

Your body Is Your Drug Store



Fletcher Soul Traveler

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## Your body Is Your Drug Store

The art of Taoism has been around for thousands of years.  
I find it quite fascinating that they talk about the elixir of life.  
This elixir is not an herb or any external substance.  
This elixir exists inside of us.  
In India they talk about the nectar from God that flows within.  
Yet here we are taking drugs for our ailments.  
Each drug has a huge side effect.  
Now I'm not saying don't take drugs.  
I'm saying maybe there is a better way.  
For example in China you pay your doctor when you are healthy.  
You don't pay when you are sick.  
Mind you in modern day China this isn't always the case.  
But the point is that you focus on balance and harmony.  
In our culture everything is fragmented.  
We don't focus on the harmony of the mind, body and soul connection.  
When I was young I heard about the concepts of being in harmony with the  
universe.  
To be quite frank I had no idea what they were talking about.  
Here's an example of being out of balance.  
In my junior year my parents took our family to Yosemite.  
It's probably one of the most incredible place on the planet.  
Yet I couldn't see the forest from the trees.  
I was miserable.  
Why because I missed the ocean.  
Now that being out of balance.  
Before we can begin to be in harmony with the universe let's try being in harmony  
with the planet earth.  
Currently man has divorced himself from our precious earth.  
We pride ourselves with the technology that we have.  
Yet we are totally emotionally immature with the earth.  
Where am I going with this?  
Imagine if man was in absolute harmony with the earth.  
Can you imagine the wisdom that it has?  
It might tell you that your body is your drug store.  
Every thought whether positive or negative secretes over 1400 positive or negative  
chemicals.  
Currently most of America is totally out of balance.  
Look at all the problems today.

I used to work for the USDA.  
I saw my friends taking up vaping.  
I couldn't believe how much smoke came out when they exhaled.  
It was at least 5 times the smoke from regular smoking.  
No wonder there is such an epidemic.  
Imagine there are drugs existing inside of you that are dormant.  
In order to receive them you must be in balance and harmony.  
In each and every moment we have the opportunity to be conscious and aware.  
Currently we are playing the same tapes over and over again.  
I can guarantee that these elixirs of life will work better than any physical drugs.  
Your body has the intelligence to produce these for you.  
How many people listen to their bodies?  
How many people monitor their thoughts?  
How many people dive into silence?  
How many people monitor their actions?  
You see this is a moment by moment conscious event.  
When we are unconscious chaos exists.  
Look at the world around you.  
Does it seem to be in balance and harmony?  
The question is do you want to change?  
Are you content with the current conditions?  
This isn't just Richard on a soapbox.  
I'm asking real questions.  
What do you think?  
You are your savior.  
Nobody is going to save you except yourself.  
All the scripture point the way but you must walk on this path.  
This human body is hardwired to find God within.  
We are on this incredible journey to discover our true nature.  
We are out of balance and yet we can learn how to be in balance.  
These are exciting times.  
Millions of people are waking up.

## RIP Christian de la Iglesia

My dear Christian.  
May you ride the eternal wave?  
I'm shocked and saddened that you have left this planet.  
Yet we never know when it's time to go.  
I've been proud of your life.  
I haven't seen you in years yet it seems just like yesterday you were playing with  
my daughter Chanda.  
You loved life and life loved you.  
You had a deep respect for the ocean.  
Surfing taught you the ebbs and flow of life.  
There is a high tide and low tide.  
Yet it's all the ocean of life.  
You are one with the ocean.  
This means a part of you exist inside of me.  
Your body has died yet your essence is alive.  
You have simply moved into the next room in the mansion of life.  
My prayers go out to your family and friends.  
By the way catch a wave for me and your family.  
Let's celebrate

## Apathy

The definition of apathy is as follows.

Lack of interest, enthusiasm, or concern.

When it comes to man discovering the jewel within apathy is there.

When the great teachers told you to be aware of your breath at all times.

Apathy is there.

When the mystics and scientist say you are the universe.

Apathy is there.

When one says you are never alone.

Apathy is there.

Man is more interested in his football games than the secrets of the universe.

Look at the roaring crowd rooting for their home teams.

What a buzz of energy is in the air.

Yet we have a total lack of interest, enthusiasm, or concern for the unknown.

I find that quite fascinating.

Signposts of God are all around yet we could care less.

This human body is hardwired to discover God within.

Yet a football game gathers great enthusiasm while the unknown seems boring.

No wonder humanity is in such a mess.

## Cooperation

Did you know that Darwin mentioned cooperation more than survival of the fittest?

Darwin borrowed the term survival of the fittest from Herbert Spencer.

These are quotes from Darwin.

Those communities which included the greatest number of the most sympathetic members would flourish best and rear the greatest number of offspring.”

What Darwin called “sympathy,” in the words of Paul Ekman, “today would be termed empathy, altruism, or compassion?”

A few years back a famous test occurred with chickens.

The most aggressive chickens were separated from the group and placed into another group all by themselves.

Two months later the majority of chickens killed one another.

The other group had no changes at all.

They were just fun loving chickens.

We have been taught that to survive we need the survival of the fittest.

Yet look at the world around us.

Where has it taken us?

The world is in total chaos.

We must change our ways before it's too late.

We need to embrace cooperation in our daily life.

## Intuition

The definition for intuition is as follows.  
The ability to understand something immediately, without the need for conscious reasoning

We all have intuition built in.

Yet for the majority of people it is dormant.

We spend some much time developing our intellect.

As a child we had it yet society overtime frowned upon it.

I find that ironic.

We all have had that gut feeling of intuition.

We all at some point in time listened to our gut in times of danger.

For many people their intuition have save their life.

Intuition can be cultivated.

The more you pay attention to something the more attention it pays to you.

It's like a tuning fork.

A tuning fork will vibrate at the frequency that is in the air.

For example close your eyes.

Focus on your breath.

When you feel calm focus your attention on your gut.

Scientist have found there is a second brain in your gut.

Focus your attention there.

The calmer you get overtime your intuition will be clearer.

Your subconscious will talk to you thru feelings

You will be able to understand something without your conscious mind.

Your intuition will take you place where you can't even imagine.

We are thinking inside of the box.

Your intuition is outside of the box.

Great wisdom streams through your intuition.

You are tapping into the quantum field.

Many great scientific discoveries came from the field of intuition.

A person who learns to develop his intuition becomes wiser overtime.

With so much information we are bombarded with, a person with intuition can sort through what is true and what is false.

Good old Albert Einstein use intuition in his daily life.

Teach your children this wisdom.

You may not be interested but your children or grandchildren definitely need this.

They will soar in life.

Intuition is the key to help guide us.

We all have an internal GPS system with us.



## Gratitude

If you want a happier life express gratitude in your life.  
Gratitude is the bond which ties the earth and heaven together.  
It is the glue which binds us all.  
Modern day scientist in the West have been studying gratitude for around thirty  
years.  
They found when a person is in a state of gratitude the heart is in resonance and  
balance.  
Modern day man heart is not in balance.  
So many people today have heart problems.  
Most of this is by the stress we afflict upon ourselves and the external  
environment.  
Gratitude is a state of mind.  
Imagine planting a seed of gratitude.  
Daily you water that seed.  
You take out the weeds on a daily bases.  
You take care of your garden.  
Overtime your garden will flourish.  
The East has been practicing this for thousands of years.  
They discovered long ago the flower of gratitude in one's life.  
Gratitude has a sweet perfume which permeates everywhere.  
You can see the difference between one who is full of gratitude and one who hates  
this world.  
The definition of gratitude is as follows.  
The quality of being thankful; readiness to show appreciation for and to return  
kindness.  
I like that.  
Personally I think the entire universe is in that state of awareness.  
We have that quality inside of us.  
We just need to cultivate it.  
Your world would change so much if you daily cultivate it.  
Watch your thoughts.  
They become words.  
Watch your words.  
They become deeds.  
Watch your deeds.  
They become habits.  
Watch your habits.  
They become character.

Character is everything.

When one does this in each and every moment one has cultivated gratitude.

## Tenacity

The quality or fact of being able to grip something firmly; grip.

Persistence

Determination

Perseverance

Tenaciousness

Single-mindedness

Strength of will

Firmness of purpose

Strength of purpose

Fixity of purpose

Bulldog spirit

Tirelessness

Resolution

Resolve

Firmness

Patience

Purposefulness

Steadfastness

Constancy

Staying power

Application

Diligence

One who has mastered tenacity in this world is truly a wise man.

## Fixity

Fixity is a state of being unchanging or permanent.  
Everything changes in the external world.  
We buy a brand new car and it get old.  
I remember when I first moved to Kansas City eight years ago.  
A friend of mine bought a BMW for 65,000 dollars.  
He sold it just recently for 10 grand.  
What brought so much pleasure initially over time lead to dissatisfaction?  
This is the nature of the external world.  
Everything changes.  
You can't hold on to anything outside of you.  
Even your human body will someday disappear before you.  
What can we fix upon that is permanent and unchanging?  
The mystics of the past used fixity to concentrate on the power behind the breath.  
We all breathe in each and every moment.  
Yet we take it for granted.  
To be honest most people are oblivious of their breath.  
When the great mystics say the entire universe is breathing most people just  
chuckle.  
You got to be kidding me.  
What have you been smoking?  
The doors to perception have always been there.  
The signpost are there.  
Your human body is wired for this experience.  
Yet we think that the mysteries of life can't be found by being aware of our breath.  
That's too easy.  
Occam's razor is a principle from philosophy.  
Suppose there exist two explanations for an occurrence.  
Another way of saying it is that the more assumptions you have to make, the more  
unlikely an explanation.  
Fixity on your breath is as simple as you can get to find God.  
It's so simple.  
Yet we don't believe it.  
The path must be complicated.  
If you think the path is complicated then the path is complicated.  
Mystics have said this path is super easy.  
Just watch your breath.  
That's how easy it is.  
This has been known for thousands of years.

Today it's still an unknown in our society.  
Present day man mind is fixated upon the external.  
When a society does this chaos is all around.  
Need I saw more?

## Our Daily Snippets Of Life Isn't The Full Story

Our daily snippets of life isn't the full story  
Our media has a tendency to display all the negative news  
The murders and crime throughout the land.  
The latest political follies.  
The fight between the left and the right.  
The chaos on this planet.  
Yet millions of people are waking up from their slumber.  
A new dawning is appearing.  
The sun is just about to rise in the sky.  
The sun brings kindness, compassion and love to the land.  
This is our true nature.  
Darkness has nowhere to hide.  
Many events are being exposed.  
They were hidden in the past and now they are in the open for all to see.  
This is a glorious day.  
The light is getting brighter than ever on earth.  
Lite your candle and others around you.  
Peace on earth is coming.

## Mistakes

We all make mistakes.  
That is how we learn.  
Two steps forward.  
One step backwards.  
The entire creation is an ebb and flow of life.  
In actuality there are no mistakes.  
There are lessons to learn.  
Yep been there done that.  
I don't have to recreate that problem again.  
We have the opportunity to learn and gather wisdom.  
Many people wallow in their misery without ever contemplating on what is the  
    lesion to learn.  
We will never clap our hands and say I've mastered life.  
Life is an incredible journey.  
Your journey is endless so we will continue to grow and learn.  
We can help others to not do the same mistakes we did.  
Our parents did this quite often in our lives.  
Yet due to our ignorance and immature nature we often ignored it and paid the  
    price for our actions.  
We can always change if we want to.  
After all there is always the next level in the video game of life.

