

2018

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



Poems By Richard 18

Fletcher Soul Traveler

## Contents

Balance Is The Key To Life.....	4
Be Mature.....	5
Beat A Rug.....	6
Best Of Both Worlds.....	7
Bite The Apple.....	8
Bob's Big Boy.....	9
Calm Inside Of The Storm.....	10
Campaign Reform.....	11
Can You Change The Past? .....	12
Can You Laugh? .....	13
Carnival Of Life.....	14
Carry Your Meditation Into Your Daily Life .....	15
Cell Phones .....	16
Chanda .....	17
Change The World.....	18
Change Your Attitude.....	19
Chaos Is All Around .....	20
Chop Down The Trees .....	22
Crown Of Creation.....	23
Curiosity.....	24
Day And Night.....	25
Day Of Grace .....	26
Delicate Balance .....	28
Disappointment.....	29
Discover Your Divine Partner .....	30
Division.....	31
Does Life Throw You A Curve Ball?.....	32
Don't Be Mediocre .....	33
Don't Inspect Your Stools .....	35
Dust In The Wind.....	36
Education .....	37
Embrace Your Fears .....	39
Expectations.....	40
Express Your Goodness.....	41
Eye Opener.....	42
Stephen Hawking.....	43
Kingdom Of Heaven.....	44
The Bully .....	46
Father And Son .....	47
Waste Of Time.....	48
Face Your Fears .....	49
Fine Tune Your Life .....	50
Flowers.....	51
Follow The Tracks .....	52
Gandhi.....	53

Give Me A Break .....	54
Glasses .....	55

## Balance Is The Key To Life

Did you know that balance is the key to life?  
A person who is fanatical can't see the forest for the trees.  
Even if you are a fanatic for God you can't think properly.

Look at all the religious wars.  
My religion is better than yours.

God is on my side only.  
God does not take sides.

Man create wars.  
God doesn't.

He has never started a war.

By being balance in all areas of your life you develop a healthy relationship with  
God.

You become mature at all levels of your life.

You find your true nature.

Your true nature is balanced.

Look at the great masters.

They were totally balanced.

They said we could also be balanced.

They showed the way.

Ponder these words.

They have an inner meaning.

## Be Mature

Did you know that God wants a mature relationship with you?  
You are on equal footings.  
You are partners.  
God doesn't want to carry all the load.  
He doesn't want you to wallow in how bad you are.  
He doesn't want you to be sheep which follows on command.  
He wants you to take responsibility for your actions.  
You can create a healthy relationship.  
It takes a new perspective on life.  
It takes a new meaning.  
It takes you to have a new way of seeing your relationship.  
It is time to take it to a new level.  
You can do it.  
All the tools lie within.  
Your whole outlook will change.  
You will be much stronger.  
Ponder these words.  
It's a new perspective that you probably never heard.

## Beat A Rug

The poet Rumi once said the following.  
When someone beats a rug, the blows are not against the rug, but against the dust  
in it.

When we go through the up and downs of life remember we are not alone.  
Struggles and beating of life are meant to clean ourselves.

They make us become stronger.

They help build character.

How can you truly have compassion for your fellow man if you never experienced  
hardships?

Life is truly a video game.

This game appears so real.

We even feel pain along the way.

The beatings are not against us.

We do not get punished by God.

Yet life has its lessons to learn.

We come unto this earth to grow and love all of life.

We are all in the same boat.

We are all on the same journey.

All the great teachers in the past spoke that we are all the same family.

We have forgotten our true nature.

Life tries to wake us up from our slumber.

You are the universe.

You just don't know it.

## Best Of Both Worlds

I'm so thankful I discovered God within.  
I have the best of both worlds.  
The treasure within is shared with mankind.  
Happiness, joy, and content.  
Love for mankind.  
I have the best of both worlds.  
I love learning to master myself.  
Inside and outside this life is a gift.  
I'm so lucky to be alive.  
Danger is all around yet the path I walk on is safe.  
I may get laid off yet, in the end, another job opportunity is just around the bend.  
This life is an incredible journey.  
Enjoy every step on the way.

## Bite The Apple

Imagine if you never saw an apple.  
Someone then describes to you his experience of the apple.  
It can be sweet and at times sour.  
It can be green, red or yellow.  
It has a marvelous taste.  
Words can only describe the apple.  
They are not the experience.  
In your imagination, we create the image of the apple.  
Yet it is not the apple.  
Man throughout history has written words about God.  
These words are mans experience trying to describe the experience.  
They are not the experience.  
Man has to bite the apple.  
Man has to taste the experience inside.

## Bob's Big Boy

When I was young my uncle took by my twin brother and me to Bob's big boy.

We went there for a shake.

They had placemats that said 'take me to your leader'.

I can still see it clear as day.

My brother and I took those mask and place it over our faces.

We began to laugh.

We knew we came from the stars.

My Uncle had no idea why we were laughing.

He wouldn't have understood even if we had tried.

This was during the mid-fifties.

Nobody except my twin brother and I understood this riddle.

You came from beyond the stars.

You are literally stardust.

Understand this riddle.

You are special.

This is not a mundane life.

It just seems that way.

## Calm Inside Of The Storm

Calm inside of the storm.  
There is a storm brewing this very night.  
Stay home.  
Nap next to the fire.  
Stay calm.  
Don't go out tonight.  
Your ship will still be there tomorrow.  
It's safe in the harbor.  
Danger is in the air.  
Yet at home, you are down for the night.

## Campaign Reform

I'm glad to hear one candidate talk about campaign reform.

He wants to restrict the use of lobbyists.

He wants to restrict the amount of money they can contribute to a candidate.

Both the republicans and democrats oppose this.

This is their power base.

If you take that away, what is left is the people?

This scares them to death.

This is supposed to be a government for the people, by the people.

Well at times it's more like for the business, by the business.

Do politicians really care for the common man?

I believe we need a political reform.

## Can You Change The Past?

Can you change the past?  
Have you ever thought can I change the past?  
All of us probably wish we could re-record some events from the past.  
If I only held back saying so and so.  
All these junk lives inside.  
No, we can't change the actual event.  
It happened.  
Yet you can change this event inside.  
You can truly forgive yourself and truly learn from your mistakes.  
All of us have lessons to learn.  
We are on this planet to learn.  
Without making any mistakes how would you grow?  
We just need to pull our inner weeds.  
Day by day your flower bed will grow.  
A farmer learns how to constantly pull weeds from the garden.  
He doesn't allow it to get out of control.  
You can solve this riddle.  
Your life will never be the same.

## Can You Laugh?

Can you laugh at yourself?  
Can you cry?  
Can you admit when you're wrong?  
Can you complement your lover?  
Can you show your innocence?  
Can you expose your faults to others?  
Can you shower them with love?  
Can you be honest at what you feel?  
Can you be open to life?  
Can you be compassionate?  
Can you be a friend of mine?  
Can you be tolerant?  
Can we accept mankind?  
Can you show your love?  
Can you tell me what going on?  
Can you be humble?  
Can you act like a child?  
Can you be full of wisdom?  
Can you tell no lies?

## Carnival Of Life

This world we live in is certainly a carnival.

But life isn't.

There is almost an infinite number of acts in the carnival.

All the good, bad and ugly.

We think the carnival is real.

I just bought a bag of popcorn or I just got ripped off.

Someday the carnival will pick up stakes and leave town.

Where will you be?

The carpet will be pulled while you are standing on it.

The wise man has been coming for thousands of years and he has said the same  
thing.

Know thyself.

You will be set free.

The chains that bind you will be set free.

## Carry Your Meditation Into Your Daily Life

Carry your meditation into your daily life.

Day by day.

Year by year.

Each and every time you meditate allow the experience to flow into your daily activities.

Meditation isn't only when you sit down.

Meditation over time brings you to a point where it is constant.

In the beginning, you try to meditate on the source within.

Over time the source begins to meditate on you.

No words can describe how beautiful this is.

You are not alone.

Something is keeping you alive.

We are been magnetizing in love.

That is our true nature.

## Cell Phones

I'm all for cell phone.  
They are of great help.  
Yet my pet peeve is how distracted they are.  
So many people are addictive to their cell phones.  
They even risk death will driving.  
What is so important about the text you sent out while you died in a car crash?  
I feel another web we have created.  
We have created another layer from us and the universe.  
Instead of getting closer we are putting distance between us and our true nature.  
In fact, our reality is the cell phone.  
How many families are at a restaurant on their cell phones?  
How about the business meetings?  
I look around the room and most of the people are looking at their cell phones.  
Can you really pay attention to what the speaker is saying?  
Are we getting distracted?  
Many young Mothers are on the cell phones while pushing the child around in a  
stroller.  
Did you know that a baby knows when you are paying attention or not?  
No wonder children feel neglected.  
Humanity has become addictive just like a drug.  
Unfortunately, we don't see it.  
We think we are living normal.

## Chanda

Chanda, you are the moon in my life.

We have done so much together.

I have held you in my arms when you were born.

I placed you in a nice warm bath, and a smile came across your face.

I'll never forget that smile.

We have swum with the dolphins and played in the ocean waves.

We have surfed together in Hawaii, and boogie board in California.

Chanda

I feel so proud being your Dad.

I have so much love for you.

You are so innocent.

Never let the world take it away.

I'll never forget the talk we had in San Francisco.

I went to bed, way over my bedtime.

So much love was shared.

Chanda

The sun is always with you.

No matter what phase of the moon you're in remember the sun is always shining.

Chanda

I love you.

## Change The World

Recently I saw this on CNN.  
The moderator was making a comment.  
He said that for every president we had they tried to change the world.  
But it was never enough.  
There was so much more to do.  
In order to change the world, we must first change ourselves.  
We are a piece of the puzzle.  
Every one of us must change.  
We must let go of the old energies such as hate, anger, and war.  
We must embrace the new.  
Kindness, Love, and compassion.  
This is how we change the world.  
We must first change ourselves.  
This is the key.  
Ponder over these words.

## Change Your Attitude

Maybe bringing peace on earth may be this simple.

It's up to you to change your attitude.

You are the universe and don't realize it.

You and your enemies are one and the same.

The spark that is keeping you alive is the same spark that keeps your foes alive.

All the great masters have said, Love, your fellow man.

You only see the differences.

You don't see the unity of all.

Maybe it's time to take off your tinted glasses.

You will then have clear sight.

Then you will solve this riddle.

## Chaos Is All Around

Chaos is all around.  
There is a hurricane brewing in the mind tonight.  
You are facing a great obstacle.  
The mind is churning while you sleep.  
You can't get the obstacle out of your mind.  
Your whole body is full of tension.  
What can you do?  
The great masters have said look within.  
You can be in the center of the hurricane.  
There lies perfect calm.  
There lies your true nature.  
You are never alone.  
It just seems like it.  
You have a true partner and that is God.  
Ponder these words.  
They have a great meaning.



## Chop Down The Trees

I read in the paper just the other day, that  
A whole grove of redwoods will be chopped down.  
The owner says give me two million dollars and I'll save those trees.  
Who really is the owner of the land?  
We think we own the world's resources.  
Can we really barter this earth to the highest bidder?  
You can buy this planet for a trillion dollars.  
Where will we go?  
That's your problem, not mine.  
I'm rich and bygone I'll take what I want.  
Have we progressed at all?

## Crown Of Creation

If man is the crown of creation, does that make him king?  
If he is, we must be a tyrant.  
Man is supposed to be a guardian of nature.  
How many animals have been extinct because of man?  
We are custodians of this world.  
Yet we are sawing off the branch we are sitting on.  
We laugh at environmentalists.  
We call them quacks or nature lovers.  
They represent a lack of business.  
Why should we save that redwood tree?  
It's been here for over two thousand years.  
Can you imagine this tree was alive when Christ was born?  
Yet we plan to turn this into a house.  
We need true discrimination.  
We need a master plan.  
This earth is our home.  
We must stop polluting it.  
How would you like a garbage dump in your backyard?

## Curiosity

People say curiosity killed the cat.  
Yet I believe that man was designed to be curious.  
If man weren't curious would we have evolved?  
He would exist in this state forever.  
Man has always been curious about life.  
Yet at times we lose sight of our curiosity.  
We live such a mundane existence.  
Let's leave the matter to an Einstein.  
He's a genius anyway.  
But man was created to reach for the stars.  
He was born to know the unknown.  
The answer lies in our heart.

## Day And Night

Day and night I think about my father.  
Am I a stranger to this land?  
My mind is absorbed in his love.  
All my thoughts are with him.  
How kind is he?  
How compassionate is he?  
My lord, you have to show me my true home.  
It is beyond this world.  
It is beyond the stars.  
It lies within my heart.  
Day and night I feel your breath, keeping me alive.  
Your breath is keeping the whole universe alive.  
Day and night I think about my father.

## Day Of Grace

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

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

## Delicate Balance

Life is a delicate balance.  
In a moment we can be swept away.  
A knife is above our head, held by a single thread.  
We think that we are immune to the dangers of life.  
That will never happen to me.  
Yet everyday people come and go on this earth.  
What a miracle to be alive.  
The word is keeping the universe alive.

## Disappointment

I wondered how the great masters of the past deal with disappointment.  
They had such a great message.  
The kingdom of heaven lies within?  
What could be more incredible than that?  
Maybe they weren't disappointed at all.  
They knew flower blooms at just the right time.  
A fruit will ripen on its own.  
Christ was a fisherman.  
He caught those who were ready for his message.  
A raindrop will eventually go back to the source of all.  
Each of us will return to our creator when the time comes.  
Maybe the master gave inspiration to all yet the seed remains dormant in some.  
Someday we will solve this puzzle.

## Discover Your Divine Partner

Discover your divine partner.  
You are never alone.  
It just might seem that way.  
The universe is watching over you.  
Your partner inside is the universe waiting to be discovered.  
For eons, the great masters have said the kingdom of heaven lies within.  
You have the tools to discover this precious diamond.  
All it takes for you is to open up your inner door.  
There you will discover your divine partner your higher self.  
Over time you will discover who you truly are.

## Division

There is so much division in America today.  
We need to stop the name-calling.  
We need to listen to one another.  
Politicians need to pass bills that are good for everyone.  
The congress is at a standstill.  
Both parties have hatred for one another.  
How childish.

You are here to serve the people not yourself.  
You have created the division in America.

Do you see that?

What examples do you set?

During the last administration even before the President was in office you said you  
would stop all of his actions.

The American people must vote for those who truly want to serve.

We don't need professional politicians.

Maybe we need term limits.

## Does Life Throw You A Curve Ball?

Does life throw you a curve ball?

We are in the game of life.

We are playing the game.

We have a coach that is God.

He is on the sidelines.

He is rooting for us.

Unfortunately, we don't know that he is there.

Life throws us a curve ball and we go into a tizzy.

The great masters of the past taught how to hit a home run when a curve ball is  
thrown.

We must go within and find the inner coach.

It's always been there.

We have free choice to open the door or have the door remain shut.

Ponder the meaning of this puzzle.

## Don't Be Mediocre

Whatever do you do?  
Whatever do you say?  
Put your soul into it?  
It will brighten your day.  
You are a genius.  
Nobody has a gift like you.  
Don't listen to the gossip people say.  
You are a sparkle of the divine.  
You are a diamond waiting to be discovered.  
Wash off the rock within, and see yourself sparkle.  
Bliss and joy are yours.  
Remember don't be mediocre.  
You were born a genius.



## Don't Inspect Your Stools

I once had a teacher who said don't inspect your stools.  
Let go and release your pain.  
Don't hold on to it.  
Don't blame others for it.  
Just release it.  
Don't hold on to the pain.  
Everyday man goes to the bathroom.  
Everyday man should release what he is holding on to.  
This will set a man free.

## Dust In The Wind

Dust in the wind.  
We are all stardust.  
We came from the stars.  
Does that excite you?  
No, I'm on my cell phone driving.  
Well, when you have free time ask the following.  
We are all stardust.  
We are the universe.  
This is our true nature.  
You can solve this riddle.

## Education

I'm must admit that our education system is a pet peeve of mine.  
Education is the foundation of a society.  
When education declines it's a warning sign that your culture is in a state of decline.  
Look at the past.  
History is like a pendulum.  
Great civilizations come and go.  
Why is it that Rock Stars, Athletics, and actors make a million times more than a teacher?  
Our teachers are barely making it.  
We don't provide them with the proper tools and training.  
We don't make an incentive for them to be better teachers.  
We don't teach our young to think.  
Almost everything we learn in school is rote memory.  
If you have a great short time memory you can cram and pass any test.  
Yet five minutes later you can't even tell me what you learned.  
How did this impact man?  
What lessons can we learn from it?  
Our schools should be a magnet to this world.  
Yet at this present time boredom, guns, drugs and violence rule.  
The ways we teach kids are so boring.  
Education should be enlightening.  
It should allow the soul to soar.  
Imagine a child's curiosity is quenched.  
Ah, that's how it works.  
I had some great teachers in my life.  
Both in and out of school.  
These teachers have provided me with so much insight.  
It doesn't matter what they taught, they conveyed such a powerful message.  
I've had some teachers who have put me to sleep.  
Please go to the page so and so.  
No questions, please.  
I'll take my paycheck but I'm not present.  
I've been doing the same for forty years.  
Why should I change?  
We should be able to make education such a powerful thing that nobody would ever want to ditch school.  
Imagine a child waking up in joy because he is going to school.

How can you learn when you are bored?  
Something has to change.

## Embrace Your Fears

Embrace your fears.  
Don't hide from them.  
If you do they will never go away.  
They will always play peek a boo with you.  
When you embrace your fears head on they will disappear.  
The mountain will become a mole hole.  
Eventually, the fear will disappear and never return again.  
Look inside and search for all the fearful things in your life.  
One by one take each one and embrace your fear.  
You can do this.  
It's not easy.  
Yet the reward will set you free.

## Expectations

We have our expectations and when they don't deliver we can't believe.  
Purely only the child at heart will see.  
He has nothing to prove.

## Express Your Goodness

Image the whole world would express their goodness in their daily life.

There would be peace on earth.

War would be obsolete.

Mankind would truly cooperate with one another.

We would see the unity of life.

Man could truly solve their problems.

Humility would be the way.

Power and control of others would be obsolete.

Politics would truly be for the benefit of the people.

You would not have someone in office for their own power and ego.

That's all it takes.

Be kind moment by moment.

The world will change.

## Eye Opener

I remember what an eye opener it was when I read some of the eastern poems.

People like Kahlil Gibran.

He wrote 'The Prophet' a brilliant poem.

People like Kabir, Guru Nanak, and Tulsidas.

From Turkey was the great poet Rumi.

These poets were incredible.

Their poems come from the depths of their souls.

Their words will live on forever.

If you ever have the chance read them.

They might inspire you forever.

They are talking about the land that is beyond the sun, beyond the stars.

This land is what everyone is searching for.

It's beyond time and space.

It's beyond human comprehension.

Yet it lies inside.

We just have to open up the door.

## Stephen Hawking

Stephen Hawking died yesterday.  
I have been following him for many years.  
Yesterday he became stardust.  
He became one with the universe.  
Imagine being trapped inside your body for so many years.  
Yet that didn't stop him.  
He used it to his advantage.  
His mind was as vast of the universe.  
I loved one of his theories about black holes.  
His theory was the other side of a black hole was a new universe being created.  
Wow, how that for thinking outside of the box  
Just a week ago I saw an incredible episode on Star Talk the series by Neil  
deGrasse Tyson.  
He was interviewing him.  
One of the panel members was Michio Kaku.  
Both Michio and Neil were laughing at how incredible Stephen was.  
He hit a home run in answering the questions.  
Both of these people had a hard time understanding his concepts.  
That day showed me his mind was probably the most brilliant of his time.  
One of my most all-time videos was "A glorious day by Carl Sagan and Stephen  
Hawking.  
Each time I see it brings tears to my eyes.  
I think this video capture the essence of life.  
This is what Stephen yearn for.  
I think Stephen was a modern day mystic.  
His laboratory was the universe.  
He was trapped inside of his body but his mind was free.  
He could use all of his energy to think about the laws of the universe.  
He used his disability to leapfrog mankind.  
I heard he had an incredible sense of humor.  
A person who studies the universe will definitely acquire humor.  
Humor is the foundation of life.  
He used humor as a tool to go beyond all of his difficulties.  
So today Stephen became one with the stars.  
He was welcomed home with a standing ovation.  
Tears of joy were heard throughout the universe.

## Kingdom Of Heaven

Many people think that the Kingdom of heaven is a place.

There is a pearly gate and God has guards at the entrance,

You must pass the test to get in.

Yet what if Heaven is a state of mind.

What if heaven has always been there but there has been dust covering the inner mirror.

Maybe man's problems have always been looking outside of ourselves.

Maybe just maybe we have forgotten our true nature.

The hells that man create are real.

Look at the wars all around the world.

Innocent people get killed and maimed.

Millions of people are fleeing from their homelands.

That must be hell.

We as a world must help them.

Forget our immigration policies.

Do you think Christ will accept that?

The US seems to have we don't care policy.

Immigration was a thing of the past.

Immigration must be stopped.

Recently I saw where ICE sent a man who has been here for thirty years back to his home country.

He leaves behind his wife and kids.

The US is creating a living hell for thousands of people.

What happened to the love and compassion of America?

Have we totally lost our ways?

How can we still have a President who mocks the world?

We get him the keys to our nuclear codes.

To be honest, America must learn to discover the heaven within.

We are so much off the mark.

Anger is the norm.

Anger is the point on the thermometer of life where you know our society is sick.

America has a serious disease.

Not a disease is a point where there is no ease.

Everything is in a chaotic state.

Just like cancer.

It seems to describe our political system today.

Everything is in chaos.

Nobody knows what's going on.

You can be fired just like The Apprentice show on TV.  
Just ask Rex Tillerson and the rest.  
Chaos is a manifestation of our minds.  
If our minds are chaotic the world around us will be chaotic.  
It is as simple as that.  
Remember you can choose between heaven and hell.  
The choice is yours.

## The Bully

Yesterday my wife and I were watching the ducks and geese.

It was a glorious day.

We see this guy and his dog walking down the path.

This person was smoking a cigarette and staring at his cell phone.

He had a ball in his other hand.

He would throw the ball and the dog would run in glee towards the ball.

At times the ball would bounce high into the air and he would catch it.

Then he would run as fast as he can towards his owner.

At times this guy wouldn't even notice him.

He was paying attention to his phone.

The dog would just sit there wagging its tail.

Eventually, the man would come back down and see his dog sitting there.

He then would eventually throw the ball again.

As all dogs do they have to poop.

Well, the dog did its thing and this man looked all around to see if anyone was looking.

Nope nobody around so he walks away.

Only a few yards away were doggy bags to use to clean up the mess.

My wife and I were happy that when the dog would catch the ball when leaping high into the air.

This guy would yell congratulations into the air.

I liked that.

The dog was a friendly and loving dog.

At one point I notice he had on a San Diego tee shirt.

I used to live in Del Mar just outside of San Diego.

Well, I rolled down my window and was about to say hello.

He then threw his ball towards the sleeping ducks and geese.

The dogs ran towards them and all of the ducks and geese scrambled towards the pond.

How would you like to have a bowling ball thrown in your house when you are fast asleep.

I didn't say anything towards this person.

He didn't even see us watching this situation.

In Kansas, you can carry a gun where ever you like.

You have to be careful about what you say.

Otherwise, you might end up in a box if you know what I mean.

I often wonder which planet I landed on.

Am I having a nightmare or is this real?

## Father And Son

Last night my wife and I went to pay a visit to see the ducks and geese.  
We love to watch them flying in the sky.  
No wonder our Air Force fly in the same patterns in the sky.  
I love to hear there honking in the air.  
But sometimes humans have a tendency to spoil the whole thing.  
There was a young boy around three years old with his father.  
They were going around the park running after the ducks and geese.  
It would be like if I came into your house with a bowling ball while you were  
asleep.  
They were getting a kick out of it.  
Mind you this sort of activity is training the young boy to be a bully.  
They have no consideration or awareness of nature.  
What are we teaching our young?  
I remember at times when I was young I did the same thing.  
I had zero awareness what I was doing.  
Fortunately, I became mature, aware and more conscious.  
I couldn't say anything to the Father or a fight would be in my hands.  
This went on for an hour or so.  
Little boys need guidance to become better human beings.  
The expression well boys will be boys really doesn't cut it.  
If we want a better society it starts with our young.  
They will be the future generation.  
Do we want to continue with war and bullies in our land?  
If we don't change the world won't change.  
Are we so asleep with nature that we can't see the forest for the trees?  
Do we think we have total domino over nature?  
We can rape nature for whatever we need.  
Are we sawing the branch we are sitting on?  
I am hopeful for mankind.  
Mankind means kind man.  
This is our potential.  
This is our true state of being.  
We have dust on our mirrors of life.  
We can learn how to be in harmony with nature.  
Yet at the same time, we must change for the better.  
We can't go on with the same broken record.  
At times we are sitting on the fence.  
One side is darkness and the other side is light.

## Waste Of Time

For the last ten years ago there is a concept of a single sign-on.

For example, you go to [whatscookingtreasrues.com](http://whatscookingtreasrues.com).

My cooking website.

If you want to register you click a button on google or facebook.

Presto.

You have registered with no passwords on my site.

Simple.

Yet they make is extremely difficult for the developer.

You see every few years they change things and it no longer works.

Millions of developers all around the world then scramble to try to fix the problem.

Millions of hours are wasted.

If you make money on your site you lose money while its down.

Both Facebook and Google are guilty of this.

This happened to me this week.

Facebook is down.

There are hundreds of suggestions on how to fix it.

Each one takes you down a rabbit hole.

Now both Facebook and Google know our email address.

What don't they send us an email in advance of these changes?

They could describe exactly what is needed for the next change.

Instead, developers are in the dark and wasting time to fix this.

This is in my eyes the way to solve this problem.

Yes, I believe security but please announce the ways in advance and provide practical guidance.

Millions of people are affected by your changes.

Do you ever think that your actions have wide consequences worldwide?

How many developers get up and roll there eyes and say not again?

We don't want to go back to the era where we store passwords on our site.

Yet we get tired every couple years we have to change or code or settings to make it work.

Being a developer is challenging enough to be current in technology.

You can never rest on your laurels.

Yet something like a single sign-on should be done once and only once.

Instead, headaches occur every two years.

You almost dread the moment in time when this will happen again.

In the last seven years, I have to change things at three separate times.

One time it was a huge workaround.

Hopefully, Google and Facebook will listen to this.

## Face Your Fears

Face your fears.  
Don't walk away from them.  
Don't hide from them.  
Your fears will lead you to God.  
The light shines into the darkness.  
Darkness will be dispelled.  
Yet your fears will come up.  
Face your fears within.  
When you do this your light will become brighter.  
You have conquered a little more of your fears.  
Imagine your fears can be used as a vehicle in this game of life.  
You are learning each and every moment.  
Face your monsters within.  
You will be glad you did.  
You can solve this puzzle.

## Fine Tune Your Life

Have you ever heard a person who has master the guitar?  
Imagine an Eric Clapton.  
How much dedication did it take to get where they are today?  
So many hours of practice.  
I'm sure there was stumbling along the way.  
They made errors.  
Yet they continued on this journey.  
I love to discover who I truly am.  
I've spent most of my life meditating.  
I'm discovering how to be a better human being.  
I'm facing the dragons within.  
What joy it is to let go of anger.  
Every moment is an opportunity to be tolerant of others.  
Practice what you preach.  
Every moment is an opportunity to improve on this road of life.  
Your life is a canvas and you create your own reality.  
What kind of world do you want to live in?

## Flowers

Flowers are nature's way of saying 'I love you'.  
From a small seed comes a beautiful flower.  
Can you imagine the force when a flower blooms?  
We give flowers on celebrations.  
We give flowers to our lovers.  
We put flowers on our loved ones graves.  
We give flowers to someone who is sick.  
We give flowers as gifts.  
We use flowers in our wedding ceremonies.  
We have flowers in our office.  
We have flowers in our house.  
We plant flowers in our backyard.  
There are so many different types of flowers.  
Flowers give us hope.  
Flowers help us get well.  
Flowers unite two lovers.  
Flowers put a smile on our face.  
Flowers help us to overcome the death of a loved one.

## Follow The Tracks

If you follow the railroad tracks  
You will eventually get to your destination.  
Hot and sweaty you will be.  
Maybe it will snow or you will get wet.  
The wise man buys a ticket on the train.  
He also has an incredible journey watching the sights,  
Man has a choice to follow the tracks or  
To board the train.  
Either way, someday you will reach your true home.

## Gandhi

Gandhi was a simple man who brought England to its knees.  
Who would ever have thought a 90-pound weakling could cause England so much  
trouble?

He believed in the common man.  
Gandhi was a man more powerful than all of England.  
He knew the true power of this life.  
He was not your ordinary politician.  
He cared for this human life.  
Many people don't realize the power of water.  
It seems so gentle.  
Yet over time, it can dissolve rock.  
Gandhi believes that non-violence was the answer.  
The British with their arms left India forever.  
Gandhi simply left them with a mirror.  
How can you kill when none wants to fight?  
You eventually leave the country and never to return.  
When I was a kid Martin Luther King believed in non-violence.  
Unfortunately, he was killed, but his dream lived on.  
America was transformed by his words.  
Our world is a better place.  
I believe in non-violence.  
We can truly change this world.  
Gandhi and King, I salute you.

## Give Me A Break

Thank God it's Friday.  
We all need a break from our daily routine.  
Where can we escape?  
Where can we go?  
Drinking will bring us a hangover by morning.  
What truly gives us a break?  
What truly gives us freedom?  
Do you know what you are talking about?  
How can we be at ease?  
In this state, there is no disease.  
The body and mind are in harmony.

## Glasses

Glasses can be helpful to make you see.  
At times it can make you tainted.  
I can only see blue because my glasses are blue.  
Therefore the world is blue.  
Yet the world contains all colors.  
It contains colors that even you can't see.  
Don't think that I can see everything.  
97 percent is filtered by the brain.  
We refuse to see the world as it truly is.