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Time

Time is so elusive.
When I was in second grade that summer seemed like it lasted forever.
Today summer passes like a thief in the night.
Yesterday I had to go to the bathroom 3 minutes before the alarm was going to go off.
I knew I didn't have enough time to go to the bathroom and come back in time before the alarm would go off.
Mind you my wife was in a deep sleep.
I didn't want the alarm clock to rattle her out of her sleep.
Those three minutes seemed like an eternity.
I even remember looking at the clock about three times and couldn't believe how slowly time passed.
I can meditate for hours and time has passed by in no time.
I think that the body and mind are the foundation of time being slowed down or fast.
There is even a point where time simply doesn't exist.
Wise men say there is only the now.
The past and future simply don't exist.
Yet we grow old and die.
Life is a grand illusion.
I love the analogy of going to the movies.
Most people see the images on the screen and get sucked into the drama.
A wise man turns his head around and sees there is a projector of light bouncing off the screen and creating the picture.
In the quantum field, there is no time and space.
There is only the now.
Mystics have known for thousands of years there is only the now.
They were the modern-day scientist of their times.
One who tries to be conscious of the power behind the breath in each and every moment will understand this riddle.
The external world, body, and mindset determine your passage of time.
The same external event will be a different sense of time for each individual.
Each person will experience time differently.
As Ram Das once said, "Be here now".

New Laptop

I've been working with Guy Nouri on numerous projects in the past year.
One of them is magicrings.org which is in the beta phase.
Anyway, my old computer is extremely slow.
Last week to my surprise Guy sent me a new laptop.
I was totally taken by surprise.
Yet even a brand new laptop is just the start of the adventure.
I had to transfer over all my files and programs.
I use google drive.
I installed google drive on my laptop.
It put all my files on the c: drive.
I have a 5-terabyte external drive.
I wanted google drive to put the files there.
There were no options when installing google drive to ask you where you want to place your files.
I read some documentation on google you could simply move the google drive directory to the external hard drive.
I did that and it took around 6 hours to copy them all over.
This morning I found out that google drive didn't get created.
It seems to me it will take around one week to get my system up and running the way I want.
It's 2021 and it's still a huge obstacle to setting up a new computer.
If I had one huge hard drive I could create an image and just post my new programs and files to the other computer.
This is where patience comes in.
I'm not saying I'm 100% patient but I have come a long way
In some ways, we have made progress.
In some ways, we are still at the same point 40 years ago.
Setting up a new computer is time-consuming and a chore.
It's not easy.
Mind you I've been in this field for 38 years.
Every day is a new learning experience.

Make This World A Better Place

How grand that would be if we made this world a better place.
It involves each and every one of us.
Nobody is left out of the picture.
Nobody is left behind.
We are all on the same boat sailing together in the ocean of life.
Somehow we have forgotten that basic fact.
There is so much chaos around.
Yet the external world may be rocky.
There are storms all around.
Inside of you lies perfect peace and stillness.
This is your true nature.
We are here to share our sacred wisdom with each other.
Everything is sacred in life.
Each moment is an opportunity to fine-tune the guitar of life.
Hopefully, we can learn to inspire each other.
That is the name of the game.
We can lean on each other to be launching pads for discovering the unknown.
Life is never boring but our state of mind definitely can be.
Your state of mind and body determines your state of awareness.
You can make this world a better place by being aware of your mind and body.
Make small baby steps each day.
Get out of your subconscious routines.
Try to be more aware.
Be kind.
Kindness goes a long way in life.
There are always two sides to the coin.
The wise man understands that.
He is not on either side of the coin.
You see there is a state of mind beyond the coin.
In the state is no duality.
There is only unity and interconnectedness in all life.
Why flame each other on social media?
We can never solve any problems that way.
What do you think?
You can solve this sacred puzzle.
After all, you are a piece of the puzzle.

Empty Space

According to the institute of physics, the atom is 99.999999999% empty space.

Wow !!!

If you removed the empty space from all the atoms of all people, the entire human race could fit in the volume of a sugar cube.

Yet wise men of old have said for thousands of years the entire universe is alive and conscious.

Empty space is filled with kindness.

Empty space is filled with supreme love and compassion.

Scientists and mystics are both talking about the same thing.

Scientists look externally for the mysteries of life.

The mystics look within.

Scientists come up with the most incredible theories.

They definitely think outside of the norm and box.

Mystics experience the secrets of life.

There are no known words to describe this experience.

Talking about an apple is different from actually eating an apple.

The mystic will eat the entire apple.

They eat the core and all the seeds.

Mankind will throw away the core and the seeds.

No wonder we live such shallow lives.

I'm speaking in metaphors.

Life is incredible.

You are magnificent beyond belief.

You are the universe.

You just don't know it.

We are a speck on the sugar cube of life.

Yet we are all interconnected with the source of life.

This is our true nature.

Does this make you excited?

You are never alone.

Your ancestors exist in this same sugar cube.

They are next-door neighbors knocking on our doors.

One who discovers the jewel within will understand this message.

This is your true state of being.

The mystery can and should be solved.

Mad At The World

So you are mad at the world.
You put up a flaming post on Facebook.
You are angry.
You think you are totally justified in your actions.
Yet you are drinking your own poison.
Buddha said holding onto anger is like drinking poison and expecting the other
person to die.
The world at large is a manifestation of our subconscious minds.
When the world at large is chaotic I can almost guarantee your mind is chaotic.
Being mad at the world and displaying it will never solve the problem.
Mother Teresa once said the following.
I was once asked why I don't participate in anti-war demonstrations.
I said that I will never do that, but as soon as you have a pro-peace rally, I'll be
there.
Gandhi and Martin Luther King Jr. both used the philosophy of Jain's non-violence
in their demonstrations.
A skinny man from India had the British Empire leave India.
One can learn not to be mad at the world and change the world for the better.
In any given situation one can be proactive and not flame another person.
People have been dreaming about peace on earth for thousands of years.
That dream will never die.
You will yet the dream is still there.
It may take a hundred or a thousand or a million or a billion years.
That is still a blink in the eye in eternity.
A wise man is kind to this world.
He knows the interconnection of all.
He just smiles at life.
He has nothing to say or prove.
He will never try to convince you.
The truth needs no convincing.
He has been there and done that.
Nobody gets a free ride.
Everyone must tame the inner mind to be truly happy in life.
An unruly mind is like a dog barking late at night while you are trying to sleep.
I say over and over again the spiritual path is the most practical path.
One must always fine-tune the guitar of life.

Extra Extra Read All About IT

Extra extra read all about it.
This was my calling during my youth.
My brother and I delivered the newspapers on our bicycles.
We made thirty dollars a month.
Around one dollar a day.
We would switch days to deliver the papers.
The even day one would do it.
The other person would do the odd day.
We did this for around three years.
We also went to different neighborhoods at night and solicited people to subscribe
to the paper.
We gave away junk items like steak knives.
My brother and I were quite good at this.
They would take a look at two young twins and get give them the hook, line, and
sinker.
We were quite good at this.
The Daily Pilot wound sent us on excursions to Disney Land, Deep sea fishing,
and POP(Pacific Ocean Park).
POP was a rowdy park but quite fun.
Anyway, the local news wasn't much.
That's what you got during the day.
Today the entire universe of junk information is on your device.
Mind you there is some great wisdom out there.
The difference is many media sites will spin the news and makeup news to
convince you of their point of view.
Fiction has become truth and truth has become fiction.
This has even got carried into our politics.
Let's spin the truth.
If you tell a truth long enough millions of people will ultimately believe it.
In the past four years, we saw this phenomenon occur.
We even have political parties who use this to their advantage.
Mind you they know they are lying but want to stay in power.
Those were simple days yet life was still scary.
We had the Cuban missile crisis to handle.
How about having a nuclear missile pointed at your doorstep?
Hopefully, we can change our ways.
We need to fine-tune this guitar of life.
Our guitar is not in harmony with life.

The Floor Drops Underneath You

My twin brother and I went on this ride called the Whirl Pool at POP.
Imagine a simple ride where you are on a wall and they start turning the wall.
It goes faster and faster.
When it first started spinning around my brother and I looked at each other and
thought what a corny ride this was.
We had no idea what was going to happen next.
At some point, the floor dropped underneath you.
It was terrifying.
This ride used the science of centrifuge forces in a so-called mundane ride.
This was a science experiment performed right between your eyes.
It was such a simple ride yet it blew our minds.
How fast is Earth moving?
At the equator about 1,037 mph.
Wow, what a ride we are on.
Yet we are texting on the freeway of life.
The greatest amusement rides are all around us.
We are alive and oblivious to our true nature.
You are the universe.
You just don't know it.
A wise man once said to go within and let the floor underneath you fall.
You will experience the secrets of life itself.
We are all interconnected.
There is no separation between us.
Ask any quantum scientists.
They will tell you the same.
Turn around in this movie of life.
You will see a projector shining a light on the screen of life.
This will show you your true nature.
It's so easy to get sucked into the drama of the movie.
When you see the light within the drama of life slowly fades away.

Emptiness And The Quantum Field

The wise men of the past talked about emptiness.
Modern-day scientists talk about the quantum field.
Both are talking about the same thing.
The wise men of old have been using this term for thousands of years.
They were the modern-day scientists of their times.
It seems like each one of us has this precious laboratory that exists within.
The more one uses this laboratory the more the various instruments go online.
Most people's laboratory exists yet it's not being used.
It's full of cobwebs and dust.
The operating system, hardware, and software were installed before we were born.
We have an inner microscope that can see, feel, taste, and hear the quantum field.
Many people scoff at this notion.
Impossible they say.
Can't be done.
And on and on, and on.
Good old Columbus heard the same thing.
The world is flat.
You will fall into oblivion.
What is keeping you alive?
That is the question that should be answered and experience in your daily life.
This human body is the crown of creation.
At this present moment, we are in a state of chaos.
We should be custodians of the land.
The world is sinking due to our ignorance.
We buy, buy, buy and buy without being aware of the consequences.
Even when we do nations fight about what should be done.
Meanwhile, time is ticking away.
This world will change when we experience the interconnectedness of each other.
Until then we rely on politicians to solve the problems.
Currently not a great idea.
When fiction is truth and truth is fiction not a good idea.
You are the missing piece of the puzzle.
I know that's hard to believe yet it's true.
Only you can solve this puzzle.

Maya

I first encountered this word in India fifty years ago.

It means illusion.

Illusion means the appearance may seem real but in reality, they are not.

Modern day scientists and the wise men of old are talking about the same thing.

The whole world is an illusion.

When I was 18 years old I read the autobiography of a Yogi.

One of my favorite parts was when Yogananda went to a movie theater.

The audience was captured by the movie.

Yet what was causing the movie to be a movie.

There was a projector sending light which hit the screen and created the illusion of
a movie

Well, the wise men of old said the same thing about this world and the universe.

Quantum scientists have come to the same conclusion.

Yet despite this, we are still living in the Newtonian era.

We focus only on the external.

A wise man focuses on both the external and internal.

Humanity sees only one percent of the light spectrum when looking external.

There is so much which we don't see.

We have the hardware, software, and operating system to see the source of all.

Maya is sometimes defined as a web of illusion.

Mankind gets trapped into it.

Mind you we don't even think we are trapped.

That's called the ultimate illusion.

We are so trapped that when someone says we are trapped we simply roll our eyes.

Somehow we are living in a state of apathy and are quite content with it.

Today fiction is truth and truth is fiction.

As a nation, we aren't in an uproar about this.

We are complacent.

By bending the truth it has become the norm.

When morals and ethics go out the door in everyday life the world will become
more chaotic.

Chaos comes from a mind that has no discipline.

A disciplined mind is a mind that is in harmony.

To go beyond this illusion is the purpose of life.

You can solve this puzzle.

How To BE Light-Hearted

How to be light-hearted.
Take out the boulders in your inner garden.
They are wearing you down.
They have no good purpose in your life.
Pull the inner weeds.
They can and will take over the garden if you don't pay attention to them.
Develop a daily habit of being grateful.
Being grateful every day is the key.
One may have the same problems as others yet being grateful makes you rise
beyond the problem.
Many people make a mole hole into Mount Everest.
Learn to meditate.
Meditation brings helium to the inner balloon of life.
It allows one to rise to great depths within where the problem seems like a million
miles away.
Laugh at life.
Laughter is great medicine for the body and mind.
Laughter can melt your troubles away.
Be kind.
A kind person has a kind body and a kind mind.
Much needed today.
Come from your heart, not your mind.
As a matter of fact the wise man merges the heart and mind.
This is called wisdom.
In a state of wisdom, one has nothing to prove.
He doesn't try to convert you to his point of view.
A wise man simply smiles at life.
He sees the divine humor in all.
Wake up each day with a sense of wow I'm alive.
Life is an incredible journey.
Learn how to concentrate on the power behind your breath.
Most of humanity has no clue about the love that is keeping you alive.
Monitor your thoughts and actions.
If something negative comes up in your mind don't say it.
Hold your tongue until you have something kind to say.
Your true nature is light-hearted.
You can change for the better.
It's up to you.

