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Non-alertness

The definition of non-alertness is as follows.

Not fully aware and attentive;

Not awake

I find it fascinating that we think we are totally awake.

Yet we don't know who we truly are.

We live our entire life unaware of our true nature.

When the wise men of the past said you are the universe.

You just don't know it.

We simply blow them off.

Even when modern-day scientists say the same thing we still refuse to accept this fact.

If quantum energy exists beyond time and space then that means it exists inside of you.

If even your thoughts are energy and your body is energy who are you?

What is keeping you alive?

What is the power behind your breath?

Distraction

The definition of distraction is as follows.

noun

1. a thing that prevents someone from giving full attention to something else.

Similar:

diversion

interruption

disturbance

intrusion

interference

obstruction

hindrance

2. extreme agitation of the mind or emotions.

Similar:

frenzy

hysteria

mental distress

madness

insanity

wildness

Hum these sound like current symptoms in our society today.

I've been on this planet for many moons.

I can't ever recall a moment when chaos is so prevalent in our society.

We are so distracted from the truth.

Yet millions of people are waking up from their slumber.

They are saying enough is enough.

For peace to be on this planet, you must have peace inside of you.

One can live in heaven and still have his feet on the ground.

That my friend is probably the most practical thing you can do.

The jewel within is the source of wisdom that is needed in this world.

You need this jewel.

When this jewel leaves you it will bury you in the ground.

It's as simple as that.

Regret

The definition of regret is as follows.

verb

feel sad, repentant, or disappointed over (something that has happened or been done, especially a loss or missed opportunity).

Similar:

be sorry about

feel apologetic about

feel remorse about/for

have a conscience about

blame oneself for

mourn

noun

a feeling of sadness, repentance, or disappointment over something that has happened or been done.

We all have things we have regretted doing.

That's part of life.

Yet we can learn from our mistakes.

This is how we grow and learn.

Life might be boring if no obstacles are thrown our way.

Maybe that's why there is a duality in all things.

We are playing the most challenging video game ever.

It's called life.

We have the opportunity to gather wisdom along the way.

Furthermore, we can learn how to laugh at ourselves.

Humor is the greatest medicine for the soul.

Humor is a way to connect to the jewel inside of you.

It is a heightened state of awareness.

Humor allows us to dissolve our regrets.

Been there done that.

We then can see the actions that caused such regret and not get affected by the trauma it caused.

We can laugh at the situation in a good way.

Regret has transformed into gratitude.

The situation can't be changed but you can let go.

Investigation

The definition of investigation is as follows.

noun

the action of investigating something or someone; formal or systematic examination or research.

Similar:

examination

inquiry

study

inspection

exploration

consideration

analysis

research

fact-finding

search

evaluation

You are your own Sherlock Holmes.

There is a grand mystery to be solved.

You must use inquiry, inspection, and many other sorts of means to solve this
mystery puzzle.

The question is who are you?

It may seem simple yet it is not.

This life is like going to the movies.

A light shines its light onto the screen from the projector.

We get so sucked in that we think this is real.

A wise man turns around and sees the projection of light.

You have the key to solving this mystery.

Many people never do this investigation in their lives.

Ponder this over.

Where are you in life?

Analysis

The definition of analysis is as follows.

noun

1.detailed examination of the elements or structure of something.

"statistical analysis"

Similar:

examination

investigation

inspection

study

scrutiny

exploration

probe

research

inquiry

evaluation

interpretation

2.short for psychoanalysis.

"other schools of analysis have evolved out of the original disciplines established by Freud"

The Greeks were outstanding at this.

This was the golden age of man.

Unfortunately few people today use this.

It's almost like a forgotten art.

Most politicians lack this virtue.

We must all take responsibility for acquiring this trait.

If we all did this we could tremendously reduce the chaos in the world today.

Crazy

The definition of crazy is as follows.

adjective

1.

mentally deranged, especially as manifested in a wild or aggressive way.

Similar:

mad

insane

out of one's mind

deranged

demented

not in one's right mind

crazed

lunatic

unbalanced

unhinged

unstable

disturbed

distracted

mad as a hatter

stark mad

mental

off one's head

out of one's head

nutty

nutty as a fruitcake

off one's rocker

not (quite) right in the head

raving mad

stark raving mad

bats

bonkers

cuckoo

loopy

loony

bananas

loco

dippy

screwy

with a screw loose

not all there
off the wall
out to lunch
not right upstairs
barmy
batty
crackers
barking
barking mad
stark staring mad
off one's trolley
as daft as a brush
not the full shilling
one sandwich short of a picnic
up the pole
away with the fairies
buggy
nutsy
nutso
out of one's tree
wacko
gonzo

This kind of sums up the world's condition today.

Turn off the media

Sometimes we need a break from our outside world.

The news is so depressing.

The pandemic still is out of control.

The media is flaming everyone as I speak.

Truth is fiction.

Fiction is truth.

We need to turn off the media and just remember wow I'm alive.

You are the universe.

You just don't know it.

You are magnificent.

Your so-called enemies are magnificent.

We came from the same source of life.

Ultimately we are the same essence of love and compassion.

We are all interconnected.

There is a web of love tying us all together.

Yet we are spending our time flaming each other.

I'm right and you are wrong.

The jewel lies inside of you waiting to be discovered.

Millions of people are discovering it for themselves.

How about you?

My advice is to turn off all devices.

Close your eyes.

Watch your breath.

What is keeping you alive?

A New Era

A new era is coming.
Mark my words.
It's about time.
We have been living in darkness for ever so long.
Yet there is tremendous work to be done.
It's not easy but it can be done.
Are you up for the task?
Nobody can do the work for you.
Pick up the shovel and pick.
There is a diamond within.
It is a very precious diamond.
It contains your true essence.
This diamond is pure love and compassion for all.
Nothing can taint it.
Nothing can destroy it.
It radiates the cosmos.
This is who you are.
Let's stop the flame-throwing and hatred.
There are no enemies except in your narrow thinking.
Take small baby steps to find your true nature.
Be kind.
Laugh at diversity.
Everything changes.
That is the eternal law.
Nothing remains the same.
There is a thread of love tying us all together.
Even modern-day scientists know this.
They call it the quantum field.
You can solve this puzzle if you want.

Faith

During these troubling times have faith.
Have the faith of a mustard seed.
The seed is very tiny yet it has so much potential inside.
The world seems to be crumbling.
Yet darkness has no place to hide.
The light is appearing on the horizon.
It's going to be a glorious day my friend.
This is not blind faith.
This is a faith, based upon our true essence.
You are magnificent.
That may be hard to believe.
Yet it is true.
You have simply forgotten your true nature.
It's time to discover it once again.
It's been there all the time.
You have simply ignored it.
That is your main problem.
You can live in the center of the hurricane.
Unfortunately, we are like leaves blowing in the wind.
We are scattered.
The world seems to be crumbling and we can't find shelter.
Your true home is always there inside of you.
Maybe it's a good idea to sit by the fire and just chill out.

Joy

The definition of Joy is as follows.

Definition of joy 1a: the emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires : DELIGHT

b: the expression or exhibition of such emotion : GAIETY

2: a state of happiness or felicity : BLISS

3: a source or cause of delight

What is your temperature of joy on the thermometer of life?

During this pandemic have you lost your joy?

Are you polarized in life?

Does the daily news affect your joy?

Absolute joy exists inside of you.

Yet most of humanity never pays attention to it.

The more one pays attention to inner joy the more inner joy pays attention to you.

In the same way, the more you get angry with the world, the world will get angry towards you.

This is the law of concentration.

Whatever you concentrate you become.

Your karma is a direct reflection of your mental state.

Your body is a reflection of your mental state.

Your neural circuits are a reflection of your past mental states.

One who complains constantly does not have the hardware or software to tap into constantly the state of joy.

The body and mind are wired to complain.

And the saga goes on and on.

This my friend is called karma.

You have placed yourself on the web of constantly complaining.

This becomes second nature.

Millions of people are caught up in this cycle.

Unfortunately, they aren't aware of it.

The record groove gets deeper and deeper.

How does one get out of this situation?

That's the question you must ask.

Only you can solve this puzzle.