



Contents

You Don't Have To Live In Darkness	3
To Be Truly Human	4
Full Of Surprises	5
Find Your Inner Bliss.....	6
Your Inner Cheer	7
Hallelujah Leonard Cohen	8
I Am Taken To Another Place	9
The Only Way To Unplug	10
Happy Holi.....	11
Sacred Clarity.....	12

You Don't Have To Live In Darkness

You don't have to live in darkness, my friend.

This was never taught in Sunday school.

Imagine walking into a room and it is completely dark.

The wise man would simply flip on the switch.

Instantaneously the whole room would be full of light.

The ignorant man wouldn't turn on the light.

He would stumble and complain whoa poor me.

It is as simple as that.

Why do we like to be bound by chains?

It's a heavy load walking around with chains dragging you down.

Sometimes we get so used to the burdens of life that we think this is normal.

If someone says something different we get angry and say don't rock my boat.

Even if my boat is sinking, don't rock my boat.

Unfortunately, this is the state humanity is in today.

To Be Truly Human

To be truly human.

There is a huge difference between being human and man.

Hu means divine while man means mind.

A human being has a divine mind.

One who is truly human smiles at life.

He has nothing to say or prove.

When we look at our political system today in America what do we see?

There is no divine wisdom coming through.

There is only bickering, fighting, and pointing fingers at one another.

If this is a fine example of democracy then we have totally lost our way.

We must become a human race again instead of what we have become.

Modern-day scientists say we are a part of the universe and the universe is a part of us.

We are going from me to we.

In this transformation, we will go from man to human beings.

Full Of Surprises

The divine is playing a peekaboo game with you.

Most of us are oblivious to the game being played.

The wise one closes his eyes and sees the divine is playing this game with you.
What an incredible blessing when one realizes the divine is playing peekaboo with
you.

I say quite frequently, the more attention you pay to something the more
attention it pays to you.

Likewise with this peekaboo game.

In the beginning, one has small flashes of the divine.

The more one puts sincere effort and love into the practice the easier it becomes.

In the beginning, you meditate on the universe.

After a while, the universe will meditate on you.

Ponder over these words.

They have great meaning.

Life is full of surprises

Peekaboo

Find Your Inner Bliss

Find your inner bliss

When I was in high school I heard the word bliss.

I never heard that word before.

I was studying the works of Yogananda

To be quite honest it was a brand new word for me.

For the past 50 years, bliss has been part of my life.

The mystics of old and the yogis of old all talked about the same thing.

Jai Sat Chit Ananda

Truth is the consciousness of bliss.

When the mind is absorbed in truth, the consciousness will be in bliss.

This may seem like a slogan yet it's not.

The same energy behind your breath keeping you alive is the same energy
that is keeping the universe alive.

Your true nature is absolute bliss.

Ponder over these words.

What is keeping you from discovering your true nature?

Is it apathy or sorry just don't care.

Your Inner Cheer

Find Your inner cheer

You were never taught this in school.

You were taught to be cheerful, yet we never had the tools to truly understand what that meant.

Yes, being cheerful is a state of mind.

If one's attention is solely on the external world, it's impossible to be cheerful all the time.

Life will throw you curveballs.

Nobody gets a free ride.

A wise man understands to live in the center of a hurricane.

This is where true cheer resides inside of you.

Don't be like leaves blowing in the wind.

One moment you are happy and the next moment you are sad.

Your cheerfulness depends upon your external surroundings which always change.

Nothing is constant except for the life force that is keeping you alive.

Hallelujah Leonard Cohen

Yesterday I saw a post from Ken Bolton.

He saw a documentary about Leonard Cohen.

As soon as I read it I had to see this.

When I was 18 years old. I was in India.

Once I was in a western-style coffee shop where they used to play
Leonard's music.

Mind you I never heard it before but it rang in my soul.

I would recommend anyone to watch this documentary.

Leonard had many curveballs thrown at him throughout his life.

It was so beautiful to see how he overcame them over time.

It was such an inspiration to me.

Many of us would have given up and said it's not worth it.

This film is all about a man discovering himself

It is also an incredible message that Leonard came to teach.

He tried to have his feet on the ground and his head in heaven.

I was deeply touched by this.

Words cannot describe the inspiration I got from watching this film.

I find it quite ironic that Columbia records refuse to release the album.

They told Leonard it was pure trash.

Redemption has been made

His song. Hallelujah has over 300 different artists singing the song.

Each one is different and unique and ignites the soul on fire.

I Am Taken To Another Place

I am taken to another place.
We see only 1% of the light spectrum.
Yet we think we see the entire picture of life.
For over 50 years I've been taken to another place.
Millions of incredible poems have been written about this experience that exists
inside of you.
Brahmanda once said there's a palace in the sky without any foundation.
A Blind man sees the light inside of him.
A deaf man listens to the unstruct music.
A lame man climbs the ladder and drinks the nectar and gets intoxicated
The poem goes on and on.
The clincher is at the end.
He says only a wise man understands what I'm talking about.

The Only Way To Unplug

True happiness does not exist in this world.

You may even own the entire world.

Yet someday the world will be taken away from you.

In this day and age, many people would suffer if they had to unplug their devices
for a day.

They are so wrapped up in social media that they have become addicted.
Just think the entire universe is dancing with you and you are not even a smidgen
aware of it.

That is sad my friend.

Imagine the greatest play in the entire universe exists inside of you.

Yet the world at large ignores it

We don't have time for that most people say.

Yet at their deathbed, they are praying for dear life

Meditation is the only way to unplug from this world.

We are distracted by so many things.

The good, bad, and the ugly.

Our focus is always on the external, never on the internal.

Learn how to plug into the true existence that exists inside of you.

The external world is simply empty trinkets of life.

Maha mudra means the great seal.

The wise man brings his bliss internally and at the same time externally.

In this state, one refines the external senses and internal senses.

This is your true nature.

Happy Holi

I am blessed to be drenched in the divine colors of love.

The master comes and showers us with his blessings.

Even the gods and goddesses rejoice in this divine celebration every year.

We may think we are different yet in the eyes of the beloved we are one.

The true celebration occurs in your heart.

This is where the devotee and the master truly unite with each other in love.

All the divine colors of the rainbow are nothing compared to the unity that the devotee and the master have inside.

Rejoice on this precious day.

We are alive.

What a precious day it is.

Close your eyes then you will understand the true meaning behind these words.

Sacred Clarity

We desperately need sacred clarity in this world today.

Without it, we see only the chaos that exists.

We can't see the forest from the trees.

The world of large think that I don't need any help in any shape, way, or form.

We are texting on the freeway of life and that is all that matters.

I find it fascinating that the jewel lies inside yet we are oblivious to it.

The wise man understands the more clarity one experiences, the more sacred life becomes.

Each moment can become a sacred moment in clarity.

We seem to have lost our way.

The funny thing is we think we are on track.