



## Contents

Fly Like A Dragon .....	3
Wondrous Journey .....	4
Human Being .....	5
The Inner Sanctuary .....	6
Take Out Your Garbage.....	7
We Are Set In Our Ways .....	9
The Thread Of Love.....	10
You Can Slow Down Your Aging.....	12
The Blanket Of Love .....	13
Great Conjunction.....	14

## Fly Like A Dragon

Fly like a dragon.  
You were meant to soar.  
You need both wings to fly.  
Have your feet on the ground and your head in heaven.  
This will make you one lucky person.  
If your head is only in the cloud you will have a cloudy vision.  
If your head is only on the ground you miss out on the heavenly abode.  
A dragon has conquered himself.  
He is united with all of creation.  
He is meek and humble like water.  
Yet extremely powerful.  
You don't want to mess with it.  
Its nature is kind and full of humor.  
The dragons have gone through the same craziness we are going through.  
This is why they laugh at life.  
They encourage us throughout our struggles.  
Society needs to embrace the principles of the Tao.  
The further one is divorced from nature the more neurotic we will be.  
Need I say more?  
In the midst of the global shutdown, chaos resides.  
Learn to fly.  
When you do you will be one with life.

## Wondrous Journey

This is a wondrous journey.  
Count your blessings.  
Every day is a miracle that you are alive.  
You have traveled so far.  
It may seem like you are standing still and going nowhere.  
Time tends to do that.  
Yet look over your shoulder.  
You will be amazed at how far you have gone.  
There is no final destination.  
This journey lasts for eternity.  
Your essence is eternal.  
Behind your breath lies the essence of life.

## Human Being

During the silent virus the conditions of our state of mind manifest.  
Most of us are human doers, not human beings.  
You may be super intelligent yet lack true wisdom.  
Wisdom comes from entering the silence inside.  
The entire universe exists inside of you.  
This is not an exaggeration.  
We do, do, and do.  
In fact, we can't stop.  
Millions of people can't sleep properly.  
A wise man learns that silence is his best friend.  
He puts his head on the pillow and drifts off to sleep.  
Do you know you are your own master chemist?  
In each and every thought you think over 1500 positive or negative chemicals get  
released into his bloodstream.  
Buddha once said, "by getting angry one is drinking your own poison".  
In the last 15 years, scientists have proven this over and over.  
Have you ever thought that Mother Nature sent us to our rooms for the last five  
months?  
Have you ever pondered that over?  
What does it take for humanity to discover its true nature?  
Only time will tell.

## The Inner Sanctuary

The world is on fire.  
At least the western states are on fire.  
My daughter lives in Oregon.  
Nearby towns are completely leveled by the fire.  
Aleia has friends who lost everything.  
On top of this, the silent virus is still around.  
What can we do to get some relief?  
I must sound like a broken record.  
Yet inside of you lies your inner sanctuary.  
It has been there all the time.  
Behind your breath lies the keys to open the door within.  
It's as easy as that.  
You may roll your eyes all you want but it doesn't change the facts.  
You are the universe.  
You just don't know it.  
The kingdom of heaven lies within.

## Take Out Your Garbage

Take out your garbage.  
The election was over a month ago.  
Now is the time to unite.  
Is that ever so much possible?  
Our nation is divided.  
The pandemic is worse than it has ever been.  
Millions of people have a hard time feeding themselves.  
Over 10 million Americans will be homeless within a short time.  
We must think and pray about our fellow man.  
The holiday spirit is among us yet we flame each other on Facebook.  
We need to see the good in each other.  
We need to be kind to each other.  
We need to be tolerant of each other.  
We need to respect each other.  
We need public servants who want to serve American citizens without holding on  
to their power.  
We can rebuild America.  
To rebuild we must rebuild ourselves.  
We must throw away all garbage.  
When one does this wisdom and discrimination will occur.  
We all wear tinted glasses.  
We think only my view is valid.  
If you don't think the way I do you are an evil person.  
We have two political parties for a reason.  
The eagle needs a left-wing and a right-wing to fly.  
Many people say we should get rid of the opposite party.  
We should have only one party.  
That's called fascism.  
We have seen where that leads us.  
Once again we must change our attitude.  
Everyone must learn to bend like a flower in the wind.  
We need to return to kindness.  
Kindness is what made our nation great.  
Ask the world and they will say that it's true.  
The world once championed us.  
Today the world looks in dismay.  
What happened to America?  
Anger is the prime emotion, not love and compassion.

We are putting gasoline on the fire.  
The most serious pandemic is going on.  
We should have had a plan put into place a year ago.  
Look at New Zealand.  
In the past few weeks, no cases of the virus occurred.  
They had a plan.  
Through trial and error, they modified it.  
It morphed and change over time.  
Yet they were successful.  
We had an administration putting their heads in the sand.  
If that's not true why did 3,600 innocent people die yesterday?  
Yes, the vaccine is out.  
This will take time.  
In the meantime here is our practical plan.  
Are we so divided we can't see the forest from the trees?  
I heard stories in the sixties both sides would banter and bicker during their  
sessions.  
Afterward, they would go to a bar and laugh things over.  
That is a thing of the past.  
Today both sides won't talk to each other.  
The ship will eventually sink if this continues.  
Remember only you can take out your garbage.  
Nobody can do it for you.



## We Are Set In Our Ways

We are set in our ways.  
If the other side does something we don't like we complain like hell.  
Yet it is OK if we do the same thing.  
This is human nature yet it's not how we truly are.  
Mankind has yet to find this.  
Millions of people are waking up.  
The world seems to be in utter chaos.  
But harmony is just a stepping stone away.  
We think we know so much.  
We bitch and moan about others.  
How stupid and ignorant they are?  
The wise man just smiles at adversity.  
He has nothing to say or prove.  
He is constantly fine-tuning the guitar of life.  
The only faults he is concerned about are the faults that exist inside of him.  
The world would be a better place if we all did that.  
The more one remove's the thorns the more one becomes kind.  
Kindness is a state of mind and being.  
It is your true state.  
If your so-called enemy's true nature is kindness.  
We have simply covered it up.  
We get the thrill of getting people angry.  
I have seen many people like that.  
They flame and post their anger when someone doesn't see their point of view.  
You only see the world through your eyes.  
Everybody sees the world in different and unique ways.  
One who discovers kindness inside is truly the rich man.  
Your external riches will be ripped away from you when you take your last breath.  
One who had discovered kindness within will take that precious treasure when he  
dies.  
You see that is our true nature.

## The Thread Of Love

There is a thread of love tying us all together.  
Yet we seem to make a mess of it.  
We expect everyone to think and act as we do.  
I have been fortunate.  
I have traveled to many lands.  
I have hitchhiked on many dark and lonely roads.  
Yet in all my adventures I found out that when you are kind the other person will  
be kind.  
I'm not saying this is true all the time.  
In my journeys, I found out that when you are extremely interested in another  
person's life they will reflect that.  
The thread of love is contagious.  
It goes beyond the mere physical.  
It is our true nature.  
One who discovers this thread is the most fortunate.  
You become the weaver in your own life.  
The knots of anger and intolerance untie themselves.  
One becomes a master weaver.  
This world would be in an incredible place if we all did this.

## Ch-ch-ch-changes

Ch-ch-ch-ch-changes

David Bowie wrote this song many moons ago.

He was absolutely correct.

Everything morphs and changes.

Nothing in life is constant.

We try to hold on to things.

Yet we lose hold of them.

It's like trying to hold on to slippery soap when taking a shower.

Many of us hold on to the external for our happiness.

It's like we can live in the center of the hurricane.

But we choose to live in the hurricane-force winds.

It's funny that we all do it.

I heard this expression many moons ago.

What we want we don't need.

What we need we don't want.

Does this describe the human condition?

We look outside of ourselves for the answers to life.

Yet the riddle exists inside of us.

Why do we refuse to look within?

Quite frankly I'm confused by this.

The greatest jewel exists inside of you.

When hearing this most people roll their eyes.

They think this statement is utter nonsense.

What have you been smoking they would say?

No wonder this world is in chaos.

We can't see the forest from the trees.

We get so caught up with our point of view is the only way.

What is keeping you alive?

Behind your breath lies the answer.

Only you can solve this puzzle.

## You Can Slow Down Your Aging

You can slow down your aging.  
I remember as a kid when a surfer was in his late thirties he was considered over  
the hill.  
Today we have surfers surfing in their sixties and seventies.  
Age is a state of mind.  
Yes everyone ages.  
Yet we can have a say in the matter.  
I have friends who lead rather unhealthy lifestyles and paid the price for it.  
Unfortunately, they are no longer with us today.  
I got this crazy idea of preventive medicine in my early teens.  
I believed this is the only body you get.  
At least in this lifetime.  
You can't trade it in.  
When the body is healthy the mind will be healthy.  
I love harmony.  
I love the mind, body, and soul connection.  
Being healthy is a conscious decision.  
One must be aware.  
It's so easy to put our car on autopilot.  
We go to our doctors who will fix us up.  
They will take away the symptoms and make us feel better.  
The disease over time will become chronic.  
A band-aide is simply covering it up.  
One must cultivate a healthy lifestyle.  
The commercials are programming you in ways you aren't aware of.  
They want you to be sick.  
They have no intentions to heal you.  
A year ago I heard a CEO say our purpose is to make a profit.  
That is the goal.  
Why is such ignorance tolerated?  
We live such unnatural lifestyles and we wonder why we get sick.  
We think one who is in harmony is a wacko.  
It seems to be common sense is uncommon.  
For some reason, we live our lives in apathy.

## The Blanket Of Love

The wise man has always said there is a blanket of love inside of you.  
During these perilous times, there is comfort inside of you.  
Nobody can take away your blanket.  
Yet at the same time, you haven't found it.  
At times you feel the warmth of your soul.  
It is fleeting.  
We are always searching for it.  
We think comfort lies outside of us.  
The creator custom-designed your blanket.  
Each one of us is different and unique.  
Yet there is the same thread of love tying us all together.  
We create such a tangle in our lives.  
We turn the precious thread of love into knots.  
We don't see the unity of life.  
No wonder we create such chaos.  
Something as innocent we make it so complicated.  
A newborn baby lives in the blanket of love.  
Over time we are told to grow up.  
Slowly we forget our true nature.  
We leave the blanket behind.  
We are told to act like responsible adults.  
But without the blanket of love, we have lost our ways.  
We love to throw gasoline on the fire of life.  
So many people are angry on Facebook.  
We expect everyone to hold our point of view.  
If they don't we consider them an evil person.  
Stop and think.  
If there is a blanket of love where would it hide?  
Maybe it's time to figure it out.  
It's cold outside.  
Grab your inner blanket and sit by the fire of life.

## Great Conjunction

Wow-what a Great Conjunction it is!  
Jupiter and Saturn are in alignment.  
Mind you this was on the winter solstice.  
First time in over 800 years.  
Is the universe sending us a message?  
Love and hope are here.  
Yet here in Kansas City people are driving on the freeway.  
The restaurants are full.  
Hardly anybody is paying attention.  
What is it with human nature?  
Are we so preoccupied with our lives?  
Have we lost the spark of life?  
Are we so enamored with our nine-to-five existence?  
I can't look up at the magnificent sky.  
I don't have time for that.  
The universe is giving us sweet messages.  
We could care less.  
I'm in a hurry.  
Don't bother me.  
We are so divorced from the universe.  
A once in a lifetime event occurs and we ignore it.  
Look I'm not on a soapbox.  
We only see 1% of the light spectrum.  
We were made to see so much more.  
The hardware and software exist inside.  
It's up to you to flip on the switch.  
The entire universe is alive.