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Occam's razor

Occam's razor is a principle from philosophy.
Suppose there exist two explanations for an occurrence.
The more assumptions you have to make, the more unlikely an explanation is.
We all live in a cosmic soup.
Every quantum scientist knows that.
Yet why don't we perceive that?
Wise men have been talking about that for thousands of years.
They didn't use the word quantum.
Behind your breath lies the answer.
It's as simple as that.
We make it so complicated.
In silence, one can perceive the ocean of life.
Daily close your eyes.
You will solve this riddle of life.

The more assumptions you make, the further away you get from the truth.

The simpler assumption you make the closer you are to the truth.

Being complicated is a state of mind.

Being simple is a state from the heart.

A child is simple and full of love.

Modern-day man is quite complicated and starts many wars.

Simplicity leads to truth.

Truth leads to simplicity.

To make things complicated will never solve the problem.

Even the most complicated software program is built up of simple solutions and algorithms.

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A wise man contemplates the impermanence of life.

When a man understands the impermanence of life he starts looking for the jewel within.

The modern-day world. thinks that happiness exists externally.

If the world is impermanent and in constant change, how can your happiness be stable?

95% of your actions are dictated by your subconscious.

How much are you running the show?

A wise man understands that he can reprogram the hardware, software,
and operating system within his being.

An ignorant man will let the computer operate on self-control.

A wise man will hesitate before acting upon an angry thought.

How many people in prison regret the action they took instead of hesitating for just a second?

It takes around 30 days for a habit to be rewired into your neural circuitry

One who understands this can change his world forever.

Small baby steps are needed along the way

One does not leap into infinity.

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

If thy eye be single, the whole body shall be full of light

Quantum physics and the mystics of all are both talking about the same thing.

Without sophisticated computers, how did the ancient ones, with such incredible ideas talk about the formation of the universe?

I think therefore I'm confused.

In silence, the mind learns slowly to slow down

A silent mind is the most precious mind.

A mosquito mind constantly bites man

Events that happened many moons ago exist inside your body and mind.

It takes less than a fraction of a second for you to be reminded of an event whether it was good or bad.

Holding on to anger is drinking your own poison.
Present-day scientists confirm that statement today.

Meditation is the key to discovering your true nature

Only looking externally will never solve your problem of finding happiness.

A person who wonders has no destination to go to.

A traveler in life knows the road to his destination.

A wanderer will never find his soul.

A traveler will discover his soul and go back home.

A wise man blames no one including himself.

An ignorant man will always blame others for his troubles.

Wisdom and information are not the same.

Wisdom comes from within.

Information is snippets of unreality

.

If there's a spectrum of darkness to light, wisdom and information would be at entirely different ends of the spectrum.

We see friendly around 1% of the light spectrum.

Yet we think we know it all.

A wise man day by day, moment by moment tries to see the light behind all things.

Truth is the consciousness of bliss.

When the mind is absorbed in truth, the consciousness will be in bliss.

Only a wise man. comprehends this riddle.

How can a fish drown in water?

How can a man choke in his own words?

One day a dear friend said do you know the meaning of Fletcher?

I did not.

He said Fletcher means bullseye.

To sin means to miss the mark.

I like that.

The disease is when the mind is not at ease.

A mind that is not at ease will not be able to sleep well at night

Companies will work you to death if you allow them

I had a job interview once where they required you to work 60 to 80 hours a week.

I said I didn't come down to this planet solely to work and I promptly left the interview.

If you don't like your job then leave.

Find something that you love to do.

If making money is more important than being in a job, you hate your priorities wrong.

Shortly, we will be having several trillionaires.

Are they satisfied with their money?

No, they want more and more.

On my travels around the world, I have seen people with absolutely no money yet have a smile on their faces.

We can solve the hunger problem if the world is on the same page.

We are going from me to we.

Countless wars and misery have come from the state of awareness of me
me and me

If a politician is not kind then vote them out of office

Don't buy anything from companies that take advantage of people or the environment.

If there was a world worldwide strike companies would have to change their ways.

Conscious economics is the way of the future.
Our present-day economical system is leading us to self-destruction.
Conscious politics someday will be the norm.

Vote only for those who are kind.

Light dispels darkness, not the other way around.

You are either the solution or the problem.

What do you think about that?

The world is living in apathy.
Apathy is darkness's greatest friend.

A person who is in the light will always have great wisdom.

A person who lives in darkness can never see the light of day.

How can you learn to transform from darkness to light?

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

The inhalation of the breath of the universe is billions of years.

The exhale of the breath of the universe is billions of years.

Yet the same power of breath is the essence of all.

A wise man learns to be aware of his breath 24 hours a day

Your mind is a tuning fork.

Whatever it focuses on it becomes.

If you only focus externally, you will never see the light of day.

A wise man places his focus behind his breath and discovers the jewel within.

You are your own chemistry set.

You are responsible for the chemicals. either good or bad?

Nobody ever told you that you were responsible except for the wise men of old.

Much of today's great advancements are the foundation built upon the great shoulders of civilizations that existed thousands of years ago.

When I was a kid I saw that. Jains wore a mask and I couldn't understand that concept.

Yet today with covid I completely understand the meaning behind it.

Covid was a way for mother Earth to tell us to go to our rooms and think things over.

We did not do very well with that.

In the last few weeks in my daughter's office, numerous people got Covid.

The only person wearing a mask was my daughter.

Being bored is a state of mind.

Many people don't realize how bored they are until they try to meditate

The most difficult thing to control and conquer in the entire universe is your own mind.

One must live in the center of the hurricane, not like leaves. scattered in the winds.

The majority of the world can't turn off the faucet of adrenaline, therefore they are completely stressed out.

A wise man learns to turn on and turn off the faucet when needed

A wise man just smiles at life.

He has nothing to prove.

An ignorant man will try to change you.

He will get angry if you don't see his way.

Many wars have been started that way

Tell me what is a mango in less than a word.

Feet on the ground and your head in heaven.

Be like the lotus flower.

Its roots are in the dark swampy water.

The flower never touches the dirty water

Curve balls will always be thrown your way.

A wise man understands this and just laughs at the curve balls.

One who doesn't understand this will constantly be thrown curve balls that
will rattle your cage.

The universe is in constant change and flux therefore curveballs will be thrown your way.

Nobody gets a free ride.

The same curveball can be thrown at two different people and both of them will act differently according to their understanding of life.

A wise man will laugh at the curveball being thrown.

The ignorant man will say woe me

.

If you break the law of nature and the universe, it will come back to haunt you.

Karma is for every action there is an opposite and equal action that occurs.

These are both good and bad actions.

To discover your true nature, one must eliminate karma in one's life

One who learns not to react to any given situation will stop karma in his tracks.

If you react to any given situation, you are building karma in your life

Remember, curve balls will always be thrown your way

Nothing will last forever if you focus only on the external.

We have been living in this situation for thousands of years and yet we continue on this insanely crazy treadmill called life

A happy person focuses on the Jewel within and also does his duty in life.

One who understands and is in union with his soul is the complete man.

The universe will not give you Its great secrets until you are peaceful.

Unfortunately, the genie got out of the bottle with the discovery of the atomic bomb.

It's a miracle. we have not blown ourselves up.

Don't allow anyone the capability to push that red button if they are not a stable man.

A man who cheats lies and steals should never be President of the United States of America

Your human body is the most precious in the entire universe

God is hiding inside of you

You are made in the image of God.

What is that image?

Modern Day scientists would call it the quantum field.

You are made in the image of the quantum.

One who lives his life externally will never understand this message.

The wise man of old have used different terminology throughout the ages
and yet the essence is the same

The modern-day scientist tries to discover the keys to life externally

The mystics of old use the microscope of the mind to discover the great mysteries that lie within.

You are the food that you eat.

No wonder the world is in chaos when we eat nothing but junk food.

Junk food will lead to a junk body.

A junk body will lead to a junk mind.

A junk mind will lead one to toss and turn all night.

One who tosses and turns all night will never get a good sleep.

If you don't get good sleep, you will have hardly any energy the next day.

The cycle goes on and on.

The Jains knew about the microbiome many moons ago.

People would scoff at the idea of such a thing.

Today modern-day scientists are in complete alignment with this concept.

If you eat tons of sugar, your microbiome will say to your brain. I want more sugar.

This causes constant sugar cravings which leads to eventually the shutdown of the entire body one part at a time

A wise man eats foods from the entire color spectrum of life.
He understands how important it is to take care of your inner garden.
I once was talking to a friend and I mentioned the inner garden.
He stopped me in my tracks and said what inner garden?
That's my point

Just think there are trillions of bacteria and viruses existing inside of you.

They are either your friend or enemy.

Only you determine that by the food you eat and the lifestyle you have
creates the environment

You can never rest on your laurels.

One can never clap your hands and say I have learned all.

I have practiced preventive medicine for over 50 years.

Yet this year I had the most serious health crisis in my life.

There is a hidden meaning behind all crises...

One can moan and say poor me and never do anything about it.

The other person can gather great wisdom from the crisis

I was told by many doctors that diabetes can never be completely healed.
I thought that over and thought they are correct if you never want to change
your lifestyle.

Many people take drugs for their diabetes without changing their lifestyles

You are your own doctor.

I had a friend who went to the doctor and he gave her one medicine.

Within the year she was on over 20 different medicines

When I was young I didn't understand the knights of the round table with all their morals and ethics.

Today I see that makes the difference between night and day

The Dalai: Lama once said kindness is my religion

Kindness is the greatest strength in the universe.

Many people think that kindness is a weakness.

It's so easy to get angry. when someone does you wrong.

Anybody can do that.

But to be kind in the face of adversity is a different story altogether]

.

If anyone thinks that a negative virtue is a good thing, one doesn't understand the mysteries behind life.\

We once had a president who never learned how to forgive.

He felt forgiveness is a weakness in life.

This viewpoint leads to a man's own self-destruction in the end.

If you owe a man money then pay him

We once had a president for who people provided services to him and never paid them.

Yet we allowed him to be president.

Unfortunately, we are sawing off the branch we are sitting on

I often see people support the president's actions by saying he won the election.

If the shoe was on the other foot they would not be saying the same thing

One must go beyond party lines and see the truth behind all.

If your political party no longer believes in morals and ethics and only has power and control, we no longer have a Democratic society.

Morals and ethics are the building blocks of life.

When people in power have no morals and ethics. great cruelty comes upon the land

Indigenous people which we call savages believe that they are custodians
of the land.

Modern-day civilization believes in the opposite.

We are consumers of this land

Mother Earth is a conscious being whether you like it or not

.

Everything in the universe is conscious and aware.

If we are totally unconscious of who we are, we will never understand the meaning of life

Your external life will never bring you your true state of being and consciousness.

Therefore, we think the life of a mystic has no meaning at all.

One must learn to surf the waves of the ocean internally.

One who learns how to surf the wave will have the time of their life.

The ignorant will be held down by countless waves breaking over him.

At some point, he will drown in his ignorance

A wise man learns how at first to ride a one-foot wave.

After some time one will learn how to ride 100 ft way.

A wise surfer who paddles into a huge wave understands when he falls to
surrender to the wave and not fight it at all.

There will be a time when the wave will let you rise to the surface.

One who struggles with the wave is in great danger of losing his life
forever.

Never paddle out on a day that is beyond your ability

That same feeling of riding a wave 50 years ago exists inside of you

.

Surfers ride the external wave of life.
Mystics ride the internal wave of life.
Both have great respect for the ocean of life

.

Think outside of the box.
Your box will confine you.

Be weird.

The world does not like weird people because they are non-conformists.

Buck the system.

When I was 18 I practiced yoga and many people thought I was a communist.

Today yoga was taught almost anywhere you go.

Always learn to buck the system and eventually it will become mainstream

Peace will come when we start bucking the existing system

When I worked at the observatory in Maui, we would occasionally
recalibrate all our systems.

If an instrument was off it could cause disaster to what we were doing.

We need to recalibrate all the systems in this world today.

Our present-day systems are causing our demise.

China looks at systems 10 generations down the line.

Most of the western world only looks for 90 days and short-term profits.

No wonder we are sawing off the branch that we are sitting on

Conscious economics looks at countless generations down the line and the impact they have on it.

A mansion will never make you happy.

Granted it will be short happiness.

Tell me how much happiness you will have when you're house burns down.

When I was young. I wanted this certain toy for Christmas.

I got this toy and loved it for 2 weeks.

After 2 weeks something changed.

. I never wanted to look at this toy again.

In the old days when you bought a record, you would play it on the record player.

The first time it was absolutely incredible.

That was my favorite song.

The more you play it, the more unhappiness you got.

There was a point where you listen to that song so much. you actually hated that song.

The more complicated your life is the more complicated your life will be.
Complicated life will lead to constant mosquito bites that will irritate you to
the core.

Only through true silence can one heal the mosquito bites of the mind.

The mind is either your best friend or your worst enemy.

Unfortunately, we are a mixture of the two.

Because we focus externally someday our mind is our friend.

In the next moment, our mind is our worst enemy.

Did you know according to the Jaines, everything has a substance to it?
Including your thoughts and actions.

Karma is a quantum substance that exists inside of you.

The Jains have a systematic way of healing this internal yet subtle substance inside of you.

We live such a gross life.

We aren't even aware of the subtle things inside of us.

We think we see the entire picture of life.

We go to the movie theaters and get sucked into the movie.

It is so real.

We think that is reality.

The wise man will turn his head around and see there is light coming from a projector which hits the screen and we see the movie.

The wise man will learn to identify with the light than the false images on the screen

Craziness is doing the same insane thing over and over again.

This sums up our chaotic world.

We do the same actions over and over and we think we can overcome our problems.

To change this world and its problems, we must think in an entirely different new way.

You are the piece of the puzzle.

Without your piece of the puzzle, the puzzle will never be complete.

Where did yesterday go?

I think therefore I'm confused.

Education is the foundation of a society

Why do rock stars make millions while teachers today hardly can survive on their salaries?

If the youngsters of today aren't educated properly, what happens to our society?

If your society is not educated properly. ultimately, this will lead to the demise of our country

All past great civilizations' demise came when morals and ethics got completely lost

When power and control are more important than morals and ethics this will
lead to the end of our great civilization

We can change only if we want to change.

If we are not tolerant of the other person then we can't see the forest from
the trees.

Being intolerant leads to wars in the end.

A nation that goes to war will never be peaceful.

Peace is not the absence of war

True peace exists inside of you

A wise man. gathers wisdom, both externally and internally.

External wisdom helps him in his daily life.

The internal wisdom helps him to be in a state of harmony with nature, the universe, and his own soul.

We need people like King Solomon to be in power.

Only a wise man can rule others with compassion and kindness.

A ruler who has no kindness should never be able to rule others

In this day and age if any ruler invades another country he is not a ruler but
a murderer

Citizens around the world should vote out of office. anyone who is not kind

Our retirement funds should never be a place where they can be raided.

Our retirement funds should never be based on the stock market.

Can you imagine if my retirement funds were compounded by 5% daily for our entire working career?

We would all be millionaires in the end.

In the '80s, corporate raiders would take over companies and invade and steal entire pension plans and get away with it.

The big business proudly says greed is good.

This is still being unchecked today.

We have some individuals who in a very short time will be the very first trillionaire

Just think if you spend \$100,000 a year for around 34 million years that would be a trillion dollars.

The 1%ers make more money than half of the US citizens combined.

The concept of land owners and serfs is still alive today

Most of our laws come from the people who give money to our politicians.

In return, they will do their bidding.

The politicians and the lobbyists are both sleeping in the same bed.

A politician out of office will become a lobbyist.

A. Lobbyists will someday become a politician.

The common person will never be served properly in this way.

Most politicians are interested, solely and holding on to their power today

They won't even forgo ethics and morals.

Even when they know the truth, that's something that is a lie.

They will perpetrate the lie

Just think in the '70s President Carter put up solar panels at the White House.

He invested millions of dollars in research.

The next president came into power and took the solar panels off the roof and canceled the contracts.

We have a serious problem today that we should have been working on in the last 50 years or so

It takes around a hundred years or so for the system to be mainstream.

Time is ticking away and is no longer on our side.

Whether we like it or not, the world and its climate are changing dramatically.

Yet we continue along as if nothing is happening.

We even had a president pulled out of the Paris accords.

Why is a man like an ostrich putting his head in the sand

?

Why is society not spearheading practical solutions for all our problems?

Each citizen would be part and parcel of that process.

If society at large doesn't see the complete picture they will lose their lives.
aimlessly pursuing happiness that never exists externally

If you allow a dumb man to live a dumb life without teaching him how to fish. then you are to blame.

Education is the means to make a dumb man truly wise in the end.

True education is not just regurgitating facts.

Johnny, please turn to page 1 and read the second paragraph.

True education is not just knowing the facts without knowing the reasons why.

How can we learn from that situation and not make the same mistakes over and over again?

Going to school should be the most exciting thing that a young child can do.

We make it so boring that a child wants to ditch school.

A child who dozes off in class and is bored by the teacher's words.

I had some teachers in my life that I never in a thousand years would want to miss their classes.

I've had some teachers that I hated attending their classes.

Learning new things should be exciting.
It should send Goosebumps up and down your body'

In my eyes, this is the criteria for learning.

Does the teacher contain this precious wisdom to convey to the class that he is teaching?

If a teacher is boring, the students will be bored and never be able to learn properly.

A bored student will lead to a boring life outside of the classroom.

What he will he do?

Ridiculous acts to express his boredom

I'm bored.

This will lead to alcohol and drug addiction.

Alcohol and drugs are a way to numb the boredom and apathy that we have in our life.

Many people think that alcohol and drugs will help their lives.

Unfortunately, ask any person who's addicted to drugs or alcohol.

Has it solved their problems?

Just think about the beginning of a drug user's experience the first time there is such a high.

Upon subsequent, use the person will never get the same high as the first time.

The mind is addictive.

It is looking for the happiness that only was temperamental during the first high

A wise man understands that there is an internal drug that gets better with age.

It is truly like wine where the bottle of wine gets even better with time

Even modern-day scientists know that meditation produces chemicals that change the chemistry in the human body.

The human body is wired for these precious chemicals to be released.

Every thought you have produces either a positive chemical or a negative chemical inside of you.

Why they don't teach this in school?

I don't know.

You would think the most basic thing about how your thoughts control the chemistry inside of you.

You would think this would catch on and everyone would be consciously turning off the bad chemicals and only allowing the right chemicals to be released into the human body.

Man, thanks that only external events can change the chemistry set inside.

There are hundreds of stories where in less than a fraction of a second,
everything they knew was taken away

y

Unforeseen events will occur.

Someday your loved one will never be around again.

You will lose your job.

The stock market will crash.

Your political party will be voted out of office.

Your body developed a major disease

Someday without you knowing it, the life you live will be taken away
Everything you know and cherish will someday disappear into the night.
Why don't we learn this lesson and focus on what is keeping us alive?

If one understands the video game of life and its rules, one will truly have a happy life.

The problem is the majority of the world doesn't even understand. there is a video game.

There is a rule book.

The rules clearly state that there's no way you will ever find happiness in this world

This rule is clearly ignored and most people don't even know about this rule.

Somehow in mainstream consciousness, we firmly believe in this.

It's even built into our constitution that the pursuit of happiness is a given right.

Unfortunately, the founding fathers didn't say the pursuit of inner happiness

By pursuing inner happiness, one will have external happiness.

This internal happiness will not be dependent upon external events that always change.

When you're happiness is dependent upon something, external you are a sitting duck.

Your happiness will soon be taken away.

I'm not saying don't try to have a life of happiness.

I'm saying if you have internal happiness then no matter the outside circumstances you can smile at life

Pleasure and pain both lead to the same place externally.

Internal pleasure can eliminate external pain.

External pain can never bring you internal pleasure.

Anything external in your life will be ultimately a mixture of pleasure and pain.

The world is out of balance with nature and the universe.

Therefore, the external world is full of chaos.

The ancient ones talked about how important it is to be in balance.

The current day man is so out of balance that everything we do is distorted and deformed.

We think we have critical thinking.

How can we have critical thinking when our chemistry set is totally off balance?

The chemicals that we are pumping into our bodies are not in harmony with the universe.

One will not have proper thinking

Einstein knew about the source of wisdom exists in silence.
If we want to express wisdom, we must know how to be silent.

The wisdom we have today in this world from our politicians is limited.
When the mind and body is lacking wisdom, how can you govern properly

?

In our world today, especially in the United States, both parties don't know how to compromise.

We used to know that.

In the '60s both parties would fight one another and yet at the end of the day they would go to a bar and do cheers around a glass of beer.

They would let bygones be bygones.

Unfortunately, today we hold daggers in our hands and will never forget the words the person said to us.

United we stand.

Divided we fall.

What direction are we going?

The quantum scientist of today understands the basic fundamental energy is the same throughout the entire universe.

Yet we still are living in the past today

Our understanding is only survival of the fittest.

Our laws are made for the most powerful to maintain their power and control.

Charles Darwin understood that cooperation is the means for the survival of species.

Unfortunately, people took his words and twisted them.

Therefore today survival of the fittest is the main slogan.

A few years back I heard about an experiment where they took angry chickens and put them into one area.

They took the happy chickens and put them in another area.

After around 5 years the angry chicks who were put into a separate area, not one of them existed.

The happy chickens were going on their merry way

.

We have politicians who are angry chickens.

How much longer can we go on with this?

Insane?

Did you know that social media is more addictive than cocaine?

Social media companies even hire the best experts in the field to make this possible.

They do this so they can make more money

They do this intentionally and you have no idea that you are being played on.

This is not a conspiracy theory.

Many moral people help developed this technology and have come out in the open and exposed. this.

What's going on behind the scenes?

Unfortunately, it comes out to the open and then quite quickly disappears into the night.

It seems that the cards are stacked against you.

I will admit times I agree with this.

The wise men of old have said that you can learn how to live outside of the stacked cards.'

When one learns how to play the poker game that exists inside of you, one will not play the external game any longer.

In the internal game of poker one realizes that the same card of happiness is always being played.

The same card of complete bliss is being dealt to you.

The entire universe is on your side because you are the universe.

Why would you want to play the external poker game of life where you know the rules are stacked against you?

Because of ignorance, many people make this game much more difficult than it should

Can you imagine that people in power want to control you so they can make more money?

They will even have social media platforms like Facebook where they can pretend you have control in your life

Yep, they have algorithms that they utilize that will get you addicted to their platform.

I could go on and on.

You must understand that you are being played upon

This leads to being a victim in life or a co-creator in life.

A victim has absolutely no power in being aware that his mind, thoughts, and actions are dictated by him.

He feels his life is controlled by his outside events.

A person who is full of wisdom will understand that he can control his inner world.

He knows he can't control the external world.

By controlling his inner world, he controls how the external world would affect them.

In this state, one simply smiles and lives.

That is the greatest thing you can do.

Most people probably would laugh at this.

I'm going to control my life so much and the others around me so that I will ultimately get what I want.

This has led to our current thinking today.

Many civilizations would say that ours today is the age of darkness.

Did you know that the mind doesn't know any difference between watching a war, movie, or violence on TV or in real life?

The same kinds of chemicals will be released into the bloodstream.

Why do we get addicted to violence

For many people, it's entertainment.

To what demise is that?

We think that the movies we watch are really not bad at all.

After all, it's a form of entertainment.

In the past, we would have the gladiators of old fighting in a coliseum.

Today we have video games that million enjoy that kill.

This is a susceptible behavior and quite the norm in society.

Today most people just roll their eyes.

People would say these are such far-fetched humans that are totally off the mark of reality.

Who would ever want to close their eyes and meditate?

There has been killing for thousands of years.

They simply smile and go on their merry ways.

Yes, the cards are stacked against you.

Remember, the most difficult thing to control in the entire universe is your mind.

What we think is normal in reality is pure darkness.
What I mean by darkness is that we can't see the light of day.

We got so involved in this world and think it's so real that we never stop in our tracks and think there must be more to life.

Therefore, we become complacent and accept the poker cards that are dealt to us.

I'll take a chance in this round and I'm sure this time I can win the game.

But the cards are stacked against you, my friend.

I'm not a pessimist.

At times it may seem like that is the case.

But when we do the same idiotic thing over and over again one must speak
his mind.

I know I can't convince you nor do I ever want to.

The universe does not need any convincing for it to exist my friend.

You don't need to convert to the universe

This is not a religion or philosophy.

The quantum field is so mysterious that we truly have no sense of what is going on behind the scenes.

It seems like an infinite number of possibilities exist.

At times it seems like one man's poison is the other man's food

There are an infinite amount of ways for an individual to be in contact and harmony with the quantum field.

Each one of us is custom designed.

I harp on this issue so much.

Many people just roll their eyes when I say such nonsense to them.

50 years ago today this was high falutin philosophy.

I had no clue about what was really behind these terms.

That was just like you.

Today it has become mainstream in my life.

It is as practical as the Sun is in the sky.

It is not some philosophy or belief

.

The truth lies inside of you waiting to be seen.