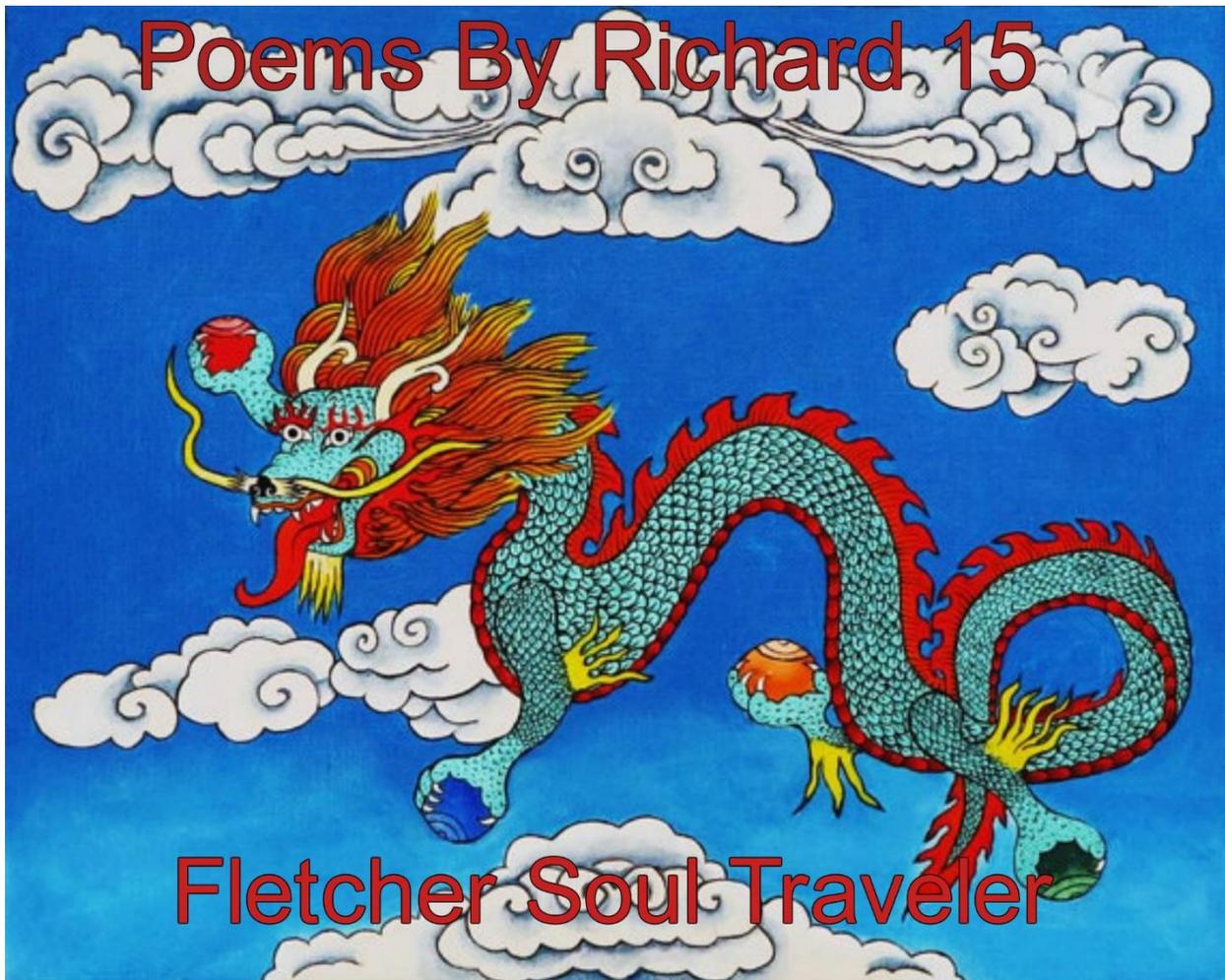


2017

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.



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Generator, Operator, Destroyer

When I spent time in India I spent time contemplating on God.
One of my favorite definitions was the following.
God.
Generator, Operator, and Destroyer.
Otherwise known as Bhrama, Vishnu, and Siva.
I find it quite fascinating that many of the major religions have a trinity.
Father, Son, and the holy ghost.
You might have imagined I have spent a considerable amount of time pondering
over such things.
Just think everything in the universe is created.
The sun, moon, and stars.
It can exist for billions of years.
Yet astronomers have witnessed a super nova.
A star goes up in glory.
Even our own planet someday will be star dust.
Everything eventually goes back to the source.
Nothing can escape that fact.
This is the greatest magic trick of all time.
Who knows how many times the universe has been created and destroyed.
Yet we come into this world for such a short time.
It's only a blink of an eye.
I get great joy and bliss thinking about such matters.
It puts my life in more perspective.
At times we play such petty games.
There is a vastness in space that is beyond human comprehension.
I'm sure the modern day astronomer can say the same.
We now have observatories mounted on satellites searching all over the universe.
Now that's spending tax payers money to a great cause.
I find it fascinating that we are the universe.
We just don't know it.
All the great masters have shown the way to discover our true nature.
Personally, the inward and outer journey is the same.
As Guru Nanak once said everyone knows that a raindrop is part of the ocean.
But how many people know that the entire ocean is contained in the raindrop.
Sounds like a holograph to me.
One thing I learned while in India is that the entire universe is aware and
conscious.

Indians say to each other Jai Sat Chit Anand.
In other words, Truth is the consciousness of bliss.
The entire universe awareness is bliss.
When I first heard the concept of bliss many moons ago I really didn't understand it.
It wasn't happiness or worldly love.
It was beyond that.
Bliss was something that was both physical and spiritual.
When the mind is focused on Truth the mind is in bliss.
Bliss is the ingredient or drug which calms down the mind.
There are no harmful side effects.
This is your true nature.
There is such an opioid addiction in the United States.
Every day people are dying from an overdose.
They are suffering and yet can't find how to go beyond it.
The journey within will help one to solve the mysteries of life.
Come and discover your true nature.
It's only one breath away.

Get To The Point

Many people probably say to these poems get to the point.

Stop your rambling.

Your not making any sense.

I don't understand what you are talking about.

You are speaking in riddles.

What piece of the puzzle?

What puzzle?

I didn't understand a word you said.

Are we speaking the same language?

Are you trying to convert me?

What great masters I only know one?

You're joking when you say you are the universe.

There is no kingdom of heaven inside.

I've been alive for many years I have never seen the light inside.

Man will always be angry?

Just get over it.

I don't want to be a monk.

What good is a spiritual path?

Meditation is boring.

My church doesn't teach meditation so it must be evil.

Who wants to goody-two-shoes.

Kindness is a weakness.

I would never teach my kids your view on life.

You're crazy.

Peace on earth, good luck with that one.

My mind is already tamed.

See my mind dog tail is wagging always.

The mind is not so powerful.

What creative force?

There is no global warming?

Man did not go to the moon it was made up.

War is good.

You need a man of no morals to run this country.

Present day politics will never compromise again.

We are doomed.

Armageddon is here.

Man will always be a man.

We can never learn our lessons.
God is an angry God.
God is a jealous God.
God is wrathful.
When you die you go to either heaven or hell.
Only blank religion is the true religion.
All others will not be saved.
A new born baby who dies with out being baptized will not be saved.
You are born a sinner.
You must prove yourself to God.
If you make mistakes you are a loser.
Winning over others is the name of the game.
If you come in second or third place you are a loser.
If you come in last place you suck.
Nobody wants you on the team.
Just ask Michael Jordon in junior high school.
Look for the best paying job instead of one you like.
Money is everything.
Don't think about your fellow man.
A person in poverty deserves to be in poverty.
People on welfare don't want to work.
Why should I help others?
What has the world done for me?
Who says the rich get richer and the poor get poorer?
God only respects my nation.
God is only on my side.
You are going to hell, I'm going to heaven.
I'm not made of star dust.
What have you been smoking?
Yeah sure the universe knows my name.
God has no idea of who I am.
God doesn't know my name.
God is not with me.
I have never seen him.
The great masters told tall stories.
This is all made up.
If it's not in my scriptures it's not true.
My religious book is the only spoken truth.
There are no common denominator between religions.
Ours is the only way.

This is what I have heard on this journey of life.
We can make up any excuse to hinder us on this journey.

Ponder this over.

You are the most precious jewel in the universe.

Discover the jewel inside.

Getting Back On My Feet

We have all been thrown curve balls in life.
We have been thrown to the ground.
Yet this is a point in time where we dust ourselves off.
We are getting back on our feet.
Nobody in life gets a free ride.
Everyone gets their fair share of challenges.
Personally, I think this is how we grow.
If life didn't have some challenges it would probably be pretty boring.
Imagine going to a movie and nothing happened.
There was no plot.
You would probably walk out of the movie.
Yet life is like a movie.
It has its up and downs.
That's the nature of life.
Life is not static.
Life is constantly changing.
Yet as humans we hold on for dear life.
We really don't like change.
If we are in a rut, we still hold on to the rut.
For some reason, we have been conditioned to believe that change is painful.
Yet look at the beauty of the four seasons.
Each one is so beautiful and a different expression of life.
Nature doesn't try to hold on for dear life.
Nature is in harmony with life.
It simply is.
It does not think about the past or the future.
It lives in the present moment.
I often wonder if our pain exists because we live in the past and the future.
We are held hostage to the past.
We can't change it.
We are anxious for the future.
What will it bring?
Maybe this is why we get neurotic.
There is a constant tug of war going on between the past and the future.
The wise masters have said to live in the present moment.
When one does this over time the tug of war stops to subside.
One learns to live in the center of the hurricane.
Curve balls will still be thrown your way.

Yet you are ready for them
You know how to swing the bat of life and hit the ball out of the park.
In baseball, you are a super hero if your lifetime batting average is over 400.
Very few baseball players have achieved that.
Yet that is only getting on base four out of ten times.
Be proud of yourself if you get on base in this journey of life.
Learn some of the tricks of the trade.
Be easy on yourself.
Don't judge yourself or be too critical of yourself.
Relax.
Stop and enjoy the moment.
The more you relax in life the less paranoia you will have.
Be stressed in life is caused by a stressed mind.
Become friends with your mind.
Learn how to tame your mind.
These are a few suggestions.
Remember you can always get back on your feet.

Global Prosperity For All

May the world learn to share its sacred treasures.
Nobody should ever die of starvation.
Clean water is deserved by all.
A decent house for all living beings.
Education is a birthright.
Teach a person how to fish in life.
Train them for a decent job that will pay their bills.
Humanity must learn how to take care of this precious human body.
We are being indoctrinated by Big Pharma.
They are making huge profits for the world being sick.
Share the wealth.
Trickle down does not work.
Why should 1% have more wealth than 99% of the population?
It seems like a subtle feudal system is still in place.
We replace Kings with CEOs.
Why are wages so stagnant while the rich get richer?
Something is a miss.
The tetter totter is way off balance.
Man needs to see we are all in the same boat of life.
We are all n the same journey in life.
We all can stop wars.
Fighting is obsolete.
We have the Internet to truly communicate in seconds anywhere in the world.
New can be broadcast in seconds.
We have the intelligence to make this world a grander place.
What we need is a combination of the heart and mind.
Once man truly learns this we can solve any problem.
Both the mind and heart is essential to solve any problems.
Look at our own political system.
They can't even compromise.
They constantly point fingers towards each other.
Why can't we pass a decent health care bill?
Millions of people desperately need it.
If Congress had our medical plan they would solve this problem.
Same goes for Social Security.
They raid the funds and then say that the fund will run out of money sometime in
the future.
It seems crazy to me.

We need our leaders to be like King Solomon.
He knew the difference between the heart and the mind.
He was wise.
Maybe our leaders should learn a lesson from him.

Glory To The Almighty

Glory to the almighty.
The one who created the universe.
The true essence of love and compassion.
Free will was given to all.
The power that doesn't judge us or condemn us.
The entire universe is filled with kindness.
God is kind.
The almighty is not an angry God.
The almighty is not a wrathful God.
God is a love that is so pure that nothing can taint it.
You are not a born sinner.
You came directly from God when you were born.
So how can you be a sinner?
Personally, I think we get more when we give praise to God.
God is beyond praise.
The sun is the sky needs no praising.
It simply shines.
God simply shines to all.
The kingdom of heaven lies within.
This is your true home.
It has always been there.
There is a layer of dust that is covering your true home.
All you need to do is get rid of the dust.
With your intention, God will help you clean up your inner mansion.
It doesn't matter who you are or what you have done.
Humanity may judge you.
But God will never judge you.
We have lessons to learn along the way.
How can you ever learn if you never make mistakes?
All the great masters made the same mistakes you did.
The only difference is they learned from their mistakes.
They learned been there, done that.
I don't need to repeat this scenario again.
Remember it probably took them awhile to recognize this and not make this same
mistake over and over again.
This is how you get wise.
Wisdom is something you gain by practical experience.
Wisdom is not theoretical.

Wisdom is extremely practical.
You can learn this in your life.
There are millions of people doing this.
Each one has their way.
No two ways are the same.
Even if you are twins.
Each one of us is custom designed by God.
Isn't that incredible.
God provides the tools inside so we can discover our true nature.
Humanity is about ready to find the jewel inside.
We have tried for thousands of years to get along with each other.
War is not the answer.
Once mans begins to learn his true nature the world will change.

North Korean Crisis

I admit I don't know who is crazier our president or Kim from North Korea.
Both of them are extremely unstable leaders.
When our president threatened North Korea with fire and fury never seen before
does he understand what he is doing?
The next day he up's the ante by saying the talk about fire and fury wasn't tough
enough.
He is putting tons of gasoline on a fire.
These are the signpost North Korea needs to build its case for building nuclear
weapons.
See we need to defend ourselves from the United States.
John McCain took exception to the President's words.
He said walk softly but carry a big stick.
War will never be the answer to this problem.
We have a President who can push the button anytime he likes.
We have a President who never backs down.
He will never admit his mistakes.
He will never give an apology.
He will never listen to advice.
I think our President needs to go back sixty some years to the Korean war.
Millions of people lost their lives.
They have never forgotten that fact.
They built these nuclear weapons to demonstrate to the world we can defend
ourselves.
Look I'm not a politician.
I'm trying to have common sense.
Rule number 1.
Don't put gasoline on the fire.
With the Presidents few words, he has escalated the situation.
Unfortunately, there is no turning back.
The President has brought us to the brink of war.
A wise president would huddle around his advisers and give a speech.
He would say let's use diplomatic channels to resolve this situation.
Frankly, I feel uneasy when our President would say such words.
Nuclear war is devastation.
Just ask the Japanese.
Unfortunately, we have nuclear bombs today that makes Japons devastation like
kindergarten.

Robert Oppenheimer the head of Los Alamos who create the nuclear bomb said the following quote from the Bhagavad Gita.

Now I am become Death, the destroyer of worlds.

This is the kind of destruction we have.

So how do we go beyond this?

War is obsolete.

We need a President who ponders over his words before he speaks.

Frankly, I don't know how to get out of this situation.

I would have the world talk directly to China to baby sit its neighbor.

China must make its stand.

Locked And Loaded

Do we have a diplomatic in office?
It's more like an egomaniac.
What kind of President ups the ante towards nuclear war by saying the following.
The American military was "locked and loaded" for conflict "should North Korea
act unwisely
I think the President should listen to his own words.
Each day it's his words alone bring the US to the brink of war.
He plays a poker game with serious consequences.
Each day he ups the ante in rhetoric.
He seems to enjoy placing gasoline on the fire.
He seems like the bully at the playground.
So arrogant.
Millions of people are held hostage to his words.
Nuclear bombs were meant to be a deterrent to war.
All the past presidents and even the Soviets knew that.
I watched carefully before the election he was curious about our nuclear arsenal.
He asked questions that didn't seem normal.
Now he has the codes to launch in his hands.
Frankly, that scares me.
He will never back down.
He will never give an apology.
How in the world did he get in office?
I have never seen a President who is so calloused towards life.
Millions of people could die.
Yet day by day he is upping the ante.
All the news media is saying shut your mouth.
You are instigating a nuclear war.
How can diplomacy ever happen when you are spouting these words?
Did your parents ever teach you any manners?
You ran your business like a tyrant.
Now the tyrant has become the President of the United States.
I have always supported our Presidents.
I may not always support their issues.
But I support the past presidents.
But when a president has so much ego that he bring a country to the brink of
nuclear war I can't support him.
As Theodore Roosevelt once said walk slowly but carry a big stick.

In the past, the US and the world would not respond like Mr. Thrump.

He thought they were too weak.

I call that great strength.

It's so easy to spout out and flame your opponent.

Diplomatic learn the art of communications.

Mr. Trump is not a diplomatic.

He is running the United States like a big business.

Unfortunately, it can't be run that way.

So in the background, I'm assuming that some sort of communication is going on.

Yet how can you communicate with North Korea when our presidents day by day
gleefully ups the ante.

I feel like he thinks it's his own personal stock of weapons that he can use
whenever he wants.

That truly scares me and probably the world.

I have never seen a President take such interest in our nuclear arsenal.

I hope China comes in to rescue the world.

I hope they come to their senses.

The whole world could be impacted by this.

Remember WW1 got started by an assignation and all hell broke loose.

Now we have a President saying such crazy words that World War III could start.

I don't even think he cares otherwise he would shut up and not say anything.

Personally, I think the President should not say anything to the press until this
critical issue gets solved.

That's why we have diplomats.

That's how the past President's did it.

Yet that took time.

Now we don't have time.

Yet day by day I wonder what kind of threats he is saying.

Can't Congress do something about it?

Why are we all just sitting there and not doing anything?

To be frank, if a CEO say this he would be fired.

Isn't there any conditions where if a President brings us to war by his rhetoric he
should be dismissed?

This is exactly what is happening.

Somehow the people of our nation knows it wrong.

We know we have a serious bully in office.

Need I say more.

But his actions could have serious consequences for millions of people.

I hope our President would wake up.

His ego and pride could cause catastrophe to millions.

When he said locked and loaded it means he will never back down.

I don't like to say this but we have a maniac in office.

His pride and ego are worth more than millions of lives.

What a sad day this is.

God Willing

There is a famous mystery school quote.
It's by will alone that I set my mind in motion.
That may seem simple or not but it mean a lot.
Yet there is a huge difference between our present state of mind.
Our present state of mind doesn't even consider this.
Our mind is always in motion.
What does the will have to do with this?
Well first of all when you know that it's by will alone I set my mind in motion you
have a different state of awareness.
The mind does not command you.
You command the mind.
That is the difference between day and night.
That is the difference between being in the center of the hurricane or living in the
whirling winds of the mind.
This may seem like a foreign language to you.
What are you talking about?
What does this have to do with life?
Well, let's take our present day situation with North Korea.
We have a President who loves to taunt anyone who disagrees with him.
It doesn't matters who it is.
Hundreds of examples have been given.
This is a man who speaks without pondering.
A man who doesn't connect the mind and the heart together.
You sees when you set your mind in motion you tap into the unseen world.
You tap into the creative force of life.
You automatically think and ponder before you speak.
Well in the past week our president by his words alone have escalated the matter to
the brink of war.
He can control himself.
By his words, millions of people can get killed.
Yet the taunting continues.
All of grown life he has learned to taunt people to get his way.
Even if it means nuclear war/
I'm wondering why doesn't Congress do something about this?
Are they scared of this man?
He is weak minded and has no morals at all.
Yet the Christians flock to him.

What would Jesus say?
War is obsolete.
There is always a better way.
The world that still fights is not a civilized world.
Now you even have a President who is thinking to use Nuclear bombs because of a
threat from another nation.
Don't put God in this picture?
Both sides of the party escalated this matter.
There is a practical solution.
You can figure it out.
Imagine if the United States got attacked around 60 years ago.
Millions of people lost their lives.
The hostility would still exist today.
We didn't have any way to protect ourselves.
So we figured out to develop a nuclear bomb/
No countries would speak to us except for the one on our one border.
We are extremely poor.
Now imagine this is North Korea.
If we could forgive our past enemies such as Germany, Japan and Vietnam we can
forgive North Korea.
Let bygones be bygones.
Build up their nation.
Slowly build a trust so strong they become our friends.
If we don't see them as an enemy but as a confused nation still trying to overcome
the horrors of war.
Look at a soldier today return from Afganistan or Iraq.
How many commit suicide?
It's an epidemic.
Now, how about North Korea?
They never recovered.
Does that affect you at all?
An entire nation is suffering.
Let's be like the Christ.
Let's help our fellow man.
It's by will alone I set my mind in motion.
Nothing could be more practical than that.

God's Tricks

Does God play tricks?
In my eyes, there is no slighting of the hand.
There are no tricks up his sleeve.
There is no illusion.
God's magic is real.
God created the entire universe.
God is kind.
The universe is kind.
God is love.
The universe is love.
God is patient.
The universe is patient.
So if God is everywhere then he also exists inside of us.
We are the universe.
We just don't know it.
All the great masters have said the kingdom of heaven lies within.
This is where we can discover the true magic of God.
God's greatest gifts to us are his true nature.
Love.
Compassion.
Kindness.
Patience.
Tolerance.
This world would be Heaven if all humans beings experience this on a moment to
moment basis.
We all are amazed by this creation.
Yet how incredible the creator exists inside of us.
Maybe this is God's only trick.
He hides inside of us waiting to be found.
We have free will.
The great masters have come down and said the jewel lies within.
Take this shovel and dig within.
We can't dig the hole for you.
That's where free will comes in.
This journey of life can be difficult.
Maybe that's why it's called a journey.
But when one discovers the jewel inside the journey becomes easier.

I'm not saying it will always be a smooth ride.
This journey of life will always have bumps in the road.

But when you discover you are never alone.

God is silently coaching you.

He is always on your side.

I truly think that's the greatest gift.

We are never alone.

I've been laid off many times in the past 6 years due to government funding and
contracts ending.

To be honest I don't like it.

It's a hassle to look for a new job.

Yet each time I see the hand of God in my life.

I can almost hear the silent whisper.

I'm here with you all the time.

Don't panic or freak out.

You are not alone.

I'm here by your side.

For me that's magic.

I love the feeling of being rocked by God when things get tough.

We are all God's children.

That same God exists inside of you.

We are all in the same boat on the journey of life.

I hope you like this advice.

Magic is everywhere.

Discover the magic within.

Our life will never be the same.

Got To Change Our Crazy World

The Great master from the past came down to change our crazy world.

Man has been fighting for eons.

What has it brought us?

Nothing but misery on this planet.

Probably billions of people have died due to wars.

How civilized are we?

Do we truly think that by going to war it will solve man's problems?

We had WWI.

It was the war to end all wars.

Yet only years later we had WWII.

This time the war ended when Japon was bombed twice with nuclear bombs.

Still, this didn't end fighting among men.

Wars still continue today.

Our current president is on the verge of having another nuclear war with North Korea.

Both countries are ridiculing one another on the playground of life.

Both leaders are very immature and unstable.

I pray that someone will intervene.

Where does all this craziness stem from?

Why do we act this way?

Man has to discover his true nature.

Man needs to learn how to tame the mind.

It's that simple.

That's where all the craziness gets started from an untrained mind.

That's why I say the spiritual path is the most practical path.

Without a spiritual path, the weeds within grow out of control.

Anger.

Greed.

Power.

Control.

These take over.

We see it very evident today.

We have a President who if you disagree will spend the early morning tweeting all about you.

His words aren't kind but extremely demeaning.

The New York Times keeps records how many times he has lied.

It was around 900 at the last count.

This was only 7 months into his Presidency.

How can we know when he is speaking the Truth.

He has the nuclear codes in his hands.
Will his ego push us into nuclear war?
Only time will tell.
Each of us has a piece of the puzzle.
We don't have the entire puzzle.
We have a piece.
Without your piece, the puzzle can't be complete.
Ponder this over.
You are more important than you think.

Got To Remember Who You Truly Are

If I had any advice to say.
I would say the following.
Got to remember who you truly are.
I know that seems insane.
I know who I am.
But at what level?
If I told you, you were the universe.
You just don't know it.
You would probably chuckle and laugh.
How absurd?
What have you been smoking?
Yet all the great masters talked about the oneness of God.
Before you were born you came from God.
When you die you return to God.
A new born baby just came from God.
Look how precious it is.
Most people would say breathlessly.
Such beauty and purity.
This is our true nature.
We have forgotten who we truly are.
Over the years weeds have grown inside.
Just take a look at this world.
It needs peace.
It needs kindness.
It needs patience.
It needs tolerance.
It needs love.
It needs compassion.
All these wonderful gifts are your true nature.
We have simply forgotten.
At times we become bitter with God.
Why did this happen to me?
Why am I all alone?
If you are always with me I don't feel it.
This is where the journey truly begins.
Questioning.
Why am I here?
Are the great master telling the truth?

They say we have free will.

Yes, you do by the way.

With your free will, you can discover the jewel inside.

This inward journey is the most incredible journey.

Personally, I have been on this journey for many moons.

From my understanding, there is no permanent destination.

The journey is the destination.

Moment by moment.

Day by day.

Year by year.

Even when you become one with the universe the journey continues.

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

You see this journey is infinite.

There is always something to learn.

This is wisdom in motion.

Ponder these words.

They have great meaning.

Remember that your true nature is incredible.

You are the universe.

You just don't know it.

Charlottesville

For a second last week, I thought I was in Germany before WWII.
The K.K.K, neo-Nazis, white supremacists and other hate groups came to
Charlottesville.

They came in hate and anger.

They chanted slogans that would have been said if Hitler was still alive.

Now I believe in free speech but this is gone too far.

Millions of Jews were slaughtered by Hitler and his regime.

Millions of people died in the war.

One innocent woman was killed and many injured by a terrorist driving his car into
the crowd.

I saw an interview where a Jewish s synagogue had its people inside of the temple
fearing going out.

Out side chants of Hitler was in the air.

Yet what does our President say?

He says both sides are at fault.

Wow.

Are you serious?

He then a few days later makes a statement saying they should be condemned.

Yet the next day he again says the blame is to be on both sides.

Wow again.

Our President doesn't regret what he said.

Many of the CEO's on his business councils resigned.

Even the heads of all Military announced that hate groups do does not belong in
America.

We fought a war against bigotry.

Now it's back and seemly supported by the President.

He even has members of his cabinet who supports the alt-right.

Wow again.

Just a few days ago I wrote about Trump almost bring us to the brink of war and
now this.

Last night CNN called 65 Republicans to ask for their feedback.

Only one of them responded.

He alone spoke the truth.

Did you know that the same thing happened in Germany?

Nobody spoke up.

Did you know that President Trump never called the mayor of Charlottesville?

He did not attend the young woman's funeral.

Did you know that the K.K.K, neo-Nazis, white supremacists and other hate groups feel that the President supports them?

Now that's scary.

I even saw an interview where one said that.

Our President is putting tons of gasoline on the fire.

I'm glad to see some Republicans speak up.

The sad thing is before Trump came to office the main supporters were the K.K.K, neo-Nazis, white supremacists.

They continue with him today.

I bow my head in silence to the young women and two other officers who died in serving our country.

You did not die in vain.

Thousands of people yesterday had a beautiful vigil remembering you.

I have faith in mankind.

Peace will be on this earth.

You are a piece of the puzzle.

Got To Tell You

I got to tell you that you are a miracle.

You are alive.

We take it for granted.

Yet at the time of death, one sees how precious our breath is.

No body can escape it.

I know it may seem like I'm a broken record.

All the great masters are talking about the same thing.

They have conveyed the message in different manners all throughout the world.

Life is precious.

Know why you are alive.

I keep on saying the spiritual path is the most practical path.

Why do I say keep on saying this?

Imagine most of our lives we are skimming the surface on the ocean of life.

The wise man dives deep into the ocean of life and becomes won with it.

I love the following saying from dear old Albert Einstein.

I think 99 times and find nothing.

I stop thinking, swim in silence, and the truth comes to me.

This is a very wise man who said this.

He understood the law of silence.

You can't think your way to God.
Yet by learning how to be silent you can find God.
In the silence lies the vast mysteries of life.
I have seen many times before the following.
You are the universe.
You just don't know it.
You can never think this over and find this answer to this riddle.
The only way to understand this riddle is to swim in silence just like good old
Albert said.

I find Albert to be a genius on two levels.
He was a genius in the sciences and he understood the law of silence.
Combine both of these together and you have a true human being.

Hu-Man = Divine Mind

Man = Mind

Big difference.

Albert lived in the center of the hurricane.

He lived in stillness.

Man has yet to learn truly live in silence.

Yes, millions of people are already on this path.

But this knowledge still hasn't been accepted into mass consciousness.

When it does the world will really start to change in a beautiful way.

Kindness will take over.

Patience and tolerance will take over.

Love for one another will take over.

When man truly understand that war is obsolete a huge shift will take place.

War is a past dead energy.

We will look at war BC and peace AD.

We will stop and ask ourselves how did we ever fight in the first place.

But first, we need to learn how to swim and dive in the ocean of life.

There are millions of people on this planet saying the same thing.

This is not my message.

This message is brought forth from millions of people.

This message comes from the yearnings of mankind.

We know that we are missing something.

We can't quite figure it out.

It's at our fingertips yet we can't quite touch it.

That makes us frustrated.

Why can't I find the answer?

Remember what dear old Albert said.

I think 99 times and find nothing.

I stop thinking, swim in silence, and the truth comes to me.
You can solve this puzzle.
The answer lies within.

Hang In There

No Matter what life throws at you.
Hang in there.
Life is a journey.
There will be bumpy roads ahead of you.
That's why it's a journey.
All the great masters have said go within to answer the riddle of life.
This will make the journey more comfortable.
The same bumps in the road will occur.
Yet this car has great shock absorbers.
When it hits the bumps of the road in life it will cushion the bump.
You will still hit the bump but the effect on you will be relatively minor.
This is why I say the spiritual path is the most practical path.
The spiritual path teaches one how to deal with life's problems.
Over time you will learn all the necessary skills in life to make you a happy person.
You will learn how to weed your inner garden.
When you do this on a day to day basis flowers will bloom in your life.
Incredible fruits will manifest.
You will slowly morph from man to human.
Man = mind.
Human = divine mind.
This is the transformation that takes place.
It's a glorious one.
It's a humble one.
It involves the unity of the mind and heart.
It is a dropping of all negative energies and embracing the new.
Kindness is the energy that emerges in the union.
Love and compassion emerge.
Patience and tolerance emerge.
This is your true nature.
It's only to be discovered.
There is only dust on your inner mirror.
You can go within and clean this mirror.
Nothing is stopping you.
You have free will.
These messages hopefully will help you on this journey.
We are all on the same journey.
You and I are one and the same.
It may seem like we are different.

That's why there is so much division in this world.
Because we don't experience the unity of life there is separation.
Because there is separation we can't see the forest for the trees.

Discover the jewel within you.

You can solve this puzzle.

Remember you are a piece of the puzzle.

You come here on earth to discover your true nature.

Hang in there.

You are alive.

Hard Day Livin

This is to my old friends who passed away.
Many of them had a hard day livin.
I guess that sex, drugs and rock and roll can take a toll on life.
Many of my friends lived a hard life as my friend Nick once said.
There is a price to pay in life.
Nobody gets a free ride.
It's amazing God does not judge us or criticize us.
We all have free will.
If we are eternal maybe the journey is a learning lesson.
We grow and learn for eternity.
I'm sure we all have experienced a hard day livin.
Life can be hard on us.
At times we need an escape valve to let the stream of life get release inside of us.
It's like a pressure cooker.
At a certain point, the pressure must get released or the pot will blow up.
We all have our ways to deal with this in life.
Some are good for us and some over time is destructive to us.
Some of my friends have died way before their time.
They were good friends of mine during my childhood.
Somewhere along the way they slept and fell and never knew how to pick
themselves up.
You have to have compassion for them.
Unfortunately in America today thousands of people are dying from an opioid
addiction.
It's an epidemic.
People are overdosing left and right all across America.
This is even happening in small and big towns all across America.
It's sad to see that life is tough and people are risking death by taking these drugs.
Unfortunately, these drugs are highly addicting.
Once you're on them it's virtually impossible to get off them.
At times I have a theory the more difficult life becomes the more apt one will have
a hard day livin.
It doesn't matter if your rich or poor.
It's a state of mind.
If you perceive life without any chance to overcome your obstacles you might
succumb to a hard day livin.
I wish in schools we were taught the power of the mind.

I wish all students were taught the power of meditation and the power of pondering
in life.

Maybe we were taught about philosophers but we weren't taught how to think like
one.

We were taught how to memorize things but never how to truly think for ourselves.
No wonder the school's systems are what they are today.

Kids are bored.

The school system hardly provides an atmosphere for quenching the thirst for life.
Kids go off to college and many of them get hooked on to drinking for the rest of
their lives.

It's become the social norm.

Look there is nothing wrong with drinking if it's under control.

But binge drinking is another story.

How many young adults have died in college because of this?

Their parents paid good money for this.

Yet the college scene at times has its dark side.

Many young adults if they survive take on this attitude after college.

Drinking is a social way to release the problems of life.

I hope this isn't a soapbox.

I'm not judging people.

I'm simply pointing out that as a society we can change our ways.

It begins with you and me.

Heart Of Gold

Did you know that you have a heart of gold?
That is your true essence.
Your true nature is kindness.
Your true nature is patience.
Your true nature is tolerance.
Your true nature is love and compassion.
This is who you truly are.
You may think I'm macho.
Yet deep down inside you have a heart of gold.
This is the true nature of a human being.
God exists inside of us.
You are a part of God.
All the great masters have said that.
The jewel of life lies within.
Unfortunately, we have lost touch with our true nature.
Dust has gathered on the mirror of life.
When we look into the mirror we can't see our true nature.
How would this journey of life be if we could see who we truly are?
This world would be heaven on earth.
I know I'm a broken record.
Saying the same message over and over.
Yet all the great masters have come and said the same thing.
I'm not a master yet I am a student of life.
I do have some insight over the years.
I'm not here to brag.
There is nothing to brag about.
I'm simply trying to convey your true nature.
I'm not trying to convert you.
There is nothing to convert to.
Every one of us has God existing inside.
It doesn't matter who you are.
It doesn't matter your religion or views about God.
It doesn't matter if you are an atheist.
God exists in your friends and enemies.
Simply God exists in the entire universe.
As I said before you are the universe.
You just don't know it.

You have been down this journey of life before.
You know that life has many bumps and pot holes.
That's the nature of life.
Nobody gets a free ride.
Yet the journey and self-discovery within cushions the bumps in the road.
It's like God is in the passenger seat when you drive.
You may not see him but that doesn't mean he is not there.
You can't see love but you can feel it.
God will not drive the car for you.
It's your own journey.
You have free will.
You truly can do anything you want.
Yes, there may be consequences.
Yet they don't come from God.
God does not judge you.
Man judges.
Millions of people all around the world are discovering their true nature.
This is probably the greatest time to be alive.
There is an evolution revolution of love occurring in this world.
Young people today are questioning war.
Why are we fighting?
War is obsolete.
A new way of thinking and being is occurring on this planet.
The media doesn't see it.
Yet occasionally we see glimpses of it.
At times Facebook posts will give us glimpses of our future.
It is quite grand.
Imagine the world learning how to be peaceful.
Imagine the world learning how to live in stillness.
Imagine the world as our friends.
As friends, you may disagree on things but you will never go to war.
You will just work things out.
This will take awhile to occur.
Mark my words peace will be on this earth.
Remember you have a heart of gold.

Hit The Wall

Have you ever felt that you hit the wall in life?
I can't go any further.
I'm all walled in.
How do I get myself out of this situation?
We are face bumps in the road.
Life wouldn't be a journey without them.
Yet it's so easy to freak out and go into fear.
Is there another way that we can face the wall and obstacles and be in a state of
freedom?
Freedom is a state of mind.
Our happiness is not dependent upon the external.
Our happiness comes from within.
We are meant to live in the center of the hurricane.
Yet we still live in the vicious winds of the mind.
An obstacle comes up in life and we freak out.
Someone has a different opinion in life and we have to defend ourselves.
We have a President if you say anything against him he will tweet nonsense about
you.
All the great masters have seen to face the wall calmly.
Face it directly.
You will find a solution to your problems.
The wall will disappear.
The wall is a state of mind.
Mind you the obstacle might still be there yet you will see the obstacle from a
higher level in life.
Again I say the spiritual path is the most practical path.
It deals with all areas of life.
It's the essence of life.
You can learn how to be peaceful and joyful when you hit the wall in life.
You can be calm and serene.
You can be mindful.
This is your true nature.
Instead of putting gasoline on the fire of life.
You can put water on the fire.
Eventually, the fire will not burn anymore.
All the great masters did this.
They had the same fire you have.
Over time they learned how to slowly extinguish the fire.

You have the same tools as they do inside of you.
Look inside of you to solve this riddle.
Ponder this over.
You are a piece of the puzzle.

Hope Springs Eternal

Hope springs eternal.
We have a deep well of external hope that lies inside.
This well will never dry up.
It is always flowing to the surface.
When you hit a bumpy road in life you can drink from the fountain of hope.
Hope will comfort you.
Hope will make the journey of life easier.
This is part of your true nature.
Hope is a gift from God to you.
We all have obstacles that come our way.
I just finished a contract and I'm looking for a new job.
I have hope and faith that I will find one.
I know that all of us can be hopeful for the future.
A job will come my way.
It's like being caught in the riptide of life.
You can't struggle or fight it.
But you can swim to the left or right of the rip tide to get out of it.
The perfect job is out there.
All I have to do is swim to the left or right of the rip tide in life.
We are meant to live in stillness and tranquility.
We are meant to live in the center of the hurricane.
Hope is the medicine to help calm down the mind.
Hope places you into the center of the hurricane.
I keep saying that the spiritual path is the most practical path.
There is a huge collection of tools that we can use on this journey of life.
Hope is one of them.
I'm at a certain age where many people of my age don't get the job because of
their age.
I have seen this a lot in the interview process.
Many of the jobs I went after I would have easily got 10 years ago.
Yet I have hope.
I know there is a job out there.
I'm not over the hill.
I have an impressive resume.
Hope is the force that drives me forward.
Hope is the force that drives you forward in life.
Tap into the well of life.
You will be glad you did.

I Don't Care What You Think About Me

I don't care what you think about me.
Everyone will have different opinions about you.
Just ask the Dali Lama.
He is probably one of the kindness person on earth yet the Chinese government
hates him.
They kicked out of Tibet many moons ago.
Yet his kindness radiates to all.
Friend or foe.
The world needs that.
The Dali Lama says kindness is my religion.
I totally agree with that.
With that kind of awareness, the Dali Lama has compassion and love towards the
Chinese government.
It isn't resentment.
I'm sure in the beginning there was.
The Dali Lama even admits that he had quite the temper tantrum when he was
young.
It goes to show that over time one can overcome one's anger.
Nobody gets a free ride in life.
We all have to overcome obstacles and emotional problems in our life.
Many moons ago I didn't understand why each day he would go over his daily
activities and make slight adjustments on what he would do.
Auh in the situation I could be a little more patient.
I could be more patient with this person
I might not have been totally there when I spoke to him.
You see slight adjustment day by day makes the individual.
There is not one leap that will get you there.
This is not a super garden where in one moment fruits will arrive on the vine of
life.
This path is a day by day.
Moment by moment to be aware of your thoughts and actions.
Here again is my broken record.
The spiritual path is the most practical path.
It takes complete dedication.
It spills over into all areas of life.
It starts from within and floods external.
Your awareness is expressed in your actions.

If your mind is kind.
You will be kind.
I'm always amused when I see people driving on the freeway.
Some people weave in and out of traffic.
You can almost see a trail of impatience.
Get out of my way.
Some people will tail gate you.
They act like bullies at the playground.
They are totally insecure.
That's why they are a bully.
They have distorted view on life.
They aren't happy.
I love the ones driving in the slow lane having the time of their life.
They aren't in a hurry.
Yes, they are driving to work.
But today is a brand new day and they know it's a miracle to be alive.
They flow with life and pay attention to it.
Isn't this a grand day.
I'm driving in the slow lane of life.
I'm capturing the beauty of the moment.
My mind is at ease.
What a beautiful life we have.

I Don't Want To Go To War Against You

I don't want to go to war against you.
Many young people say this today.
Even the youth in Israel and Palistian are saying this.
Why are we fighting?
Do we even remember why?
War is obsolete.
Only barbarians have war.
We have the internet.
We can solve the conflicts with one another.
We can think outside of the box.
We can compromise.
We can bend like the reed in the wind.
Both of us are talking about the same thing.
Both sides want peace.
We all came from the same family.
We came from the same Creator.
Our youth will help change mankind.
Our youth are kind man.
They have an awareness that is different from us.
They came into this world with an awareness that war is obsolete.
You could say they are a little more mature than us.
They know how to compromise.
War has been on the planet for thousands of years.
It has never truly solved anything.
We just keep on fighting.
We are caught playing the same song over and over.
The youth are saying let's play another song.
They want to play the song of peace.
And they are playing it.
Millions of people all around the world are joining the bandwagon.
It's a silent revolution.
No shots will be heard.
It's an evolution revolution of love.
Millions of people are discovering their true nature.
Regardless of caste, color or creed.
We are all the same.
We are the universe.
We just don't know it.

We can change.
Each and every one of us.
Inside of each one lies the precious jewel of life.
It's waiting to be discovered.
Ponder this over.
I don't want to go to war against you.
You are only fighting against your self.

I Feel So Good When I Feel Love

I feel so good when I feel love.
Did you know your true nature is love?
Every single part of your DNA is created by love.
The entire universe true essence is love.
You might say there is a divine intelligence that exists in the universe.
There is a master plan.
Each one of us is united by the thread of love.
It is woven into our true nature.
You were born to discover this.
Love has never left you.
It's just waiting to be discovered inside.
You have experienced this many times before.
The birth of a child.
Holding your lover in your arms.
Being in nature.
Looking at a sunrise or sun set.
Looking at the stars at night.
Somehow by grace, it triggers love to surface inside.
It's always been there.
We just connect to it once again.
The great masters have said that you can connect to the essence of love twenty-
four hours a day.
It's just one breath away.
When the mind connects to the source of your breath love emerges.
You don't need anything external to trigger it.
Granted it takes time.
You knew that.
This is how you can learn to live in the center of the hurricane.
In the center is stillness.
In the center is love.
In the center is peace.
This is your true nature.
We have lived in the winds of the hurricane for so long.
We think this is our true state.
We can't even imagine that there is a center in the hurricane.
What no way.
Are you telling me the truth?

How come I don't know there is a center?
Well, maybe it's time to discover your true nature.
There isn't any conversion.
We aren't trying to convince you.
Love doesn't need convincing.
Love doesn't boast and says I'm special.
Love just is.
The great masters just smile.
Love washes away the negative emotions inside.
Love washes away anger over time.
Love washes away the need to fight and go to war.
Love washes away the greed that might exist inside of you.
Love is like water.
Water is soft yet over time will dissolve a hard rock.
Love over time will wash away the harness inside of us.
We think that kindness is weak.
Only a weak soul is kind.
Yet the entire universe is kind.
We have been living so long with countries going to war that we have forgotten
our true nature.
We still live in a world where greed is good.
Why does 1% of the world have more money than 99% of the world?
Our values are off.
This is changing.
Millions of people are waking up.
The more people wake up from their slumber the quicker this world will change.
Darkness is only the absence of light.
You knew that.
Imagine when millions of people hold candles within.
Their candles are lit.
Darkness will disappear.
You have a candle inside of you.
Light your candle.
You are a piece of the puzzle.
Ponder this over.
I feel so good when I feel love.

I Feel So Much Love

I feel so much love.
The universe is saturated with love.
Every speck is filled with the love of God.
You DNA is love manifest.
You are a blueprint of God.
You are created by God.
You are an image of God.
God does not have a human form.
Yet you were created in his image.
God does not have a gender.
The image of God can't be seen externally.
It' only lies within.
That's why all the great masters have said to find the precious jewel within.
There you will discover your true nature.
Surfers ride the ocean waves.
Mystics ride the waves of love.
Both of them get incredible rides.
I'm both a surfer and a mystic.
I'm having a ride of my life.
Love truly is the essence of life.
We are all looking for it.
The world desperately needs it.
We have been fighting for so long.
We have spent sixteen-years in Afghanistan and we will never win that war.
War is obsolete.
Love is truly the answer.
When humanity will truly embrace and discover love within, the world will be at
peace.
Love is practical.
It serves a purpose.
War is not practical.
Not unless you think to bring young boys back in a box.
I'm all for being a patriot to your country.
Yet this war machine has got to stop.
War is the absence of love.
War only divides man.
Love unites.

Even when the entire world discovers its true nature.
There will be conflicts.
Yet these will be peaceful conflicts.
They will be solved by compromise.
Swords will never be drawn.
The politicians will be skilled with words.
They will know how to communicate from deep within.
They won't be like some today who speak what comes to their minds.
Big difference.
Love will show the way.
I feel so much love.
The universe is keeping me alive.
Ponder this over.
You are a piece of this puzzle.

I Got The Blues

I got the blues
I've been watching the devastation that Hurricane Harvey has done.
Houston is flooding all over.
The CNN headlines are the water keeps rising as more rain falls on Houston.
The officials plan to open dams which will add to the flooding in some areas.
Nature at times is a beast.
Yet mother earth needs hurricanes.
It's a way to restart the system.
The ocean needs to be recycled.
I wonder at times if by having all that asphalt we are compounding the problem.
Water has to go somewhere.
Can we dig canals in our streets so when hurricanes hit the water can go
somewhere?
We are smart and intelligent.
We see to think how to resolve this problem.
Imagine storm after storm hits the United States.
Each year billions of dollars of damage occur.
Can we build our houses on stilts?
Is there a way to waterproof our houses?
We need to think outside of the box.
We need to build our houses for any futural event.
I live presently in the midwest.
Hurricanes are a fact of life.
Devastation occurs when they hit neighborhoods.
People lose their lives.
Why can't we build houses that would survive a hurricane?
Buckminster Fuller built one many moons ago.
It's the same with earthquakes.
Are we smart to build hospitals right on the fault line?
We need to build buildings that can sway with the wind.
The way we think and operate hasn't changed much over the decades.
To be honest, money is the problem.
Greed is the problem.
Let's build a house as fast as possible.
We can create shortcuts.
It's not my house.
Someone else is going to buy it.

The whole world works this way.
Modern medicine doesn't heal.
It just hides the symptoms and has tons of side effects.
Nature is our friend.
Nature does not plan to kill us.
Nature is not evil.
Hurricanes, tornados, earthquakes are natures way of healing itself.
What happens when you get the flu?
Your body will shake and tremble.
Nature works the same.
We have been on this planet for thousands of years.
We are intelligent enough to think outside of the box.
Yet we do the same thing over and over.
A catastrophe occurs.
We rebuild.
A catastrophe occurs.
We rebuild.
A catastrophe occurs.
We rebuild.
We need to truly think outside of the box.
I said that phrase again.
We need to truly think outside of the box.
We need to find a solution.
Nature is not against us.
Maybe the only problem is man.
We blame nature for our problems.
Maybe we should blame ourselves.
We do the same thing over and over.
The Netherlands knew how to capture land from the sea.
They thought outside of the box.
Japan has spent billions in learning how to create skyscrapers in the sky that could
withstand an earthquake.
It's not perfect but they have come so far.
Nations all around the world are doing something.
They are getting innovated and creative.
They are thinking outside of the box.
Maybe it's time we do the same.
Nature always will heal itself.
What we call disasters will always occur.
This is a fact of life.

We can learn how to live in harmony with nature.

If Death Approaches You

If death approaches you what do you do?
Now good old Bugs Bunny might say don't take life so seriously.
You will never get out of it alive.
It's not a question of if but when.
We roll the dice in our life.
I remember being young and riding a razor's edge when surfing a huge wave.
If you feel you were in for your worst nightmare.
Imagine being held underwater for what seems to be an eternity.
At times you may be held down for two waves.
At that time you really are aware of how precious your breath is.
You mustn't panic.
You must let go and totally relax.
I think that surfing and meditation teach ones about death.
All surfers at one time or another get into a circumstance bordering between life
and death.
It could go either way.
Yet the surfer keeps on surfing.
Not all.
In the sixties, a famous surfer named Greg Noll took off on a wave that nobody
should ever take off on.
It was the wave of the century.
He didn't make the wave but he made the drop.
He got obliterated.
Greg made it to shore and gave up surfing.
I probably would have too.
He escaped the lion's den.
Surfing brings one to the borderline of life and death.
If you're not a surfer it's hard to describe.
Your awareness changes over time.
Meditation is just like surfing.
Only you catch the wave inside.
Meditation brings one to the same state of being borderline between life and death.
Life and death are only one breath away.
Life and death are intertwined.
Ask a surfer and a mediator.
They will tell you there almost one and the same.
In reality, we never die.
The body does.

Yet our soul is eternal and timeless.
You are the universe.
Death unites you back to your true state.
This is your true nature.
A surfer rides the wave and feels the harmony of the universe.
He can't truly express it.
Yet he goes on surfing forever.
I have been meditating for many moons.
Surfing and meditating are both ways to truly capture the wave of life.
Your respect for life is enhanced.
When you are brought to a life and death situation your perspective changes.
Somehow you can see how precious life is.
Maybe that's what it is all about.
Gratitude of being alive fuses into your being.
Wow, I'm alive.

If Superman Was A Man

If Superman was a man who would he be?
What kind of character would he have?
Would he be a bully?
I highly doubt that.
Would he have a grand ego?
Look at all the grand work I'm doing.
I highly doubt that.
Would he proclaim to the world your under my control and be a tyrant.
I highly doubt that.
Would he be greedy and expect huge awards for his actions.
I highly doubt that.
Would he have intolerance towards others?
I highly doubt that.
Would he speak whatever comes to his mind and not ponder things over.
I highly doubt that.
Would he taunt his foes?
I highly doubt that.
Would he ridicule the handicapped?
I highly doubt that.

Would he proclaim I can get any women I want?
I highly doubt that.

Would he say I can kill someone on the street and they would still vote for me?
I highly doubt.

There have been Supermen in the past.
They were called great masters.
They were humble.
They were kind.
They were full of love and compassion.
They were patient and tolerant.
They had great wisdom.
They stumbled and fell just like you do.
Yet over time, they learned from their mistakes.
That's why they are called great masters.
They simply said you can master yourself.
You can discover the jewel within.
This is the true state of a Superman.
Superman express the love of God to man.
This divine love exists inside of you.
This love is your true essence.
This is your true state.
You are a child of God.

Superman and kryptonite don't mix with one another.
Anger and Man don't mix well together.
This is our Achilles heel.

The masters have shown us to drop our anger and embrace the light inside of us.
We are all Superman.
We have been told differently.
Ponder this over.
You are more brilliant than you think.

If You Don't Fall

If you don't fall you can't learn from your mistakes.
Falling is part of life.
Falling takes strength.
Falling is a way to pick yourself up.
Dust yourself off and continue on the way.
If you don't fall in life you may be standing in stagnant water.
Even the Dali Lama falls.
He is refining himself in each and every day.
Every day he is learning how to tune the guitar of life.
The strings can't be too firm or relaxed.
There is a gentle balance.
As human beings, we can fine tune ourselves.
We have the capability to discover our true nature and become it.
I love this journey of life.
Once again I say the spiritual path is the most practical.
It encompasses all areas of life.
Over many moons, worry's simply drifted away.
Gratitude is the key.
I saw Tony Robins on the Ophra show.
He talked about how pondering on gratitude even for five minutes a day can take
away your fears.
You can't experience gratitude along with fear at the same time.
Gratitude is a way to train the nervous system to be in harmony with life.
Harmony balances the mind, body, and soul.
As humans beings, we are always trying to be in harmony.
We can't quite pinpoint it.
Somehow we know harmony is the key to life.
Every day we can learn how to be more kind.
Every day we can learn to be more tolerant.
Every day we can learn how to have more patience.
Every day we can learn how to have more love and compassion in your life.
We can learn slowly how to put water on the flames of conflict.
Instead of speaking what comes to our mind and adding fuel to the fire.
We can stop, look and listen.
We can add water to the fire and extinguish it.
We can look at two sides of an issue and sit and ponder.
We can speak from love where there is no division between us.
We can respect both sides of the issue.

We can listen from our hearts.
All of us are different on this journey of life.
Yet we can see the unity of all if we give it a chance.
Throwing gasoline on the fire is easy.
Anyone can do it.
Just look at Facebook today.
But to speak of love and not to judge someone is extremely difficult.
Being hateful never bring groups together.
It's like in a Facebook post you can sense the hate in the air.
Yes, there is right and wrong.
We are evolving.
Yet love is truly the answer.
Love and kindness is a way to solve any problems.
I think we need to be more kind as a whole.
We have underestimated kindness.
When the Dali Lama says kindness is my religion he means it.
The universe is kind.
That is its nature.
Ponder this over.
You can fine tune your guitar of life.

If You Want To Go To War

If you want to go to war then please go somewhere else.
This planet does not need it.
War has been fought on this planet for thousands of years.
What has it got us?
In reality nothing but lost lives.
War is obsolete.
It serves no grand purpose.
We say it's to defend our nation.
Yet isn't that what diplomats are for.
War begins in the minds of men.
War begins when a man has not tamed his own mind.
War begins when you can't compromise.
War begins when you think that other country is wrong and you are right.
There are always two sides of the story.
Look at how divided our country is today.
Left vs. Right
We need to have kindness and tolerance towards each other.
Hate will never solve any problems.
Hate divides.
Love unites.
It is as simple as that.
At times our leaders are a maddening of our deepest feelings on life.
No wonder we are divided.
We are divided inside of us.
Anger and hate create a smoky cloud on the mirror of life.
It will divide us.
You can't think properly if you are in a state of anger or hate.
Currently, this flood in Texas has brought America to bring out the best in us.
It doesn't matter what side of the coin you are on thousands of Americans are
helping out one another.
It's funny how a disaster will bring out the best in humanity.
Deep down inside people care for one another.
It's not like a person has a boat and is going to save you.
He asks are you a Republican or Democrat.
If you say the wrong thing he will not put you in his boat.
No, his awareness is lost on that fact.
You are a human.
We are one and the same.

Compassion, Love, and Kindness are already existing inside of us.
At times it takes a disaster for these incredible emotions to surface.

As I said war is obsolete.

We can change.

Many people say man can't change.

Well, look at all the changes in technology in the last century.

It is exploding even today.

Humans want peace.

Humans want decent shelter.

Humans want good food and water.

Humans want a good health care system.

We can all change for the better.

Ponder this over.

You are a piece of the puzzle.

Remember war is obsolete.

Drop your sword of hate and anger.

Go within to solve this puzzle.

Imagine The Feeling

Imagine the feeling.
What are you talking about?
Ah, now we are getting somewhere.
Good question.
Imagine the feeling of love inside of you.
Where does it come from?
It can be there and suddenly totally disappear.
At times we wonder from partner to partner looking for the answer.
Love seems so elusive.
Yet there is a fountain of love inside of you.
This is your true nature.
Why is love so difficult to find?
We think the answer exists outside of ourselves.
We think we can find true love external.
All the great masters have said true love exists inside of you.
This is your true nature.
Mankind is so used to living in a state of constant flux of emotions.
We totally react to the circumstances that life throws at us.
We are happy then we are sad.
We are angry and then we are happy.
Our happiness and sadness are created by external events.
Is there a lesson to learn in all of this?
You bet there is.
We must learn how to become friends with our mind.
We must learn how to live in the center of the hurricane.
In the center lies peace, love, and compassion.
This is your true nature.
We must learn how to stop, look and listen.
Don't put gasoline on the fire of life.
You can control the words you speak.
Granted it takes practice.
But everything in life takes practice.
You don't have to react to everything that happens to you.
The wise man at times simply smiles.
He doesn't have to prove anything to anybody.
You can cuss and swear at him and he will simply smile.
Why because he has nothing to prove or convince you.

He just see a human being in pain and humbly listens to you.
He actually cares about you.
He knows you are in pain.
He has compassion for you.
Now he wasn't always like this.
He was just like you and me.
But day by day he slowly turned his life around.
Oh, he made mistakes.
That's how you learn.
He felt the bumps in the road of life.
That's why it's called a journey.
But he learned how to tap directly into the source of love.
Over time he became it.
It was one and the same.
This is your true nature.
We just have a dusty mirror.
We can clean the mirror of life.
Ponder this over.
This is your true nature.
Imagine the feeling.

In Being Human

In being human.
I have seen the glorious nature in being human.
The hurricane that swept away Texas united man.
Strangers helped each other out to go to dry land.
It was a sight to behold.
America graduated for a moment to be kind and helped each other out in time of
need.
This is the true nature of Americans.
We are a kind people.
We help each other out.
Deep down inside we are united.
We all have the same values in life.
We want to help our fellow man.
Thousands brought their boats and monster trucks to help in the mission.
They came to save the people from drowning.
One police man lost his life serving on duty.
A family died in their car trying to reach safety.
Churches, Temples, and Synagogues open their doors to all who needed help.
It didn't matter your race, creed or religion.
We were all united.
Each of them helped the desperate.
Each of them helped them to relieve them of suffering.
This is brought out the best in man.
This is our true state.
We can ignore the politics.
Unfortunately, it has divided us.
Yet this disaster has united us.
We can clearly see the goodness and kindness of man.
This is our true nature.
We must hold on to this feeling.
Imagine if we carried this feeling through out our day to day affairs.
This world would change.
My heart is singing today. I'm proud of my fellow man.

In The Middle Of The Night

In the middle of the night
I love the middle of the night.
I love the world is asleep.
Silence is everywhere.
Lying in my bed awake.
The divine light rocks me to and fro between consciousness and unconsciousness.
Love eternal is in the air.
My cells are bursting with love.
I am alive.
Wow.
How beautiful is this life?
Gratitude is in the air.
Its seems like God is meditating on me instead of me meditating on God.
We are not alone.
It may just seem that way.
Silence is truly golden.
Silence is a way to find out who you truly are.
You are the universe.
You just don't know it.
These are not just words.
This is your true nature.
Each night you go back to the source but you are asleep.
Therefore you don't remember it.
Mediation takes one over time to a state where you can begin to perceive your true nature.
You can say it grows on you.
Many people get frustrated when they wake up in the middle of the night.
They can't go back to sleep.
Well, here's some advice.
Maybe God is waking you up on purpose.
Maybe, just maybe you can go inside for a moment and be grateful for being alive.
Maybe, just maybe you can open the door inside.
This is a gift from God.
Maybe he is saying your not alone.
I'm always with you.
You have never left me.
It just seems that way.
You can feel my presence whenever you want.

You are wrapt in a blanket of love.
You can know me.
This is why you are alive.
This is the journey of life.
We are playing a game of hide and seek.
The great masters told you that.
Take advantage when you wake up during the night.
Take time to ponder about life.
Cultivate gratitude.
This journey of life is timeless.
Enjoy every single step of the way.
You have travel forever.
This journey will never end.
There is no final destination.
Yet I'm always with you.
In the middle of the night, God gently wakes you up from your slumber.
Ponder this over.
You are alive.

Is A Good Day

Is a good day.
I just woke up from my slumber.
It's early in the morning around 4:00.
The birds are still asleep.
The sun hasn't risen.
Silence is in the air.
Peace is presence in the air.
Wow, I'm alive.
What a glorious day it is?
My heart is filled with gratitude.
It's another day in the journey of life.
I'm sitting here watching thoughts come to the surface.
Hopefully, they will inspire you.
I'm inspired by them.

I try to live up to the wisdom that floats inside of me.
Every day I learn how to fine tune the guitar of life.
It makes me happy.
We can all learn how to be great masters in our life.
The world would change.
If all of us changed there would be peace on this planet.
You would know that you are never alone.
Mankind has learned some bad habits that should be changed.
There is dust on the mirror of life.
All we need to do is to clean our mirror.
By doing this we can see our true nature.
Our true nature is kindness.
Many people think that kindness is weak.
Boy, do they ever get that wrong?
Next time in a heated argument tell me can you truly give kindness to the other
person?
It's so easy to have hate and anger.
It's so easy to put gasoline on the fire.
Yet kindness is a different story.
Kindness is putting water on the fire.
That takes great strength.
The universe is kind.
In the midst of disaster, kindness comes out.
Just look at the flood in Houston thousands of people were kind to their fellow
man.
With their monster trucks and boats, they carried thousands to safety.
Now that's kindness.
Did you know that it takes around thirty days for a new habit to form?
Just thirty days.
Imagine if you pulled the weeds of hate and anger within.
You then watered the seeds of kindness on a day to day moment.
In just a short time you would truly begin to be kind.
Now in each and every moment watch what you say.
Is this something that will put gasoline on the fire?
If it is don't say it.
Is this a kind thought?
If it is say it.
This is one way the world will change.
One step at a time.
We can change the world.

It Has Been Said

It has been said.
It has been said that life is a miracle.
Can you see the miracle in life?
Wow, I'm alive.
Life is a treasure box with many incredible treasures inside.
One is your life force energy keeping you alive.
This is a part of your true essence.
It lies behind your breath.
You come into this world and take your first breath.
At the time of death, you breathe your last breath.
They say you come into this world with only so many breaths.
It's like keeping track of time with a sand clock.
One grain of sand is taken from your treasure box.
I have a dear friend named Rose.
She just contacted me after 20 years.
Rose worked on my manuscript many moons ago.
I get this phone call out of the blue.
We carried on our conversation just like it was yesterday.
Now I like to ponder as you know.
Rose asked me to ponder this.
Who would you be if no one told you who you are or what color your skin was?
Who are you REALLY?
The wise men in the past said we come into this world, like a costume party.
After all, this is the party of life.
Yet in a costume party, we know our true nature.
We know this is only play.
Yet over time, we think we are the costume.
We only identify with the human body.
We are the universe.
We just don't know it.
This is why man is so intolerant with each other.
We are wearing blinders.
Our glasses are tainted.
We don't see our true nature.
Man has been driven by anger and hate for thousands of years.
Where has it taken us?
To the brink of destruction.

Yet our true nature is kind.
Look at the events in Houston.
Mankind arose to the situation and helped their fellow man.
It didn't matter the color of your skin.
It didn't matter your political beliefs.
Inside deep down, we care for one another.
Deep down inside we know our true nature.
Mark my words peace will be on earth.
We have long ways to go.

It Is Not Of This World

It is not of this world.
Yet it exists inside of this world.
Is that a paradox?
You are the universe.
You just don't know it.
I'm not playing word games.
This is the truth.
Somewhere along the line, we lost touch with our true nature.
Our mirror got dusty.
Our glasses are tainted.
Imagine having a diamond inside and not knowing it.
All you had to do was to pick up a shovel and dig within.
Day by day we can mind the diamond field within us.
This diamond reveals our true nature.
We are kindness.
Kindness is our true nature.
The entire universe is kind.
Yet man has a tendency to replace kindness with hate and anger.
I look at so many Facebook posts and people are putting gasoline on the fire.
This will never solve anything.
Kindness is a way to put water on the fire.
Kindness is a part of this world yet it is not of this world.
Kindness is eternal.
Kindness is beyond time and space.
Kindness is a part of your true nature.
All the great masters were kind.
They had nothing to prove.
They didn't try to convert you.
They spoke from their hearts.
They were kindness in motion.
Our political system needs this desperately today.
The Dreamers need to be taken care of.
Christ would never agree with this.
Christ represented the weak and poor.
He truly believed in taking care of your fellow man.
That was his nature.
This is your true nature.
The world would go a long way towards peace if you took tiny steps every day.

Imagine if you hesitated even just for a moment before speaking.
Ponder is this putting gasoline on the fire or is this putting water on the fire?

If it putting gasoline on the fire don't say it.

If it's putting water on the fire then say it.

It's a simple as that.

If you do that in each and every day within a month it will be a habit.

Try this.

It might looks easy.

It is.

It just takes practice.

You can clean your inner mirror of life.

Remember you are the piece of the puzzle.

You can solve this mystery.

It's Ok It's Alright

It's ok it's alright.
This present moment is all you have.
The past is gone never to come back again.
The future we can never quite touch it.
It just a moment away.
Is time kinda of fickle.
I remember when I was in second grade the summer was eternal.
Now years pass by faster than those summers.
I remember when I was young I often ponder about time and space.
I often ponder about the universe.
At times my mind would short circuit.
It could handle thinking about such things.
I learned how to meditate quite young in my life.
Slowly but slowly my mind would gravitate towards the unknown.
Mediation slowly brings one awareness to the possibility of being aware of the
unknown.
You can sense inside of you lies the vast universe.
The feelings of kindness and love emulate from that precious state within.
Over time you sense this is your true nature.
An internal light lies inside.
This light is pure love.
This light is who we truly are.
We can all see this light.
We just simply have dust on the mirror of life.
By focusing on moment to moment the mysteries of life will be shown.
Behind your breath lies the power of love.
As human beings, we are hardwired to experience this love moment to moment in
your life.
We are hardwired to be in synch with God.
All the great masters have shown the way.
The kingdom of heaven lies within.
This is your true nature.
Ponder this message over.
Remember you are a piece of the puzzle.
It's ok it's alright.
The vast universe exists inside of me.

Jody

When I was young my brother had a girl friend named Jody.
Now they weren't your typical boy friend girl friend.
They never kissed or hugged.
They had a true friendship.
A love that was innocent.
You really can't quite describe it.
Both of them tapped into the source of love.
Words don't need to be spoken.
It was a natural experience.
Two beings simply experiencing the beauty of life.
It wasn't complicated.
There was no drama or heated discussions.
Kindness was the essence of the relationship.
Kindness is the building blocks of a good relationship.
Some people say that sex is the foundation of a good relationship.
Yet in my book kindness is the foundation of life.
The universe is kind.
I never saw them fight or quarrel.
That never entered their state of mind.
When you are innocent these things never enter your mind.
The door to negative emotions wasn't opened.
This is true innocence.
This is purity.
You love someone without any reason.
Both John and Jody were incredible at kickball.
They could kick that ball far into the sky.
Both of them were experts in catching the ball.
They knew where to stand and let the ball fall from the sky.
It was a sight to see.
Even Babe Ruth would have been proud.
They both had a knack of kicking home runs when it was their turn to kick.
Both of them were great athletics.
There were graceful and not awkward.
A sense of being in harmony was in the air.
Some people ooze coordination and harmony.
They both had it.
You can't manufacture it.
I was happy for my brother.

He deserved it.
He was kind and innocent.
John didn't have a sign of arrogance.
His heart was pure and open.
I'm sure my brother often wonders what happened to Jody.
I'm sure he has not forgotten how innocent and pure they both were.
That sets the foundation for life.

Johnny The Music Maker

Johnny the music maker.
Johnny or John is my twin brother.
Many moons ago my brother and I learned how to meditate.
We still are learning.
My brother creates the background music for these poems.
Each poem is custom crafted from within.
I'm proud of the music my brother makes.
It's like little Jonny is tapping into the source of life and putting a unique melody
down.
Years of practicing meditation allow him to dive deep for the precious jewel.
The jewel is the music which can help inspire you.
The melody helps calm down the body, mind, and soul.
Can you imagine bringing a taste of heaven down to earth?
This is where little Johnny's music comes from.
You see meditation opens the door inside to heaven.
By opening the door for many moons one begins to transform and change.
The journey is from darkness to light.
Somewhere along the way we are all on this incredible journey.
I've been listening to little Johnnys music for almost 9 months.
I wake up and brush my teeth.
I go into the office and put my headphones on.
While listening to the music I write these poems.
The music melts my heart.
The music and words meld together.
I'm proud of what we do together.
We are a great team.
Most people don't understand it.
A few do.
Yet we do this for our love of God and the Universe.
Words can't describe touching the face of God.
It's like going on a daily treasure hunt and bring back treasures that you can use in
your daily life.
Kindness.
Love
Patience
Compassion
Tolerance

Wisdom

These are some of the treasures which are brought back.
These poems and music can help you along on this precious journey.
We are not trying to convince you.
We are not trying to prove anything here.
We are simply relaying our experience of the unknown.
We are trying to put a human experience to the multidimensional energy of life.
There is no time and space in God's world.
This music and poems try to capture the wonder and somehow put it into this world.
The deeper we dive into this ocean of love the deeper the wisdom can be.
These poems help little Johnny and I on this journey of life.
Day by day we are learning how to change for the better.
Ponder this over.
You are a piece of this puzzle.
Peace will be on this earth.
Little Johnny the music maker.
Keep on cranking them out.

Just Come Back Home

Just come back home.
This is what Mothers tell their sons in times of war.
Today it might be Fathers telling their daughters.
We all want our children to be safe and not harmed.
There will be a day that the world sees that war is obsolete.
War truly never is the answer.
We have war machines that think it is.
We have a vast military industrial complex that is depended on war.
Let's face it.
War is a profit making business.
Sad but true.
We need the same people in charge to see that peace is a profit making business.
When there is peace there is a corporation.
When there is corporation countries trade with one another.

When this happens the need for war slowly fades away.
Why do we think it's our patriotic duty to send our loved ones to war?
We are trained to believe this.
If you are a peaceful human being you are considered weird and unpatriotic.

Wow !

Do we ever get our values screwed up?
War is not the answer.
Look at Afghanistan.
We have been there for sixteen years.
Yet the war has not been won.
Even the Generals know it can never be won.
Yet trillions have been spent.
More troops are coming.
It's time for our political system to think outside of the box.
How can we stop wars around the world?
What kind of new dialog can we have with each other?
How can we speak from kindness and not anger?
How can we truly listen to each other?
How do we compromise?
How can we ponder things over and then speak?
This way we won't be putting gasoline on the fire.
Things won't escalate out of control.
We need to be more aware of our true nature.
Without that the record will be playing the same old song.
War. War. War.
Ponder this over.
Let's change our ways.
We owe it to our future generations.
Just come back home.

Just Don't Get Why

Just don't get why.
I just don't get it.
Why is the world so angry?
Why is there so much hate in this world?
Why do we go to war?
Hate will never solve any issue.
Anger will never solve any issue.
War will not solve the problem.
We need to look at another angle in life.
We need to think outside of the box.
In my eyes being spiritual is the answer.
Now there isn't any pretense of what you have to do.
No life style changes or change in diet.
The foundation is pretty simple.
Be kind.
Be tolerant of others.
Love your fellow man.
Be patient.
Cultivate compassion for all.
Pretty simple.
If you practiced this daily your life will change for the better.
I can't promise you a raise.
I can't promise you won't get laid off.
These are bumps in the road.
Yet over time, you will be a kind person.
You will have solved your piece of the puzzle.
How grand is that?
Each and every one of us has a precious piece of the puzzle.
If we all took responsibility we can change this world.
You don't have to change your religion.
You don't have to convert.
There is nothing to convert to.
All you have to do is to clean off the dust inside of you.
The mirror of life needs dusting.
That's all.
All the great masters have said the same thing.
Look inside.
The answer lies within.

Take up this challenge.
You can overcome all your obstacles.
You might be pleasantly surprised what you discover.
Someday you might say thank you for this advice.
Ponder this over.
The universe lies inside of you.
I just don't get why.

Just Tell Me

Just tell me.
Just tell me that you love me.
Your creator loves you.
Your creator is always with you by your side.
You may think you are alone at times in the middle of the night.
Your true essence comes from the creator.
You have never left his side.
The love between the two of you will never die.
Love is eternal.
And so are you.
I hope that makes your day when you realize that.
At times we struggle in life.
We hit the bumps in the road.
Yet you are never alone.
The bumps are a part of the journey in life.
Curve balls are meant so we can hit a home run.
This life is like a grand video game.
You go from one level to another level.
At each level we fine tune the guitar of life.
What is the goal?
Imagine in each and every moment we try to be kind.
Now that may seem easy.
Yet Facebook at times is on fire with anger and hate.
True kindness comes when with any obstacle life throws at us we can be kind.
All the great masters developed this.
They had to go through the same levels we do.
Even the Dali Lama admitted he had quite the temper tantrum when he was young.
Yet he over comes his anger in midst of the Chinese taking over his country.
If we want peace on earth we must find peace inside of ourselves.
We must be peaceful and kind at all moments in our life.
Kindness is not weak.
Anger and hatred are weak.
It's so easy to be angry.
It's so easy to have hatred.
Yet in the midst of turmoil, it's hard to be kind.
Play this life like a video game.
In the face of turmoil stop and ponder for a second before speaking.

Are these words going to put gasoline on the fire?

If so be silent.

Are these words going to put water on the fire?

If so speak these words.

You will be amazed how your life will change if you do this.

You are training yourself to be kind.

Over time your mind, body, and soul will reflect kindness.

You will have begun to transform yourself.

It's that easy.

Yes, there are many other steps to take.

Yet this step you can do moment by moment.

Monitor your actions.

Stop look and listen before you speak.

You are the universe.

Ponder this over.

You can solve this puzzle.

Just Turn On The Music

When sorrows come your way.
Just turn on the music.
When happiness comes your way.
Just turn on the music.
When a loved one dies.
Just turn on the music.
When you want to party.
Just turn on the music.
In times of celebration.
Just turn on the music.
When you feel all alone.
Just turn on the music.
Music is there to comfort you.
Music touches your soul.
Music is God's gift to the world.
It's a language of love.
Everybody loves music.
Yes, there are many different types.
Some can relate to some and some can't relate to the ones you life.
There is a vast field.
All human emotions are captured in music.
They bring these emotions to the surface so we can heal ourselves.
Let's face it.
When there are bumps in the road we love to have the radio on listening to our
favorite songs.
Music helps cushion us on this incredible journey of life.
The music captures memories from time past.
I'm sixty-four years old.
When I hear a song from my youth, bubbles of sweet memories come to the
surface.
Each old song captures something new from the past.
Events you have forgotten rise to the surface.
Let's face it the world would be rather dull if there was no music.
How would we know about harmony if music doesn't exist?
How would we know about rhythm if music didn't exist?
Harmony and rhythm come from God.
Music comes from our soul which is a part of God.
I give thanks to all the creators of music throughout the lands.

You give humanity sweet hopes in the journey of life.

You help connect us to our true nature.

Just turn on the music.

Music is alive.

Keep Your Heart Alive

Keep your heart alive.
You only have this precious body once.
Take care of your body.
Take care of your soul.
Take care of your mind.
You will truly enjoy life to the fullest when you do.
Who enjoys a broken down body?
If you treat your body with respect you can slow down the aging process.
We were meant to live a lot longer than we do.
Pull your inner weeds.
Cultivate kindness in your life.
Love your fellow man.
Your mind will love this.
The weeds of anger and hate can choke the mind.
These weeds are harmful to your heart.
The more kindness you discover your life will be in more harmony.
Kindness is the building blocks of life.
The entire universe is built on kindness.
Kindness is our true nature.
Your heart will change when you are kind.
Have you ever seen someone who has an angry heart?
They are an angry person.
They don't care about their fellow man.
Many politicians have angry hearts.
They only serve their own.
They pay lip service to get elected.
Their lives become quite toxic.
They can't compromise or get anything done.
Personally, I think we all need to dive inside our hearts and really start to change
for the better.
Only you can solve this puzzle of life.
Only you can keep your heart alive.
All the worlds problems can be solved with a kind heart.
Maybe that's why we are called a kind man or man kind.
Somehow deep within our awareness, we know our true nature.
We have simply forgotten.
We all have tender hearts.
Somehow along the way we have lost awareness of it.

Ponder this over.
Is there some truth to this?
Can you solve this puzzle?
The world needs your missing piece.

Keep Your Honor

Keep your honor.
Your honor is worth more than gold.
The day you die all your gold will disappear into the night.
Yet your honor will stay with you.
The definition of honor.
Noun.
High respect, esteem
Verb
Regard with high respect.
Fulfill(an obligation) or keep(an agreement)
I have said that the spiritual path leads one to honor and respect.
It leads one to honor this precious human body.
Your human body is more precious than any Church or temple.
Inside your human body lies God.
Honor your body.
Take care of it.
It's the only body you have.
Honor your mind.
Pay attention to what comes out of your mouth.
Don't put gasoline on the fire.
Stop look and listen.
If you say anything speak from kindness.
See that the person who is angry is in pain.
Be compassionate towards your fellow man.
If you can do this you are truly honoring God.
Learn how to meditate.
The more you experience your true essence the more you will honor life.
God honors you by keeping you alive.
He does not judge you.
He just offers you the sweetness of breath.
A man of true honor will honor God and the Universe.
He won't be boastful or say look at me.
He will simply smile.
He has nothing to prove.
This is the essence of honor.
Ego is not a part of his being.
Yes, there is ego but it's under control.

In this state, man is in harmony with life.

Anger and hate have disappeared.

This is our true state.

When we reach this state life will be honoring us.

This is the purpose of human life to transform.

We are the caterpillar eating the leaves of life.

In reality, we are the butterfly.

We can transform ourselves.

The butterfly is our true nature.

By transforming ourselves we are honoring God.

This is the highest praise and honor we can give to God.

This is why we are alive.

Ponder these words.

You can solve this puzzle.

Last Breath

Wow, the end of your journey is about to end.
You are about to take your last breath.
This was an incredible journey you had.
Another journey is about to be embarked on.
You see your body dies but your essence is eternal.
You are about to become one with the universe.
You are about to become one with God.
This is your true nature.
You are like a raindrop returning to the ocean.
The raindrop merges into the ocean.
You merge with God.
You come unto this world from God.
Slowly over time, you forget your true nature.
Upon death, you go back to the source.
All the great masters have said discover the essence behind your breath.
Something is keeping you alive.
Your breath is ever so precious.
Don't take it for granted.
Your breath is a gift from God.
The more you become aware of your breath the vast mysteries of life will be revealed.
Your true nature is kindness.
Your true nature is love and compassion.
Your true nature is patience and tolerance.
You are the universe.
You just don't know it.
The greatest treasures lie inside of us.
We have a tendency to think that happiness lies outside of ourselves.
It never has and never will.
That precious car you always wanted will soon be a headache.
At first it like wow I always wanted this.
The first few weeks the car brings you so much happiness.
You show it off to your friends and take them for a spin in your new car.
Unfortunately after a period of time the thrill is gone.
BB King even wrote a song about this.
Many people think that if these gifts are truly there why don't I know it.
Well, there is a mine within.

Yes.

There are diamonds within.

Yes

How do you dig for diamonds?

You need a shovel and a pick.

To answer this riddle in life you need to learn how to dig for the jewel inside of
you.

That's what all these sayings are for.

The miracle of life lies behind your breath.

Follow your breath moment to moment.

This is where your incredible journey begins.

Last Dance

A friend of mine just had a friend who died.
They used to play baseball together.
It was his last dance.
Life is precious.
We never know when we are going to have the last dance in life.
The curtains in life can close at any moment.
That's why life is a mystery.
We come into this world and stay awhile.
Unfortunately, we never know how long we are going to be alive.
All human beings are in this predicament.
The wise masters from the past all said the same thing.
Discover your true essence.
Something is keeping you alive.
These words aren't some theory.
Millions of people are discovering their true nature.
The inner mirror is merely dusty.
All you have to do is clean your mirror in life.
Day by day you can dance with life.
You can dance to the rhythm of life.
You can be in harmony with God and the universe.
Even if your physical body is crippled you can dance within.
You see your true essence is never created nor destroyed.
Your true essence is freedom.
Your true essence is kindness.
Your true essence is love and compassion.
Your true essence is patience and tolerance.
Your true dance partner lies inside of you.
Your dance partner is the greatest dancer in the universe.
Even Shiva bows to the dancer within your being.
Yet we have forgotten our true nature.
I know this seems like some fantasy.
Many people think it can't be true.
But what if it is?
How can you prove it?
The only true way is to discover your true essence within.
Take the first steps in weeding your garden.
Day by day throw away anger and hate.

Plant the seeds of kindness, love and compassion.

Water them daily.

Take care of your inner garden.

You will see the fruits of your actions.

Mediate daily.

You can solve this riddle.

Someday you will have your last dance.

Your dance partner will take you off this dance floor of life and sweep you off
your feet.

Leave A Legacy Behind You

Leave a legacy behind you.
Your actions in life define your legacy.
Kindness is a good legacy to leave behind you.
Your money and earthly treasures will disappear into the night.
People will hold on to your memories.
They will hold them in their minds.
Live each day in gratitude.
Treat your fellow man with respect.
Love your neighbor.
Cultivate tolerance in your life.
Have patience with others.
These are traits of a legacy that you should leave behind.
We come into this world and in a flash, we leave this world.
It's a blinking of an eye for God.
We get so lost in our ways.
We get lost in our egos and become so unkind.
Look at our President today mocking the world.
To me, it represents everything I don't want to embrace.
The anger, hatred, mocking dividing us.
I feel that humanity needs to soften itself.
We need the water of life to turn us into smooth stones.
We are rigid in our ways.
We are off course.
We have forgotten our true nature.
It's amazing to me that if humanity only would look within we can solve the
mysteries of life.
We can create peace on earth.
It is depended on you and me.
Each one of us has a piece of the puzzle.
The piece doesn't need converting.
There is no conversion to God.
Your piece of the puzzle is a piece of God within you.
What can of legacy can you leave if you realized this?
This is probably the greatest gift you can leave for your fellow man.
In that state, you have no boastful words to say.
You simply smile at life.
You have nothing to prove.
This is what the wise masters in the past were like.

This state of awareness exists inside of you.
This is your true nature.
It's yours to be discovered.

Let Me In Your Heart

Let me in your heart.
This is what God would say.
You have free will.
You can do what you want.
It's kinda sad that God lies inside of a man.
Yet we think that God exists outside of yourself.
God is whispering Let me in your heart.
I'm always with you.
I'm always by your side.
You are never alone.
I'm so close you can touch me.
You and I are one.
You see you are never created nor destroyed.
You are eternal.
You are timeless.
Before this earth was created you existed.
Before this universe was created you existed.
You are ageless.
We have been a family forever.
There is only dust on your mirror.
This is why you can't see me.
Clean your inner mirror inside of you.
If you do you will see your true nature.
You are kind.
You are full of love and compassion.
You are patient and full of tolerance.
This is your true nature, my friend.
Anger and hate aren't part of you.
Somehow they entered your door.
You can tell them to leave.
You have the right to kick them out of your house.
Look at the world today.
Anger and hate is all around.
Yet the light inside will dispel the darkness.
Millions of people all around the world are discovering the light inside.
This light is shining all around the world.
Darkness is slowly disappearing.

Now I said slowly.
But it is disappearing.
You are the precious piece of the puzzle.
Every human on earth is a piece of the puzzle.
All you have to do is to find the jewel inside of you.
Yes, it takes effort but you can do it.
Let me in your heart.

Let The Light Shine Within

Let the light shine within.
You are a lighthouse.
That's your true nature.
You were made to shine the light to this world.
A lighthouse simply shines.
It leads the ships to safety.
It doesn't boast or have a huge ego.
It simply shines.
Many a ship has been saved by the light.
The lighthouse really doesn't know that fact.
The lighthouse just shines.
You see the light save peoples from darkness and keeps them safe during a storm.
The light we shine on the world, we will never know how it affects the world at
large.
The more people lite the light within the more darkness will disappear.
You see darkness is simply the absence of light.
When your turn on a lamp in a room the darkness disappears.
It's as simple as that.
Peace can happen on this earth.
Peace begins with you.
You have to lite the candle within.
You have the inner matches.
You have the inner candle.
All it takes for you to lite the match.
All the great masters have told this story in some fashion or another.
Christ said the kingdom of heaven lies within.
Buddha talked about discovering the inner jewel.
The fact is something incredible exists inside of you.
Is this inspiring or just words?
Do you have any interest in discovering this treasure?
Look I'm not preaching to you.
I'm not saying believe in this or you will go to hell.
I'm not trying to convert you.
There is nothing to convert to.
This is your true nature.
I really have nothing to prove.
This experience really doesn't need any proving.
It just is.

You are eternal.
You are timeless.
You were never created nor will you ever die.
Your body will.
Yet your essence never will.
God does not judge you.
You have free will.
It's only by your free will that the candle can be lite.
Nobody is going to force you to lite the candle.
You are not going to hell if you don't.
First of all, hell doesn't exist.
Second, if it does exist it's a state of mind.
All we are saying is your true nature is kind.
You are full of love and compassion.
You are full of patience and tolerance.
This is your true nature.
You are the universe.
You just don't know it.
Ponder this over.
You are a piece of the puzzle.
Let the light shine within.

Life Is A Gift

Life is a gift.
It's probably the most precious gift you can have.
At times we take this gift for granted.
When we are young we think we are immortal.
Nothing can touch us even death.
Yet the older we get we can our family and friends one by one sleep into the night.
They will never come back again.
How precious is life?
Behind our breath, something is keeping us alive.
We have a tendency to not be aware of it.
The wise masters from the past said to pay attention to your breath twenty-four
hours a day.
A person how archives this truly becomes a wise man.
It seems so simple.
Just concentrating on my breath.
Anybody can do that.
Well, try it.
You will see the power of your mind.
You will see the mind controls you, instead of you controlling your mind.
You see the mind is your friend yet it must be trained.
It's like taking your dog to dog school.
The dog must be trained.
Meditation is a school for the mind.
The mind must be trained.
Now there are many different kinds of meditation schools on this planet.
But the foundation of all of them is probably your breath.
This is the common denominator.
You are alive.
Yes.
What is keeping you alive?
My breath.
Your getting close.
How about what is the power behind your breath?
Know we are getting somewhere.
When the mind concentrates on the breath overtime it becomes peaceful
You become kind.
You are full of love and compassion.
You have patience and tolerance towards your fellow man.

All of these treasure resides within you.
This is your true nature.
Ponder this over. You can solve this riddle of life.
Life is a gift.

Life Is More Than You Think It Is

Life is more than you think it is.
We are skimming the surface in life.
Imagine we are birds flying inches over the ocean.
We think we totally understand the vast ocean of life.
We have all the answers.
Nodoby can tell us any wisdom.
I know what is going on.
Who do you think you are.
Yet we are skimming the surface in life.
We were meant to dive deep into the ocean and discover our true nature.
Our true nature comes from the ocean of life.
True wisdom comes from the ocean.
The ocean is pure kindness and bliss.
The ocean is pure love and compassion.
The ocean is pure patience and tolerance.
You are the vast ocean.
So we are are skimming the ocean.
We are just flying inches above the water.
We feel at times so alone.
We get angry and frustrated.
At times our heart is full of hate.
We lash out at our fellow man.
We fight one another.
Wars break out.
What in the world is going on?
We have spun this same record over and over again.
Yes, life is more than we think it is.
Why are we so stubborn?
What exists inside of us that refuses to acknowledge that we are the ocean.
Don't tell me what to do.
Listen we are only giving helpful advice.
No more and no less.
We see your pain.
We are only saying you can take steps to get out of your pain.
You are your own master.
Only you can help yourself.

Nobody can walk this path for you.
All we are saying is you have a dusty mirror.
Wipe off the dust and then you will see who you truly are.
Life is more than you think it is.
Ponder this over.
You can solve this puzzle.

Life Is So Beautiful

Life is so beautiful.
Look at the sun, moon, and stars.
Beauty is everywhere in nature.
Man has been looking at the stars for eternity.
Nature is blooming all around us.
A flower blooms whether we see it or not.
Its nature is to bloom and the petals eventually go back to the ground.
Look at the diversity of life.
Life on earth holds a myriad of incredible creations.
Each one is different and unique.
All created by a creative force.
We need to see the miracle of life on this planet.
At times we get so caught up in our 9 to 5 existence.
We wear tinted glasses so we don't truly see the beauty in front of us.
I love watching geese fly in the sky.
Where I live so many people consider geese a hassle.
They don't marvel on the many different formations they have in the sky.
I love the sounds they make honking in the sky.
Their sounds are so sweet compared to the honking in a traffic jam.
No sounds of anger or frustrations.
They honk with pure delight.
When I was young I was a surfer.
I love the early mornings watching the sunrise while I was catching a wave.
The colors were out of this world.
I would always stop for a moment and witness the beauty of life.
God was painting colors into the sky.
Beauty is all around us.
Even in the midst of a poor neighborhood flowers grow in the cracks of a broken lot.
This world would totally change if we had gratitude towards life.
Imagine in each and every moment we experienced the source of life.
Our entire system of placing values would change.
Money wouldn't be the total object we spend so much time acquiring.
We would walk around in a state of gratitude.
We would see the beauty in life.
You could truly see that your enemies are in fact your friends.
Now that would change this world.

When you truly see the beauty in life you become more kind.

You become more loving and compassionate.

You become more patient and tolerant.

This is your true nature.

As I said before there is dust on your inner mirror.

Just wipe off the dust and over time you will see your true nature.

Life is so beautiful

Know why you are alive.

Life Is So Sweet

Life is so sweet.
There is sweetness in the air.
The flowers of life are blooming and you are alive.
What can be more magnificent than that?
The fact that you are alive.
Behind your breath lies the sweetness of life.
Behind your breath lies your true nature.
Can you imagine the perfume of life is your true essence?
What an incredible fragrance you have?
Each one of us a unique fragrance.
It's custom designed by God.
God is the ultimate creator.
At times we think this life is bittersweet.
Some tragedy occurs.
We hit some bump in the road of life.
We get in a car crash.
Even then life is so sweet.
You see it comes down to a state of mind.
What your life be like if nothing ever went wrong.
It would be like a stagnant pond.
Life is a river.
It's constantly changing.
Nothing remains the same.
Yet the ocean exists inside of you.
You are eternal.
You are timeless.
You were never created and you will never die.
Your body will.
Events will come and go in your life.
George Harrison once said all things must pass.
I admit at the time I didn't understand what he was talking about.
Years later I'm understanding this fact.
Everything is water under the bridge.
Everything comes and go in our life.
We experience high tides and low tides in life.
The wise men in the past said to dive deep inside of your being.
There you will find the true essence of life.
There resides the sweet spot of life.

You can be in this sweet spot where ever you go in life.
This sweet spot is a part of your true nature.
Imagine if someone yelled in anger to you and you just smiled.
There was no charge in you.
You didn't respond in anger.
You simply smiled.

You can see the pain in the person and with love and compassion, you try to help
them out.

This is life at its sweetest.
Loving your fellow man.
Living your life beyond anger and hatred.
Discover your true nature.
The perfume of life is keeping you alive.

Living The Dream

I'm living the dream.

Wow.

I'm alive.

Behind my breath lies the source of life.

This source is my true nature.

This source is your true nature.

The entire universe is united.

We have simply place blinders over our eyes.

Is this life a dream?

We come into this world from God.

Yet slowly over time, we think this world is real while we forget how we truly are.

We get spiritual amnesia.

We forget our true nature.

No wonder we get frustrated in life.

At times just living the dream isn't enough.

Deep down inside we know there is some greater to be discovered.

Unfortunately, we use alcohol and drugs to try to quench our dissatisfaction in life.

They will only mask the problem.

Look I'm not saying drinking alcohol is wrong.

I'm just saying look at the reason why you are drinking it?

If you are celebrating an event, by all means, give a toast to life.

Unfortunately, I had friends in the past who drank two six packs of beer a day.

Unfortunately, some of my friends passed away a long time ago.

Imagine this life is like a movie theater.

We watch the movie and get totally sucked into it.

All our emotions get involved.

It's a roller coaster of emotions.

Yet have we ever turned around and seen the projector flashing light upon the screen.

In the East, the Indians call this Maya.

Maya translates to a dream in English.

This life is a dream.

We think it is so real.

What happens when you go to a movie theater.

The movie has ended.

The credits start to roll.

You get up and walk out of the movie theater.

In the same way, we are sitting in the theater of life.

We are watching the movie.
Someday the movie will end.
The credits will roll.
We will then walk away from the theater of life.
Ponder this over.
You can solve this puzzle.

Lord Grant Me Patience

Lord grant me patience.
Patience is truly a work of God.
Imagine God created the earth billions of years ago.
Yet in a blink of an eye in God's eye, we are created.
What infinite patience God must have.
Imagine an artist painting.
The artist creates the background and waits billions of years to create the human.
What synchronicity?
I don't think we can fathom all the steps that were necessary for humans to be
created.
Only a supreme intelligence can do that.
Patience is the key.
We rush along in a daily life.
The daily traffic jams of life occur to us all.
The honking and zig zags over lanes.
Our minds are impatient.
I got to get to my job on time.
Personally, I think the way we drive is a reflection of our mind.
Stop and think it over next time you get pissed off towards someone who cuts you
off.
You get angry and the anger stays inside of you.
Moment by moment the anger builds.
At some point in time, the anger explodes on an innocent bystander.
They didn't have anything to do with the anger but unfortunately, they triggered
the release.
When I was young I often criticised older drivers.
They often drove slow in the right-hand lane.
Over time I saw they drove in a completely mellow manner.
Not a care in the world.
They learned how to be patient in life.
They got to their destination easily without getting in road rage or anger.
When it comes to dreams we must be patient.
How many people give up on their dreams right before it was going to manifest?
Imagine running a marathon and stopping only a hundred yards from the finishing
line.
Yet we have done this numerous times in our life.
My Mom said to me numerous times growing up.

Patience is a virtue.
When I first started to meditate I learned quite quickly that this path is going to
take patience.
It's not like you close your eyes and you are enlightened.
Many of my friends gave up in less than a year.
They said I can't control my mind.
Exactly.
That's why we meditate.
It takes time to pull out our inner weeds such as anger, hate, intolerance, and
impatience.
We have to till the soil and plant the seeds.
We have to water them daily.
A farmer learns about patience growing his crops.
We need to develop the same patience cultivating our inner crop.
Ponder this over.
Lord grant me patience.
Personally, I think we develop patience more than a God who delivers patience on a
silver platter.
He may give glimpses of patience but we must cultivate it.

Lord What's Going On

Lord, what's going on?
Have ever said that.
I know I certainly have.
Recently my contract ended so I'm looking for work.
Fortunately, I get a lot of phone interviews.
Yet when I get to my person to person interview things go awry.
You see in this present day age discrimination truly exists.
I remember recently I had a phone interview.
At the end of the call, he said this is the best interview he had ever had.
Yet when I walked into the room for my face to face interview it changed
dramatically.
I could see his job drop and his expression was oh.
He didn't even remember the interview the day before.
He totally lost focus of why I was there.
I spent around forty hours working on a project to demonstrate my abilities.
I went far beyond what he wanted.
The crazy thing he never looked at it.
He saw my age and that was it.
My life has been extraordinary.
He had no idea what I have accomplished in my life.
Yes, he had my impressive resume but that was thrown into the trash.
Maybe not literally but I knew my odds were nill.
Did you know at Google a software engineer freaks out when they reach the age of
thirty?
They consider themselves over the hill.
What in the world is going on?
In the silicon valley, you are considered obsolete in your fifties.
When I worked for a famous financial broker I saw that when you reached the age
of fifty-five you got laid off.
One by one I saw this happen.
I finally reached that age and I got laid off.
Imagine I worked on a project and in the first month in production I saved the
company around 150 million dollars.
Our team's award was everyone who worked on the project got laid off.
There were huge layoffs.
The company made huge profits that year.
The shareholders got their money and thousands of workers got a pink slip.

I believe in conscious capitalism.

This present model of raping the land has got to stop.

As employees, we are not some mere tokens to be played with.

You don't gamble with our lives.

When your profits go south you don't just lay off your workforce.

Why should CEO's salary go up over 1000 percent since the seventies?

The average worker salary has not really improved much.

Lord what's going on here.

Love Is Always In The Air

Love is always in the air.
In each and every breath you take love is supporting you.
Love is keeping you alive.
Did you know the entire universe is created by love?
I find that extremely fascinating.
Before I started to meditate I couldn't even contemplate that.
Many moons later I get incredible glimpses of this.
Love is truly the essence of life.
Our human body is hard-wired to discover love inside of us.
Our DNA contains the essence of love.
Yet we have forgotten our true nature.
I know I have said this countless times
But as Christ said the kingdom of heaven lies within.
This is not some theory.
Yet most of the time we are oblivious to this precious fact.
We come into this world directly from God.
We leave this world and go directly back to God.
Maybe we should think how can I directly connect to God inside of myself.
The universe is giving us sign post everywhere.
Yet we are lost text messaging while driving our cars.
Our entire society is built to look outside of ourselves.
Maybe the greatest mystery lies inside of you.
We look for God outside of ourselves.
But maybe God is hidden inside of you.
Maybe just maybe you are a part of God.
Imagine your true nature is kindness.
Your true nature is not anger.
Imagine your true nature is love and compassion.
Your true nature is not hatred.
Your true nature is compassion.
Your true nature is not greed,
Your true nature is patience and tolerance.
Your true nature is not intolerance.
Imagine God does not have these negative qualities.
Man develops them during the course of life.
A newborn baby is pure at heart.
Over time it slowly learns about the negativity.

Love is in the air.
Discover the love inside of you.

Love Is That Way

Love is that way.
Love is kind.
Love is unlimited.
Love is never created nor destroyed.
Your true nature is love.
This is your true essence.
The universe was created by love.
You were created by love.
This is the greatest mystery in the universe.
Love exists inside of you.
Yet we only get fleeting glimpses of it.
This is why all the great masters said to discover the jewel within your being.
Unfortunately, we are human doers while we should be human beings.
A human being is being in the state of love.
A human being is conscious of the love that exists inside.
It's like tapping a well of love inside of you.
The water of love flows to the surface.
You then can drink the precious water.
Over time you become love.
This is the great puzzle of life.
You are a piece of this great puzzle.
A puzzle wouldn't exist without your piece.
This is how significant you are.
All the Angels are rooting you on.
They can't play the game for you.
But they are in the grandstands watching you playing the game of life.
They love you.
You are a part of them
You are family.
Remember when as a kid your parents would watch your sporting events.
Well God and his family are watching you in this game of life.
You are never alone.
Signpost of God is everywhere.
You have a tendency not to see them.
This is why we tell you to learn how to meditate.
Slowly over time, you will begin to see them.
Love is that way.

The more you pay attention to the love inside the more loves pays attention to you.

You become what you pay attention to.

A person who pays attention to the love within overtime becomes love.

Yes, it takes work.

Yes, it takes effort.

It's not an easy ride.

But the fruits are to discover your true nature.

The fruits are to solve this riddle of life.

Ponder this over.

Love is that way.

Love Is Why We Are Here

Love is why we are here.
There is no other reason.
It's as simple as that.
Yet have we missed the picture?
In the midst of hatred and anger.
Look at the Facebook post today.
At times almost everyone is spewing hate and anger.
All this is doing is putting gasoline on the fire.
Love is placing water on the fire.
The wise men from the past understood the power of love.
They went through the same problems we do.
But they understood there was a root to there problems.
Daily they pulled the weeds from the roots and over time there were no more
weeds.
We are all farmers in life.
We must take care of our own gardens.
Unfortunate I can't pull the weeds for you.
Only you can pull your own weeds.
Hopefully, these poems will inspire you to take care of your garden.
This is probably one of the best things to do in your life.
Discovering your true essence is the true jewel to find.
You are the universe.
You just don't know it.
What can be grander than that?
You are the sun, moon, and stars.
Wow.
Yet we have lost touch with our true nature.
Imagine your true nature is kindness.
Your true nature is love and compassion.
Your true nature is patience and tolerant.
You are timeless.
Now I'm not just making this up.
Even with elementary science, you can prove this.
Energy can not be created nor destroyed.
You are a part of this universal energy.
This energy is alive and conscious.

This awareness lies inside of you.
Christ said the kingdom of heaven lies inside of you.
You are literally hardwired for this experience.
Your DNA contains the essence of God.

Wow.

The signpost is everywhere.
Love is why we are here.
Ponder this over.
You can solve this riddle.

Making Friends With Dragons

Making friends with dragons.
Did you know that in the East the young kids would make friends with dragons?
Mind you this was a long time ago.
Now in the West dragons were considered hateful creatures.
They hoarded their gold and killed many people.
In the East, dragons were considered wise creatures.
They lived thousands of years.
They understood the great treasures of life.
The dragons knew the great secrets of the universe.
They knew that the universe was kind.
They became one with kindness.
They knew the universe was love and compassion.
They became one with love and compassion.
They knew that the universe with patient and full of tolerance.
They became one with patience and tolerance.
All the universe was they became.
You see not only humans can find God.
The dragons mediated for thousands of years.
They had the same problems we do.
Just look at the western dragons.
They were hoarding external treasure yet they never found the treasures within.
They fought with one another.
They had the same miserable problems we have.
Some bold dragons left the West and decided to move to the East.
They went high into the mountains and began to meditate.
Thank God they were fire dragons.
It was freezing up there.
They lived in caves.
For thousands of years, they meditated.
Over time they discovered their true nature.
Over time word got out about these magnificent dragons.
Children would flock to the entrance of the caves and ask could you come and play
with us?
Who can resist the calling of children?
Slowly the dragons came out.
They became friends.
The dragons taught them the mysteries of life.
One of the students was Lao Tzu.

He eventually became a great master.
He understood the great secrets of the universe.
His wisdom is still alive today.
In China today the dragon is still revered.
The dragon helped man to discover his true nature.
You see back then and even today man is lost.
He has yet to find his way.
Anyway going back to the story.
Because the dragons live for thousands of years they trained hundreds of
generation.
These young children grew up and died learning about their true nature.
Harmony was around.
You could say this was the first golden age.
Man lived in harmony with nature.
Man lived in harmony with the universe.
Imagine the universe is playing an incredible song and man was in harmony with
this song.
We knew we weren't alone.
We knew we were a piece of the puzzle.
There I am with that piece of the puzzle again.
But the dragons showed us how to discover this piece of the puzzle inside of us.
What could be more incredible than that?
The dragons still exist today.
They left this world many moons ago.
Yet they exist inside of your heart.
Ponder this over.
The dragons are your true friends.

Miracles

Miracles are all around you.
Miracles exist inside of you.
It's a miracle that you are alive.
It's a miracle keeping you alive.
I remember when I was quite young.
My brother and I were curious to see what would happen if we lite a match and
placed it in a gas tank of a car.
We would light the match and it would blow out before we could place it in the gas
tank.
We did this over and over again.
Finally, we gave up.
Wow, we are so lucky to be alive.
The angels must have been looking over us.
All it would take was one match and we would no longer be here.
That was many moons ago.
I remember my girlfriend Anna were shot at in Mexico.
We could hear the bullets whizzing around our heads.
By grace alone, we are still alive.
Every moment of our life is a miracle.
What is keeping us alive?
Behind our breath is the answer.
This is the ultimate miracle.
The universe is keeping us alive.
Yet we have simply forgotten and not aware of this precious fact.
We have forgotten the significance of our holy breath.
In the beginning was the word.
The word was with God.
The word was God.
We are the word made flesh.
The great master Jesus the Christ said this.
Can you imagine that you existed before the beginning?
You are eternal.
You were never created nor destroyed.
This is your true nature.
Now imagine the word of God is keeping you alive.
Behind your breath is the energy that created the universe.

The word cannot be spoken.
In other words, it lies beyond our fourth dimension comprehension.
Yet it can be experienced.
Our human bodies are hardwired for this experience.
Imagine having a car and it just sits in the garage.
Wouldn't that be a sin?
The car is meant to be driven.
In the same manner, we have a car inside that's been sitting there all our lives.
It was meant to be driven.
It's just sitting there gathering dust.
You are the only one who can wash the car.
You are the only one who can open the garage door inside of you.
You are the only one who can turn on the ignition and back out your precious car.
You are the only one who can take your car for a spin.
What a ride this will be.
You will explore places inside of you that is so glorious.
This is your true nature.
God is your co-pilot.
You have free will in this manner.
The miracle of life does not judge you.
The miracle of life does not try to convert you.
Yes, life may present some precious facts your way.
But it's up to you to accept them or not.
This has always been the way.
All the great masters in the past talked about the same thing.
They all had a different story for the time.
The essence was always the same.
The miracle of life exists inside of you.
Ponder this over.
You are the universe.
You just don't it.

