



Contents

House of Cards.....	3
A Cosmic Dance	4
Be Calm In The Eye Of The Storm	5
I Am Doing The Best I Can	6
The Practice Of Inner Peace	7
The Path Of Enlightenment	9
What you practice you become	11
Do You Feel Like Dancing With Me.....	13
You Can't Conceive Who You Really Are	14

House of Cards

Life is like a house of cards.
Just think all it takes is a little wind to occur and the house of cards will come
crumbling down.
This week I have lost three friends of mine.
This life is so fragile.
At times it seems like there's a simple thread that is tying us all together.
It should be so obvious yet unfortunately, that is not the case.
Every one of us has been kept alive by our breath, yet we are oblivious to it most
of the time.
In my eyes that is a tragedy.
The same breath you take is the same breath the universe takes.
It is all the same.
What kind of foundation are you building your house on?
Only you can answer that question.

A Cosmic Dance

A cosmic dance is going on inside of you.
Most of us are oblivious to the cosmic dance within.
We are so preoccupied with texting on the freeway of life.
This cosmic dance has been going on even before the universe was born.
Yes, you will probably roll your eyes but that's the truth.
The closest thing I could describe is the sine wave.
Everything from the smallest to the largest comprises sine waves.
I mean everything from the smallest to the largest.
A wise man understands the meaning behind these words.
You are hardwired to dance with the source that is keeping you alive
Only you can solve this puzzle.
Nobody can solve the puzzle for you.
Ponder this over.
It could change your life forever.

Be Calm In The Eye Of The Storm

Be calm in the eye of the storm.

A wise man says to be calm in the eye of the storm.

Take shelter

Close your doors.

Close the windows.

Stay away from the winds of your mind.

Be in the center of the hurricane.

The wise men of old take shelter there.

Unfortunately, humanity is like leaves blowing in the wind.

At times the wind will blow you in the direction you want.

Then when you least expect it will blow in the opposite direction.

This can cause tremendous pain and frustration.

I'm not sure why they don't teach this in school.

Common sense is uncommon.

Many people will probably roll their eyes when they read this

I can guarantee you that on your deathbed you will realize how precious this
human life is when it is taken away.

Ponder this over.

I Am Doing The Best I Can

I am doing the best I can.
This life is a miracle.
We come into this world empty-handed and we leave the world empty-handed
Alexander, the Great once said those words.
We are all doing the best we can.
Walk in another person's shoes.
Then you will see they have the same kinds of troubles you have.
In essence, life will throw you curveballs whether you like it or not.
The goal is to not react to the curveballs.
Nothing external will be constant in life.
The happiness you try to hold on to no simply disappears like a thief in the night.
Here today gone tomorrow.
You are born and then someday you will die.
They couldn't be simpler than that
We can all help and assist each other on this journey of life.
You may ask what can I do to help another person?
Pretty simple
Be kind.
If the world was kind at large the world would be a kind place.
You are an intricate piece of the puzzle of life
Try not to be stagnant in life.
There is a huge difference between a flowing river and a stagnant swamp.
Learn to see through the eyes of a child that you once were.
Remember the time when you get hardly wait until the sun arose in the sky?
A new day, a new dawn was occurring.
All the answers you're looking for exist inside of you.
It's a miracle that we are alive.

The Practice Of Inner Peace

To practice inner peace is to

Be still and calm within

To let go of the worries and fears

That traps you in a maze of doubt

To practice inner peace is to

Breathe deeply and with ease

The mind should be focused on the river of energy that flows behind your breath.

To practice inner peace is to

Listen to the heart's voice

That knows your true path

And make loving choices in your life

To practice inner peace is to

Be grateful for each day

That is a precious treasure

And share it in some way

To practice inner peace is to

Be kind and gentle to all

As if they were yourself

And help those who may fall

To practice inner peace is to

Be present in the now

As if it were a gift from God

And not worry about how

To practice inner peace is to

Be aware and awake

As if you were an eagle

And not be fooled by the external world

To practice inner peace is to

Be joyful and serene

As if you were a child

And make the world a better place.

The Path Of Enlightenment

For thousands of years, we have been creating a chaotic world.

There is so much unnecessary suffering and misery.

We still fight wars and think that we are right in doing so.

Common sense is uncommon.

The path of enlightenment should be embedded in our everyday lives.

We have everything that was put in place the day we were born.

We have the operating system, hardware, and software.

Unfortunately, we never turn the computer on inside of us.

We still think that happiness lies externally in this world.

We live in a world of if I only had this and this and this I would truly be happy.

You can own the entire world and the universe, and you will still be unhappy.

The wise man lives his life with his feet on the ground and his head in heaven.

This is the path to enlightenment.

We are all custom designed to achieve this.

Even the word achieve isn't true.

You don't have to achieve anything.

Enlightenment is your true state of being.

You simply have clouds covering the sun within you.

There are an infinite amount of paths to go from darkness to light.

You just have to choose the inner path inside of you.

We make life so complicated.

We think this journey of going from darkness to light is almost impossible.

Well just look at a newborn baby and you will see how simple this journey is.

We make it so difficult.

We get so caught up in this world that we lose sight of who we are.

Mankind has almost completely lost interest in discovering its true nature.

That's why it's called the Age of Darkness.

Millions of people are waking up from their slumber.

Ponder this over.

What you practice you become

What you practice you become

Is a simple truth to know

But it's not always easy or fun

To follow where you want to go

Sometimes you practice out of fear

Or out of habit or routine

And you end up somewhere unclear

Or somewhere you don't want to be

Sometimes you practice out of love

Or out of passion or desire

And you end up soaring above

Or setting your soul on fire

Sometimes you practice out of need

Or out of duty or obligation

And you end up doing a good deed

Or making a positive contribution

Yet you might lose yourself in the end by taking the world first instead of your
own inner fire

What you practice you become

Is a choice you have to make

But it's not always clear to know which path you have to take

The wise man practices the art of self-realization in each and every moment

Behind your breath lies the answer to this riddle.

Do You Feel Like Dancing With Me

Do you feel like dancing with me
Under the moonlit sky
Where the stars are our witnesses
And the music is our guide

Do you feel like dancing with me
In the rhythm of our hearts
Where the magic is our essence
And the love is universal

Do you feel like dancing with me
Through the night and beyond
Where the mystery is our adventure
And the dream is our bond

Do you feel like dancing with me
To the song of eternity
Where the spirit is our partner
And the dance is our destiny

Do you feel like dancing with me
We have danced forever
Even before this universe was created
And the song of life exists inside of you

You Can't Conceive Who You Really Are

You can't conceive who you really are
With your limited mind and senses
You are more than a body, more than a star
You are beyond all forms and appearances

You can't conceive who you really are
With your rational thoughts and logic
You are more than a word, more than a thought
You are beyond all labels and magic

You can't conceive who you really are
With your ego and your desires
You are more than a role, more than a car
You are beyond all masks and fires of desire

You can't conceive who you really are
With your eyes and your ears
You are more than a sight, more than a sound
You are beyond all fears and tears

You can't conceive who you really are
But you can feel it in your heart
You are the source, the essence, the core
You are the whole, the part walking around in a human body