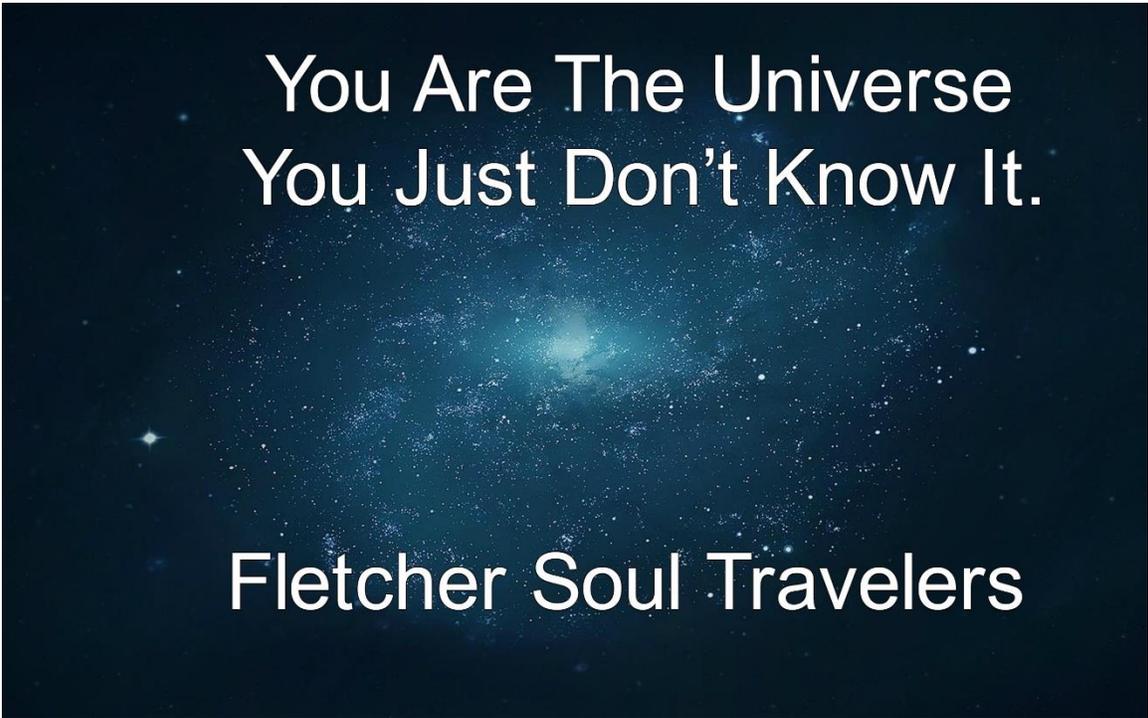


You Are The Universe
You Just Don't Know It.



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You Just Don't Know It.

Fletcher Soul Travelers

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Intro

You are the universe. You just don't know it. Is that an outrageous statement or is it full of it? Is this true or is it false? Who are we? Where did we come from? Who were you before you were born? Where will you go when you die?

These are valid questions to ask yourself. Are science and religion talking about the same thing? Our understanding of DNA has increased significantly in the past 20 years. We have mapped out the DNA to a certain level.

What if mankind could understand his true nature? Where would that take us? Can you imagine the world where everyone knows they are united with the universe? Your neighbor's concerns would be yours. The entire civilization would be in harmony with each other. Yes, there still would be differences between one another yet mankind would truly cooperate with each other.

When a human being experiences the unity of all life the world changes. All of the problems in the world can be solved. The only reason they aren't is because we are stuck in our ways. We don't see the unity of life. The mystics weren't talking about some fairy tale. Imagine the universe is eternal. You are eternal. You were never created nor will your essence ever die. How long have you been around? Eternity. Yet we think our life span is around 60 to 100 years. We have narrow thinking.

If we are eternal can you imagine they might be civilizations a billion years or so? We are the new kids on the block. Imagine that nobody gets a free ride in life. Imagine that every world evolves. Every world has to overcome the same kinds of problems we encounter on this planet. If they don't they eventually blow themselves up.

Yet if they succeed they go to the next level in the video game of the universe. Is the point of this game to realize our true nature? We are the universe and just don't know it.

Imagine the greatest hid and seek game. We look for God on the outside yet God is hiding on the inside. Mankind, on the whole, is looking in the wrong direction. As the world at large, we need to look within. There we will solve the puzzle of life.

Change is all around. The only constant thing is change. As humans we want life to be static. Look at the universe. It's constantly changing.

In order to have heaven on earth, we need to change. We need to embrace our true nature. Hopeful this book will help you on this adventure of life. As you read it stop and ponder. What if this is true? I never learned this in Sunday school. This book isn't about converting you? There is nothing to convert to. The universe doesn't convert anyone. It just is. It has nothing to prove. It just is. This is your true nature.

In order to change one must take baby steps day by day. These sayings should give you helpful hints on the many areas you can look at. Start slow. There is no rush. Be easy on yourself. You will stumble and fall. The only way to grow is to fall down, pick yourself up, and hopefully learn from the mistake. Curve balls will be thrown along the way.

The more you practice the universe will give glimpses of your true nature. You will begin to change. Your love for humanity will grow more and more. Compassion will arise inside of you.

For all those who have been conscious on this journey for many moons I hope you enjoy this book. This is my own and unique perspective on life. We are united by the thread of love. We all have different pieces of the puzzle. We don't own the puzzle. We own the piece of the puzzle. All the pieces make up the puzzle.

So admire all the different facets on the diamond of life. Learn to respect all the religions on this planet. They are all talking about the same thing. There may be different words yet the essence is the same. We all want the same thing.

Life's Mystery

When I was young I was fascinated by the mystery of life. I knew there was more than a 9 to 5 existence. When I was around 5 years old my Uncle Bill took my brother and me to Bob's Big Boy for a shake.

At that time they have these paper place mats with a Martian say take me to your leader. My brother and I placed these masks over our faces and started to laugh and laugh. We knew that we were from the stars. My Uncle had no idea why we were laughing.

How did we know that we came from the stars? Most people would say it was your childhood imagination. Yet you can't really explain it. How do you explain the power of love? Where does it come from? Does our DNA contain parts of us that are eternal? Does our DNA contain the essence of God? Scientists say that 95% of our DNA is junk DNA. Does God create junk? I don't think so. According to Kyron, he says junk DNA is actual multi-dimensional DNA. In other words, our DNA is part physical and spiritual. We don't have any instruments on earth to prove this.

Yet Bruce Lipton from Stanford says that thru his research that they have discovered the following. Your DNA may have the propensity for a certain disease. Yet with lifestyle changes and by the mind being in a state of being that is spiritual you can overcome your propensity to get the disease. You can in essence program yourself out of this problem.

Can you imagine if a part of your DNA contains your higher self that means you are hard-wired to discover God inside of you? A part of you exists in the cosmic soup of God and a part of you exists on this planet. For ages, the great masters have said that the kingdom of heaven lies within. Maybe we have all the tools inside of us. We have been looking in all the wrong places.

For example, imagine only a short time ago we thought that the world was flat. We thought that by sailing deep into the ocean there would be a point where the ship would fall off the face of the earth. This was only about 600 years ago. Yet Christopher Columbus sailed to America and debunked that theory.

Now imagine the Mayans and other ingenious cultures. They developed several calendars that the calendar cycle was around 24,000 years. They had around 10 different calendars that they used to calculate different cycles of time. They have from one day to 64 million years. How did they get this information? The Mayans

had this knowledge around the 5th century BC. This is around a thousand years before Christopher Columbus discovered America.

How did they get this knowledge? They didn't have computers or modern-day telescopes. Could their knowledge come from within? I certainly think so. The universe within is a microcosm of the universe outside of us. They could tap into the source. You are the universe. They understood that principle and had a direct relaxation of that. They knew about entanglement and the Universal Field. Scientists are just beginning to focus and understand these laws. Yet they had this knowledge 2500 years ago. Many of the indigenous people all around the world had this knowledge. They knew they came from the stars. Westerners would laugh at them and say how cute that is. Imagine if a scientist would discover their true nature and work with his scientific nature. Imagine how far we could go.

We have satellites that go around 16,000 miles per hour. Imagine even if we could go 186 thousand miles per second it would take around two years to reach the closest star. What if a man could go within and use the field and go anywhere in the universe in less than a second.

Imagine if a civilization has been around for 16 billion years. How advanced do you think they would be. Imagine that they had the same problems that we had. War, poverty, crime, etc. They learned over time to advance themselves physically, mentally, and spiritually. They reached a point where the entire civilization became the universe. At this point in time in evolution, they decided to help another planet achieve the same.

The cycle would occur over and over again. Sometimes it would not work out. The people might have a great war and destroy the planet. When the planet was mature enough they would then go to another planet and start anew. This sounds like science fiction. Yet you are eternal. You were never created and you will never die. Your body will. So think this over. Maybe our planet was created as a great experiment. Maybe our DNA came from the stars. We are star dust as Carl Sagan once said. Let's put it this way Life is a great mystery.

A Spiritual Life It Must Be Boring

Many people think that living a spiritual life must be boring. You just sit around and meditate. What a boring thing to do. Yet a spiritual life is exquisite. I've been all around the world. I've surfed waves as high as a two-story building. I hitchhiked from France to India with my surfboard. I hitched from Kenya to South Africa. Been to South America and the Galapagos Islands.

You see a spiritual life is practical. It is a life that truly is meant to bring you secrets of the universe while you are alive. Before you came to earth you were the universe. When you die you become the universe. Wouldn't you like to know that you aren't alone when you are alive? Wouldn't you like to know that there is a family out there?

The kingdom inside is your true home. It will transform your character. It will over time make you kind, patient, and full of tolerance, love, and compassion. This is your true nature. You will transform from darkens into the light. It takes work but what rewards come your way. You can be in the center of the hurricane. The whirlwind of the mind may be there but calmness resides inside.

Over time a spiritual person loves each and every moment. You love going to work. You put your heart and soul into your actions. Nobody knows your beliefs. You just blend in. You have nothing to prove. You are stable in your emotions. A person learns to stop look and listen instead of reacting automatically. The universe slowly begins to train you in its ways.

The universe is kind. The universe is love. The universe is patient. The universe is compassion. The universe is alive. A human being has the opportunity to become these traits. All the great masters have said this. The kingdom of heaven lies within.

Remember you are eternal. You were never born and you will never die. The game of life is to discover your true nature while you are alive. We search for God outside our entire life. He has been hidden inside the entire time. The most obvious place a person should look a person looks outside for the answer. Isn't that fascinating? Maybe the whole universe is a game. It was created so we could find God within ourselves. What an elaborate setup it is? The entire universe is a stage and we are actors on the stage. We come down to earth to discover our true nature.

So for many, we are oblivious to this. We live our lives. Now I'm not trying to convert you. I'm not trying to convince you. I'm just telling my side of the story. The truth needs no convincing. When you die you will see that God doesn't judge. This life is a learning experience. Imagine a raindrop with its journey of returning to the ocean. In the same manner, we are traveling back to the ocean of life. Enjoy this journey. Spend time with your kids. Spend time with your family and friends. Call them on the phone. Find out what truly has meaning in your life. Most of all you are never alone. The universe is watching over you.

Meditation Advice 1

Greetings. Welcome back. Did you get to practice your simple meditation? If so how does it feel? Did you hear any different sounds? Did you have any glimpses of light? Each one of us is wired differently. Each one of us will have a different experience. Each one of us is on the same path yet we all are on different parts of the road.

You are not alone on this journey. It may seem like it. By practicing meditation daily you will begin to feel the love and tranquility that exists inside. Taming your mind is not easy. It's probably the most difficult thing to do in the universe. But with practice, you can do it. Don't fight the mind. When a thought comes in just let them disappear into the night. You can never truly stop the mind but you can master it. You can be in control of the mind instead of the mind-controlling you. Big difference.

The body has to learn how to relax when you meditate. Be patient with it. Be kind to yourself. Start to pay attention to your body and listen. The body has intelligence. Remember your DNA is both physical and spiritual. Imagine your DNA is talking to you. It is all the time. We are just not aware of it. Your higher self is contained in your DNA. Imagine you have trillions of cells in your body. Stop look and listen daily.

Slowly increase your meditation time. Don't get lazy or too aggressive. There is a balance. Start with 5 minutes and slowly increase your time. Learn to love to meditate. Your attitude is everything in your practice. Without a proper attitude, you will have a hard time meditating.

There are many meditation practices. When I first began to meditate I thought that there was a magic one. There was one where if I received it, it would be so easy to meditate. Years later I realized that all the ways will take you there. Each one is different and unique yet the experience is the same. Trust me on this. I have practiced a lot of different techniques.

I still use the technique where I focus on my breath. I would consider this to be a universal technique. All the meditation practices used this technique. It seems so simple. It is. To the mind, it's come on Is that all you got. Yet the entire universe is breathing and so are you. There is a power behind your breath that is keeping you alive. Now that is a literal fact. When this power leaves the body you have died. This is the soul which all religions have talked about.

In essence, by concentrating on your breath you are tapping into your true essence. Another reason why the technique is so powerful is that you can use this in your everyday activities of life not just sitting down. What does this mean? It means that you have the potential to be one with your true nature. As I have said that in the beginning you meditate on the source and at some point in time the source begins

to meditate on you. You still must make effort but you can see and feel this connection so strongly.

There will never be a time where you can clap your hands and say I totally got it. On this incredible journey, you will never stop learning. This is the way of life. Even the universe is learning moment by moment. So start to develop a practice wherein each and every moment you try to concentrate on your breath. When you lie down for the night concentrate on your breath. Make the breath your friend. Which it is. Without it you won't be alive. The entire universe lies inside. All the great masters have said the kingdom of heaven lies within.

So once again be patient with your practice. Love your practice. Be thankful that you are learning and experiencing your true nature. You are kind. You are love. You are patience. You are compassion. All these traits are the power of your true nature. Over time by meditating on your breath this journey will unfold.

Patience

Greetings. Today we are going to talk about patience. You have probably had someone say to you that patience is a virtue. You probably felt it was an insult. Why do we get insulted when someone says that to us? It definitely triggers some emotions. Yet patience is a virtue. There is a huge difference in belief systems between the East and the West. Maybe not so much today because of globalization. In the East, for generations, they planned for the future. They planned for their children's children. Because their culture was old they developed patience. They knew if they planted a seed in the ground over time a huge Banyan tree would grow. This tree could live for over two thousand years.

In the west, we have an awareness of where we want it now. If you can't afford something put it on a credit card. Buy a bigger house that you can't afford. Most of our decisions are for the now not the future. Most people who are about ready to retire don't have enough money to retire. There might be good reasons for that. The 2009 fiasco sent many people back.

In the East, they run the business and country for the future. It's not only for the quarterly report. In the West, it is always for short-term profits. If a company misses Wall Street quarterly projections the stock might tank. There may be many valid reasons why projections are down. Maybe they were investing for the future but got dinged because our system doesn't support this way of thinking. Yet on this spiritual and practical journey patience is needed. So a simple technique as meditating on your breath seems so simple. But in actuality, it's probably the most difficult thing to do. Many people give up shortly after trying this practice. A dear friend of mine gave it up because he said his mind was too powerful. Before he ever started meditating he had no idea of the power of the mind. You think you are in control yet the mind has control over you.

Over time with patience, there is a breakthrough and the door is slightly opened. For the first time, you have a glimpse of your true nature. Your patience had paid off. Patience is food and medicine. Over time you develop patience and it floods into all areas of your life.

The earth is patient. Imagine the earth knew that for billions of years humans would be on this earth. The earth is alive and has awareness. If you waited for 15 billion years for guests to come to your house you would be patient.

In fact, the entire universe is patient. It's part of its being. It's one of God's traits which we have forgotten. Without patience comes frustrations, anger, and fear. We lose the synchronicity of life. We are off-balance. When something should come

our way we miss the opportunity. We give up just before reaching our goal. We have not been trained in this.

When I was young I couldn't relate to King Arthur and chivalry with its code of ethics. In the East were Confucius and its moral codes. As I grow older I realized that the only thing you take when you die is your character. Nothing else can you take. All your riches are left behind.

Why don't we learn this in our life? I never learned this in school. I never learned this in church. In some way, we are emotionally stunted. At times we are adults stuck in our ways. We haven't grown very much emotionally. Take a look today. On Facebook is a war of angry words. At times it is truly a toxic environment. My wife has a friend whose words that come out of her mouth are so mean and vile. She has been a spiritual person for over 25 years yet actions speak louder than words. We need to stop look and listen to each other. We don't need a can of kerosene on the fire.

This directly affects our political system today. We are totally off balance. Our emotions are skewed. We are lopsided. We have no discrimination. We have lost our values. The political system is a mess. Need I say more?

Patience is needed more than ever. We must learn to compromise. We must truly listen to the other side without shutting them off. I'm right and your wrong is childish. We need to act as mature adults. We have a lot to learn. This life is an incredible journey. Patience is part of our lives.

Kindness Is More Powerful Than Anger

Greetings. Welcome to another brand new day. Today is another day of our journey in life. What a golden opportunity we have. We are alive. We are walking around this wonderful earth. The universe is watching over us. We are not alone. We may think we are but that is never the case.

These are exciting times on this planet. So many people are waking up from their slumber. The faster people wake up the faster this world will change. In order to change this world, we must change ourselves. There is no other way. I can't change you and you can't change me. That's the truth. Ultimately we are on this planet for our own evolution. As a raindrop returns to the ocean we return to our true nature. Yes, this takes time. Fortunately today we have so many different factors on our side. We have reached a turning point where the light is shining so bright. Darkness is going away but not without a fight. It knows it's a losing battle. Did you know that kindness is more powerful than anger? It's so easy to get angry. Look at Facebook today. Everyone is angry about the political situation. Both sides are yelling at each other. Does this ever solve the problem? Nope. It will never be solved through anger. Yet if a person uses kindness it might defuse the situation. At least the anger won't be redirected to you because you are mature enough not to accept the gift of anger from someone else.

Anger can only be received if you accept the anger from someone else. You don't have to buy into their anger. You can listen with compassion. The other person is hurt inside and only knows to express anger. You have the power to defuse the situation. This is how the world will change. When you act like a mature human being and let go of your negative emotions you can truly help this world just by your being.

You have nothing to prove. You aren't trying to convince anybody. You are what you are. The sun in the sky just keeps on shining. That's its true nature. The sun is always there. There may be clouds covering the sky but the sun is always shining. This is a day-by-day, moment-by-moment journey. Each and every day we can change ourselves for the good. It's like a musician practicing his craft. He loves to get better. He loves to practice. We can all practice our craft of becoming better human beings in each and every moment. We might not have a concert hall to play in yet we have the universe smiling upon us. We are doing our part to make the universe grow. We have no idea of how our actions affect the universe. Our actions ripple like waves all across the universe. All of us have a divine part to play in the universe.

If we truly knew who we are. We are the universe. Unfortunately, we don't realize it. We are all family. We are not separated. There is a thread of love tying us all together. This is the journey we are on. No judgments are made if you don't want to hear about this. All of us are welcome back to the creator when we die. God does not judge. You judge yourself but God does not judge. There is a spiritual evolution going on. Ultimately we go back to the source.

Frustrations

Greetings. Today we are going to talk about frustrations and setbacks. We all have experienced these in the same way in our lives. I remember in 2009 Charles Schwab laid me off just before my 10th anniversary. I survived 11 out of 12 layoffs. I was working on a project where our group saved Charles Schwab millions of dollars. When a broker signs up with Schwab they sign a contract saying they would never take their clients along with them when they left the company. They didn't have any mechanism in place. There was a group of us that developed a program to keep track of all the clients' money when the broker leaves the firm. The first month going into production we say 100 million dollars left the company to go to this broker's new firm. We had a trail of all his clients with the date and time the transfer occurred. This was a tool that significantly tracked these transactions. Unfortunately, most of the key players who developed this system got laid off soon after this went into production. Charles Schwab said they needed to cut corners so a great many people got laid off. They still made profits that year. This was the first time I ever got laid off. I will admit it hit me hard. Even with all my spiritual background I really felt the effects of this layoff. I remember trying to fall asleep at night and having slight panic attacks. I knew everything was going to work out yet there is human trauma when this occurs to you. I was living in a small town in Oregon and after some time we had to sell our house and move out of state.

Imagine during this time thousands of people lost their jobs and homes. I can really feel for them. The banks caused this to happen yet they never felt the brunt of it. They were given petty fines and a slap on the hand. It's time that companies truly respect the work of their employees. I feel for the majority of companies this is far gone. Most companies in the past 15 years will lay you off. It doesn't matter who you are. As for age discrimination that goes out the door. With Charles Schwab, I saw that when you reached a certain age you were shown the door. Not always but enough to see this routine.

Since then I have been laid off four times because of government shutdowns. The government will lay off contractors not public employees. Recently Booz Allan laid off 90 out of 100 employees. They had no choice. The money just dried up. Our entire GIS team eventually got laid off. We maintained a system where all the farms in America could be displayed on a map. This system is used in every county office across the United States including Alaska, Hawaii, Puerto Rico, and Guam. So consequently all this knowledge went down the drain. They will have to start all over again.

One of the problems is today everything is for short-term profits. If your quarterly reports figures are down you lay people off. You don't think about the long-term future. If the company knows that its service is going away in the future then invest in another field where the company can make money. Train your employees. They are valuable assets. Most of them are working hard for the company. Treat them with respect.

One of my pet peeves is that one percent of the population has more money than the rest of us. This has got to change. We need a revamping of our companies. We need employees to be on the board of directors. They need to be heard. Why should shareholders have more say than the employees? This seems very old and archaic. A new system needs to be devised. Take a look at how progressive the Northern Europeans are. They are miles ahead of us. Unfortunately, many of their ideas came from us. We came up with the ideas and threw them away.

Change Our attitudes

Greetings. Welcome to another talk. We are happy to be here. Life is glorious. Your world is going through many changes. I don't have to tell you that. It is very important to be centered. Don't let the political affairs today affect you emotionally. Don't let it get you angry. You can't fight fire with fire. You can put water on the fire. You can arise beyond the anger and let your true nature take over.

There are new energies on this planet. Kindness, compassion, tolerance, patience, and love. These are the new energies to embrace. Let go of the old energies. Anger, fear, war, intolerance, etc. This planet doesn't need these energies anymore. They never led to any positive outcomes.

Our world needs to be united not divided. We are one family. We are intelligent enough to be united. Look at the past. Wars have come and gone because we are not united. We can do this.

Each one of us is responsible. Don't spew anger on Facebook. If someone has a different point of view speak from your heart. Listen to the other side. They are not your enemy. They are in pain too. Many times they express pain is through anger. Change your attitude. Don't let the old energies control your life. You won't be able to think properly. The old doesn't want to lose control. It truly is a battle between light and darkness. There is a way to convey your thoughts without stooping down to their level. Look at the Dali Lama. He uses humor to convey his message. Speak from your heart. The universe is watching you.

We can change our way of thinking. We can change our point of view. We need to become mature adults. Stop look and listen before you speak. Don't be reactive. Most of all are kind. Be kind to your fellow man. Laugh. Play. Be considerate. Come from your heart. Don't ridicule or mock others. Don't insult others. You are neither right nor wrong.

If you do these things the situation will change. You can't fight a war if your enemy is your friend. You can't fight a war if the other person truly tries to understand your pain and tries to help you. We need to help each other. America is divided. We all want the same thing. Our system is broken. People have lost faith. We are tired that our political system is not working for us.

We need to change. We need to change our attitudes. We need to see that we all want the same thing but we have a different point of view. The Democrats and Republicans aren't enemies. Both sides are beautiful. They just need to stop playing petty games and cooperate with one another. They need to compromise. They need to truly listen to one another and not play childish games with one another. They act like children in a sandbox throwing sand at one another.

It's time for the political system to become emotionally mature. We need mature leaders. We need our leaders to really think about the situation and not speak without thinking. This could be of serious consensuses. A war can be started this way.

America is at a crossroads. Which way are we going? It truly is up to each one of us. Let go of your fears of your fellow man. We are a melting pot. We need to show the world our true values. The world is concern about us. Most of the political leaders around the world are highly concerned. Many of our relationships with these countries are at peril. We are on shaky footing. The carpet could be pulled from our feet.

Nuclear war is not the answer. We shouldn't even think that is an option. War will never solve any problems. We are capable of having other solutions. We need to lose the mentality of war altogether.

Did You Know That The Universe Is Alive?

Greetings. Welcome to a brand new day. Did you know that the universe is alive? Did you know the universe is aware and conscious? Did you know your true nature is the universe? You were never born and will never die. Your body will. Yet your true essence is was and will always be. You are timeless.

What happened? Why are we in this state? This is the game of life. The entire universe was created for this incredible game. If you thought hide and seek was fun how about God playing hide and seek with us. We help create this universe. It took billions of years to create the stage. Here we are now in this human body. A part of us is on the other side watching the show. The goal of this hide and seek is to discover your true nature.

Many hints have been given throughout time. Many great masters have come and gone. They all have the same message. The kingdom of heaven lies within. The entire universe exists inside of you. Plant the seed of meditation in your heart and watch it grow. Water it daily. Pull out the weeds. Change your way of thinking. Get rid of your negative emotions.

The universe is not angry. The universe does not mock each other and calls each other names. The universe is not divided. The universe does not fight with each other.

The universe is kind. The universe is full of love. The universe is united. The universe is patient. The universe is full of compassion. The universe is God. We need these traits today. This is a practical journey. This is how we change the world. Each one of us is a piece of the puzzle. Play your part in this incredible game of life. We are not here to convince you. The universe does not need convincing. We are not here to convert you. The universe doesn't convert, it just is.

We are here to simply remind you of your true nature. Imagine you are a bird in a cage. The cage door is opened. We are telling you that you can fly. That is your true nature. Because of our conditioning, we think we belong in the cage. We feel comfortable being there. We have lost our true nature. Birds are meant to fly.

Man is hardwired to discover his true nature. Imagine we have a car in the garage and it never even leaves the driveway. A car is meant to be driven. A wise person learns to open the garage door, turn the car on and back out of the driveway and take the car for a spin.

That's a practical use of driving the car. In the same way, we need to open the garage door. Back out the car and take it for a spin. This journey is practical, not mumbo jumbo theory.

The laboratory of God exists inside of you. You perform all the experiments inside of you. Nobody can do it for you. Can it change my life? Well first tell me what life is? This process will help you to discover life itself and its mysteries.

It's a challenging path. Everyone has seen the challenges in their own personal life. Life has challenges. That is how we grow. No this isn't an easy path, but your path is not easy either. One thing I can say is that over time you realize you are never alone. There's a signpost of God everywhere. You begin to realize that even before you have a thought the universe knows what it is. All your prayers and concerns are known before you say them. God is always watching over you.

The tools lie inside of your heart. Open up the garage door and take your car for a spin.

Meditation 2-13-2017

Greetings. Welcome to a brand new day. Let's continue our discussion on mediation. As I said before we are hard-wired to experience our true nature. We have simply forgotten our true nature. Meditation allows us to open the door within. It's a simple practice yet at the same time it takes time to master. There will never be a point where you can clap your hands and say I have mastered all that there is.

So close your eyes. Focus your mind on your breath. Relax. Watch your breath go up and down. That's all there is to it. When thoughts come in don't struggle. Just watch your breath go up and down. Enjoy the rhythm of your breath.

Now slowly open your eyes. What did you feel? Take that feeling and incorporate that feeling into your whole body. You want to integrate this experience into your body. Day by day, perform this simple action. Over time your experience will grow.

Remember to try to focus on your breath whatever actions you are taking. Over time it will be natural.

Meditation 2-14-2017

Greetings. Welcome. Today let's increase our meditation to around 10 minutes. You can do this. Close your eyes and focus on your breath. Watch your breath go up and down. Up and down. Just let your thoughts come and go. Just follow your breath. Watch your breath. Just relax into this experience.

Slowly open your eyes. How does that feel? Remember to try to watch your breath in your day-to-day moments. You are on a path of self-discovery.

Meditation Anima

Greeting. Welcome. Today we are going to talk about a mantra called Anima. Anima is a vibration that exists in this world and the multidimensional world. It is the smallest of the small. Supposedly a Yogi when mastering this thing can shrink himself to the point of being as small as an atom.

This is a very powerful mantra even without acquiring this ability. Just the ability to tap into the multi-dimensional world is good enough for me.

To start close your eyes. Place your attention on your third eye. Mentally repeat Anima. Just like this
Anima, Anima, Anima.

When thoughts come just let them go. Bring your awareness to Anima. This technique is super simple. Now let's practice this together.
Close your eyes. Focus on your third eye. Mentally repeat Anima. Anima, Anima, Anima.

Now slowly open your eyes. Bring that experience into your body. Focus on your breath and carry on your day.

Evolution Revolution

Welcome. Greetings. The name of this site is evolution revolution. What does that mean? Man has been evolving for thousands of years. It's been a slow journey. We have used the same tools for thousands of years. We have reactive to circumstances for thousands of years. Man has used anger, war, intolerance, bigotry and so much more to our fellow man.

Granted this is the minority. The majority of people have the same vision of peace on earth. They want a world where people are kind and considerate towards one another. We can speak our differences calmly and peacefully. We can talk to one another without putting each other down.

So what is an evolution revolution? This is a state of rapid transformation. Our world is going through rapid changes that have never been seen before. There was a study that the New York Times Sunday edition had more information than what the average American acquired in 1700 hundred.

With the advent of the internet, we are a global village. What happens in one part of the world is known instantaneously all around the world.

We are mapping the universe. The world at large is becoming slowly and quickly aware that something significant is going on. We can't pinpoint it. It's in our subconscious. We know that this is the greatest time to be alive. Our everyday life is speeding up.

We are at a point in time where science and spirituality are melding together. Just think that we have mined the DNA in the last 15 years. We have mapped it out. Scientist says that around 90% is junk DNA. The rest can and was mapped out. What is in the junk DNA? Are we missing something? Does God make junk DNA or are we missing something?

What if our junk DNA is multidimensional? We don't have any instruments known to man that can detect this. This is the world of God's multidimensional energy. Now just imagine this blueprint of God exists in your DNA. You were created in God's image. Does this start to make sense? Your DNA contains the source of life. You are the universe. You just don't know it. All the tools exist inside of you. This is why it's called an evolution revolution.

You have at your disposal the ability to wake up from your slumber. We have been playing hide and seek. Unfortunately, we have looked for God outside of ourselves. Isn't it funny that the entire time in your DNA contains the mysteries of God? You have the opportunity to discover your true nature. You don't have to convert your religion. There is nothing to convert to. We are not trying to convince you. Truth needs no convincing.

The evolution revolution is a state where a man can discover his true nature. In other words, by learning to go inside you will accelerate your discovery of your true nature.

What does that mean? It means you will discover that deep downside you are kind. You are patient. You are full of love. You are full of tolerance for others. You are full of compassion. You are happy.

You will learn to be a partner of God. You will learn not to be reactive. You will learn to be calm and peaceful especially in this highly charged political environment. You can let go of the old energy of anger in dealing with what's happening in this world. You can be in the center of the hurricane in absolute calm when dealing with this world.

The world at large is angry. Both sides are angry. We can never solve anything through anger. When you are angry you are wearing tinted glasses. You can't see clearly. There is a mist that surrounds you. Your discrimination is off. The world wants you to be angry so you can't empower yourself.

So this is the evolution revolution. It is silent. Nobody needs to know the connection that exists between you and your higher self. You can simply smile. You have nothing to prove. You are enjoying this journey of life. You are the piece of the puzzle. Ponder over this message. Does it make sense?

How would you like to play peekaboo with your creator? This experience lies inside of you.

Job Interview

Greeting. Welcome to a brand new day. On Monday of this week, I had a job interview. They asked a very interesting question. Who inspires you? I said the Dalai Lama. I loved that he said, "Kindness is my religion". I told them the world needs kindness. He goes all around the world and gives kindness where ever he goes. I told them that I'm inspired by people who are kind to each other. I love random acts of kindness.

My wife and I love Fridays on CBS Evening News where they have a section called "On the road with Steve Hartman". It's my favorite section of the news. Steve finds these incredible people who are kind to one another. Some may do random acts of kindness. It is very touching. It demonstrates to me the essence of being a human being. Each story is different yet there is a thread of love tying us all together.

I love even seeing the news host Scott Pelley hold back tears. It's nice to see a newsman combine his mind and heart. It's quite rare to see.

I feel kindness is the answer to the world's problems. Humanity has been spewing anger for thousands of years yet it never solves any problems. Look at Facebook today. Anger is just putting fuel on the fire. Kindness extinguishes the fire. It totally transforms it.

These are basic principles we need to bring back into our lives. Your family, friends, community, state, nation, and the world would rejoice if we did that. Kindness is not a Pollyanna state of mind. Kindness takes the greatest strength you can muster. It is so easy to get angry. Anyone can do it. Yet to be kind in diversity takes strength. You have to cultivate that.

You must plant the seed of kindness in your heart. Daily you must weed your garden. Take out the negative weeds. Water the seed and watch it grow. If we all did this the world will be in a better place.

Gasoline On fire

Anger = gasoline on fire
Kindness = Putting out the fire

Responsive Design

Recently I put up this website Evolution Revolution of Love. My good friend Mike Reed checked out the site on his mobile device. He said check your responsive design on Mobile. I replied thanks. I will. That was my next step. You may wonder why this is important. Ok, you built the site and everything looks great on your desktop computer. Then you start looking at your site on an iPhone, iPad, Android, etc. and you see that the content is not displayed properly. Responsive design means that when a user goes to a website the screen displays the content in a usable manner.

For example, even when you are on the website with a desktop computer or laptop if you change the browser size the content should adjust accordingly. Without using responsive design. The content could look awkward.

So what does this have to do with life? Many of us never think about how we respond to life's events around us. We simply react. We are reactive beings. We don't stop look and listen before reacting. We don't think should I say these words. Anger is putting gasoline on the fire.

The responsive design comes into the picture where whatever life's events come into play you can rearrange them where your foundation is kindness, compassion, patience, tolerance, and love. These qualities help in rearranging the event that surrounds you. You may not like the event but you can respond in a mature emotional manner. Remember this takes time. You will stumble and fall. That's how you learn.

We learn from our day-to-day mistakes. This is how we grow.

Are You Experienced?

Jimmy Hendrix was a rock singer for his age.
He had an album, which contained this phrase.

Unfortunately, he died when he was young.

But it's interesting, are you experienced?

Life has many experiences to offer.

Some are good and some are bad.

Everything has a purpose and meaning.

Yet what is the ultimate experience of this life?

Is it climbing Mount Everest?

How about riding a fifty-foot wave?

Is it snowboarding or skiing down a huge mountain?

How about being a CEO of a Fortune 500 company?

Maybe it's being the president of our country.

How about winning the super bowl?

For many, it's winning the lottery.

Are you experienced?

These are all outside experiences.

They come and go.

They are finite.

Yet what experience can last forever?

This is the experience we are looking for.

Saints throughout the ages have said it exists inside of you and me.

The wise man understands that all external experiences are finite.

The only true experience is keeping you alive.

Are you experienced?

Behold The Palace In The Sky

Behold the palace in the sky.
My father lies inside.
The most beautiful light lies in the palace.
Every step you take you are drenched in his love.
True intoxication takes place.
Words can never describe.
This experience is yours for the asking.
You will never be denied.
Listen to the rhythm of the universe.
The waterfall of life flows inside.
When your eye is single the mystery shall begin.
You will go on an incredible ride.
Surf the waves of love and compassion.
Share it with all you meet.
Your life will truly become wonderful.
Behold the palace in the sky.

Bird In A Cage

Are we like the bird in a cage?
Imagine a lifetime of a bird confined.
It dreams of freedom.
It dreams of being released.
Yet when the cage is open, it won't fly away.
At that moment, there is nothing to stop him.
Yet the bird is set in his ways.
His world is comfortable.
He has made due.
His mind is dull and thinks there's no way.
But the cage is open.
He won't walk through the door.
The wise man comes, and rattles the cage.
The bird gets startled and fly's out of the cage.
At that moment the bird realizes.
The lord has set him free.
What a miracle?
How incredible.
The bird is set free.

Bite The Apple

Imagine if you never saw an apple.
Someone then describes to you his experience of the apple.
It can be sweet and at times sour.
It can be green, red or yellow.
It has a marvelous taste.
Words can only describe the apple.
They are not the experience.
In your imagination, we create the image of the apple.
Yet it is not the apple.
Man throughout history has written words about God.
These words are man's experience trying to describe the experience.
They are not the experience.
Man has to bite the apple.
Man has to taste the experience inside.

Brainwash

How come the word brainwash has such a bad rap?
We all take showers every day to keep our bodies clean.
 But has our brain ever been cleansed?
We put so much unnecessary stuff in our brains.
 Everything we see, do, and feel is recorded.
 Our brain needs a cleaning.
 How does one wash oneself?
 Is there soap and water that we can use?
 The wise man has said, "Wash within"
 Bath in the waters of life.
You shall come out of the water perfectly clean.

Dalai Lama

To be honest I really don't know too much about the Dalai Lama.
But I have seen him on TV.
I loved the simple laugh that he had.
You can tell a person by his laugh.
He is extremely wise and has the innocence of a child.
I feel compassion from his words.
I have read a few of his books.
Can you imagine a culture that has people chanting and praying for 24 hours
around the clock?
And they are praying for us.
They are praying for peace on earth.
That's incredible.
That's compassion.
Imagine having your country taken from you.
You have to escape with all of your belonging.
The world watched and did nothing.
Millions of Tibetans had to leave the country.
The Chinese destroyed almost all of the temples.
Yet the Dalai Lama still has compassion.
From what I've seen he has acted more Christian than most Christians.
He has embraced love and compassion in his life.
Christ would have been proud of him.
I pray someday that I could meet him.
All I can say is thank you for who you are.
You are an inspiration to me.

Go Beyond Your Books

The wise man says 'go beyond your books'
Your books do not contain the answers.
They only help to guide the way.
You may read every single book on the planet.
Yet you will still not know the way.
Truth is an experience.
Books provide intellectual intelligence.
An illiterate man yet knows the truth is truly the wise man.
For he has seen eternity.
The wisdom resides in his soul.
This is truly the wise man.

Grace

This universe is filled with God's grace.
Grace is the power keeping you alive.
Where you experience sorrow grace is drying your tears.
When your loved one dies grace is there to comfort you.
Grace is so incredible.
Grace is real.
It truly exists.
That is not a lie.
My beloved.
My wondrous Lord.
You have shown me that your grace lies inside.
Your grace fills my life, my body, and my soul.
Your grace is eternal.
The stars are sparkling in the sky.
How wondrous it is when a man knows why he is alive.
By the grace of God.

How Can You Use An Old Map In The New World?

Imagine if you had a map of the world before Columbus.

How could you go from San Francisco to New York?

The map you have is obsolete.

With the old map, it would be very hard to get to your destination.

We need to get the current map of life.

We are looking at the old one.

Our perspective of where we are going has changed.

The map you have will never take you back home.

I Listen To The Wind Of My Soul

I listen to the wind of my soul.
I listen to the sound of my breath.
It takes me back home.
I see the beauty of my soul.
I see the inner light.
My soul is on fire.
I'm in so much bliss.
I love this world.
Please take me back home.
I listen to the wind of my soul.

Little Drops

Have you felt the little drops of rain falling on your face?

Rain falling from heaven.

You can be sad and the rain will wash away the sadness.

The rain contains the source of life.

Without these little drops, our life would be a desert.

It would be barren.

Isn't it incredible when there is a small drizzle?

At times a rainbow will appear in the sky.

At times the little drops will become a torrent of rain.

A flood of bliss will drown the mind.

I remember one day in Africa.

I was sleeping in my tent.

A most ferocious storm appeared.

My tent blew down and the next thing I knew I was sleeping in the mud.

Little drops.

I remember being in joy as a kid, jumping in puddles in a state of joy.

Water truly is the source of this life.

Years later we complain when it rains.

Maybe we should remember our innocence and play in the rain.

Little drops of water.

My Heart Is Singing

My heart is singing because I was lost and now I'm found.

How can words describe the experience of going home?

My soul is yearning for my beloved.

Homeward bound.

I still go through the ups and downs of life.

Yet my soul still can experience such peace.

I know that all worldly experiences are temporary.

Knowledge is eternal.

What can I say?

I've seen the face of my Lord today.

Faceless but full of light.

My life is in his hands.

My heart is singing tonight.

The candle

Each of us is candles.
Do we know our purpose?
Do we just walk around?
A candle must be lit to fulfill its purpose.
Man must be lit to fulfill his.
Light the fire in your heart.
Know why you are alive.

The Christ

Two thousand years ago walked the Christ.
He was a fisherman.
His gift was his life, which he gave freely to man.
He loved everyone.
He was a man who practiced turning the other cheek, even on the cross.
He was a carpenter for man.
He inspired us, love us yelled at us, and taught us.
His love was boundless.
It was unconditional.
He told us that we could love and be selfless just like him.
He told us that our father lies within.
He was humble.
He was outrageous.
Jesus the Christ was his name.
Born in a manger.
His story will live on forever.
May he always live in our hearts?
Lord, let me be an instrument of your peace.
Allow me to realize that you live inside of me.
Heavenly Father please take us home?

The Compass

Does man need a compass?
Most of the time we think we don't need it.
We think we are found.
Yet when we are lost, a compass shows the way.
We are lost from our father.
The compass shows our way home.
The needle is pointing in the direction we need to head.
Inside.

The Diamond Is In The Safe

Everyone is looking for the diamond.

We look near and far.

We think if only I had that I would be happy.

Yet are we looking in the right place?

People put their most valuable treasures in a safe.

Hopefully, they remember the right combination.

Without the right combination, the safe is there, your treasure is there, but you
can't open it.

There is a diamond hidden in a safe inside.

Without the combination, you will never know that it's there.

This diamond is the key to life.

Unfortunately, man does not know where it is hidden.

We search everywhere but within ourselves.

Only you know the right combination.

Only you can find the diamond inside.

The Ferry

Can you imagine the world without a ferry?
How would you be able to cross to the other side?
Many men have died to try to swim the dangerous channel.
The ferry will take you to the other side.
A person boards the ferry and then can totally relax.
Within due time he arrives at his destination.
There is a ferry that lies inside.
This ferry takes a man to the other side.
This is the ferry of life.
Without this ferry, a man can't get to the other side.

The Greatest Coach

I think that God is the greatest coach.
He allows us to makes mistakes, and not judges us.
He remains on the sidelines and is rooting for us.
He will not play the game for us.
At times he brings in great players to inspire us.
These players say that we all can play just like them.
They are no different than us.
At times we lose the game but another game will be played.
No matter who we are, and what we have done his compassion is there.
When we are weak he will carry us.
You need a little rest.
Take time out.
When you are ready to play, I'll put you in.
Our coach has never reprimanded us.
He has never cussed at us.
He is forever patient and kind.
He does not cheat to win the game.
He does not demean us.
You stupid son of a ***
He only encourages us.
Cheering us and rooting for us.

The Lighthouse

The Lighthouse throughout history has saved many a life.

Imagine ships sailing in a huge storm.

Without a lighthouse, many ships have gone under.

But with the light from a lighthouse, many ships have been saved.

Can you imagine how grateful a man would be if during a storm he were lead to safety?

Without the lighthouse, he might have drowned.

The ship would have sunk with water all around.

But the light guides the ship from danger to its home.

Throughout history, there have been saviors who have been a lighthouse to man.

They have shown man the Promised Land.

They have shown people the Inner Light and have taken them from darkness into light.

We are all on the voyage of life.

We are sailing on uncharted waters.

There is a lighthouse inside that can lead man home.

Open your heart and you shall see.

The World Is Not Flat

Isn't it kind of amazing that for years Man believed that the world was flat?
If a ship were to sail off into the horizon it would eventually fall off the face of the
earth.

Columbus proved that the world was round.
During his time I'm sure people thought he was crazy.

Do we still think the world is flat?
That the Saints have said there is our true world and it lies inside.

But I can't see it.

Therefore it can't be real.

Have you ever seen the wind?

The world is not flat.

The kingdom is God is not a figure of imagination.

Inside of you lies the answer.

Your Ancestors Did Not Live In A Quasar.

The poem was inspired by a show by Stephen Hawkins.
Isn't it incredible that with the age of quantum mechanics our wisdom has grown
tremendously?

Quantum mechanics is governed by particles.
Einstein dreamed of a theory of uniting everything.
He worked by himself until he died.
He failed to realize in his time.
Yet he was so far ahead of his time.
40 years later scientists are still working on this theory.
Scientist has their intellect and intuition on their side.
Particle accelerators produced conditions, which mimic the big bang.
The universe is on the verge of continuous expansion.
Any faster galaxies would far apart.
Any slower the universe would collapse.
For 15 million years expansion has been in order.
A child could pose these questions.
How can there be different parts of the universe and where did expansion start?
Most people never asked the question.
Is energy trapped in a vacuum and expansion occurs?
Is our universe trapped in a vacuum?
What if one bubble created the universe?
The whole bubble could be the universe.
How can we prove it?
Present-day scientists are exploring the beyond.
You can take Einstein's theory backward in time where everything came together
called a singularity.
Logic is replaced by chance.
Matter is replaced by improbability.
People don't like singularity.
Quantum mechanics are the strangest thing man could think.
Quantum mechanics are built on chance.
Uncertainty can lead to certainty.
Imaginary time has no beginning or end.
Without boundaries, there is neither beginning nor end.
Man is searching for the theory of everything.

Unlimited Thought

Was the world created by unlimited thought?

Was the universe created by unlimited thought?

We're the alpha and omega created by unlimited thought?

Were the stars in the sky created by unlimited thought?

Were the black holes created by unlimited thought?

Were the trees, birds, and animals created by unlimited thought?

Were you created by unlimited thought?

Does first come thought and then creation?

Imagine a painter creating his creation.

Behind his creation lie his thoughts.

Unlimited thought.

Let's be open to the possibility.

Because each of us is a genius.

Waves Upon The Shore

Thoughts are like the waves upon the shore.

For a poet, it's an incredible ride.

Waiting in the lineup.

All is quiet.

Then out of the horizon, a set of waves appear.

Each set brings such precious words.

The world may not understand them.

But the poet loves to share.

For him lies a meaning, which he wants to convey.

We are all poets in this life.

Where do the words come from?

A poet has to surrender.

He has no choice.

This is not some document that you can turn out.

The poet expresses the feelings of man.

In our times it helps keep the flame alive.

Waiting.

The wave comes and the poet rides the wave wherever it may take him.

Awaken to the poet inside.

What If

What if God really said that it was up to us to clean up this world?

You made your own bed now sleep in it.

You have free will.

I will guide you like a coach, but it's up to you.

Do we think that at some magic hour peace on earth will come?

Or do we have to actually work for peace?

It takes effort to change the world.

A lot of blood sweat and tears.

Maybe the miracle is putting in the effort.

How genuine.

Do you mean that I have to practice what I preach?

I thought this game was only on Sunday or Saturday morning for an hour.

Then I can go on with my life.

If we truly want heaven on earth it starts at home.

It starts inside of us.

We can never change anyone without first changing ourselves.

There is a story about a Jewish rabbi whose parents bring their son to him.

The boy smokes cigarettes.

The rabbi says bring him back in two months.

Two months later the parents bring their son back to the rabbi.

The rabbi talks to the son for an hour and the boy stops smoking.

A week later both parents come to the rabbi and said 'My boy stopped smoking'
but why did you wait two months?

The rabbi said it took me two months to stop smoking. I couldn't tell him to stop if
I smoked.

Maybe peace on earth begins with a small change every day.

Just a little.

Over time water will dissolve the hardest rock.

What Precede Creation?

Scientists are asking the question 'what precede creation'

Inflation must produce multiple universes.

In times other universes are created.

What are superstrings?

Some people say the beginning of creation was a dot.

Some people say it's like a bowl of noodles.

Superstrings are a 21-century theory.

String comes from zealots.

String theory borders on mysticism.

Strings are 100 billion times smaller than a proton.

The universe was once the size of a string.

Each string vibrates.

Each string bends exactly how Einstein thought it would.

Strings combine matter and energy.

Each string vibrates and their manifestation is different.

As we go backward in time the universe has symmetry.

At the instance of the big bang was perfect symmetry.

String existed.

Why should a duck or monkey understand the universe?

Yet we are wired for it.

String theory is a theory because you can't prove it.

The theory is smarter than we are.

The world of physics is like the mystic.

Alone man finds his answers.

Anger

How does a man deal with anger?

Is anger a two-headed sword?

If we lash out at someone in anger, we have just caused a verbal assault on that person.

If we hold the anger inside, it festers within.

How can man channel anger so it can't be inflicted on others, while a man doesn't stuff it inside?

Can we put anger in a box and light it on fire?

The energy could be used for helpful purposes.

Anger will eventually lead man back to grace.

We are all angry.

Some people show it, while others don't

Man can dissolve the monster.

Embrace The Monster

We all have monsters that lie within.
No matter how incredible our parents were, somehow we got hurt.
There is a part of us that is a hurt child.
At times we're so disconnected from it.
Our life is not in balance.
Years later we have never come to terms with ourselves.
In order to truly be alive, we have to face the monsters within.
At times we are so numb we can't feel the anger or pain.
In order to face life, we first must deal with our own issues.
We all have them.
When we deal with our child within, we transform the monster into a cookie
monster.
We have embraced ourselves

Get Rid Of Your Baggage

At times the best advice in life is to get rid of your excess baggage.

You're on a journey of this life.

You are walking and trying to carry 10 suitcases.

No wonder you say life sucks.

I can't go on this way.

What not go through your baggage and combined them into one?

Throw the rest away.

You will heave a sigh of relief.

Your journey will become 100 times easier.

Do You Know How To Listen?

Do you know how to listen?
Is life a conversation, where you are the center of attention?
Are you always right?
Do you always fight for your position?
Is conversation a struggle?
I must make them see my point of view.
Only my way is right.
A wise man listens to others.
He learns by the words of others.
He will not attempt to sway you or put his spin on it.
Does he know how to give and take?
If only we could listen, our world would be in a better place.

He Who Hesitates Is Lost

He who hesitates is lost.

At times this phrase is true.

When you are taking off on a huge wave if you hesitate you will be lost.

Yet before we do any action, hesitate and you won't get lost.

By hesitating for even a second you may stop words that you don't want coming out of your mouth.

Hold Your Own Reins?

Hold your own reins in this life.
We can't try to control others.
This is the only way because it's my way.
Everybody has to learn from their own mistakes.
We all have different reins?
We all have different monsters to face.
My reins are no better than yours.
Each of us is different and unique.

Hold Your Tongue

Would this world be better, if a man held his tongue?
Imagine how many wars might have been stopped?
Before we speak to anyone, remember to hold your tongue.

Listen

Did you truly understand?

It might be a good idea to repeat what the other person just said.

Therefore both parties will understand.

How many times have we regretted what we said?

If only we would have waited, words might not have come out.

The wise man has nothing to prove.

Speak wisely.

This is the clue.

How Much Do Your Problems Weigh?

Do you feel that your problems are weighing you down?

Do you feel that life is a burden?

Is your life overwhelmed?

There is a way to let go of all your excess baggage.

Life is not heavy.

We are.

We hold on to our problems.

We don't know how to let them go.

By knowing life we can be set free.

Remove the chains that bind you.

You were meant to be free.

I'm Better Than You Are

There's a certain car commercial, which I'll not name.
This car commercial insinuates and brags 'I'm better than you are'.
Just because you buy the *** car.
How stupid they must be.
Their message is that with this car, you are better than the rest.
You can cheat, lie, and steal to the top.
But with this car, you're better than the rest.
If that's all they could come up with, what a pity?
Man lives in different times.
Status is the name of the game.
It's what you own, not who you are.
No wonder our world is in chaos.
Our commercials are status-driven.
Our cool people wear these jeans.
The hip drinks this cola.
Man, your way out of style.

Look In The Mirror

Look in the mirror.
What do you see?
Have you forgotten who you are?
Where has your love gone?
Why are you so angry?
Do you still hold on to your dreams?
The mirror reflects our life.
How does one change?
First look in the mirror.
When was the last time we looked at ourselves?
We must first know that we want to change.
That's the first step.

Man Is Living In A Prison

Man is living in a prison.
He is living in the prison of his mind.
He thinks that he is better than one another.
I'll show you who is better.
A war begins.
Man is not very tolerant.
My race is the only race.
My religion is better than yours.
God governs my country.
Your country is governed by the devil.
How narrow thinking?
We put ourselves in boxes.
We are prisoners of our own design.
God did not place us in our prisons.
We did.
Look beyond your beliefs.
Look beyond your ideas of what is truth?
Be open to the universe.
Everyone has a truth to tell.
Listen to both sides of the story.
They're both talking about the same thing.
Walk in the other person's shoes.
They will fit.
Open your prison's wall.
Tear them down.
You will become free.

Take The elevator

In the midst of our confusion and pain, man needs a different perspective.

We need to take the elevator.

We need to see beyond our problems.

When we on the ground, we can only see the buildings of despair.

Yet if we take an elevator to the top, we can see for miles.

Man is living at the ground level of life.

We need to take the elevator within, and we shall see a different world.

DNA

All cells contain DNA.
Are we programmed for life?
Does life deal us cards that we can't change?
Can man change his DNA?
Can we reprogram life?
Should we even ask the question?
Can the power of thought change DNA?
Does this mean a man can truly change his own life?
What if a man truly knew his destiny?

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 a man truly live in a state of love?

In order 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 cannot perceive the truth.

The sun does not know darkness.

An enlightened man 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 Talks And Listens

Most people pray to God and beg for an answer.

We think that God can't talk as if he is mute.

Yet if God is everywhere and lies inside of us all, don't you think he can respond?

Maybe we just need to listen.

Religion has taught us to pray but has it taught you how to listen to God.

Do we just have a one-way communication with God?

Surely Christ had a two-way communication.

We most certainties do.

Maybe if we all listened our world would change?

What Are You Trying To Say?

Many people say, “What are you trying to say?”

Come out with it.

Show me.

I don't get it.

That can't be true.

You don't know what you are talking about.

What rubbish?

It doesn't say that in my book.

Only my teacher can help me.

That can't be true.

If I can't see it, it can't exist.

My father never taught me that.

I belong to this religious group-

Therefore I can't believe or experience outside of my box.

To understand this riddle just look inside.

The Bridge

It's a small price to pay when you go over a bridge.

Imagine swimming to the other side.

Sharks are all around.

Dangerous currents too.

A man would drown if he had to swim.

One dollar for the price of the toll.

Man tries to swim in the game of life.

He tries to go to the other side.

The wise man pays the toll and crosses the bridge inside.

To cross the bridge of life, man must pay the toll.

If you answer this riddle, you will know the mystery of life.

The Mind

Where does the mind exist?

Does it exist only in the brain?

Does our mind exist throughout our body?

Are we narrow in our thinking?

How can my gut react?

I felt it in my toes.

I listened to my heart.

Scientists are beginning to unravel the mysteries of the mind.

It seems that intelligence is located everywhere in the human body.

Are our bodies a reflection of our minds?

Does our mind govern our emotions?

Or

Do our emotions govern our minds?

What is disease?

Can man control or stop disease?

What part does the immune system play in all of this?

Can man improve his immune system with his mind?

In the future will man recognize that stress causes the majority of diseases?

Imagine man-conquering stress?

How long could a man live?

The Enemy Lies Within

Your greatest enemy or adversary is not outside your life.

This adversary lies within.

This adversary does not allow you to see the truth for what it is.

It allows you to see with tainted eyes.

Imagine that the world is divine, but what we see and what it is are completely different.

Because we fight with ourselves, we cannot see perfection.

We are in a constant struggle with ourselves.

Yet we blame the world and others for our struggle.

What would happen if we saw that we must first accept ourselves?

We must accept our imperfection.

By doing so and not putting blame on others, we accept responsibility.

Once we accept responsibility for our own actions, we can truly succeed in life.

We realize that our enemy is our friend.

The only way a human can grow is by taking responsibility for his life.

Life allows us to grow.

Events come to us so we can grow.

What you perceive outside is a reflection of your inside.

The wise man embraces the enemy and is set free

The Well

A man drinks water from the well and his thirst is satisfied.

Man searches for the well of life.

He wants his soul to be quenched.

Man searches all throughout the lands.

He searches throughout the universe.

His lips are parched.

He sees mirages, but they disappear in thin air.

The wise man discovers the well within.

His thirst is quenched.

He is sipping wine with his beloved.

Understand this riddle, and you will have your soul quenched.

The Empty Lot

There's an empty lot on the corner.
With broken glass on the ground.
An old automobile is rusting on the ground.
Yet in the midst of man's trash beauty is all around.
Lovely spring flowers are growing on the ground.
All colors of the rainbows are shown by the flowers.
Nobody had to plant seeds.
But nature plants itself and heals the empty lot.

True Knowledge

A man may read all the books in the universe.

He may be the world's best debater.

His intellect may be supreme.

But a pure child and innocent are truly the wise ones.

A man, who knows his heart, understands true knowledge.

He alone is wise.

Time Fly's

I have a theory the older you get the faster time flies.

Is time constant in our life?

I remember the summer vacation between my first and second grades.

It seemed it lasted forever.

Summer's now goes whizzing by.

Before you know it the year is gone.

Have you ever had a job you hated?

Constantly looking at your watch?

Time slows down.

How about with your lover?

Time seems eternal.

Is time merely created by our minds?

Can man perceive something, which is timeless and beyond space?

The wise man says dive within the well of your being.

You will find the answer.

Voices Of The Wind

Have you ever heard the voices of the wind?
Calling you by name.
They are trying to remind you of your true home.
Where are your dreams?
Where did they go?
Is life a mystery?
Or
Is life a 9 to 5 existence?
Listen to the voices in the wind.
The universe is calling.

Convert

Did you know God does not try to convert you?
He does not say if you don't believe or follow me you are going to hell.
God does not judge.
All the great books were channeled from God to a human being.
He simply put those words into a book.
There are many ways to God.
God doesn't care about your religion.
Quite frankly he doesn't like religious wars.
My religion is better than your religion.
How trite is that?
God does not take sides when both are fighting.
Actions speak louder than words.
A man of God has a humble heart.
He has found his true home within his heart.
He has dropped the war inside and is sleeping with his beloved.
He is never alone.

Does God have a face?

Is there a God sitting in heaven on a throne?
Did God create this universe in 7 days?
How long is a day 7 billion years?
Do angels have wings?
Is there a heaven and hell?
There is a heaven and hell it's your state of mind.
God does not punish you.
You punish yourself on earth.
God will embrace you when you die.
It doesn't matter if you are a saint or a sinner.
God does not judge you.
He accepts you who you are.
God is hidden inside of you.
Only you can open up the door.
The true journey of life begins with this simple step.

Entanglement With God

Now I'm not a scientist
Yet I'm curious about energy.
There is a theory that energy can entangle with another energy millions of light-
years away.

It means there can be communication between one another.

Does this mean the universe talks and listens?

How fascinating?

The whole universe is entangled with God.

How about us?

Are we entangled with God and the universe?

The answer is yes!

Does that blow you away?

Or

I don't react one way or another.

It's just theory.

From time memorial the wise men have said in their own words you are entangled
with God.

The Kingdom of heaven is within.

Only you can solve this puzzle.

Feet On The Ground Head In Heaven

All the great masters have said the same thing.
Have your feet on the ground but have your head in heaven.

You are the sun, moon, and stars.

In this state, you would not have a care in the world.

Anger would be a million miles away.

You would know that we are all one.

You wouldn't just think it but in your daily activities, you would experience it.

Peace would be on this planet.

You would be walking with your creator.

Christ was a great master who lived in this state.

He showed man that you have God inside of you.

The kingdom of heaven is within.

Only you can answer this riddle.

God Is Every Where But I Can't See It

How is it that we come from God and we are born into this world we forget where
we come from?

A baby is in that state of joy.

A baby is not separated.

How could it when an angel is holding it?

As we grow older day by day we forget.

Our hormones kick in and by that time God is foreign to us.

The evidence of God is everywhere.

Where ever you look God is smiling at us.

He does not judge us.

All the great books have said discover God within you.

Day by day dive within your soul and discover the diamond within.

It is within reach.

Higher Self

When I was young my brother and I would laugh when someone would talk about
the higher self.

We were so ignorant.

We would laugh and say is there a higher self and lower self then who are we?

Yet year's later wisdom creeps in.

Imagine inside of us lies the higher self yet we don't realize it.

We are the sun, the moon, and the trees.

You and I are all one.

There is a part of us that never leaves the kingdom of God.

We are never alone.

The entire universe supports us.

Help is always there.

Yet our door is closed.

How do we open the door?

Well, the first step is to know that the door is closed and you want to open the
door.

The second step is the intent to open the door.

The same steps that exist in the physical to open a door are the same steps to open
your door within.

With your intent declare that I intend to open this door and day by day sit still and
calm your mind and a little light will come in.

Practice.

Follow your breath.

Your breath is your friend.

Within each and every action practice patience.

Practice kindness.

Practice tolerance.

Practice loving your fellow man.

It takes work and effort to open this door.

Nobody gets a free ride.

Your car is inside the garage just sitting there.

Open up your garage door and take your car for a spin.

You are in for quite a ride.

How Did The Master Become The Master?

How did the master become the master?
Do you think the master was born that way?
The master became a master by a lot of work.
Nobody gets a free ride.
A master makes mistakes along the way.
He makes thousands of mistakes along the way.
Yet over time he learns from his mistakes.
He learns what buttons people push that are his weak links.
Over time there are no buttons to push.
He will just smile and listen to you.
He has nothing to prove.
A master loves to meditate.
Not only sitting in meditation.
A master learns to be in a constant state of meditation.
Walking around is fun.
There is no boredom.
There is a love of this great journey of life.
This journey is eternal.
The master knows this and so can you.

Is A Spiritual Life Boring?

Many people think that a spiritual life is boring?

They think they miss out on life.

In fact, a spiritual person is on the journey of life.

Boredom never comes to mind.

Life is exciting and a grand adventure.

Slaying the demons of the mind is not easy.

Learning to meditate and see the monkey mind is not a walk in the park.

How about learning to control your anger?

I would not consider that to be a boring affair.

Fighting between darkness and light.

This is no easy battle.

God is there to coach you but you must fight the battle.

Oh, I would say that the spiritual life is not boring.

Only you can solve this puzzle.

Meditation

Meditation is like surfing.
It's hard at first.
It takes time and effort.
Nobody is a great surfer when they first start.
The same goes for meditation.
The techniques are so ever simple.
They are so simple that the mind says is that all you got.
Yet day by day the water of life is dissolving the darkness inside.
You first begin to meditate purely for yourself.
Over time you meditate for everyone on earth.
At first, you meditate and try to connect to God inside.
Over time you realize that God is meditating on you.
He is keeping you alive.
You are never alone.

Practice Is The Key

Everything you learn in life you must practice.
A baby learns how to walk.
It stumbles and falls
The baby gets frustrated.
Yet in time the baby learns to walk.
It even learns how to run and leap through the air.
Everything in life you must practice.
Many people come up to me and say I can't meditate.
It's too hard.
My mind is constantly chattering.
Learning how to meditate takes time and effort.
You learned how to walk.
You can learn to meditate.
You can learn how to be a master.
Remember practice is the key.

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.

What Is An Angel?

What is an Angel?

We have a tendency to make Angles human-like.

They have a human body and have wings.

But what if Angels are multidimensional energy?

They have no body or form.

We imagine a God with a long beard sitting on a thorn.

How much do we place our human conditions on God?

When we die we go back to the source.

We become the sun, the moon, and the stars.

This is our true nature.

We came from the infinite and are born into this world.

We forget our true nature.

This coming and going is the game of life.

Have we forgotten who we truly are?

What is our true nature?

Where did we come from?

How do I discover my true nature?

This is the greatest game in the universe.

You Are The Company That Your Keep

In India, there is a saying tell me who you keep company with and I will tell you who you are.

If you keep company with the Mafia you will probably be a member of the Mafia.

If all your friends use drugs most likely you will too.

If all of your friends like rap music you will probably like it.

You are the company that you keep.

Here's some good advice.

Why not be a friend of your higher self.

You are the sun, moon, and stars.

You are never alone.

Your best friend is God.

He lives inside of your heart.

You are one and the same.

Remember you are the company that you keep.

You have free choice to make.

I would consider this offer.

Your house Needs dusting

When you dust your house the dust flies all around.
At times it appears the dusting truly causes more dust to fly.
Yet at the end of the day, your house is clean.
Are we at the point in time where humanity is dusting our house?
It seems like more chaos than ever.
The world is spinning out of control.
Yet realize the house is being cleaned.
Peace will prevail on this earth.
Now continue the house cleaning.

You Can Take A Horse To Water

I once had a grand teacher who said you can take a horse to water and you can't
make it drink.

But you can put salt in his food.

Hopefully, these poems are the salt in your food.

May you drink the waters of life within?

Throughout time masters have come and gone and sprinkles a little salt along the
way.

Are you getting thirsty?

At The Speed Of Light

Our rockets are like Junkers in the sky.

Chug, chug, chug

We can go around 18,000 miles per hour.

We think we go so fast.

Yet even if we go 180,000 miles per second it would take a long time to get to the nearest star.

How can we truly explore space?

Can you imagine an advanced civilization that in a blink of an eye can be anywhere in the universe?

How's that for time travel?

Beyond time and space.

In the quantum world, there is no A to B.

Travel is not linear.

We have a lot to discover.

Did Christ meditate?

When you pray you talk to God.
When you meditate God talks to you.

Did Christ meditate?

He was in constant meditation and prayer.
His whole life was teaching man to go within.
Lo and behold the kingdom of God lies within.
All the great masters said the same thing.
Christ showed the way to come back home.

The journey is the same.

Many people cringe when they hear the word meditate.
It's like today when people hear the word rap.
But all meditating is to connect to your heart.
Over time you become one with it.
Doesn't that seem simpler?

Laughter

There are no words to describe laughter.
When we laugh the entire universe laughs.
The world is joyous.
Laughter can bring you to tears of delight.
Laughter can take your sorrow away.
When I was young and being moody my brother would laugh at me.
I would get angry.
He would laugh even more.
Eventually, I would see that I was seeing a mole hole as the mountain.
I would begin to laugh and my sorrows disappeared.
Laughter is the greatest medicine.
Open up your life to laughter.
You will be glad you did.

You Are Your Own Doctor

When I was young I realized something profound.

It was the following.

You are your own doctor.

Many people go to the doctor and expect the doctor to fix them.

They don't want to take any responsibility.

Hey, doc I'm sick. Fix me.

Sadly this is the reference point for our health care today.

I was recently got a job offer that helps hospitals save money on health procedures.

We had a great conversation.

I mentioned that for many moons I believe in preventive medicine.

I said we must make lifestyle changes in order to be healthy.

The man said it couldn't be done.

People don't want to take responsibility.

No wonder our health system is in shams.

Thousands of people a year die from the drugs given by their doctors.

What about the side effect?

This drug could cause cancer or even death.

You want me to take this.

Each and every person needs to take responsibility for our health.

This is the only body you get at least for this go-around.

Listen To Your Body

Listen to your body.
It speaks to you.
We have ignored its signals for far too long.
The body is intelligent.
It is way smarter than we think.
It is always there to give you advice.
When you are about to get a cold the body may say go to bed an hour early.
I would take that advice.
If you do most likely the cold will not manifest.
The body knows what food is good for you.
Unfortunately, we are junk food addicts.
We don't take any responsibility for our health.
Remember this is the only body you have.
Your life will be 100 times better if you would learn to listen to your body.
It's up to you to solve this riddle.

Recalibration

When I worked for the observatory in Maui we had to recalibrate many instruments in order for them to work properly.

Does a man get recalibrated and isn't aware of it.

Is this a new recalibration of man?

Is the entire universe watching in suspense?

Will there be peace on earth?

Is the earth recalibrating for man discovering his true nature?

The journey of life is going on.

The rules have changed.

The old energy of war is going away.

People are fed up.

Watch the recalibration of man.

We will bring peace to the planet.

The Engine Of DNA

Man finished the genome project around 15 years ago.

What were their findings?

97% is junk DNA while 3% is known

Kyron a great being says God did not create junk.

You just don't have the tools to understand what you are seeing.

The so-called junk DNA is quantum.

Inside of your DNA lies God.

Inside of your DNA lies your higher self.

Your engine of life is running at 30%.

The great master had their engines roaring at 100%.

They were no different than you.

Maybe it's about time to realize the God within.

Your gas tank is near empty.

Maybe it about time to fill it up.

You are running on fumes.

The Inner Scientist

From time immemorial the masters have said discover the truth that lies within.

Discover your inner scientist.

You were created to discover the mysteries of life.

You were meant to have a direct experience of God.

You are not alone.

You are the sun, moon, and stars.

All of the tools exist inside of your heart.

Sit still and listen.

That's all that it takes.

I know that sounds so simple.

It so simple you say it can't be that easy.

Before you even start you give up.

The master has said to solve this riddle.

When I was young and in India I hear this incredible poem.

There is a palace in the sky without any foundation.

A blind man sees a light more beautiful than a million suns.

A deaf man listens to the unstruck music.

A lame man climbs the ladder and drinks the nectar and gets intoxicated.

The poem goes on and on.

The final clincher is the following.

Only a wise man understands what I'm talking about.

These aren't some pretty words.

The entire universe exists inside of your heart.

The Signs Of God Are Everywhere

The signs of God are everywhere.
From the time you get up till the time you go to bed the signs of God are
everywhere.

It's funny we think we are alone.
We say things to ourselves thinking no one is watching us.
Yet there is someone who is there 24 hours a day.

God never judges us.

He is hidden within.

Every person you talk to.

Every action you take.

The signs of God are everywhere.

From the birth of a child.

To the death of a loved one.

The signs of God are everywhere.

Know that life is precious.

The signs of God are everywhere.

The Tuning Fork Of Life

The mind is like a tuning fork.
Whatever you focus on your mind will vibrate at that frequency.
If you focus on anger your entire body will be angry.
Some people are so angry that stress hormones are being released constantly.
What a sad state that is?
Do we choose what to focus on?
It's our free choice.
We can be happy or sad.
Imagine the same circumstances happen to two different.
One gets angry or sad.
The other is just like a duck.
It flips the water off his back and goes on his merrily way.
Your attitude is everything.
What you say is what you get.
The great masters have learned this.
They learned how to tune in to the God within.
Maybe you should learn the same.

We Are Wired For God

We are wired for God.

We are the only creature on earth that is wired for self-discovery.

There is a master electrician who wired our body in his image.

You contain the blueprints of life.

Does this excite you?

I hope it does.

You are not alone.

You were built to drive your car of life.

The car wasn't meant to sit in your garage for your entire life.

There is a vast highway of the universe that is waiting to be discovered.

What A Game This Is?

What a game this is?
This game of life is like a ping pong game.
The struggles between darkness and light.
Man struggles with his darkness in many ways.
I can't control my anger.
I'm hooked on drugs.
I'm a work alcoholic.
I'm drinking my problems away.
I want to rule this world.
I want to be a billionaire.
You still won't be happy.
This game of life is to have the light of God dispel the darkness within.
That's why you are a lightworker.
God does not do the work for you.
You have to be mature enough to do the work yourself.
The great masters learned to win at the ping pong of life.
They had the same struggles you have.
They knew to stop playing this game and put their paddle down.
Then there were no more silly games to play.

Your Treasure Chest

Did you know that inside of your DNA contains a treasure chest?

It contains the book of life.

Eternity lies there.

A part of you that is universal lies there.

How do you think the great masters performed their miracles?

Their DNA was running at 100%.

Man was built in the image of God.

It's in our blueprint of life.

It's inside our DNA.

You can discover your inner treasure.

It's been there all along.

It's up to you to discover this treasure within.

Hey Slow Down

Hey, slow down.
Where are you going?
You are going in circles.
You are driving yourself crazy.
Your cell phone isn't going to reveal to you, God.
You can't sleep at night.
I have to get this done is the mantra of the day.
I don't have enough hours in the day.
Slow down.
The universe is alive.
Where are you lost in your mind?
You are never completely satisfied.
You go from one thing to another.
Maybe it's about time to go inside.
You will see what the master has said all along.
Slow down and experience your true essence.

Are there new rules to discover 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.

Kindness Is My Religion

The Dalai Lama once said the following.

My religion is very simple.

My religion is kindness

I fell in love with this statement.

The universe is kind.

We would have peace on earth if man would be kind to one another.

Why does man have to be so macho?

It's so easy to get angry.

Kindness is true power.

It's very difficult to master kindness.

I once heard the Dalai Lama say that at the end of the day he looks at all the interactions he has.

He tries to learn from any mistakes that have occurred.

He is consciously weeding his garden.

Maybe we should do the same.

Pull the weeds of anger and toss them away.

God won't pull them for you.

How Many Different Ways Can You Say It?

How many different ways can you say it?
Hey Richard where does it all come from?

You go on and on.

The fountain of life is endless.

Man has forever talked about the creator.

It is built into our DNA.

We aren't here to judge you.

We don't want to convince you.

It's hot outside.

Here's a Popsicle that will cool you down.

Here's an umbrella that will keep you dry in the rain.

Come inside the house when there is a blizzard outside.

Be in the center of the hurricane.

We are all talking the same.

The masters have said go within to solve this riddle.

Is There Empty Space?

When we look at the stars at night we see the majority of the sky as empty space.

Is it truly empty?

A scientist has a theory that dark energy exists.

Kyron says there is a field of multidimensional energy which pervades the entire universe.

No present-day instruments can detect it.

Why?

There is no instrument known to man that can detect the quantum energy of God. We have this same energy inside of us and the majority of people on earth have not discovered it.

If we don't find it with ourselves how can we discover it in the universe?

In reality, there is no empty space.

The universe is alive.

It's your choice to solve this riddle.

The Probability Of God

When I was young at times I wondered on the probability of God.
How could some power beyond time and space?
Why is there constant war?
Why doesn't God stop it?
Why doesn't God stop the nonsense in this world?
How do I find God?
These are the questions I had.
Over the years of meditating, I realized that we have free choice.
God has always been inside of us.
We just have to open the door.
Wars can stop.
God won't stop them.
Only human being can stop them
The problems man has God won't solve them.
Only man can fix them by working together.

No Free Rides

Everyone thinks that a master gets a free ride.
For him, life is a walk in the park.
The sun always shines.
He can make no mistakes.
Life is always rosy.
Nobody gets a free ride in life.
Everyone has to play the game.
You can't sit on the sidelines and think that God will play for you.
It doesn't work that way.
God is your coach.
He will guide you along the way.
He won't play the game for us.
Personally, I think discovering the truth within gives that person an advantage.
As your journey goes on you discover you are not alone.
The universe knows your name.

Sat Chit Ananda

In the Upanishads, a great Indian holy book is this saying.

Sat chit Ananda

Truth is the consciousness of bliss.

When the mind vibrates with Truth the awareness is in bliss.

The entire universe is alive.

The entire universe is aware.

The entire universe is built with supreme bliss and love from the creator.

This experience lies within your heart.

It's your choice.

Looking inside for the answer.

The Storm

Is life like a storm?

A storm comes in and dumps a lot of rain.

A day later it is sunny.

Do we have mood swings in this play of life?

Are our actions dictated by what happens to us?

We constantly swing back and forth on the swing.

We have lost control.

We constantly react to what is facing us.

The masters have said you can learn how to weather out the storms of life.

You can learn how to be in the center of the hurricane.

The winds are howling all around you.

You are in the eye of the hurricane.

Peace lies inside.