



Contents

| | |
|---|----|
| The Struggle..... | 3 |
| The Surfboard | 4 |
| The Swan | 5 |
| The Tainted Glasses | 6 |
| The Tao That Can Be Told Is Not The Eternal Tao | 7 |
| The Temple Of God | 8 |
| The Thrill Of Surfing | 9 |
| The Universe Exists Inside Of You | 10 |
| The Universe Is Your Family | 11 |
| The Whale..... | 12 |
| The Wild Card..... | 13 |
| The Wind | 14 |

The Struggle

We all struggle in life.
Life is not easy.
So many obstacles along the way.
Yet at times we are like drama queens.
We love to rage through our emotions.
We make a mountain out of a molehill.
We blow things out of proportion.
What life throws at us we react?
We go from one extreme to another.
All the great masters have taught that only you can change the outcome of your
struggle.
You are never alone.
You can see everything is a blessing in disguise.
No matter what happens to you God is holding you in his arms.
That is a fact.
You are the sun, moon, and stars.
Does the universe struggle?

The Surfboard

The surfboard is the vehicle to ride the ocean waves.
You can take this board around the world and ride the magnificent waves.

You paddle out.

You encounter obstacles along the wave.
When the waves are big you are panting for breath.

I made it out.

Now, what do I do?

You wait for a wave to come.

Ah, look at that one.

I'm in a perfect position.

You either catch the wave or you don't.

The wave doesn't wait for you.

You stand up and you made the drop.

Your mind is totally at peace.

You are in the zone.

You made the wave.

Or

I'm paddling for the wave.

I think I got it.

Oh my God, I'm going over the falls.

It seems like years I'm underwater.

Yet only a few seconds go by.

The wise man was surfers of their day.

They discovered the waves of light.

There is an ocean within just waiting to be discovered.

Did you know you are a surfer?

The Swan

Do you know that we are all swans?
We are the crowns of creation.
Yet we all think we are ugly ducklings.
We cause so much havoc in our life,
Our feathers are constantly being ruffled.
We fly from one place to another, yet we truly don't enjoy ourselves.
We constantly fight with one another.
The wise man tells us to look within.
There the lakes of our mind will be as glass, and we shall see who we truly are.
A swan.

The Tainted Glasses

Yesterday Oprah asked the question of how her critics called her an angry black woman.

She replied 'Dang, you don't even know me,'

You just sort of feel like, 'Wow, where'd that come from?'...

But then you sort of think, 'This isn't about me.'

This is about the person or people who write it, you know? That's just the truth."

How true is that?

We see the world through tainted glasses.

Those people who call her angry black women are themselves angry.

Anger has consumed them.

They project their anger on someone who isn't full of hate and rage.

Humanity must take off our tainted glasses.

The democrats and republicans aren't evil.

They have a different point of views.

We must see ourselves as Americans first

The Tao That Can Be Told Is Not The Eternal Tao

The Tao that can be told is not the eternal Tao.
The name that can be named is not the eternal name.
The nameless is the beginning of heaven and earth.
The named is the mother of ten thousand things.
Ever desireless, one can see the mystery.
Ever desiring, one can see the manifestations.
These two spring from the same source but differ in name;
This appears as darkness.
Darkness within darkness.
The gate to all mystery.

The Temple Of God

We search for God in so many different ways.
Some go to the mountains to pray.
Some go to the desert to meditate.
Some people go to their churches, temples, or mosque.
Yet the holiest of temples lie inside of you.
You are hardwired to discover God inside of you.
You are custom-built.
You are built in the image of God.
How about that?
Mystics have talked about this for time immemorial.
Let thy eye be single and the whole body should be full of light.
The kingdom of heaven lies within.
There is a famous poem that goes like this.
There is a palace in the sky.
A blind man sees a light more brilliant than a thousand suns.
A deaf man listens to the unstruck music.
A lame man climbs the ladder and drinks the nectar of life.
The poems go on.
The final clincher is only a wise man understands what they are talking about.

The Thrill Of Surfing

Is surfing like a drug?
I often wonder.
When I first learned how to surf a famed surfer pushed me into a one-foot wave.
I was hooked.
My entire life changed.
The adrenaline of life began.
Surfing took me all around the world.
I remember as kids my brother and I always paddle out.
No matter the size.
Is the high from surfing created by the union of the ocean and man?
The Hawaiian would say so.
For them to relax and have a good time.
They watched the ones from the mainland get greedy for catching waves.
Surfing was teaching you about life.
You can be just like a drug addict with your next fix.
Or you can be in complete harmony with the wave of life.
The choice is up to you.
How will you live this life?

The Universe Exists Inside Of You

Did you know the universe exists inside of you?

What no way.

How could that be possible?

The universe exists outside of me.

Maybe that's the problem.

You are the universe.

You think it exists outside of yourself.

If you think it is outside of yourself how can you be a part of it?

The great masters have said the answer lies within you all the time.

A part of you is the universe.

Tap into your higher self and you will solve this riddle.

The Universe Is Your Family

The universe is your family.
You are eternal.
You were never created and you will never die.
Friends and family are everywhere.
You are part of the grand awareness of life.
We think only sentient beings have a family.
How about the sun in the sky?
Does it have family and friends?
My attitude has changed lately.
I think we are all family and friends.
The universe is connected.
Unfortunately, we don't see or experience that connection.
We are wired up to discover our true nature.
Ponder the meaning of these words.
You are never alone.

The Whale

When I was young my brother and I went for a spin on a motorboat with our dear friend Mark.

It took time to go from the harbor to outside the jetty.

When we got outside the jetty Mark turned off the engine.

Suddenly we felt thousands of bubbles beneath us.

Never before have I been so excited.

A huge whale comes to the surface and greets us.

I'll never forget those beautiful eyes.

The whale knew he could destroy us but that wasn't on his mind.

The whale was our friend.

He had nothing to prove.

He was majestic.

I'll never forget that experience.

The Wild Card

Did you know you are a wild card?
A wild card is an event that never appeared on the radar screen.
You and I never appear on the screen.
Peace on earth is a reality.
The universe is rooting us on.
Mankind is changing.
The light of mankind is dispelling the darkness.
One by one each of us our discovering our true nature.
This light is turning into a huge bond fire.
All the weeds are being burned by the fire.
You are the wild card.
Discover your true nature.
Now is the time to play your cards.
It's the greatest card game in the universe.

The Wind

Have you felt the wind of your soul?
The wind is indivisible yet truly can be felt.
The wind is free.
It can blow or be still.
How incredible is the wind blowing on your face?
Sailing boats riding the wind.
What an awesome power is the wind!
The wind has no troubles or worries.
What causes the wind to blow?
Have you ever felt like screaming in the wind?
Waves of joy rising inside.
I'm alive.
Does the wind beckon us to discover?
Come home, come home.
Have you heard the wind singing at night?
Singing us a lullaby.
I'm snuggled in bed, with the wind howling in the night.
The wind.