



# Tricks Of The Trade

Fletcher Soul Traveler

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## Intro



Welcome to the tricks of the trade. This is not your ordinary book. You have been living yet most people have no idea of the power of the breath.

We come into this world and we take our first breath and presto we are alive. We live our lives. In every moment we are breathing.

When we take our last breath we die. It is as simple as that. Nobody gets a free ride. The mystics have said for thousands of years the power behind your breath is the same power that is keeping the universe alive.

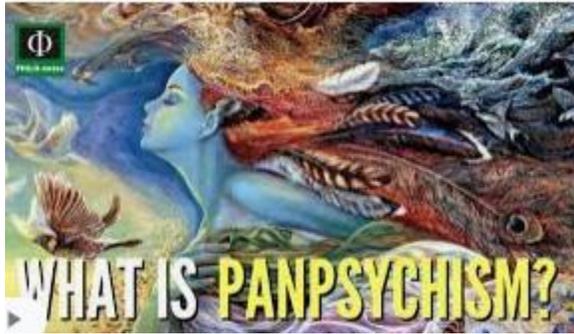
Yet most of us, are oblivious of it. We live our lives searching for the truth yet the truth has always been inside of us.

Unfortunately, man is stubborn and hates to change. Much of what the wise men have said most people just roll their eyes. Do they believe if it exists inside of me why we don't know about it?

Well, your focus is on the external. You were never taught to look inside of yourself. It is only by your will and intent. Nobody can open the door for you.

Take your time reading or listening to this book. Ponder over each chapter. I hope that you will discover the jewel within. You are a missing piece of the puzzle.

## What Is Panpsychism



Recently I read an incredible article that describes the nature of consciousness. It was talking about a term called Panpsychism. During the 1920s Bertrand Russell came up with this term.

It's kinda like what came first the chicken or the egg. What comes first a human body and mind or is there an awareness beyond that?

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

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

Some people think which I also do that the foundation of the universe is consciousness. The entire universe is aware.

Before the big bang consciousness existed. This is not the first time a universe was created nor will it be the last time. Like the incoming of breath and the outflow of breath, the universe comes and goes.

Granted it takes billions of years. But still, that is a blink of an eye for eternity.

In this article, they described that even particles are alive and aware. These are part of a cosmic soup where everything is tied together. The entire universe is comprised of this soup.

Imagine making a homemade soup. You blend it all and combine milk or cream. Your family loves it.

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

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

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

What if a person who meditates can be in a place where they are receptive to the inner light inside? Imagine this light is the same as the quantum universe.

Everything is a part of this light.  $E=Mc^2$ . Everything is energy and light. Everything is alive and aware.

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

I think we are in the beginning stages of development. Why we still are babies in emotional development?

We still fight and war with each other. We use our precious discoveries of the universe to make atomic bombs. We have a President who tweets my button is bigger than your button.

A thin thread is holding a knife over our heads and we are oblivious to it.

I have great hope for the future. I feel that science and the world inside will lead the way for humanity. Just think when a scientist truly begins to open the door inside.

They will begin to operate at a deeper level. They can embark on the scientific discoveries of the inner and the outer. Both of them will lead to the same place.

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

Both of them are in different laboratories. One is outer and the other is inner. I think the mystic has an advantage. The human body is wired for this experiment.

The human body has five senses and there are five eternal senses within. The human being can learn how to be aware of the consciousness of the universe. A human being is hardwired for this experience. Yet most of the time the car is sitting in the garage. The garage door needs to be open and you must back out the car and take it for a spin.

Humanity is just beginning to understand to open up the garage door within. When they do science will go to another completely different level.

There the universe can show humanity gifts we can never imagine. You see without kindness the universe will only show you so much.

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

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

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

## 4/28/2018 Chicken



Last week I heard on NPR radio this fascinating story. A group of scientists was studying animal behavior. They studied a group of chickens for three years.

These scientists took the so-called brightest and smartest chickens and placed them into a group.

The so-called normal chickens were placed into another group. After three years they saw the results of the test. Out of 30 chickens, only three survived. They fought and killed one another. It was the strongest survive. No sense of cooperation. No harmony whatsoever.

These chickens were living in hell with no sense of purpose. War is what they knew how to do.

Well, the normal chickens lived as chickens do. They laid eggs and were content. No fighting occurred among them. They had nothing to prove. Everyone thrived in this environment.

Well, this discussion changed course and then they started to take a look at the top 10 Ivy League schools. They are super hard to get in. The average student would thrive at another college. Yet they found out that this created conditions just like the chicken study.

These students were placed in a situation where they always had to be the best. You learned to cheat, steal, and lie to the top. Mind you I'm not saying all students are like that. But the intense pressure is there to perform.

Know these top colleges place students into the top fortune 500 companies today. Their psychology is embedded directly into the work environment. It's

subtle yet there. As a worker, you are only valued for your performance. Period. This places a lot of stress on the worker.

As a worker, you fight your way to the top. There are only so many promotions to go around. You live in fear of layoffs. Your CEO makes probably 1000 times that you do.

They then took a look at present-day politics. Need I say more? Constant bickering and fighting. No cooperation. Name-calling is the name of the game. There is no sign of discrimination.

We have media that is on one side or the other. Both sides can hardly speak to one another.

Our President has told so many lies that nobody knows what truth is. Just one of his major blunders would have brought a past President to resign. How many affairs has the President had and does the Christian majority still support him?

Well, the rest of the chickens are living their lives. They are going to school. They have friends and family. They go to work. They go on vacation. They are good people. They love their fellow man.

I'm not saying there are no problems. There are tons of them. I remember people always talking about Darwin's theory. The survival of the fittest. Did you know that Darwin considered this to be the lowest in his view of evolution?

His view was cooperation. Nature cooperates. The entire world of nature is in cooperation with each other.

If nature did not cooperate this planet would have been gone a long time ago. This is the main theme that the scientist discovered. Without cooperation, we are doomed. We must reclaim this.

We are all Americans. We aren't just Republicans or Democrats. We are united. It is about time for us to wake up. I see a new wave of hope occurring in us today. People are starting to wake up and demand change.

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## A Man Who Knows His True Home

A man who knows his true home has no enemies.

Christ considered all the world as a family.

He had many enemies.

Yet in his eyes they were family.

A man who knows his true home is never alone.

He is the universe.

He is totally free.

He is patient.

He is kind.

He is full of compassion.

He is full of love.

He is beyond time and space.

Mark my words he left negativity behind.

He dropped his emotional baggage.

Ponder this over.

Are you missing something?

You can solve this riddle.

## Are There New Rules To Discover God?

Are there new rules to discovering God?

You don't need a Guru or teacher.

God lives in your heart.

Rule number 1.

With your intent open up your door within.

God has been waiting for you.

His hands have always been stretched out to you.

Rule number 2

Day by day focus on your friend.

God and your higher self are the same.

You are never alone.

You are not a sinner.

You are the universe.

The choice is up to you.

You can take it or leave it.

No judgment will be made.

## When I Returned From India

When I returned from India I thought many of my friends would love to learn how to meditate.

I was wrong.

Most of my friends were not interested in the slightest.

Some were.

I learned not to think what's good for me is good for you.

We are all on this journey together.

On this path, there is no conversion.

There is no judgment.

We just present simple facts.

We present what we have learned on this journey.

We love our fellow man.

We respect the journey that you are on.

If this message responds with you that's ok.

If this message doesn't respond to you that OK.

We are just speaking from our hearts.

## Are We Wired For God?

Are we wired for God?

I remember when I was young I learned how to meditate.  
I learned that this body is wired to discover heaven within.

I learned so much about the hidden human body.

Recently I learned about human DNA.

Scientist says 97% is junk.

God does not create junk.

We just don't know what this is.

According to Kyron, this 97% is quantum DNA.

God is hidden in your DNA.

Does that make you excited?

I am.

These truly give further evidence that we are wired for God.

These are exciting times.

We can discover the mysteries of the universe.

We can discover the kingdom within.

This is a precious puzzle.

## Can You Experience God While You Are Alive?

Can you experience God while you are alive?

When I was young I asked this question to my minister.

He said no only when you die can you experience God.

I didn't believe him.

Somehow I knew the human body was built for this experience.

It was hard-wired.

I knew that the light of God existed within.

I read many of the world's greatest scripture and they all said a great light exists within.

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

This is not a metaphor or a theory.

This is the truth spoken by all the great masters.

Only you can open this door with your intent.

You have a free choice.

You can solve this riddle.

Your life won't be the same.

## 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.

## The Light Of God

In Matthew 6:22 it says if thy eye be single thy whole body should be full of light.

What in the world does this mean?

Are we a Cyclops?

Do we have a monster within?

I heard this scripture many moons ago.

All religions talk about the light of God within.

God is Light.

Light is God.

We have the potential to discover this light within.

The kingdom of heaven is within.

This is not just words or a theory.

You have the potential to discover your true nature inside of you.

You are the universe.

You just don't know it.

This is a practical experience.

This experience builds upon itself.

The more you pay attention to it the more attention it will pay to you.

It's like a magnet of love.

Meditation brings great love to yourself and the world.

It's very subtle.

Day by day you don't feel the practical results.

When you put seeds into the ground you don't see results overnight.

It takes time and effort to harvest your crop.

You can solve this puzzle.

You have a free choice.

No judgments will be made.

## Theory Versus Practical

Theory versus practical.

On this journey of life, you can memorize your theory perfectly.

You can memorize the great scriptures.

You can quote them from the heart.

You know God's laws.

Yet without practicing what you preach, you are like a parrot.

Your words have no true meaning.

This journey to find God is a practical path.

It takes tremendous work.

That's why they are called lightworkers.

Each and every moment you have to be aware.

You must conquer your fears.

You must drop your negative emotions.

This is not easy.

The rewards are great.

Peace of mind.

We are here to encourage you.

Only you can solve this puzzle.

## Why Were We Never Told?

Why we were never told that our wars only bring more wars?

Why were we told if someone or a country is different we condemn them?

Why were we never told that God lives inside?

Why were we never told that true happiness is a state of mind?

Why were we never told you can rule the world and you can be miserable?

Ask Alexander the great.

Why were we never told that true riches exist inside of our hearts?

Why were we never told that politicians don't have our interests at heart?

I know it doesn't look that way.

Why were we never told to drop all of our anger?

It will never solve your problems.

You just get more baggage.

It seems at times man has been in a rut.

We are running in circles and not learning from the past.

You can change.

The entire universe is watching us.

You can solve this riddle.

## 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.

Each and 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.

## I Don't Know Why People Pass This Up.

I don't know why people pass this up.

We all are searching for happiness externally.

We get glimpses of happiness yet it disappears like a thief in the night.

There is no conversion or convincing.

The facts are laid out.

The kingdom of heaven is within.

It doesn't matter if you follow a religion or not.

The facts are laid out.

The kingdom of heaven lies within.

It doesn't matter your background.

Nobody cares about your race.

We are one after all.

All we are saying is your car is sitting in your garage getting dusty.

You have the opportunity to take your car for a spin.

Become the race car driver.

Your car was meant to be driven.

## There Are signs Post Of God Everywhere

There is a signpost of God everywhere.

No matter where you go, God, is there.

He even knows what you are thinking.

Oh, how can God know me?

He has so many important things to maintain.

The power of love knows you more than you know yourself.

It's knowing your true essence.

At times when you are driving put your cell phone down.

Just enjoy the ride.

Take time to relax on this journey.

The more you pay attention inside, the more signpost of God will appear in your life.

You will see the universe is alive.

There is a signpost of God everywhere.

You can solve this puzzle.

## The Breath

The breath is keeping us alive.

How incredible that is.

What is the power that is keeping you alive?

Behind your breath lie the answer.

We take it for granted.

We breathe each and every moment.

For thousands of years, the masters have taught us to pay attention to our  
breath.

The secret of the universe lies behind your breath.

The entire universe is alive.

It seems so simple.

It is.

Yet you are too complicated to understand.

Slow down.

Focus on your breath.

Sit still and listen.

You can solve this riddle.

## Take Care Of Your Body

Take care of your body.

It's the only one you get.

Your body is a temple of God.

God is hidden inside of you.

Look at what you eat.

The junk food industry is only interested in your money.

Stop drinking sodas every day.

You may like them but your body can't cope with them.

Over time illness and disease will come.

Many people treat their cars with more respect.

They never forget an oil change.

It's time for a tune-up.

We need to do the same.

Your body is precious.

Know why you are alive.

## 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.

## How Do I Meditate?

How do I meditate?

There are so many different versions out there.

Which one do I choose?

Will I pick up the right one?

Let's start with the foundation.

Are you breathing?

Yes.

What is the power behind your breath?

I don't know.

Focus on your breath in each and every moment.

When you wonder bring your attention back to your breath.

Do this for the rest of your life.

This is one way to go inside.

Remember the kingdom of heaven lies within.

This is the way to open the door inside of your heart.

## 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.

## Why Weren't We Taught Where To Look For God?

Why weren't we taught where to look for God?

Good question.

Why were we taught that to see God you must die?

You can't see God while you are alive.

Only the saints can communicate with God.

Why were we taught that you need an intermediary between you and God?

You aren't good enough only the priest can pass on the message.

Why were we taught that we are born sinners?

If we came directly from God how could we be born a sinner?

Why were we taught there is a hell?

The only hell exists in man's mind.

Why were we taught that God judges us?

God does not judge.

We judge one another.

All the great masters have said the same thing.

The kingdom of heaven lies within.

It seems like the same message has been changed along the way.

## Prison

A man may be in prison and yet be free.

A man may be free yet may live in the prison of his mind.

What makes us truly free?

The master has said to discover your true nature.

The truth shall set you free.

When I first learned how to meditate it was difficult.

I learned real quickly that I lived in a prison.

I was confined.

I didn't know how to control my mind.

To go out of your prison takes effort.

The hardest thing in the universe is to conquer the mind.

Yes, the journey is hard but the results are awesome.

Ponder this riddle.

Find out who you truly are.

## Brainwash

Many people think that by reading these poems I'm brainwashing them.

Well, that is certainly the case.

We are washing the mind.

We are asking questions you have probably never asked yourself.

The mind needs to be crystal clear.

Our minds are muddy.

When we were born they were crystal clear.

Over time we forgot our true nature.

Meditation and prayer are a means to clean the mind.

It's like taking a shower every day.

We get dirty and a shower feels so good.

The shower of love is medicine to the soul.

This is why the great master said to discover your true nature.

Ponder this over.

You can solve this mystery.

## Questions

Here are some basic questions to ask yourself.

Who am I?

Where did I come from?

Where will I go when I die?

Is there a purpose to living?

What is keeping me alive?

Where is God?

Ponder this for a while.

These answers lie within.

## Ponder It Over

To ponder it over means to think it over.

When I was young I didn't truly understand the concept of pondering it over.

I would say let's get to the facts.

We can brush it over.

Yet pondering makes the mind go within.

It helps connect us to our higher selves.

It enables us to connect where we can be open.

To ponder something over is to stir the pot.

When the soup settles the answer comes to the surface.

Pondering is a way to connect to something far greater than yourself.

Have we forgotten why we should ponder in our life?

If so why?

Are we so distracted in our daily affairs?

We miss out.

We have forgotten our true nature.

## I Like The Wine That I Have Become

I like the wine that I have become.

I started as grapes a long time ago.

I started looking inside many years ago.

My ego was crushed time and time again.

Life crushed the grapes.

It was a great learning experience.

I'm always learning.

As we age we can become like fine wine.

We have weathered many storms.

Our skin may be weathered yet our soul is still young.

We are eternal.

I'm at peace with myself.

That is a great feeling.

## Does Life Throw You A Curve Ball?

Does life throw you a curveball?

We are in the game of life.

We are playing the game.

We have a coach that is God.

He is on the sidelines.

He is rooting for us.

Unfortunately, we don't know that he is there.

Life throws us a curveball and we go into a tizzy.

The great masters of the past taught how to hit a home run when a curveball is  
thrown.

We must go within and find the inner coach.

It's always been there.

We have free choice to open the door or have the door remain shut.

Ponder the meaning behind this puzzle.

## Who Am I?

Have you ever asked the question?

Who am I?

Are you only this body?

If you say yes then what is keeping you alive?

You say my breath.

Well, what is the power behind your breath?

When you die you stop breathing.

What power left you?

You are no longer alive.

Your body is now a corpse.

Did you know that your body is hard-wired to solve this mystery?

All the great masters have said look within.

You are the universe.

You just don't know it.

## The Mind Is A Mirror

The mind is a mirror.

Whatever you see in someone is a reflection of your mirror.

Whatever faults you see in others are faults that you have.

Whenever you point your fingers towards someone you have three fingers pointing back towards you.

The great master has said clean your mirror.

It is dirty.

You can't see clearly.

Your mind is tricking you.

You think if only that person would change my problems would go away.

You must change then the problem will go away.

We as a society must change ourselves.

Our mirror needs to be clean.

Ponder this message.

Your understanding of life will change.

You can't change anybody except for yourself.

## The Mosquito Itch

Have you ever been bitten by a mosquito's mind?

The mind itches and you are bothered by something.

Yet you don't know what it is and you feel off-centered.

You can't pinpoint what's going on?

Did you know that meditation and paying attention to the itch will soothe it  
away?

Meditation will help focus on where the itch is.

Once you can see it you can focus on it and embrace it.

Once you embrace it, it will disappear.

The Buddhists were the original psychologists.

They have been studying the mind ever since Buddha was around.

They are experts in positive mental health.

Did you know it was only 30 years ago did western psychologists studied positive  
mental health?

We need as a society to have a positive mind.

How the world would change for the better?

## Throw Away The Anger

Throw away the anger.

Your anger is like throwing kerosene on a fire.

Your anger is only hurting you.

Facebook lately is full of anger.

It's full of frustrations.

How do we go beyond our anger and yet talk about the problems that face us in the world today?

How do we talk like mature adults?

How can we talk like we are all united?

Yes, we have different points of view.

How can we talk without putting someone down?

If all of us would stop being so angry maybe we could calm down and see different solutions.

Peaceful solutions.

We can all do this.

Anger is not the solution.

## 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.

## You Are A Genie

You are a genie.

Whatever you think you become.

If you get angry easily you will be an angry person.

If you gossip about people they will gossip about you.

Whatever you think the genie responds.

The more you think and take action the genie responds in an instant.

You can control the genie.

You can control your mind.

You can control your actions.

Stop look and listen.

Your genie can be your friend.

It's your choice.

Do you want to be a reactive being or one who is a Co-Creator of God?

Ponder these words.

The world will be a better place.

## Give Up

Many people think that this path is boring.

Oh, I have to give up my lifestyle.

No, you don't.

To see God, you must be poor.

Nope.

Keep your money.

I don't want to be celibate.

You don't have to.

I don't want to be a monk.

You don't have to.

Be yourself.

Yet here are a few things to give up.

Give up your anger.

Give up your intolerance.

Give up your lack of patience.

Give up your evil ways.

Give up all your negative emotions.

Each one of you has things to give up.

You and the world will be in a happier place when you do this.

## Have You Ever Tried To Meditate?

Have you ever tried to meditate?

Are you up for a challenge?

Did you know that taming the mind is the most difficult thing to do?

It takes determination, patience, and kindness.

Just sit for one moment and concentrate on your breath.

Focus on the incoming and outgoing of your breath.

There is something that is keeping you alive.

At first, the mind will be like a monkey's.

It will jump from branch to branch.

It will jump from thought to thought.

Over time a stillness will enter you.

Thoughts are all around, yet you are in the center of the hurricane.

Chaos is around yet you are still.

Sit still and listen.

Your journey has just begun.

## Is This From A Mystic Or A Scientist?

Is this from a mystic or a scientist?

Kabir a mystic from the 15 century said the following.

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

Now that is profound.

A modern-day Einstein might have said that today.

The entire universe exists inside of us.

We are a part of the universe.

Is this a paradox?

We are beyond time and space.

There are billions of universes.

Inside of our DNA is a part that is not material.

It is spiritual.

No instrument known to man can detect this yet.

Yet the mystics have said all along.

You are hard-wired for this experience.

Ponder this message.

The divine words from Kabir are alive.

## Forgive

I love the definition of forgiving.

Stop feeling angry or resentful toward (someone) for an offense, flaw, or mistake.

Imagine a person doing you wrong.

You have every right to be angry.

Time passes and the person who wronged you has forgotten the situation.

But you haven't.

The anger is still festering within.

The poison left by the arrow lies inside of you.

The moment you truly forgive yourself and the other person true alchemy occurs.

True healing can take place.

This is the law of forgiveness.

It doesn't say you must forget the experience.

The laws say to forgive.

Big difference.

Like the world, we would truly be more content if we forgive ourselves and others.

Learn from your mistakes.

Forgive yourselves and others along this journey of life.

## I Don't Get It

I don't get it.

Why do you meditate?

Isn't that a waste of time?

Why do you want to know yourself?

I know who I am.

Why should I care if I'm trying to improve myself?

I simply am what I am.

Who cares about the other person?

I have what I need.

Let's party on.

Rock and roll.

There is no tomorrow.

This is what I have heard over the years.

## Ego

Here's some definition of ego.

A person's sense of self-esteem or self-importance.

"A boost to my ego"

For a PSYCHOANALYSIS

The part of the mind that mediates between the conscious and the unconscious and is responsible for reality testing and a sense of personal identity.

For metaphysics

A conscious thinking subject.

Our ego can be man's best friend or his worst enemy.

We have seen that for thousands of years.

In the Buddhist tradition, they have studied the mind and ego for thousands of years.

They have learned practical tools to cultivate the ego and mind.

Imagine a farmer planting the seeds and going through the process of the final picking of the crop.

Mystics have taught the same inward farming.

You can cultivate the mind and ego to be a truly reflective nature of ourselves.

This is the greatest thing we can do for ourselves and the world at large.

You can't take anything with you when you die.

But you can take the fruits that you have cultivated with you.

Imagine you are a conscious thinking subject inside of a human body.

You are the universe.

You just don't know it.

## Beat A Rug

The poet Rumi once said the following.

When someone beats a rug, the blows are not against the rug, but against the  
dust in it.

When we go through the ups and downs of life remember we are not alone.

Struggles and beating of life are meant to clean ourselves.

They make us stronger.

They help build character.

How can you truly have compassion for your fellow man if you never experienced  
hardships?

Life is truly a video game.

This game appears so real.

We even feel pain along the way.

The beatings are not against us.

We do not get punished by God.

Yet life has its lessons to learn.

We come unto this earth to grow and love all of life.

We are all in the same boat.

We are all on the same journey.

All the great teachers in the past spoke that we are all the same family.

We have forgotten our true nature.

Life tries to wake us up from our slumber.

You are the universe.

You just don't know it.

## Pay Attention To Your Craft

When I was young I loved baseball.

I once heard a story that Ted Williams didn't go to the movies because he said it would hurt his eyes.

He had exceptional sight and reflexes.

You had to be if you had many seasons when your batting average was over 400.

He didn't party, smoke, or drink.

I'm sure many people thought he was a fuddy-duddy.

Yet he was the best of the lot.

He paid attention to his craft.

Maybe he was baseball's mystic.

He turns baseball into a science and an art.

He had complete devotion to the game.

He did not get sidelined by the many distractions of life.

He just loved to play the game.

He was the best of the best.

Many famous ballplayers need to look at their devotion to the game.

Pride and ego weren't in his game.

He did not need to show off.

He had nothing to prove.

Sounds like a mystic to me.

## Closing



Well, I hope you have gained some wisdom. There are a lot of tricks of the trade in this content. Mind you this is book knowledge.

You must take it to the next level. Pay attention to your breath in each and every moment. This is the secret of life. If you

just take this simple tip your life will change forever.

