

## Poems By Richard 7

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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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## It's Not In Your Destiny To Suffer

It's not in your destiny to suffer

You can make a conscious choice to turn your life around.

Isn't it amazing how people have turned around their lives?

They were sinking and yet they made it out safely.

This is the human spirit.

We are here to help one another.

We are here to be your friend.

We are not here to judge or condemn you.

We are all on the same journey of life.

The wisdom we have gained we are sharing with you.

We hope you can learn from our mistakes.

That's why we tell our story.

Humanity is precious.

We are known throughout the universe.

Remember it's not in your destiny to suffer.

## From Darkness To Light

We are all on this journey of life.

Our goals are to go from darkness to light.

We came from the light.

We are born and slowly we forgot our true nature.

We soon fall asleep.

How do we wake up?

Mankind has pondered this question forever.

The masters have said dive within your heart and discover your true essence.

You are the light of God.

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

## May The Circle Be Unbroken?

May the circle be unbroken?

May you discover your golden wings?

You were meant to fly.

You are like the swan flying in a dark sky.

You were meant to soar.

This is your true nature.

Your mirror is covered with dust.

You can't see who you truly are.

Discover the secret of this riddle in your heart.

Open up the door within.

## How Beautiful Are You?

How beautiful are you?

You were created by such a power of love.

The creator lives inside of your heart.

Your DNA contains the essence of God.

How beautiful is the sweetness of your breath?

It is keeping you alive.

What incredible beings we are?

The entire universe knows our names.

Look into your inner mirror to see who you truly are.

## Freedom

### Freedom

The great masters on earth taught about freedom.

They taught how to soar like the eagle.

They taught how to go beyond the cage that we live in.

We are bound by our concepts and beliefs.

They taught that you can open the door of your cage and be free.

Freedom is your true essence.

This is your true state.

We have simply forgotten how to fly.

You were born with golden wings.

Discover your true nature.

## Peace

There would be no war if man was peaceful.

There would be no fights between men.

You may have a different point of view.

We are all different flowers.

How boring it would be if all the flowers in the world were sunflowers.

To be peaceful is the greatest strength.

War is easy compared to peace.

It's easy to blow up and fight your fellow man.

It takes a wise man to diffuse the bomb of anger within.

Throw away your bombs.

Throw away your ideas that my way is the only way.

I'm going to convert you.

Discover the inner peace of life.

It's like dumping that Oreo cookie in the glass of milk.

## Tolerance

Tolerance is missing in this world today.

A month after the election both sides are still fighting today.

Look at the Facebook posts.

Are we really that ugly?

There is posts that are so hateful towards the other side.

One of my friends said she is glad the God allowed the hack to the DNC.

God has nothing to do with the hack.

The Russians did it.

God is not interested in politics.

He says you solve your own problems.

You created them now solve them.

We have the intelligence of the universe inside of us.

We can solve our problems.

It seems at times we are spoiled children wanting always to get our way.

The other side is always the enemy.

They are reasonable for all the wrong doings.

The wise man says to take out your thorns within.

You are pointing a finger and blaming others while three fingers is pointing back to yourself.

## Hate

A friend of mine calls herself spiritual.

Yet the words coming from her Facebook post don't reflect that.

She has had a picture of our president dressed like Hitler.

She has called the first lady a bitch.

She has criticized their children.

Indecency leave the children out of the picture.

A person who constantly hates the other side is not spiritual.

You may not see eye to eye.

You may not agree on the policies they have.

But you have no right to spew hate and thinks it's funny.

The more you hate the more you become.

Whatever you focus on you become.

Drop these old energies.

They have not helped the world in any way.

Learn to be tolerant of others.

Your way is not the only way.

## Not A Fan Of Trump

I'm not a fan of Donald Trump.

Yet he won the election fair and square.

Even if the Russians did hack the DNC.

Let's give his administration a chance.

We judge him ever before he got into office.

He won the electoral vote.

Some of his policies I like while others I do not.

We elected him.

Americans are fed up.

Politicians spew words and the majority of time don't deliver.

I'm hoping and praying that he will make a difference.

## Oil Pipelines

At times I believe we are sawing the branch we are sitting on.

Money is God.

The CEO of the pipelines believes in profits more than the safety of millions of people drinking the water.

In Kansas City they voted against having the pipeline go underneath the Missouri river.

All the indigenous people came and protested.

We need companies that represent the people.

The employees should be on the board of directors.

Making profits for the shareholders shouldn't be the only focus.

We have lost our ways.

This is the only planet.

Let's take care of it.

We have long ways to go.

## Change Your Attitude

Maybe bringing peace on earth may be this simple.

It's up for 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.

## The Amount Of Effort

Everything we do takes a ton of effort.  
We could light up the sun with all our energy.  
Yet how much is wasted?  
We continuous are on the run.  
Our children are always doing some action.  
Playing on a soccer team.  
No wonder as we get older we have lost our ways.  
We are human doers, not human beings.  
When was the last time you truly relaxed?  
Do you know what true relaxation is?  
Have you forgotten the mystery of life?  
Are we lost in this web of life?  
We get tangled by our hustle and bustle.  
Are we like the hamsters running in circles.  
Only you can solve this riddle.

## Happiness

When I was young I thought that toys could bring me happiness.

When you first receive the gift you are so happy.

Days go by and your happiness slowly goes away.

One day your toy is broken.

Your happiness has died.

Over and over I saw this in my life.

I saw it in others.

All external happiness will someday fade away.

This led to my searching.

There had to be another way.

True happiness lies inside of your heart.

It was will and always be.

Go within.

Discover the meaning of this puzzle.

## The Genie

There is a genie that we all have.

When you say I'm angry.

Guess what you're angry.

When you say I'm sad.

Guess what you are sad.

When you say I'm alone.

Guess what you are alone.

Whenever you say I am.

You are.

Words are powerful.

The words you speak create the person you become.

Realize the power of your speech.

Look at what you have created.

You are in charge of your own creation.

You can create heaven or hell.

It's your choice.

## You Are Your Own Creator

You are your own creator.

You create your own destiny.

The actions you take and the words you speak will create the world you live in.

You can't blame others in this game of life.

You must take responsibility.

We must learn to become mature.

We can learn from our mistakes.

We can transform our negativity.

The power exists inside of you.

You are the universe.

All wisdom lies inside.

You are truly wise.

Discover this essence inside.

## Words Have Power

The words you speak have tremendous power.

I love you.

The entire universe rejoices when you say this.

The person you are speaking this to rejoices.

This releases the power of love.

I hate you.

What dark energy?

The world doesn't need this.

At the deepest level, we are one and the same.

You are doing a disservice to yourself and the other person.

Over time the words you say you become.

You are your own creator.

Even if you don't believe in God.

Your words are your creation.

This is the law of life.

Words have power.

## President Obama

I love President Obama.

In my eyes, he did an incredible job.

Many of my friends despised him.

To be truthful I think they are racist.

I feel that Obama put his body, mind, heart and soul into his job.

He had to make many difficult decisions.

He got a lot done despite congress saying they would go against him all along the way.

They complained when he used executive orders.

How else do you think he could get his job done?

The republicans criticize him every step of the way.

He and his wife kept their composure.

There were no scandals on board his watch.

I feel he was a man of dignity.

Time will tell what Americans think.

## The Hack

I remember watching the debates between Clinton and Trump.

At one point Donald said on live TV the following.

He urged the Russians to hack into and release Hillary's emails.

If he said this 60 years ago he would have been thrown into jail.

The Russians did hack us.

The CIA, FBI and all the intelligent agencies said Russia did the hack.

Donald said they were telling a lie.

Does Mr. Trump know more than the entire intelligence gathering of America?

He refuses to receive his daily briefings.

It takes time away from his affairs.

Yet you are the President.

This is your new job.

The world changes hour by hour.

You need to know and respond moment by moment.

Your job is not a walk in the park.

Only time will tell what you did during your presidency.

## Solitude

When I was young I hear about monks going into solitude.

It seemed so strange.

Are you running away from this world?

Something is going on and I don't understand it.

Since then I have spent time in solitude in my own way.

I wake up early and meditate.

The world is asleep.

I'm all alone yet I'm not alone.

You are never alone.

Meditation taught me this.

Solitude brings a person to discover his true nature.

It's not boring.

The entire universe is alive inside of you.

Unfortunately, we always have our cell phone on.

When we are driving we have our radios blasting.

Or are we on our cell phone.

We are miles away from solitude.

When you are in solitude God speaks directly to your heart.

Love is the communication.

The wise man says to solve this precious riddle.

## You Are A Master

Did you know that you are a master?

You create your life.

You are a grand sculpture.

Your words and actions are the building blocks of your creation.

The creation is you.

You create your creation which day by day changes.

How would you like help from the master creator?

He lives inside of your heart.

He doesn't say anything until you make the first move.

You have free choice.

All it takes for you to open up the door.

Your first step is the intent.

Over time you will feel the magnificence that lies inside.

You will even become a great creator.

You will have discovered the treasure within.

## Convincing

The truth needs no convincing.

Either a fruit is ripe or it is not.

No judgment either way.

Eventually, a fruit becomes ripe and wants to know the truth.

We all have a different journey in life.

All raindrops eventually return to the source.

This is no race.

Everyone is loved by God.

You are never left behind.

The entire universe exists inside.

The great teachers have said the same thing.

The kingdom of heaven lies inside of you.

No greater words can be said.

In time you will understand this riddle.

Remember all raindrops return to its source.

## The Judgment Day

Many people are waiting for the judgment day.

Well guess what God does not judge you.

You judge yourself.

There will never be a judgment day.

God is love.

You have free choice.

When you are alive you create your own heaven or hell.

When you leave this planet God welcomes you.

Either you are a saint or sinner God welcomes you back home.

This is the love he has for you.

His message has always been.

The kingdom of heaven lies within.

You can transform yourself.

All the tools exist inside of you.

You are the universe.

The universe doesn't judge itself.

## We Are Waiting For The Promised One

We are all waiting for the promised one.

Jesus when are you coming back.

Buddha, we are waiting for you.

The Jews are waiting for their Messiah.

The Islam's are waiting for their prophet.

We are all waiting.

Yet suppose they are already here.

They exist inside of your heart.

In order to know you must take the first step.

You must open the door inside with your intent.

You must take internal actions to find God.

All the tools exist inside of your heart.

Only you can solve this riddle.

The great masters lie inside.

## The Rapture

Christians are waiting for the rapture.

God will blow this earth to smithereens.

God won't do this.

Humans will.

Yet man has reached a turning point where this won't happen.

Man has decided that Peace on earth is the way.

I know it doesn't seem that way.

Wars are all around us.

Yet the light of God is dispelling darkness on this land.

Many people like you and me are bringing light to this planet.

Only humans can bring peace to this planet.

God is there as our coach.

He will not play the game for us.

We have to play the game.

These are exciting times.

The world wants peace.

Let the dust settle.

## If We Could Only See

If we could only see like God you would have no enemies.  
People might call you an enemy yet all you see are friends.

Christ did not judge his fellow man.

Buddha did not either.

They showed us a different way to live.

They didn't try to convince us.

Their state of being was divine.

They were like the sun in the sky always shining.

Even when there are clouds in the sky the sun is always shining.

The great masters always were shining.

They didn't have anything to prove.

Their ego was not in their way.

They came to help mankind.

We had lost our ways.

## The Inner Beacon

Can you imagine before you were born you and God were together?

You are the universe.

We come into this world and slowly through time we forget where we came from.

Over time we completely forget.

Yet God placed a beacon inside of us.

Maybe at nighttime, you might come out of a dream sensing that I'm more than  
this human body.

A nudge here and there.

The beacon is always broadcasting you are never alone.

The signal of life is keeping you alive.

The great mystery lies inside of your heart.

You alone can solve this mystery.

The beacon lies within.

Open up your heart.

## Is Life Like A Page Break?

Is life like a page break?

We live this life and suddenly it's over.

We leave like a thief in the night never to be seen again.

What is the point?

Is there a reason why we are alive?

We come and go into this world.

Do we always run in circles?

Have we learned to love our fellow man?

Is there a purpose to this life?

What am I holding on to?

Why am I so angry?

I feel I'm on the seesaw of life.

I can't control my emotions.

My actions are out of control.

Do I ever learn from my past actions?

The masters have said open up your heart and dive within.

You will solve this great puzzle.

## To Be Spiritual Is To Be Practical

To be spiritual is to be practical.

Many people think a spiritual person has his head in the clouds.

He is far away from the practical ways of earth.

The Buddhist have a book chop wood carry water.

You must have your head in heaven and your feet on the ground.

This is a practical journey.

Every action you take must be in harmony.

O there are many lessons along the way.

Many have tread upon this path.

At times it will be rocky and the path goes up a mountain.

Every moment you learn along the way.

It's not easy to drop your negative emotions.

If it was we would have been on top of the mountain a long time ago.

I feel to be spiritual a person needs to be more practical than ever.

You have to be conscious moment by moment.

That is not easy.

Have you ever tried to tame your mind?

Sit still for one minute and tell me the truth.

It's difficult.

Chop wood carries water.

Only you can understand this riddle.

## Michelle Obama Interview

Last night Oprah gave Michelle Obama her last interview in the white house.

I really loved it.

She had such love, patience, and compassion.

Oprah asked 'What allowed you to stand in your own truth and find your way'?

'Being a grown-up,' Obama replies.

She is extremely mature and full of wisdom.

Over the past 8 years, so many people have thrown her garbage.

She has learned the truth that turns the other cheek.

She says 'When they go low, we go high'

This is exactly what the great masters taught.

She has served her country with dignity and respect.

She said the Obamas will help out President Trump and his family in the transition and beyond.

I think as American we should take a look at their legacy and be proud.

I know I am.

## The Tainted Glasses

Yesterday Oprah asked the question how her critics called her an angry black women.

She replied 'Dang, you don't even know me,'

You just sort of feel like, 'Wow, where'd that come from?'. . .

But then you sort of think, 'This isn't about me.'

This is about the person or people who write it, you know? That's just the truth."

How true is that?

We see the world through tainted glasses.

Those people who call her an angry black women are themselves angry.

Anger has consumed them.

They project their anger on someone who isn't full of hate and rage.

Humanity must take off our tainted glasses.

The democrats and republicans aren't evil.

They have a different point of views.

We must see ourselves as Americans first.

## Farewell

Farwell to the President and his family.

You have served your country well.

You have the grace and dignity of true leaders.

You were in the constant spotlight and keep your emotions true to your heart.

You were kind and decent a rare trait.

You had to make many tough decisions.

I'm sure at times you were awakened during some crisis during the night.

In spite of all the obstacles and garbage thrown at you, you kept your cool.

As your lovely wife said 'When they go low, we go high'

How elegantly said?

May God bless the President and his family?

## Hope

We need to reinstall hope back into our country.

At times we have lost our ways.

We have become divided not united.

Our political system has gone astray.

We have become polarize.

I'm right and you're wrong.

I'm going to heaven and you're going to hell.

You are a commie.

The hope we need lies in our heart.

We need to be mature human beings.

We act like spoiled children.

I get my way or I will have a temper tantrum.

Have you seen this in politics?

This is the norm.

In order to have hope, we must take responsibilities for ourselves.

You know how to become mature?

Your essence is made of it.

## Dew Drops In The Desert

Did you know that dew drops exist in the desert?

There may no rain in sight yet on a cold morning dew will appear on the flowers.

Remember you may be thirsty inside but each day there are dew drops in your  
desert of life.

In truth, you are never thirsty.

On your journey of life, we need water each and every day.

Water is more precious than gold.

You have a thirst to discover yourself.

Something nudges you day by day.

You think it must be something outside of yourself.

Yet inside of you exists the well of life.

This well is keeping you alive.

Only you can find this well.

It exists inside of your heart.

## Forgiveness Is The Way

All the great masters have said forgiveness is the way.

A person who doesn't forgive himself or others carry a tremendous amount of baggage.

Each time you call upon forgiveness you let go of one bag.

What a relief?

Forgiveness doesn't mean that you forget the incident.

It means you forgive.

A big difference.

In order to be a mature human being, you must forgive yourself and others.

If you are angry at others we are harboring those feelings inside.

Over time they will fester and not make you happy.

Only you can solve this riddle.

Only you can throw your baggage away.

## Theory Versus Practical

Theory versus practical.

On this journey of life, you can memorize your theory perfectly.

You can memorize the great scriptures.

You can quote them from the heart.

You know Gods laws.

Yet without practicing what you preach, you are like a parrot.

Your words have no true meaning.

This journey to find God is a practical path.

It takes tremendous work.

That's why they are called light workers.

Each and every moment you have to be aware.

You must conquer your fears.

You must drop your negative emotions.

This is not easy.

The rewards are great.

Peace of mind.

We are here to encourage you.

Only you can solve this puzzle.

## Many Different Paths

There are many different paths to God.

There is not the only way.

Each one of us has our own way.

To discover your true self you must go inside.

Only you can find your correct way.

There is no meditation technique or prayer that works for everybody.

You are a custom design.

Each one of us has our own particular way to find God.

You are never alone.

The first step is with your intent open up the door inside of your heart.

You have free choice.

God is always there but he is waiting for you to open the door.

It's your choice.

Discover the God within.

## Help

Help is always there.

Your guides are there waiting to help you out.

The Angels are there waiting to help you out.

You are never alone.

Except we feel alone in this life.

We ask for help but it doesn't seem to come our way.

The masters have said you have free choice.

If you don't go within the help is there but you can't see it.

You are family to the universe.

A wise man once said the kingdom of heaven lies within.

Dive into your heart and you will see you are never alone.

## My Twin Brother

My twin brother John.

John is my best friend.

He has always been there for me.

In the thick and thin.

We are on the same path in this journey of life.

We have spent most of our life going within.

We have our struggles in life.

Life is not easy.

I'm sure you will say the same thing.

Yet with all this pounding we take we come out to the other side.

We know the God within.

Not the complete picture yet we have a beautiful experience.

My brother taught me patience in so many different ways.

His yearning for God is endless.

He has a great love for humanity.

Inside he knows humans have a great heart.

The mirror is just full of dust.

## The Ringing In My Ears

Have you heard the ringing in your ears?

When you are silent and the world is asleep do you hear the ringing?

Is God saying look inside of your heart?

You are never alone.

Your ringing is not some medical disease that doctors have said.

The ringing is God saying come home.

You have traveled far on this journey.

It seems like you are alone.

Come inside.

Warm up to the fire.

Do you want something to drink?

On this journey of life, you can discover your true essence.

This will make your journey easier.

You will discover help is always there.

## What Is Your Higher Self?

What is your higher self?

It's about time for you to ask that question.

According to the great master, there is a part of you which you know is walking on this earth.

Yet there another part of you which is God.

The higher self is quantum energy.

Around 97% of your DNA contains quantum energy according to Kyron.

The kingdom of heaven is within.

To discover your higher self you must go within.

You are the universe.

You just don't know it.

I recommend for you to try to solve this puzzle.

The choice is yours.

No judgments are made.

## Partnering With God

Can you be a partner with God?

Can you walk side by side with your creator?

Drop your ego and pride.

Drop your negative emotions such as anger and fear.

Day by day meditate within.

Bring that experience to be your state of mind.

Treat everyone as they are God.

Let go of your judgments.

God does not judge.

Become a vessel of love, patience, and compassion.

Be kind.

Every moment you can build a greater relationship with God.

Yes, you can be a partner with God.

There already is a part of you walking with God right now.

You can solve this riddle.

## The Choice Is Ours

Imagine the universe is timeless.

Just think there may be ancient civilizations in the past on a small planet long  
ways away.

Imagine they went through the same things we did.

They went though there wars.

They reached a point where they could either blow their world apart or bring  
peace to their planet.

God does not save us.

We must save ourselves.

Can you imagine if these ancient ones all realized their true nature?

What kind of lessons can we learn from them?

What kind of wisdom do they have?

Is this entire universe built so we have the opportunity to discover our true  
nature?

The choice is up to us.

We have never been held back from God.

We hold ourselves back.

## One Foundation

What is your foundation in life?

There is no more fence sitting.

Is your foundation built on the old ways?

I'm happy and then I'm sad.

I love you yet I hate you.

Do you spew anger?

These are the old energies of yesterday.

Take a look at the problems in the past they all stem from old energies.

There is a new way of living.

How about being in contact with God?

How about being in love, patience, and compassion.

Be kind.

Be tolerant of your fellow man.

Go beyond judgments.

What kind of foundation are you choosing?

You can no longer sit on the fence.

## 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 rerecord 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.

## The Master

Does God want you to be a master? Yes

Does God want you to discover your true nature? Yes

Does God want you to be a sinner? No

Does God judge you? No

Does God want you to be a follower? No

Does God want you to be enlightened? Yes

Does God want you to pray? Yes

Does God want you to meditate? Yes

Does God want you to have fun? Yes

Does God want you to laugh? Yes

Learn how to be a master in your life.

To solve this riddle dive inside your heart.

## Original Sin

Many people say the moment you are born you have original sin.

How could that be?

Before you were born you came from God.

God does not contain sin.

So how can you be a sinner when you are born?

Now, as you get older in life man performs actions that are sinful.

We go to war.

I hate you.

We must all learn from our actions.

Can we clear our slates?

The master has said it's up to you to become a better person.

You have free choice.

Maybe we should moment by moment make conscious effort to become good.

The choice is ours.

We can make a huge difference in the world around us.

We can silently make changes to improve our lives.

## The Blank Page

The page was blank.

Now it contains words.

What am I going to say?

The words we say are creations from our minds.

Do we create monsters within or create the world that is heavenly.

Day by day we build our worlds.

If you are an angry person you will only see anger.

No wonder the great masters have died.

Some many people got angry towards them.

They didn't like that they had to take responsibility for their actions.

We come into this world with a blank page and we leave as creators of our own life.

The wise man says to understand this riddle.

## 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 was 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.

## Are We Wired For God?

Are we wired for God?

I remember when I was young I learned how to meditate.  
I learned that this body is wired to discover the heaven within.

I learned so much about the hidden human body.

Recently I learned about human DNA.

Scientist says 97% is junk.

God does not create junk.

We just don't know what this is?

According to Kyron, this 97% is quantum DNA.

God is hidden in your DNA.

Does that make you excited?

I am.

These truly give further evidence that we are wired for God.

These are exciting times.

We can discover the mysteries of the universe.

We can discover the kingdom within.

This is a precious puzzle.

## The Carrot On The Stick

We come into this world with a carrot on the stick.

We are looking for happiness all over the place.

We think if only I had this and this I would be happy.

We are never completely satisfied.

We may get that brand new car yet years later we junk the car.

Everything changes.

Nothing remains the same.

So where is the true carrot?

Does it even exist?

Is this pursuing happiness a joke on us?

Are we our own worst enemy in finding our true nature?

The masters have said discover your true nature by looking in the mirror within.

Remember only you can solve this puzzle.

## The Light Of God

In Matthew 6:22 it says if thy eye be single thy whole body should be full of light.

What in the world does this mean?

Are we a Cyclops?

Do we have a monster within?

I heard this scripture many moons ago.

All religions talk about the light of God within.

God is Light.

Light is God.

We have the potential to discover this light within.

The kingdom of heaven is within.

This is not just words or a theory.

You have the potential to discover your true nature inside of you.

You are the universe.

You just don't know it.

This is a practical experience.

This experience builds upon itself.

The more you pay attention to it the more attention it will pay to you.

It's like a magnet of love.

Meditation brings a great love to yourself and the world.

It's very subtle.

Day by day you don't feel the practical results.

When you put seeds into the ground you don't see results overnight.

It takes time and effort to harvest your crop.

You can solve this puzzle.

You have free choice.

No judgments will be made.

## The Savior

This may go across the grain but he goes.

Only you can save yourself.

Only you can open up the door inside with your intent.

Only you can establish a partnership with God.

Only you can discover you are the universe.

God is there coaching you ever step of the way.

He will not play the game for us.

You knew that.

These are exciting times for us.

The entire universe is rooting for us.

What we are doing is special.

You have no idea of the importance of the work you are doing.

Peace will be on earth.

## In The Beginning Was The Word

In the beginning was the word.

The word was with God and the word was God.

And the word was made flesh.

Now let's look at this with a rational mind.

In the beginning was the word.

Before time and space was the word.

That means way before humans existed on earth.

Even before the earth was created there was the word of God.

The word was with God and the word was God.

Is there a primordial frequency or quantum energy that is God.

Is God a multidimensional energy?

This energy is beyond time and space.

This energy created the universe.

And the word was made flesh.

This energy creates us.

This energy lies inside of us.

97% of your DNA is not junked DNA.

It's quantum energy.

It's God.

You are made in his image.

The wise man says it's up to you to solve this riddle.

## Can You Experience God While You Are Alive?

Can you experience God while you are alive?

When I was young I asked this question to my minister.

He said no only when you die can you experience God.

I didn't believe him.

Somehow I knew the human body was built for this experience.

It was hard wired.

I knew that the light of God existed within.

I read many of the world's greatest scripture and they all said a great light exist within.

If thy eye be single thy whole body shall be full of light.

This is not a metaphor or a theory.

This is truth spoken by all the great masters.

Only you can open this door with your intent.

You have free choice.

You can solve this riddle.

Your life won't be the same.

## I Respect All Religions

I respect all religions.

They are all talking about the same thing.

They have different points of view.

I think that is grand.

Different stories from different times and places.

They all believe in one creator.

God is not a Christian.

God is not a Jew.

God is not a Muslim.

God is not a Buddhist.

God is beyond all our projections we give him.

God is quantum.

We are linear.

We go from point A to point B.

God exists in the entire universe.

Beyond time and space.

Love makes the universe go around.

Discover your true essence.

You were built and designed to discover your creator within.

You can solve this puzzle.

## Some Many Different Quotes For The Same Thing

When I was young I was fascinated by the following.

Some many different quotes for the same thing.

I looked at different Bible verses and each bible had a different translation.

My version is correct and your version is incorrect.

The Catholics thought only they were going to heaven.

The rest was going to hell.

Countless battles have been fought on different interpretations of God.

God is not on any side.

To be honest God exists inside of you.

You can read all the great scripture and they only point the way to God.

The kingdom of heaven lies inside of you.

No more words can be said.

Only you can solve this riddle.

## 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 place mats 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 star dust.

Understand this riddle.

You are special.

This is not a mundane life.

It just seems that way.

## Feet On The Ground

One of my favorite quotes is the following.

Have your feet on the ground and your head in heaven.

How elegantly said?

I'm not sure but it might be a Taoist quote.

For me, this sums up the purpose of our journey.

Have your head in heaven and have your feet firmly planted on earth.

The wise men of old firmly recognized this.

They were extremely down to earth and practical.

They could go to a party and say I'll take water on the rocks.

They knew how to truly have a good time.

Life was a celebration.

Yet they knew the secret of life.

They discovered the kingdom within.

The same kingdom exists inside of you.

## Why Were We Never Told?

Why we were never told that our wars only bring more wars.

Why were we told if someone or country is different we condemn them.

Why were we never told that God lives inside?

Why were we never told that true happiness is a state of mind?

Why were we never told you can rule the world and you can be miserable?

Ask Alexander the great.

Why were we never told the true riches exist inside of our heart?

Why were we never told that politicians don't have our interest at heart?

I know it doesn't look that way.

Why were we never told to drop all of your anger?

It will never solve your problems.

You just get more baggage.

It seems at times man has been in a rut.

We are running in circles and not learning from the past.

You can change.

The entire universe is watching us.

You can solve this riddle.

## What If

What if you knew you were the universe?

Boy would your life change.

You would love everyone.

You would stop judging.

Only man judges.

God does not.

If you have a free choice why would God judge?

Can you imagine being beyond time and space?

No, you can't.

We live in a linear world.

But man is wired for this experience.

It is literally hard-wired into our bodies.

This car is meant to be driven.

It has been sitting in our garage getting rusty.

Open up your garage within.

Take your car for a spin.

What an incredible ride you will have?

## Metaphors

When I was young I really didn't understand metaphors.

When I start to meditate I began to understand.

How can you talk about the infinite?

No words can truly express the experience.

Metaphors are the means to try to express the truth within.

They point the way inside of your heart.

Over time they become a part of your life.

It's like you have something which describes something which words can't  
express.

Yet the metaphor over time transcends and you understand the true meaning.

It's like a Zen Koan.

You can't solve it with your rational mind.

The answer is beyond your mind.

We are all trying to discover our true nature.

The wise men have used metaphors to convey the truth within.

## Only You Can Decide When It's Time?

Only you can decide when it's time to discover your true nature?

We aren't here to convince you.

The truth needs no convincing.

You are the universe and don't know it.

We are not here to convert you.

The universe does not convert anyone.

It simply is.

We are not here to judge you.

God does not judge.

He gives you free choice.

If you have a free choice why would he judge?

We aren't here to condemn you.

There is nothing to condemn.

There is no hell except in your state of mind.

Everything returns to the source.

Including you.

This life is an incredible journey.

## Hey Don't Pull The World Down?

For all the terrorist out there.

Don't pull the world down?

Your ways are senseless.

Violence is not the answer.

God does not believe in any wars.

We create them.

If you truly want to help the world start a revolution within your heart.

Be kind.

Spend your money to feed the hungry.

Educate your young.

Help your fellow man.

Turn the other cheek.

Learn to be tolerant.

God does not have a true religion.

All paths lead to the same house.

There are many rooms in my mansion.

We are recommending you to look within.

With your passion, you can change the world.

Not through violence.

But through your love of mankind.

## Obstacles

We create our own obstacles.

Humanity gets caught in its own web.

We are running in circles.

Have we learned from the past?

Do we still need to have wars?

Fighting should be a thing of the past.

It will be soon one day.

We all need to cut the negativity within.

With the sword of love, we can overcome all obstacles.

The universe is cheering us on.

There is so much going on behind the scenes.

Mankind will establish peace on earth.

Mark my word.

We all want peace on earth.

This is our true state.

## The Lion Within

I just had a magnificent dream.

I was on an African plain.

A young African boy was performing a ceremony for the earth.

Thousands of animals came.

The sky was flooded with birds.

Hundreds of lions appeared.

A young Lion cub came up to say hello.

It's Mother came up to me and I gave her a hug.

She started purring.

I knew to control my fear.

A lion has instinct and can smell it a thousand miles away.

I held the Mama lion in my arms and I woke up from my dream.

You can conquer the fears within.

Pay attention to your dreams.

## Where Do We Get These Images?

Where do we get these images about our relationship with God?

Were we may be taught to fear the wrath of God?

God would judge us and throw us into the fire for eternity.

God wouldn't do that.

We have a tendency to do it to our fellow man.

We were taught they we were sinners and we should pray for forgiveness.

Well, personally we make grand mistakes.

We should learn from them.

We have free choice.

We should forgive ourselves when we make mistakes.

God is our coach rooting us on.

God wants us not to fear him but love him.

Maybe what we were taught about God maybe there is a more healthy way.

Why use fear, lack of worth to find God?

The kingdom of heaven lies within.

Only you can solve this puzzle.

## Crystal Clear

The Buddhist have a book called Crystal Clear.

This book is a sacred doctrine.

They decided to release this book to the west.

The story goes the techniques are so simple that no one will believe them.

Isn't that amazing?

It involves concentration on your breath.

Each and every moment we breathe.

Behind our breath is the power that keeps the universe alive.

Yet it's too simple.

Many people just say it can't be that easy.

Well for them it's true.

If you say it's too simple you will never look within.

You can solve this puzzle.

Concentrate upon your breath moment by moment.

The universe will become alive.

## Five Internal Senses

I have studied Meditation for fun for a very long time.

I have learned the following.

Just like we have 5 external senses to be in this world.

We have 5 internal senses to be in God's world.

The kingdom of heaven is within.

We are born to be hard wired with God.

There is so much of God just contained in our DNA.

We were created to experience so much more than we have.

Our car is just sitting in the garage.

All the great masters have said go within.

Use your internal senses and experience, God.

There is a light to see.

This light is pure love.

Listen to the ringing in your ears.

This will help start your journey.

Behind your breath feel the power of love.

The universe is behind your breath.

This is not some theory.

Millions of people are experiencing this in this moment.

You can solve this puzzle.

Open up your eyes.

## I Don't Know Why People Pass This Up

I don't know why people pass this up.

We all our searching for happiness externally.

We get glimpses of happiness yet it disappears like a thief in the night.

There is no conversion or convincing.

The facts are laid out.

The kingdom of heaven is within.

It doesn't matter if you follow a religion or not.

The facts are laid out.

The kingdom of heaven lies within.

It doesn't matter your background.

Nobody cares about your race.

We are one after all.

All we are saying your car is sitting in your garage getting dusty.

You have the opportunity to take your car for a spin.

Become the race car driver.

Your car was meant to be driven.

## There Are Sign Post Of God Everywhere

There is signposts of God everywhere.  
No matter where you go, God, is there.  
He even knows what you are thinking.

Oh, how can God know me?

He has so many important things to maintain.

The power of love knows you more than you know yourself.

It's knowing your true essence.

At times when you are driving put your cell phone down.

Just enjoy the ride.

Take time to relax on this journey.

The more you pay attention inside, the more signposts of God will appear in your  
life.

You will see the universe is alive.

There is signpost of God everywhere.

You can solve this puzzle.

## It's Time For A New Act

It's time for a new act.

Mankind has been acting for a very long time.

It seems we have been performing for a very long time.

It's like the record we are playing is always repeating itself.

War, war, and war.

Anger, anger, and anger.

For centuries we have played the same track.

It's time for a new track.

Let's drop these old energies forever.

Let's embrace peace, love, and tolerance.

Be kind.

Be thoughtful towards your fellow man.

Learn from your mistakes.

There is a new way to act within this divine play.

Discover your new role.

Become one with it.

Perfect it.

You will have solved your piece of the puzzle.

One by one peace will be on earth.



