.

I found that I pay attention to these laws life becomes easier. By feeding my body good food and exercising it's easier to sit down and focus. I stretch every day and walk every day. This helps the body to be more alive. Listen to your body and its needs. Learn

from your everyday activities. These laws are for your everyday life. The more you are in tune and the more you practice the easier it gets.

This is not a chore. Life is fun. Laugh at life and yourself. Don't get too serious. Laughter is the way. If you can't laugh lighten up. These laws are meant for you to live an incredible life.

They are meant to show you the opportunities that life presents to you. Each day is a gift. Each day by practicing you will say "wow I'm alive".

From the bottom of my heart, I wish you the best in life. You are incredible and good. The sun is shining within. There are only clouds that cover the sun. You can gently blow the clouds away. You can make a difference. Just change your attitude on life.

No matter what is going on you can change. You don't have to say anything to anybody about what you are doing. This is a practical path.

You make the changes. Nobody needs to know what you are doing. True guidance comes from within. Just practice day by day and you will see what I'm talking about.

This is an incredible time to be alive. We can change the world. It starts by first changing yourself and your attitude about it. Nobody is at fault for how you feel.

You can rearrange your attitudes and cultivate what you desire. By practicing you will remove the weeds and the thorns within. Life will become easier.

This is a natural law. The more in harmony and the more we are in tune with these sacred laws the easier life becomes. Remember your essence is eternal and endless.

Practical Actions

- Practice daily (it takes around 30 days for something to transform into a habit).
- Daily pull your negative weeds.
- Meditate
- Plan your life around your weekly, monthly, yearly, and 5 to 10 year plans.
- Take a small step every day walking towards your goals.
- Be generous.

Practice makes perfect

The Law Of Calibration



To understand this law one must first understand that everything from the sun to the moon and the stars everything changes, shifts, and transforms.

Nothing is static in the universe. Everything changes. Your body is alive. Your cells are constantly going through the process of being born, living, and dying.

Nothing stays the same. Your mind is constantly moving. The emotional state is constantly changing your different modes of emotions. We are driven by our thoughts, habits, and emotions.

To recalibrate oneself means to consciously begin to shift and transform our awareness towards the highest potential. Day by day we begin to use all the Laws and Rays and begin to use them in our daily life.

We begin to drop our old destructive energies and begin to use our mind body and soul to enhance every moment.

Much like the metamorphose of the butterfly we begin to change at every level and become human beings. We merge the mind and heart and truly become human being who drops the old destructive energies that mankind has allowed for thousands of years.

Day by day the Law of Calibration allows us to transmute our old destructive energies and transform them into something we can't even imagine at this point. Built into our DNA lies the potential of mankind.

This life is meant to be lived where we fine-tune ourselves moment by moment in all our actions. We live in a state of being in reactive mode. It's very easy to react. It's very difficult for one

to stop, ponder and not respond reactively. If someone says something you don't like it's very easy to get super angry and burst out with destructive words.

The wise man plays life like a master chess player. Before he/she even speaks he looks and ponders his move towards transmuting the situation unto the highest good for all.

He/she looks 5 steps ahead just like a master chessman and sees the necessary steps of action to take place. He/she is a master of life. This skill is a day-by-day learning effort. We must learn to recalibrate our daily actions from the old energies to the new.

This is a spiritual person making conscious efforts in every moment. It takes time. It's not easy but the journey is one small step after another. We don't leap and get there. We will stumble and fall and yet we will learn so much along the way.

We can convert our old destructive ways of doing things and change for the better. This is built into our DNA. So much of our society is socially driven artificially.

We adore our movie stars and pop stars yet we forget how precious life is. We live so driven by a culture that has forgotten the true values of being a human being.

Can you imagine a planet of human beings who live in a state of bringing these laws and rays to fruition at each moment? I would say that would be heaven on earth.

Built onto our DNA are the codes for us to tap into. To achieve this day by day, we must be consciously aware of our actions. This life is an incredible game.

We haven't seen anything yet. The game of transforming life, this planet, and yourself begins with you. It always was and will always be.

Peace on earth will happen. It depends upon every human being to take conscious responsibility. It's a fun journey when one begins to consciously calibrate daily.

These laws and rays are in your DNA. This is truly who you are. This is not a religion to live by. This is our true state of existence. We are truly infinite. We all shift in different ways.

Each of us will drop our own destructive energies in different ways. People who smoke will begin to see practical ways to stop smoking. They may see that to change something you must replace one habit with another.

They may learn how to meditate or take a walk when the urge comes up. Each of us can learn to look at our destructive ways and begin to shift. Awareness is the key.

Our society is advertisement-driven. Coke and Pepsi are cool to drink. Macdonald's commercials are everywhere yet do we ever see a commercial on a simple thing as a fruit and vegetable? We have lost our way.

GMOs are everywhere in our food. When one begins to recalibrate one understands that the true temple is our human body. It fills well to nurture our body.

Our body constantly speaks to us yet most of the time we ignore it or we aren't in touch with it. The key is awareness.

We must be more aware that what is presented on our TV. Our movies constantly reinforce ways of being that are in the past and don't serve us any longer.

What I'm trying to say is that by bringing the reins back to yourself you will be in totally control not some random commercial on TV.

You will begin to take responsibility for your life and actions. You will take action to be happy. You will take action to exercise and

eat good food. You will begin to meditate and experience the joy inside of you. You will begin to start not being reactive when people are angry around you.

You will begin to be aware of your body and listen to it. You will begin to learn patience on a moment-to-moment level. In each moment you will learn how to consciously recalibrate, adapt and change for the better.

We will stumble and fall. That's part of the game and learning process. This is truly the game of life. This is probably the most important game you will ever play because it's your life.

Only you can change yourself. People can help you but the changes begin with you. You are the main character in this game.

Man will recalibrate weapons of destruction yet man never recalibrates himself

Such is the dichotomy of man

How long will it take for a man to realize that the keys to life lie within?

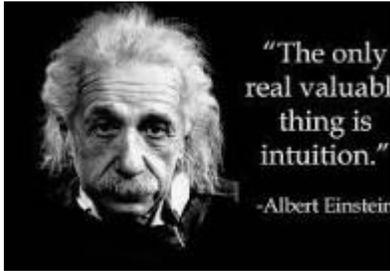
Weapons of destruction only bring destruction.

Yet the keys to life bring peace to the planet.

The answer lies within.

Only you can open the door within.

The Law Of Intuition



As a western society, we have lost touch with our inner intuition. We place so much on external knowledge and our lives are based externally that we have forgotten our true nature.

Intuition is our sixth sense. It is part of our human nature. We can sense when something is about ready to go wrong. Have you ever listened to your body and it tells you to go to bed an hour earlier than usual?

The body is telling you I need more rest. Something is going on and I have to deal with it. The body will send a signal to you except most of the time we don't tune in.

Intuition is built into our very existence. A gut reaction is built in. How many times have you met someone and had a gut reaction, be careful with this person. He may be up to something that can cause harm to you.

In our day-to-day, business affairs intuition will come handy in seeing if the truth is spoken or not. The body has intelligence. Most people are afraid of ESP, but ESP is intuition. We can perceive events that haven't happened yet. Deja vu is another form of intuition.

Have you ever had a hunch about something? Maybe in some situations, you had a hunch that if I did this that would happen, and if I did this that will happen.

Intuition allows us to be aware of our cellar memory. Medical intuitionists can tap into a person and tell them what's going on in their body.

You have the same capability yet you have turned this off. By paying attention to your body over time your intuition will grow.

By cutting off our intuition we make careless mistakes in our life. We need to balance our intellect and intuition to properly make decisions. We need both to foster true communication with each other.

Intuition allows us to feel the person's point of view along with verbal speech. Our communication is stunted without it. Fortunately, intuition is built in.

Just like anything in life the more you pay attention to something the clearer it becomes. Clairvoyance is someone who has an incredible sense of intuition. They have developed it to a point where they can see things we can't.

Intuition is a feeling. It allows us to have discernment which is highly needed in our times. So how do we develop intuition? For one-stop and relax.

We are constantly doing things without really focusing within. Learn how to relax and meditate. Listen to your body. Meditation over time will allow you to develop your sixth sense.

Pay attention to your stomach. Your stomach will give you proper signals like a gut reaction or a feeling. Trust these feelings. Over time you will trust your intuition more than your conscious thought.

We have relied on our external perception of life for so long we have forgotten the internal. We need discernment in our life. Many people think intuition is a waste of time because they don't know any better.

Is your sight a waste of time? Is your hearing a waste of time? Intuition is a sixth sense that we have. Our world would be a better place if we all used it more.

Our politicians need to develop intuition so they may come to common agreements with each other. We need discernment in our daily lives.

Intuition is a doorway to the divine

How long will it take for you to understand?

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

God is hidden in your heart.

He is under your own pillow.

A wise man will ponder and understand this riddle

Books to read

- The Universe in a single Atom (the convergence of science and spirituality) by his holiness the Dalai Lama
- Secrets of the Millionaire Mind by T. Harv Eker
- You staying young (the owner's manual for extending your warranty) by Michael Roizen and Mehmet Oz
- A Guide to Zen by Katsuki Sekida.
- Ethics for the new millennium by his holiness the Dalai Lama
- Conversations with God by Neale D
- Donald Walsch
- The Prophet by Kahlil Gibran
- The 4-hour workweek by Timothy Ferriss
- Jonathan Livingston Seagull by Richard Bach
- Power of Kabbalah by Rabbi Yehuda Berg
- The Kabir book by Robert Bly
- The Secret by Rhonda Byrne
- The Tao of Physics
- Autobiography of a Yogi by Yogananda
- Rich Dad Poor Dad by Robert T. Kiyoski
- Nine faces of Christ by Eugene E. Whitworth
- The four agreements by Don Miguel Ruiz
- The Gospel of Sri Ramakrishna
- Perfect Health by Deepak Chopra
- The Bhagavad-gita
- Rumi Wisdom by Timothy Freke
- Opening the Dragon Gate (the making of a modern Taoist wizard)
- When God was a Woman by Merlin Stone
- When the drummers were women (a spiritual history of rhythm) by Layne Redmond
- The Alchemist by Paulo Coelho
- Anatomy of the Spirit (the seven stages of power and healing) by Caroline Myss
- Emotional Alchemy by Tara Bennett-Goleman
- Ramtha (the white book)
- The Aquarian Gospel by Levi
- Don't sweat the small stuff in Love by Richard and Kristine Carlson
- Relaxing into your being (the water method of Taoist meditation) by B.K Frantzis
- Unveiled Mysteries by Godfre Ray King
- Healing Anger (The power of Patience from a Buddhist Perspective by his holiness the Dalai Lama
- The Law of Attraction by Esther and Jerry Hicks
- Clarifying the Natural State by Dakpo Tashi Namgyal
- Crystal Clear (practical advice for Mahamudra meditators) by Khenchen Thrangu Rinpoche
- Kryon books by Lee Carroll



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