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## Life Goes On

William Shakespeare once said life is a stage and we are all actors on this stage.

We live our lives like they will go on forever

When we were young we thought we were immortal.

Most of the time we could do crazy things and get away with it.

It seem like this body was immortal.

Yet the older we get we see that my friend is not the case.

This body does and will eventually wear down.

Time is ticking away.

Is this good news or bad news?

This is the way of life.

Everything morphs and changes.

Everything comes and goes.

There's a high tide and a low tide.

We come into this world and someday we will leave this world.

As Bugs Bunny once said don't take life so seriously because you'll  
never get out of it alive.

These are natural laws.

Granted by following these natural laws, one can extend one's life.

Unfortunately, the majority of mankind is oblivious to the laws of  
nature.

As a whole, the world does not believe in preventative measures.

Life goes on.

So it is a miracle that we are alive.

The mysteries of life lie inside of us.

The hardware, software, and operating system have been there the  
entire time.

Yet we are waiting for the text from Mary.

We are so busy and preoccupied in this world that we have forgotten  
our true nature.

Isn't it ironic?

The answer has always been inside of us yet we completely ignore it.

I find that funny and sad at the same time.  
The world would be a better place if we all discovered the jewel inside.  
Truth does not need any convincing.  
Nobody gets converted to the truth.  
Truth is not a religion.  
The modern-day quantum physicist and the mystics are both talking  
about the same thing.  
There is a mysterious yet loving force that is keeping the entire universe  
alive.  
We can use our inner lab to discover this.  
This is who we truly are.  
When you die, one goes back and merges into this magnificent power  
of love.  
Imagine a raindrop merging back into the ocean.  
When we die we merge back into the ocean of love.  
Why don't we have that experience while we are alive?  
As I said, the hardware, software, and operating system are in place.  
One simply has to turn on the switch.  
It is as simple as that.  
Yet for some reason, mankind refuses or is in an estate of lethargy that  
refuses to believe this.  
Mind you this experience is not simply believing.  
This experience is a practical moment-by-moment experience of the  
wonders of the universe.  
It is very simple and practical to do.  
Behind your breath lies the answer.  
Most people roll their eyes when you say this.  
Yet the secrets to the universe are so simple and yet so complicated.  
The mind cannot comprehend these great mysteries.  
Only a child at heart can understand this puzzle.  
Life goes on.

## Prayers for my twin brother John

As I write this, my brother is driving from the Netherlands to Germany.

Tomorrow he is going to have a hernia operation.

With any operation, one never knows what to expect.

It's wise to pray for the success of the operation.

I'm humbly requesting those who are friends of John just to spend a few moments in prayer.

I saw for myself the first-hand experience when I was in need.

It has carried me through these times.

We are all on the same boat sailing home together.

We all need help, guidance, and assistance from each other.

We are never alone.

I find it quite ironic that both John and I had operations within two months of each other.

Life is a mystery.

## But We All Must Go

We come into this world.  
We must ultimately leave this world.  
Nobody can escape that.  
The entire universe gets created.  
The entire universe eventually disappears into the night.  
Yet for some reason we live in a state of amnesia.  
We live in a dream state where we think we will live forever.  
Yet, over time slowly one by one your precious family and friends start  
disappearing into the night.  
But we must go on.  
Life is precious my friend.  
Life is mysterious.  
Wow, I'm alive.  
We will never know the entire picture.  
Even if you meditate for a trillion years, it's still a drop in the bucket in eternity.  
Yet one drop in that bucket contains the entire ocean.  
The jewel lies inside of you.  
In India, there is an expression.  
Someone holds a jewel in their hand and doesn't know how precious it is.  
Because of this, they throw the precious jewel on the ground.  
We may think who in the world would do something like that?  
Have you discovered your inner jewel?  
I know I harp on this all the time.  
Yet, if the entire world did this, we would not have the chaos that exists in this  
world today.  
We all say we want peace.  
Yet do we want to take the steps to peace?  
Peace inside of us.  
Are we so lethargic that we can't even take simple baby steps day by day?  
We are not asking you to save the world.  
We are simply asking you to take baby steps day by day.  
It's as simple as that.  
Two steps forward.  
One step backward.  
This is how peace manifest on this earth.  
We make mistakes to fine-tune the guitar of life.

This life is like a video game.  
Curve balls will be thrown at you.  
If you strike out which you will there is no loss.  
Another curveball will be thrown your way.  
Once upon a time, Babe Ruth held the record for the most home runs in his  
career.  
Yeah did you know he was also the strikeout king?  
We are a mixture of light and darkness.  
When we see that and acknowledge that we can be free from our so-called  
limitations.  
We can stumble and fall and yet dust ourselves off, smile and start walking again.  
We can be free as the wind.  
If someone tries to bring you down one can simply smile at them.  
You don't need outside recognition for your inner happiness.  
You don't need to prove to yourself or anybody else who you truly are.  
The wise man accepts the good, bad, and ugly.  
All things must pass.  
There is a high tide and a low tide.  
A smart man will dive deep into the ocean where there are no tides.  
If we could just understand the miracle of being alive, we would be in an entirely  
different place of existence.  
Chaos is all around and we get sucked into it.  
The media does not show us how to go back home.  
That is a huge problem.  
That is like putting gasoline on the fire.  
In that state, we can't see the forest from the trees.  
Even if someone is telling you that there is another way, we don't think that is the  
truth.  
But we all must go.

## The Master's Come

I have a dear old friend named Chuck.  
In the '70s he had a t-shirt that had the MasterCard logo and the words put the  
master in charge of your life.  
I got a big kick out of that.  
There is a master living inside of you.  
This master will never leave you.  
This master is your true existence.  
You are not a slave to this world.  
You are not a slave to this master.  
This master is your best friend.  
This master is who you truly are.  
Why we have forgotten this truth is beyond words.  
Mystics have talked about this for thousands of years.  
Is this a cosmic joke or a riddle to be told?  
The entire universe lies inside of you.  
We are so busy, preoccupied, and dazzled by this world.  
For a wise man, these are empty trinkets of life.  
When you leave this world, all your toys and trinkets will disappear into the night.  
The only thing you can take is you.  
The wise man throughout his life discovers his inner treasure.  
When he dies, all the internal treasure goes with him.  
To me, this seems the most practical thing to do.  
I say many times the spiritual life is the most practical life.  
Feet on the ground and your head in heaven.  
This may seem to be an impossibility yet we are wired for this experience.  
The universe lies inside of you.  
The most powerful microscope in the universe exists inside of you.  
Mystics have tinkered around with this chemistry set for thousands of years.  
They've discovered infinite wisdom, bliss, and compassion inside of them.  
They've even tried to share this internal evidence with mankind.  
Mankind simply puts it off until the day they are on their deathbed.  
At that time they will think about the hidden treasure.  
Don't you think it would be wise to be in heaven while you are alive?  
Somehow common sense is uncommon.  
What you want you don't need.  
What you need you don't want.



It's as simple as that.  
We have our priorities backward.  
Then we wonder why things don't go so well in life.  
Look I'm not saying that life will never throw you curveballs.  
Curve balls are a part of life.  
Darkness and light are a part of the equation of life.  
The wise man simply smiles at life.  
I am not quite yet there  
I still get frustrated and angry when curve balls get thrown my way.  
Yet day after day I go to bed and hopefully learn to just smile at life.  
The tide goes in.  
The tide goes out.  
Nobody can stop the tides.  
If one plays in the shore break, then one will constantly get tossed and turned by  
the waves of life.  
You might even get sucked up by the riptide and have to get rescued.  
The wise men of all have said to dive deep within your heart and the tides will no  
longer be there.  
This is a divine puzzle for you to solve.  
Nobody gets a free ride.  
Life is a challenge for everyone.  
In the beginning, the wise man had the same challenges you do.  
Through countless mistakes and errors, they have overcome them.  
The wise men have probably made a thousand more mistakes than you have ever  
made.  
Yet through determination and effort, they succeeded in the end.  
I'm not saying they will never make another mistake on this journey in life.  
They know that life's journey is two steps forward and one step backward.  
Even Christ or the Buddha made constant mistakes.  
They learn how to tune in to the radio station within.  
One must always fine-tune the guitar of life.  
You can never rest on your laurels.  
Many of my actions in life I'm not proud of.  
Yet they are a part of me.  
I can simply laugh at my mistakes in life.  
You and I have so much in common.  
No one is no better or worse than the other.

The day we understand this is the day when peace is possible on this planet.  
We don't have to try to prove we are better than someone else.  
We don't have to put someone down because we feel superior.  
We don't have to try to sway others with our points of view.  
Currently, in our society, we are polarized.  
You are demonized if you have a contrary point of view.  
Wars get started that way, my friend.  
Humanity has a hard time being tolerant toward others.  
I hope you will take this message and ponder it over.  
I think the world needs more positive messages.  
The world seems to be sinking.  
When the light shines on darkness, many bugs come out of hiding.  
The sun is on the horizon.  
It's going to be a glorious sunrise.

## True Paradise

When I was a kid I thought my vision of paradise would be living in Hawaii.

I lived in Hawaii for over 6 years.

At times it was a paradise.

At times it was living in hell.

It's all a state of mine.

To be honest, at times I put the things I was going through and made a mountain from a Mohole.

Currently, I live in Kansas, the land of OZ.

I'm miles away from the ocean.

I'm miles away from surfing incredible waves.

Yet I'm in Paradise.

I realize paradise is a state of mind.

We think if only I had this it would make me happy.

I remember being in grade school.

Each year. I would think that next year would be the year I would be happy.

If only I was in 7th grade.

If only I graduated from high school I could do what I want.

If only I was married and had kids.

If only I had the perfect job.

Mind you I had many perfect jobs.

Yet paradise externally comes and goes like a thief in the night.

There are high tides and low tides in life.

Every day curve balls can and will be thrown at you.

Don't expect paradise outside of yourself.

As I said, Paradise is a state of mind.

Mind you you can still do the things that you love to do in life.

Nobody is saying you shouldn't do what you love.

But just know that the tide comes in and the tide goes out.

Don't build sandcastles in the sand.

The whole world is doing that and look at the chaos we are in.

A sandcastle will only be around when the tide is low.

As soon as the tide comes in, your sandcastle will quickly dissolve.

External happiness is that way.

It's like I carrot on a stick.

If only I had this.

If only I had that.

The mind always thinks that peace of mind lies externally.

I have first-hand experience living in Hawaii and discovering the myth behind this.

One can live in Kansas and live in paradise.

One can live in Paradise and yet live in misery.

Look at your life and see your priorities.

Is your foundation built on sand?

Do you know how to build a foundation that has no foundation?

Bharmanda once said there is a palace in the sky without any foundation.

This is what we are talking about.

If you are confused and don't understand this meaning maybe just maybe you should find out what we are talking about.

This is not new.

Before the universe even got conceived, this foundation was there.

The mind will never understand with the intellect the meaning behind these words.

Only a child with a simple heart will understand.

Truth is not fancy.

Truth does not try to impress you.

Truth never tries to put you down.

Truth is kind and compassionate.

One who understands the internal truth lives in paradise.

As I said, paradise is a state of mind.

There is a place inside of you that truly understands what I'm talking about.

The ego will never understand this.

The heart and the ego are two different ends of the spectrum of life.

The ego is always me, me, me.

The heart is always we, we, we.

Big difference.

Ponder this over and see if this message resonates with you.

## Your Next Breath

I'll be honest, my brother and I are fascinated by the breath.  
It got started many moons ago.  
I remember in my sophomore year in high school somehow I stumbled upon the  
idea to breathe through my nose when I ran.  
It was probably the best thing I ever did.  
In India, I learned the power of the breath.  
Each breath we take is a miracle.  
The same breath you take is the same breath the universe takes.  
The breath of life is keeping you and the universe alive.  
Mind you, according to the ancient wise ones the breath of the universe takes  
around 15 billion years or so.  
Yet somehow we have forgotten our true nature.  
We take breathing for granted.  
Your next breath is a miracle.  
I feel that if got in touch with the power behind the breath this would be a  
different world altogether.  
That may seem simplistic.  
Yet at times the most simplistic thing is the truth.  
What happens when you take your last breath.  
There are no scientific instruments that can keep you alive.  
What is keeping you alive?  
That is probably the most important question to ask.  
Unfortunately in most people's lives, we don't even bother to ask that question.  
You are the universe.  
You just don't know it.  
What do the breath and the universe have to do with each other?  
Behind your breath lies the universe.  
What your looking for externally lies inside of you.  
This is probably the greatest hide-and-seek game.  
Surfers ride the waves of the ocean.  
Wise men ride the waves of life.  
Behind your breath lies the answer.  
Sit still and listen.  
The mind is like a tuning fork.  
Whatever it touches, it vibrates at that frequency.  
Behind your breath lies the frequency of life.

A wise man fine to the guitar of life.  
I don't think I need to tell you but our guitars are slightly out of tune.  
Lately, we have gone back over 50 years in time.  
I'm not going to get into that yet we are sawing off the branch we are sitting on.  
This was said by Prem 50 years ago.  
Unfortunately, it is more true today than ever before.  
We need to wake up from our slumber.  
Why are we so lethargic?  
Why are we such apathetic?  
Why can't we slow down just for a fraction of a second and feel the power behind  
our breath?  
That's all it takes.  
I say all the time the more attention you pay to something, the more attention it  
pays to you.  
Why don't you experience the power behind your breath?  
How much attention do you pay to your breath?  
The answer lies inside of you.

## The Untold

In the beginning, was the word.  
The word cannot be spoken.  
Therefore lies the untold.  
Granted for thousands of years people have tried to tell the untold story.  
Words are just like describing a mango.  
You may have the best vocabulary in the world.  
One may have the intellectual knowledge of how everything works.  
Yet a wise man simply cuts open a mango and eats the mango.  
What is a mango in less than a word?  
That my friend is what we are talking about.  
The untold is eternal.  
The untold lies inside of you.  
Ironically, it feels so good talking about the untold.  
Yet these are just mere words.  
Behind the words.  
Behind your breath.  
The untold lies behind everything.  
A wise man loves silence.  
In silence lies the untold.  
Mystics have said that one can live in the untold and at the same time live  
in this external world.  
It seems such a paradox.  
Many people think you have to die to go to heaven.  
Maybe just maybe heaven is a state of mind.  
Unfortunately in schools, we were never taught about consciousness and  
awareness.  
We were only taught about the external world.  
I find it fascinating that the untold is never mentioned in our schools today.  
Quantum scientists today are like mystics of old.  
They know they are grasping at straws at the untold story.  
Yet the mere grasping of so much knowledge and wisdom of the universe  
is being discovered.  
For some reason, science today has advanced so much yet many people  
in society are living in the dark ages.  
Many people hardly believe in science.  
In the last few weeks I wondered are we going back to the dark ages?  
Just think in one day we went back 50 years.  
All it takes is one supreme court decision to go back in time.



The untold will never dictate and tell you what to do.  
You have free will.  
The untold will only support you on your journey in life.  
Mankind has the opportunity to realize that we are all on the same boat  
sailing home together.  
The goal is to realize that.  
All the chaos in this world is due to separation.  
The quantum scientist and the mystics of old all are both talking about the  
same thing.  
Unfortunately, the world will listen to neither one of them.  
I find that quite ironic.  
For many years the mystics and scientists have seen to be different ends of  
the spectrum.  
Yet today to me it seems they are speaking the same language.  
Chaos is all around.  
It seems like it's getting worse and worse.  
Day by day it seems like gasoline is being put on fire.  
Yet a wise man simply smiles.  
In silence, one escapes the chaos of this world.  
One lives in the center of the hurricane.  
Currently, we are living like leaves blowing in the wind.  
We have no anchor.  
We can solve this grand puzzle.  
This puzzle is meant to be solved.  
You are a piece of this precious puzzle.  
Never think that you are insignificant.  
You are the universe.  
You just don't know it.  
Ask the mystics of old and modern-day quantum scientists.  
They will both tell you the same thing.

## Happy anniversary

Today is Barbara and I's 35th wedding anniversary.  
What an incredible time it has been.  
What a journey we have been on.  
For all those who are married, you know the bond you experience with  
each other.  
Words can't describe how wonderful it is to be together.  
Many of the vows we take years ago come true years later.  
Recently it has been through sickness and health.  
This is the first time in 50 years I had health problems.  
My wife gave me such incredible support throughout this time.  
We saw this as a blessing in disguise.  
The love we have is endless.  
We know it is a miracle that we are alive.  
When one knows that life is a miracle, you don't take life for granted.  
Sometimes I feel that we are custom design for each other.  
I have met many married couples who say the same thing.  
Isn't it incredible that through the good, bad, and ugly in life we have our  
mates who support us through thick and thin?  
Barbara and I have a sacred bond with each other.  
It has gotten stronger over time.  
The more you pay attention to something, the more attention it pays to you.  
Relationships grow, morph and change over time.  
They are like a river flowing towards the ocean.  
Gratitude is what comes to my mind.  
Barbara knows me inside and out.  
Very few people can do that.  
I feel fortunate to be with her.  
She has a great sense of humor.  
We have an incredible daughter.  
In my eyes, she is a cornerstone for our daughter.  
She spent so much time teaching her about life.  
Many people ask what do you do instead of how did you raise your family.  
We just started when our daughter was quite young to focus our attention  
on her instead of my wife working in the outside world.  
The world at times wants you to be distracted or places priority on an  
outside job.  
We sacrifice a lot yet we have no regrets.

Our daughter is such an incredible person.  
I love being married to Barbara.  
It's a part of me.  
You can't quite put it into words.  
Over time one grows and matures.  
The seeds were planted many moons ago.  
Years later fruit trees appear where once there were seeds.  
This is the miracle of life and marriage.  
We are so grateful for each other.  
As we get older and also younger we appreciate each other.  
We are so blessed to have each other.

## Just Trust The Creator

Just trust the creator.  
Behind your breath lies the answer.  
Nobody knows the entire road that we walk on except for the creator.  
The road may go up.  
The road may go down.  
There are many twists and turns.  
At times the road is smooth as glass.  
At times the road has tons of potholes.  
Many times there are signposts all around.  
Many times there is no signpost around.  
At times the journey is so easy.  
At times the journey seems like we are driving in hell.  
The wise man finds that trust overcomes all that life throws at us.  
One who lives in the center of the hurricane has trust.  
One who is living like leaves blowing in the wind has a hard time trusting.  
Trust is a state of mind.  
Trust can be cultivated.  
Plant the seed of trust in your heart.  
Water it daily.  
Pull the weeds within.  
Take out the rocks and pebbles.  
If you do this and take care of your inner garden, trust will be with you constantly.  
Trust can be a fruit in your life.  
No, this is not a blind trust.  
The power behind your breath contains the answer  
Someday you will take your last breath and ultimately what you have left is  
nothing but trust.  
Nobody can say ultimately what happens.  
Yet one who has constantly paid attention to his breath while he is alive.  
understands this riddle of life.

## You Don't Have To Be Crazy True Peace Is Within You

You don't have to be crazy true peace is within you.  
Did you know that Buddha was one of the original psychologists of his time?  
He studied the mind inside and out.  
At times in the far East, they call the mine the monkey mind.  
It goes from branch to branch swinging and swinging.  
At times it never stops swinging.  
Before a person learns how to meditate, they never notice the monkey swinging  
from branch to Branch.  
At the moment one learns how to meditate the monkey comes out of hiding and  
goes from one branch to another.  
Mind you it was there all the time doing this.  
Because we focus our minds externally, we never saw this.  
There's a saying in the east that the most difficult thing to control in the universe  
is your mind.  
The mind is either your best friend or at times your worst enemy.  
How do you train your mind?  
Unfortunately, we never learn this in school.  
I must sound like a broken record yet that is the truth.  
Our unstable and chaotic minds are a reflection of the chaotic and unstable world  
we live in.  
Prem once said many moons ago we are sawing off the branch we are sitting on.  
The world at large says they want peace of mind.  
Yet, do they want to go through the practical steps of obtaining peace of mind  
I'm quite still mystified why the world doesn't understand this question.  
Something so simple yet the world is oblivious to it.  
Why are we so fixated on the external  
Yes, we live in this world. I totally agree.  
Yet currently the majority of mankind is so stressed out.  
We can't even enjoy the simplicity of life.  
We always want more and more.  
We are like ghosts drinking whiskey and never get satisfied.  
Look I'm not anti-materialism.  
Yet, there is a delicate balance between the internal and external state of being.  
I don't believe in following the carrot on the stick.  
The majority of mankind is doing this and going nowhere.

Peace of mind is a state of mind.  
This is my constant practice.  
Behind the breath lies the answer to this puzzle.  
We are talking about practical experience.  
This is not a theory or a philosophy.  
This is a practical experience that lies within you.  
This is your true existence.  
I'm not saying that curve balls will never be thrown at you.  
That is part of life.  
Yet I'm saying there is a sanctuary inside where when I curve ball is thrown your  
way one will smile.  
I've been there and I've done that.  
Clarity comes when the state of mind is stable.  
One can see the reflection of oneself in the water of life.  
Unfortunately, the majority of mankind their minds have created storms that  
never allow them to see their true reflection.  
The miracle of life is keeping you alive.  
We can wake up in the morning and appreciate each and every moment that we  
breathe.  
We will never know the last breath we will take until we take our last breath.  
It's as simple as that.