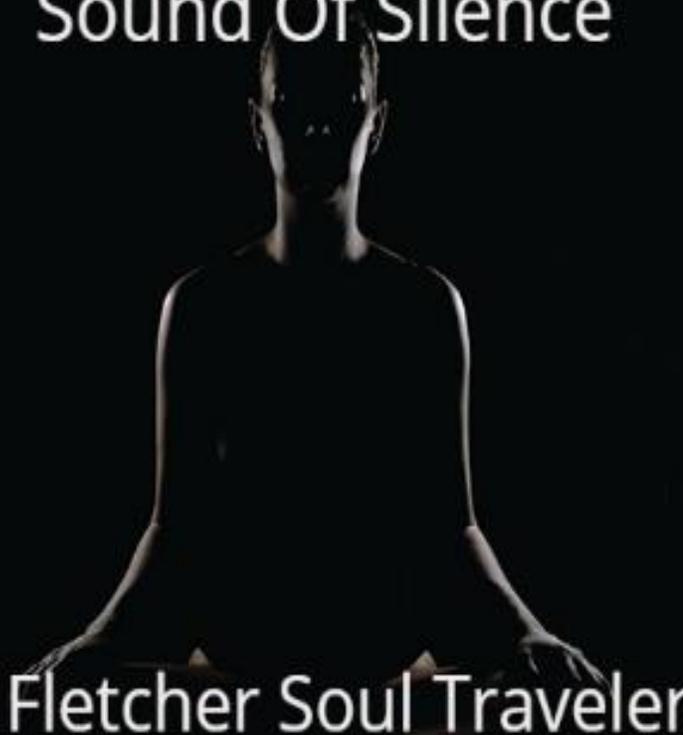


Sound Of Silence



Fletcher Soul Traveler

Contents

Intro.....	5
The Law Of Silence	6
Silence	11
The Sound Of Silence	13
Silence is your friend Or Foe	14
Calm Inside Of The Storm	16
Carry Your Meditation Into Your Daily Life	17
Listening	18
Where Is The Buddha.....	20
We see only 1% of the light spectrum	21
Do you listen to your body.....	22
Feet On The Ground And Your Head Is In Heaven.....	24
Which Level Are You On.....	26
Focus	28
The World Is A Drama	29
Stop The Noise In Your Head	30
Tao Te Ching.....	32
Two.....	34
Commentary	34
Five.....	36
Commentary	36
Eleven.....	37
Commentary	37
Twenty-one	38
Commentary	38
Twenty-three	39
Commentary	40
Twenty-five	43
Commentary	44
Thirty-seven	46
Commentary	46
Forty-five.....	47

Commentary	47
Fifty-two	49
Commentary	49
Sixty	51
Commentary	51
Sixty-one	53
Commentary	53
Enlightenment.....	55
God Won't Drive Your Car For You	56
It's Been There All The Time	58
If I Could Recommend One Thing	60
Crystal Clear	62
True Nature Of The Mind.....	63
Is The Universe Biased	65
Occam's razor.....	67
One Drop Of Water	68
The Modern Day Man Looks For God On The Moon And Beyond	69
The Ox Parable	70
Starting For The Search For The Ox	70
Finding The Footprints	72
Catching A Glimpse Of The Ox	73
Catching The Ox	75
Taming The Ox	77
Ridding The Ox Home	78
Ox Lost You Remain	79
No Ox, No you	80
Returning To The Source.....	81
In Town With Helping Hands	82
The Four Conditions Of Mind.....	83
Inward Concern Is Absent; Outer Concern Dominates.....	83
Outer Concern Is Absent; Inward Concern Dominates.....	83
Both Inner And Outer Concerns Are Absent.....	84
Neither Inner Nor Out Concerns Are Absent.....	84

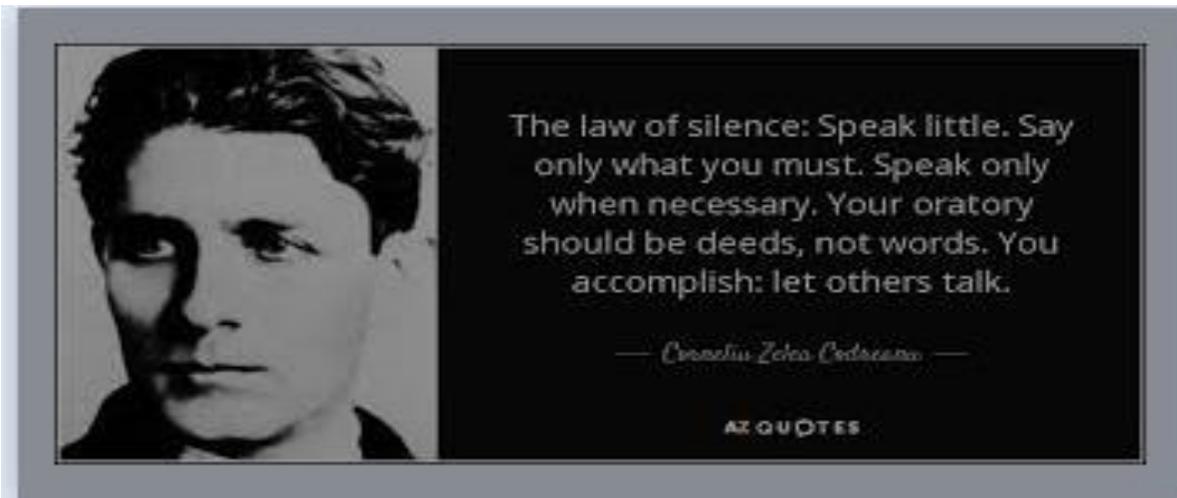
Emptiness.....	86
Five Internal Senses	88
Chief Financial Officer	89
Board Of Directors	91
Unions	93
Can You Hear The Grass Growing	95
Silence is God's first language.....	97
God Speaks Thru Silence	99
Silence Speaks To You About The Secrets Of The Universe.....	101
Silence Quotes	103
Closing.....	105

Intro



I hope you get something from this book. Discovering the silence within is so much needed today. They say you can take a horse to water but you can't make him drink. Maybe just maybe this is salt that is put into your food. We are all on the journey of life together. Hope you enjoy this book.

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 a 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 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 in 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 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, the channel exists but you are not tuned to that frequency. By applying the law of silence one becomes tuned 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 one begins daily to fine-tune oneself 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 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. 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 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 from 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 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

Silence

For the majority of mankind, silence can be deafening.

All they can hear is the chattering of the mind.

Silence can make some people go crazy.

Yet silence is divine.

How can it be so?

For one person it's medicine to the soul.

To another, it drives them crazy.

What is the difference?

When a person begins to learn about silence he is training himself.

Maybe he has heard about signposts along the way.

He sees the rambling of the mind and makes friends with it.

Are you friends with your mind?

That is highly recommended on this journey of life.

Make friends with your mind.

Be kind.

There is a point where you will love silence.

The entire universe is alive.

The Sound Of Silence

Sit still and listen.

How do I sit still?

How do I listen?

What do you mean by sitting still?

What am I supposed to listen to?

The mind loves to ramble on.

Here's what seems to be two simple things yet it's the hardest thing in life.

This is the most difficult.

Sit still and listen.

Try to solve this riddle.

Master has come and gone.

They all say the same thing.

Sit still and listen.

Silence is your friend Or Foe

Silence is either your friend or foe?

For many people, silence is deafening.

A moment in silence brings one into a state of agony.

Solitary confinement can bring a person to be insane.

Yet for a mystic it brings liberation.

Just think it could be the same room yet for one it brings liberation while the other goes insane.

Many people find it extremely uncomfortable to be in a room with absolute silence.

One must have the radio blaring or the TV on.

For them, silence has not been cultivated.

Silence is a state of mind.

If you love silence it is your friend.

If you don't know silence is your foe.

Silence is living in the center of the hurricane.

In this state all is calm.

This is your natural state of being.

When silence is your foe you are like leaves blowing in the wind.

We are scattered.

We are happy in one moment and discouraged in the next moment.

Silence has infinite levels of existence.

It is an infinite well within.

A wise man can be in silence and yet be talking to you.

That's quite the paradox for most
Yet for the mystic life is a paradox.
He places his concentration on the unknown.
The unknown becomes the known.
In that state one just smiles at life.
He has nothing to say or prove.
The world would be heavenly if we all had this state of mind.
The kingdom of heaven lies within.
If I could give you any advice it would be the following.
Love to love the silence inside of you.
Make it your friend.
Your life will be much better and clearer.

Calm Inside Of The Storm

Calm inside of the storm.

There is a storm brewing this very night.

Stay home.

Nap next to the fire.

Stay calm.

Don't go out tonight.

Your ship will still be there tomorrow.

It's safe in the harbor.

Danger is in the air.

Yet at home, you are down for the night.

Carry Your Meditation Into Your Daily Life

Carry your meditation into your daily life.

Day by day.

Year by year.

Every time you meditate allow the experience to flow into your daily activities.

Meditation isn't only when you sit down.

Meditation over time brings you to a point where it is constant.

In the beginning, you try to meditate on the source within.

Over time the source begins to meditate on you.

No words can describe how beautiful this is.

You are not alone.

Something is keeping you alive.

We are been magnetizing in love.

That is our true nature.

Listening

The definition of listening is as follows.

1: to pay attention to sound

listen to music

2: to hear something with thoughtful attention: give consideration

listen to a plea

3: to be alert to catch an expected sound

listen for his step

Here's what the Dalai Lama says about this subject.

“When you talk, you are only repeating what you already know. But if you listen, you may learn something new.”

As a society in general it's all talk and nobody is truly listening to each other.

Look at current-day politics.

The louder and more a person puts gasoline on the fire the less a person listens to the other party.

True communication cannot take place.

Words are used as weapons instead of bridging the gap between us.

If we want the left-wing and right-wing of the glorious Eagle to fly we must listen to one another.

I have friends who truly get a kick out of mocking the other side.

They truly enjoy it.

They take delight in it.

Yet their actions are pulling America down the drain.

We will always have disagreements in life.

That's the nature of life.

Yet we can have compassion and tolerance towards another person's point of view.

If we aren't kind toward each other someday America won't survive.

Hatred will never bring a country to express its highest values.

Yet currently we have blinders on our eyes.

We think we are justified in mocking people and putting them down.

This is becoming a norm in politics today.

We only vote along the party lines not voting by conscience.

Look at the riot at the Capitol Building.

Need I say more?

If the other side did this the same feeling would arise.

What an atrocity?

Yet when your own party is responsible we vote along the party line.

If we don't listen to each other soon the situation will get worse my friend.

Where Is The Buddha

At times I reflect on where is the Buddha.

Where is the Christ?

When one starts to meditate one starts to feel the oneness of life.

In that oneness lies everything.

Yet we think we are only aware of ourselves.

That feeling of oneness that we have is the same feeling that Buddha and Christ had.

The more we walk on the inner journey that oneness goes deeper and deeper. There will never be a time that you clap your hands and say I learned all there is to learn.

This is an infinite journey.

You have been traveling for eternity.

Signposts and guidance are all around you.

The more you look within you will see the external signposts.

These are exciting times to be alive.

Millions of people are waking up.

It doesn't matter if you are a Saint or a sinner.

The jewel of oneness exists inside of you.

It can never be taken away.

Discover your true nature.

The entire universe exists inside of you.

We see only 1% of the light spectrum

I find it quite fascinating that we see only 1% of the light spectrum.

Yet we have the hardware and software to discover God.

One of the greatest Mystics once said the following.

If the eye be single thy whole body shall be filled with life.

The world of science and mystics are merging.

Modern-day scientists are talking about the human body is wired to the quantum field.

We can only see 1% of the light spectrum with our physical eyes.

Yet inside of us lies the pineal gland which is the doorway to the quantum field.

Mankind thinks what he sees is real.

Yet we are almost missing the entire picture.

The great mystics call this Maya.

Maya is a great illusion.

Ponder this over.

We can't even imagine what we are missing.

Do you listen to your body

Last night after dinner I felt like I was going to get sick.

My body sends me sweet messages so I can take proper action.

When this happens I go to bed in a flash.

My lovely wife understands.

He who hesitates or ignores this signal will suffer the consequences.

I have done this simple trick all my life.

The body sends us a signal that it needs some time to heal.

Otherwise, sickness will take place.

It's as simple as that.

We must learn how to be in harmony, especially during these chaotic times.

Intuition lies in your gut.

Learn to eat good wholesome food.

A junk food diet will turn into a junk food body.

You are what you eat?

Food is the best medicine.

Modern-day drugs don't cure you.

That's why we need constant refills.

Our world would be in a better place if we healed our minds and bodies.

We are all out of touch with Gaia.

Gaia is so far away from our awareness.

Yet every day we walk upon her.

Isn't that a paradox?

Our earthly Mother is all around us holding each other in her infinite arms.

Yet we are simply texting on the freeway of life/

There is so much wisdom we can learn.

Have you stopped gathering precious wisdom?

Did you stop learning after you graduated from school?

A wise man understands that infinite wisdom is in the air.

One can never truly understand the wisdom of the infinite.

At the same time, we can grow and expand our ways of thinking.

One can constantly change and morph into a butterfly.

This is the alchemy of life.

Feet On The Ground And Your Head Is In Heaven

Feet on the ground and your head are in heaven.

I studied Kabbalah about twenty years ago.

One of the main themes was this incredible phrase.

This is the essence of life.

Be grounded.

Be down to earth.

Be practical.

Do your duties.

Be like a chameleon.

Be simple.

Yet strive to be in heaven every day.

This is a practical journey.

No theories or concepts are needed.

Behind your breath lies heaven.

It hasn't gone anywhere.

We simply have.

We were never taught in schools this advice.

We were taught only when you die does one enters heaven.

How about experiencing this mansion while you are alive?

Problems will still come your way.

That's why the Zen Buddhists say chop wood carry water.

Heaven exists right between your eyes.

If thy eye be single thy whole body shall be full of light.

Quantum scientists and mystics are both speaking the same language.

Quantum scientist has an external laboratory.

The Mystic has an internal laboratory.

Both of them see light.

One is the manifest light while the mystic sees the unmanifest light of creation.

This light is pure love, mercy, and compassion.

It is your true essence.

It doesn't matter who you are.

It doesn't judge you.

Mind you, you judge yourself.

Society does a great job of judging you.

The creative source loves its creation.

You have the opportunity to experience this constantly while you are alive.

The operating system, hardware, and software lie inside of you.

Just turn on the internal switch.

Which Level Are You On

Which level are you on in this video game of life?

What are you talking about?

Precisely this is what I'm talking about.

To play this video game one must first realize that there is a video game.

We spend most of our lives oblivious to that fact.

It's like in the movie the matrix.

The same kind of game is being played.

Ours is the subconscious is running the show without us being aware.

We play the same broken record over and over again.

We make the same mistakes.

The groove of life becomes deeper.

Eventually, the Grand Canyon gets created in your mind.

The goal of life is to discover your true nature.

Every one of us is a precious jewel.

We have just thrown the jewel into the mud.

That's ok no harm done.

Just wash it off with the water of wisdom.

Wisdom can help us discover the different video game levels.

We can learn how to master the game of life.

Mind you, life will still throw you curveballs.

But the one who learns to stay in the center of the hurricane will have peace in that situation.

One can learn how to hit the ball out of the park.

Even a single is better than striking out.
The main thing is to get off the treadmill of life.
You know exactly what I'm talking about.
You have free will.
What are the rules in the game of life?
Read the instruction manual again.
It clearly states that.
It is by will alone I set my mind in motion.
Unfortunately, our minds are running the show.
Mystics have said the hardest thing to conquer is your mind.
You can conquer the entire world yet you still haven't taken the first step in
conquering your mind.
Your mind is your best friend but it acts like an angry dog.
Take your dog to dog school training.
It will be the best thing you ever did.

Focus

Whatever you focus on you eventually become.

If you want to be a surfer you first paddle out on a small day.

Maybe some people paddle out there first time on a huge day.

I wouldn't advise it.

Anyway at first it's really difficult just learning to paddle the darn board much less catch a wave.

Timing is everything.

If you're too late you will go over the falls which hurts.

If you don't paddle fast enough you won't catch the wave.

What hurts is when you don't paddle fast enough the wave can decide that you're going anyway.

That is when you learn a major lesson.

Anyway, over time you learn how to surf.

Years later you are a surfer.

It is a part of your life.

Whatever you focus on you eventually become.

If you want to be anything in this world you must focus on it.

Nothing doesn't come overnight.

Some things take longer than others.

For time immemorial Man has sought the mysteries of life.

Those who focused their life on it eventually became it.

The World Is A Drama

Guru Nanak once said

The world is a drama, staged in a dream.

Mystics throughout the ages have pondered this over.

We are living in drama, staged in a dream.

Is our dream real?

What is considered a dream?

We come and go from this world.

Is this a dream or where we come from a dream?

We live our lives in so much drama.

We react to the beatings of life.

Is there a way to solve this puzzle?

It seems very complicated.

One layer over another.

Yet the answer is simple.

Open the door within.

Stop The Noise In Your Head



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

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

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

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

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

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

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

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

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

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

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

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

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

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

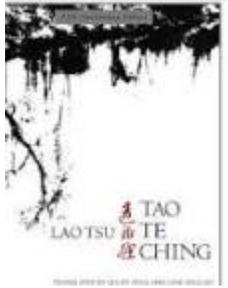
The genie knew he was outsmarted by the wise man. The young boy enjoyed his life and helped others in the community. He eventually learned about the dragons and helped tremendously his fellow man.

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

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

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

Tao Te Ching



Recently with the worldwide shutdown, I have some time on my hands. In my morning meditation, I thought I would read the Tao Te Ching and absorb it. I find scripture fascinating. There is a great mystery to be solved. Each sacred book talks about in its subtle way how to discover the jewel within.

Lao Tzu was one of them. The most books ever sold except for the Bible was the Tao Te Ching. Here it was sitting on my bookshelf waiting patiently for me to open it up. The Tao is ever so patient. It took billions of years for man to appear on earth.

Modern-day scientists and Mystics are talking about the Tao using a different ways of expressing it. Scientist calls the Tao the quantum field. This field exists beyond time and space. It was, is, and will always be. It exists in all dimensions.

Yet centuries before Christ the sages discover the Tao or the Way. It wasn't a philosophy. They had first-hand experience of it. These teachings are more relevant today. This world is in chaos.

The Tao Te Ching can help humanity discover the jewel inside. Remember you can talk about a mango yet without trying a mango it's just book knowledge. The Tao is a practical path. At times I think humanity wants to give their offerings once a week and call it quits. Maybe this worldwide shutdown will be an opening call. Only time will tell.

There are 81 short quotes. I'm putting my commentary for each one. I use the word ponder a lot in my writings. I'm pondering deep inside myself to understand this precious wisdom. I don't want to skim the surface. Anybody can do that. I want to discover the pearls of wisdom for each one. I hope you enjoy this book.

Two

Under heaven, all can see beauty as beauty only because there is ugliness.

All can know good as good only because there is evil.

Therefore having and not having arise together.

Difficult and easy complement each other.

Long and short contrast each other:

High and low rest upon each other;

Voice and sound harmonize each other;

Front and back follow one another.

Therefore the sage goes about doing nothing, teaching no-talking.

The ten thousand things rise and fall without cease,

Creating, yet not possessing.

Working, yet not taking credit.

Work is done, then forgotten.

Therefore it lasts forever.

Commentary

Everything in the universe is push-pull energy.

Everything has a pair of opposites.

Good and evil.

Having and not having.

Difficult and easy.

High and low.

Front and back.

The wise man does nothing yet accomplish everything.

He teaches silence.

The entire universe is breathing.

It creates yet never possesses.

The universe never takes credit.

When the work is done the universe just smiles.

This goes on for eternity.

Five

Heaven and Earth are impartial;
They see the ten thousand things as straw dogs.
The wise are impartial;
They see the people as straw dogs.

The space between heaven and Earth is like a bellows.
The shape changes but not the form;
The more it moves, the more it yields.
More words count less.
Hold fast to the center.

Commentary

The Tao gives us free will. Heaven and earth won't stop you from your actions. Nature might stop you in its tracks. Currently, there is a worldwide shutdown. The wise men see humanity sleeping yet humanity thinks it is awake. What a paradox.

The Tao is infinite. Earth is the form while heaven exists within the bellows. The bellows breaths in and out to make the fire get hotter. Man breaths but is never aware. The wise man breathes and is aware of the fire of life. He learns how to be in tune with the Tao.

A wise man lives in the center of the hurricane. Most of mankind lives in the whirling winds of the mind. They are like leaves blowing in the wind. Silence is the key to being in harmony with the Tao. Only a wise man understands what I'm talking about.

Eleven

Thirty spokes share the wheel's hub;
It is the center hole that makes it useful.
Shape clay into a vessel;
It is the space within that makes it useful.
Cut doors and windows for a room;
It is the holes that make it useful.
Therefore benefit comes from what is there;
Usefulness from what is not there.

Commentary

The center of the Tao is emptiness. All spokes derive from it. Without the center, the wheel would not exist. A wise man understands emptiness and silence. This entire universe is like a clay vessel. Inside of this vessel lies emptiness.

The ignorant man never tries to discover this meaning. The wise man understands the Tao and the nature of all things.

The modern-day scientist is discovering the quantum field which exists everywhere. It is beyond time and space. The Tao support all life. It is contained within the vessel of creation.

Twenty-one

The greatest Virtue is to follow Tao and Tao alone.

The Tao is elusive and intangible.

Oh, it is intangible and elusive, and yet within is image.

Oh, it is elusive and intangible, and yet within is form.

Oh, it is dim and dark, and yet within is essence.

This essence is very real, and therein lies faith.

From the very beginning until now its name has never been forgotten.

Thus I perceive the creation.

How do I know the ways of creation?

Because of this.

Commentary

The wise man dedicates his life to the pursuit of the Tao. This is his only focus. For thousands of years, the Tao has been elusive and intangible. Even today modern-day scientists are still trying to find out this great mystery.

They know about the quantum field yet they haven't personally touched it yet. Without one being in silence, it will always be elusive and intangible. Even in a billion years if man continues all external knowledge won't give you the experience of the Tao.

You see external lies form. Yet by entering silence one sees the unmanifest. One sees the essence of the Tao.

The greatest puzzle exists and the man tries to solve it. Yet by focusing on the creation one can't see the creator. Only by being in harmony with the Tao can one see the Tao.

When one enters the silence one sees the laws of the Tao manifesting into creation.

Twenty-three

To talk little is natural.

High winds do not last all morning.

Heavy rain does not last all day.

Why is this? Heaven and Earth!

If heaven and Earth cannot make things eternal,

How is it possible for man?

He who follows the Tao

Is at one with the Tao.

He who is virtuous

Experiences Virtue.

He who loses the way

Is lost.

When you are at one with the Tao,

The Tao welcomes you.

When you are at one with Virtue,

The Virtue is always there.

When you are at one with loss,

The loss is experienced willingly.

He who does not trust enough

Will not be trusted.

Commentary

When I was young I spent some time with a Mahatma. Mahatma means great soul. Well, he was a great soul. One thing I noticed was that he didn't talk too much. Mind you he gave an incredible discourse. He just learned how to speak English yet you couldn't tell. He was very eloquent.

Over the years I saw the same thing myself. Dwelling in silence is the sweetest thing.

Carl Jung once said, "Solitude is for me a fountain of healing which makes my life worth living."

When I was young I couldn't relate to saints going into a silent retreat. I do now.

High winds do not last all morning.

Heavy rain does not last all day.

Why is this? Heaven and Earth!

If heaven and Earth cannot make things eternal,

How is it possible for man?

Heaven and earth are in complete harmony. Everything is in perfect balance. The high winds blow and disappear into calmness. A storm comes and violent rain drenches the earth. The facet is then turned off.

Yet even heaven and earth come from the Tao. The Tao created heaven and earth. Heaven and earth are not eternal.

If heaven and earth are not eternal how is it even possible for man? I say many times that the human body is wired to be in harmony with the Tao. It is built-in. You are the universe. You just don't know it.

A man who follows the Tao becomes the Tao.

A man who practices being virtuous becomes virtuous.

A man who has a closed door to the Tao is lost.

When you embrace the Tao the Tao will embrace you.

When you are at one with loss,

The loss is experienced willingly.

He who does not trust enough

Will not be trusted.

Greed and excess are not kindly treated by nature. From time immemorial man has told stories, fables, and historical events depicting greed and excess. We have seen the downfall of the Roman Empire.

Nature is not greedy and full of excess. Nature is in balance. Man isn't. I'm writing this amid a worldwide shutdown. We have never witnessed this before. Most of the world is in isolation. People are dying. Maybe Mother Nature is telling humanity to slow down. You are moving too fast. You are placing trash in your living room.

In the past few weeks, nature is healing itself. Dolphins are swimming in Venice. In China, people are starting to see the precious sky instead of smog. In India, people can see the Himalayas for the first time in decades.

Lao Tzu ended this chapter with the following.

He who does not trust enough

Will not be trusted.

In the present world conditions, many leaders don't have trust as a foundation. Consequently, they will not be trusted.

One incredible spiritual teacher said that some leaders went out for lunch and aren't coming back. Such is the state of ignorance.

Twenty-five

Something mysteriously formed,
Born before heaven and Earth.
In the silence and the void,
Standing alone and unchanging,
Ever present and in motion.
Perhaps it is the mother of ten thousand things.
I do not know its name
Call it Tao.
For lack of a better word, I call it great.

Being great, it flows
I flows far away.
Having gone far, it returns.

Therefore, "Tao is great;
Heaven is great;
Earth is great;
The king is also great."
These are the four great powers of the universe,
And the king is one of them.

Man follows Earth.
Earth follows heaven.

Heaven follows the Tao.

Tao follows what is natural.

[Commentary](#)

In the beginning, was the word?

The word was with God.

And the Word was God.

The Taoists called this the Tao. The way. Modern-day scientist calls it a quantum field. Imagine a cosmic soup that exists beyond time and space. It exists in the known and unknown. It exists in all dimensions and universes.

Heaven and earth were born from the Tao. From stillness and silence, the universe was born. The Divine Mother creates all.

Therefore, "Tao is great;

Heaven is great;

Earth is great;

The king is also great."

These are the four great powers of the universe,

And the king is one of them.

I find it interesting the Lao Tzu included the king. Mind your history has shown us many kings who ruled with an iron fist. They had no interest in their subjects. They were tyrants.

So why is a king included? Have you ever seen geese flying in the sky or fish swimming as one? I live in Kansas. Many people don't like geese. I love them.

My wife and I love to see them flying as one in the sky. They are united and one. They follow the laws of nature while most humans don't.

My personal feelings are that man is going from me to we. From a state of doing to a state of being. Granted this will take millions of years. Each one of us is a king. You are the universe. You just don't know it. A wise man who understands the Tao sees the king in each and every human being.

These are the four powers of the universe. Can we have a country without rulers? Lao Tzu is asking that question. Does a tyrant have any meaning or purpose?

One who understands the Tao will understand these meanings.

Thirty-seven

Tao abides in non-action,
Yet nothing is left undone.
If kings and lords observed this,
The ten thousand things would develop naturally.
If they still desired to act,
They would return to the simplicity of formless substance.
Without form there is no desire.
Without desire there is tranquility.
And in this way all things would be at peace.

Commentary

Behind every action lies non-action. Mankind is not in tune with the Tao. Consequently, our world is in chaos. The world has almost infinite desires. Some are good. Some are bad. Going to war and raping women is bad. Feeding the poor and training them so they can fish on their own is good.

The wise man follows the Tao and his mind is tamed. He still might have desires yet his will is to be in tune with the Tao. The mind is either your enemy or your friend.

A sage that truly enters the silence won't have any desire. In this state one acquires tranquility. The mind, body, and soul are at perfect peace.

Forty-five

Great accomplishment seems imperfect,
Yet it does not outlive its usefulness.

Great fullness seems empty,
Yet cannot be exhausted.

Great straightness seems twisted.
Great intelligence seems stupid.
Great eloquence seems awkward.

Movement overcomes cold.
Stillness overcomes heat.
Stillness and tranquillity set things in order in the universe.

Commentary

Things aren't what they seem. Imagine we see only around one percent of the light spectrum. Yet we think we see the entire picture. Life is like going to the movies.

We watch the movie of life and get sucked into all the drama. We think the drama is real. Yet the sages were smart enough to turn around and see light projecting from the projector onto the screen thereby making a picture frame by frame. Sages called this entering into silence or meditation.

Many times what we perceive is the opposite.

For example, Lao Tzu said the following.

Great accomplishment seems imperfect,

Yet it does not outlive its usefulness.

Great fullness seems empty,

Yet cannot be exhausted.

Great straightness seems twisted.

Great intelligence seems stupid.

Great eloquence seems awkward.

We perceive these as the opposite. Because we are human doers we never stop to smell the roses. Many people don't know that roses even exist. We live such a fast-track lifestyle we ignore the precious jewel within. Once again many people aren't even aware of the jewel.

So we have lost a sense of awareness and consciousness. This is why we can't see or perceive correctly.

We can't see that the entire universe is still yet everything is in motion. Only a wise man understands what I'm talking about.

Fifty-two

The beginning of the universe
Is the mother of all things.
Knowing the mother, one also knows the sons.
Knowing the sons, yet remaining in touch with the mother,
Brings freedom from the fear of death.

Keep your mouth shut,
Guard the senses,
And life is ever full.
Open your mouth,
Always be busy,
And life is beyond hope.

Seeing the small is insight;
Yielding to force is strength.
Using the outer light, return to insight,
And in this way be saved from harm.
This is learning constancy.

Commentary

The entire universe was birthed through the Mother. It is the source of all things. One who knows the Creator Mother will know the sons the creation. Both the Mother and sons are intertwined together. There is a thread of love tying it all together.

Lao Tzu said the following.

Keep your mouth shut,

Guard the senses,

And life is ever full.

This is a human being one that loves to live in the silence. Not I said being.

Open your mouth,

Always be busy,

And life is beyond hope.

This is human doers. We are walking on a treadmill and never going anywhere.

Seeing the small is insight;

Meditation reveals a light of the smallest of the small.

Yielding to force is strength.

In some of the eastern martial arts, they use the opposing forces against the opponent. A wise man understands that water is the greatest force yet it is soft, humble, and fluid.

Using the outer light, return to insight,

And in this way be saved from harm.

This is learning constancy.

Light brings clarity. The sages entered silence and see the light behind all creation.

This brings supreme wisdom and clarity.

Sixty

Ruling the country is like cooking a small fish.
Approach the universe with Tao,
And evil is not powerful,
But its power will not be used to harm others.
Not only will it do no harm to others,
But the sage himself will also be protected.
They do not hurt each other,
And the Virtue in each one refreshes both.

Commentary

When rulers rule with ignorance and the absence of the Tao chaos exists. Just ask Jesus the Christ. No sage is protected. Currently, in the United States, chaos is prevalent.

During this global shutdown, there is no true leadership. People need this during a crisis. There is finger-pointing. The American people aren't getting encouragement from their leaders.

It takes great insight to rule. If the leaders aren't aware of silence they will rule with uncertainty. They will be biased. They will vote upon the party line.

The leaders will forget about morals and ethics the cornerstone of politics. Both sides of the aisle will bicker and get angry with one another. Moderating and compromise will go out the door. Nothing will get done.

When one is in tune with the Tao one has great intuition. One could see what a small event in China that occurred in China last December could cause a worldwide shutdown. It's like the theory that a butterfly could flap its wings at right the precise time to create a cyclone in China.

A wise leader listens to his advisors way before events get out of control. Nobody has such great wisdom that they don't need advisors. This worldwide shutdown could have been nipped in the bud months ago.

We don't need leaders who said some party is blowing this out of proportion and didn't do anything about it.

I could go on and on. I think we should drastically reduce the military budget. This money can be used to overcome so many current problems. War is obsolete. If you don't think so then currently we have a silent virus that can cross any borders.

It has shut down the entire world. Mother nature is saying stop all this nonsense. You are sawing the branch you are sitting on. This is a warning. You may not take it seriously but it is a warning.

Someday you may not survive but I will. My hands are open to you but you have to change for the better. Don't think when this is over you can go on with your old stupid ways. This shutdown could occur again. What will it take to change your ways? All the precious answers exist inside of you.

Sixty-one

A great country is like low land.
It is the meeting ground of the universe,
The mother of the universe.

The female overcomes the male with stillness,
Lying low in stillness.

Therefore if a great country gives way to a smaller country,
It will conquer the smaller country.
And if a small country submits to a great country,
It can conquer the great country.
Therefore those who would conquer must yield,
And those who conquer do so because they yield.

A great nation needs more people;
A small country needs to serve.
Each gets what it wants.
It is fitting for a great nation to yield.

Commentary

The United States was built upon the principles of the Tao. Mind you they didn't call it the Tao. Yet freedom from tyranny was our foundation. The pursuit of happiness was written into our constitution.

For over two hundred years the United States was the lighthouse of the world. Countries look up to us. Countries respected us. We were a shining example to the world.

Currently, we have fallen from our greatness. The world at large no longer trusts us. We have treaties that we signed and a short time later we renege on our promises. We mock our allies and praise our foes.

When the slogan “make America great again” is the start of a downfall for a country. It is not us versus them. This entire world is in bed with each other. Isolation will never work this way.

Once again without being in a state of being a country loses its wisdom. The founding fathers had a vision and fought for it. You could say they combined doing and being. Untimely this leads to greatness.

Presently the United State lost the sense of being and only is doing. In this state of mind, it leads to chaos. Just think in the last forty years the one percent gained over 20 trillion dollars while the other lost hundreds of billions of dollars. Yet we are still giving tax breaks to the rich.

The United States rules for corporations and the rich not for the common man. The Tao has been completely forgotten except for the common man.

The unsung heroes of this worldwide shutdown are the immigrant farmers, the people working in restaurants, and grocery workers. All of the great medical workers. These are the heroes.

In the meantime, Congress is still trying to pass bills.

Lao Tzu said.

The female overcomes the male with stillness,

Lying low in stillness.

We need to embrace the female to solve our problems. The female exists inside of silence. In silence lies the wisdom of the Tao. The Tao is humble. It lies low. It doesn't point fingers and mocks you. It created the entire universe. It exists inside of you.

The world at large must embrace kindness and the softness of water.

Enlightenment

What is enlightenment?

Can a man become perfection if his actions are still dictated by the world's reactions?

Can man dissolve all of his anger, jealousy, and greed?

Can man truly live in a state of love?

To be enlightening a man must be one with light.

Can pure light melt and diffuse man's negative emotions?

Do we perceive anger, jealousy, and greed because we are not in harmony?

If a man became the sun, moon, and stars, his anger, jealousy and greed would be a million miles away.

Because we see duality we can not perceive the truth.

The sun does not know darkness.

A man, who is enlightened, knows only the rays of love.

He becomes the sun to man.

Christ was the sun.

The sun of God to man.

Each of us can become the sun.

God Won't Drive Your Car For You

God won't drive your car for you.
You have free will which will never be taken away.
God is your co-pilot.
He is sitting in your passenger seat.
Mind you the car is sitting in your inner garage.
It may be gathering dust.
Only you can open the garage door within.
You have the remote control.
It's by your will alone you open the inner door within.
It's only your will alone that you back out the car and take it for a spin.
All it takes is to focus on your breath constantly.
This is the secret to life.
Unfortunately, you never learned this in school.
The highest university lies inside of you.
You have been playing hooky for ever so long.
The mind plays tricks on us.
Why would God hide inside of me?
I'm a nobody.
Yet you are the universe.
You just don't know it.
This is the grand illusion of life.
We think the outside world is the real deal.
Yet only moments ago you checked into the motel.

You will sleep overnight and then you will leave this world.

You won't be able to take anything material with you.

Death is knocking on your door.

Yet the wise man just laughs.

He knows he is eternal by practical experience.

Day by day one discovers his true nature.

You are magnificent.

You are eternal.

You are the universe.

Ponder this over.

Open the garage door within.

Dust off your car and take it for a divine spin.

Your world will never be the same again.

Remember only by your will can you discover your true nature.

God is simply sitting in your passenger seat.

It's Been There All The Time

It's been there all the time.

What are you talking about?

What's been there all the time?

You are the universe.

You just don't know it.

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

All our billions of years old.

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

Wow!!!

Isn't that incredible?

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

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

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

The greatest miracle of life is keeping you alive.

You are magnificent.

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

You are infinite.

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

You have the opportunity to discover your true nature.

Behind your breath lies the answer.

What is keeping you alive?

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

Behind your breath lies your true nature.

Infinite kindness, love, and compassion.

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

The sun is appearing on the horizon.

Mankind is waking up from his slumber.

We are going from darkness to light.

Darkness has nowhere to hide.

Discover your true nature.

It's been there all the time.

Ponder this over.

It's been there all the time.

The greatest game is being played right between your eyes.

If I Could Recommend One Thing

If I could recommend one thing what would it be?

Discover who you truly are.

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

How about that?

You have forgotten your true nature.

What is keeping you alive?

Before you were born you were one with the universe.

When you die you will return to the universe.

We have forgotten who we truly are.

If I could recommend one thing it would be this wish.

Crystal Clear

The Buddhists have a book called Crystal Clear.

This book is sacred doctrine.

They decided to release this book to the west.

The story goes the techniques are so simple that no one will believe them.

Isn't that amazing?

It involves concentration on your breath.

Every moment we breathe.

Behind our breath is the power that keeps the universe alive.

Yet it's too simple.

Many people just say it can't be that easy.

Well for them it's true.

If you say it's too simple you will never look within.

You can solve this puzzle.

Concentrate upon your breath moment by moment.

The universe will become alive.

True Nature Of The Mind

What is the true nature of the mind?

Before a person begins to meditate or contemplate mostly likely the question is never asked.

Most people would say I've never asked that question.

Yet that is probably one of the best questions you can ask yourself.

What is the true nature of the mind?

Have we discovered it?

All the great masters have taught about it.

Why do we have many mental problems?

Is there a correlation between the mind and the body?

Have we forgotten our true nature?

I'm missing something inside.

I don't know what it is.

Why do I feel happy about obtaining something 6 months later I could care less about the object I obtained.

Why do I feel like a small mosquito is inside my mind?

There is a small constant irritation buzzing in my mind.

Why do I act so irrationally?

Why do I fly off the handle so easily?

Have I learned that getting angry at someone only harms me?

These are practical questions to ask yourself.

Only you can solve them.

Is The Universe Biased

Is the universe biased?
Have you ever asked that question?
Is the game of life rigged?
Why do I always repeat the same mistakes?
Why does happiness go up and down?
Why does life throw me curveballs?
Does peace of mind even exist?
Is there a God or all we all alone?
Is there a point to life?
Is life a random series of events?
How can I control my mind?
How can I control my emotions?
How can I heal my body?
Why do we fight one another?
Why is there so much chaos in this world?
Why can't humanity get along?
Why do we work ourselves to death?
If junk food is junk food why do we eat it?
Why do we have such narrow thinking?
Why do we condemn someone who thinks outside of the box?
Where is heaven?
Is heaven a state of mind?
Why do I have a hard time sleeping?

Why is my body so tired all the time?

Why am I so depressed?

Why am I so lonely?

Why don't I ever try to meditate?

What is keeping me alive?

What is the power behind my breath?

Do we have 5 internal senses?

What is this inner garden you talk about?

Is life a video game?

Can we reprogram our subconscious?

You are a master chemist.

You can solve this puzzle.

The answers exist inside of you.

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.

One Drop Of Water

Imagine we all came from the ocean of life.

We were born as a raindrop.

We were the ocean and a small but incredible raindrop at the same time.

A famous mystic once said the following.

Everyone knows that the ocean contains an infinite amount of raindrops.

Yet few realize that inside of each raindrop contains the ocean of life.

I love that saying.

A raindrop can fall into the gutter of life and get lost.

Yet the ultimate journey is going home.

Great lessons are learned on this journey of life.

You are precious.

The universe will never judge you.

In each moment you have free will.

Ponder this over.

The jewel of life exists inside of you.

The Modern Day Man Looks For God On The Moon And Beyond

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

He studied the molecular structure of nature.

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

He sends out satellites to search for the unknown.

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

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

He finds his way home.

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 has put signposts up on the way describing the various steps of reaching 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.

Starting For The Search For The Ox



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. T

here 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 to 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.



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 as if 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 the driveway. You are still definitely a beginner driver. Your experience has brought to you where you can catch the ox but you can't hold on.

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

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

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

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

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

Taming The Ox



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

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

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

Ridding The Ox Home



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

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

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

Ox Lost You Remain



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

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

No Ox, No you



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

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

Returning To The Source



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

In Town With Helping Hands



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

The 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 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

Emptiness

What comes to your mind with the word emptiness?

When the average person hears this word it is a negative state of mind.

I feel empty devoid of any feelings or life.

My life has no meaning or purpose.

Usually, a person has some kind of negative addiction.

Mystics have discovered for thousands of years the true experience of emptiness.

There is a thread of love tying the whole universe together.

This is our natural state.

Yogi's call this sat chit ananda.

True is the consciousness of bliss.

When the mind is focused on truth the awareness is absolute bliss.

Scientists have taught for many years that space is empty and that it is a void.

In the last few years, many say that the entire universe is conscious and aware.

Mystics have been saying this for thousands of years.

A man who lives his life solely externally for happiness will someday run out of gas
and feel empty.

A wise man dives deep inside every waking point of the day.

One discovers the jewel within.

You don't have to go to a mountain top to do this.

One can sit on the couch with your eyes closed.

The universe doesn't care where you sit and meditate.

When I was young I lived in the big apple for some time.

With cars blaring and honking you can still calm your mind.

This is a practical path.

Remember the more attention you pay to something the more attention it pays
to you.

If you pay attention to your problems you will have more problems.

I'm not saying curveballs won't be thrown your way.

They will but you can be in the center of the hurricane.

The tide comes in.

The tides go out.

Yet you are the infinite ocean.

What do you care what state the tide is in?

I find it fascinating that the majority of people still disbelieve that there is a jewel
that lies within.

Well, what is keeping you alive?

When you know this you will have solved this riddle.

Five Internal Senses

I have studied Meditation for fun for a very long time.

I have learned the following.

Just like we have 5 external senses to be in this world.

We have 5 internal senses to be in God's world.

The kingdom of heaven is within.

We are born to be hard-wired with God.

There is so much of God just contained in our DNA.

We were created to experience so much more than we have.

Our car is just sitting in the garage.

All the great masters have said go within.

Use your internal senses and experience, God.

There is a light to see.

This light is pure love.

Listen to the ringing in your ears.

This will help start your journey.

Behind your breath feel the power of love.

The universe is behind your breath.

This is not some theory.

Millions of people are experiencing this at this moment.

You can solve this puzzle.

Open up your eyes.

Chief Financial Officer

You are your chief financial officer.

You can go bankrupt or be the richest person in the world.

A man who dives into silence every day understands these words.

Only thru silence can one discover the true riches of life.

It is not a given.

It must be discovered by yourself.

Why it is that way I don't know.

You have free will.

Maybe just maybe that is the answer.

Yet you control the inner money in your life.

Just like a Fortune 500 company hires the best CFO it can, you hired yourself.

Are you up for the challenge?

The stakes are high.

Your mind, body, and soul are at state.

Nobody is going to take over you.

Yet you must learn to be conscious of the silence.

Everything is put into place.

When you were born you had infinite riches inside of you.

Since being born humanity has squandered it away.

At times we are on the verge of bankruptcy.

Take a look around you and you will see what I mean.

Some political parties have almost denounced kindness.

Being a bully is considered a great trait.

True becomes fiction and fiction becomes the truth.

One who dives into silence is truly the wise one.

He has nothing to say or prove.

He just smiles at life.

Where is the world going?

Ask yourself where am I going in life.

You are a piece of the puzzle.

Have you discovered that piece inside of you?

Remember you are your own CFO.

How much inner money is in your bank account?

You are the deciding factor.

Board Of Directors

I find it funny that when we were born we had a divine board of directors on board.

We all came from a creative source.

Yet over time we slowly fired them one by one.

Granted it was probably unconscious.

For some, it might have been conscious.

Anyway, we are in a position today where we have forgotten the guidance we received when we were born.

Today we pray for guidance yet at times it is so elusive.

We have forgotten to reboot the computer of life.

In this state, we can see the board of directors online.

This is not a fairy tale.

This is our true nature.

Meditation and entering the silence are the key.

Unfortunately, we have the key within.

The door is there.

Many even say the door was never closed.

There are many rooms in the mansion of life.

We have simply ignored them from our neglect.

We think we are isolated and alone.

Nobody would care less about us.

This my friend is so not true.

The same breath that is keeping you alive is keeping the universe alive.

This is a fact.

Just ask quantum scientists.

He may not say behind your breath but he will say there is a quantum field that exists everywhere.

The wise men in the past knew the board of directors are always there for guidance.

Mankind has slowly closed the door where there is not even a small whisper coming behind the door.

How do you feel about this>

Would you like practical guidance coming inside of you?

Your board of directors is always there but you aren't.

Ponder this over.

Unions

In my eyes I love unions.

When I was in high school I worked at Richard's market.

It was an incredible job.

I washed pots and pans.

The pay was incredible.

After 6 PM the union rules were to be paid time and a half.

I think back then I was paid around 10.00 an hour.

Just think if I would have worked at a restaurant doing the same job I would have been paid 1.60 an hour.

I made around 5,000 that year.

That is how I got my money for my travels.

Huge difference.

The unions had my back covered.

Richard's market was very successful.

Did you know that there is an inner union existing inside of you?

The word yoga means union.

We are not alone.

Our school systems don't teach us this precious knowledge.

Fortunately, my high school had a 3 weeks course on yoga.

That changed my life forever.

There is a true union that exists within.

It has always got your back covered.

Unfortunately, we terminated those unions with our ignorance.

They are still there.

They are the fabric of life.

Yet we have forgotten that they even exist.

We go on merrily texting on the freeway of life.

That's a sad state for humanity.

We can't see the forest from the tree.

We think this is our true nature.

No wonder the world is in chaos.

Even today unions are almost nonexistent.

The minimum wage is not a living wage.

I could go on and on which I won't bother you with.

Discover your true nature.

Can You Hear The Grass Growing

We see and hear such a small spectrum of life.

Dogs can hear sounds that we can't even hear.

Eagles have a vision unparalleled to man.

Bats have built-in sonar.

Whales and dolphins can communicate with one another thousand miles away.

Imagine we have internal senses that have never been activated.

The operating system, hardware, and software were installed before you were born.

Did you know the aboriginals can hear the sound of grass growing?

How about that?

Talk about having sensitive ears.

The only way to achieve this is by entering into silence.

Silence is the door within that unlocks the great mysteries.

The earth is alive and conscious.

Everything in the universe is aware and conscious.

Yet we are blind to that fact.

For the western man, a forest is a commodity.

It is meant to be destroyed for its resources.

For the ingenious tribes, a forest is sacred and honored.

What a huge difference that makes.

No wonder why our present-day world is so messed up.

Common sense is uncommon.

The birds and fish can move in complete unison.

No one is leading yet they all are leading.

That's called harmony.

Currently, the world at large hardly knows what that word means much less experiences that.

We are at a point where we must discover inner harmony within and bring it into this world.

Just think Portland Oregon had temperatures of 117 degrees.

That's over 30 degrees from normal.

We must all do our part.

We will all discover the thread of love tying us all together the world will change.

Each one of us is responsible.

Don't wait for someone else to change first.

It's your responsibility for yourself.

Silence is God's first language

As humans, we communicate mostly with words.

Yet words can get in the way.

Words can be used for good or for harming others.

It's hardly the best way to communicate.

Silence is God's first language.

It might be his only language.

As humans, silence is an unknown state of mind.

The wise men in the past said that silence is our true nature.

Unfortunately, it has fallen on deaf ears.

Currently the world at large lives in a chaotic state of mind.

We think it is normal.

Nothing can be farther from the truth.

Apathy has entered many doors.

This is a light inside of the tunnel.

It's not another freight train barreling down on us.

Millions of people are waking up from their slumbers.

Silence is the door to unlock the great mysteries of life.

The universe communicates through silence.

It will never say 'Hey Charlie! Wake up from your slumber'.

It does not demand anything from you.

Yet we are missing out on life and its great mysteries.

You are the universe.

You just don't know it.

Many people just roll their eyes when hearing this.

Talk to a modern-day scientist and they will tell you this is true.

All the wise men in the past understood this.

What are you going to do about this?

Maybe it is time for you to think about it.

The world can't go on with such chaos.

Chaos is not our natural state.

Silence is the language to communicate.

It is a state of being.

It's funny that it is our natural state, yet we have ignored it for thousands of years.

No wonder we have so many problems on earth today.

God Speaks Thru Silence

We pray to God.

God listens.

God speaks thru silence.

Then how can we listen?

Meditation brings one to a state where one can listen to the unspoken word.

That may seem like a paradox.

Unfortunately, we haven't been trained this way.

We can live with our feet on the ground and our heads in heaven.

This is our true nature.

Our minds are like a tuning fork.

Whatever it touches it vibrates at that frequency.

We all vibrating with chaos.

Just turn on the news.

A wise man trains to vibrate with the frequency of silence.

This is where God speaks to you.

Love is the doorway to this precious communication.

Everyone on earth can do this.

No one will be denied.

A person can change their habits in 30 days.

Maybe, just maybe you can try to do this.

You will stumble and fall.

Curveballs will be thrown your way.

That's called life.

When you fall just smile and pick up yourself from the ground.

Dust yourself off and take another tiny step.

That's all that is needed.

One baby step after another.

Remember Rome was not built in a day.

To truly change takes time but it is so worth it.

In the beginning, you meditate on God.

At some point, God will meditate on you.

What you pay attention to you will pay attention to yourself.

That is a universal fact.

Silence Speaks To You About The Secrets Of The Universe

I will love to see the day when modern-day scientists and mystics merge as one.

That will be an incredible day my friend.

Meditating is the key to unlocking the great mysteries of life.

Can you imagine the wisdom of a scientist combined with the wisdom of a mystic?

Scientists will be able to understand so much more about the great mysteries.

His knowledge and understanding will be so much more.

Scientific dogma will not exist.

One could truly think outside of the box.

Even today scientists are ridiculed and put down when they have a new theory or concept.

This has been going on for thousands of years.

Dear old Galileo was put on house arrest with his theories.

Scientists today are blacklisted for life with their thinking.

Eventually, over time their theories become mainstream.

This is usually after they died.

Nicolas Tesla is probably more famous today than when he was alive.

He had an extremely difficult time when he was alive.

Consider this quote.

“If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.”

This is still out-of-the-box thinking for today.

The quantum scientist completely understands this while the majority just roll their eyes.

Tesla learned the language of silence.
A fountain of wisdom came his way.
We are just at the cusp where the two will merge.
That will be a glorious day my friend.

Silence Quotes

Yoga is the settling of the mind into silence.

When the mind has settled, we are established in our essential nature, which is unbounded Consciousness.

Our essential nature is usually overshadowed by the activity of the mind.

Patanjali

“The quieter you become, the more you are able to hear” - Rumi

“Those who know do not speak. Those who speak do not know” - Lao Tzu

“The monotony and solitude of a quiet life stimulates the creative mind” -
Albert Einstein

'When the lips are silent, the heart has a hundred tongues,' says Rumi, 'Listen! Clam up your mouth and be silent like an oyster shell, for that tongue of yours is the enemy of the soul, my friend. ' Through silence, Rumi reaches a level of consciousness where he loses all his mundane identities.

“Why are you so afraid of silence,
silence is the root of everything.
If you spiral into its void,
a hundred voices will thunder

messages you long to hear”

— Rumi

Silence is an ocean. Speech is a river. When the ocean is searching for you, don't walk into the river. Listen to the ocean.

- Rumi

Silence is the language of God, all else is poor translation.

- Rumi

Be quiet, the secret cannot be spoken, It is wrapped in silence.

- Rumi

Buddha once said, Do not speak - unless it improves on silence

A fool is known by his speech and a wise man by silence

Silence is a source of great strength

There is something wrong with a culture inebriated by noise

Closing

I gave you a lot to ponder over. Silence is the doorway to heaven. Heaven is a state of mind and being. You can learn how to attain this state while you are alive. Remember as Christ said the kingdom of heaven lies within.