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Harmony

The definition of harmony is as follows.

- a. An orderly or pleasing combination of elements in a whole: color harmony; the order and harmony of the universe.
- b. A relationship in which various components exist together without destroying one another: different kinds of fish living in harmony.
- c. A relationship characterized by a lack of conflict or by agreement, as of opinion or interest: family harmony.

We need harmony in our lives.

Think it over.

How much in harmony are your mind, body, and soul connected?

Do you ever think about it?

Are you consciously trying to fine-tune the guitar of life?

Do you think before you speak?

Or

Do you just rattle what comes to your mind?

A wise man strives for harmony in each and every moment.

Harmony is a state of being.

Harmony is a state of mind.

We live our lives in chaos yet we think everything is fine.

A wise man understands the world may be in chaos.

Yet he can live in the center of the hurricane.

The older I get I see the importance of harmony in my life.

Our lifestyles directly relate to the state of harmony we are in.

If you have a chaotic lifestyle your life will be chaotic.

The disease will be coming knocking on your door.

Even if you consciously try to be in harmony events will happen to you.

But because of consciously trying to be in harmony they will be small hiccups in life.

Even if it is a major bump you hit on the road in life.

Harmony acts as a shock absorber.

Someday death will be knocking on your door.

A man of harmony knows that he is eternal.

It's time to change our clothes.

This state of mind exists inside of you.

Unity

The definition of unity is as follows.
the quality or state of not being multiple: oneness.
a definite amount is taken as one or for which 1 is made to stand in a calculation in
a table of natural sines the radius of the circle is regarded as unity.
identity element.
a condition of harmony: accord.
How does a nation unite?
We are so divided.
Chaos is all around.
A pandemic has overcome the land.
Our capital building was ransacked.
Even in the midst of this unity can't be found.
We hold on to our political views.
What is the truth is considered a lie?
What is a lie is the truth for many.
The wise man has said to enter into the silence.
In silence lies the unity of life.
We all wear tinted glasses when we are angry.
We think we are so wise.
Yet we have no true wisdom or discrimination.
You would think that we should know by now that anger never solves anything.
It just puts gasoline on the fire of life.
A wise man just smiles at diversity.
He has nothing to prove.
An ignorant man will try to force his views on you.
He will get extremely angry if you don't see his point of view.
Unity is the thread of love tying us all together.
Behind your breath lies the answer.
Only you can solve this puzzle.

The Sweetness Of Breath

The sweetness of breath.
Many people might disagree with that statement.
Yet look at a newborn child and you will see the sweetness of breath.
Every cell is bursting with love and life.
The smile is beyond words.
Beauty is in the air.
A miracle is taking place.
Yet years later the stench of alcohol comes from the breath.
Years of living a hard life appear in one's life.
We lose the spark of life.
Yet nature is very good at healing itself.
Our human body is very good at healing itself.
We just have to follow natural laws.
This body will get old and eventually die.
The wise man understands this principle.
He learns how to be in harmony with the mind, body, and soul.
In that state, the sweet fragrance of mango fills the air.
Behind your breath lies the mango tree.
Daily pull your inner weeds.
You will understand this riddle.

The Other Side Of The Aisle

The other side of the aisle.
What if the opposite party did what occurred at the Capital Building a week ago?
I can almost guarantee you would be up in arms.
You would try to impeach the President.
People died and the capital was ransacked.
Yet due to our political affiliation, we can't make proper decisions.
We have to spin the truth to save our power and control.
We know what we are doing.
We make all sorts of ways to counter the truth.
We would do the same and impeach the President from a different party not our
own.
We must return to the Golden Rule.
Long-lasting principal thousands of years old.
Therefore all things whatsoever ye would that men should do to you:
do ye even so to them: for this is the law and the prophets.
If Americans just followed this one rule we would be in better shape today.
What do you think?

State Of Anger

Many people live in a constant state of anger.
Buddha once said when you get angry you are drinking your own poison.
You are your own master chemist.
You can contribute to your overall health.
Or
You can contribute to your self-destruction.
During these divided times we can use wisdom and discrimination in dialogue with
each other.
One can speak with kindness without putting someone or a group down.
Note this is a fine art that has been forgotten.
Many people I know love to taunt the other side.
They get great pleasure from this.
Yet it displays a totally immature state of awareness.
There is a thread tying us all together.
Bullying, taunting, and making fun of others have been going on for thousands of
years.
It's so easy to do.
Yet being kind in the midst of chaos is another story altogether.
If we want this world to be a better place we must be kind.
This means in each and every moment.
We choose our state of mind.
Nobody can change it for you.
Do you enjoy the current state of worldly affairs?
Do you love the division and chaos it brings?
Only you can change and make the world a better place.

Wow !!!

During external chaos.
I say wow I'm alive.
During this Pandemic.
I say wow I'm alive.
During the storming of the Capitol Building.
I say wow I'm alive.
During all the political battles.
I say wow I'm alive.
During this economic crisis.
I say wow I'm alive.
We choose to see how we feel about life.
Life is always changing and is never the same.
Where you put your attention is what you receive in life.
Ponder this over.
What can you focus on which is not external?
That my friend is the key to life.

I'm Grateful

What can I say?
I'm grateful.
Being grateful is a state of being.
It can sway like a flower blowing in the wind.
The sun is always shining.
We place our dark clouds over our inner sun.
A grateful one is truly the wise man.
Curveballs will be thrown along the way.
That is the rule of life.
Everything changes.
Yet all things must pass.
Being grateful provides hope for the future.
You may be down and out yet being grateful will help you to see a better future.
Imagine a video game.
Would you like the game if there were no challenges?
You would be bored in less than a second.
Life provides challenges so we can advance in this video game of life.
There are endless levels.
Mind you even when you leave this precious planet the video game will continue.
One little hint for you.
Be aware of the power behind your breath.
Hint. Hint.
One who connects to this daily will be grateful in life.
Ponder this over.
Are you grateful during these chaotic times?

Power

Power can be used in many different fashions for human beings.
Currently, some use power to control others.
They make others believe truth is fiction and fiction is truth.
If you tell a lie long enough many people will believe it.
Many people hold on to power even when they know the truth but won't say it.
The wise man holds on to the power of love and kindness.
This is the ultimate power.
Light will always win in the end.
It may take billions of years yet the Light will succeed.
Currently, power is like COVID-19.
It spreads in the minds of the innocent without them even knowing it.
They start to believe the conspiracies.
They lose the precious discrimination between fact and fiction.
A wise man ponders over the world.
He can sense with intuition who is telling the truth and who is spinning the truth.
Intuition is almost a lost art in our society.
From the beginning of childhood, we have been strictly told to ignore it.
Yet one who constantly works on building intuition can use the senses to his
advantage.
You can smell and feel what is being said.
There is so much more than words.
We can see through what they are saying.
They can't hide it.
If each one of us worked on developing kindness this world would change for the
better.
We would only want people who govern and who are kind.
If they aren't kind vote them out of office.
Someday we will reach that place.

Family and Friends

What can I say about friends and family?
They are a lifeline for the soul.
There is a thread of love tying us all together.
In these chaotic times hold on to friends and family.
Treat them with respect.
We are all different flowers on this journey in life.
Yes, even wildflowers are beautiful.
Each one of us is created by the power of love.
Unfortunately, we currently have strayed from our true nature.
So many people are so angry.
That is their state of being.
Did you know that cancer is angry cells?
When you get angry you are drinking your own poison.
So many family and friends won't talk to each other due to being angry.
When a person is angry he loses discrimination and tolerance towards each other.
Look at our current political situation for example.
A wise man takes a daily shower in inner silence.
The mind slows down,
The inner shower cleanses the mind, body, and soul.
In that state, one sees the thread of love between family and friends.
Instead of being in a state of anger, hatred, and intolerance, one becomes full of
love, compassion, and kindness.
This world would be a better place if we were all kind to each other.
It's so true if we want peace on earth you are the missing piece of the puzzle.

Missing Piece Of The Puzzle

When we hear about peace on earth.
Did you know that you are a piece of the puzzle?
You are not excluded from this equation.
You are part and parcel of this to occur.
The faster we change our awareness from hatred to kindness the better off we will
be.
It's our full responsibility to solve this great mystery.
Only through kindness can we reach the goal.
Anger and hatred have been around for thousands of years.
They have never solved any problems.
They have just been putting gasoline on the fire.
They have just stoked the fire.
It seems like there is a forest fire of chaos around the world.
Only you can put out your internal fire.
That's why you are a missing piece of the puzzle.
You are vital for the world to be at peace.
What can you do to help solve this riddle?