



Focus On The Good Not The Bad

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Focus On The Good Not The Bad

Focus On The Good Not The Bad.
Remember whatever you pay attention to it pays attention to you.
This is the law of life.
If you pay attention to your problems you will have more problems.
I see some people complain about their miseries all day long.
Their lives are miserable.
Look at the Dalai Lama. What a wonderful example of someone who focuses on
the good.
Imagine if your country was invaded by China and you had to flee for your life.
You might be still freaked out by that.
Yet that event has far been removed from his mind.
He saw it as a blessing in disguise.
Without that event, even the western world wouldn't know about him.
He never would have traveled around the world.
Even among life's problems smile at life.
Look at the humor in the situation.
My dear friend Guy had the ceiling fall in.
Literally, this happened.
Yet he knows how to be in the center of the hurricane.
Yes, the ceiling needs to get fixed.
Why get freaked out, when if you do you have to fix not only the ceiling but
you're freaked out mind and body?
It's worse enough for the ceiling to cave in.
Why compound the problem?
This is a practical path that takes practical steps of action.
Only a wise man understands this.
Every moment we are fine-tuning the guitar of life.
The goal is to be conscious in every working moment.
Curveballs will still be thrown your way.
Yet even a bunt and struggling to first base is better than a strikeout.
Each moment is precious.
Life is not dull.
Yet you may live a dull life.

Knowledge

Knowledge is the art and science of discovering yourself.
This has been known for thousands of years.
Yet in mainstream society, we are still texting on the freeway of life.
Signposts are all around us.
Yet we are too busy to see them.
Extreme stress is predominant today.
How can one discover one's true nature when we are so stressed out?
The world is like a ticking time bomb.
Our common sense is slowly and rapidly drifting away.
When truth becomes fiction and fiction becomes the truth how can one acquire
true knowledge?
You are the universe.
You just don't know it.
That's the theme of this century.
Yet let's be honest.
For many, it's just a cute theme.
People's eyes roll when they hear that.
Despite the wisdom of mystics and scientists, we prefer our morning coffee.
Mediation is not for me.
Yes, I get that.
The world needs to wake up from its slumber.
Our problems are cascading out of control.
How much more sleep do you need?
The world is experiencing a nightmare.
Yet we don't think we are a part of the problem.
Truth exists inside of you.
As the wise men in the past said know thy self.
There is a precious jewel within you.
You are the missing piece of the puzzle.

Mankind Surely We Can Do Better Than That

Mankind surely we can do better than that.
It seems like chaotic times.
Where did our great wisdom go?
The truth has become fiction.
Fiction has become truth.
Distortion of facts has blinded us.
Remember it takes only thirty days to establish a new habit.
That's a good or bad habit mind you.
Since the capital building riot, many people have distorted the truth.
Some say it was only a walk in the park.
Say it over and over and this is rewired in your brain.
This becomes your truth and no practical evidence will convince you.
Hundreds of laws are being passed because of a rigged election.
The ex-president said it was rigged way before the election.
Not one state said it was rigged.
Yet today this is still a driving force in politics.
This is the first time in our history that the ex-president has never conceded and
said he lost.
Mind you Gore lost by several percentage points and gracefully conceded his loss.
One side said it will do anything to stop the other side from getting anything
done.
That is its main mission.
Then why did we vote for them with this kind of attitude?
We need to look at both sides of an issue with clear eyes.
Why are we so polarized?
The great eagle needs two wings to fly.
Some people think that we should cut off the left wing.
That's called totalitarianism.
We need both wings to fly.
We need to compromise.
We need to stop the name-calling.
We need unity.
We need wisdom.
We can either unite or watch our democracy fade into the night.

Set the tone of the conversation

Ring, ring, ring, ring.
It was around 2:30 in the morning.
I pick up the phone and wonder who is calling me at this hour.
It's my friend Mark.
We somehow get into a discussion of why there is so much dysfunction in our
communications today.
Out of the blue Mark said the tone is what sets the conversation.
Bingo.
Light goes on.
Jackpot.
A person might have great wisdom with something to say yet the tone set the
conversation.
If the tone is derogatory the greatest message in the world will never be received.
It will be rejected.
The tone is the demarcation point of the conversation.
If one's tone is of love and compassion true communication will take place.
If one has an angry tone right off the bat one misses the mark.
Both sides are drowning.
Discrimination and wisdom are nowhere to be found.
I could have set up the tone of the conversation with Mark with the following.
Old school.
What the ... are you calling me at this hour.
New school.
Synchronicity is in the air.
Let's see the lotus flower blossom.
With divine grace out came the answer.
The tone is what sets the conversation.
Simple.
We don't learn that in our schools.
Hey Mark I'm still learning about snippets of wisdom.

Thoughts

Where do our thoughts come from?
Just think they appear and disappear like a thief in the night.
Some thoughts seem to hang in there like a noose on our necks.
We can't shake them off.
Talk to a person who has been to war.
PTSD is very alive and well today/
Some people hold on to anger.
That son of a bitch I'll never forgive you.
That tape gets played over and over again until it creates a groove in the record of
life.
Buddha says you are drinking your own poison.
Present-day scientists have proven this in the last 30 years.
All of your thoughts are wired into your brain, neural networks, mind, and body.
Your state of mind and body is a reflection of your current thoughts.
The disease is when the mind, body, and thoughts are not in an easement.
Unfortunately, we are not taught this in schools.
We live our entire lives like leaves blowing in the wind.
Mystic said the most difficult thing to do in the universe is to tame your thoughts.
We train our dogs to behave properly.
Yet we never bother training our own minds.
Take a look at the chaos all around us.
Need I say more?
Nobody is going to save us.
We must save ourselves.
It's so easy yet so hard.
Our true essence is so much more than we can ever conceive.
Yet we are hardwired for this experience.
The operating system, hardware, and software have been there since we were born.
One can learn to cultivate the mind.
Christ and Buddha did.
Nobody gets a free ride.
Yet they said and proved it could be done.
Christ said Truly, I say to you unless you turn and become like children, you will
never enter the kingdom of heaven.
Ponder this over.
It can make the difference between day and night in your life.

John Evans RIP

Yesterday I learned from my dear friend Laurie that John Evans died.
John was a dear friend who I haven't seen in many moons.
He had a smile that could light up a room.
Everyone loved John.
He had that aura of charisma around him.
He had his feet on the ground and his head in heaven.
He loved to study the great mysteries of life.
The Kabbalah was one of them.
You could say he was a spiritual warrior.
He fought against darkness and ignorance.
That was his way.
The smile could change anyone's darkness into light.
When I met him he loved martial arts.
He loved to create harmony.
The martial arts create great disciple which is needed in the undisciplined world of today.
He wasn't just a seeker of the mysteries but a great knower of the mysteries.
That my friend is a huge difference.
He didn't flaunt his wisdom.
Like a wise man, he just smiles at life.
He had nothing to prove.
John was a good man and a kind man.
I deeply value the time we spent with each other.
To his wife, I offer my prayers and condolences.
John has gone to another room in the mansion of life.
Yet he will always be there with us.
John knew that life is eternal.
Like the caterpillar, one must someday transform into a butterfly.
John now has his feet in heaven and his head in heaven.
We can see him deep within our hearts.
Yesterday John came to me and give me a huge smile and a wink in the eye.
He said we should all meet again someday.
Give my love to my beautiful wife.
Love never dies but the body does.
Love is eternal.
Life is so precious.

I Have A Theory

I have a theory that what the Buddhist call the empty mind is in reality the
quantum mind.
The quantum mind exists beyond all time and space/
It exists in all dimensions.
It exists in all the known and unknown.
The Tibetans say there are 3 stages of the mind.
The course mind, a subtle mind, and a very subtle mind.
Most of humanity lives in the course mind.
A thought occurs positively or negatively and they respond accordingly.
This is like leaves blowing in the wind.
The subtle mind is embarking on discovering the jewel within.
He lives sometime in the center of the hurricane and at times lives in the hurricane
forces of the wind.
By practice, they learn how to calm down the hurricane forces of the mind.
The very subtle mind is like the Buddha or Christ.
They have subdued the mind where the only thing that exists is perfect calm.
They can see truly the reflection of their true nature and become it.
This is the path of wisdom.
All three stages work in the same manner.
A thought comes in.
The subconscious mind attaches an emotion to the thought.
Chemicals get released into the bloodstream.
Presto you become that thought or emotion.
It doesn't matter what it is.
The wise man understands this process and learns to refine his thoughts and
emotions.
The quantum field contains endless chemicals that we haven't even conceived.
This is where true harmony and true health will come someday.
Quantum medicine is knocking at our door.
As Tesla once said, if you want to find the secrets of the universe, think in terms of
energy, frequency, and vibration.
The universe movie projector is creating a real-life movie that we get totally
sucked in.
The wise man turns around and sees that the projector is simply sending light to the
screen and producing images.
Ponder this over.
This may help you in life.

Arise From Your Slumber

Arise from your slumber.
Your precious Mom would say this on a school day during your youth.
You are snuggled in your blankets on a cold winter night.
The fireplace was emulating sweet warmth.
Breakfast was on the table so you could eat.
Your Mom was up an hour earlier than you getting everything ready for the new
day.
Day in and day out this precious routine would take place.
Even during summertime when there was no school.
The days were hot and the fan was blowing a cool breeze on your warm body.
Words can't express the love your Mom had for you.
During the good times and bad times, she was there to support you on your
journey.
How much our moms sacrificed for us.
Yet there was never complaining.
When love is there each action is precious.
We probably took this for granted.
We were young and naïve.
Yet the older I get the more I value my mom.
My mom is still alive.
I try to say hello every day.
It might be a five-minute conversation or an hour.
Time is slipping away.
My dad died over twenty-five years ago.
I can only talk to him in my heart.
Talk to your family and friends when they are alive.
Let go of the past.
Don't carry burdens inside of you.
Laugh at life.
Smile at diversity.
Not everyone will have the same views on life.
You don't have to hate them for that.
This life is such a precious journey.
It's not a nightmare.
At times it may seem like it.
The sun is shining inside of you.

Stupid Is Is What Stupid Does

The definition of stupid is as follows.
Having or showing a great lack of intelligence or common sense.
Boy have we ever seen this in the world today.
When truth becomes fiction and fiction becomes the truth stupidity rules all.
Yet the stupid ones who rule think they are intelligent.
When being a bully has more class than being a humble ruler stupidity is king.
Where have our morals and ethics gone?
Can we ever go beyond our politics?
It seems like certain people will bring America down to its knees to hold on to
power.
Power corrupts.
Look at the history books for that example.
Yet many people think they can hold onto power and not get corrupted.
Switch the shoes for the last four years and tell me if would you support what has
happened in America today.
Just switch the shoes and tell me how you would rule.
A wise man does this all the time.
How would this action benefit the other side?
If it's not beneficial for all let's reconsider our proposal.
So many people are spinning the truth.
Where does truth exist if at all?
True wisdom only exists inside of you.
Yet we think our leaders have it.
Wisdom never comes from bullies.
Wisdom never comes when a person or party bends the truth.
Yet a person says a falsehood over and over again and they know it, is a sign of
stupidity.
Unfortunately, millions of people will believe it.
Have we as a nation become stupid people?
If someone has a different point of view we blast them and flame them.
Where is common courtesy?
Where is our humbleness?
Where are our moral principles?
In God we trust.
It seems like we trust stupidity and we have a clear vision.
Ponder this over.

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Transform

The definition of transform is as follows.
to change in composition or structure
to change the outward form or appearance of
to change in character or condition
to cause (a cell) to undergo genetic transformation
What if I told you that the wise men from the past talked about transforming themselves?

This is the goal of human life.
The great tools of transformation have always been there.
Like any tool, if you don't use it, it will not benefit you in any shape, way, or form.
Using a tool helps one to transform.
We are all on the treadmill of life.
The mystics decided a long time ago to get off the treadmill.
By doing so one discovers the jewel within.
This path is the most practical path.
One must have his feet on the ground and his head in heaven.
Being conscious and aware is the key.
The more conscious you are the more practical you can be.
In this video game of life, the purpose is to transform.
Life gets bored playing at the same boring level.
Currently, humanity is playing at the same level for a long time now.
Wars have never solved anything.
They have just caused extreme suffering on the land.
Millions of innocent people have been killed due to man's wars.
War is one word I would love to delete from the human dictionary.
It should be struck out.
Yet it's so easy to start a war.
It doesn't take much.
Just a person who has a pet peeve can start one.
We are pulling out of Afghanistan after twenty years yet utter chaos still exists.
We leave the country worse off than it was twenty years ago.
Each one of us can transform if we want.
The only thing that is stopping us is our apathy.