

Talks 2020



Fletcher Soul Traveler

Contents

01-12-2019 Shutdown..... 3

01-01-2020 Gathered Wisdom

Happy New Year. Today is a brand new year and decade. What an incredible year this has been. I have learned so much this past year.

Here are some of the high lights.

Signposts of God are all around us. The more we pay attention to them the clearer we see them in our life. Even inside of the human body these signpost exists.

This past year I spent a considerable amount of time concentrating on my chakras or energy centers. This has opened up a part of me that I have never known. I first learned about the chakra systems when I was 18 years old. It was very esoteric for me. Fast forward 48 years and they are a part of my life.

We are indeed hardwired to discover our true nature. We are born with the hardware and software to discover the quantum field.

When I was 18 years old I took my first Yoga class. I learned a simple technique to relax the entire body. At that time I really didn't see the significance of doing this. This past year I have been focusing on the mind and body connection. There is no demarcation point between the two. You can't separate the two. Learning how to release the muscles helps to weed out our precious garden. We have rock, boulders and weeds that must be removed from our subconscious.

I'm learning how to reprogram my subconscious. Over 95% of our actions are dictated by the subconscious. We are reactive beings. Mind you this isn't our true state. Yet by the time, we are seven years old our mental foundation is set up. All the good, bad and ugly is formed into our sub consciousness. Currently millions of people are learning how to tend their inner garden. They are taking responsibility for themselves and the collective unconscious of mankind. Note by doing this we change the collective unconscious from darkness to light.

The more people wake up the faster this will change. Darkness is the absence of light. When a person discovers the light within the darkness slowly disappears. We are at a point in history where darkness knows it's a losing battle. It has no place to hide. Just look at the chaos in this world today. Need I say more? This is the greatest true science fiction movie. Yet it's real.

Mystics and science are finally seeing eye to eye. Science has mapped out the various states of brain wave frequency. They know the effects of positive and

negative thoughts. Each thought has a corresponding chemical. A negative thought produces over than 1500 different chemicals into the bloodstream. As Buddha said by being angry you are drinking your own poison.

Science is learning that disease can't live in the light. Slowly humanity is learning this. We have all the necessary chemicals inside to heal diseases. It's by our thoughts alone and our consciousness can we learn to be our own chemists. Presently we are oblivious to our thoughts and actions. We live our lives being reactive. We haven't learned how to live in the center of the hurricane.

I'm learning how to perceive that when I see faults in others they exist inside of me. You can't change anybody but you can change yourself. Mind you this is like peeling an onion. There are so many layers so be kind to yourself. Don't beat yourself up. This is the video game of life and it's real. We will always learn on this journey in life. There is no final destination. The universe is constantly learning and growing.

I'm learning how to ask questions and ask for help in my life. We are never alone yet we think we are. Our ancestors live inside of us. The entire universe exists inside. For me the more I pay attention to this fact the more help and advice I received. Remember it's by your own will that is keeping you from discovering your true nature. Your will can be conscious or subconscious. It's up to you. The quantum field does not judge you yet you judge yourself. It's only when you start asking questions and really want to change for the better. Mind you this is the most practical thing you can do. It involves each and every moment of your life. When a person plays this video game with the same determination as a teenager playing his game you are on your way to self-discovery.

These are just a few things I learned. In each and every day we have the opportunity to learn and grow. We are always fine tuning ourselves.

01-04-2020 Tricks Of the Trade

A person who loves video games puts his whole mind, body and soul playing the game. He is totally concentrated on playing the game. You could say he has extended awareness.

In this video game of life, we need to play this game with the same extended awareness. We must live in the present moment. A wise man focuses on the power behind the breath moment by moment. Mind you it could take your entire life to master this. Note that just one second of doing this could help you throughout the day. Behind your breath lies the universe. The same force that is keeping you alive is the same force keeping the universe alive.

Just like a video game, one must monitor one's thoughts, emotions, and actions. When we have negative thoughts and emotions we are living our life in the past. We are living our lives in a reactive mode. Literally, we are drinking our own poison. Buddha was absolutely correct when he said this over 2,5000 years ago. The modern-day scientist has had hundreds of experiments proving this. Modern-day man lives in constant stress. Stress is responsible for all diseases. The disease occurs when the mind and body are not at ease.

I believe that common sense is uncommon. We don't see the thread of love tying us all together. Consequently, we are divided in so many ways. Just look at our politics today. Both sides are angry and don't know how to compromise. True wisdom comes from the quantum field. As I said hundreds of times signposts are all around. Yet the majority of humanity is oblivious to them.

Meditation is the key to open the door within. Personally, I think whatever meditation you use will work for you. The goal is to close your eyes and go within. By closing your eyes you are shutting down your analytical brain. Your awareness is going from the external to the internal.

When one learns how to do this one begins to see how powerful this is. One begins to train himself to live in the center of the hurricane. Most of humanity lives in the swirling winds of the hurricane. We are like leaves blowing in the wind.

This path is extremely practical. You might say it's not even a path. The quantum field exists beyond time and space. It's a paradox it exists everywhere yet it is hidden from us. This is why I call it a video game. One goes from darkness to light. At each level, we learn and grow along the way.

If our sub consciousness is responsible for 95% of our actions and only 5% is consciousness that's a grim picture. No wonder we constantly live in the past. We are playing the same tapes over and over again. Yet we go on wearing blinders and thinking everything is all right. My advice is to learn how to reprogram your subconscious. In the last 25 years, numerous tools have been provided to assist in this manner. Do some research?

One piece of advice is to learn about how to focus on the energy centers within. As I said we are hardwired and have the software to discover our true nature. To be honest we are oblivious of these energy centers. When one begins to focus on them all sorts of incredible things start to happen.

The entire human body and mind is an expression of these energy centers. You wouldn't be alive today if these energy centers shut down. In fact, when these energy centers shut down death is only a breath away.

We were born to have a direct connection to the universe. Does that excite you or is this some boring topic? Nobody is trying to twist your arms. Only you can discover the jewel within you.

01-18-2020 The Big Aquarium

When I was quite young several of my friends had aquariums. I love to see the fish swimming around. Several times I came over and they were in the midst of cleaning the aquarium. They would place the fish in a large container filled with water. Then they would clean the aquarium and fill it full with fresh new water. If they didn't do this eventually the fish would have died. You see at some point the aquarium needs fresh water to revive itself.

If anybody knows me I love to read. I got to thinking. The earth goes through tremendous cycles. It's almost like ocean waves. The ice pack goes through cycles from high to low to none. Then the cycle starts over again. Mind you this cycle takes millions of years. Our planet is around 4.53 billion years old. That's a lot of cycles.

Maybe this world is like a huge aquarium. When the reefs start dying off is a signal to Mother Nature to start the cycle of cooling the earth. This may mean a mini ice age or a major one. Mind you I'm not a geologist. Yet I do like to ponder things over.

Humans have created quite a mess. We have totally polluted our precious planet. Personally, I think the indigenous people are the wisest people on the planet. They have been in harmony with the earth for thousands of years. Yet we call them all sorts of names.

We continue to rape the land and think all the resources solely belong to us. We are so off-balance yet we don't have the eyes to see. To be quite frank capitalism as it exists today causes more harm than good. We put profit first instead of the environment. We are sawing the branch we are sitting on. Presently the world leaders are trying to do something about this. Yet in the US it seems like we are going backward. Need I say more?

I believe in conscious capitalism. Conscious capitalism is where the world at large is united as one. Everybody has this awareness. From that state, true capitalism will take place. The workforce as we see it today in the United States will be totally different. You wouldn't even recognize it. It would take the best in the world today and multiply that by 1000.

Once humanity lives as one the world truly will change in ways we can't even perceive today. The 1 percent of people who have more wealth than half of the

world's population will no longer have this amount of money. It will be spread out evenly. For example companies, main focus is to make money for their shareholders. That's the name of the game. Just think hardly any employees are on the board. In Europe, both employees and shareholders are on the board. With capitalism, profit is the only goal. How much money did we make? That's the bottom line.

I once worked for Charles Schwab. They laid off around 10,000 employees in ten years. Each time they said they had to do this. Yet each time they made huge quarterly profits. Once upon the time layoffs were unheard of with Charles Schwab. When I first started working for them they were one of the best companies to work for. They treated their employees with exceptional care. Along came the dot com crash and it was downhill ever since.

The reason I'm saying this is that in all areas of life we need to clean the fishbowl. We are so out of touch with our true nature. Basically, we are spinning our wheels. We are going nowhere.

It's time for us to grow up.

01-25-2020 The Wild West

It seems to me that western man is still living in conquering the wild west. We still have the mindset that life must be conquered. Mind you we annihilated millions of Indians along the way. Yet we still don't have any remorse in doing so. You would think that we might change our ways.

Yet this is embedded into our consciousness. We feel conquering is the only way. Whether it's war, politics, sports, or business. There are winners and losers. We even fight with Mother Earth. We take and steal precious resources without any sense of morals or ethics.

The following is from CNN. Prince Charles made these statements.

Only a revolution in the way the global economy and financial markets work can save the planet from the climate crisis and secure future prosperity, Prince Charles warned on Wednesday.

"We can't go on like this, with every month another record in temperatures being broken," he told CNN in an exclusive interview at the World Economic Forum in Davos, Switzerland. "If we leave it too long, and we have done, just growing things is going to become difficult."

The heir to the British throne and lifelong environmentalist was speaking to CNN after he threw down a challenge to the global business and finance elites in Davos to lead a "paradigm shift, one that inspires action at revolutionary levels and pace" to avert the approaching catastrophe.

"Do we want to go down in history as the people who did nothing to bring the world back from the brink in time to restore the balance when we could have done? I don't want to," he told the audience at the WEF's 50th annual meeting.

We must change our awareness and consciousness. We are nonchalantly sawing the branch we are sitting on. Every human on earth holds a particular piece of the puzzle.

02-01-2020 The Wonderous Human Body

Did you know that we are all master chemists? Just think through our thoughts and emotions we create our current state of awareness. Most of the time we play the same tapes over and over again. Yet we are oblivious to that fact. We only see around one percent of the light spectrum.

Can you imagine the ancient ones have talked about the chakras system for thousands of years? Recently in the 20 years or so many new scientific devices have been invented where we can see these energy fields. Did you know that your chakras display signs of disease before they manifest in the human body? I find that quite interesting.

The more you pay attention to something the more it pays attention to you. For the past few months, I've been paying attention to my chakras. There is not one function in the human body that is not affected by the charka system. By scanning and paying attention one develops over time a communication system between the mind, body, and soul. It's beyond words but intuition might be the correct word.

Quite frankly intuition was never taught in schools. I find it is one of the keys to life. My brother John posted this on Facebook recently. Mind you this is not his quote. If you don't pick a day to relax your body will pick it for you. How true that is? I've been fortunate that I have since I was young I listened to my body. For example yesterday I felt I was coming down with a major cold. My body was giving me signals. So I went to bed three hours earlier. I woke up just fine. The body speaks to us yet we are oblivious. We pay so much attention to performing external actions that we never realize that we are human beings. I emphasize beings.

This is my main theme in almost everything I write. We are missing out on so much what life has to offer us. We live our lives in such a mundane existence. The entire universe lies inside of you. What can be grander than that?

02-08-2020 Heavy Boulders

We all carry heavy boulders in our life. Every single one of us does. Our subconscious contains the good, the bad and the ugly from the time we are born to around 7 years old. This is where it gets formed. Nobody gets a free ride. Yet for thousands of years, man stuffs his emotions. We don't talk about it.

When Michael Phelps opened up his own fight with depression it left many of us grateful he spoke up. You see in our society it's almost a taboo to talk about mental health. Nobody wants to hear it. You are weak if you do. In my eyes to talk about mental health issues is the greatest thing we can do to help our world. It affects every one of us.

Scientists know that we play the same tapes over and over again. Our subconscious is running the show. 95% of our actions come from the subconscious and only 5% comes from our conscious mind.

Just think in order to change one must rewire the brain and body with new software and hardware. We must learn how to consciously cut the wiring from the past and rewire it with the new. I'm putting this in simple terms.

We need to be aware of each and every moment. The masters of the far east have said for thousands of years the following. The hardest thing to master in the universe is your mind. Yet humanity really doesn't seem to be aware of this. We fight with each other. Yell at each other. We are angry with each other. We call names to each other. We have fought wars for thousands of years.

I don't call that a healthy state of mind. Even if your life is incredible there is always room for growth. Millions of people are waking up from their slumber. They are doing inner housecleaning. We all have an inner house that we need to clean. Most of us simply text on the freeway of life and ignore it. We don't place any importance on it. We just skim the surface. Maybe we just don't want to know.

Imagine every day we take our showers or baths. We don't get freaked out. Most of us love it. I love to feel the warmth of the water. It soothes the mind and body. In the same way diving into the silence balances the mind, body and soul. We learn how to let go of our inner boulders. At times it's painful. At times it's super easy. Remember this is a journey. The journey has its ups and downs.

Yet by daily focusing on the silence, we are conscious of moving through levels in the video game of life. We are taking responsibility for our own inner game. This, in essence, it helps in putting together our piece of the puzzle. Everyone is a piece of the puzzle. Yes, even your so-called enemy. In reality, we all are one and the same.

There are billions of problems to be solved on our precious planet. Each one of us holds the key. We must learn how to overcome all the negative emotions we have. We must learn how to be kind again. Currently, in our society, we are so off the mark. It seems like learning the truth and evidence doesn't seem to matter anymore.

I have so much hope for the future. Granted it's going to take time. The universe is cheering us on. We are not alone.

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

02-23-2020 Dance With Me

I love afternoon naps. I remember as a child my Grandparents would take afternoon naps. As a kid, I couldn't relate at all but now I totally relate. Did you know that the universe talks to you during your sleep? Not with words but in a way we can't comprehend. Imagine as a soul you were never created nor were you ever be destroyed. You are eternal yet we are texting and are completely oblivious to the miracles of life.

Did you know that the universe has a sense of humor? Where do you think humor comes from? During my nap, the universe came and talked to me. Let's do the waltz together. Come dance with me.

Imagine the entire universe dancing in spiraling delight. It is conscious and aware. This is our true nature. Words can't describe the magnificent.

Do you know the more you pay attention to something the more it pays attention to you? When I first started to meditate it took hours just to breakthrough. Over the years it has got so much easier. It seems like now the universe is meditating on me. Even saying this I still have a lot of baggage to let go.

One has to be humble on this journey. When I first started to meditate I did it for myself. I wasn't spiritually mature. How could you when we start this conscious spiritual journey. Yet through the years, one gathers wisdom that you meditate to help humanity. It's as simple as that. We are all on the same boat. We either sink or swim.

I said many times before that we are hardwired to discover our true essence. We have the software installed many moons ago. We are our own master chemists. Unfortunately, our subconscious is running the show. We play the same tapes over and over again. Some are good and some are quite ugly. We are reactive beings.

We were never taught the following in school. You are your own master chemist. You can control your thoughts and emotions. Yes, it takes time and effort. Remember you are on a journey. You are here to discover your true nature. You are a piece of the puzzle.

Why are we living in the pits? I saw this slogan on a wall at Buffalo University over forty years ago. If life is a bowl of cherries why are we living in the pits? I say a lot that signposts of God are all around us. Yet do we have the eyes to see.

In order to see, you must use your will and take simple actions. We have free will. The universe doesn't judge us or criticize us. We are great as humans to do that to each other. Yet we have free will. What you place your attention on you become. Imagine that the signposts are staring at you both inward and outward yet our attention is somewhere else.

Maybe we should use our will to be aware of the mysteries of life. Do we ever just spend time just being and doing nothing. Many people hate silence. I work out every day. This one trainer came up to me and we had a conversation. Somehow he told me that he hates to slow down and be silent. I have many friends who have the same state of being. We are so stressed out that our chemistry is totally out of balance. Did you know that living in the survivor mode you can never tap into your true nature? The modern-day scientist has proven this. How can you go within and discover the joy inside when the facet of adrenalin is constantly flowing?

This is a common state for people today. That why we are stressed out. In this fight of flight condition, the immune system stops working. All systems shut down. You are in survival mode. Tomorrow you are going to visit your in-laws and your mind and emotions are already freaking out. Mind you this isn't tomorrow but the mind doesn't know the difference in time. You are freaking out just by thinking about it.

If you want to see the signposts you must become aware. You must learn how to reprogram yourself otherwise you will play the same tapes over and over again until you die.

02-29-2020 Observer

Yesterday I wrote about being an observer. Here's the link.

<https://johnfranklinfletcher.com/track/2254598/observer>

My dear friend Chris Parker gave this comment on Facebook.

The thing that gets me is that thought doesn't have the ability to be self-reflective in its own action. I.e. we can't think about ourselves thinking.... AS we are thinking! It can't truly serve as a conscious mirror of the moment. We reflect on whatever has gone by or is yet to come. It lives in the past and the future. It is born of the parents of observation and meaning and comes hand in hand with a twin sister of emotion. Living with such, the art is to make peace in the house. Not easy when both of the twins are so demanding! Between the inside and the outside, where exactly does meditation lie? Is it connected to nothing or.... everything? Why should peace and perception only be found in silence?

Here's my response.

Everything you say is true. Thought doesn't have the ability to be self-reflective in its own action. I.e. we can't think about ourselves thinking. Yes, we play the same mental and emotional tapes over and over again. They are part of our neural networks. Each time we play them we enhance the network. That is quite the predicament. Yes, we have two demanding twins. One is thought and the other is emotion.

We have quite the dilemma. We are only 5% conscious while our 95% subconscious is running the show. Before I started to meditate, to be honest, I didn't have any insight at all. We have both been meditating for many years. I'm no way an expert. Every day I learn how to fine-tune the guitar of life. I'm trying to use being an observer in my life. At this stage, I'm stumbling more than succeeding. Yet I still continue.

When I was young my parents gave my brother and me our first bicycles. My brother John took off and rode down the block. It took me over a month. My parents wondered if I would ever learn how to ride a bike.

I learned that with patience I can learn anything. Today my wife says you are so lucky that you learn things so easily. I just smile.

To discover our true nature is the most difficult thing to do. I can see why in the east they have the expression to conquer your mind is the most difficult thing to do.

Presently the odds are stacked against us. You and I have been on this conscious path for many years. Personally, I have never had so much hope. I'm learning that trying to be in a state of meditation no matter what I'm doing is a key. What does this do for you? It allows me to observe my thoughts and emotions. That is a major key. If someone says something to me that makes me angry and I play the same tapes from the past I have two choices. One is to express my anger. I put gasoline on the fire.

Two I realize that life is a video game. A wise man will simply smile. He has nothing to prove. When a person does this slowly a person is cutting up the old tapes. We go from being reactive to a state of being a Co-Creator in our lives. I prefer to live in the center of the hurricane instead of the mighty winds of the mind.

It's not easy. Life throws us curveballs. We learn from our mistakes. In baseball, a hitter is considered great if he has a .333 percentage at-bat. That's 1 out of every three times he gets on base. Mind you he gets paid quite handsomely for doing this.

Everyday life throws us curveballs. Many times I hit the ball out of the park. Many times I strike out. Both of us are learning and growing along the way. Just think when we first started to learn how to do meditate and do yoga. I was considered an outcast by many of my friends. Years later my Mom and her friend took the same Yoga class from the same teacher. Yoga is now everywhere.

Today humanity is waking up. New tools are being discovered. We are learning how to tune this guitar of life. I'm excited for the future of mankind. Maybe we will become a kind man.

Personally I think there is no one way. We are all wired up differently. What works for me maybe it won't work for you. I'm glad that we can share information together and sort out what is good for us.

Thanks for the comments. They are simple for me and at the same time quite profound that we can solve this riddle of life.

Your last question.

Why should peace and perception only be found in silence?

In silence contains all the mysteries of life. It is as simple as that.

03-02-2020 Dance Of Light

Today I was going to write about splendor. Yet during my early morning meditation I got guidance to talk about Ricardo and the dance of light.

I love seeing my friends on Facebook. Some of them I haven't seen in over thirty plus years. One of these is Ricardo. Last time I saw him he was throwing a party in Miami Beach in the mid-eighties. I first meet him in India in 1971. Ricardo was born to dance much like I was born to meditate. Now dancing and meditation is part of his life.

When he dances he truly becomes alive. He was invited to go to India and share his love of divine dancing with the Indian people. I closely followed his adventure on Facebook. All I can say is wow. He has been meditating for around 48 years and danced all his life. It was so beautiful to once again see the Indian culture and how they express their love towards God.

You just don't dance just to dance. You dance to celebrate the dance of light. There is a huge difference. Now I'm not a dancer. In fact, I'm quite clumsy yet when it comes to surfing I feel the same incredible power of love as a dancer. I'm in complete harmony with the sea of life.

I feel so happy for Ricardo. It was a trip of a lifetime for him. I just wanted to say thanks for sharing. There is a web of light tying us all together. We all express life in our own and distinct ways. Hey, Ricardo, I would love to see you again someday.

03-07-2020 RIP Bihari Singh

Joan Apter posted this on Facebook a few days ago.

Bihari Singh passed away peacefully in Jaipur at 2.30 PM on March 05th, 2020. His funeral procession will take place on March 06 in his birthplace Ramsingh ki Dhyani near Kot Putali.

I met Bihariji in 1969 in Dehra Dun, India when I first knocked at the door of Prem Rawat's residence. He traveled to the west with Prem in 1971. We called him hanuman because of his great love and his great strength! He was almost 90 years old. Fly free dear Bihari, feel all our love with you!

Update: just got this YouTube interview of Bihari. Super powerful!

<https://youtu.be/VmrYrbsDQAs>

The following is Richard's experience with Bihari Singh

When I was in India the Indians, in general, had a whole different idea on the style of cooking. Their concept was to cook a meal for the Lord. Imagine all the care, love and kindness you would put into the food. Cooking would become an art and devotion. This food would then be presented, blessed and served to your family and friends. I loved that idea.

Fast forward to the present we have cooking shows liked chopped where they have 20 minutes to cook a dish. They hurry around in the kitchen and slap together a dish to be judged by. The audience including myself is entertained by that. Yet are they conscious? All their frustrations about time, the rushing around, competition between competitors and the anger goes into the food.

How about fast food restaurants like Burger King? This is a profit-driven company. Do they cook with the concept of cooking the meal for the lord? You can answer that question yourself. Bihari Singh brought this incredible practice to the west. From the very beginning when Prem first came to the West he helped teach many different westerners to Indian cooking and the philosophy of cooking from love. I had the joy of

watching him cook in India, South Africa, and the United States. He was a master in the kitchen. I know a few of his students and boy can they ever cook. I would rather have a meal cooked by them than any professional chef in the world.

Here are some of my favorite moments with Bihari.

During the first day of the program, my twin brother John came to the program. I was pleasantly surprised. He was living in Utah and somehow he ended up here. In the next couple of days, he received knowledge. He was quite blown away. One funny incident was that Prem never knew I had a twin brother. Bihari wanted to play a trick on Prem. He got us both together and said "Prem look at this. This will blow your mind. He looked over our way and did a double-take. He turned to us in amazement and said "wow this is the first time God ever made a mistake. He made Richard twice. We all laughed.

One day we went to the Cape of Good Hope. It was an incredible sight to behold the Atlantic and the Indian Ocean merging at one point. I remember at one point Prem and the group had a race to get to the top of these stairs. I couldn't believe how fast he ran. He beat all of us by a long shot. I thought with all of my training I was fast. When I got to the top I was breathing quite hard. Prem was hardly breathing. I remember at one point a South African photographer took our picture. There were three of us Prem, his longtime bodyguard Bihari Singh and myself. We placed our arms on top of each shoulder (just like kids) and said cheese. It was a great moment. Bihari had a twinkle in his eyes. He was saying non verbally "wow betcha you will never forget this in your life. This was 48 years ago.

During the eighties, I lived in Miami Beach. Alex Shea, Bihar and I would play tennis a lot. Many times we would go to Bihar's house and cook incredible Indian food. We would first watch a Bollywood movie. We had so much fun. I will never forget it.

I read on Facebook hundreds of people talking about their love for Bihari. Each one was touched by him. He literally had thousands of

friends all around the world. RIP Bihari. You are home with your beloved Swan.

03-14-2020 Dear Family

Dear Family. What a week it has been. All sporting events have been shut down. March Madness is postponed. The NBA is shut down. Concerts are shut down. There is a travel ban to Europe. Grocery store shelves are empty. For some reason, toilet paper is being hoarded. Panic is in the air.

Look we probably have two options of looking at this situation. We can panic and freak-out which makes things worse. Did you know that fear shuts down the immune system? Fear causes the body to be in a fight or flight system. In this state, the body shuts down the immune system. For example, during a heart transplant procedure, they will insert cortisone into the human body. This will put the body in a fight or flight condition. Consequently, the immune system shuts down. Otherwise, the immune system would not take the new heart.

Yet during this point in time, we want the immune system to be fully online. Your fear and panic shut down the immune system.

Maybe this is all a blessing in disguise in disguise. Everything is falling apart yet we are still alive. Maybe it's time to realize our true nature. We are human beings. Maybe just maybe we have lost awareness of our true nature.

I think we should learn to be kind in all situations. Let's count our blessings. Let's go beyond politics. This virus doesn't care about your politics. Maybe we shouldn't either. We are all on the same boat. We either sink or swim together.

During WWII our entire nation rallied together. People united. People sacrificed their lives. Our nation backed each other up. We know have the enemy at our doorsteps. This is why everything is being canceled. Many of my friends say it's such a small percentage of the population that is getting effected. Yet that is correct for now. Without these

closings, it could get worse. We don't have the necessary infrastructure in place to treat millions at a time.

We need a shift in consciousness. The panic and fear of the media have to stop. It's time to think differently. We must go from an awareness from me to we. When we are in a me state we panic and act irrationally. We buy out of fear. We don't think about our fellow man. It's like a mob mentality. Yet in the we state we are united under the umbrella of love. We are kind and considerate towards others. This is our true nature. There are only clouds covering it up.

Mind you this is not some cheerleading talk. This is your true essence. What are we going to do with this situation?

Are you going to continue being panicked and living in fear? It's your choice. You can stop this in your tracks. Kindness already exists inside of you. Peace already exists inside of you. We are so busy living the external life that we don't ever look within. That's a huge problem. Now everything external is being stripped from you. Who knows what's next.

We are like a person that is sitting in a movie theater. We are watching the movie and get so sucked up into it we think the movie is real. A wise man turns around and sees a projector shining light upon the screen. He knows the movie is an illusion. He is content inside.

Look it is our choice. Each one of use must decide what we want? For some reason, the entire world is facing this. When a society is calm wisdom is gained. Proper decisions can be made. A society can think with a clear mind. The clouds of panic and fear don't exist.

In our present state fear and panic are starting to rumble upon this land. We can stop this before it's' too late. Remember we are all on the same boat sailing towards home. One by one we eventually depart from this earth.

Let's graduate and go to the next video level of life. We can do this. Panic and fear are tapes that have been run for thousands of years. What has it accomplish for us. Nothing but misery. Do we want to go down the same rabbit hole? The decision is yours.

04-19-2020 Different Kinds Of Cloths

Recently I'm posting on Facebook two incredible journeys. One is a year-long Kaballah class I took in 2001. The other is my recent fascination with the Tao.

A few months ago I was going through my boxes and I stumbled upon the diaries that I did for the Kaballah class. It was quite extensive. To be honest I forgot the depth of the Tree of Life. I got this brainstorm idea to put it into an audiobook. Mind you it needs a lot of editing. Google has a voice to text which I used. It's probably about 80% accurate. It has some funky replacement of words. At times it replaces a word with another word. Anyway, I got the project up and running and one by one I'm placing it on Facebook. I have around 286 different diaries entries.

During this global shutdown, I just finished my audiobook on the Tao Te Ching. You may think that they have nothing in common yet they have so much in common. They are two different cloths yet there is a thread of love tying them together.

I have been a long time student of Prem Rawat for almost fifty years. His teachings are also in total alignment with the Kaballah and the Tao.

Here's the common denominator that I see.

- Silence is the key. Behind your breath lies the universe. You are the universe. You just don't know it.
- There is a huge difference between a state of being and a state of constantly doing. Currently, the majority of mankind are human doers. We are on a treadmill and not going anywhere. We have lost touch of our true nature. By being in a state of beingness one starts to realize his true nature.
- Proactive versus reactive. Currently, Mother Nature has sent us all to our rooms. There is a world-wide shutdown. Are you going to live in the center of the hurricane or the powerful winds of the mind? A reactive being is like leaves blowing in the wind. A Proactive being lives in total calm no matter the outside situation. You can't control external events but you can control how you react to them.

- Strive for harmony. A wise man continually fine-tunes the guitar of life. One takes actions moment by moment to be in harmony with the mind, body, and soul. We must be conscious and aware of our actions.
- Boredom is a state of mind. How are you doing in isolation? If you are bored ask yourself why? Your mindset for almost your entire life is based upon being busy. You have the opportunity to discover your true nature. Your mindset has to change to do so.
- Peace lies inside of you. The door is open. Some of my dear friends say there is no door. You just have to focus within. Peace lies inside of you. External events do not bring peace. I can guarantee you that when this shutdown is over if you don't have peace now you won't have it when it's over.
- Be responsible. Take your life under control. You can create heaven or hell in your life. It's your choice.

I could go on and on. The main thing is you are in your room. What are you going to do about it? Mother Nature wants us to learn some valuable lessons otherwise she wouldn't have a shutdown in the first place. We can make this world to be an incredible place to live. It's our choice. Mother Nature is saying stop throwing garbage in the living room. I don't need you but you need me.

05-11-2020 Creative Project

I have had this on the back burner of my mind. As you know I wrote the book family and friends awhile ago. In the next month, I will have posted all my entries on Facebook.

My next project will be hopefully you. I would love to do a book and audiobook of all the creative endeavors of my family and friends. It could be a recipe, a song, poetry, photograph, or anything else. The sky's the limit.

Each one of us has ways to express our true nature. Many of my friends are getting up in age. I would love to see treasure chests of creativity from all my friends and family.

If you have a song or poetry the following formats are supported. Mp3, Wav or FLAC. Also, the words should be included.

Hopefully, if the response is good I can have all this material for the future. My plan is each day to release something you did on Facebook. I think it would be a great project to do.

Even surfers or body surfers could submit photos, videos, or stories.

The goal is to show our creative expressions. We don't need only rock stars to be creative.

So think it over. Message me on Facebook if you have any questions. I'm looking forward to hearing from you.

Also if you have short stories or anything creative it would be a pleasure if you included it.

Let's see where this project takes us.

Each one of us has a piece of the puzzle.

05-15-2020 Creative

Inside each one of us lies the ocean of creativity. It is endless and boundless. Each one of us is custom designed by the universe. The universe is constantly creating, morphing, and changing. Our true nature is the everlasting state. During this global shutdown, we have the opportunity to tap into silence.

From silence comes the creative state of mind. Silence allows us to tap into our true nature. My brother and I started “the creative project” only a few days ago. What in the world is that?

Yesterday I finished my last posting from my audiobook family and friends. I posted around 540 family and friends. My intention when I wrote this book was to see the thread of love tying us all together.

I wrote this in the opening chapter in my book.

No Man is an island. The world around me helped me to where I am today. All my teachers, family and friends taught me about the web of life. We are all interconnected in ways we can't even imagine. This book will help detail the web of people who helped me on this journey.

I just finished a book called “Hearts of gold”. My passion is poems and quotes from times past to the present. You might see that presently I'm doing a series of poems by Kabir.

When I was writing this book I had a flash to do a book tying the creative manifestation of my family and friends. The arts help humanity. Whichever our mental state the arts bring out kindness, love, and compassion.

My previous post was a message I sent out four days ago. So far I have gotten a great response. This is a work in progress. If you are interested in participating in my brother and I would love this. My brother and I aren't making money on this project. We are doing this for the love of it. Yet we want to showcase an artist who needs financial income to continue their work. Some people like me just do this for the pure joy of it.

I hope that you will enjoy the upcoming results of this project.

Here are the links to the audio and the written word.

https://drive.google.com/file/d/1uMRAFAc4N1usV73GfO37A_-g5vGEwVqO/view

<https://johnfranklinfletcher.com/album/1589513/the-creative-project>

