

A vibrant, abstract visualization of a cosmic web or galaxy cluster. It features a dense, glowing orange and yellow central region with numerous bright points of light, surrounded by a complex, filamentary structure of blue and purple threads. The overall effect is one of intense energy and cosmic scale.

# Life is a game

## Fletcher Soul Traveler

ILLUSTRIS

## Contents

Life is a game.....	3
Fisherman.....	4
Children Working In Mines .....	5
Relax Your Muscles Every Day .....	6
Retreat From Your Mind .....	7
Wisdom From Your Ancestors .....	8
Help One Another .....	9
My Lucky Day .....	10
Grasping At Straws .....	11

## Life is a game

Life is a game.  
With all games there are rules.  
The wise men in the past presented man the rules to play this game.  
Kindness, love, and compassion were the rules.  
Unfortunately, man has been fighting wars for thousands of years.  
What has that gotten us?  
More wars and misery.  
Maybe we should open up the great scriptures and read the rule book again.  
It would be great if we could put these words into action.  
How many innocent people have died in all wars?  
Too many to count.  
If we want peace on earth we need to understand the rules on how to get there.  
Fighting will never bring peace.  
It will just bring another war.

## Fisherman

There have been many incredible fishermen throughout the ages.  
They weren't your average kind.  
The fisherman taught humanity to fish for kindness.  
Kindness is the essence of life.  
Kindness makes the world go around.  
There is an inner ocean.  
One may take the boat of silence and drop your line.  
Within seconds one catches the fish of kindness.  
The fish helps man to transform from darkness to light.  
You are not alone.  
The ocean of life exists inside of you.  
Be kind.  
Drop the anger.  
Has anger served you and this world?

## Children Working In Mines

Imagine today this still exists.  
Around 10,000 young children work in mines in Madagascar.  
They work 12 hours a day seven days straight.  
They get no breaks.  
They make pennies a day around five bucks a week.  
They mine precious metals that companies like Panasonic can use.  
Without this precious metal, they could not make their products.  
Panasonic says they have no idea that these young children work in such conditions.  
CBS interviewed these children.  
Most of them were around 6 to 8 years old.  
Something has to be done about this.  
China is also using this meta.  
Personally I think they should be sued for billions of dollars.  
The children should be co-owners of the mine.  
They should get proper education  
A trust fund should be set up for them.  
They then could use this fund in the future.  
This money could be used to help young children.

## Relax Your Muscles Every Day

Did you know that past traumas get stored in your body and muscles?

Day by day, year by year they fester.

This ultimately leads to disease.

When I was young I learned a very easy yoga technique.

It was so simple I ignored doing it for many years.

Fast forward 48 years.

I just started to practice this again.

It's very easy.

Just tighten and relax starting from your toes to the top of your head.

Tighten each part three times.

Start with your toes.

Ankles.

Thighs

Stomach and hips.

Upper chest and back.

Tighten your hand's elbows and upper arms.

Tighten your throat.

Tighten all the muscles in your face.

The last part tightens all in one sequence all of the above.

Do this three times.

This should take around 4 minutes.

At first, you probably will have a hard time doing this.

The body and mind are not used to being in sync with each other.

Over time you are training the body to be more relaxed.

Anybody can do this.



## Retreat From Your Mind

We all need at times to retreat from our minds.  
Our minds take a mosquito itch and make-believe a dragon just flames us.  
It blows everything out of proportion.  
Our ego really can't discriminate properly.  
It tends to run the show.  
Our present-day political arena demonstrates this.  
But how do we retreat from your mind?  
We were never taught this in school.  
The mind just wanders and rambles.  
Many people say my mind doesn't ramble and wonder.  
I once had a dear friend who learned how to meditate.  
After a short time, he said wow I can't believe how powerful the mind is.  
Unfortunately, he stopped meditating.  
To truly retreat from your mind take a day-by-day, moment by moment being  
aware of the power of your breath.  
When one learns to be totally present in the now one is in a state of being retreated  
from your mind.  
In this state, one lives in the center of the hurricane.  
The howling winds of the mind are still there yet one's state of mind is peace.  
Wise men have been talking about this for thousands of years.  
You can retreat from your mind.

## Wisdom From Your Ancestors

Close your eyes.  
Imagine in your mind one of your ancestors who have died.  
Feel the joy and love emulating from them.  
Feel your pain and loss disappearing before your eyes.  
You are never alone.  
Did you know that indigenous people all around the world gather wisdom from  
their ancestors in this manner?  
Our grief should occur.  
Yet over time, we can reconnect with our loved ones on a daily bases.  
Mind you it's not with words.  
You will feel the essence of your loved ones.  
It's hard to put into words.  
They will come into your dreams.  
You will have a flash of their presence.  
They will appear in many shapes, ways and forms.  
Remember you are not alone.  
Your loved one just moved into a different room in the mansion of life.



## Help One Another

I write these so we can help one another.  
We are all one the same boat.  
As you probably know I've been meditating for 48 years.  
It is my passion.  
Today I realized and experience something so practical.  
For years it's probably been staring me in the face.  
Yet I couldn't see it.  
For some reason, I decided to merge peacefulness with my mind.  
To be quite frank I never have thought of that before.  
Mind you I have spent hundreds of thousands of hours meditating.  
I spent just a few seconds of concentration and peace in my mind and presto the  
grain of irritation disappeared.  
I often say the signpost of God is all around us.  
Often grace comes in the form of an incredible thought that can literally change  
your world.  
This is not taught in our schools.  
Yet some schools are trying this out with great success.  
I hope this helps someone.  
Imagine peace.  
Feel the peace.  
Merge the peace with your mind.

## My Lucky Day

This must be my lucky day.  
Most people probably think the quantum field has no state of emotion or  
awareness.  
Yet wise men have said for thousands of years that's not true.  
They didn't call it quantum back then.  
The Chinese called it the Tao.  
Yet today, while I was meditating the energy, took on a different persona.  
It seemed to dance.  
It was alive and conscious.  
Words can't describe that experience.  
Imagine the life force having a great sense of humor.  
It had tremendous laughter.  
This is our true nature.  
Why are we humans at times such a stick in the mud?  
Our true nature is so much greater than we can even conceive.  
Imagine the solution to all the problems that exist inside of you.  
Mind you I'm not saying you won't have any problems.  
But I'm saying your true nature is magnificent.  
Only you can open the door within.  
By the way, there is no door.  
Just look inside and see what's there.

## Grasping At Straws

At times I feel so sorry for many human beings.  
I feel like we are grasping at straws.  
How many people have died from drugs and alcohol?  
They didn't mean to die yet they did.  
Millions of people have died from the opioid epidemic.  
The drug industry made billions of that one.  
Why doesn't humanity change for the better?  
It seems like we are sawing the branch we are sitting on.  
I heard this many years ago from an incredible teacher.  
Do we just live our lives unconsciously?  
I'm still amazed at most of the food in the grocery stores.  
Most of the food is junk food.  
When you eat junk food it affects your body and mind.  
Most junk food commercials are made-up fantasies.  
Coca-cola is the real thing.  
Many people I know drink only soda.  
Many don't like the taste of water.  
Did you know it takes a few days just to flush out the soda you just drank?  
No wonder America is so unhealthy.  
Common sense is uncommon.  
Many people live their lives through commercials.  
Commercials dictate what we should buy.  
Take all the drug commercials.  
Before 2000 companies weren't allowed to advertise.  
Watch the evening news and the majority of commercials are drug commercials.  
I have friends who ask their doctors for these drugs.  
Why?  
Because they saw it on TV.  
I think we all need to get educated.  
There is another way.  
We must be proactive in all manners of life.  
The odds are stacked against us.  
Just watch the commercials on TV.  
Tell me we don't need to change.