

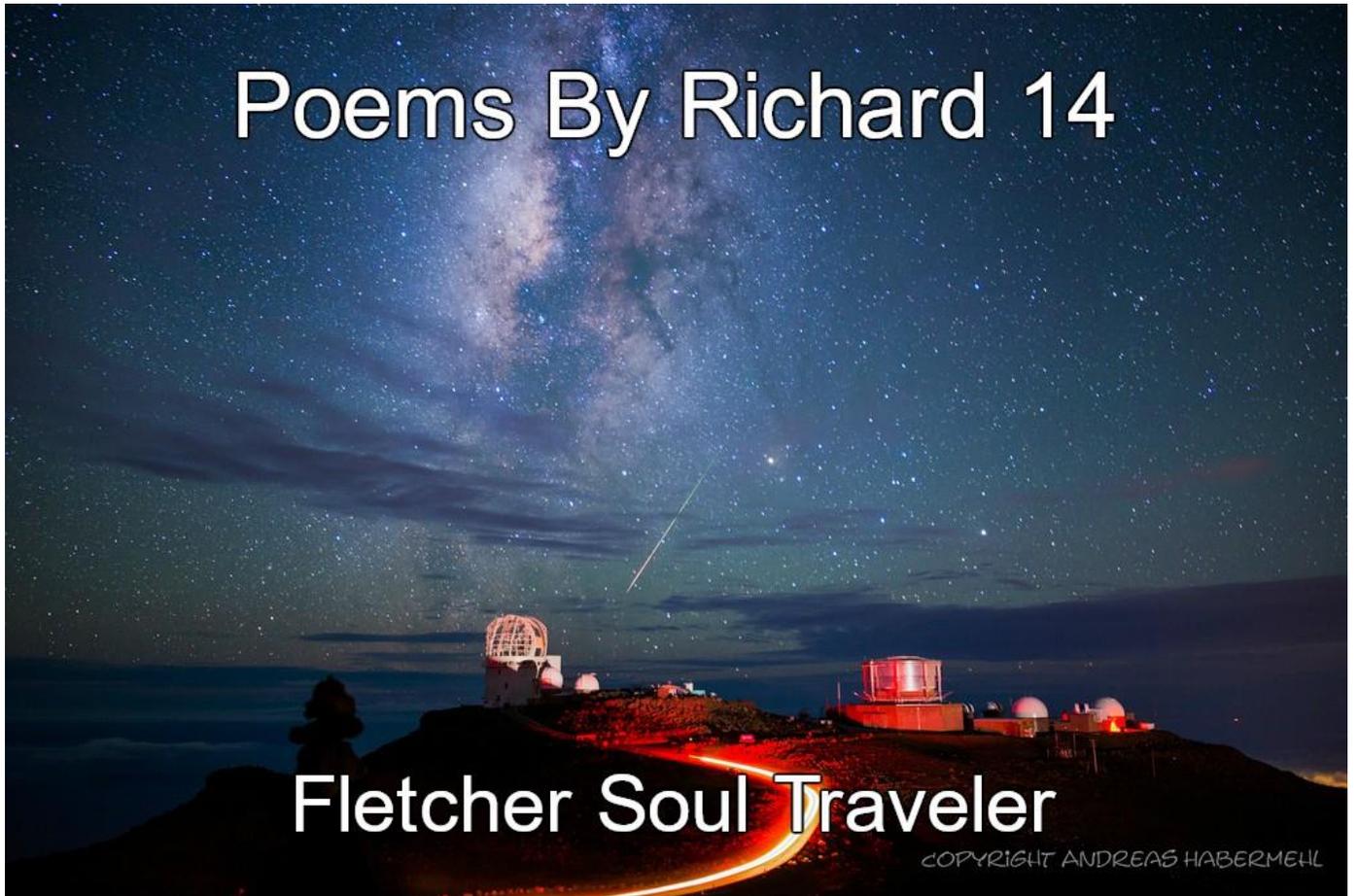
2017

These poems are meant to be pondered over.  
There is a message contained in each one.  
There is a riddle to be solved.  
I hope they may contain meanings for your life.

# Poems By Richard 14

Fletcher Soul Traveler

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## 5 Minutes To Heaven

5 minutes to heaven.  
The bullet train is coming to your station.  
Your time on earth has passed.  
All of your physical belongings are left behind.  
Everyone has left this way.  
No one ever gets a free ride.  
You are going home to your beloved.  
You played your part well.  
Your memories on earth will always be with you.  
They are locked inside of your soul.  
There is nothing to be afraid of.  
God does not judge you.  
God loves you.  
Man judges each other but God loves his creation.  
You have free will.  
If you have free will why would God judge you?  
Life is a learning process.  
You will never stop learning.  
This is the adventure of life.  
We stumble and fall yet God is always there.  
He doesn't yell at you.  
Your boss may do that.  
Yet God is always smiling at you and encouraging you.  
He is your best friend.  
You were never created nor will you ever die.  
You are eternal.  
Your human body will give nourishment back to the earth.  
Mother earth knows your name.  
She is thanking you for being on earth.  
You are loved by all.  
Nobody knows when their time is up.  
It's always a big surprise.  
Do not be sad or afraid.  
This train is custom built for you.  
The ride will always be for a few seconds in your time.  
A beautiful light filled with love will appear to you.  
You will merge with this light and all of your pain will instantly go away.  
How grand that is

How much the universe loves you?  
It's times for you to get some rest.  
Your Angels are at your side.  
They are singing sweet melodies into your ear.  
These melodies are greater than any candy.  
They are sweet medicine for the soul.  
This is your true nature.  
Your true nature is kind.  
Somehow man has lost his true nature.  
It has always been there.  
Hidden inside of you.  
A true treasure is always hidden.  
Remember as a kid looking for those Easter eggs.  
How much fun it was searching and then finding the precious eggs.  
Well God lies inside of your heart.  
He doesn't boast or say "look at me".  
God is too humble for that.  
This force created the entire universe and is humble.  
Wow, that is incredible.  
If man in his present state created the universe what kind of final journey would we  
have?  
This train would take us to hell.  
Yet hell does not exist.  
The only hell is a state of mind.  
God is not jealous  
There is no wrath of God.  
God does not fight.  
There is no devil.  
All these are human traits that we place on God.  
Remember God is not human.  
We have a tendency to place human emotions on God.  
Yet God is kind.  
God is compassion, patient and full of tolerance.  
These are the incredible traits of your creator.  
This is your true nature.  
You are about to once again see your true nature.  
The train has arrived at the station.  
Enjoy the ride.  
In a few moments, you will be in God's arms.



## Welcome To Another Day

Welcome to another day.  
It's a miracle that we are alive.  
We have been given another golden opportunity  
Did you see the glorious sunrise?  
The sun is saying "good morning".  
The first rays are hitting our side of the earth.  
What a glorious day this will be?  
The birds are beginning to wake up from their slumber.  
Can you hear them begin to sing their sweet songs?  
The squirrels begin to run on the branches  
The deer come out from their hiding.  
Nature is alive.  
The surfers are out in the water trying to catch one wave before work.  
Rush hour traffic begins.  
People driving to work with a cup of coffee in the hand.  
Life is glorious.  
The whole universe is alive.  
People go to work.  
They gotta make that buck in order to keep alive.  
The universe shines with grace and compassion.  
It's is always trying to speak to us and remind us of our true nature.  
Yet we go on our merry ways.  
As a society, we are driven to succeed.  
Yet we have forgotten our true nature.  
We go on with so much petty detail.  
Yet in our hearts we know we are searching for something yet we don't know what  
we are searching for.  
It's not our fault.  
It's a game of hide and seek.  
All the great masters have said you are the universe and you just don't know it.  
Isn't that incredible.  
I bet you didn't learn that in Sunday school.  
Christ said the kingdom of heaven lies within.  
This is what the wise masters taught.  
The answers lie inside of your heart.  
In each and every moment the universe is keeping you alive.  
Yet we aren't aware of it.

Isn't that kind of sad?  
We are never alone.  
Yet we think we are.  
The whole universe is supporting us.  
The whole universe is cheering us on.  
God sits on the sidelines with a huge smile on his face.  
God is cheering you on.  
He is ever so patient and kind.  
He will never judge or ridicule you.  
God has no wrath.  
God is humble.  
God is kind.  
God is full of mercy and compassion.  
God sits inside of you whispering into your ears.  
He is saying I love you.  
Let's come out and play.  
I've been waiting for ever so long.  
So on your way to work turn off the cell phone.  
Look around you.  
You are alive.  
Feel the beauty behind your breath.  
The whole universe is keeping you alive.  
We think we know all the answers yet look at this world.  
There has got to be another way to live.  
We have tried war for ever so long.  
What has it done for us?  
Our boys are brought home in boxes.  
At least a forest fire nourishes the land.  
It's a brand new day.  
Open up your heart and be grateful you are alive.

## 1107 Essex Lane

I lived my school years at 1107 Essex Lane.  
Those were glorious years.  
Back then we were a tight neighborhood.  
We knew all the neighbors.  
A majority of kids were our age.  
We played all sorts of games.  
Hide and seek.  
Flag football.  
Baseball  
We were always outside until dark.  
We developed great friendships which even last until today.  
Life was simpler back then.  
We had no cell phones or video games.  
We had a telephone that you had to dial.  
Liberty 9777 was our phone number for years.  
Back then we didn't even have answering machines.  
If you couldn't get a hold of someone you had to call them back.  
We walked to school or we rode our bikes.  
Back then there were no gangs in the city.  
Life was safe and carefree.  
We played sports to have fun.  
Winning was not everything.  
I never remembered having an angry coach or someone who yelled at you.  
Life was so much simpler back then.  
Maybe I'm wrong but the Republicans and Democrats actually bowed and bend to  
each other.  
Practical laws actually got passed.  
They worked for the people.  
I had some great teachers.  
My poetry teacher is dear to my heart.  
My poetry isn't classical yet it's inspirational.  
Personally, it's better than not to write anything at all.  
These sayings or poems are for me.  
I write from my heart and soul.  
You have a blank canvas and you start to paint.

My twin brother provides the background music.  
It is a perfect composition for us.  
As kids people thought that we had some kind of speaking problem.  
They didn't know that twins can have a language of their own.  
Maybe it's only my brother and I can only appreciate these poems.  
To be honest most people don't like poems.  
Whenever in school we had to read poems the classroom would go silent.  
At times I don't think humanity likes to get out of the box that we are in.  
It's comfortable.  
We have been in this box all of life.  
Don't rock the boat.  
Yet John and I love what we do.  
It's a great hobby.  
We have been meditating most of our life.  
We know we are strangers in a strange land.  
We are speaking from our hearts.  
It's not a joke when we say you are the universe.  
It's not a joke that we say you are not alone.  
It's true.  
The universe is keeping you alive.  
There are millions of beings like us.  
Just think when I first learned Yoga many moons ago I was considered a commie.  
It was totally outside the box.  
People spoke unkind words behind my back.  
Yet I found the treasure inside of my heart.  
Years later everywhere you go Yoga is taught.  
What a transformation?  
Medication is even taught in schools.  
The foundation is slowly being built.  
No one is getting converted.  
The truth is just what it is.  
Slowly humanity is embracing their true nature.  
Now you see I said slowly.  
Nature works slowly.  
It took billions of years for life to appear on this planet.  
It will take time for us to forget war.  
Someday we will see how barbaric we were for thousands of years.  
We will learn our lessons and embrace the universe with open arms.  
The universe will say "welcome home".  
You are family.

This is your true home.

## Barbara

You came to me in a dream.  
My life is filled with your joy.  
You have so much innocence.  
We have played and laughed together.  
You have taught me so much.  
My love for you, I can't describe.  
We are both walking together in this world.  
We have so much to learn.  
I have so much hope.  
Barbara, you put up with me.  
I know I have my share of quirks.  
Yet my love for you will never die.  
We have gone through a lot.  
But it has made us stronger.  
Fortunately, our love is strong.

Barbara

I love you from the deepest place in my heart.  
You make my heart sing.  
You make me laugh.  
We have traveled so far in this life.

Barbara

I love the way you are.  
You have always supported me.  
I love the way you are with Aleia.  
You have given so much.

Barbara

Thank you.

## The Journey

We come into this world born naked.  
We leave this world naked.  
Between our birth and death lies an incredible journey.  
We have free will in this game of life. what is the purpose of this journey?  
Why am I here on this beautiful planet?  
For thousands of years, man has pondered over this question.  
Who am I?  
What is the purpose of life?  
Is there something to find and discover while I'm here.  
For the majority of mankind, we look outside ourselves for the answers.  
If only I could buy that yellow Ferrari.  
Yet even if you had one your happiness is fleeting.  
At first you're in love with it.  
Wow, what an incredible car.  
You're in euphoria for at least a month.  
You're so proud of that car.  
Once a week you get out the hose and wash it down.  
The car get's buffered with wax so it's super shiny.  
Yet over time, a little dissatisfaction enters the door.  
I need an oil change.  
Someone bumps into my fender.  
My transmission just went out.  
Hey, I never knew this car could be such a bumpy ride.  
You get pulled over for speeding.  
What my fine is for a thousand dollars.  
The officer says you were doing 60 in a 25-hour zone.  
After some time your yellow Ferrari is a hassle.  
The same love you had when you bought the car disappeared a long time ago.  
Yet we were brought up that the purpose of life is to hoard material things.  
Your true happiness comes from being rich.  
Money can't buy happiness.  
Happiness is a state of mind.  
True happiness comes when you discover your true nature inside of you.  
That's the true treasure.  
All the great masters of the past have said that.  
Well maybe if the yellow Ferrari doesn't buy me happiness how about a mansion.  
Somehow you win the lottery.  
Congratulations.

So you go out and buy a mansion.  
Just you and your lovely wife.  
You move in and settle in.  
After awhile you realize someone has to clean up the place.  
Who is going to clean the pool?  
My yards needs mowing.  
I have 3 acres of grass.  
Wow after that last rainfall a ton of weeds appeared in my garden.  
Your mansion soon becomes another obstacle.  
Your happiness disappears like the thief in the night.  
Now I'm not saying that physical things are wrong or bad.  
But I'm saying at times we are barking up the wrong tree.  
How about finding the true source of happiness inside of you?  
Then you are happy if you are rich or poor.  
You will still be happy when you get laid off.  
Oh, the rug will still be pulled underneath you yet you recover and see you are  
never alone.  
What a wonderful feeling that is when you discover the universe is supporting me  
on my journey.  
It always has and always will.  
Your true friend exists inside of you.  
Discover your true nature and you see the beauty of this journey.

## Spokesman

Yesterday, while I was meditating this thought, drifted from the mind.  
It said your brother and I are spokesmen of the universe.  
What in the world does that mean?  
Well, I sat and pondered the meaning of these words.  
Well here goes.  
My brother and I have been meditating for many years  
You could say from the beginning it was easy for us.  
Yes, we paid our dues.  
Nobody gets a free ride.  
But we had a knack for this meditation.  
We both loved it.  
For over 25 years I've been writing poetry.  
I love it.  
It's a way to bring more clarity to the inside and outer worlds.  
Poetry is a way to be the spokesmen for the universe.  
The universe can speak through funky human beings.  
The universe can create music from funky human beings.  
Just ask my brother.  
It may not be fancy.  
We are amateurs.  
Yet an amateur is a lover.  
We love God and the universe.  
I know that God lives in my heart.  
I know that we are the universe.  
We just don't know it.  
These words aren't some fancy fairy tale.  
These words come from a source within.  
We are never alone.  
We are not here to convince you.  
We are here to help you on this journey of life.  
We are all on the boat floating downstream.  
Meditation brings one to an awareness that we are all one.  
Outside we think we are individuals.  
Yet tell me when you go to a movie and get sucked into it, is it real?  
Turn around and watch the light hitting the screen.  
Now that's reality.  
Science and religion are both talking about the same things.  
A person who meditates is a scientist in his own right.

For the past 10 years, I discovered within myself a universe that is cold.

Now I love cold weather.

I really believe that this universe exists.

Recently I saw an article that scientists discover a place in the universe where it's cold and their theory goes like this.

We may have discovered a second universe.

This gives me chicken skin.

All the ingenious cultures of the past were highly advanced.

Look at their sophisticated calendars.

The Mayans had 12 calendars.

One of them had a 26,000 cycle.

How did they do that?

You are the universe and just don't know it.

My brother and I will take the title of being as spokesman of the universe.

Deep down inside of you, you are the spokesman.

We are here to remind you.

## Have You Seen That Dragon

Have you seen that dragon walking down the street?  
In the West, man would pick up their pitchforks and drive the dragon away.  
In the east children, will come out of their homes and gently stroke the dragon's  
ears.

Did you know that Dragon's love to be stroked?

I didn't think you knew that.

What is the difference?

In one culture one thinks dragons are harmful while in another culture children  
come out to play with the dragon.

In the west we are trained, yes I said trained to believe dragons are no good.

They hoard treasures.

They are deceitful.

Dragons are angry.

Dragons are bloodthirsty.

Dragon wants to kill you.

Yet,

In another culture dragon represents wealth.

The golden dragon has the highest virtue.

Dragons are protectors.

Dragons are man's best friend.

Dragons are wise, they live for thousands of years.

Dragons are friends of God.

Dragons are friends of the universe.

So what does a dragon have to do with my life?

Plenty.

Did you know that in only the last 30 years have scientists started to take a look on  
positive states of mind?

Oh, we had plenty of studies where we looked in the negative states of mind.

When I first studied meditation I was almost considered a commie.

I was blacklisted without anyone telling me.

They just had this standoffish attitude which you could see clears as day.

The attitude was Christ didn't meditate so why should we.

Yet I said to myself hum Christ had a two-way connection to God.

Christ prayed (talked) to God.

Christ also listened to God without any words being spoken.

That's called meditation.

I didn't try to defend my position.

Did you know the truth doesn't need to be defended?

Truth just is.  
We don't need any holy wars.  
God could care less about wars.  
He is not on either side.  
His point of view is, you started it and you have to clean up your own mess.  
In the east meditation was being studied way before Buddha came along.  
The Buddhist was the first physiologists.  
They studied how to cultivate a positive mind.  
They were one of the great forerunners of self-discovery.  
They learned all about taming the dragon mind.  
They learned about the dragon mind is your best friend.  
Love your dragon and the dragon will love you.  
Look at the world today.  
So much senseless violence.  
Where does it come from?  
How about the dragon mind?  
Look at Facebook today.  
How much flames of anger.  
Gasoline on fire.  
What are we feeding to our dragons within?  
No wonder we are angry.  
The dragon(mind) is angry.  
So in conclusion what are you feeding your dragon?  
Peace on earth starts with you.  
Remember the dragon is man's best friend.  
Ok dogs also are included in this category including the cats.  
When will you learn to tame the dragon within?

## A Wise Man Understands

A wise man understands when to keep his mouth shut and when to speak.

This will help potential conflicts at bay.

The wise man truly listens to what you have to say.

He tries to put himself in your shoes.

He has patience and love for you.

He doesn't just listen to you and at the same time come up with a rebuttal.

He understands true communication is between the mind and heart.

The source of his wisdom comes from within his heart.

He has spent time pulling out his inner weeds and tendering his crop.

This is the only thing you can take when you leave this planet.

Whatever fruit and weeds you have.

Your precious mansion will stay behind.

You can't take your job with you.

The wise man understands this.

He knows what truly the meaning of life is.

He knows that he is the universe.

Maybe not at its highest potential but he can smell it.

He knows where ever he goes in life the experience exist inside.

From that comes universal water which he drinks.

Over time he understands many different things.

How can you describe love?

You can't.

How really can you describe that you are the universe?

You can't.

But the wise men have said you are.

Even scientists have begun to look into the field.

The field is an energy source which exists anywhere.

With this field, one can entangle with anything in the universe in less than a second.

If that doesn't describe interconnectedness I don't know what else will.

Isn't that amazing?

You have the potential inside of you to discover this precious fact.

As Guru Nanak once said centuries ago everyone knows the raindrop will merge into the oceans.

But how many people realize that the raindrop contains the entire ocean in it.

Even back then they understood this concept.

The wise man really doesn't have anything to prove.

He simply smiles.

You may think he is dumb.  
Remember the TV show, Colombo.  
He will always solve the mystery by being dumb and absent minded.  
This goes totally against the norm in society.  
Look at good old Albert Einstein.  
His teachers said he would never amount to anything.  
He was a loser.  
Boy, did they ever get that wrong?  
By being absent minded, meant he could go beyond his mind and tap into the  
universal mind.  
This is where true wisdom resides.  
Being in this state he had dreams which floated to him where he could decipher  
them and come up with his theories.  
In our culture, we are taught bookish knowledge and to remember the facts.  
Good old Albert couldn't recite like a parrot.  
Therefore he flunked his exams.  
His thinking process came from beyond the stars.  
He was searching for the great mysteries of life.  
How many Albert's exist today?  
Our school systems really haven't changed that much.  
I'm sure teachers say the following.  
Class, please turn to page 10 in your book.  
Johnny will you please read the first two paragraphs.  
The class has gone over this way over and over.  
The needle is stuck on this track.  
No wonder this child is bored.  
He loves to daydream.  
How can you capture this and build an education system from this?  
If only we could tap into this.  
The wise man says you can.

## Aaron's Journey

There was a man named Aaron.  
He is about 64 years old.  
What an incredible journey he has had?  
At a young age, he discovered the mysteries of life.  
He just stumbled upon it with knowing it.  
He had a huge obstacle in his way.  
Somehow he knew for every obstacle there is a solution.  
It couldn't explain it yet he knew this is the truth.  
He decided to find the answer inside.  
He pondered within and after some time he found the answer to his riddle.  
From this simple gesture of faith, he decided to follow in the manner for every  
moment in his life.  
Of course, he stumbled and fall.  
This is why it's called a journey,  
Moment by moment he decides to be aware of his breath.  
Somehow he realized there is an importance.  
Behind your breath is the power keeping you alive.  
He starts to pull the weeds within.  
At first, he needs a chainsaw.  
The weeds of the mind are huge.  
Yet over time all he has to do is just pick them by hand.  
Over time he has a wonderful garden.  
He learns that a seed doesn't grow overnight.  
He realizes that he is in charge of his garden.  
Nobody else can till the soil for him.  
Nobody else can take out the weeds of anger, impatience, and intolerance.  
He discovers that man is truly a farmer in this life.  
Aaron becomes humble over time.  
He has nothing to gain or lose.  
If you meet him he will just smile.  
He won't try to convert you.  
The truth needs no converting.  
If you are interested you discovering yourself he is more than happy to tell you  
about his journey.  
He won't be boastful or say this is the only way.  
He found the jewel within.  
He see's the unity of all religions.  
On this precious journey, Aaron realizes he was never alone.

Even in the darkest of times, the universe was backing him up.

Now that's called a support system.

God is always on the sideline watching the game.

He is encouraging us on this journey.

He will never be angry or belittle you.

He has the highest regard for you.

He see's your stumbles and falls.

At times it can be quite funny.

Yet this life is a journey.

Who knows how long it will take for a man to discover the jewel within.

Even after finding the jewel the journey is just starting.

This is an infinite journey.

You can never stop and clap your hands and say I know it all.

There is always more wisdom along the way.

This life is endless and boundless.

Aaron finds such peace on this journey.

He loves every step of the way.

Even when he stumbles and falls.

## All Men Must Shine

All men must shine.  
In order for peace to be on earth.  
All men must shine.  
To stop all the wars once and for all.  
All men must shine.  
To stop all the senseless murders.  
All men must shine.  
To stop poverty on earth.  
All men must shine.  
To stop hunger on earth.  
All men must shine.  
To stop intolerance on earth.  
All men must shine.  
It's up to man to clean up the mess.  
We created it and God won't fix it.  
He will give us inspiration and internal guidance.  
Yet you have a piece of the puzzle inside of you.  
That piece is for you to put down in the puzzle of life.  
How would you like to have a puzzle with billions of pieces yet one piece is  
missing?  
And that piece is yours.  
The puzzle would look incredible yet one piece is missing.  
Have you ever put together a puzzle and one piece are missing?  
The puzzle doesn't look right.  
Now is the time for you to look inside of your heart and discover your piece of the  
puzzle.  
All men must shine.

## Aloha

I lived in the land of Aloha for six glorious years.  
What can I say about paradise?  
I heard stories how the locals really didn't the foreigners in their land.  
Yet can you blame them?  
We pointed cannon's at their palace during the late 1800's.  
We said either give up your land or we will blow your Queen's palace away.  
Mind you this was Christian ministers behind this call.  
At first, the Hawaiin's were somewhat standoffish.  
Yet once the ice melted you could see they have hearts of gold.  
The ocean is their life.  
Everything revolves around the sea.  
They laugh when they see surfers coming from afar.  
These surfers are so competitive.  
They have lost the sense of the aloha spirit.  
Waves are meant to be conquered.  
Somehow the wild west is still going on.  
The Hawaiin's have learned to be in harmony with nature.  
They learned to slow down and appreciate life.  
The ocean will do that to you over time.  
Because these are islands the waves rock them to sleep.  
Just the sound of the ocean will slow calm down the mind.  
You have to listen carefully.  
Unfortunately, with cell phones in hand, the majority miss out.  
Isn't it amazing even in paradise we can't see the forest for the trees?  
The Hawaiin's use their garage for social gatherings.  
They usually have a large picnic table in the center of the garage.  
Family and friends are cornerstones in their life.  
They know how precious life is.  
Their culture goes way back.  
It's a lot older than what we thought.  
Some say it came from the stars.  
Isn't it amazing that most indigenous people say the same thing?  
Where did you come from and they will point towards the sky?  
Have we lost such sacred knowledge?  
Have we lost our connection to this earth?  
I have hope for humanity.  
The aloha spirit lives inside of a man.

Open up your heart and discover this essence inside.  
Aloha.

## A True Warrior

What is a true warrior?  
Has war ever brought peace?  
Do you think God's takes sides when we fight one another?  
I don't think so.  
God is love.  
He says fight your own battles.  
Fighting and killing one another is never the answer.  
Stop fighting like spoiled brats.  
Now that's probably my words but God will probably smile.  
Why not stop the warring in your mind?  
This is where all conflicts occur.  
The most difficult thing to conquer is the mind.  
All the great masters have said this.  
So many of my friends gave up meditating because they saw how powerful the  
mind is.  
In my eyes, Christ, Buddha and all the great masters were true warriors.  
They conquered the mind.  
The dragon mind was tamed.  
They became the universe.  
They became one with life.  
In that see they see the unity of life.  
They were kind and full of life.  
For all those who were taught to fight for your country was an honor.  
Did it stop wars?  
Why are we still in Afghanistan after 15 years?  
World War II lasted for only four years.  
Why not be a true warrior for the universe?  
Why not slay anger, intolerance, impatience inside of you.  
Take out the chain saw and get rid of your weeds.  
You have created a garbage dump inside.  
You were told that war is necessary by people who are so angry they start wars.  
It's not your fault.  
You have the decency and honor to fight for your country.  
Well let's bring peace on earth  
Let's bring an end to the war.  
Let's bring an end to poverty.  
Let's see that all men, in essence, is the same.

We all were created by a divine force.  
Love is the answer.  
Till your garden within.  
Take out your negative weeds.  
Over time you will have an incredible harvest to give to this world.  
One by one if humanity does this there will be peace on earth.  
War is obsolete.  
War never solves any problems.  
Discover the true warrior inside.  
You are the universe.  
You just don't know it.

## Angel Wings

Did you know that when you were born you had Angel wings?  
You were born to fly with the stars.  
You came in with full knowledge.  
You were the universe in all its glory.  
Somewhere along the way, our wings got clipped.  
We forgot who we truly are.  
How did that happen?  
How were we the universe and sometime later we are fighting in some forsaken  
war?  
Does it make sense?  
If you believe that life is eternal we come and go time after time.  
Yet each time we forget our true nature.  
Maybe that's why humanity is so confused and frustrated.  
The carrot is always dangling in front of us and yet we can never reach it.  
Somewhere deep down inside we know the answers lie within.  
Yet society says look outward to find the answers.  
Were told from our birth that we must succeed.  
We were told the facts of life.  
Yet generation after generation was told the same story.  
What has mankind accomplished?  
All the great masters have said look within your heart to find the answers.  
There you will discover your true nature.  
How would you like to be conscious of your creator?  
How would you like to walk side by side with your creator?  
This is what God wants.  
This is a game of hide and seek.  
This is probably the most exciting game in the universe.  
God hides inside of your heart.  
He has never left you for even an instance.  
Yet we look in the four corners of the world looking for him.  
Isn't that ironic?  
Yet all the great masters had the same identical message.  
Yes, it was in different cultures and different language.  
But the meaning was God lies in your heart waiting to be discovered.  
Are these words of encouragement?  
Do these words have any meaning?

Do these words make sense?  
This is probably the greatest time to be alive.  
Man is waking up from his slumber.  
Mark my words.  
It may take more time.  
Some people say it takes a million years for the world to wake up.  
You either evolve or you blow yourself up.  
Mankind has reached a point where we decided that blowing ourselves up is not  
the answer.  
In the conscious mind of man, we have chosen to discover our true nature.  
The snowball is going down the mountain and picking up steam.  
It is driving the darkness away.  
When each person discovers his true nature darkness disappears.  
Does the sun in this sky know about darkness?  
Even if darkness tries to show up it will disappear.  
It has no power over the light.  
Darkness has been king on the land for way too long.  
Countless wars have been fought.  
A new day is on the horizon.  
The sun is rising.  
Behold your Angel wings are unfolding.  
You were meant to fly.

## Anonymity

Did you know that anonymity is a state of being unknown to most people?

We come into this world alone with no name.

We leave this world and leave our name behind.

Just think someone is dying right now and we have no idea who they are.

All our worldly possessions are taken away.

Yet we take the precious fruits that we have harvested

Kindness, love, compassion are ours to share forever.

We think we are alone.

We think that God doesn't know our name.

Yet God is hidden in your heart just waiting to be discovered.

How many years have you been searching for the truth?

Life has it's up's and down's yet the truth will set you free.

I'm not saying that life won't throw you a curveball.

It will.

Life is meant to have challenges.

How would you like to play the same song year in and year out

It would drive you insane.

We don't like change.

Yet change is the most constant thing in the universe.

We like to capture a moment and hold on for dear life.

We get so frustrated when it is taking away.

We need to hold on to God.

We need to hold on to the Universe.

God is unknown to us.

God is a mystery to us.

Yet God can be known.

All the great masters have said the same thing.

The diamond exists withing your heart.

All the religions are earth are talking about the same thing.

They are all pointing to the God within your being.

In essence, we are one and the same.

You and I are one.

We are not separate.

Our true nature is known throughout the universe.

We are the sun, moon, and stars.

How grand are you?

How about this?

There is a part of you that is timeless.

This part was never created nor will ever be destroyed.  
This is your true nature.  
This spark of life exists inside of you.  
Your DNA contains this spark of life.  
Yet for the majority of mankind, we are oblivious to this.  
We go on our merry ways.  
Life s precious.  
Know why you are alive.

### Apple Of My Eye

Barbara, you are the apple of my eye.  
Today is the anniversary of our marriage.  
We were married many moons ago.  
Our precious friend Zoran arranged for us to meet.  
You came unto me in a dream.  
When I saw your precious face Zoran said in a thundering voice the following.  
When you meet this person you better get to know her.  
The following month you drove from the state of Washington to Arizona.  
I meet you on one fine day during the harmonic convergence.  
I recognized you at once yet I wanted to see the game being played out.  
I was coy and didn't say much.  
But inside I was giving thanks to Zoran for arranging the whole thing.  
A week later I was staying in Phoenix with some friends and there you were  
walking down the stairs.

Wow, you were so beautiful.  
You had such a glow of life coming from your eyes.  
You came and left.  
I was trying to rent the trailer on the creek.  
Somehow you found out and asked me if you could rent it.  
I said I'll think it over and call you back tomorrow.  
I really didn't want to put any false effort for us to get together.  
I was watching the previous game being played out.  
You rented the trailer by the creek.  
One day I decided to give you a call.  
The next day I came to you.  
You spent the night at your friend's house.  
We finally met and we decided to rent a video.  
We had some popcorn and started to watch the movie.  
At some point in time, we held each other hands.  
To this day we still talk about how incredible it was.  
No words can describe the energy of love that was felt between us.  
It was beyond this world.  
This was the start of an incredible adventure for us.  
We were on the same wavelength.  
It seems like we were custom made for each other.  
Our lives are balanced together.  
I can say anything to you and you can say anything to me.  
We are striving each day to cultivate our garden's within.  
We are divine farmers and strive to be better each day.  
We are solving our piece of the divine puzzle.  
We know how precious it is to be together.  
Barbara, you are the apple of my eye.

## Ask For Nothing In Return

If you give something to someone.  
Ask for nothing in return;  
If you do this from your heart you will never be disappointed.  
The problem is most people expect something in return.  
And the end result is they get deeply disappointed.  
I gave them my time and they never appreciated it.  
I loaned them money and never got paid back.  
There are countless ways we get disappointed in our ways of giving.  
If you plan to give something to someone do it from a point where I may never see  
this again.  
I'm truly giving from my heart.  
I can let go.  
Let the wind blow wherever it goes.  
How many weeds do we have the art of giving?  
How many disappointments and anger do we hold onto?  
The person who we lent money to has forgotten about it a long time ago.  
Yet we hold on for dear life.  
I'll never forgive this person.  
He had no right not to pay me back.  
The list goes on and on.  
Our anger still is fuming inside.  
Unfortunately, it does not do us any good.  
We, in the end, may become bitter and stop tasting the sweetness of life.  
Remember life throws us curveballs to make us strong.  
The lessons we learn make us strong as steel if we learn from them.  
Image a skyscraper in the sky.  
The steel can't be rigid.  
It must be flexible to sway with the wind.  
The wise man flows with the wind of life.  
He wasn't always wise.  
He had to take baby steps along the way.  
He stumbled and fell just like you.  
Yet he was determined to weed out his garden.  
He knew that the only thing really that matters is the results of the harvest.  
The crop is meant to be shared.  
Kindness.  
Love.  
Compassion.

Patience.

These are the greatest gifts we can share with the world.

Just one smile can help someone who is in need.

So the main point in all of this is the following.

Life is so precious.

There is an infinite treasure that exists inside of us.

You are never alone.

## Baby Grace

There once was an Angel named Grace who came upon this land many moons ago.

She was a gift from God.

She only stayed a short while only about a month or so.

Yet she radiated the Love from God that still is alive today.

I never got to meet this precious being.

My twin brother told me after the story was over.

It seems like her mission was to come into this world and shine like the sun.

Then she would leave.

She knew her mission.

The world couldn't taint her yet.

She knew where she was going.

Grace didn't have time to forget.

What seems like a tragedy is really a blessing in disguise.

She had a hole in her heart.

Yet her heart was love itself.

She was the universe and she knew it.

She had nothing to hide.

Grace just shined.

It that state she knew she was never created nor will she ever die.

Her father was always rocking her while she was alive.

Yes, she experienced pain yet she was beyond the pain.

Love is truly the greatest mystery.

We come into this world to solve this mystery.

Yet Grace was an example of being love incarnate.

By the way, all newborns are in that state.

Over time they slowly lose their direct connection to God.

God never leaves us but our connection to God slowly disappears.

Did you know that some Angels come into this world to remind us of our true nature?

Baby Grace was one of these precious Angels.

God has a different game plan than ours.

This life is truly a game of hide and seek.

God hides and we look for him in the four corners of the world.

We never find him there.

Baby Grace came for one purpose and one purpose alone.

She came to remind us the God exists in our hearts.

Like the great masters, she knew she was the universe.

Yet she didn't have any fancy words to say.

She was just a newborn but you could from her eyes that she knew who she was.

An Angel is wise.

An Angel loves humanity.

An Angels love to inspire humanity to discover the jewel within.

An Angel works outside of the box.

We as humanity have lost our ways.

Each newborn is hand wrapped from God.

How incredible is that?

Mabe man's mission is to raise the newborn with the awareness that this child came from God.

May we raise her to never lose that connection.

What does that mean?

Well, first of all, discover that connection inside day by day.

Make that your priority.

Become the magnet of love yourself

Be kind to all.

Be patience.

Cultivate compassion.

Your child needs this kind of food.

War and anger is a thing of the past.

Live each moment that you are going to make God proud.

God is proud when we take responsibility for our piece of the puzzle.

In this game of hide and seek when you discover God inside this is really the first step in the journey.

In truth, God will always be a mystery.

There will never be a point where you can clap your hands and say I know it all.

Even when you discover you are the universe this will be a starting point in your journey.

You see the journey never ends.

There are many rooms in my mansion.

How true is that statement?

Grace was a messenger sent from God to remind us of this precious journey.

She came to us and without any words said take off your blinders.

Discover the jewel within your heart.

This is why you came.

You have searched everywhere outside of you.

You will never find it there.

We are not judging you.

The Truth doesn't need to judge.

We aren't condoning you.

The truth doesn't need to condone.  
In this game, you have free will.  
God loves you so much that by will alone you set your mind in motion.  
Baby Grace came to remind us of our true home.  
What can I say?  
A gift from God came our way.  
Years later tears still come when I remember Grace.  
Thanks for coming into this world baby Grace.

### Bad Things Can Happen To Good People

Bad things can happen to good people.  
Yet a wise man once told me that everything that happens to you is good.  
He said you might not see it at first but over time you will.  
Everything is a blessing in disguise.  
The universe works in ways that we can't understand with our minds.  
The only way to understand this life is through the heart.  
The intellect is finite.  
The heart is infinite.  
Can you imagine how grand this planet would be if each and every one of us took  
responsibility to discover our true nature?  
This planet would be cleaned up of the garbage we have dumped into the earth.  
As I said that life throws us curve balls.  
This life is not static.  
Everything is in motion.  
Nothing is constant except change.  
When a curve ball gets thrown to us we can hit the ball out of the park.  
All the great masters knew how to bend with the wind.  
They were experts at the game of life.  
Do you know that a great ball player average is around .333?  
This means that if a batter is at bat 3 times, one of the times he will be on base.  
Just think in life we have an opportunity to grow and learn.  
Life will throw us curve balls.  
Bad things can happen to good people.  
We need to see that we are never alone.  
God is always inside of us.  
He will never leave us.  
No matter what happens to us externally we can overcome the obstacle.

There is always a solution to a problem.

We may not see it at the time.

Yet the more we focus within the proper answer will always bubble up to the surface.

Spirituality is practical.

This life was meant to be balanced between mind body and soul.

Mankind needs to discover the jewel within.

So when bad things happen to good people we can transform the situation.

Remember you are the universe.

You just don't know it.

## Be Careful What You Ask For

Be careful what you ask for.  
There is a famous wise saying.  
It says “what you want you don’t need.  
What you need you don’t want?  
Doesn’t that kinda sum up the human condition?  
We all strive for a better life.  
That’s why we are alive.  
Striving is a part of life.  
Yet does striving for money really make you happy?  
I have met so many people during my careers who sacrifice their families and their  
job to make that buck.  
Some even have died in the process  
There must be a balance in the process.  
If you're truly don’t need what you want and yet what you need you don’t want.  
Isn’t that sad?  
No wonder our world is in such a mess.  
No wonder the great masters have come over and over again.  
Yet the majority of their message fell on deaf ears.  
Have we become brainwashed?  
Maybe our brain needs washing so we can see clearly.  
Why do we decline “what you need you don’t want”.  
I’m being honest here.  
Life is not a religion.  
If I told you that a special diamond exists on the ground with your name on it  
would you want it?  
Now if I pointed to the ground and handed you a shovel would you do that.  
I can’t dig the hole for you.  
That’s the only condition.  
So you pick up the shovel and dig for the diamond.  
In one hours time, you hit the jackpot.  
You find the diamond with your name on it.  
Now suppose I tell you that the diamond exists inside.  
I can point you in the direction so you can discover this precious jewel.  
Isn’t it amazing at that point the person will clam up?  
End of discussion.  
Don’t tell me what to do.  
I hate you.  
Do you ever think that the mind and ego don’t ever want you to go there?

They don't want to lose power and control.  
They are the barking dog in your life.  
They will bark when you try to pursue what you need most precious.  
Yet when you pursue yours wants the dog is wagging its tail.  
Stop and consider this for awhile.  
Ponder over this.  
No wonder the great masters have said the most difficult thing in the universe is  
mastering your mind.

## Be In The Moment

When I was young I read the book “Be here now” by Baba Ram Das.

Its central theme was to be in the moment.

To be honest I really didn't understand this concept.

I just started my meditation practice and everything was so new.

There was an entire universe to discover inside.

Many moons later I have a more personal experience of this.

Imagine the difference of sitting on the beach watching the waves.

Now imagine you are a surfer riding the waves.

Big difference.

To be in the moment one needs to be engulfed with the wave of life.

There is something keeping you alive.

There is a power, a force of love filling the entire universe.

One learns over time how subtle this experience is.

Our human bodies are hardwired for this experience.

Yet we can't have an experience greater than what the nervous system can handle.

This is why slow and easy wins the race.

By meditating over time you are slowly building up a vessel that can understand  
God.

To be in the moment is when you close your eyes and the experience is just there.

In the beginning of my journey, it took probably an hour to settle the mind.

Now the mind is my friend.

It can still be a brat yet I'm truly learning how to tame it.

I think that by sitting on the beach you can have a concept and at time glimpses of  
this experience.

Runnings get runner high.

In the sixties hippies used drugs.

We all get glimpses of this experience.

The universe places signpost along the way.

This is our true nature.

In actuality, we don't have to do anything to be in this state.

In this reality, we have forgotten our true nature.

This is why all the great masters have said: “discover your true nature”.

Can you imagine being inside the center of the hurricane of the mind?

In the center is absolute peace,

In the center is a calm.

In the center is serene.

In the center is love and compassion for all.

In the center are patience and kindness.  
Yet mankind exists in the winds of the hurricane.  
Our minds are restless.  
We may think that is not so.  
Yet close your eyes and watch your breath.  
It seems so easy and it is.  
Yet tell me the mind wonders here and there.  
You will never be able to 100% to completely tame your mind.  
But you can learn to tame your mind.  
You can learn to have your mind as your friend.  
In the midst of life, you can learn to be in the moment.  
This moment is kind.  
This moment is filled with love and compassion.  
This moment is patience.  
This is your true nature.  
Be in the moment.



## Before You Became A Star

Before you became a star life was easy.  
You could walk anywhere and be free as a bird.  
Nobody on the street noticed you.  
You could walk into any restaurant without someone clamoring for your  
autograph.  
You didn't have to worry about the paparazzi outside.  
They are waiting to take the pic of the day.  
They have drones flying around your property.  
In the old days, it was easy to know who was your friends.  
Your friends always supported you  
Even during thick and thin.  
Today you are feeling alone.  
You don't know who your friends truly are.  
They may be along for the ride.  
When you're famous they love you.  
When your fame is over they walk away like a thief in the night.  
The world loves to gossip.  
You're on the cover of all the entertainment magazines.  
Most of the stories are made up.  
They have photoshopped pictures of you showing you at last night's party.  
You had a little too much to drink.  
They have ways to make it much worse than was it was.  
Your chauffeur drove you home.  
Unfortunately, the paparazzi was there just waiting for this opportunity.  
They just shot away like a warrior going to war.  
They had money to be made.  
Your drunken picture could be worth thousands of dollars.  
Fifty years ago they were called photographers.  
They had the deepest respect for your craft.  
They didn't tell anyone about your secrets.  
That was the hidden code.  
You were a human just like everyone else.  
Yes, you were a star.  
But the goal wasn't to tear you down.

The industry has typecast you in the roles you play.  
You have learned your craft well.  
Yet they want to act in some senseless and gross comedy.  
You have to pay your bills.  
Your mansion is worth a lot.  
The parties you throw for one evening is worth almost than a year's salary for the  
average person.  
Unfortunately, over time, you lose your sense of dignity.  
Not all stars end up this way.  
Yet the trap is set for it.  
A star has to be so strong to not to fall into the trap.  
Many of the finest stars leave Hollywood and live somewhere else.  
They come only to work.  
They see the dangers all around.  
More than ever hold on to your heart.  
This will save you in the end.

## Bella

How beautiful is life?  
We are born into this world with total innocence.  
Life supports us in so many beautiful ways.  
Gaia the beautiful Mother Earth knows your name.  
You are welcome to this glorious home called earth.  
You are precious beyond words.  
The Almighty is keeping you alive.  
How beautiful is your breath?  
Such a divine sweetness is keeping you alive.  
The entire universe knows your name.  
You may feel alone but you're not.  
The sun, moon, and stars danced when you were born.  
What a beautiful moment.  
You came from the stars and now you are this beautiful newborn.  
The journey of life continues.  
This journey will go on for eternity.  
This is the beautiful dance of life.  
The universe participates in this dance.  
Each star has its own melody.  
They all make up a grand song in celebrating life.  
The universe is aware.  
It is conscious.  
You may think that is just empty space.  
But imagine a wave of love exists in the entire universe.  
Scientists are beginning to slowly understand this wave.  
Within a short period of time, we will understand the mysteries of life.  
What a beautiful time to be alive.  
This may seem just like fancy words to you.  
This may seem like this person has lost it.  
This may seem too good to be true.  
But tell me what is keeping you alive?  
What is behind your breath?  
Is there something that is missing?  
If you believe God is everywhere.  
If you believe the universe exists?  
Then doesn't it make sense that God exist inside of you.  
Doesn't it make sense the universe exist inside of you?  
Did God decide nope this person doesn't deserve this?

I'm going to limit myself.  
God is endless.  
God doesn't judge.  
Man does.  
Man fight wars.  
God is not taking sides.  
Don't project any negative emotions to God.  
Those are human emotions.  
God is pure love.  
We have a tendency to think that God is on my side.  
Well, he is yet he is on all sides.  
Love does not divide.  
Love is united.  
Love is not fragmented.  
Love is beauty in disguise.  
Did you know the universe doesn't complexly understand the power of love?  
It will always be a mystery.  
Mind you the universe know God yet in this journey of life you will always grow.  
Your understanding of God is an infinite journey.  
Isn't that grand?  
How beautiful is that?  
Come along on this journey.  
Oh yeah, you already are.  
Whether you like it or not.

### Body Getting Old

This body is getting old yet at the same time, it's getting young.  
Is that a paradox?  
I'm 64 yet I feel so much younger.  
Is our health determined by our state of mind?  
Since I was young I believed in preventive medicine.  
My theory was this is the only body you get so why not take care of it.  
Over the years I have developed a healthy lifestyle.  
Balance is the key in all areas of my life.  
I have seen friends literally die from overworking.  
We didn't come to this planet solely to work.

You can't take your work with you when you die.  
This human body is so precious.  
God is present inside.  
Listen to your body.  
It literally speaks to you.  
There have been numerous times I'm about ready to get a cold.  
My body tells me and says go to bed an hour early.  
99% of the time that works.  
The body needs that extra hour to fight it off.  
The body will tell you what foods to eat.  
Food is the most powerful medicine.  
It doesn't have so much side effects.  
One man's food may be one man's poison.  
Get plenty of exercises.  
Walk or go for a swim.  
Do yoga.  
Meditate.  
As you get older pay attention to your breath.  
Watch it.  
Feel the energy behind your breath.  
Someday your breath will be taken away.  
You will then leave this previous earth.  
Wouldn't you like to have a glimpse of where you are going?  
God has a trailer for his movie.  
Watch your breath and experience this short movie.  
Everything gets old and eventually dies.  
Even the sun, moon and stars.  
The universe will eventually die.  
Yet the creation dies but the essence never dies.  
Slow down and experience this incredible journey of life.  
Be grateful.  
Gratitude is the key.  
You are alive.  
Be kind.  
Be kind to your body.  
Pay attention to it.  
Be kind to your mind.  
Your mind is your friend.  
Learn who to tame your mind.  
We take our dogs to dog school so they can be trained.

The great master has said go to the mind school within and train your mind.

The mind is wild when it's not held on a leash.

We were never taught this in school.

You are a Co-Creator with God.

Learn the tricks of the trade.

Your mind, body, and soul will love it.



## Born To Sail The Open Seas

Imagine you had an incredible sailing vessel.  
The ship was born to sail the open seas.  
This ship's nature was to sail with the wind.  
This ship's nature was to be free.  
It's like a wild horse nature is not to be tamed.  
This ship loves the journey of life.  
This ship is aware.  
Yet our ship just sits in the harbor.  
Our ship's anchor is at the bottom.  
There is no captain of the ship today.  
The ship stands alone.  
Is this the true nature of the ship.  
Imagine having a beautiful Ferrari and it just sits in your garage.  
How sad would that be?  
Yet the great masters have said you are born to sail the open seas.  
You are born to sail the universe.  
Such an incredible vessel exists inside.  
At first, you have to know how to pull up the anchor.  
You have to know how to put up the sails.  
The boat is in perfect condition.  
It will never rust.  
The wood is in perfect shape.  
You begin to read books on how to sail the open seas.  
You begin to learn how to go inside.  
Slowly through practice, you begin to sail in the harbor.  
You learn how to tack.  
You learn about the mind of the wind.  
Slowly you venture out of the harbor.  
You start to learn to sail in the open seas.  
Mind you, you can still see land.  
The land is in the far distance.  
One day you sail so far that the land can't be seen.  
You are so happy that you have a great compass on board.  
This compass will lead you back to the harbor.  
Over time your jaunts go farther and farther out.  
You have enough food on board that it will never run out.

The same goes for water.  
Everything you need is there.  
All this exists inside of you.  
Your ship is in the harbor.  
The anchor of life is tying you down.  
At times you feel you are all alone.  
At times the wind of the mind is howling.  
You can't sleep at night.  
Learn how to sail inside.  
This is your birthright.  
You can be free as a bird.  
This is your true nature.  
You were born to sail the open seas.



## Broken Promises

We all have probably experienced broken promises in our life.  
Our Dad promised to come to your baseball game.  
A man promises to get married and never shows up at the altar.  
A country promises to stop fighting and still continues.  
A politician promises on his campaign and when elected soon forgets about it.  
Broken promises happen every day on earth.  
Dreams and hopes are dashed.  
Yet God never breaks a promise.  
God is always supporting you.  
Yes, he is on the sidelines.  
He can't play the game for you.  
This is why there are a coach and the game being played.  
Have you ever pondered why broken promises are made?  
I believe it is a lack of awareness.  
I believe that we don't really think about what we are going to say.  
I hate to say this yet our current president speaks from the cuff.  
It is quite shallow.  
Imagine there is a deep ocean of thought.  
His thought is barely skimming the surface.  
You see in order to be wise you must combine compassion and the power of  
thoughts.  
The more compassion you have the deeper you can dive.  
This is the law of the universe.  
The universe is kind and compassionate.  
He doesn't know broken promises.  
This is why the great masters are wise.  
They spent their lives diving deep within their souls.  
They mined the diamond within.  
They understood in order to be truly wise they had to pull the weeds within.  
We all have to do this.  
Broken promises stem from a lack of awareness of life.  
They stem from living life yet not being aware of the source of life.  
It's like our life is on the remote control.  
We never stop and ponder the true meaning of life.  
This is how the world gets caught in a rut.

We are playing the same song over and over.  
History keeps on playing the same song.  
As humanity, we can change to a new channel.  
We can play the song of kindness and compassion.  
Many people say how sweet?  
They say this as if kindness and compassion are weak.  
Yet the foundation of the universe is kindness and compassion.  
Weakness is broken promises and anger.  
Many people think that water has no power.  
Well just ask a surfer riding a fifty-foot wave.  
Nature is powerful but doesn't boast about it.  
For some reason due to insecurities man likes to boast.  
Just witness the latest political election.  
They were boasting about all sorts of things.  
I really think that politicians should be wise like King Solomon.  
We need wise politicians, not career politicians.  
We truly need politicians who truly care for the people.  
Maybe politicians are a reflection of the people.  
The more conscious we become they will have to step up to the plate.  
If they don't they won't get elected the next time around.  
Broken promises can be eliminated from this land.  
Dive deep within and discover your true nature.  
You are the universe and just don't know it.

## Breathe

Many moons ago I read in a magazine something which I haven't forgotten.

The magazine was interviewing a scientist.

They were talking about the expansion and contraction of the universe.

The interviewer said so it's just like breathing.

The scientist said "absolutely".

As you can see I never forgot this.

This was around 1972.

I have been fascinated by the power of breath most of my life.

Before I first started to learn how to meditate I knew there was an incredible experience inside.

I knew there was a power behind my breath keeping me alive.

Yet I didn't know how to sync with it.

It was a total mystery.

Most of us just breathe unconsciously.

We never think about it or pay attention to it.

Unfortunately, we don't experience the direct source inside of us.

Whenever I tell people that the most simple technique in meditation is the following.

Just watch your breath go up and down.

Follow your breath.

At this point in time, you can see their eyes roll up.

Yeah.

Don't feed that crap.

That's too simple.

Yet it is simple.

The truth is so simple and obvious that we overlook it.

We expect some complicated technique where only a powerful Guru can give it to you.

Yet the truth is simple.

The Buddhist have a doctrine called "Crystal Clear".

This book was introduced to the West only decades ago.

They released this secret doctrine because they knew, unfortunately, westerners wouldn't believe it.

It was all about the breath.

Why is it in the East they have studied the breath for thousands of years.

They have mapped out the various stages of enlightenment through the breath.

Yet in the West, we just roll our eyes.

Doesn't that make you ponder for a moment?  
Have you ever stopped for a moment and pondered "what is keeping you alive".  
Imagine when you are born and you take your first breath you become alive.  
Now imagine when you take your last breath you die.  
What exactly left your body?  
Your body is dead.  
Some incredible life source left your body.  
Now imagine that day by day you focus on your breath.  
In the beginning, it takes time and effort.  
You meditate on the source.  
Over time you begin to realize that the source meditates on you.  
What's once took hours to connect too, now when you close your eyes the  
experience is there.  
Words can not describe this experience.  
Christ said the "kingdom of heaven lies within.  
Only you can take this advice.  
Only you can solve this mystery.  
The entire universe exists inside of you.  
You just don't know it.

## But Don't Give Up The Ship

The world may seem that's it's going down the tubes.  
Yet don't give up the ship.  
What if I told you a few years back that the computer got rebooted.  
We were playing the same song of darkness for so long.  
The needle of life was stuck in one place.  
For thousands of years, wars were on this land.  
Have you ever heard the word recalibration?  
When I first worked for the observatory in Maui I first heard this word.  
It meant that after an instrument was in use for a certain period of time it had to be  
reset.  
This reset made the instrument more precise.  
When you are tracking satellites all your instruments must be working properly.  
Well, the world needed a reboot.  
It's kinda funny that all the ancients said the same thing.  
They talked about a beginning of a golden age.  
The world was going to begin to transform if we reached a certain marker, a  
certain year.  
Many people thought that Armageddon was going to happen.  
The world was going to be destroyed.  
If Nostradamus said that.  
Did you know that when you have light darkness disappears?  
Imagine the sun is rising.  
It is dawn.  
Look at the glorious sunrise.  
Look at all the incredible colors.  
Feel the love from the sun.  
We look at this world with tainted glasses.  
Our news only projects the negative.  
The news hardly projects what's good in this world.  
Yet mankind is waking up from his slumber.  
This is a great time to be alive.  
In each and every day mankind is being a kind man.  
There are millions of people who are discovering the jewel inside.  
Their light is shining brightly upon this world.  
It doesn't matter your race, your creed or religion.  
Everyone in this world sleeps at night and everyone wakes up.  
We are waking up from our slumber of darkness.  
This is a grand time.

Someday we will mark this era when a man truly woke up.  
Do you see how technology can truly help unite this world?

The world is being united by a web of love.

Widom can be transferred in seconds anywhere in the world.

Kindness.

Compassion.

Tolerance.

Even the two ex-presidents from different parties talked about this.

Sometimes it takes wild cards to wake people up.

Our current political situation is a perfect example of this.

So much discord.

Yet the whole world sees it.

People are beginning to see that they have a piece of the puzzle.

The world is slowly putting the pieces together.

We all want the same thing.

We want harmony.

We want love.

We want food on the tables for all.

We want to have healthy drinking water for each individual.

Education is a birthright.

Same goes for medical care.

Mankind is beginning to stand up for decent rights for all.

A new compassionate man is being born.

Yes, it will take time.

An apple doesn't become an apple over night.

It begins as a seed.

Yet as a seed, the apple knows its potential.

Don't give up the ship.

The dawning of man is just starting.

## Can't Let Life Get You Down

You can't let life get you down.  
Life may throw you curve balls.  
Yet with practice, you may hit the ball out of the park.  
My best advice in life is first to discover the key to life  
All the great master have said the same thing.  
The kingdom of heaven exists inside of you.  
This is where the great mystery begins.  
There is where you develop a strong foundation to live on.  
Going inside of yourself helps you to remain firm on earth.  
It's probably one of the best ways to be practical while on earth.  
It's the difference between being in the center of the hurricane or experiencing the  
horrific winds.  
You have a choice.  
I'm not saying this life is a walk in the park.  
At times it is.  
At this, it's extremely challenging.  
At the time we may feel I can't handle this situation.  
Yet somehow you survived it.  
By going inside, over time you realize you are never alone.  
God and the universe support you.  
Even in that place, the unpleasant situation will come your way.  
Don't ask me why that's still a great mystery.  
It seems to me that life is full of constant change.  
Nothing stays the same.  
That same mindset we have must constantly evolve.  
We grow with each change that comes our way.  
Life is not stagnated like a standing pond that has algae.  
Life is a river flowing to the ocean.  
Do you remember even the great masters had their fair share of challenges?  
They put Christ on the cross.  
Nobody gets a free ride.  
Everyone gets challenges in their life.  
We must learn this basic fact.  
You are not being judged.  
You did nothing wrong.  
You are not unworthy.  
This is what goes through our minds.  
The universe is not punishing you.

The universe is not testing you.  
The universe is not saying let's see what happens when this situation comes your way.

The universe is kind.

The universe is compassion.

The universe is tolerant.

Maybe we should become these traits.

Maybe this is what the universe is saying to us.

You are the universe.

You just don't know it.

It's like being on a ship during a huge storm.

The ship is rocked furiously.

Yet deep down in the ocean, there is absolute calm.

Maybe we should learn how to dissolve into the ocean of life.

Remember you can't let life get you down.

## Castles In The Sand

When I was young I loved building castles in the sand.  
I remember building them when the tide was low.  
It was so much fun.  
We had our buckets of water and sand.  
We were never very good like what they can do today.  
Yet we had our sand castles.  
These were our creations.  
It was always amusing when the tide came in.  
There was nothing you could do.  
The rising tide simply dissolved the castles.  
It did matter how grand or simple the castles were.  
The rising tide did not discriminate.  
The tides always came in and the tides always returned.  
Doesn't that kinda represent the tides of life?  
We come into this world.  
We live and build our own creation.  
Someday the tide comes in and washes us away.  
I'm not trying to scare you.  
This is just the facts of life.  
Like there is the four season everything changes.  
Nothing is permanent.  
Everything changes.  
There is a beauty behind it.  
All the great masters have talked that life seems to be permanent.  
Yet it isn't.  
This life on earth is so short.  
It's only a blink in time.  
I remember when I was young.  
My illusion of time was that time was slow.  
Summers lasted for ever.  
Now at sixty-four summers just fly by.  
The years just fly by.  
At times I look back and say what happened?  
Where did time go?  
This life is so precious.  
Yet the great masters have said hold on to the jewel within.  
Go inside and discover your true nature.

Your true essence is timeless.  
You were never created nor will you ever be destroyed.  
Life is eternal.  
I remember when I was young I was told once that when you die you no longer  
existed.  
You vanished into thin air never to be seen again.  
I really didn't like that theory.  
That was cold to me.  
I love the idea there is an ocean of love and we merge into the universe.  
I love the idea that we are the universe we just don't know it.  
That at the time of death we go back to the source.  
God does not judge us.  
God does not condemn us.  
I like this kind of thinking.  
In my experience these words are true.  
God is our partner.  
He has never left our side.  
This is one reason why these poems are created.  
Hopefully, it will entice you to discover your true nature.  
What an incredible journey we are on.  
Building sand castles in the sand.  
Come and join me building sand castles among the stars.

## Cats

I love cats.  
Many moons ago my brother had a cat called Quincy.  
Now Quincy and my brother really bonded.  
Quincy had absolute faith in my twin brother.  
That's unusual for a cat.  
Cat's have a mind of their own.  
There there, but at the same time no there.  
Cats have a state of mind that is difficult to explain.  
If you own a cat you will know what I'm talking about.  
Anyway along with the story.  
Quincy loved to climb the roof at our house.  
She loved the freedom of being the only cat in the block who dared to be up there.  
My brother loved this cat.  
He would tell Quincy to jump into his arms while she was on the roof.  
What a sight to see.  
Quincy would jump free as a bird and land into my brother's arms.  
She would never do this for me.  
She was my brother's cat.  
Many moons later I still remember this precious story.  
My wife and I had a cat named precious.  
Now she never jumped off the roof but she loved to take walks with us.  
We would just begin our walk and Precious would appear.  
My wife Barbara would ask would you like to take a walk with us?  
Precious would slowly lead the way.  
Now cats don't walk like us.  
They meander along the way.  
She would walk from one side of the street to a neighbors yard to the other side of  
the street to the neighbor's yard.  
She had her own style of taking a walk.  
Yet she took a walk with us.  
I'm sure all of the cat lovers have their special stories to tell.  
Cat's love to be petted.  
I love the sound of their purring.  
It's a sound that nurtures the soul.  
Cat's loves to brush up against you and walk one way and back the other way.  
They have a special rhythm to it.  
It's like a walking meditation for them  
Cats have been adored and honored for thousands of years.

The Egyptians honored their cats.  
They knew that cats are special.  
If you never owned a cat you are missing something special.  
My advice is to get a kitten from a shelter.  
A kitten will melt anyone's heart.  
Your heart will melt like butter.  
A kitten is so precious.  
It's like God's gift to the world.  
Give a kitten a ball of string and watch what happens.  
The kitten will play with delight.  
This is its true nature.  
Playfulness and full of life.  
At the end of the day, cats like to sit on your lap and take a nap.  
Soak it all in.  
One of God's creatures is settling in.

## Confident Man

True confidence stems from the heart.  
When you combine the mind and heart together true confidence arises.  
It's like the cream rising to the top in a good old bottle of milk.  
Confidence can not be faked.  
People can smell fakeness.  
People know when a smile is not genuine.  
Personally, I think all the great masters were confident.  
They really didn't have anything to prove.  
They weren't trying to convince you or convert you.  
They were humble in their ways.  
A wise man simply smiles.  
He will not shout at you or get angry when you have a different point of view.  
His confidence is just like water.  
It is flowing downstream.  
Now you may say water isn't powerful.  
Well just ask a surfer riding a fifty-foot wave.  
When your life is based upon discovering the truth you develop confidence.  
When you begin to tame your mind you develop confidence.  
Confidence can be cultivated.  
Plant the seed in your heart.  
Pull the inner weeds.  
Water the soil.  
Over time the seed will grow.  
A confident man must be kind.  
If you are confident and aren't kind I don't call that confidence.  
That's a negative ego out of control.  
I will not name the person but we know one today who is like that.  
He pretends to be confident but unfortunately, he has lost his way.  
Humility is a great sign of confidence.  
When you understand that the universe is your partner you gain confidence.  
You have no special privileges.  
You are no better or worse than anyone.  
All are the same in the eyes of God.  
When you see the oneness of all your heart changes.  
A person in this state is truly concern about his fellow man.  
He understands the miracle of life and the opportunity of helping mankind along  
the way.

There are many different ways to serve.

The confident man pursues the way that presents itself to him.

Life may throw a curve ball but a confident man will say been there done that.

He may not like the obstacle but he is confident there is a solution.

Does this make sense to you?

What I'm trying to see the deeper you understand life the more confident you will be.

True confidence comes from inside of you.

There is a well within that is flowing with confidence.

Ponder this over.

Maybe this spiritual thing might be more practical than you realize.

## Cooking Up A Storm

I'm cooking up a storm.  
Have you ever been in that mood?  
At times my wife is amazed.  
When we have a few ingredients that need to be used up.  
This is where creativity comes in.  
The mind stews and ponders.  
Just like the cream rises to the top from the milk a great idea comes up.  
Yummy.  
My wife constantly is amused  
Isn't it amazing in all facets of life we tap into something so grand yet we take it  
for granted?  
Imagine the Wright Brother first taking flight.  
Only a week later some other team did the same thing in Europe.  
Is there an unconscious field of human thought?  
Are we united in that field and not aware of it.  
Maybe we are united after all.<grin>.  
Maybe we should ponder this over.  
We have our thoughts we seem to be our own yet are they?  
Do we tap into universal thought fragments and call them our own?  
We think we tame our mind yet without meditation the mind tames you.  
The mind wags its tail when you only look externally for happiness.  
The mind gets angry when you try to look within.  
As I said before meditation is dog school for the mind.  
Meditation helps to tame the mind.  
Meditation helps to cure the mosquito itch of the mind.  
There is always a mosquito bite where you are ever so off.  
You can quite pinpoint it.  
It walks with you day by day.  
Meditation helps cure it.  
I remember when I first start to meditate my stomach would always have this  
certain nervousness to it.  
Over time meditation helped elevate it.  
When your mind is calm your body will reflect that calmness.  
It seems to me this is a practical path.  
It helps heal the mind, body, and soul.  
It helps a person to think clearly and from our hearts, not ego.  
Our ego is our friend.  
Our mind is our friend.

We just need to be in balance.  
I'm cooking up a storm.  
What can I cook up next?

## Cosmic Travelers

We are all cosmic travelers  
Unfortunately, we have forgotten our true identity.  
You are the universe,  
You just don't know it.  
You came from the stars.  
You are star dust.  
You were never born and you will never die.  
You are eternal.  
I bet you never heard this in Sunday school.  
You are not a sinner.  
God does not judge you.  
Man judges.  
Man tries to tell you your religion is no good.  
God accepts all religions.  
Even if you don't believe in God, God loves you.  
This is the nature of the universe.  
The universe does not judge.  
We throw human emotions to God.  
We say that God is a wrathful God.  
We say that God is an angry God.  
Those are negative human emotions thrown to God.  
God is a love so pure that nothing can taint it.  
The creative force knows only love.  
No negativity exists there.  
There are no wars in heaven.  
There are no fallen Angels.  
Well, maybe you can put man in that category.  
We came down to earth to discover our true nature.  
When our body dies we go back to God.  
We are not born sinners.  
God does not judge us.  
Yet we should learn from our mistakes.  
This is a goal in life.  
Gaining wisdom from your mistakes.  
We will never stop learning and growing.  
You have been around forever.  
Don't get stuck in the same record grove where you do the same thing over and  
over again.

Maybe the spiritual path is so practical that we can't see the use of it.  
Imagine seeing this world through a peephole.  
You can see the world but your sight is limited.  
Your way of thinking is limited.  
Now imagine walking through the door and out into this world.  
At first, you would be blinded by the light.  
Overtime your eyes would adjust and you would then see the world more clearly.  
All the great masters have talked about this in their own ways.  
Spirituality is living a practical life.  
The Buddhist say "Chop wood, Carry water".  
This world would change if we live up to the responsibility.  
We all have a piece of the puzzle.  
Discover your piece and put it on the board of life.  
We are cosmic travelers.

## Crazy World

This is a crazy world  
Just think that all the chaos in the world stems from the mind.  
The world is a reflection of our minds.  
Can you see how off balance we are?  
The great masters have said that conquering your mind is the hardest thing to do in  
the universe.  
The world needs harmony.  
At times it seems like we are drunk drivers swerving on the road.  
Yet we think we are driving perfectly normal  
The mind is like a dog.  
It wags its tail when you only look outside of yourselves.  
But the moment you start looking inward it gets angry.  
This is why we need the dog school for the mind.  
Our mind needs to be trained.  
The reason why this world is crazy is that we are not aware of the jewel inside.  
We have forgotten our true nature.  
Today we have a president who constantly changes his position.  
One who tweets at 3:00 in the morning.  
Whatever happened to the idea that you should reflect on before speaking.  
Speaking from the cuff is shallow.  
Shallow thinking is what creates the craziness in this world.  
When your mind is off balance your life will be off balance.  
The crazy world stems from the fact we are off balance.  
We only look outward but not inward.  
It's so simple yet you never learn this in school.  
There are millions of people waking up from their slumber.  
they are taking responsibility for their piece of the puzzle.  
The world changes when you change.  
You are a piece of the solution.  
Your kidding aren't you.  
No, I'm not.  
Peace on earth begins with you.  
Nobody else.  
You can't blame your neighbor.  
The jewel exists inside of you.  
Does that make you happy or sad?  
O, my God, I have to pick up the shovel to dig up the diamond.  
Yes.

But for the effort what do you get.  
You discover your true essence.  
You have no idea how incredible that is.  
You are the universe.  
You just don't know it.

## Crystal Rain

Have you ever watched the rain?  
At times it looks like crystals falling from the sky.  
Water is the essence of life.  
Without water, this life would be barren.  
No life would exist.  
Look at the planet Mars.  
At one time there was water.  
Today the planet is barren.  
Water is more precious than gold.  
In fact, water is liquid gold.  
I have friends who don't like to drink water.  
They would rather have a soda.  
They are still young.  
I feel sad.  
What will happen to their bodies when they get older?  
Did you know that karma is simply doing actions good or bad?  
After a period of time, you reap what you sow.  
I keep on saying that a spiritual path is the most practical path.  
You must balance the mind, body, and soul.  
Drinking pure water is the essence of health.  
If you crave only soda something is amiss.  
Something is wrong.  
Your life is out of balance.  
You are slowly killing yourself.  
You say well I'm going to die anyway.  
Yet don't you want to be healthy when you are older?  
Don't you want a long and healthy life?  
A spiritual person sees that this is the only body you get.  
You might as well take good care of it.  
Your human body is more precious than any temple built for God.  
A spiritual person learns about living a healthy lifestyle.  
Did you know that water has a conscious?  
Water is aware.  
There was a famous Japanese doctor named Masaru Emoto.  
He discovered that water has crystal patterns.  
He discovered that your emotions create crystal patterns in the molecular structure  
of water.  
Kindness, Love, and compassion created beautiful patterns.

All the negative emotions created discord in the molecular structure of water.  
Isn't it amazing that there is a direct connection between our emotions and our  
human body?

A person who is angry is creating discord in the human body.  
No wonder people who meditate seem happy because the mind, body, and soul are  
happy.

Personally, I think we should take responsibility for our own health.  
We rely too much on the pharmaceutical industry to help us get well.

They are after a profit.

Did you know that in order to be classified a drug it must have side effects?

Have you truly listened to the drug commercials on TV?

This drugs side effects can cause a heart attack or even death is spoken in a lovely  
soft voice.

Isn't that wonderful?

I can take this drug and there might be a chance this drug could kill me.

I'm not here to scare you.

I would like for you to ponder over this message.

Take a look at your lifestyle.

Change what you can change.

You have a precious human body.

Take more care of it than your car.

You change the tire, get tune-ups and so much more for you automobile.

Take the same care day in and day out for your human body.

Precious crystal rain is falling from the sky.

## Day Of Grace

This is a day of grace.  
I'm grateful to be alive.  
Wow, another day on this precious earth.  
What kind of mischief can I get in?  
What adventure can I go on today?  
I hope it's still raining.  
I want to jump in the water puddles.  
I want to create sand castles and watch them disappear.  
A surfer would say "I hope there are good waves today".  
And furthermore, I hope it's not crowded.  
A snowboarder might say, wow it snowed last night.  
We all our grateful in our own ways.  
Life gives each one of us precious opportunities.  
The shower of grace is raining all over us.  
I hope that curiosity about life is still with you as you get older.  
Curiosity in life will keep you young at heart.  
Don't get stuff as a board with your outlook on life.  
Be flexible.  
Be like the wind.  
Flow in all directions.  
Don't become a stagnant pond.  
Be like a river flowing downstream.  
If you tap into grace you will always see the beauty in life.  
You will always see life as an adventure.  
You will never truly know what will happen to you in this life.  
You may have predictions.  
But life always will surprise you.  
Life is not boring.  
Life is constantly in change.  
Our life at times may seem boring.  
We just have a boring mind.  
You can change that.  
Boredom is a state of mind.  
A person who is bored hasn't begun to find the jewel inside.  
When one begins to tap into the source of life you can never get bored.  
Inside of you is true excitement.  
Inside of you lies the vast universe.

Inside of you lies the kingdom of heaven.  
How can boredom exist?  
Your mind is bored because it's tired of the same old thing.  
I have to get up either to go to school, work or take care of the household.  
When I'm on vacation I spend time by the pool with a cocktail in my hand.  
Did you know you can get bored in paradise?  
You can get bored even in heaven.  
Boredom is a state of mind.  
Boredom and grace don't mix with one another.  
It's like darkness and light.  
Darkness is the absence of light.  
Turn on the light switch and darkness disappears.  
It's as simple as that.  
Turn on grace in your life and boredom will disappear.  
How about that?  
You can change your own destiny.  
Only you can make yourself happy.  
Is the glass half empty or half full?  
Your attitude towards life drives the quality of your life.  
Did you know that?  
Nobody can truly make you sad except for yourself.  
They may provide circumstances to you to get sad or angry.  
Yet only you can accept the gift.  
If someone is making you angry don't accept it.  
It's not yours.  
It's theirs.  
You don't need more trash in your house.  
You are trying to get rid of yours.  
Ponder over this.  
Does this make sense?  
Maybe there is a different point of view.  
Maybe you can change this broken record where people either make you happy or  
sad.  
You can learn how to not get into and accept the negativity of others.  
You can learn how.  
Discover the grace inside of you.  
Your life will change forever.



## Every Day I Love You

Every day I love you.  
I love the way you smile.  
I love the way you talk.  
I love the wisdom you have.  
I love the laughter from your voice.  
I love the compassion you have.  
You make my day brighter.  
You are the sun in my life.  
You understand my yearning for life.  
We are on the same journey of life together.  
Isn't that amazing.  
We have combined the practical and the spiritual together.  
We have learned many beautiful lessons on the way.  
The deep of knowledge is increasing day by day.  
Our love is reaching deeper levels.  
We may be getting older yet we are eternally young.  
We have that spark of life which is ignited between us.  
Kindness is the name of the game.  
Kindness is the foundation of our relationship.  
Kindness is the spark from God.  
Kindness is what the world needs.  
We are kind to each other and the world at large.  
We think for ourselves and at the same time are discovering our piece of the  
puzzle.  
Isn't that grand?  
Each and every human is in God's plan.  
In order to have peace on earth, we must all discover the jewel inside of us.  
I love the fact that day by day we are digging for the internal treasure.  
It makes a huge difference.  
Life has many curve balls which are thrown.  
Yet by making effort and going inside, we can reside in the center of the hurricane.  
All is calm.  
All is at ease.  
Peace.  
Stillness.

This is the place to be.  
We know that this journey is a practical journey.  
These are tricks of the trade.  
All the great masters have talked about this.  
Discover your true essence within.  
It will make the journey of life more comfortable.  
Life has its many challenges.  
Yet we can hold on to each other and to God.  
That is an incredible thing.  
We know we are not alone.  
God is on the sideline watching us on this precious journey.  
He can not play the game for us.  
Yet we know that he is with us.  
That makes all the difference in the world.  
Every day I love you.  
Thanks for being on this journey with me.

## Every Day I Think Of You

Every day I think about you.  
It wasn't always that way.  
When I was young I had a different picture of God.  
They taught me that God was an angry God.  
I was told you were born a sinner.  
I was told to feel bad that Christ died on the cross.  
I said to myself I didn't do that why should I feel like a sinner.  
But God died for our sins.  
Well, the world is not any better now.  
Look I'm not knocking Christianity or any religion.  
Christ was indeed a great master.  
What could be better than the phrase "The kingdom of heaven exists inside".  
I have been meditating for many years.  
This has been my conclusion.  
I'm not a Saint or a Prophet.  
I'm just an ordinary human just like you.  
Yet I have focused on discovering the jewel within.  
Lo and behold it does exist.  
The great masters have all talked about which direction to go.  
Inside.  
Since then every day I think of you.  
You are keeping me alive.  
Behind the breath lies God.  
He has been always there.  
There really isn't anything to obtain.  
All we have to do is to remove our blinders.  
We are the universe and just don't know it.  
Meditation allows an individual over time to be connected in each and every  
moment.  
We all have this custom built inside of us.  
We are hardwired to find God.  
We were built in his image.

Mind you God is not a human.  
God is an incredible love which created this universe.

God is love.

God is kindness.

God is compassion.

We need to bring these traits into this world.

But how can I do this?

Well, these seeds are already planted inside.

Daily pull out the negative weeds such as anger.

If you are about ready to get angry.

Stop. Look and Listen.

You can defuse anger by looking at it with your eyes and give kindness to the situation.

Anyone can put gasoline on the fire.

But kindness is putting water on the fire.

This is a new way to approach life.

Even if you don't believe in God which by the way the Buddhist don't.

Yet the Dali Lama said kindness is my religion.

Practice kindness in each and every moment of the day.

Every day I think of you.

## Fantasy

Did you know that good old Albert Einstein lived in a world of fantasy?  
His teachers told him he would never amount to anything in life.  
They thought he was a little retarded.  
Boy did he ever prove them wrong.  
Imagine with his fantasies he could actually visualize and solve the physics  
problems of his time.  
He used the image of a train traveling down the track to explain time.  
How many Einsteins are out there yet forgotten because they aren't quite normal?  
Fantasy is a way to tap into the world within.  
It's a way to tap into the world of creations.  
Inventions don't come solely from the rational mind.  
Look at Da Vinci.  
He imagined things hundreds of years into the future.  
A rational mind could not do that.  
Fantasy is a way to dive deep into the unconscious mind or universal mind.  
By diving deep into the ocean one can collect a precious thought.  
The rational mind can only skim the surface of the ocean.  
Yet in school and in life, we tell our kids to stop living in a fantasy world.  
We are cutting off the roots to the tree.  
No wonder kids escape from this world.  
You need an escape valve.  
I going to say this again.  
Living a spiritual life is the most practical thing you can do.  
It combines the principals of feet on the ground and head in heaven.  
This is what all the great masters taught.  
To solve problems you must know that there is a solution to the problem.  
Fantasy is a way to combine the conscious and subconscious mind to find the  
solution.  
This is the way a human being is wired up.  
All the help is there.  
It's just inside of you.  
We were never taught this in school.  
In fact, we were taught the opposite.  
Isn't that a great joke on us.  
The riddle of life lies inside yet we don't know it.  
That's pure irony to me.  
So what am I trying to say?

How about the greatest fantasy?  
You are the universe and just don't know it.  
You are star dust.  
You are an Angel from God.  
Your true nature is kindness.  
You are not born a sinner.  
You are hard wired to find God.  
God exists inside of you.  
These are true fantasies.  
Go inside and discover your true nature.

### Feel So Alone

We have our cell phones yet we feel so alone.  
Moment by moment we text to our family and friends/  
At times we risk death to text a message while driving.  
Is any message you send or receive worth dying.  
What are we trying to feel?  
Are we like the ghost drinking their whiskey yet it goes through their empty  
bodies.  
Where ever I go I see people looking down at their phones.  
I'm amazed every time I see someone with their back hunched walking across the  
street staring at their phone.  
Unfortunately, some have died that way.  
Look I'm all for technology.  
I've been in this business for over thirty years.  
Yet technology is a tool.  
It can't bring lasting happiness.  
At times, I feel the cell phone is bringing people one more step in the opposite  
direction towards God.  
It's one more layer of dust covering the mirror of life.  
We are trying not to feel alone yet the cell phone is distancing us from our true  
nature.  
Isn't that a joke?  
We are in constant contact with people but how genuine is it?  
I see Moms taking a stroll in the park strolling their newborn for a walk.  
Unfortunately, they have a cell phone in their hand.  
This is time to bond with the new born.

Did you know there is a communication that is beyond words?  
It's called love.  
When you are strolling your new born be in love consciously with your new born.  
She can feel it.  
She just came from God moments ago.  
She still knows her connection with God.  
She is not alone.  
Yet if you are busy talking with someone else she will notice that.  
Babies are super aware.  
Look I'm not saying don't use your cell phone.  
I have one.  
Yet I'm saying be aware.  
We need balance.  
Be practical.  
Am I addicted to my phone?  
Why do entire families when at a restaurant all on the phone?  
They are communicating with some one else yet not with each other.  
No wonder we feel so alone.  
All the great masters have said that the cure to feeling alone is to discover your  
true nature.  
It truly is simple.  
You are the universe.  
You just don't know it.

## Feel The Magic In Your Life

Feel the magic in your life.  
Wow, you are alive!  
Today you have the golden opportunity for another glorious day.  
Imagine you are star dust.  
Imagine you are the universe.  
Magic is all around you.  
Yet do we have eyes to see  
The creator exists inside of you.  
In my eyes, that's true magic.  
There are no gimmicks or slighting of the hands.  
God does not create an illusion of reality.  
All the great masters talk about the mysteries of life.  
Christ even said the kingdom of heaven lies within.  
What incredible magic that is.  
You are a magician.  
Unfortunately, you've forgotten that.  
As a magician, you can create the following.  
Kindness.  
Compassion.  
Love  
Patience  
Tolerance.  
These are the ingredients to truly feel the magic in your life.  
Anger.  
Greed.  
War.  
Bullying.  
Gossiping.  
These will lead humanity astray.  
Just look at our history.  
These qualities never solve the problem.  
They just put a band aid on the problem.  
True magic is kindness in each and every moment.  
True magic is compassion for your fellow man.  
True magic is tolerant to other religions.  
Christ said if you have faith you can move mountains.  
How about diving inside of yourself and find where faith comes from?  
My own personal advice is to see the magic in simple things.

Look at your children.  
Look at your spouse.  
Go outside and look at nature.  
Even if you live in a city look at the flowers growing in a broken lot.  
Look at the stars at night.  
See the love in your dog's eyes.  
See the curiosity in the cat.  
Look with brand new eyes.  
You can train to see with a new perspective I life.  
That's what these poems are all about.  
We want to remind you that you are special.  
Everyone is special in their own way.  
Everyone has true magic inside.  
Magic is everywhere.  
The entire universe is magical.  
Yet magic exists in our daily life.  
Learn to solve this puzzle.  
You can do it.  
The world can change.

## Wow

Wow, it's another incredible day.  
It's early in the morning.  
The birds are still asleep.  
I'm totally awake.  
My soul is on fire.  
That's a good thing <grin>.  
I love to sit still and listen.  
From my inner being words float to the surface.  
It's an incredible feeling.  
Love and compassion for all.  
Kindness is in the air.  
It's like taking a shower of bliss.  
It helps cleanse the mind.  
I like the word brainwash.  
Many moons ago met an Indian who really didn't understand the word.  
For him, the word wasn't a negative thing.  
For him, he said yes the brain needs to be cleaned every day.  
You clean your external body why not clean your mind.  
That made perfect sense.  
Since then I have daily washed my mind.  
These poems are a way to help cleanse the mind.  
In India they have an expression tell me who you have company with and I'll tell  
you who you are.  
If you keep company with gang members you are probably a member of a gang.  
If you keep company with surfers you are probably a surfer.  
If you keep company with drug users you are probably a drug user.  
If you keep company with people who love to party you probably love to party.  
Well, I love to be in the company of truth.  
I love to be in the company of God.  
These poems hopefully are a reflection of it.  
These poems remind me of my true nature.  
It's like tapping into a well within and drinking at the same time.  
A spiritual path is a practical path.  
The older I get I see how practical it is.  
In each and every moment we can be aware of what is keeping us alive.  
We can tap into the essence of life.  
We understand and experience the source of life.  
Nobody gets a free ride.

Life will throw you curve balls.  
That's how we grow.  
This life is not stagnated like a mossy pond.  
Life is like a river flowing towards the sea.  
It is constantly changing.  
The more we tune into the source of life we begin to understand some basic laws.  
We understand that each and every moment is unique.  
You can't hold on to the past or future.  
All you truly have is this moment.  
Good things and bad things will happen to you.  
Live in the center of the hurricane.  
If you don't the winds of the mind will cause you suffering.  
The mind wags its tail when you only look outside of yourself.  
The mind gets anxious when you start to look inside of yourself for answers.  
The great masters have said just like to train your dog by going to dog school.  
You must go to your inner school to train your mind.  
The mind is your friend yet it must be trained.  
When the mind gets trained these are the practical results.  
Mind you day by day you are growing.  
Yet here's a simple list.  
Kindness to all.  
Love and compassion.  
Patience.  
Tolerance.  
Wisdom.  
Nothing to prove.  
Smile.  
Humbleness.  
And on and on and on.  
How about learning how to hesitate at the right time?  
Now at times, you need to hesitate.  
If you are taking off on a huge wave you can't hesitate.  
You must be totally committed.  
Yet if someone is speaking to you in anger it's wise to hesitate before speaking.  
You can either put gasoline on the fire or place water on the fire.  
Most people rush in and say whatever comes to their mind and place gasoline on  
the fire.  
A wise man will ponder and hesitate for a second.  
This hesitation and pondering even just for a second will allow water to be thrown  
on the fire.

We can learn in each and every moment to behave in ways we never dreamed of.

You are already kind.

You are already wise.

You are already full of love and compassion.

You are the universe.

You just don't know it.

Wow, I'm alive.

## Flaming Stars

Have you ever seen flaming stars streaking across the night sky?  
What a sight to behold.  
When I was in Boy Scouts we went for a 50-mile hike.  
I still remember one-night seeing thousands of shooting stars.  
It was like the Cosmos was putting on a show.  
This was a rare treat to behold.  
At times we never bother looking up at the sky.  
We forget there is a vast universe that we live in.  
At times I ponder and think how incredible to make a living studying the stars.  
I think over time the mind would get impressed by the vastness of space.  
I loved watching both of the Cosmos series.  
It makes you think and ponder about the mysteries of life.  
Isn't it amazing that the mysteries of life are all around yet we don't see them?  
The signpost is everywhere.  
We are never alone.  
How grand we truly are.  
Yet we don't see our own grandness.  
We have shooting stars within us.  
The entire universe exists inside of us.  
I love the quote from Guru Nanak.  
Everyone knows the rain drop returns to the ocean.  
But how many people know that the raindrop contains the entire ocean.?  
How beautifully said?  
We are the universe.  
We just don't know it.  
I guess this is why I write these poems or sayings.  
I love to watch thoughts drift to the surface deep within my soul.  
I love to feel being alive.  
I love to ponder over the great mysteries.  
I love to be silent.  
As a kid, I truly didn't understand this concept.  
I thought it was weird when Monks were silent.  
Now silence is part of my being.  
In the midst of daily affairs, the silence is with me.  
It's like being snuggled with a book on a rainy day except you are at work.  
Silence brings us to a state of being humble and full of gratitude towards life.  
Wow, I'm alive.  
Something truly magical is keeping me alive.

Behind my breath lies the answer.  
Ponder this over.  
Do you want to solve this riddle?  
You have a piece of this glorious puzzle.  
You are the universe.  
You just don't know it.

## Flying With The Dragons

I personally love the idea of dragons.  
Mind you not the concept of western dragons.  
In the west, we have ideas that dragons hoard wealth and gold.  
If you come near them you will be toast.  
I really don't know who came up with that idea.  
It seems to me pretty lame.  
I think the person who came up with this idea want to hoard their gold.  
In the west dragons were frightful creatures.  
They would invade villages and kill everyone.  
They would take away livestock.  
These stories are still depicted today in our fiction novels.  
Yet in the east dragon represented wisdom and knowledge.  
They represent love and compassion.  
There are man's best friend, especially for children.  
When a dragon would fly over a village it would land in a field and all the children  
would run to it.  
They would stroke the dragon.  
Occasionally the dragon would take them for a ride in the sky.  
The parents wouldn't be concerned for their safety.  
The dragons love children and would never hurt them.  
The dragon taught the children consideration for all.  
They taught the children the mysteries of the universe.  
They taught kindness.  
Compassion.  
Wisdom.  
Patience.  
Tolerance.  
Forgiveness.  
The great mystery schools were started by them.  
They were the true ambassadors of God.  
They helped humanity to look inside for their answers.  
They were wise beyond any understanding we have.  
Image being alive for thousands of years and studying the great mysteries of the  
universe.  
They loved to meditate and ponder life.  
They would love to give riddles to the children.  
You could say Zen Koans came from the dragons.

The children learned how to meditate and tap into the silence.  
From this place, the unspoken answer to the riddle would drift up to the surface.

The dragon would look at the child and grin with delight.

No words were spoken.

The dragon could see the answer sparkling in their eyes.

These were the golden era for man.

Man and dragons were best friends.

Being trains by dragons as children when they grow up their best friend was still  
around.

Imagine generation after generation being taught and trained by these great  
masters.

It would be like the Christ was still alive today and teaching the children today the  
great mysteries.

How grand would that be?

Did you know that dragons do exist?

They exist in your mind.

They have never left us.

It's like you are the universe.

Yet you don't know it.

It's as simple of that.

We really have a hard time believing in fantasy.

Our culture really is put off by it.

Yes, we have fantasy movies.

But somehow along the way we were told when we were young the following.

Stop your day dreaming.

Stop living in a fantasy world.

Slowly day by day we forgot our true essence.

The vast universe of dragons was forgotten.

We slowly severed the tie to their world.

Wel slowly learned to hoard our gold.

Wars were a way to teach a lesson to our foes.

Yet our foes wanted the same thing.

We forgot how to compromise.

The dragons were great with that.

They taught the children the artful way of compromise.

They taught them to see through the eyes of the person or country.

From that space, unity arises to the surface.

Then each party would bow and bend to the occasion.

Unity existed throughout the land.

So ponder this over.

Come fly with your inner dragons.

## Fully Alive

Many people say that living a spiritual path is not very practical.  
They say you will lose out on life.  
You can never have a good time.  
You lose your sense of humor and fun.  
You are a prude.  
You sacrifice your life for nothing.  
You live your life like a monk.  
You waste your life meditating.  
You think too much.  
You're trying to convert people.  
Yet this path is simple.  
The main goal is to be fully alive.  
We are living on the surface of the vast ocean of life.  
A spiritual path guides one to dive deep into the great mysteries of life.  
It's not a sacrifice.  
True happiness is not giving up anything.  
Well, maybe it is if you consider giving up anger.  
Kindness.  
Compassion.  
Love.  
Patience.  
Tolerance.  
These are the gifts you discover when you are truly alive.  
A man discovers great wisdom when he is truly alive.  
It's funny and sad at the same time.  
We truly think we know all the answers.  
We think we know ourselves.  
Yet our attention is always focused externality.  
No wonder our mind wags its tail like a dog in that state of mind.  
Some we get angry or put off when we talk about the journey inside.  
We seem to have no interest in the mysteries of life that are hidden inside.  
Maybe people get confused by the words religion and spirituality.  
Don't try to convert me.  
I have my religion.  
I don't believe in God.  
Yet we all believe I'm alive.  
A spiritual person tries to solve that mystery.

No more, no less.  
This journey is fun and humorous.  
It's exciting.  
It's never boring.  
As a kid, I would get bored a lot.  
My mind would get bored.  
Yet I haven't completely overcome that I have traveled millions of miles since.  
They say to conquer your mind is the most difficult thing in the universe.  
Yet I'm well on my way.  
I'm not being boastful.  
I'm just seeing the benefits of being truly alive.  
It's amazing that you can be truly happy where ever you go.  
Happiness follows you because wherever you go happiness goes.  
I often ponder why we like to be in the winds of the hurricane of the mind.  
Do we really like confusion and frustration?  
We are born to live in the center of the hurricane.  
Big difference.  
Maybe people probably think this is not real.  
This is made up.  
Well, ponder this over.  
The proof is in the pudding.  
Discover your true nature of being fully alive.

## Galileo's Telescope

Can you imagine young Galileo pointing his telescope towards the stars?

What was in his young mind.

What kinds of thoughts would float up to the surface of his mind?

He went against the concepts of his time.

During this age, scientists and the Church believed the Sun and the planets  
revolved around the earth.

Galileo and some scientists before such as Copernicus believed the earth and the  
planets revolved around the Sun.

Galileo was the first scientist to use a telescope to prove his theory.

Yet why does man hold on so tightly to his ideas and beliefs?

The Catholic church and the Pope himself couldn't believe Galileo.

They said he was a heretic.

How dare you challenge the idea that the Sun and the planets revolve around the  
earth.

Who do you think you are?

Imagine being tried by the Inquisition.

They found him guilty and place him under house arrest.

Fortunately, they didn't kill him.

Yet he spent the rest of his life in house arrest.

Today Galileo is known as the father of the following.

Father of Observatory astronomy.

Father of modern physics

Father of the scientific method.

Father of science.

All I can say is wow.

Imagine Galileo also studied and mastered the following.

Astronomer.

Physicist.

Engineer.

Philosopher.

Mathematician.

He was in my eyes a genius.

He was way ahead of his time.

Isn't it amazing we don't want men to challenge our way of thinking?

Man at times loves living in the box.

It's a comfort zone.

You don't want to learn anything new or be challenged.

If someone has something to say that is different we get angry.

How many innocent people got killed in the Inquisition?  
To be honest I probably would have died back then from what I'm speaking.

Just think Christ died on the cross.  
Yet the Inquisition killed millions of people who believed in Christ in a different way.

What do you think Christ would say?  
He would shake his head and probably have tears of compassion flowing from his eyes.

Look this adventure of life is all about discovering the mysteries of life.  
We should be grateful when we meet someone who has a different idea or concept of life.

I was fortunate to be brought up in a household that accepted all ideas in life.

Till today I still love to hear life stories from people all around the world.

Imagine today we have telescopes scattered throughout the universe.

We are looking for the mysteries of life.

## Gaslighting Sowing The Seeds Of Doubt

Why do we sow the seeds of doubt?  
Maybe we were brought up in a world where we were taught we aren't good  
enough.

You are a born sinner.

Christ died for your sins.

I have many Catholic friends.

Most of them believe that they will be sent to purgatory.

Purgatory is a state between heaven and hell.

My wife once believes this at just 10 years old this concept.

Can you imagine an innocence of a ten-year-old being fed this?

Why do we make humans feel insecure?

We take away the spark inside.

I have come to a conclusion.

Man judges.

God doesn't.

Man says there is an angry God.

God is never angry.

God is a love which created the universe.

God does not know anger.

Man does.

You are not a born sinner.

You came directly from God.

Therefore you are not born a sinner.

Now you can miss the mark.

You will make mistakes.

That's the only way to grow.

Yet God does not judge you on this journey.

You have free will.

Yet with this free will what are we doing with it?

Which path are we walking on?

Do we try to pull the weeds of doubt inside of our own garden?

There are negative weeds everywhere.

My advice start slow.

Buy the best weed wacker you can find and chop down the inner weeds.

You will feel a tremendous amount of relief.

Ploy your inner soil.

Start planting the following seeds in your garden.

Hope.

Love.

Compassion.

Gratitude.

Patience.

Tolerance.

Kindness.

Trust.

Wisdom.

Forgiveness.

Water these seeds daily.

Pay attention to them.

Speak from your heart and mind.

Hesitate before you speak.

Stop and ask yourself is this putting gasoline on the fire.

If it is, don't say it.

Try to put water on the fire.

You have no enemies.

You just think you do.

Christ did not see enemies.

He saw the goodness of man.

No matter what a person has done God is keeping them alive.

You are the piece of the puzzle.

You can solve this mystery.

You can turn your weeds into a precious garden.



