

# Contents Stephen Hawkin

Stephen Hawking	3
Kingdom Of Heaven	4
The Bully	<i>6</i>
Father And Son	
Waste Of Time	8
Face Your Fears	9
Fine Tune Your Life	
Flowers	11
Follow The Tracks	12
Gandhi	
Give Me A Break	
Glasses	

## Stephen Hawking

Stephen Hawking died yesterday. I have been following him for many years.

Yesterday he became stardust.

He became one with the universe.

Imagine being trapped inside your body for so many years.

Yet that didn't stop him.

He used it to his advantage.

His mind was as vast of the universe.

I loved one of his theories about black holes.

His theory was the other side of a black hole was a new universe being created.

Wow, how that for thinking outside of the box

Just a week ago I saw an incredible episode on Star Talk the series by Neil deGrasse Tyson.

He was interviewing him.

One of the panel members was Michio Kaku.

Both Michio and Neil were laughing at how incredible Stephen was.

He hit a home run in answering the questions.

Both of these people had a hard time understanding his concepts.

That day showed me his mind was probably the most brilliant of his time.

One of my most all-time videos was "A glorious day by Carl Sagan and Stephen Hawking.

Each time I see it brings tears to my eyes.

I think this video capture the essence of life.

This is what Stephen yearn for.

I think Stephen was a modern day mystic.

His laboratory was the universe.

He was trapped inside of his body but his mind was free.

He could use all of his energy to think about the laws of the universe.

He used his disability to leapfrog mankind.

I heard he had an incredible sense of humor.

A person who studies the universe will definitely acquire humor.

Humor is the foundation of life.

He used humor as a tool to go beyond all of his difficulties.

So today Stephen became one with the stars.

He was welcomed home with a standing ovation.

Tears of joy were heard throughout the universe.

# Kingdom Of Heaven

Many people think that the Kingdom of heaven is a place.

There is a pearly gate and God has guards at the entrance,

You must pass the test to get in.

Yet what if Heaven is a state of mind.

What if heaven has always been there but there has been dust covering the inner mirror.

Maybe man's problems have always been looking outside of ourselves.

Maybe just maybe we have forgotten our true nature.

The hells that man create are real.

Look at the wars all around the world.

Innocent people get killed and maimed.

Millions of people are fleeing from there homelands.

That must be hell.

We as a world must help them.

Forget our immigration policies.

Do you think Christ will accept that?

The US seems to have we don't care policy.

Immigration was a thing of the past.

Immigration must be stopped.

Recently I saw where ICE sent a man who has been here for thirty years back to his home country.

He leaves behind his wife and kids.

The US is creating a living hell for thousands of people.

What happened to the love and compassion of America?

Have we totally lost our ways?

How can we still have a President who mocks the world?

We get him the keys to our nuclear codes.

To be honest, America must learn to discover the heaven within.

We are so much off the mark.

Anger is the norm.

Anger is the point on the thermometer of life where you know our society is sick.

America has a serious disease.

Not a disease is a point where there is no ease.

Everything is in a chaotic state.

Just like cancer.

It seems to describe our political system today.

Everything is in chaos.

Nobody knows whats going on.

You can be fired just like The Apprentice show on TV.

Just ask Rex Tillerson and the rest.

Chaos is a manifestation of our minds.

If our minds are chaotic the world around us will be chaotic.

It is as simple as that.

Remember you can choose between heaven and hell.

The choice is yours.

# The Bully

Yesterday my wife and I were watching the ducks and geese.

It was a glorious day.

We see this guy and his dog walking down the path.

This person was smoking a cigarette and staring at his cell phone.

He had a ball in his other hand.

He would throw the ball and the dog would run in glee towards the ball.

At times the ball would bounce high into the air and he would catch it.

Then he would run as fast as he can towards his owner.

At times this guy wouldn't even notice him.

He was paying attention to his phone.

The dog would just sit there wagging its tail.

Eventually, the man would come back down and see his dog sitting there.

He then would eventually throw the ball again.

As all dogs do they have to poop.

Well, the dog did its thing and this man looked all around to see if anyone was looking.

Nope nobody around so he walks away.

Only a few yards away were doggy bags to use to clean up the mess.

Mife wife and I were happy that when the dog would catch the ball when leaping high into the air.

This guy would yell congratulations into the air.

I liked that.

The dog was a friendly and loving dog.

At one point I notice he had on a San Diego tee shirt.

I used to live in Del Mar just outside of San Diego.

Well, I rolled down my window and was about to say hello.

He then threw his ball towards the sleeping ducks and geese.

The dogs ran towards them and all of the ducks and geese scrambled towards the pond.

How would you like to have a bowling ball thrown in your house when you are fast asleep.

I didn't say anything towards this person.

He didn't even see us watching this situation.

In Kansas, you can carry a gun where ever you like.

You have to be careful about what you say.

Otherwise, you might end up in a box if you know what I mean.

I often wonder which planet I landed on.

Am I having a nightmare or is this real?

#### Father And Son

Last night my wife and I went to pay a visit to see the ducks and geese.

We love to watch them flying in the sky.

No wonder our Air Force fly in the same patterns in the sky.

I love to hear there honking in the air.

But sometimes humans have a tendency to spoil the whole thing.

There was a young boy around three years old with his father.

They were going around the park running after the ducks and geese.

It would be like if I came into your house with a bowling ball while you we

It would be like if I came into your house with a bowling ball while you were asleep.

There were getting a kick out of it.

Mind you this sort of activity is training the young boy to be a bully.

They have no consideration or awareness of nature.

What are we teaching our young?

I remember at times when I was young I did the same thing.

I had zero awareness what I was doing.

Fortunately, I became mature, aware and more conscious.

I couldn't say anything to the Father or a fight would be in my hands.

This went on for an hour or so.

Little boys need guidance to become better human beings.

The expression well boys will be boys really doesn't cut it.

If we want a better society it starts with our young.

They will be the future generation.

Do we want to continue with war and bullies in our land?

If we don't change the world won't change.

Are we so asleep with nature that we can't see the forest for the trees?

Do we think we have total domino over nature?

We can rape nature for whatever we need.

Are we sawing the branch we are sitting on?

I am hopeful for mankind.

Mankind means kind man.

This is our potential.

This is our true state of being.

We have dust on our mirrors of life.

We can learn how to be in harmony with nature.

Yet at the same time, we must change for the better.

We can't go on with the same broken record.

At times we are sitting on the fence.

One side is darkness and the other side is light.

#### Waste Of Time

For the last ten years ago there is a concept of a single sign-on.

For example, you go to whatscookingtreasrues.com.

My cooking website.

If you want to register you click a button on google or facebook.

Presto.

You have registered with no passwords on my site.

Simple.

Yet they make is extremely difficult for the developer.

You see every few years they change things and it no longer works.

Millions of developers all around the world then scramble to try to fix the problem.

Millions of hours are wasted.

If you make money on your site you lose money while its down.

Both Facebook and Google are guilty of this.

This happened to me this week.

Facebook is down.

There are hundreds of suggestions on how to fix it.

Each one takes you down a rabbit hole.

Now both Facebook and Google know our email address.

What don't they send us an email in advance of these changes?

They could describe exactly what is needed for the next change.

Instead, developers are in the dark and wasting time to fix this.

This is in my eyes the way to solve this problem.

Yes, I believe security but please announce the ways in advance and provide practical guidance.

Millions of people are affected by your changes.

Do you ever think that your actions have wide consequences worldwide?

How many developers get up and roll there eyes and say not again?

We don't want to go back to the era where we store passwords on our site.

Yet we get tired every couple years we have to change or code or settings to make it work.

Being a developer is challenging enough to be current in technology.

You can never rest on your laurels.

Yet something like a single sign-on should be done once and only once.

Instead, headaches occur every two years.

You almost dread the moment in time when this will happen again.

In the last seven years, I have to change things at three separate times.

One time it was a huge workaround.

Hopefully, Google and Facebook will listen to this.

#### Face Your Fears

Face your fears.

Don't walk away from them.

Don't hide from them.

Yours fears will lead you to God.

The light shines into the darkness.

Darkness will be dispelled.

Yet your fears will come up.

Face your fears within.

When you do this your light will become brighter.

You have conquered a little more of your fears.

Imagine your fears can be used as a vehicle in this game of life.

You are learning each and every moment.

Face your monsters within. You will be glad you did. You can solve this puzzle.

#### Fine Tune Your Life

Have you ever heard a person who has master the guitar? Imagine an Eric Clapton.

How much dedication did it take to get where they are today? So many hours of practice.

I'm sure there was stumbling along the way.

They made errors.

Yet they continued on this journey.

I love to discover who I truly am.

I've spent most of my life meditating.

I'm discovering how to be a better human being.

I'm facing the dragons within.

What joy it is to let go of anger.

Every moment is an opportunity to be tolerant of others.

Practice what you preach.

Every moment is an opportunity to improve on this road of life.

Your life is a canvas and you create your own reality.

What kind of world do you want to live in?

#### Flowers

Flowers are nature's way of saying 'I love you'. From a small seed comes a beautiful flower. Can you imagine the force when a flower blooms? We give flowers on celebrations. We give flowers to our lovers. We put flowers on our loved one's graves. We give flowers to someone who is sick. We give flowers as gifts. We use flowers in our wedding ceremonies. We have flowers in our office. We have flowers in our house. We plant flowers in our backyard. There are so many different types of flowers. Flowers give us hope. Flowers help us get well. Flowers unite two lovers. Flowers put a smile on our face.

Flowers help us to overcome the death of a loved one.

## Follow The Tracks

If you follow the railroad tracks
You will eventually get to your destination.
Hot and sweaty you will be.
Maybe it will snow or you will get wet.
The wise man buys a ticket on the train.
He also has an incredible journey watching the sights,
Man has a choice to follow the tracks or
To board the train.
Either way someday you will reach your true home.

## Gandhi

Gandhi was a simple man who brought England to its knees. Who would ever have thought a 90-pound weakling could cause England so much trouble?

He believed in the common man.

Gandhi was a man more powerful than all of England.

He knew the true power of this life.

He was not your ordinary politician.

He cared for this human life.

Many people don't realize the power of water.

It seems so gentle.

Yet over time, it can dissolve rock.

Gandhi believes that non-violence was the answer.

The British with their arms left India forever.

Gandhi simply left them with a mirror.

How can you kill when none wants to fight?

You eventually leave the country and never to return.

When I was a kid Martin Luther King believed in non-violence.

Unfortunately, he was killed, but his dream lived on.

America was transformed by his words.

Our world is a better place.

I believe in non-violence.

We can truly change this world.

Gandhi and King, I salute you.

#### Give Me A Break

Thank God it's Friday.

We all need a break from our daily routine.

Where can we escape?

Where can we go?

Drinking will bring us a hangover by morning.

What truly gives us a break?

What truly gives us freedom?

Do you know what you are talking about?

How can we be at ease?

In this state, there is no disease.

The body and mind are in harmony.

#### Glasses

Glasses can be helpful to make you see.

At times it can make you tainted.

I can only see blue because my glasses are blue.

Therefore the world is blue.

Yet the world contains all colors.

It contains colors that even you can't see.

Don't think that I can see everything.

97 percent is filtered by the brain.

We refuse to see the world as it truly is.