



## Contents

Flight Of The Albatross .....	3
Reciprocity .....	4
What Are Your Trigger Points?.....	5
Edmundo left us Monday morning .....	6
Hymn.....	7
Is the weight of the world on your shoulders.....	8
Life is not an arduous journey .....	9
Listening .....	10
What a wonderful body we have .....	11
True Strength .....	12
True Strength 2 .....	13
True Strength 3 .....	14

## Flight Of The Albatross

If there is a Superman among birds it would be the albatross.

Its wingspan is over ten feet.

Albatrosses are masters of soaring flight, able to glide over vast tracts of the ocean without flapping their wings.

So fully have they adapted to their oceanic existence that they spend the first six or more years of their long lives without ever touching land.

They were born to soar.

Imagine this huge bird taking an incredible amount of energy to take off.

Yet once in the air, it seems like they are light as a feather.

A wandering albatross can soar 500 miles in a day and maintain speeds of nearly 80 mph for eight hours – without even flapping its wings.

This ability has long fascinated engineers, who are keen to mimic the albatross's flying abilities with aircraft.

They can go years without touching land.

Touching down in the water puts them at risk from sharks, so they touch down only briefly to feed.

They can smell food in the water from 12 miles away.

All albatrosses are long-lived birds that can survive for many decades.

In fact, some live well beyond their 50th birthday.

The best-known example comes from a Laysan albatross named Wisdom, who was first banded by scientists in 1956 at Midway Atoll.

Wisdom continued returning to Midway for more than half a century, raising some three dozen chicks.

When she was last seen in late 2018, Wisdom was 68 years old, making her the oldest known banded bird in the wild.

She was also a mother yet again, making her one of the oldest known breeding birds.

That chick hatched in early 2019.

Wow, in my eyes this is the superman of a bird.

## Reciprocity

The definition of reciprocity is as follows.

1: the quality or state of being reciprocal : mutual dependence, action, or influence

2: a mutual exchange of privileges

specifically : a recognition by one of two countries or institutions of the validity of licenses or privileges granted by the other.

In other words, this is the law of giving and receiving.

The more you give the more you receive.

The more you receive the more you give.

This is a universal law.

We are dependent upon life itself.

We couldn't live one second without it.

The essence of life is kindness, love, patience, and tolerance.

A wise man understands this.

He knows there is an infinite well within.

One becomes intoxicated by these living waters and shares kindness to the world.

If each one of us did this the kingdom of heaven would manifest on earth.

The wise man says it's a divine privilege.

Yet the operating system, hardware, and software have always existed inside of you.

You just have to turn on the computer.

This is an ancient riddle.

Hopefully, you might ponder on these words.

They could totally transform your life.

## What Are Your Trigger Points?

What are your trigger points?  
We all have them.  
It's when some event happens and we play the same song over and over again.  
Mind you it's not a great song/  
Our subconscious simply says ah I know this event.  
It goes to the database and selects the song and you react accordingly.  
You don't even have time to think about it.  
You just simply react.  
Even if you are aware of your trigger this happens.  
Carl Jung said to face your dark shadow is the most difficult yet rewarding thing  
you can do.  
In effect, you are shining a light on the dark past.  
You are transforming from darkness to light.  
It takes around twenty-one days for a habit to be established.  
You are rewiring your neural circuits.  
For over 100,000 years the aboriginals have used fire and storytelling to program  
the subconscious.  
They start when a baby is born.  
The parents or grandparent place their hands near the fire and warm them up.  
They then place their hands on different body parts and tell an uplifting story.  
This is NLP at its finest.  
The warmth of the hands creates a tactile feeling along with the kind words.  
They program love, kindness, patience, tolerance, and a myriad of positive  
emotions into the subconscious.  
Even way back then they knew how to program life.  
We are still learning.  
The western world has a lot to learn on this subject.  
What are your trigger points?  
Just look at the chaos in this world and you will see the results of trigger points.  
A wise man just smiles at life.  
He has nothing to prove.

## Edmundo left us Monday morning

I just saw this Facebook post from Katharita.  
She said Edmundo left us Monday morning.  
Her story of his passing was so heartwarming.  
I haven't seen Edmundo in many years.  
I mean many years.  
I always remember him being kind.  
Being kind is one of the highest honors in my life.  
He was definitely kind in his being and actions.  
He loved to meditate where the infinite well of kindness exists.  
He drank from that well daily.  
We all must die someday.  
Reading the beautiful story I hope to die someday in this fashion.  
His beautiful wife Katharita held his precious hand.  
The kids are home seeing their Dad for the last time.  
What an incredible send-off!  
The Lord himself probably shed a few tears.  
We are here to celebrate life.  
Our dear friend Edmundo is in another room in the mansion of life.  
What a wonderful journey he had!  
We all have our ups and downs.  
In my eyes, Edmundo arose to the occasion and sweet kindness came from within.  
Even when death called him he passed away silently into the night.  
My love goes out to all his precious family.  
His spirit leaves in our hearts.  
There it will never leave.  
Yes, we will miss him.  
Yet inside of us lies that shining face.  
Death is only shedding our old clothes and returning home.  
Love you, Edmundo.  
We shall meet again.

## Hymn

This is a hymn to all.  
May we all someday be on the same page of kindness for all?  
May we all be patient and tolerant of each other?  
May decency and dignity rise within us.  
May every child have decent food and water to drink?  
May every child in the world be educated.  
May we lift the world out of poverty?  
May the governments put people first not corporations?  
May we all practice any religion without any judgments?  
May we see the unity of all in body, mind, and soul?  
May the light shine upon this land?  
May we discover our true nature?  
May we help one another?  
May we love one another?  
May peace be on earth.  
May our warring ways cease to exist and never come back again.  
May we recognize our ancestors never leave us?  
May we realize we are never alone even during our darkest times?  
May we discover true discrimination?  
May we make the right decisions for our children?  
May we have everlasting peace with our world neighbors?  
May we use kindness to dissolve any conflicts?  
May we be truly in a state of happiness and joy?  
May we uplift each other?  
May we learn from our mistakes?  
May we be in harmony with each other?  
Amen.

?

## Is the weight of the world on your shoulders

Is the weight of the world on your shoulders?  
Is your mind only focused on the problems of today?  
Do you enjoy mocking people who have different points of view?  
Are you sarcastic with the left wing or the right wing of the great Eagle?  
The mind loves to judge others so it doesn't have to look within.  
Point a finger towards others you have four fingers pointing back towards yourself.  
Worldly problems love to tie us into a knot.  
It's spinning its spinster web around us.  
It makes us feel hopeless.  
It sucks the strength within us.  
We then are in survival mode.  
In that state, we lose clarity.  
Our mind has a shady vision.  
Truth becomes fiction.  
Fiction becomes the truth.  
On the other side of the coin.  
Kindness brings peace of mind.  
Kindness brings clarity to any given situation.  
Even if death stares at you kindness will take you home.  
We all must die.  
That is a fact of life.  
Yet we can consciously choose our state of mind.  
Ponder this over.  
I say this a lot.  
But truly think it over.  
What burdens do you carry on your shoulders?  
Maybe just maybe it's time to get rid of the boulders.



## Life is not an arduous journey

What is an arduous journey?

adjective. requiring great exertion; la`borious; difficult: an arduous undertaking.  
requiring or using much energy and vigor; strenuous: making an arduous effort.  
hard to climb; steep: an arduous path up the hill. hard to endure; full of hardships;  
severe: an arduous winter.

Many people think the path within is an arduous journey.

I have to give up so much.

That's true.

But it is not what you think.

You have to give up your hardships.

You have to give up blaming other people for your problems.

You have to give up your anger and hatred.

You have to give up your struggles in life.

You have to give up your constant complaining.

You have to give up your constant judgments of others.

You have to give up your apathy.

You have to give up swimming upstream in the river of life.

You have to give up trying to defend your point of view.

You have to give up always trying to be right.

You have to give up always having the last words in a disagreement.

Sounds like a great thing to do.

Ponder this over.

What can you do to lessen your journey in life?

## Listening

The definition of listening is as follows.

1: to pay attention to sound

listen to music

2: to hear something with thoughtful attention : give consideration

listen to a plea

3: to be alert to catch an expected sound

listen for his step

Here's what the Dalai Lama says about this subject.

“When you talk, you are only repeating what you already know. But if you listen, you may learn something new.”

As a society in general it's all talk and nobody is truly listening to each other.

Look at current-day politics.

The louder and more a person puts gasoline on the fire the less a person listens to the other party.

True communication cannot take place.

Words are used as weapons instead of bridging the gap between us.

If we want the left wing and right wing of the glorious Eagle to fly we must listen to one another.

I have friends who truly get a kick of mocking the other side.

They truly enjoy it.

They take delight in it.

Yet their actions are pulling America down the drain.

We will always have disagreements in life.

That's the nature of life.

Yet we can have compassion and tolerance toward another person's point of view.

If we aren't kind to each other someday America won't survive.

Hatred will never bring a country to express its highest values.

Yet currently we have blinders on our eyes.

We think we are justified in mocking people and putting them down.

This is becoming a norm in politics today.

We only vote along the party lines not voting by conscience.

Look at the riot at the Capitol Building.

Need I say more?

If the other side did this the same feeling would arise.

What an atrocity!

Yet when your own party is responsible we vote along the party line.

If we don't listen to each other soon the situation will get worse my friend.

## What a wonderful body we have

What a wonderful body we have.

We are all custom-made.

Just think identical twins only have no more than 5% identical genes/

Each one of us has a unique operating system.

Each one of us has custom-made hardware and software.

We are built in the image of the universe.

We are all holograms.

A hologram is an individual piece yet it contains the universe.

Yet we are texting on the freeway of life and ignoring the miracle of being alive.

Pay attention to the signals in your body.

It is your best friend.

If you ignore it and have an unhealthy lifestyle you will pay the consequences.

The body will tell you what it wants and needs.

If you don't give it rest when it needs it the body will someday force you to rest  
whether you like it or not.

Remember this is the only body you get this time around in the journey of life.

I'm amazed at the lack of preventive medicine that exists in our society today.

Millions try to have a healthy lifestyle while the majority are totally unconscious.

We expect western medicine to cure us while we can simply go on our ignorant  
ways.

This pill is going to heal me yet it could be the cause of my death.

Our medicines today take away the symptoms yet don't go to the root cause.

Just think a medicine today must have a side effect otherwise it is not classified as  
a medicine.

Big pharma wants to make big money.

Even some of the CEOs say that's our goal.

Curing you is not their goal.

If they cure you then they have lost a paying customer.

Ponder this over.

Are you listening to your body's needs?

## True Strength

I've been a software engineer for most of my adult life.  
At times it's a walk in the park.  
Everything goes so easy.  
You have your project almost done.  
There is just one small thing to do.  
That one small thing at times makes the sandcastle collapse into the sea.  
True strength is not getting attached to it.  
That my friend is the hardest thing to do.  
Yes, this is a video game of life.  
Even if we are super conscious and aware life will throw us curveballs.  
Nothing is constant.  
Everything morphs and changes.  
The Tao works in all things.  
Easy and Challenging.  
Success and failure.  
Ups and downs.  
One must live in the center of the hurricane.  
That is so easy to say but hard to do.  
So when you think you are so near the goal and finishing which happened to me  
yesterday.  
In that stage, the deck of cards fell crashing to the ground and you freak out.  
Just walk away and enjoy your life.  
Get some good sleep.  
The mind and body will love you for it.  
When you are rested and have a good state of mind you can then tackle the  
problem.  
Wish me good luck today.  
It's another step in the journey of life.

## True Strength 2

Well, I fixed two out of three of my problems.  
One more to go yippee.  
The next one has been a challenge.  
This should have taken only five minutes.  
I've been at it all for hours.  
I have researched this and found around twenty-five so-called solutions to my  
problem.  
Unfortunately, none of them worked.  
Just think about the same functionality of a piece of software over time there are  
different versions of it.  
Each version has its twist and turns.  
So over ten years probably around five years, they become obsolete.  
Fortune 500 companies spend billions trying to maintain their software.  
It seems like when a project goes into production the software is already obsolete.  
This causes tremendous stress on humans.  
The problem gets compounded each year.  
Our software programs are held together by matchsticks.  
Any small modification can tear the whole system down.  
Now I'm writing a super easy program.  
I often wonder about the software that drives our grid system and how fragile that  
is.  
Sometimes in the name of progress, we make it so complicated.  
Granted there is a Google search to find out how to solve the problem.  
We didn't have that when I first started coding.  
You had to go to a bookstore.  
I bought a lot of tech books this way.  
This makes our lives extremely stressful.  
Mind you this is just one aspect of life.  
Remember in the good old days getting caught in a traffic jam?  
Once this pandemic passes we will soon be caught in the web of driving to and fro  
for work.

### True Strength 3

If you have been following this post for a few days all I can say is wow life is incredible.

Yesterday I woke up with a clear mind and a restful body.  
When it was time to play with the computer and solve my computer problem I was ready.

Immediately up floated a thought to enter into Google to solve my problem.

Well, I got the results back and clicked on one.

Bingo I found the answer.

I truly believe in synchronicity.

It's a lost art.

No matter what the problem is it can be solved.

Yes, it takes time.

We just have to learn that a clean mind and a restful body are the keys.  
I remember a dear friend of mine when I was working at Charles Schwab. He was working overtime and was extremely tired.

Well due to being tired he accidentally deleted a database in production.

Fortunately, it got restored quickly.

Our society is so stressed out by the demands of working to the point where clarity is lost.

Common mistakes lead to serious problems.

We must reclaim a balance in life in order to have a life that is in harmony.

This would lead to a life that society would benefit from.

So many people are swimming upstream.

If we would just turn around and flow with the river of life.

Many people are unaware there is even a river which is a sad thing.

These are the tricks of the trade.

Hopefully, you can learn from them.

I bow my head into experiencing and seeing this great wisdom in life.

We are never alone.

Help is always there.

We just have to be in sync with it.

Life will always throw us curveballs.

We can hit the ball out of the park.

Even a bunt and reaching first base is better than a strikeout.

Ponder this over.

It might be the jewel you are looking for.