

Buddha Z

**SUPERSOUL
13**

DISCOVERING THE SOUL OF GOD

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by
Buddha Z

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by Buddha Z (*Richard Del Connor "Buddha Zhen"*)

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English translation of Chinese name: Spirit Wolf of Truth

Musician name: The Hippy Coyote of **American Zen** (*aka: "Kung Fu Cowboy"*)

Richard Del Connor decided to pursue a life of music, poetry, and performing, despite his parents wishing otherwise. In 1967, at age 13, Richard started performing with rock and roll bands for parties and school dances. Singing songs by The Animals, The Beatles, and The Rolling Stones, Richard's songwriting echoes these artistic influences as a "classic rock" artist. Richard was a disciple of the **Maharishi Mahesh Yogi**. Beginning with White Lotus Sil Lum Kung Fu in 1980, **Richard O'Connor** graduated the Tai Mantis Kung Fu programs to become a Shaolin Kung Fu master, Tai Chi teacher, and Zen Priest of his own Chan Buddhist sect, **Shaolin Zen**, after founding **Shaolin Chi Mantis Traditional Buddhist Gongfu and Taijiquan** in 1992. In 2008 Richard founded the **Buddha Kung Fu** schools and ***12 Step 12 Week Kung Fu Bootcamp***.

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RAVES

Insightful and thought-provoking writings on God and religion.

Richard Connor, Buddha Z (also known as the Hippy Coyote of the American Zen rock band) has created an enlightening, personal, and accessible work about the nature of God, and reconciling spirituality with religion. In many ways, I see it as a response to the state of religion in America today. As we've become increasingly wary of religion, less firm and more vague in our overall belief systems, we've become more confused as ever. Here, Connor is attempting to make sense of it all, and he does so in a way that is very accessible and accepting of different schools of thought.

If you are part of a particular religious faith, you should not be dissuaded from reading this book, because it will open your mind to a broader perspective, particularly when it comes to other religions you might not know about. I can say that, as a Christian, reading this book strengthened my faith and broadened my mind and understanding of the world.

Even if you don't reach a new enlightenment through this book, it is valuable as a record of one man's experiences, which are fascinating and well-observed. I admire Connor's candidness in sharing about his life, and the trials of homelessness, poverty and divorce. His triumph over these hardships is inspiring and makes his story of spiritual re-awakening all the more credible and inspiring.

I recommend this book to everyone.

Scott Karahadian, American filmmaker

Our talented friend Richard Del Connor has taken much effort to fully understand and assimilate the Gaudiya Vaishnava philosophy as expounded by his Grace Srila A C Bhakthivedanta Prabhupada in his version and enlightened commentaries of the Hindu Scripture "**Bhagavad Gita.**"

Richard has dwelled deeply on its fine points of spiritual philosophy and made many intelligent commentaries on his own .

I highly recommend his book to all seekers of the eternal spiritual truth.

Tulsi Ram, Indian casting agent

Preface

Welcome to the end of my spiritual journey. Well, not really the end, but the end of my quest for God. Yep, I found Him. That's why I wrote this book, so you can find God also.

I have just finished the rough draft of this book two days ago on my father's 92nd birthday, 10/8/2013. It was a magic day.

It took me a couple months to read the **Bhagavad Gita – As It Is** by Swami Prabhupada. It is an amazing, insightful, spiritual book that found its way into my life on my way home from spending three days working the Kenny Chesney concert at the Anaheim Stadium.

I didn't have a car, had worked over 24 hours straight, and slept only a few hours in the front seat of a coworker's car. He was driving me home and suggested we get a free dinner at the Krishna Temple in Culver City near Venice Beach where I used to live when I first moved to Los Angeles in 1978 with my punk rock (or power pop) trio called **The Rich**.

I had a less than positive view of the Krishna religion, so I was reluctant to even take advantage of some free food, despite my being homeless and car-less at the time. Fortunately we went to the temple, attended the Sunday afternoon service and my life was changed. Little did I realize how much my life was changed. The service itself was enlightening: resulting in a cool poem, **"Pleasure of Joy."** It is included in this book.

The service didn't inspire me to enroll in their Krishna religion, but it did inspire several philosophical and religious insights. I met some wonderful people, including Tulsi, the Indian casting agent who had recently worked **The Life of Pi** movie. He taught me some interesting East Indian musical concepts... Great guy!

During the service, they passed out a book, **Bhagavad Gita – As It Is** by Swami Prabhupada. Rather than include a bunch of annoying numbered bookmarks, I'll refer to page numbers directly or just inform you now, that this book that I am writing will follow the page order of that book as I make references to it. I'm planning on putting an advertisement for the book in the back pages here, so you can obtain a copy for yourself. I recommend it.

Another reason I was motivated to write this book is because I know that most people will be deterred by the many references to Krishna as Lord Krishna or The Supreme Personality of Godhead. Whether these are accurate or not, it would be an incredible shame if people did not access the wealth of spiritual wisdom in this **Bhagavad Gita** book, just because they were reluctant to accept Krishna as the personification or incarnation of God.

As I also was deterred from the concept of Jesus being "The Lord" or God, I know most Christians will be deterred by conceiving Krishna as God incarnate. But, by the end of this book, I had completely neutralized my scientific mind to accept the fact that Jesus could be worshipped as God and that this was a good thing.

So for all you Christians out there, climb aboard this spiritual book and I will fuel your faith and give you rational and scientific reasons to worship Jesus as God. Buddhists, Muslims, and Native Americans will also find this book inspiring as you follow my own logical, questioning, scientific, and spiritual conflicts into harmony with discovering God.

I was raised Catholic, went Atheist, became a Buddhist, almost a Daoist, was initiated as a Pipe Carrier of the Lakota Sioux, then after raising my kids for fifteen years as a Zen Buddhist Priest, became a devout Confucianist, studied Shakespeare, Freemasonry, and European philosophy resulting in my writing the epic poem, **The AntiChrist**, was visited by Saten [Satan] who dictated **History of Zen from A to Z**, became homeless for two years, and now rediscovered God through the **Vedic [Vedas] scriptures** as summarized by Krishna and elaborated by Swami Prabhupada in the **Bhagavad Gita – As It Is**.

During all of these spiritual journeys, I was looking for something, perhaps many things: how to live, purpose in life, afterlife, reincarnation, and Heaven. All of those religions and philosophers supplied good answers... but

not enough of them. This left gaps in my spiritual beliefs. Presuming you, the reader, also have doubts and questions about life, the afterlife, and God; this book will help you, if not complete you.

As I was typesetting this book yesterday in the North Hollywood library, it became apparent that my spiritual wisdom had grown during the writing of this book. Rather than fix my personal concepts in the beginning of the book to match my awareness at the end of the book, let's travel together and resolve your mental conflicts which may be similar to my own. As I relate my own experiences that tie into this spiritual journey, realize your own unique life experiences and conflicts that relate to this information of enlightenment and self-awareness.

I hope this book, *Supersoul*, that I've just written inspires you as much as it is inspiring me. My life has definitely improved and each day, strangers approach me and shake my hand. As one stranger told me, "Whatever you're doing—keep doing it."

I rediscovered God. I'll show you how I did it.

Love ,
Richard Del Connor / Buddha Zhen / The Hippy Coyote

Foreword

I was born from a demon—so I never learned a love for religion, or submission to God. Quite the contrary, I was raised Catholic by my father's wishes, but taught to be an Atheist by my mother and uncle.

Despite this spiritual darkness, unlike my relatives, cousins or friends—I had a desire for spirituality. My skepticism for religion was still searching for the pathway to God... or at least Heaven.

Eventually I would become a Buddha of the original Zen Buddhist sect founded by Bodhidharma at the Shaolin Temple in northern China. As a Chan Buddhist I learned the submission of discipleship. This disciple foundation had already been created in me by decades of music study and four years of Carpenter Apprenticeship in the United Brotherhood of Carpenters and Joiners. Through my Shaolin Kung Fu discipleship I learned the codes and duties of a Buddhist Disciple during the 1980s.

Now, I have learned the East Indian Hindu way of discipleship. They refer to it as being a "devotee" instead of "disciple."

Although a devotee and disciple are the same concept they mostly differ in that a devotee will study and practice rituals, while a disciple will study and learn more complicated skills—like carpentry or masonry.

My ***Shaolin Chi Mantis Traditional Buddhist Gongfu*** school identifies different types of disciples. The Buddhist Candidate becomes an Initiate, then Beginner, then Intermediate, then Advanced, then Disciple, then Master Father or "Shifu." Not counting the Initiate—who hasn't been accepted yet, this is five types of discipleship.

For the sake of simplicity and the lack of knowledge in America, we will call East Indian religions Hindu for now. Sorry if that is an oversimplification, but I'll provide a lot more information on that later in this book.

The book that completed and inspired my final submission to God is **Bhagavad Gita – As It Is** by His Divine Grace A.C. Bhaktivedanta Swami Prabhupada. I highly recommend it but Americans are going to have trouble with the statements of submitting to Krishna. Otherwise, Christians will love this book. Since Christians have a disdain for the Hare Krishna religion, I plan to provide some theological information without the concept of Krishna being a Christ-like incarnation of God 4,000 years ago in India.

So climb aboard Arjuna's chariot and prepare for spiritual battle. The entire book, **Bhagavad Gita**, is a discussion between Arjuna, the righteous prince about to wage war and reclaim his kingdom from his cousins who had wrongfully absconded it. Krishna is Arjuna's charioteer and as they prepare to crash their two armies together with elephants and spears... Arjuna loses his nerve. He doesn't want to wage war against his relatives—some of whom he cares for and respects.

Krishna is a noble prince, similar to Buddha who is considered to be an incarnation of Krishna 1,500 years before Christ. I, Buddha Zhen, am a disciple of the Original Buddha, Siddhartha Gautama and his 28th Patriarch, Bodhidharma. I discovered during the writing of this book that much of Buddhism is derived from these **Vedic Scriptures**.

The **Vedic Scriptures** are dozens of ancient books passed down from God 4,000 or more years ago. These are probably the most ancient words of God known to man. The **Bhagavad Gita** isn't a new scripture—it is a beautiful summary of the ancient **Vedic Scriptures** without all the references to the Demigods which Christians would refer to as Angels or Archangels.

Someday I will study these **Vedic Scriptures**... but for now I am excited to share my newest enlightenments from the **Bhagavad Gita – As It Is**.

Although I studied most or all of the Original Dharma of the Original Buddha and many other Buddhas who followed after him, Buddha made a large change in the **Vedic Scriptures** by eliminating all the Demigods and reducing the references to reincarnation. Buddhism became a religion of psychology without a God. This made

it appealing to Americans, Atheists, and disenfranchised or ostracized Christians. Buddhism is flexible. You can add any Gods you want to it, or use it as a social psychology without any Gods.

It is important to remember that just as Buddha was preaching to Hindus who already had a God or various Demigods to worship—Krishna, in the **Bhagavad Gita**, is also preaching to a Hindu who is well-studied in the **Vedic** literature. So without the additional references and commentaries, us Americans won't fully understand or appreciate the **Bhagavad Gita**. Thank you Swami Prabhupada for your information also.

So I won't claim to be an expert since I have not yet read the other **Vedic Scriptures**. **Bhagavad Gita** is a summarization of the current religion of 4,000 years ago. Hopefully these excerpts and comments by myself will be as beneficial to you as reading the book was to me.

*As I edit this book you are reading, I have completed three readings of the **Bhagavad Gita**. I'm not sure whether it is unfortunate I did not study it years ago—or beneficial that I found it at a point in my life that I was able to study it on a daily basis when my life was disconnected from the internet. I was alone every day, and being homeless and near starvation... more receptive to improving my life from its most basic foundations.*

My Buddhism website is www.ShaolinZen.org. Eventually this will be an interactive **CyberTemple** per my uncompleted designs from back in 1999. I've decided NOT to add these spiritual insights to that website. I'll keep it as a source of Zen Buddhism without adding the Supreme Being concepts there.

My other Buddhism website is www.AmericanZen.org. This is the website of *America's first Buddhist rock band*TM, **American Zen**.

My goal for AmericanZen.org has been to detail the Buddhist journey of **American Zen** to provide enlightenment and inspiring entertainment for teens adults, and baby boomers. However, this website will also NOT contain the references to devotional service and The Supreme Being. I'll stick to stories of the band, mostly about me, and allow the music to tell stories of enlightenment and human interactions.

So, www.BuddhaZhen.com will be the website for the **Vedic Scriptures**. Buddha means "enlightened one." Since these **Vedic Scriptures** are my newest enlightenments I will add them here at BuddhaZhen.com

The accompanying Facebook page is <https://www.facebook.com/pages/Buddha-Zhen/126676094046593>. As I add webpages of Vedic enlightenment, I will post updates at Buddha Zhen's facebook page. My main facebook profile is facebook.com/richard.delconnor. Perhaps I'll mention something here also, but probably less often.

So click the "LIKE BUTTON" on the Buddha Zhen facebook page to get your fresh 4,000 year-old **Vedic** updates as I post them.

Bhagavad Gita is also known as the **Gitopanisad**. It is one of the **Upanisads** of **Vedic** texts.

Krishna is referred to as divine son of God, just like Christ would be 2,000 years later. For the sake of my American Christian audience we will avoid this concept as much as possible. However, the manner in which Krishna describes his being a representative of God enabled me to view Jesus Christ in a more Godly manner. So other Christians will hopefully also find ways to strengthen their faith by studying the **Bhagavad Gita**, if they read the entire book with appropriate comments, as in the version I read, supplied to me free from the Hare Krishna Temple in Culver City, California.

This version of the **Bhagavad Gita** refers to Krishna as the "Supreme Personality of Godhead." This may be accurate but it's a lot for American's to grasp. In India, a holy man is a Brahman. Arguably, every human being is a Brahman—but not every human being is searching for God and sometimes they aren't even searching for spiritual enlightenment. Worse yet, many Americans are not even searching for wisdom or knowledge. 90% of the people would use the excuse, "I don't have time..."

"Buddhi" is the word for "knowledge" in India. So Buddhism is the study of knowledge. "If it doesn't work for you—throw it in the trash," Buddha said to a local King in India. The **Bhagavad Gita** also removes the rituals, and Hindu forms of worship to create a simplified religion. Actually, the **Bhagavad Gita** was intended for

persons already knowledgeable in **Vedic** religious concepts. But it does simplify them and criticize them.

To be a Buddhist, you need a Buddhist master to share, explain, and help you to apply Buddhism to your life. My Buddhist Master was mostly Shakyamuni Buddha through his teachings. Most of the dharma I read in books. In the last decade I purchased audiobooks to provide me with more time to listen and study Buddhism. My sect of **Shaolin Zen Buddhism** is one of the most difficult religions in the world because it requires the mastery of Shaolin Kung Fu while mastering the Buddhist teachings.

To be a Hindu you need a master. So far mine is the book, **Bhagavad Gita – As It Is**, with comments by Swami Prabhupada. So Swami is my master? He was certainly my guide, as he taught me (through his book), while I learned what I could— without intending to join his Krishna Consciousness religion.

Thank you Swami.

Chapter 1

Let's consider God to be the "Supreme Consciousness."

Information will either lead us closer or farther from God.

If information is spiritual we will develop a spiritual consciousness.

If information is materialistic we will develop an animalistic nature.

The energy of God is different from an animal or an insect.

If life is from God, then there is a little Godliness in all life forms.

Perhaps humans have more Godliness than animals.

Perhaps humans have the same amount of Godliness at birth as any animal—but our intelligence enables us to become less animalistic.

Perhaps God can speak to humans easier than animals.

Perhaps the soul of each person provides our ability to sense the small portion of God within us.

Perhaps each person has two souls within us:

Our individual soul with its own identity,

Plus a little piece of God that will return to God when we die, the Supersoul.

Perhaps this little piece of God records our activities and thoughts.

Then, when we die, and it returns to God, He knows our entire life.

This little piece of God would be our report card and hidden camera behind our eyes.

This spiritual "black box" is the Supersoul that records every moment of our life.

Our body is part of the materials of the universe.

Our body is like a car we drive in... don't crash it.

Our body becomes what we make it: BODY KARMA.

Our body can be poisoned and starved: BAD BODY KARMA.

Our body can be well-fed and exercised: GOOD BODY KARMA.

To become liberated from mere animal life:

We must recognize that we are more than just another body.

We must believe that we have a spirit that is:

inside our body and mind

that will survive beyond our physical body life.

Since spirits aren't hatched or manufactured in factories:

A spirit must've existed before we were born

(just as our body is made of pre-existing materials).

Animals survive and prosper by "material consciousness."

Animals think about material foods.

Animals are wary of material dangers... (bigger animals...)

Animals strive for comfort and safety... (nest, cave...)

Animals desire offspring and sex.

Humans are born with material consciousness like all animals.

Most people live wonderful lives as animals who obey society's laws.

Pets are happier when they obey their master's rules.

Most people obtain jobs, make money, buy stuff and have fun.

Material happiness comes from material consciousness.

(Obey pricing, care of items, ownership...)

Family happiness comes from family consciousness.

(Obey family rules, parents, teachers...)

Money happiness comes from money consciousness.

(Obey pricing, taxes, banking rules...)

Most people live their entire life in material consciousness.

This is material karma.

Pure consciousness, purified consciousness, transcendental consciousness is spiritual consciousness.

To possess spiritual consciousness, a person must be liberated from material consciousness:

Realize that eating, sleeping, and sex are not spiritual consciousness.

Spiritual consciousness must be learned.

How do human animals learn to be spiritual?

1. Recognize that soul/spirit within that senses right and wrong.
2. Recognize that being a successful animal is not the highest achievement.
3. Learn ethics, morals, good manners and charity.
4. Recognize their spirit is warmed by compassion and love.
5. Learn to be more compassionate and loving.
6. Allow God to speak to them:
 - a. Through prophets and gurus
 - b. Through inspiration and reflection
 - c. Through their spirit or soul
 - d. Through their hitchhiking "little piece of God" within us (Supersoul).
7. Recognize which Godly instructions are really from God.
8. Spend time with Godly persons.

Material Life

Attachment to material things creates bewilderment.

Material pains result from a material lifestyle.

Material happiness is attached to material things.

Material suffering results from loss of material things.

Happiness is longer lasting from the results of material efforts done with Godly awareness.

God will provide happiness deserved—not coveted.

Picking up trash to make God's view happy—is more rewarding than doing it for money or obedience.

God does not condone murder or vengeance, but he will not punish a devotee for protecting self or family.

One is obligated to perform their material duties:

- when the effect is good

- not when it will cause undue suffering

- not when it is unfair.

Yoga

A Yogi is a spiritual person seeking to serve God.

Yoga is how a person reconnects to God.

When I was in San Diego in 2012 the public schools were trying to ban all Yoga being taught because it was "religious." Someone must have discovered the true meaning of Yoga. But they have nothing to fear since I've never seen a Yoga teacher lead anyone towards God or spirituality.

Each class of person must find a system of Yoga:
that does not interfere with their material world duties,
enriches their life with happiness and faith,
enables the person to move closer to God,
inspires others to find God also,
and believe they are surrendered to transcendental loving service to God.

If the mind is engaged in thoughts of God, the body will be engaged in Godly activities.

Yoga requires a Yogi to teach:
the techniques to practice physically,
and the disciplined training of the mind
to learn concentration and mental focus.

Yoga frees the mind and body of miseries and anxieties.

Yoga erases all unnatural fears in this life, freeing the soul to live a spiritual next life.

Yoga is a system of connecting to God.

If Yoga does not enhance one's spirituality or bring the person closer to God—it is useless.

Spirituality or Yoga is to raise mankind's lifestyle from animal and materialistic nature.

To awaken one's mind to the existence of God, a human must seek spiritual knowledge.

Ignorance is living to survive without a spiritual mission.

The science of God, should provide each person with a concept of God, and how to live a better human life.

Bhagavad Gita Vedic Scripture

The **Bhagavad Gita** states that it comprises the essence of all prior **Vedic Scriptures** to suffice any person to attain Godliness.

The **Bhagavad Gita** encourages religious study of the prior **Vedic Scriptures** on a daily basis, if available.

The **Bhagavad Gita** states that many of the **Vedic Scriptures** are about submitting and serving the Angels instead of God.

Angel worship scriptures are inferior to God worshipping scriptures.

The **Bhagavad Gita** is a spiritual conversation on a battlefield between Krishna and the heir to the throne, Arjuna.

The **Vedic Scriptures** were written prior to the **Bhagavad Gita** 5,000 years ago. I did a little research online and there are different estimates of when it was created and when Krishna lived. The most recent estimates are 3,000 years ago, so I'll compromise with 4,000 years ago.

Disciplic tradition is the passing down to a disciple any learning, training, or information—of value.

The **Bhagavad Gita** is a summary of many **Vedic Scriptures** and how they can be applied to improve a person's life and bring them closer to God.

The **Bhagavad Gita** was intended to be passed down to other disciples as Krishna orated this new scripture to Prince Arjuna, who was that day to lead a huge battle to become a King in India, 4,000 years ago. Perhaps this scripture was rewritten slightly to become a scripture with that intention. Either way, it is an amazing piece of writing that has inspired me greatly.

Krishna is referred to as Lord Krishna, or The Supreme Personality of Godhead, in the book I am reading by Swami Prabhupada. Knowing how difficult it is for Americans to accept any human being as royal or spiritual, I will refer to him as, Krishna.

Human Nature

Spiritual nature is superior human nature.

Material nature is inferior human nature.

Selfish nature is animal nature.

Hostile nature is insect nature.

Sexual nature is plant nature.

The problem with being a human is that we are animals.

The problem with being an animal is that we are human.

So the real problem is being separate from our natural reality.

Humans must strive to not be animals—even though we are.

Humans must strive to be spiritual—although we are animals.

Humans must strive to be more than we are born to be.

So what is human nature?

We define human nature by our actions. As we become more spiritual, our human nature becomes more spiritual. As we become more vicious and violent we become more animalistic. If we become greedy, selfish, and uncaring...

Human nature does not exist. Humans each have a different nature depending upon their intellect and aspirations. If there is a human nature, common to all people, it is an ugly animal survival thing.

So, I'm inclined never to use the expression, "human nature," since it really either means nothing or something base and animal.

3 Types of Material Nature:

1. Mode of goodness

2. Mode of passion

3. Mode of ignorance

Perhaps we combine some of each into our daily life, but each person is firmly rooted in one of these three modes of existence.

How we think is determined by our mode.

How we react is determined by our mode.

How we live is determined by our mode.

Goodness = compassion and Godliness.

Passion = desire and greed.

Ignorance = fear and anger.

MMA fighters live in ignorance.

They seek physical strength and powerful moves to subdue and injure others... They believe in intimidation. Their egos are based upon overpowering other humans. They want to be respected through fear.

Drug addicts live in passion.

Their desires are for pleasure and more drugs. Neither of these goals benefit their families or community. So drug addicts separate themselves from human society as much as possible.

Teachers live in goodness. (Or they shouldn't be teachers!)

Teachers represent the best of wisdom, knowledge and human existence. Their goals are to improve the minds and bodies of their students. If they are drug addicts or MMA fighters...

Karma

*These lists of habits and actions are from the **Bhagavad Gita**. Mostly I am paraphrasing. Sometimes in this book I will share information with you that I don't completely understand.*

Yoga creates an improved lifestyle that detaches a person from their prior mistakes in life.

Yoga erases a person's sins.

Every person should take a bath in water at least once daily.

Take shelter in God—do not fear the outcome.

Karma is the fruits of our material nature.

All 3 Modes of Material Nature combine to become our ACTIVITIES.

Our activities result in our Karma.

If a person works and spends money—they are happy.

If a person works but doesn't spend money—they are unhappy.

Both persons making the same amount of money with the same expenses—have different karma.

Karma is temporary. Like money, once spent—it is gone.

New activity changes old karma.

You may be poor now, but after working... you may become rich.

To change our Karma we must change our goals.

To change our goals we must change our desires.

To change our desires we must change our way of thinking.

To change our way of thinking we must train our mind.

To train our mind we must pursue knowledge.

To pursue knowledge we must overcome laziness.

To overcome laziness we must identify our ignorance.

To identify our ignorance we must be inspired.

To be inspired we need to recognize something better.

To recognize something better we must discover a role model.

To discover a role model we need to find a Guru.

To find a Guru—well—you just found me.

4 Divisions of Human Society

(All CAN think about God while working.)

1. SPIRITUAL and INTELLIGENT CLASS

Brahmans study God
Scientists study Nature
Philosophers study Ethics
Mathematicians study Numbers
Physicians study Anatomy

2. ADMINSTRATIVE CLASS

Politicians maintain Government
Policemen maintain Laws
Attorneys maintain Justice
Officials maintain Society

3. MERCHANT and SERVICE CLASS

Farmers sell their Produce
Retailers sell their Products
Doctors sell their Talents

4. LABORERS

Carpenters build Buildings
Laborers move Materials and Goods
Cashiers move Money
Drivers move People and Products

I used to be opposed to the “class systems” of the world. The samurai class of Japan were the soldiers and police of the rulers. If you were a samurai without a job, you couldn't go get a job selling fish. You worked within your class. If you were a Japanese fisherman, you couldn't apply for a job as a samurai.

Class systems mostly make sense if they create harmony and quality.

When class systems are based upon family bloodlines and prevented a fisherman from becoming a policeman—perhaps they were badly designed.

The Chinese government held annual tests to allow anyone of any breeding to attain different government positions. This was an excellent way to defy the class systems of China and move up in the world based upon your talents.

So I don't believe you should be born into a class, but each person should recognize the class they fit into best. As a result of attaining any position within a social class, that person should make the best of it by representing the best and highest possible abilities when working in that class.

If you enjoy selling things don't go into government.

If you enjoy helping people, don't become a salesman.

If you are going to raise a family, stay home and raise your kids.

6 Aggressor Types

(Death Penalty for ALL)

1. POISONER

Intentionally giving poison
Hiring someone to poison
Slowly poisoning with foul or tainted foods

2. ARSONIST

Burning someone's house
Burning someone's business
Killing by fire: in forest, field, car...

3. MARTIAL ARTIST

Killing by weapon intentionally
Killing by fighting when not endangered
Killing in battle after surrendered

4. THIEF

Plundering someone's business, home, territory
Causing painful destructive loss to business, home, territory
Taking what one does not deserve from someone who needs it

5. LAND STEALER

Taking land that belongs to someone else
Forcing someone to leave their land
Making it difficult for someone to maintain their land

6. WIFE KIDNAPPER

Forcefully kidnapping someone's wife
Forcing someone to leave their wife or husband
Destroying a marriage when coveting a wife
Forcing a mother to abandon her children

These are ancient **Vedic** definitions, but they simplify the law. The death penalty simplifies things too. We live in a world of "gray laws." Killing a baby is different than killing a kid which is different than killing a man which is different than killing your wife... Killing is killing. Killing is murder. Murder is a crime.

Perhaps the death penalty would be better. Especially since most people come out of prison traumatized, brutalized, and morally corrupted. We need to either improve our prison system or kill more criminals. Did I say that? Me, the peacenik?

Well, according to the **Vedic Scriptures**, if we do off them, their Karma is improved so they can try again. If we put them in a box and shake them up with other criminals, they have not actually improved who they are... so their next reincarnation will be worse than this one. If they started out in a ghetto being abused... they will come back in an even worse situation if they only suffered in prison for their crimes. Odds are, we've just planted the seed for our grandkids to be abused by them in the future. What a mess!

The Angels / Demigods

The **Vedic Scriptures** refer to the Archangels as "Demigods."

Since God has never appeared to humanity:

every reference of God speaking/communicating to humans has been through his offspring, the Angels.

Sorry, even the burning bush of Moses was an Angel.

The Angels were created to serve God.

The Angels are responsible for humans as the farmer is to his...

The Angels have transmitted the will of God to us.

Unfortunately, sometimes people mistakenly worship the Angels as God. This is not a bad thing. To serve an Angel is to serve God's children. To be rewarded by an Angel is almost eternal.

The Angels can provide temporary eternal life in their kingdoms. However, like flying in an airplane, eventually you land on Earth again.

Think of God, as you always do, when you are dying = considered for Heaven.

How do YOU think of God? (While working each day?)

Swami explains that when you fall in love with someone you think of the loved one while working... This concept of "being in love," is a similar way to understand "thinking of God." If you are really "loving God" you will be thinking about Him/Her all day long...

During the past months while writing this book, I was thinking about God every day to some extent. This really did change my attitude and communication with other people. I was more helpful, considerate, patient... I guarantee that YOU will be a better person by thinking of God more. Just pick a friendly God.

Happiness is Godliness

If you serve the God of War... you may get to live on Mars...

Then you return to Earth to try again.

If you serve the God of Gold... you may get to live with Satan...

Then you return to Earth to try again.

The **Bhagavad Gita** explains that each Angel has their own temporary Heaven... or Hell... then you return.

It also states there are other planets to live on. However, no matter what planet you live on—you get closer to God by serving God directly.

Although all the Angeles were created by God, they are different in their abilities and desires like all children differ from their parents.

Those who pursue money enjoy magazines of money subjects.

Those who pursue war enjoy magazines about war.

Those who pursue Heaven enjoy writings about God.

Your God of choice will determine all your life choices.

By the end of this book I had realized the benefits and beauty of all the Gods we can choose. If you choose the God of Gods, you are the most awesome of all. Problem is, most people don't actually know who the Supreme God is. By the end of this book, you'll know better than ever.

Eternal Religion

Which religion is right? Which religion is wrong?

God never has created a religion. Mankind created religions (with help from the Angels).

God's eternal qualities are of God's reality.

Any truths of God's reality are different from our material reality.

God has figured out how to communicate with humans. (Actually, his children/Angels did.)

God has spoken to every civilization in their own language. (Actually, his...)

Since spiritual eternal Godly existence is different from mortal material existence—training and education are required for humans to graduate animal existence and live with God. (Pets need obedience training.)

God decided that humans should be given the opportunity to live and exist in the spiritual world.

Since Atheists do not believe in an afterlife they will be easily recycled back into the animal kingdom to be a deer, a fish, a cockroach, tree, or rock...

Heaven is probably very crowded and there are a lot of humans I don't want as neighbors next to my cloud.

So what is an eternal religion of God?

Any religion or part of a religion that trains humans to be Angels... is the Eternal Religion.

If you look at any religion, from aborigines to Muslims, the scriptures will contain the same messages of treating people nicely, and serving God with thankful appreciation.

Confucianism is a wonderful religion that will enable one to serve God by serving your superiors.

Animals serve their master.

The animal master serves the farm owner.

The mother serves the needs of her children.

The wife serves the needs of her husband.

The husband serves the needs of the family.

The politician serves his constituency—or whoever paid him/her off.

The voters serve society by voting for the best politician. (That's the theory.)

Fish do not serve anyone... probably not many fish in Heaven.

No matter what religion you belong to—you are serving God.

If you worship the Earth, you are worshipping a creation of God. This isn't the same as worshipping God directly. By worshipping God's football—you aren't going to be highly regarded.

All religions are good in regard to how they educate and train people to serve God properly.

Suffering is not the proper way to serve God, or your parents, or your employer, or the government...

God doesn't want to hear his children crying in pain any more than any good parent wants to hear...

The God Element

We can see fire--but we cannot see heat. (Yeah, I know: diffraction, mirage... but these are distortions caused by the heat... like a red burned finger...)

We can see humans but we cannot see God within them.

Everything we see with our 5 senses is a material perception of a material object in our material world.

Even the heat of the fire is being transported by air or molecules...

All things in the material reality are temporary.

Molecules break down or combine with other molecules or add/lose an electron...

So all materials, objects, of the material world are temporary. Arguably, since all materials and molecules were created by God, and God is eternal... but this may not be true as sometimes matter is transformed into energy...

So let's presume that all spiritual creations of God are as eternal as God is: Angels, souls, pieces of God... the Supersoul...

Let's presume that all eternal parts of God possess an eternal quality.

To Serve

"Serve" is a verb. Verbs are words of action.

We are always serving someone, our self, or someone else.

When we sleep we are serving our material body.

When we clean our dishes we are serving our own best interests.

When we work a job we serve the business owner.

We are also earning money to serve:

Our own needs of paying bills, rent, gas...

Perhaps our family's needs...

Perhaps some needs of our society...

Perhaps the government...

So humans serve masters and others better than any other animal.

The quality of our service is based on our ability to serve.

Our ability to serve is based on our training and education.

Our training and education is based on our desire to learn and the training and education that is available to us.

Our ability to serve God is based on our desire to be trained and educated in ways and manners to serve God.

Training and educating someone to perform any job requires more than sitting in seminars or watching movies.

Training and education require a teacher, plus practice and experience by testing and receiving criticism.

Serving God is being completely surrendered in the transcendental loving service of the Lord.

Key word = loving.

Loving never includes violence, sorrow, or hatred.

We may seem to work with our body, but we are always working with our mind. (It drives the car.)

The more intelligent we are—the better we can operate our body. (Drive the car.)

The better intentions produce the better work. (Better driving manners.)

The more we care about others—the better our products. (Less driving risk and less accidents.)

This is transcendental loving service living. (Friendly driving.)

People need a God who inspires better living, working... and driving.

Dharma

This Indian word, *Dharma*, is used in my Kung Fu schools to refer to any writings of Buddhism. The "Original Dharma" would be from the "Original Buddha."

Dharma originally meant any religious principles that enable or encourage good and spiritual behavior.

Dharma may also mean that essence of God within any material object.

In my ***Shaolin Chi Mantis Traditional Buddhist Gongfu*** schools we have lots of Buddhist dharma ranging from the original teachings of Shakyamuni Buddha to Bodhidharma (founder of Zen Buddhism), to Japanese Buddhists...

When people in Salt Lake City, Utah, desired my Buddhism more than the Kung Fu or Tai Chi in the 1990s I created the ***Shaolin Zen Sanghas***. A sangha is a group of people discussing and learning about Buddhism. A sangha can be anywhere. When Jesus was preaching his sermons, he wasn't in a temple or church, he was in a sangha.

I've created but not completed the online ***"Dharma Trails of Shaolin Zen."*** There are ***88 Dharma Trails*** on the website. Each ***Dharma Trail*** has three different paths, all ending at the same point. There is a ***Kung Fu Dharma Trail*** to teach the Kung Fu and Tai Chi lessons of that ***Dharma Trail***. There is another trail that actually teaches the Buddhist Dharma associated with that Kung Fu or Tai Chi lesson. And then there is the self-defense or qigong trail to teach you how to utilize the lesson to improve your life.

I do hope that I complete those trails some day by creating all the videos they contain. They are an amazing program that teach Kung Fu the way that its Shaolin founder, Bodhidharma, would be happy to see.

www.DharmaTrails.com

Since then I created another 66 online lessons at ***Shaolin Interactive***. These don't have as much Buddhism, but enough to still enlighten and improve people's lives.

www.ShaolinInteractive.com

The Pure Life

All humans live and survive in a material world. Although we must satisfy material goals to succeed in life: eating, sleeping, working... we can live with a bad attitude or strive with a loving happy attitude.

When we realize our daily struggles are opportunities to serve God by helping our fellow humans, God will be grateful like any parent.

Setting a good example of serving God through humanity is called, *living a pure life*.

Realizing that all our material possessions and wealth are as temporary as life itself—is the first step in living a pure life.

Balancing our material life with intellectual and spiritual knowledge seeking is vital to become more than just "a nice person."

My goals of **American Zen, "America's First Buddhist Rock Band™"** include leading people towards a "pure life."

By including personal frustrations and tragedies and poetry and humor... I hope that each new generation of people will be entertained and enlightened by the stories of my American Zen life, that we all must wade through. In my case I learned how to swim... then walk on water... then fly above.

*As I now, currently write this **Supersoul** book, I am destitute and suffering more than anyone should. Yet, I am confident that by continuing to lead a pure life I will rise above these current difficulties and live a blessed life again. The temptations to steal, be angry, be frustrated, be sad, be mad... are common to many other people in my situation. I won't name names, but I've been disappointed to see people emotionally suffering more than they need to and in ways that cause those around them, including me, to be rejected or offended.*

Polluting the Words of God

There are a variety of poisons we can add to God's words based on our logic and desires in the 3 Modes of Material Existence.

3 Modes of Material Existence:

1. *Mode of Goodness/Badness*

Cheating people out of money...

2. *Mode of Passion*

Tricking people to do what you want...

3. *Mode of Ignorance*

Intimidating with fear...

Any "words of God," that lead us to violence or greed... are wrong.

Any "words of God," that inspire animalistic behavior... are polluted.

Depending upon our mode of existence, we will choose the evils that benefit us. Each mode has a unique morality. The ethics of a drug addict and those of a business man, may both include cheating and lying if they live in the mode of passion.

A person who lives in ignorance, may love listening to politicians stir up their angers and prejudices. The person stirring them up may be living in the mode of passion, scaring those in the mode of ignorance into giving him their money. Look at the goals of a person and notice how they can sometimes blend badness, passion, and ignorance together. What satisfies each person defines their modes also. How they accomplish what they do defines their modes also.

A good person will hopefully be passionate about helping people live a good life without any fear.

The Two Soul Concept

This two soul concept has revolutionized my spirituality. We will be studying this concept from many perspectives. Watch what we learn!

If we possess one soul that is ours to ignore or develop,
AND a 2nd soul that is a piece of God recording our life:
Does this 2nd Soul guide us or answer our questions?

NO. Otherwise we could not have free will.

If our body is a car:

We (or 1st soul) are the drivers.

The 2nd Soul (Supersoul) sits in the backseat (or beside us in a 2-door body). Hee-hee.

Perhaps when we do something good—our 2nd Soul vibrates also.

Perhaps when we do something wrong—our 2nd Soul knows we're off-course.

Perhaps God knows how we're doing based upon our souls
glowing with goodness
or shivering in darkness.

Like fireflies in the night, God sees from wherever He is:
the glowing spirits of light,
or sees the darkness without specks of spirit.

Humans believe each of us is the center of the universe:
All our goals are based upon what we want for ourself.
All our desires are for things we want for us alone.

Even the desire to care for our children satisfies us personally.

The desire to be generous or share is usually about:
wanting something in return,
better image for self,
that feeling of goodness we can receive.

That "feeling of goodness" we receive from being nice or generous:
is our soul resonating with goodness because our soul is a piece of God,
also causing the Soul of God to resonate as we vibrate with goodness,
and God is goodness.

God is good.

That "feeling of shame/regret" is our spirit being pushed:
farther away from God
from the warmth of God to the cold of evil
from the light to the darkness
from our father into isolation.

(Foolish people repeat their mistakes and ignore this uncomfortable warning).

Messages from God

Words originating from God should be different from words originating from humans. "But humans are speaking these words..."

Any human who becomes a messenger of God is always a God-like human with spiritual abilities.

God does not choose bad people to speak his good words. That would be stupid and illogical. I am presuming that God is both smart and logical.

How can we recognize good words from bad words?

Good words from God would not be of a sexual nature.

Presuming God is not chasing Goddesses for creating little Gods...

Good words would not be hostile or vengeful.

Presuming God isn't lying around beating up people or tossing lightning...

God's words would not be selfish or greedy.

Presuming God is sharing the universe—not trying to take it away...

God's words would not be concerned with money or matter.

Presuming God created all matter and doesn't need to go shopping...

God's words would not be concerned with honor or prestige.

Presuming we can't take our trophies and diplomas to Heaven...

God's words would teach us what God knows: how to be God.

This concept will be complicated by the end of this book you are reading... as we realize the pollution and corruption in the spiritual universe. It will make more sense than ever, but also be more diverse in intention and of varying Godly source. Those "fallen Angels" are still out there, and they have just as much power as ever. Of course, we are going to understand this "fallen" concept better by the end of the book also.

Saintly Persons

Saintly persons are forgiving of penitent persons. *(Do not forgive someone who intends to repeat the crime.)*

Perhaps ALL persons should strive for sainthood. The **Bhagavad Gita** states that any person who is "liberated" from material blindness performs his job or duties with a higher purpose—than just getting a paycheck. This liberated person is elevated to higher spiritual level without forsaking his duties and involvements in the material world.

I hope that this book, **Supersoul**, will promote or enable more people to become saintly. Anyone can become a Saint. However, like becoming a master musician, it takes training, guidance, wisdom, and experience.

Perhaps the real problem is that we need more people (or everyone) to want to be a saint. Heck, we need to get people to start appreciating and supporting saintly people. To become a Saint, you have to give up the material world and that means you lack money and food...

We need to ALL support good people, saintly people whenever we can as much as we can... or they'll just have to give up and get a job. A Saint is a full-time occupation of devotion to humanity/God. Either way, if you care for God's children you are serving God.

*This book will provide much information on how and when and why to become a Saint. The ancient **Vedic Scriptures** actually teach that people should devote themselves to God until they are a teenager, while also learning their academics. Then, as adults lead a normal life with higher ideals, then retire to be Saints. More on these concepts later in the book.*

The Next Life

Now that I've read the **Bhagavad Gita**, I realize I was born from a demon. This is an inauspicious birth for me to presume this life is my last on Earth.

Somehow, I've always believed that I was ready and capable of helping others live and be better from a spiritual plane. An Oversoul.

Now I realize Oversouls don't exist the way I originally imagined. I also question how many Oversoul students I will watch over based upon the number of human souls I have taught and watched over in the past 30 years. If the ratio of spiritual Oversouls is anything like the ratio of spiritual humans—I won't be as busy as I'd like to be.

I want to live forever (without becoming geriatric)... but I'm not sure I desire the disappointments of trying to train humans to be more than cattle.

Humans want to be cattle.

"Hey cow! You want to learn Kung Fu?"

"Mooo."

Kung Fu teaches concentration, focus, awareness, and "self-discipline."

What a joke! Most people think Karate teaches self-discipline.

Sorry. Of the thousands of Karate students I've seen, only a few appeared self-disciplined.

Cows have self-discipline. They have more self-discipline than humans. They remain focused on what they do... and know how to meditate standing up.

Meditating is focusing the mind on one thing.

In China, they refer to the mind's tendency to jump around wildly inside your skull as the "1,000 Monkeys." There are 1,000 things to think about, notice or remember, each moment of the day.

When most people relax their mind... they release the 1,000 monkeys.

Real meditation isn't going into a coma—it is controlling the monkeys. Each of those 1,000 monkeys must be individually trained.

The **Bhagavad Gita**, like most religions, trains them with leashes and boredom. But the **Bhagavad Gita** trains these monkeys a little differently than most religions. Krishna says, "Always be engaged in the thought of God." This is very clever—I wish I'd thought of it. Try it! Think of God for 10 seconds. Now draw a picture of God. Think of God for 10 minutes. Now draw a picture of God. The number "pi" is derived from dividing the number 7 into the number 22.

22 divided by 7 = 3.14...

I drew an equation picture in my notebook: $7 / 22.0000$

(INSERT EQUATION PICTURE)

Now, without paper, using only your imagination, do the mathematical division in your mind. It is an unending answer, but keep going. Divide 7 into 22 for 10 seconds. Now divide it for 10 minutes.

This mathematical equation is a much more realistic thing to imagine than imagining God.

Yet, it was probably more confusing and frustrating to remember the mathematical answer when dividing 7 into 22 than imagining God. How could that be? No one has seen God, yet it is easier to imagine the impossible than do what is possible.

How is it easier for the 1,000 monkeys to imagine God than to perform simple mathematics?

ANSWER: They take a nap.

Actually, I've known of this technique since I was a kid. When I was a Catholic child, I heard the masses performed in Latin. Only once in a while did I understand what they were saying. So I learned Latin... Right?

I learned as much Latin as everyone else in the pew in front of me and behind me... Zero Latin.

What!? Why!?

Because they didn't want me to learn Latin.

Holding the golden chalice in the air and chanting spiritual codes I couldn't understand... was more enchanting than saying, "Here's a glass of your blood."

Incidentally, I think it is wrong to kill people.

I think it is wrong to kill people for pleasure.

I think it is wrong to kill people to make money.

I think it is wrong to kill people so you can be happier.

I think it is wrong to kill people so you can live a better life.

I think it is wrong to kill people to atone for your mistakes.

I think it is wrong to sacrifice animals or people to gain some favor from God.

I think it is wrong to kill people so you can "go to Heaven."

I think that killing other people never erases your sins.

Oh crap! Now they're gonna crucify me...

"Uh. Sorry to report: killing me won't give you a better seat in Heaven's arena... Maybe Hell's arena."

So what is your next life?

The Christians say that because they sacrificed Christ they will enjoy the afterlife better.

Warning! If YOU are the 2nd Coming of Christ: stay away from Christians! Look what they did to you last time! And they are still PROUD OF IT!

So, because the Christians tortured and slowly bled Christ to death... they get to go to Heaven. (I've got a different Heaven in mind for me.)

Sorry Jews. Because you won't take credit for killing Christ—you don't get to go to Heaven... (Say the Christians.)

Well, the Jews did try to buy their way into Heaven by sacrificing Abraham's son about 4,000 years ago. Too bad. I guess God changed his mind and decided it was better for Abraham's son to live than promote killing your children to gain admission into God's infinite party palace.

In the business of lighting, this is called, "addressing." Everything is automated and controlled by computers now. The Lighting Designer, ("God"), sends information to each light so they can "be something," and sometimes, "do something." Today's concert and stage lights can change colors and move around according to God's instructions. When they burn out—they are replaced.

So if God is connected to all humans like the Lighting Designer is connected to all his stage lights... let's look at the show he has created.

Uh-oh. Some lights aren't connected to God. These Atheist lights are changing color and moving around without God's instructions.

The intelligent ones that are the most civilized are: compassionate, murderous, friendly, hostile, honest, dishonest...

Hmm. The lights that are connected to God (through religions) are: compassionate, murderous, friendly, hostile, honest, dishonest...

Hey! They're all the same! What happened?

Why would God keep people the way they are?

ANSWER: God doesn't change anyone.

Then why are there good people in the world?

ANSWER: Because they decided to be good people.

What about those lights connected to the Lighting Designer? They do what the lighting designer tells them to do—or they are replaced.

But if people are going to Church, reading the **Bible** book, and worshipping God... they are connected to God. Right?

They are connected to something... or someone... but maybe it isn't God.

How can you worship God and not be connected to God?

This is where the **Bhagavad Gita** explains, "It depends on the Lighting Designer." Hee-hee

There are many, many references in the book to becoming spiritual or closer to God ONLY IF you find the right Lighting Designer.

special note: Lighting Designer is often referred to as "L.D." (Almost looks like "GoD.") Hee-hee again.

So, judge people's God by the colors they become and movements they make!

That's why I've always liked my God. I enjoy the colors of my life and the movements I perform. They produce my music, books, and Kung Fu classes...

Misery Anxiety and Fear

Oh, I forgot to mention, almost: the Hare Krishnas tame their monkeys with dancing and singing.

Women excel at this much better than men. In the Krishna Temple, there are always many more women dancing than men. Male monkeys are different than female monkeys.

However, this is a GREAT WAY to train monkeys. The main requirement is that you must sing and dance like a happy monkey. It may not be the most difficult thing to train a monkey to do, but in the beginning it can look pretty silly, as do all beginning dancers.

I saw one real messed up guy stand up and turn his monkeys loose. IT SCARED THE CRAP OUT OF ME! But I would rather see him train his monkeys to be happy than keep them caged up inside him as wild beasts.

I wrote a poem about my first Krishna Temple experience, "[***Pleasure of Joy.***](#)" Click that link to read the poem. (Or just go to the next page where the poem is. Hee-hee.)

Misery and fear will be explained in different chapters of this book. Their source and potency is determined by our mode of existence. All modes can produce anxiety, but it will be from a different source. This book will enlighten you as to why you have or produce these negatives, and illuminate you as to why those around you suffer needlessly.



Soundtrack Song

MOVIE: KUNG FU COWBOY ROCK & ROLL MOVIE 2

Pleasure of Joy

by The Hippy Coyote

July 28, 2013 after attending a Hare Krishna service in Venice, California.

Reach for a goal—a cookie on a shelf
You seek the pleasure—from outside yourself
If there was no cookie—no pleasurable reward
Would you find the same satisfaction—from the same points scored?

Does the mind need the body—to experience bliss?
Can you enjoy sex as much—as just a kiss?
Must there be a paycheck—to prove what you deserve?
Or is happiness measured—by a stimulated nerve?
 The *pleasure of joy*—requires a free mind
 The *joy of pleasure*—is too easy to find

Is the daily pilfering—of money in your hand
Going to make you happier—than completing what you planned?
Must there be dessert—after a great meal?
Must we chase each love—that we may feel?
 The *joy of pleasure*—is a long path to suffer
 The *pleasure of joy*—is quicker—never rougher

Families will ensnare—with profits decades away
Promising the pleasure—only if you stay
Religions will postpone that joy—for after death
Some settle for joy now—arriving sooner with crystal meth
 The *pleasure of joy*—is the cheapest of all highs
 No way to suffer—no one ever dies

From enjoying a happy child—or holding a lover's hand
Drugs may try to convince you—it's unnatural if it can't be canned
Commercials will convince you—their products will bring you joy
But not until we've purchased—their new gadget or new toy
 The *joy of pleasure*—in video games
 Is the *pleasure of joy*—in killing people without names

So it seems that what we want—is really what is wrong
We'd rather hear bullets and screams—than a wonderful song
In our wasteland of money Hell—we work we spend we save
Hoping to find happiness in our modern cave
 The *joy of pleasure*—is born to create a hunger
 The *pleasure of joy*—will create a smile that keeps you looking younger

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I recently felt that combination of misery, anxiety and fear. It happened over a year ago in Las Vegas. I had been taken in by a Kung Fu brother of mine. I, like any good intentioned disciple, was expecting this Priest to lead me to a better life and help me attain my better life—and better afterlife. (He promised me a year of free residence, with help to set up my own Kung Fu school.)

When I realized that I had been led astray and now was stranded in the middle of the Nevada desert... I felt panicked. No food, no water, no home, no friends, no parents, no kids, no relatives, and no job.

I was in a worse place than the bad place I had started from. (He was a bad Lighting Designer.)

Ironically, my new Guru had taught me Tibetan chanting. "Chant this one," he said passing me a photocopied page of Tibetan words. "It will bring you good luck." I asked what the words meant. He replied, "It doesn't matter what the words mean, they are sacred sounds that will bring good luck from the universe and erase all your bad luck."

"I have bad luck?" I asked.

"You're here aren't you?" he replied prophetically.

So I followed his instructions. I'm not sure but I think my panic attack of misery, fear, and anxiety hit me at the same time I stopped keeping journals and didn't write one song that year until April, "**Use Me.**"

Eventually, a couple weeks later, I put that Tibetan chant away and haven't seen it or missed it since. I decided that chanting wasn't for me. I looked at all the lights (students) who were plugged into this God (Lighting Designer) and didn't like the colors they were changing into, or the movements they were making.

I realized I had already found my Lighting Designer (God) and that I wanted to get plugged back into him (my way).

Then I became happy.

I released the album, **The Rich - Live in Venice**, from the Las Vegas library.

Then I released the poetry books, **Autumn Flavours**, **Winter Flowers**, **Spring Fevers**, **Summer Forever**, **Utah Phase 1**, **Rainbow in the Shade**, and **The Potatoe Valentine & Other Love Poems**.

I released the novels, **Sid's Place**, **Masonic Kung Fu – Book 1**, and **Connor Black Hole Bubble Theory**.

I released the books I wrote under the pen name, Rachel Connor, **It's a Woman's World - Putting Men in Their Proper Place**, and **Father Earth is Our Mother**.

I published Kung Fu books: **Tai Chi Beginner**, **Shaolin Kung Fu Initiate**, and **Shaolin Kung Fu Beginner**.

I released my screenplay, **Coyote in a Graveyard**.

I also released two self-help books: **The Tao of Taoism** and **Human Values for Success in Family and Business**.

Then I moved out of Vegas.

I've had a wonderful life, but it's been a very difficult life. After ejecting all my books and music into the universe... I felt a sense of calm, an inner peace, a satisfaction that my life had accomplished something. Within those colors and movements I had been plugged into—I had created the moments of my life.

But I was having trouble getting plugged in again.

I realized that the MISERY of being homeless prevented me from having a recording studio, or bedroom to write books in.

I realized that the FEAR of losing my books, art, music and photography kept in storage would prevent me from accomplishing more in my life.

I realized that the ANXIETY of being hungry and poor was limiting my ability to help and guide others.

So I did what most people do: I turned to my family for help.

My mother is a millionairess. She could have helped my son have a home that year in 2012. She said that, "Whatever he suffered he deserved." She believed that letting him sleep outside in the winter rain would make him a better

person. We choose to believe what suits our mode of existence. My mother believes in whatever helps her amass wealth and keep it away from other people.

My father said he was too poor to help his grandson. "Too bad," he said a few times.

My brother Tom told me, "Don't take it personal. I just make a policy of never helping anyone. Because anything I give to someone else is something that might still benefit me." (I did take it personal.)

My other brother David never returned any of my dozen phone calls and avoided me like a leper the entire time I was in San Diego during 2012 and 2013.

My cousins wouldn't invite me to their birthday parties or homes... My dad said, "It's because they're all scared you will ask them to help you."

So I left San Diego.

In the **Bible**, Joseph says to his brothers who tried to kill him and sold him to Egypt as a slave, "Thank you brothers. If you hadn't tried to kill me—I wouldn't have been able to save Egypt and now our father also."

So I guess I'll do the same, "Thanks mom, brothers and relatives for rejecting me so I could leave you behind and save the world and our father also."

I discovered that misery, fear and anxiety are an emotional reaction to reality. No matter what happens to me—I no longer choose to react that way. I also want to help others to avoid that type of reaction. When I quit going to my Kung Fu brother's school in Las Vegas, and stopped attending his classes, and stopped his Tibetan chanting and **STARTED** doing my Buddha Kung Fu workout again... I was happy again.

(That was February 2012. I'm still happy in September 2013.)

When I was in Las Vegas working for Rhino Staging, they often made us wear hard hats. I discovered that if I wore my cowboy hat—I could get out of wearing the hard hat sometimes.

Before work I always tried to do a brief or thorough Kung Fu workout. Many of my coworkers saw me practicing my Shaolin Kung Fu and Tai Chi. They began calling me, "**Kung Fu Cowboy.**"

This name, Kung Fu Cowboy, continued when I moved back to California. Then came the scorpion sting to my neck and, "**Scorpion Resurrection,**" the movie about me and movie title song.

The **Bhagavad Gita** says that if you eliminated misery, fear, and anxiety from your life—you can have a spiritual life in your next reincarnation. Mine's already begun. I am living a spiritual life and thanks to my recent revelations I am gladly embracing and serving God while helping his kids.

Next life? I'm really happy about this life.

This next poem was written during the summer of 2013 as I was studying spirituality. Through poetry, lyrics, and music I am able to release my anxieties, and psychoanalyze myself. The poem is titled, "**Amnesia Injection.**"

Amnesia Injection

My birth is a joke
My mind poisoned by disease
Infected by my mother
And a father I cannot please
Except in captivity
Where my mind remains tethered
By the burning of my wick
To waste and erode weathered

A laborer without God
Is the destiny laid before me
Where money decides all
Where no one will ever adore me
To suffer in the dirt
At the mercy of a poisonous insect
Unconcerned how I am hurt
Paid as little as they expect

How have I failed before?
Or am I a ghost to be reborn
To have lived in isolation
Where all my relatives give me scorn
With only wispy memories
Of my divine purpose
I escaped my parent's bondage
By joining the traveling circus

Where among the freaks and demons
A God can wander free
Where outcasts of Hell and Heaven
Are laughed at equally
As an artist poet author
I rose my head for a new start
Until love and family
Ensnared me to a diaper fart

When my compassion and devotion was exiled to a religious land
Where I could be boycotted
For everything I stand
Cultivating the God within
To bloom an identity
Eventually becoming a Buddha
Alone on a salty sea

Patiently waiting many years to escape
Until the web of Angels
Paralyzed me with their rape
Until the backpack
Of 35 pounds of stone
Brought me back to justice
Abandoned and alone

In 2012

I published 19 books that year
Without a home to dwell
I cast my seeds in deathly fear
With a mother who disowned me
A father's floor I did inherit
Misled and unguided
My homeland—I could not bear it

Knowing of my destiny
To improve the world's thinking
I saw the Mormon King
Purchase liberty for its sinking
With my brotherhood Masons
Not interested in my rhyme
Exhaled from fraternity
Explaining, "Maybe another time"

When the Demigods that rule
Bestow on me their wealth
A future quite impossible
For a man of spiritual health
Whose birth without a friend
Whose family of dirt slaves
Cast my children to the rain
For the money they could save

So as I look from sidewalks
To the other side of the street
In worn-out shoes I wait
For God to bless my feet
With the soles to enable my souls
To warm these cold dark days
Yet in my smiles the passer-byes
Applaud as my spirit plays

The flute of God's perfection
With fingers of Heaven's direction
Where a Kung Fu Cowboy seeks connection
Despite the scorpion's amnesia injection

This poem was probably written after my night of being a street performer (beggar) in North Hollywood. My phone had been turned off and I didn't have even \$20 to my name. Sheesh. It's been tough.

It's still tough. During this first draft rewrite, I have 7 bank accounts and the total today is \$-45. Yep. Wells Fargo just hit me with their monthly service charges (except the Tai Chi Youth nonprofit account). What few bucks I had just got sucked out of the bank. Ironically, my phone will be turned off in three days and I don't get my next paycheck until five days after that. My one student who pays a monthly tuition (I teach several students for free) didn't show up today, November 4, so I don't have the \$50 I was counting on for food and gas. I'm really stranded now.

Oh yeah, I went to two auto mechanics today. Both agreed that I have a blown head gasket in my 1996 Toyota Tacoma truck. One mechanic said he was 80% sure that my head was also cracked. The bill will be \$750 to \$1200 and I only have a couple dollars in change and less than a quarter tank of gas.

Focus

Last night I worked as a Rhino Lighting Technician. There were three of us "focusing" and "addressing" the lights. Focus means aiming. We aim the light.

Spotting is another lighting term as we focus the light's concentration from a blurry soft undefined light to a crisp spotlight like a movie projector.

Sometimes it is best to shine a crisp pattern or picture on a wall...

Sometimes it is best to "wash" the wall with a smooth fill light without "hot spots."

Sometimes it is best to "shutter out" the sides of the light beam to avoid distracting lights on the walls.

Sometimes it is best to "shutter out" the top or bottom to keep a clear path or avoid noticing the ceiling.

Sometimes it is best to put a colored gel in front of the light to see the world in a different color.

All of this requires "concentration."

The ability to see the truth of what is lit and what is not.

The ability to imagine what it could or should look like.

The ability to decide how to improve the lighting. This requires experience—or the imagination will be limited.

Then you need the ability to decide HOW to improve the lighting.

Then you need the creativity to discover or recognize what is better—when something changes or occurs.

Concentration is performing all these functions, tasks, and efforts—with an awareness of how reality is changing—or not changing.

People talk about the martial arts teaching you focus. This is true... sometimes. The martial arts that include sparring: just scare you into being focused. Then when danger is gone your mind floats off again.

The martial arts that teach precision and techniques also teach focus, or you get smacked in the face or land on the floor wrong. *"Ouch, you hurt my focus!"*

The martial arts that teach meditation talk about "focused meditation" but mostly teach you how to focus on not being focused so you don't focus on how boring this is... This is more like an anti-focus, like going to church and tuning out. That isn't focus.

So how do I teach focus? I don't. I have very ***demanding curriculums*** with Kung Fu, breathing exercises, kicking, punching, stretching, jumping, spinning, and then lots of bookwork. Either you sink or swim. You learn how to focus and get the work done or drop out like a cat taking swimming lessons. I've tried to "teach" focus, but you can't. Each person has to decide to harness their mind and body or be a daydreaming cow.

I provide the opportunity to learn focus. It's up to my students. I've found that by "cutting corners," "giving them slack," or "letting something slide..." they always end up in the same place: losers. You want to learn focus? Just do what I say. Those who follow my instructions always gain mental skills that are evident in their school grades and life abilities. I would like to see every student be an "A" student. I give them the opportunity.

(No *Bell Curve Grading* in my schools. I want an entire class of "A" students.)

Tai Chi Youth was created after years of teaching hundreds of students. I realized the absolute minimum that was required to learn Kung Fu and Tai Chi and designed a curriculum that ANY NORMAL PERSON can achieve. My daughter Caitlin was a pioneer student and she was able to make it to the advanced level in a few years and she started at age 5.

www.TaiChiYouth.org

Personal Motivations

There are numerous references in my version of the **Bhagavad Gita** about "personal motivated interpretations" being a negative or misleading ambition.

Most people use philosophy as a way to justify their wrong doings. People can trick themselves into believing they are doing something wrong for the right reasons.

I got into a long argument with a young friend of my daughter the other day. He still believes we are doing the right thing by keeping our military forces in the Middle East.

He said, "If we didn't respond with force they would think we were weak."

I responded., "That's okay. Let them think we are weak. I'm not going to kill them for thinking that."

He said, "They will take advantage of us and attack if they think we are weak."

I responded, "Then keep our troops over here, ready for them to attack."

He said, "We have to eliminate their ability to attack us."

I said, "Gosh, I hope they don't think the same about us."

He said, "We had to retaliate for those they killed."

I said, "Wait until they decide to retaliate for all those we killed."

He said, "They didn't respect our democracy."

I said, "Now I'm certain none of them do."

My personal motivations are to bring the essence and wisdom of the **Bhagavad Gita** to more Americans. Even after I tell people how excited I am about the book... they immediately wave me off like a buzzing fly when I explain it is from the Hare Krishnas.

So my personal ambition is to enlighten people with these Krishna wisdoms who would otherwise never consider any of this information.

One of the Kings who was the seed and fuel of this revolution taking place in the book is described as "bereft of spiritual vision." That describes all my relatives. How many relatives do you have who possess spiritual vision?

How many politicians do we have with spiritual vision?

We almost elected a President who is Mormon. The Mormons believe there will be an apocalypse and only they will survive as the chosen favorites of God. This President nominee also wanted to transform the USA "into a business." This businessman has a reputation for buying businesses and selling them off as little pieces. Half the country thought that was a good idea.

I am a peace-loving flower child hippie of the 1960s who was an anti-war equal rights advocate. My personal motivations are going to always be antiwar.

So, my personal motivations do clash with a statement by the author of this book when he states that victory is always going to be to the righteous warriors because God is friends with them. Even more audaciously, the author states wherever God is, so is the "Goddess of Fortune," because the Goddess of Fortune doesn't want to live alone without God.

Well, if God is on the side of the the USA in the Middle East, he is doing a crappy job of advising us. And if the Goddess of Fortune is there also... then I can't tell who God is supporting. (*Except the bomb makers, gun manufacturers, and oil companies.*)

You'll notice my other personal motivations in this book. They are about creating peace, happiness, harmony, love...

Although I'd rather not argue about "taking shelter in the Lord" during great calamity—being distracted by thinking of people, who will not help you, could result in your death or failure.

My dad warned me about one of my cousins who appears to be trying to help me make my **Kung Fu Cowboy** movie. "She's a shrewd businesswoman. Be careful. She wouldn't be helping you if she didn't think she was going to get something out of it."

Our Mormon president candidate was supposedly a religious person, but he belittles President Obama for spending money on poor people. He was also highly respected as a "shrewd businessman."

Sadly, when Romney didn't win the Presidential election he showed his true colors by retiring from all political activities that would benefit Americans and returned to his shrewd business activities.

Half the people in American wanted our country to be run by someone who didn't care about them. People don't expect politicians to be humanitarians. People expect politicians to be "shrewd businessmen."

Worse yet, most politicians are attorneys. A friend of mine, who is an attorney, recently said to me, "I hate attorneys. They are all liars and cheats. They don't care about justice or right or wrong or ethics. They use loopholes to get whatever they want. In the end, the only winners are the attorneys."

The **Bhagavad Gita** says that one who is devoted to God possesses all the good qualities of the Archangels. Even the Angels have bad qualities and personal ambitions. Unfortunately, the Angels are usually misconstrued to be God himself. This illusion of God has resulted in many **Bibles** containing the bad intentions of the Angels. People worship these bad intentions and now our religions are polluted with Angelic evils.

There probably was a day when all the Angels were purely good. Unfortunately, humans taught them how to be evil.

"Excessive attachment for material things..."

I like that phrase. But we should be attached to our cars—that is partly appreciation. We should be attached to our children and parents. That is devotion. We should be attached to our spouses—that is love. Excessive?

Well—that is revealed by the individual in other aspects of their life. I was excessively attached to my children. I should have split more and hired babysitters. Perhaps the lessons and good examples I provided would have been appreciated—and noticed better.

Real self-interest = what's best for God.

That's a tough one. My book, ***Sid's Place***, was partly based on exploring the theory that killing Sid would have been "better" than not killing him.

When are we killing for God? That's especially confusing when both armies believe God is on their side.

The **Vedic Scriptures** inspire people to kill for a God or become a spiritual recluse with equal rewards.

Yeah, the hippie me, has trouble with that one. I guess it's like chopping off your foot if it's gangrene. You only do it to save your life. But do you chop off your foot to save someone else's life? What if it saves your daughter's life?

What's really sad is how people enjoy watching television shows and movies with evil people killing innocent people—and they love these movies. Vampire books and movies are very popular now. People enjoy imagining killing innocent victims for pleasure and survival. Sometimes I think Earth = Hell.

Obligation is obeyed when the effect is good. Soldiers are supposed to kill people because someone will benefit from it. Oh yeah... Better keep hiding Jesus #2.

An interesting reference about the immorality of women: *nonreligious women pollute the family and degrade womanhood with unwanted children not from their husbands.*

A subsequent paragraph emphasizes that unwanted children diminish peace, prosperity, and spiritual awareness. I must admit, that's very true.

A good society depends upon the chastity and faithfulness of women. *Ahhh. Really?* When women cheat, lie and pursue sex with men other than their husbands—bad things might happen? I think they know that—they just don't care.

My ex-wife's dad encouraged her to have sex with other men outside our marriage. She recently admitted her dad led her astray.

Of course she came from a mother who had illegitimate children while being married.

So where do married women find good advice when their own parents are advising them to be adulterous?

My own mother despised the Church—so that wasn't even a possibility for her—she despised her dad—she despised her stepmom—she despised the neighbors...

Since 80% of the world is the result of an unplanned or unwanted pregnancy—perhaps this explains why 80% of the world is corrupt, immoral, or *bereft of spiritual vision*.

The **Bhagavad Gita** says that good advice can only come from someone who is "established in factual knowledge."

This "factual knowledge" is the "real knowledge" developed by someone who has received the word of God.

With some of "God's words" coming from Angels with bad intentions—even the sages and saints may be tainted unknowingly with Angelic digression instead of God's best intention.

The **Bhagavad Gita** is a conversation between Prince Arjuna and Krishna. I am going to quote many passages of the book as we progress. Some quotes are the comments of the author/translator, who provides incredible insights and references to the **Vedic Scriptures** that Krishna is referring to. So the **Bhagavad Gita** is a useful summary of the **Vedic Scriptures** with Krishna steering Arjuna away from most of the Angels, "Demigods," and towards God or himself as the representative of God.

Arjuna laments, not wanting to go to war. He like me, is stating, "I would rather give up my kingdom and live in the forest dressed in tattered rags..."

ARJUNA: Alas, how strange it is that we are preparing to commit greatly sinful acts. Driven by the desire to enjoy royal happiness, we are intent on killing our own kinsmen.

The **Vedic Scriptures** contain something that would be reiterated to Mohammed in the **Quoran**: *Do not attack an unarmed or unwilling foe.*

The **Vedic Scriptures** rationalize war. Bad Angels? There are comments like, *your body is going to die someday anyway—so go to war.* Also, *you can't destroy their soul, it's only their temporary body you are killing.*

Yeah, my hippy blood is boiling now.

There is another interesting statement that it is okay to kill a murderer. That way, you balance their Karma and provide the murderer a better chance at starting fresh in their next life.

Maybe that's why people are against the death penalty. They don't want to do murderers any favors and also want them to live long and suffer in this world with the understanding the murderer will still have to suffer in their next life...

This book will share a lot more about reincarnation. I finally understand why the East Indians don't believe in killing cows. Most people are human cows and many will come back as actual cows. If you kill them, they won't have been able to complete their cow Karma and will have to be a cow again...

You'll notice my own spirituality transform as you read this book. The first time I read this book was enlightening for me. So I decided to share the book with you, in a different version that Americans could read more easily, and wouldn't promote the Krishna religion so much.

As I wrote this book, I transformed again into a still better person.

As I typeset this book now, after handwriting it in my car, I want to edit it into my newer spiritual growth... but I will strive to keep it AS IT IS, in my handwritten version, so we can grow together and all rediscover God.

I wish I could type faster! I'm very excited to share lots and lots and lots of cool wisdom with you

Supersoul

The **Bhagavad Gita** explains that each of us has two souls: our individual soul plus a Supersoul. Although both originate from God, one returns to God and the other soul can remain individual or be absorbed back into God. Most of the Atheists are probably mixed back into the body of God, or they are shipped back as an animal spirit.

The relationship of these two souls is still a big question for me. Does the Supersoul communicate with us? Does the Supersoul communicate with the Angels? Does the Supersoul communicate with God? Does the Supersoul just record information like a lifeless tape recorder? I'm content to acknowledge the existence of the Supersoul. Perhaps it is where our past life information is recorded.

The **Bhagavad Gita** mentions to accept the Supersoul as our superior. I'm still working out this relationship. I'll keep you posted as I discover more information.

By the end of this book we/you will thoroughly understand this Supersoul concept. It has truly changed and improved my life. I look forward to your discovery of this concept. Send me a letter/email about how this concept has improved your life. I'll pull quotes for my next edition of this book. Make sure to specify how your name should be credited or withheld if I do use your comment.

Who's Your Daddy?

I don't know much about genetic testing for patronage, but until recently the only source of information as to who your father is—came from your mother.

If your mother had multiple lovers—even she couldn't be sure who your father is.

Since few women are monogamous for long periods of time... there are many children who don't know who their genetic father is. In many ways this is significant. In many other ways this is insignificant. Since most women have multiple husbands, each new father becomes the father of the children anyway.

As a Kung Fu Master who has counseled dozens of families, I've found the greatest obstacle to family functionality is the devotion of the children to their current father. Even if you are the "real" father of your children—without the devotion and obedience of your children—they might as well be adopted.

I've written a book series of four books to help people have better families: **Human Values for Success in Family and Business**. As I discovered by studying over 100 families:

the obedience of the children = the obedience of the wife to the husband.

It's a simple equation and 100% true. Check it out.

Buddhism Has No God?

Material Scientists and Material Philosophers are a large component of Buddhism, even if they are of other religions or Atheists.

Buddhism is the science of life interactions. If you can't get along with humans—you can't get along with God. So Buddhism is the high school of spiritual awareness. If all people comprise a piece of God, we must understand them, before we meet God.

Buddhism doesn't say there isn't a God—it just doesn't define who or what God is. When Buddha (the Original Buddha: Shakyamuni Buddha "Siddhartha Gautama") created Buddhism he was in India where people worshipped a variety of Demigods and God Himself. Buddha was interested in improving human relations and the quality of human life. He saw suffering and calamities that could be avoided. He developed a "Spiritual Science" that laid the groundwork for modern psychology. He taught concepts like, "Listen and understand what the other person is saying if you want them to listen and understand what you are saying."

Buddhism is a common-sense religion. That is why it is accepted and utilized by scientists and Atheists. Some Buddhist sects have become devotional and built temples to compete with other religions.

I'm not an expert on this, but it is obvious by the end of this book, that Shakyamuni Buddha, who is considered to be a reincarnation of Krishna, had a life goal of diminishing sacrifices to the Demigods. He was raised a Hindu and like Martin Luther striving to improve Christianity, Buddha was striving to diminish the corruption that was being implemented through devotional sacrifices.

I'm also not an expert in sacrifice and devotion. My mother was opposed to charity and supporting the church so this whole sacrifice thing was a new logic for me. By the end of this book, I developed a much better understanding of sacrifice and now believe that it works more than I would have ever thought possible. You'll see.

Death

When people mourn the deceased, they are mostly sad for the loss of the person's material body in their life. True mourning would be for the loss of that soul in their life. Since most people don't care about other people's souls, or even recognize their existence—this is very uncommon.

I have a song, "**Daryoon,**" on American Zen's second album, **LEVEL 2 = Christ Killer**. It is about a great warrior, Daryoon, who risked his life in battle for Prince Arislan a thousand years ago. A warrior's death of his magnitude should be appreciated by the millions who were spared suffering by his sacrifice. As for the thousands of soldiers killed on the field of battle: the politicians should bear the suffering and misery of all the families affected and they should be punished for causing such a catastrophe. (Both winning and losing politicians.) Let's see if they can't learn to negotiate peace better when they are held accountable for the lives lost in battle!

To live in dishonor is worse than death.

A huge problem in today's world is that survival mode has reduced our levels of honor. People are compromising their life, their time, their work, their goals, their aspirations, and their dreams... just to survive. So most people live in dishonor. Notice the looks and expressions embedded on people's faces. Some people appear to have been living in dishonor for many years.

I think the government is purposely pushing us into starvation to diminish our spirituality and lower our expectations of life.

I also think the government is promoting military murder, to create murderers, then making these murderers the first choice of all police hirings. I am opposed to training our police force by teaching them how to kill civilians or put bags over their heads as they are arrested... Yet somehow, this seems to be the future of our nation.

Maya

Just as the Original Buddha was tempted by Terra, the Goddess of Earth, I was tempted by Maya, the Goddess of sensory pleasure. I confess that a large portion of my life has been seduced by Maya, but it has been rationed. Like a businessman visiting his mistress frequently for short bursts of pleasure—I also have devoted myself ritualistically to pleasure or sense gratification.

During the 1970s while investigating religions, I decided celibacy was a mistaken option, certainly in a permanent sense, and also wrong in the short term, however, with moderation I believe sex is beneficial. This was before I became a Buddhist.

I discovered that by masturbating each day—I could eliminate my sexual desire for three to six hours. So, to lead a more creative, fruitful, productive life: masturbation liberated me from sexual distractions.

Some weeks I may have masturbated more than I needed to, and other weeks not enough. But all in all, I have been more creative and more productive than anyone I've ever known.

What a scary coincidence that my lover, who inspired many songs and poems of **LEVEL 3 = I Want You To Love Me** by American Zen used the nickname, "Maya."

Witchcraft is the Karma-Yoga of Maya. This sacrificial Yin-Yang worship is for the attainment of a material reward and sense gratification. Karma-Yoga is the lowest level of spiritual Yoga.

Devotional service to God is called Buddhi-Yoga but since "Buddhi" means "knowledge" I think it refers more to any earthly means of serving God by doing Godly acts, studying scriptures and being aware of the spirituality of all persons and things.

The complete devotion of one's life to God is called renunciation. This celibacy and lack of involvement with the material world is diminished in Buddhism. In Zen Buddhism we believe that life teaches and inspires us. The difficulties of life are not to be hidden from—they are to be confronted and dealt with. We took it to the extreme when we added Kung Fu as a component of Zen Buddhism making us the Knights Templar of China. Shaolin Kung Fu Buddhism is the original Zen Buddhism. Shaolin Kung Fu requires at least ten years to master. Then you get the rest of your life to enjoy practicing and playing with it. I've accidentally become a Shaolin Monk, but the Original Buddha had kids too.

The **Bhagavad Gita** has convinced me that my Zen Buddhism of **Shaolin Zen**, is the highest level of Buddhi-Yoga ever invented. Our requirements of devotion, difficult practice, and authority to protect society raises us to the top of human spiritual life.

There are two classifications of Buddhi-Yoga in the **Bhagavad Gita**. I may be confused as to their attributes and components:

Sankhya-Yoga = Atheist Yoga

Bhakti-Yoga = Devotion to God Yoga

My Zen Buddhism incorporates the concept of worship in what we call sanghas. A sangha is any group of people discussing Buddhism. No church required. Perhaps this is an off-shoot of the Atheist Yoga. I'm currently not sure.

In Bhakti-Yoga a person devotes their life and daily thoughts to God—more than anything else.

By reading the **Bhagavad Gita**, I have started to become more Bhakti-Yoga. I think less of the mansion and family I desire. I think of humanity and serving God as its own reward—without any worries of my family or material wealth in my life. I have a deeper satisfaction of what I have already accomplished and will accomplish due to the inherent spiritual focus I am applying to all my products and creative projects.

Buddhi-Yoga is the transcendental spiritual quality we add to whatever work we perform. (Good intentions with an awareness of God.)

My Maya believed that her emotions were part of her intellectuality. She cherished her emotions. We had many arguments on that topic. Maya also believed that her desires were to be acknowledged and nourished as these desires would lead her to a greater accomplishment and enjoyment of life. After only months apart she was alone and

miserable. Over the years... she was frustrated, confused, and lost. She may have satisfied her desires but she ended up alone and lonely, with a lot of money, but a lot of huge bills and debts... From my viewpoint, she was happiest when we walked hand-in-hand from the movie theater to our hotel room. I know I was happiest then.

But when you listen to your desires they control you. Most people seek to control their emotions by abolishing them. My success has been from diminishing emotions to +10.0 instead of down to 0.0. Most people operate at +50 desire, +20 anger, +10 frustration... +20.0 intellectuality... Add those up and you have an emotional person living an emotional life with emotional results. With my life having 60% to 80% creativity I don't miss all the emotions. Emotions wear people out. Emotions are physical.

I can be creative all day long, do two or three hours of Kung Fu, and not be tired at all.

"What profits a man if he gains the entire world but loses his soul?"

When you build a house you must complete it completely or it is a failure. However, spiritual activities are like watering a tree while you live there—and not worrying about that tree anymore when you move away. Spiritual actions are each complete in their individual scores. When you help an old lady cross the street you are not responsible for walking her across every other street for the rest of her life.

Living a spiritual life is an accumulation of all the small and various actions you perform with spiritual or compassionate nature.

Although your trips to the gym to exercise your body may help you live longer and better... when you die they do not benefit your afterlife or next life. However all the spiritual actions you perform will carry over or affect your afterlife / next life. (Karma.)

A good physical life has good physical activities in it.

A good spiritual life has good spiritual activities in it.

A good creative life...

A good intellectual life...

Faith

All religions are called faiths because they require belief in unbelievable, unprovable, intangible concepts and creatures. You must have "faith" that they are correct in what they teach and preach. So faith requires a person to believe in the unknowable and often unbelievable.

A person must have faith to believe they will be rewarded by a God no one has ever seen.

Sometimes faiths preach that there is no good or bad as long as you are satisfying their Godly requirements.

All this faith stuff made Christianity fishy to me. Plus, I saw how popes and priests steered their flocks into murder and mayhem. This rattled my faith.

The **Bhagavad Gita** requires a strong faith in God.

The **Bhagavad Gita** requires a strong faith in living one's life in belief of serving God. To serve God one must think of God constantly. In serving God we serve God more than country, employer, or family.

The **Bhagavad Gita** requires a person to believe that Krishna is of divine birth and is God in human form. (Like Christ).

The **Bhagavad Gita** requires a person to believe that Krishna can be worshipped just as if worshipping God directly.

The **Bhagavad Gita** states that by thinking of Krishna, a person is thinking of God.

Contradictions:

Krishna appeared to his parents with four arms.

His parents advised against having four arms so Krishna removed two of them.

Krishna had previous lives that weren't divine?

Krishna studied the Vedic Scriptures but somehow already knew them from past lives.

Krishna had a family, wife, children... not divine?

Krishna promotes renunciation but didn't renounce life himself?

Krishna had no magic powers.

The Demigods obey Krishna.

Affirmations:

God chose the coolest possible parents for Krishna.

Krishna's parents treated him as if he were divine.

Krishna was a very evolved human of high intelligence.

Krishna led a spiritual, compassionate life.

Krishna enjoyed the best of life, love, and family health.

Krishna was smart enough to hide his identity. (Like Clark Kent).

Krishna was only human with a larger-than-average soul.

Krishna got what he wanted.

So:

If I believe in reincarnation—Krishna attained the highest level.

If Krishna's parents loved him more than any parents I've ever known...

If Krishna was so uncommonly smart and cool...

If Krishna represents the highest form and level of human life...

If Krishna could win the respect and adoration of high-ranking kings...

If Krishna was communicating with God and the Angels...

maybe Krishna should be worshipped instead of our current movie actors, rock stars, billionaires, and politicians and warlords and comic book heroes.

Bhagavad Gita is based on "Krishna Consciousness." Since no one can agree what God looks like—since no one has ever seen God, maybe we can utilize characters like Christ, Superman, Krishna, and Mohammed to inspire us to live better spiritual lives. Christ was a role model for me when I imagined him giving lectures and being kind to people. Mohammed was in inspiration to me by his generosity to the homeless and communication with God. Superman was a

role model in his anonymous helping of people.

Humans need role models. Nowadays most of our role models are despicable, selfish, hateful, uneducated people who inspire violence and prejudice. Krishna is a better role model than 98% of the role models in our current world.

Rambo, rappers, and Michael Jackson are not inspiring people to live better lives.

So despite my reservations as to Krishna's divinity, I cannot find a bad reason or bad effect in worshipping him.

Personally I'd prefer to aim my spiritual inclinations directly towards God, but Krishna played flute—so do I. Krishna had a great family—I want one too. Krishna had wealth and respect—I'd really like that also.

So Krishna is manifesting himself in my mind as a great hero. Whoever we manifest in our mind will manifest in our heart—so Krishna is cool!

Into the Fold

I can support and encourage a "strong faith in Krishna consciousness."

I just got off the phone with a wonderful East Indian casting agent. We met at the Culver City Krishna Temple several months ago. When I asked him for recommendations for someone in the Krishna Temple to aid, advise, and interpret the **Bhagavad Gita** for me, he said it will be easy to find people to discuss the book with me... "But they will be interested in pulling you into the fold."

I called a couple people to have them look up, "into the fold." I suspect it could mean, into the flock, an ancient expression. Originally I set up www.ShaolinZen.org as a CyberTemple, "*An American Sect of Chan Buddhism.*" It didn't take off. The flag was raised... but no one saluted it.

So I changed www.ShaolinZen.org to the place where "*Buddha Zhen could offer his Zen Buddhism as a Buddhist Scientist.*" This let me off the priest hook and allows me to stay disconnected from everyone.

Bhagavad Gita page 104: Faith means unflinching trust in something sublime. When one is engaged in the duties of Krsna consciousness, he need not act in relationship to the material world with obligations to family, traditions, humanity or nationality.

On second glance we can see this text specifies "need not," which allows someone to choose. This choice should be made for the right reasons and at the proper time. Some relationships that people get stuck in are very crappy. Sometimes serving God rather than a crappy boss might make the work more pleasant.

Bringing God, Krishna, Jesus, or Mohammed into your life should improve it. As the Original Buddha said, "If it doesn't improve your life—throw it in the trash."

This next line on page 104 confuses me:

Fruitive activities are the engagements of one's reactions from past good or bad deeds.

Since my making music, making records, and trying to sell those records are all fruitive activities—what am I reacting to?

Well... most of my music is reacting to something. But my being a musician is very confusing as it blossomed from within me since I was a child, without much encouragement and no parental support.

Because I am an excellent musician who can perform any instrument.... perhaps I WAS a **conductor** in a previous life.

Because I am a prolific songwriter—I must have been a **composer**.

As a person who is strongly compelled to write poetry—I must have been a **poet**.

As a person who enjoys lighting, drawing, photography, and painting... I must've been an **artist**.

As a storyteller who enjoys writing novels I was certainly an **author**.

Because I enjoy playing and performing music instruments for audiences... I must've been a **musician performer**.

As a person who enjoys teaching, guiding, helping, and inspiring others with exercise and enlightenment I must've been a **Shaolin Chan Buddhist**.

As a person who enjoyed and excelled in raising kids—I must've been a **housewife or nanny**.

As a construction contractor I was adept at leading crews and working hard so I must have been a construction foreman/supervisor or **freemason**.

So what fold do I come from?

Who was I? How many people? From which countries? What religions have I belonged to?

Despite starting off with crappy parents and crappy relatives and crappy friends and crappy education and crappy financial support and crappy spiritual guidance and crappy family guidance and crappy social opportunities and crappy

access to financial support... I've had an incredible life. I've learned and accomplished more than anyone I know. Unfortunately, in my crappy world there aren't many high achievers. My parents and relatives still want me to shovel dirt and sell hamburgers.

So how did I become a renaissance man among Republicans from the Dark Ages? It must be reincarnation. None of my relatives have or share one single common interest with me.

Reincarnation makes more sense to me now than ever before.

The following sentence in the book alarmed me at first but makes a lot of sense—if the religion or religious leaders make sense.

BG page 104: *When one is situated in Krishna consciousness, all activities are on the absolute plane, for they are no longer subject to dualities like good or bad.*

That requires faith and a good perspective of Krishna. Since Krishna is ONLY good ideals and inspirations—it makes sense. However, to a fat person "exercising" is bad. (*I'll get a heart attack... my feet hurt...*)

To a thief, being honest is bad. (*I'll go to jail if they find out the truth.*)

So good and bad always exist as judgments from **each person's perspective**. Even ethics and philosophies are created to satisfy a social goal or personal rationalization. What is The Truth? The only absolute truth and perspective of good and bad is **God's perspective**.

So if you are working for God, and pleasing God by doing a good job—you must be doing things right.

How do we know if we are serving God, or a manipulative priest, or bad parent, or evil boss?

ANSWER: That God tape recorder. (*He's probably upgraded to digital.*) If we can get our individual soul to communicate, touch, coordinate somehow... something with that Hitchhiker Soul of God—we should get some feedback or harmony... or lack of contentment to guide us from our Supersoul.

Since our parents, teachers, priests, bosses, and relatives may have totally corrupted and misled us—we need to somehow find God in our prison of material slavery.

With sad reluctance I can even recommend Krishna and the God he represents to soldiers... who can take comfort in his advice to: "...do your duty and kill your enemies."

BG page 104: *In summary: As by watering the root of a tree one automatically distributes water to the leaves and branches, so by acting in Krsna consciousness one can render the highest service to everyone—namely self, family, society, country, humanity, etc. If Krsna is satisfied by one's actions, then everyone will be satisfied.*

The book now elaborates on spiritual guidance. Just as no one can learn Kung Fu from just a book—one needs a master. In 2013 I have associated with zero music masters in the past few months. I have associated with zero poet masters, or Tai Chi masters, or Kung Fu masters, or author masters, or movie making masters, or Zen Buddhist masters... I want to. Where are they?

If anyone should have discovered them—it should be me—but I haven't.

We live in a world bereft of masters at anything beyond menial tasks and paid labor. No masters exist of intellectual thinking, arts, or spirituality. The Earth is a world of idiots, fools, and mediocre expectations. So there are lots of emotional, foul-mouthed selfish, greedy, mean, and hostile people. Some people have completely mastered the art of being emotional, foul-mouthed, or selfishness and I have plenty of relatives who call themselves, "shrewd," but they've merely mastered greediness. There are lots of Karate and Tae Kwon Do and MMA schools with *masters of violence and hostility*. But where are the *masters of peace and love*?

Why am I the only one?

Why isn't there a market for religions and schools of peace and love?

ANSWER: No one wants peace and love. The nearest I find... are people seeking contentment and pleasure. They are the closest humans get to spirituality.

That's why we worship Jim Morrison, Jimi Hendrix, and Janis Joplin and other pleasure seeking heroes. They represent artistry and success with pleasure. Unfortunately, current guitarists only aim at the current hero who is going to undoubtedly be less spiritual than Jim, Jimi, or Janus, and will also be less artistic.

The current heroes are a shadow of past music heroes like Beethoven, Mozart, Bob Dylan, or The Beatles.

The hippy heroes: Jim, Jimi, and Janus; were raised with God, and although they were rejecting the God they were given, they were seeking to replace this God by trying to serve some social or artistic purpose... beyond getting a song on the radio or sounding like somebody else.

Nowadays, our celebrities weren't even raised with God... so they have no God to replace, nor desire to seek one.

We need masters in this world. Many more masters than we have. Kung Fu masters are a disciplic tradition wherein a master trains a disciple to become a master. This takes 5 to 15 years for any creative or complex skill. Doctors, dentists, lawyers, and politicians are the only masters that exist in our modern world. Despite any humanistic goals that should exist in any of these four careers, 95% of these modern masters "*do it for money,*" and never for God.

These masters don't train disciples except for politicians who pass on their connections and corporate connections like a disease to their disciples or designated party replacement.

The concept of one master directly transmitting his expertise and mastery to one disciple (or more) is lost to history.

That is why all music and art is mass-produced. The masters are being mass-produced in universities and colleges... often by mediocre masters who "teach because they cannot do."

People don't even expect musicians to play their instruments anymore. We've lowered our expectations of mastery to an elementary level where you can let the computer write, perform, and record your music for you. Many of today's radio hits could be performed by kids in elementary school with inexpensive computer programs.

World of mediocrity. I wrote a song, "**Land of Mediocrity,**" on the **LEVEL 2 = Christ Killer** album by **American Zen**. It is about the Mormon family system of Utah. Although it represented living like an ant in an ant colony, the album depicts my appreciation for their contentment and success of achieving lower ambitions.

The Catholic Church used to squash creativity and individuality. Eventually they condoned anything that resulted in a profit. Somehow, the Mormons really got the jump on the traditional Christians and declared they were a religious corporation. They own Coca-Cola and a majority of drug manufacturers and whatever else adds money to their Bank of Zion. They are happy to profit from things they condemn. Oh yeah, we almost had a Mormon president who wanted America to be a corporation with a military triple its current size. Since all countries go bankrupt from supporting their large militaries (historical fact since before the Romans), then the president could sell off our inventories and divide up the country as he would divide up any other bankrupt business. He almost got to do it. I wonder who the Republicans will prop up to sell our country next election?

SPECIAL NOTE: Last week the Republicans "shut down" the American government. How ungodly can they get? Not even the Communists were able to ever pull that off!

Sorry. I can't predict a bright future for America or our politics as long as half the people are so gullible and greedy. Maybe America deserves to be carved up into little countries like Europe.

I wrote a book about reorganizing politics. I wrote under a female pen name, **Rachel Connor**. This book starts the ball rolling to improve our government by radically changing it. I, I mean Rachel, has even designed a new 3-party political system: The three color party system of Sky Party, Earth Party, and Ocean Party. Each political system would gather people who would profit directly from their businesses associated in water, sky, or land; and also attract ecologists oriented towards each resource.

Mostly, the benefit would be in starting over. Our democratic government is a joke. It has evolved into its most corrupt form ever. Let's improve it by starting from scratch and doing our best.

Into the fold. Join the flock. Part of the gang. A member of a club. Associates and friends of common interest. Humans enjoy individuality but we also enjoy company and companionship.

Religions can offer a sense of family, or strengthen an existing family. But there's a difference between joining the Hell's Angels or Catholic Church. Each has their own rules, expectations and requirements. Why are religions different? Maybe they aren't. The Hell's Angels require their members to wear their colors and ride every Sunday. The Catholics are supposed to get dressed up and drive to church every Sunday. The Hell's Angels have membership dues, so does the Church. The... wow, are all religions the same?

The Hare Krishnas used to get dressed up in orange... I don't think there are but a few pictures of me in my orange Buddhist Shaolin Monk outfit. One of my disciples is wearing it in the book, **Buddha Kung Fu Student Manual**.

Religions were created for the public like colleges were created for the doctors. We want our doctors to be the same quality, and religions want their members to be the same quality. I think the biggest difference is that religions have set their standards too low and universities don't educate beyond what is needed to perform their task. Well, when religions did set higher standards they used punishment to achieve their goals. Universities use rewards of grades to achieve their goals. How can religions use grades to achieve their goals? I use belt ranking. Check out my book, **Buddha Kung Fu Student Manual**, to see how I have established graduations and rewards for specific and consistent requirements—to create Buddhas.

Most people are willing to suffer through the university requirements because they have a guaranteed high-paying job waiting for them. Perhaps if I could guarantee a higher-paying job by accomplishing my Buddha Kung Fu Belt Rank System, I could create more Buddhas. That would be money well-spent to invest in this.

Hmm. Perhaps by offering a guaranteed franchise in a location mutually agreeable to **Buddha Kung Fu** and the new Buddha Kung Fu Master—the world's newest and most beneficial religion could survive and prosper.

Buddha Kung Fu isn't a religion, but it has more spiritual instruction, life instruction, and a lot more physical instruction than any other religion on Earth.

Hmm. The Spiritual University of Buddha Kung Fu. Hmm. I just invented something super cool. (After visiting my school brother's school in Las Vegas, I was completely convinced that Buddha Kung Fu is the best Tai Chi and Kung Fu school in the world.)

Visit **www.BuddhaKungFu.com** for more information.

The **Bhagavad Gita** next emphasizes the loyalty and required devotion of a disciple to his/her master. Since the Master is a Disciple of Krishna who is a disciple of God, we create a "chain of devotion." Just as worshipping Krishna is worshipping God, so is worshipping your Spiritual Master the same as worshipping Krishna. By satisfying one's Master, one is satisfying God. I like this concept better than satisfying the Church or religion. Since both the church or religion are corporations—I'm not as certain we are satisfying God by devoting ourselves to a business.

The Disciple/Master equation appears to connect us to God more than a building full of books.

Many of my Buddha Kung Fu students have stated they developed spiritually more in one year than twenty years of any other religion.

***BG** page 105: I should, therefore, meditate and pray for his mercy three times a day, and offer my respectful obeisances unto him, my spiritual master.*

Can't say I've had that much enthusiasm before. Americans just want to put their nickel in and have a prize pop out. That kind of devotion, real spiritual devotion—well, I could put it to good use.

Even if people do have a sense of spiritual emptiness and seek something to bring them closer to God, they are satisfied with teensy accomplishments and the belief that even their inattentive investment of sitting and listening to someone is a spiritual effort. Because religions don't offer anything more than words and rituals—people don't expect much from their religion or their own spiritual growth.

Because Buddha Kung Fu offers so much and expects so much, our students progress spiritually, physically, and mentally faster than any other sport in the world. But even being a Kung Fu hero is only the foundation of a good life. People aren't able to recognize how minimal it is to be a good fighter because being a good fighter is all that most programs expect of them. When the highest level of your art is to survive fighting human animals... When your religion teaches you to pray but never expect an answer...

Especially since most religions don't actually get people closer to God, people don't realize how possible it is to have a relationship with God.

***BG** page 106: People in general are not very intelligent, and due to their ignorance they are most attached to the fruitive activities recommended in the Karma-Kanda portions of the Vedas.*

Evidently, even 4,000 years ago, people would rather sacrifice a goat than invest a year of time and effort to Kung Fu.

***BG** page 106: As fools are attached to the flowers of poisonous trees without knowing the results of such attractions, unenlightened men are similarly attracted by such heavenly opulence and the sense enjoyment thereof.*

Most people do have insect brains that will pay for a pretty flower—even if it is toxic.

Krishna says: In the minds of those who are too attached to sense enjoyment and material opulence, and who are bewildered by such things, the resolute determination for devotional service to the Supreme Lord does not take place.

So Krishna proclaims that all bug-brained humans are never going to be capable of spiritual devotion.

So that's what churches are for. Herd the cattle in and spray on some enlightenment. Hopefully, some of it sticks.

However, if you are reading this book, perhaps you are capable of devoting your life to God, while pursuing your individual destiny—and have a blessed life.

I'm still not a fan of total renunciation. I think that everyone should at least have a full-time hobby. Surfing and devotion to God. Tennis and devotion to God. Parenting and devotion to God. Kung Fu and devotion to God.

If people are willing to devote their time and energy they become many types of skilled persons that can make God happy by enriching or supporting society somehow.

"*The ultimate self-defense is self-awareness.*"™

That's the slogan of ***Shaolin Chi Mantis***, my original Kung Fu and Tai Chi school of 1992.

Now I would add: "*The ultimate self-awareness is God awareness.*"™

That could be the slogan of... Well... my Shaolin Zen CyberTemple is designed to be godless so all religions can utilize it... Hmmm.

My Buddha Kung Fu schools are also non-denominational but largely Buddhist, Zen Buddhist, or Chan Buddhism... Hmmm again.

Shaolin Chi Mantis is Chan Buddhist... but maybe I could add God here. It's a disciple school requiring a difficult initiation to scare people away who couldn't possibly complete the programs. Perhaps I could use God to scare them off also. Very few people I know are willing to worship God. Most people, like cattle, enjoy their lives fully without thinking about who really owns them..

*The original title of this book you are currently reading was, **Rediscovering God**. The word, "God," really upset most people. I was surprised. Any book referring to God is usually trying to get you to join their religion. Most people don't want to be sold any God at all. It was a learning experience for me to promote my book, **Rediscovering God**, and notice this distaste people have for "God."*

*So then I changed the name of the book to, **Godliness Within**." Women liked this more. More men liked this with a shrug. Mainly, I didn't get the adverse reactions of most people to the word, "God."*

*Then I decided on the book title, **Supersoul**. People seemed slightly attracted and slightly interested...*

Maybe Shaolin Chi Mantis will incorporate devotion to God. Otherwise, this book, **Supersoul**, is the only way I will have led people to the Supreme Lord God.

Buddha Kung Fu creates GOOD BODY KARMA-Yoga.

A healthy body is happier than an unhealthy body.

A strong body can accomplish more than a weak body.

An exercised body can work longer and more enjoyably.

A coordinated body can achieve and survive better.

A balanced body is more attractive than an unbalanced body.

A happy body is sexier than a sad body.

An energetic body is more fun—like a kitten.

A proper body is a combination of the above.

A proper lifestyle will be created by a proper body.

A proper body requires mental control.

Mental control is accomplished by training a proper body.

This is called "Mind/Body Balance."

A developed body without a developed mind is a work animal.

A developed mind without a developed body is an invalid.

Don't be a work animal or invalid.

Be a human being.

Be a spiritual consciousness in a material body.

Be a Buddha.

Buddha Kung Fu creates Buddhas.

Buddhas help others to develop GOOD BODY KARMA.

Karate requires hitting people.

Karate requires people to hit you.

Hitting people and being kicked is BAD BODY KARMA.

Don't allow people to bruise you.

Avoid Karate and Kung Fu boxing.

Life is more fun when it doesn't hurt.

Our body is temporary—loaned to us from material nature.

Like a rental car—we can respect it, or disrespect it.

Like a motel room—it may get used, but we can keep it neat.

Tattoos are graffiti on the motel walls.

Perhaps other people don't want to see your graffiti.

Perhaps your tattoos are warning people about who you are.

Perhaps your tattoos represent your soul's struggle.

Perhaps your tattoos are your badges of honor.

Do you need to post these notices on the hotel walls?

Do you need to paint them on your car? Why?

So then, everyone should do this?

Your parents should get tattoos?

Your kids should get tattoos?

Your pets should have tattoos?

Perhaps God would like to see our "rent-a-bodies" returned in good condition.

Perhaps that little piece of God will return to God with all the pictures on your body.

If God grades the quality of our body as a quality of our life:

How will He appreciate those who disrespected their bodies?

The **Bhagavad Gita** explains this.

Since Buddhism takes a scientific view of life, it has been enhanced by scientific developments. I have taught ***Tai Chi*** and ***Kung Fu*** to hundreds of kids and teens and my own children. I discovered many archaic genetic emotional and intellectual traits that are unlocked as people attain certain ages or physical maturity development.

The most frustrating of these genetic traits is the revolutionary spirit of teenagers to break away from authority which a million years ago was their parents. This trait drives or motivates teenagers to seek independence (leave the cave) and dislike their parents (don't mate with parents).

In another 100 years this will be scientifically proven. They'll probably develop antidotes...

The **Vedas** are an amazing collection of scriptures. Various **Vedas** have different purposes and different goals. Despite the **Vedas** being oriented around one Supreme God, many of the **Vedas** provide rituals and ways of worship aimed at specific Demigods who we Christians would refer to as Archangels. Each of these Archangels have a unique attitude and limited rewards. Just as Mars would be worshipped for military benefits, so we find Gabriel or a Hindu Demigod of similar attributes. So it is prescribed that certain rituals and sacrifices appeal to these certain Archangels.

The **Bhagavad Gita** may genuinely intend to lead one towards worshipping the Supreme Almighty Lord, but it does also encourage worshipping Krishna directly to achieve this same goal. Despite Christians being used to worshipping Jesus Christ directly, as a way to worship God, Christians are surprisingly reluctant to worship or even appreciate other

prophets like Saint John the Baptist or Mohammed.

The **10 Commandments** have always been my benchmark of right and wrong. Unlike most Christians I believed that any of the **10 Commandments** were Capital Crime Sins, all of which could prevent entrance to Heaven if broken. Most Christians put the **10 Commandments** on a graduated scale of punishment. "Coveting your neighbor's wife," or "telling lies" might be considered misdemeanors to most Christians.

Myself, I've always seen murder and theft as capital crimes. This resulting guilt for my several thefts or coveting offenses has caused the offenses to weigh heavily on my conscience. Most Christians wouldn't feel so guilty, but most Christians sin more often than I do.

In all these rituals and ways of worship, humans are often motivated by personal desires. When worship is a trade of devotion for sense gratification—it isn't really worship. Black magic is usually represented as a trade or sacrifice for a specific reward. Since God already has everything—making bargains is a waste of God's time.

Devotion and worship and rituals and sacrifice really can't mean much more than an ant sharing a crumb of bread. If the ant is trying to gain a new mate—or better job by offering the bread crumb... C'mon, don't waste God's time.

The Genie in the lamp of the **Arabian Nights** book may represent the concept of sacrifice and devotion to an Angel. However, even a captured Angel has little concern for a single human.

But if that ant could stand out on a daily basis from the rest of the community by exceptional behavior and consistently good attitudes... maybe, like Johnny Carson, the Angels would be pleasantly amused. They might tune in for today's show.

Personally, I think Abraham would have been a better role model by defying the Angel who challenged him to sacrifice his son. No matter what the reward or benefit is—I think it is wrong to kill our children.

My catechism teachers tried to explain to me that the moral of the story was to love God so much you would kill your own children to make God happy. Sorry, I'm still not accepting that logic.

The Lakota Sioux taught me that you should only give to someone that which you'd want to keep or be given. Giving away your used shoes isn't as valuable as purchasing someone a new pair of shoes. Every act of generosity should be valued accordingly. Since I was raised on second-hand clothes, it is probably a fault of mine to appreciate used clothing gifts as much as new clothes gifts.

Since I can't give any used second-hand clothes, and I've been too poor to purchase many gifts—my life is mostly giving away ***poetry, music, or books that I've created***. Despite the huge amount of time, labor and effort I invest into making these books—most people may not value them as much as a Stephen King book.

The value of a gift should be the love behind it—but most people are not sensitive enough or capable of noticing the good intentions of others—unless the gift improves or adds direct value to their life.

Studying the **Vedas** or **Vedanta Philosophies** includes incantations. Some of those chants are based upon how certain sounds vibrate in harmony with our souls.

Perhaps most people are too ignorant or simple-minded to grasp the required effort and focus needed to alter a person's life from cattle-with-a-conscience to humans with a soul.

Perhaps I am expecting too much from humans when I emphasize how 100 days of perfect behavior is more valuable than 100 "***Hail Marys.***"

Perhaps this is why my Buddha Kung Fu school will always have a smaller fraction of human society's interest—than I expect or want to achieve.

Perhaps I am doing the right thing by promoting a higher level of spiritual attainment to a smaller portion of society than offering a simplistic religion with lower expectations and lower level rewards to a larger demographic.

My music sales reflect this ratio also. ***American Zen*** appeals to the intellectuals and teenagers more than the thrill-seeking youths. The music and the lyrics were created by a higher level mystic spiritualist—so mostly higher level spiritually developed people seem to appreciate the ***higher levels of American Zen***.

This next Krishna lesson puts people in their place:

You have a right to perform your prescribed duty, but you are not entitled to the fruits of action. Never consider yourself the cause of the results of your activities, and never be attached to not doing your duty.

First of all, "You have the RIGHT..." In other words—not everyone has the right to do everything. A school teacher has the "right" to teach kids, but someone without a teaching credential ("prescribed duty") does not. So if you want the "right" to have a "prescribed duty" you've got to meet some requirements... somehow.

Then, "you are not entitled to the fruits of your actions," might refer to an assembly line worker who may not get to own the car he is building.

When we apply this concept to be: "being a good samaritan" or living a spiritual life, we should look at the rewards of our goodness being in the daily enrichment of our life, just as a paycheck enriches us with daily groceries.

Perhaps, "Never consider yourself to be the cause of the results..." is to remind us to be humble instead of pointing out the assembly line cars we built, versus those we didn't build. All the assembly line cars of our spiritual business are intended to blend in with those performing similar duties. As a creative artist, I must break this rule. My success is due to people "recognizing" my efforts. Anonymity and obscurity are poor marketing techniques for books and music. People purchase a "Stephen King" book just because it has his name on it.

The last part, "... and never be attached to not doing your duty," is a unique way to say, "don't be lazy," and "take your job seriously." It is possibly a sin to be so unappreciative of your existence as to waste it by being an ignorant lazy animal.

There is a down-side to being attached to the results of your work. If the product fails—you are a failure. If the product doesn't sell—no paycheck is received. There is a blessing to being an employee: no risks. The employer has the risk of recouping his investment in labor, materials, and manufacturing expenses.

So spiritual liberation is easier when you've got a steady job, avoid the stress of success and can apply your Godly attitude to your daily routine.

In the case of a soldier, by doing his duty and performing by orders, he is freed of the results of his actions... murder. Unfortunately, it is probably almost impossible to have a Godly love of humanity when you're being shot at and struggling fearfully to survive. We really need to eliminate ALL future wars.

Yoga is concentrating the mind on the Supreme Almighty God while controlling the distractions of our senses. This has led some Gurus to create such demanding poses, that the mind becomes limited to focusing itself on one single arduous task. By mastering this one task, the mind is supposedly able to shift focus to one God. (*I haven't seen this technique work yet.*)

I've been watching Yoga classes for over twenty years. Yoga instructors are never very spiritual: real estate agents and aerobics teachers comprise 90% of them. They herd them in and herd them out by the hour and NEVER have I ever heard a single one of them refer to God, or any kind of deity. At best they might refer to, "Mother Earth," or the, "forces of nature."

Real Yoga is a mental focus on God, then challenging the mind to perform a physical function at the same time. Real Yoga should empower the practitioner to be conscious of God in all the activities they do.

... keep all abominable activities far distant by devotional service and in that consciousness surrender unto the Lord. Those who want to enjoy the fruits of their works are misers.

The "devotional service" will create a spiritual mindset to sour the appeal of evil actions. I cannot tolerate people cussing. I don't talk to God with cuss words. People who cuss pollute my verbal environment.

If you want to eat the entire cake you bake—you aren't sharing or allowing others to enjoy the fruits of your efforts. I guess that's like printing up money and keeping it all to yourself.

Buddhi-Yoga = loving service to the Lord.

So Buddhi requires intellectual activity.

Buddhi-Yoga is the most difficult Yoga because

all your activities must have a Godly, kind, loving, humanistic, spiritual nature.

Buddhi-Yoga = Buddha Yoga + Awareness of God

I almost regret not adding more God worship into my classes.

But then I couldn't have taught in the churches...

I couldn't have taught in the elementary schools...

I couldn't have taught in the middle schools...

I couldn't have taught in the high schools....

I couldn't have taught in the colleges...

I couldn't have taught in the rehab centers...

I couldn't have taught in the continuing education programs...

I couldn't have taught in the YWCA...

I couldn't have taught in the YMCAs...

God isn't allowed in school. That's prejudice!

A man engaged in devotional service rids himself of both good and bad reactions, even in this life. Therefore strive for Yoga which is the art of all work.

Whether my thoughts were of God or not, my intentions are always to help and be kind and friendly to people. Despite a lack of financial success—people react well to me, smile, and hopefully appreciate my being in their life... whenever I am. This "good reactions" from people is my "good reputation." You can't put a price on people holding you in high esteem.

I also think I have mastered "the art of all work." Not only am I an excellent writer, musician, photographer, recording artist, Mr. Mom... I enjoy and excel at the menial labors of being a carpenter, ditch digger, and stagehand. The art of all work is setting high standards for yourself and doing a great job of whatever job you are doing.

I really like that phrase, "the art of all work." Whether you are a cashier or trash truck driver—be an artist of the highest skill level... which includes having a good attitude and somehow enriching the lives of others.

"Less intelligent persons," is the phrase used by Swami for most people who are involved in satisfying their senses... with little regard for God or spirituality. Less intelligent people live in a world of ignorance. So by looking at people and recognizing which (which is most) persons live ignorant lives... we can attribute them to be "less intelligent." Of course it is too much to expect everyone to be a genius. It is too much to expect everyone to get "straight-A's." It is too much to expect everyone to get straight-B's.

So what do we expect of people who get "C's" and "D's?"

ANSWER: Chanting. Praying when commanded. That's about it.

Rather than expecting them to love God... it is more productive to get them to fear God. When it comes time to make a moral or ethical decision—the less intelligent can easily rationalize or create an excuse for their greed or lust. Love of God won't dissuade their carnal desires. At best, a fear of God might keep them on the right track. So devotional service is only for the "B" and "A" students. Less intelligent persons will be the first to jump off the bandwagon with their excuses.

That's another way to recognize ignorant persons. They live by their excuses. They can even make decisions by asking the question, "Why not?" then never answering their own question with a single reason of "why not to..." they do whatever they are deciding to do—without really deciding anything. "Why not," is the slogan of the ignorant. It is a question asked without expecting an answer.

Perhaps another translation would be:

Karma-Yoga = Actions of service and devotion to God

Buddhi-Yoga = Mental thoughts and ambitions to serve God

Vedic rites and rituals include:

Taking a bath early in the morning

Praying and meditating three times per day

Offering respects to forefathers

In all three of my Kung Fu / Tai Chi schools we start and end each class with a bow of thanks to "the past masters" or "your master's masters." This homage is a first for most Americans who have never participated in any kind of ancestral worship. It is a valuable and necessary aspect of any type of discipleship. Without "past masters" it's not an

apprenticeship.

A man in transcendental consciousness of God talks and acts in ways that are different from a rich man or a fool. A well-dressed fool can be easily identified when he speaks. A person who is devoted to God will be recognizable by his compassion and references to goodness when he speaks. A rich man will speak in terms of business. A greedy man will speak of his selfish concerns. Know a man by how he speaks and what interests him.

Son of Parth, when a man gives up all variety of desires for sense gratification, which arise from mental concoction, and when his mind, thus purified, finds satisfaction in the self alone, then he is said to be in pure transcendental consciousness.

Some seekers of God take refuge in various habits, rituals and social gatherings that provide an image of devotion. However, they will still lack good qualities as they are taking refuge in their own excuses and rationalizations.

A person genuinely engaged in devotional service will have all the best qualities of the ancient sages who lived accordingly. Sense desires resulting from petty materialism automatically subside when devoted to God; and he/she is naturally happy in his/her daily life. A "Sage of steady mind" is a person not in misery or overly elated, he is free from material attachment, fear and anger.

I'm not going to continue this "he/she" thing. When I say he, I'm referring to ALL humans.

The **Bhagavad Gita** explains the word, "muni," as mental speculation. "Shakyamuni Buddha" was taught to me to mean, "**First of Shakra Clan to be a Buddha.**" This new translation of the word, "muni," appears to mean, "one who has surpassed the stage of mental speculations," and now is "fixed in mind." So another translation of Shakyamuni Buddha could be, "**The Shakra Clan Buddha who has graduated from seeking God to knowing God.**"

Attachment is the belief that one's sense of gratification or accomplishment requires certain things or activities.

Detachment is the absence of sensual requirements for bliss and happiness.

A person dedicated to the Lord's service has neither attachment or detachment due to his natural lifestyle of devotion. He is not angry when unsuccessful and remains determined when successful.

In the material world, one who is unaffected by whatever good or evil he may obtain, neither praising it nor despising it, is firmly fixed in perfect knowledge.

A self-realized person is a Yogi or Devotee who controls his senses by living his own uniquely planned lifestyle.

I recently asked my daughter about my defining qualities... She stated, "You are a free spirit who lives life by his own terms. You live your life your way." It seems that because of my dreams and aspirations I see myself as only partway to wherever I'm going. But this is what spiritual life is: you are never at the end of your journey, you are always partway there.

The senses are like snakes coming out of our head. They can bite us or others as they pursue their desires. A Yogi is a snake charmer who does not allow his mental snakes to act of their own accord. The snakes cannot be killed—but they can be controlled. In the pursuit of higher goals, the senses may become sharpened or enhanced as they become tools or assets of the sage. Like avoiding snacks to appreciate the meal, the senses of a man whose consciousness is under full control is a balanced man of self-restraint.

BG page 122: *The Yoga-sutra also prescribes meditation on Visnu (God), and not meditation on the void.*

While contemplating the objects of the senses, a person develops attachment for them, and from such attachment lust develops, and from lust anger arises.

The seed of frustration and despair is the mere thought of some pleasure. Hunger, sex, and laziness begin with a thought. The body acknowledges this desire and the mind begins a communication with the senses to satisfy this "need." The secret to a better life is to focus on other goals and efforts that cannot be performed while eating, sleeping, or having sex.

Our life must have transcendental or creative activities that distract us from our distractions.

Since most people are not creative or self-disciplined... slavery work, and service careers will keep them away from their base desires.

Since most desires have a practical root in reality... a lifestyle plan can ration the sleep, eating, and sex required to satisfy these "needs."

We are born with these desires to propagate and survive—so we cannot abolish them. Perhaps sex in the morning will diminish the desire during the day. Going to bed early enough will provide ample sleep to prevent thoughts of sleeping during the day stimulated by the body. Knowing that you will eat at regular consistent intervals each day will free the mind and body from reminding you to provide the body with the nourishment it requires. A lifestyle that is planned, consistent, and intelligently designed will enable a person to spend more time in the pursuit of higher abilities and spiritual goals.

Perhaps most angry frustrated people are actually angry and frustrated with their self-designed lifestyle that does not provide the minimal requirements of material and sense gratifications. Their excessive desires may be the result of denying themselves the love and care that each human must have to be physically satisfied. They become frustrated, their frustration turns to anger, and their anger becomes a firecracker that explodes when touched.

From anger, complete delusion arises, and from delusion bewilderment of memory. When memory is bewildered, intelligence is lost, and when intelligence is lost one falls down again into the material pool.

Firecrackers have no intelligence and they will explode for whoever ignites their fuse. Angry people are a danger to everyone—including themselves.

When you live in devotional service to God you realize that you are feeding the body that God gave to you. Satisfying the sexual and loving needs of your body can become an act of compassion with yourself. Proper feeding of this God-given body is like baby-sitting someone's children—you must follow the rules and guidelines of the parents. If some people would treat themselves as well as some people treat their pets... they would live happy and content lives.

Serving God does not mean denying or sacrificing basic needs or enjoyments. Even the mind requires some recreation like movies, books, or relaxing on the beach. Imagine God himself is within your body. Imagine God is visiting the Earth and checking on his children by traveling inside of you. Do not starve or talk cruelly to God. Do not avoid sleeping or punish anyone. Make God proud of you for living a well-regulated life and demonstrate how in the performance of your daily routine, work, jobs, and career... you are honoring God and inspiring others to appreciate what God has created and given them also.

The Lakota Sioux taught me to always offer the first bite of my meal to God, "The Great Grandfather," and give it back to the Earth in appreciation. This is another way to "say *Grace*." As a Christian child we used to recite a certain prayer that we memorized without understanding or even identifying with.

As a teenager this "*Grace*" became difficult for me because it required me to break the "*10 Commandments*" every time I spoke it. I had to proclaim in my prayer that Christ was now "my Lord." The "*10 Commandments*" are specific about, "Thou shalt not put before Me other Gods or images." Even if Christ is the "Son of God," until God is dead: God is still the King. Praying to a statue is also prohibited in Christianity yet we are forced to pray to a statue of Christ bleeding to death. The hypocrisy has vexed my mind since childhood.

Praying to whips, spears, crosses, crowns of thorns, and sadistically pounded Roman nails has also caused me great discomfort.

"*Grace*" and prayers must be inspired by each person's love, compassion, respect, and intelligence. Forcing me to perform rituals that defied my sensibilities and logic was counterproductive to my seeking a communion or relationship with God.

Perhaps other people would desire to think of serving God if they didn't have to believe it requires them to kill and torture an undeserving Saint.

How can humans believe they are worshipping the correct God if the results and images of that God are pain, suffering, and death. For people to seek happiness they must first seek peace. To seek peace we must have security and safety without fear. To live without fear we must imagine pleasant rewards. Imagining pleasant rewards does not include seeing dead bodies nailed to pieces of wood.

A person who is not disturbed by the incessant flow of desires—that enter like rivers into the ocean, which is ever being filled but is always still—can alone achieve peace, and not the man who strives to satisfy such desires.

That is a cool verse. Each of us is an ocean into which the streams of the world flow into. Every day there will be rain atop us, streams into us, and fish pooping. Deal with it in a consistent unemotional manner. A person seeking the fish in the streams, praying for rain, or complaining about the fish poop is distracted from all the wonderful activities and ambitions they are capable of. Accept all these difficulties and events equally and unemotionally to avoid being distracted or wasting your time and efforts in lost days that add up to lost weeks that add up to lost years of your life that could have been better lived, better loved, and now are lost. Any desire is never fulfilled: because even if it is satisfied—like eating—it will reoccur in a few hours.

Peace requires satisfaction. Satisfaction requires the absence of desire (like hunger). The absence of desire does not result from ignoring it, hiding it, or punishing it. Regulating our desires is the easiest method to provide us with peaceful portions of life. Only seek to eliminate the unnatural or evil desires like killing, stealing, punishing, or deceiving. Those desires are eliminated by living a life dedicated to God—because God does not allow or encourage these destructive desires. When you serve God properly—those evil desires no longer exist in your heart, body or mind.

Living a Godly life is not the abolishment of desires—it is the quality of our desires. As the quality of our desire to serve God increases—the quality of the desires we seek increases.

Now, as devotees we should seek to love, help and provide for other children of God. There are good and bad parents. Most bad parents believe they are good parents. Bad parents believe they are doing something good by punishing or causing their children to cry and suffer. When we boycott a country because some wealthy politicians don't agree with the wealthy politicians of another country—we cause innocent families and children to starve to death. The politicians are generally unaffected. Yet, we believe we are doing the right thing.

Despite my limitations of being a Christian, I have always utilized the basic concepts of substituting Jesus Christ into the role of the parent or politician. "What would Jesus do?" is the question I ask myself. Would Jesus boycott, punish, bomb, or lie to them? Would Jesus argue, cuss, or threaten like them? Would Jesus walk away without negotiating or compromising? I wish that Christians would actually think and behave like Christ. I really do.

Now I wish people would behave like Krishna. Christians are too prejudiced and narrow-minded to substitute Krishna for Christ... but maybe they could think of them as brothers. Plus, Krishna led a life above poverty. Most Christians don't really want to emulate Christ, forego their wealth and belongings to wander around in sandals preaching. Krishna is a wealthy version of Christ, better educated, had sex, and also studied the martial arts. Krishna also played flute! I can relate to all that and still dedicate my life to God. But if you want to donate your cars, homes, money and retirement benefits to the church so you can be Christ-like—go ahead—but remember: I recommend being peaceful like Jesus while living like Krishna.

I honestly don't know much about Krishna, but from what he said, what he did, and how he lived... I think he is a better person of God than anyone I've ever known. Only a fool or evil person would dislike him.

Nirvana is a confused concept in America. One of the most popular rock bands in America took this as their name and led their fans down a path of destructive desires, heroin addiction, confused adulterated sex, and suicide. Americans are really messed up. They still worship the leader of this self-destructive path.

Nirvana was originally just being able to live without the problems resulting from adulterated sex, drugs, and life frustrations. The rock band should have been named, "**Not Nirvana.**"

Path to God

Karma-Yoga and Buddhi-Yoga are separate or combined paths to Godliness of devotion to God.

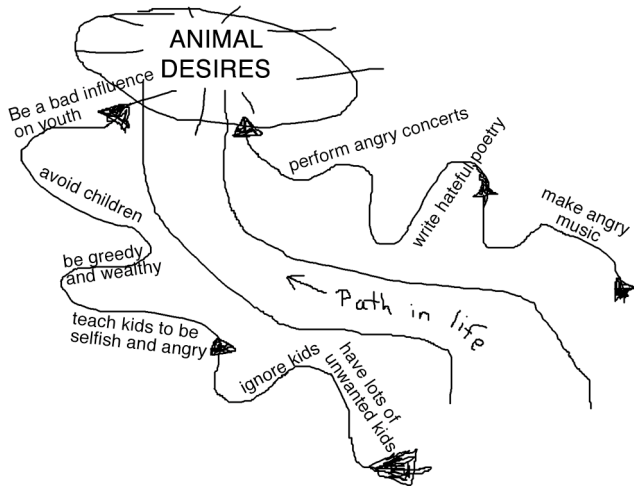
Karma-Yoga is our lifestyle of God serving actions.

Buddhi-Yoga is our lifestyle of God serving thoughts.

Karma-Yoga can be taken too far when we are trading favors with God with the belief God is keeping score.

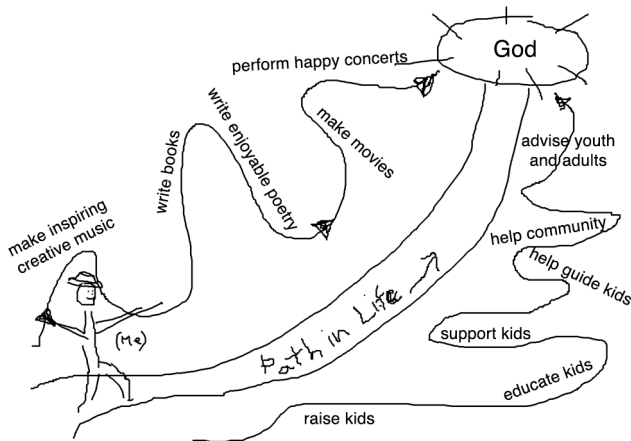
Buddhi-Yoga can be taken too far if we spend so much time devoted to religious studies or activities we don't serve our own body's requirements or deprive others of what we can provide.

This Yin-Yang balance of Karma and Buddhism is our path to God. The shortest distance to God is probably suicide—but that is ridiculous. So let's try to figure out a better game plan.



Why be an animal?

It's easier than being smart. No training or education required.



Which way do I go? (Animal desires or God?)

My choice was made 30 years ago. Lots of training and education required.

Religion & Philosophy

Religion is the combination of spiritual history and rituals.

Philosophy is the combination of ethics and practical principles.

Religion without philosophy is sentimentalism to fanaticism.

Philosophy without religion is speculation to rationalization.

The Absolute Truth is a mixture of religion and philosophy.

Every religion possesses a different Absolute Truth based upon the goals of their organization.

Truth is all Absolute Truths.

Purification is the root of Absolute Truth.

The root of Absolute Truth depends upon what we are digging for.

What we are digging for will determine what we discover.

So each person discovers a different Absolute Truth from each religion.

Here's a good message to all religions from Swami on page 109:

So one must be intelligent enough to understand the purpose of the Vedas, without being attached to the rituals only, and must not desire to be elevated to the heavenly kingdoms for a better quality of sense gratification.

This is where the founder of Zen Buddhism, Bodhidharma, got in trouble with the Chinese Emperor. When the Emperor asked if his building Buddhist temples in China was going to promote him to a better place in Heaven... Bodhidharma replied, "No."

Intellectual speculation should lead every person to the same conclusion, but the direction of our digging is determined by our material desires.

Although God is the core of all religions, only a direct search of God will lead the devotee closer to him. Most devotees become tangled in the roots of their religion and interpret wherever they become stuck as the place God has led them to. Unfortunately, since our material desires motivate our search for God, we always end up off-center without ever reaching the core of Absolute Truth.

Purification enables us to harmonize with God and sense when we are closer or farther from God in our pursuits. The less we are purified the more material our desires will be. Material desires never lead us closer to the Absolute Truth but can motivate us with proper guidance to move closer to God and develop our spiritual path.

No matter how many goats we sacrifice—God's blessings are based upon how we reward ourselves.

A purified mind seeking God will discover a new satisfaction and peace of mind... every day.

Abstinence and renunciation do not achieve any spiritual advantage or rewards. They only allow the devotee to be less distracted in pursuing and serving God.

Abstinence and renunciation should only exist when others will be benefitted and dependents won't suffer. Serving God does not include neglecting or ignoring one's duties to others.

Duties require focus and effort. Although one's occupation may not allow one to serve God directly, each person should realize how their actions are pleasing or displeasing God.

Not by merely abstaining from work can one achieve freedom from reaction, nor by renunciation alone can one attain perfection.

A purified heart will know when abstinence and renunciation are proper.

This is the problem with Christian priests. They are forced into celibacy and renunciation too early in life. Despite their success in not having sex, they are frustrating their natural desires instead of re-diverting them. In the early stages

of manhood these sexual and material desires cannot be re-diverted—they can only caged and punished by abstinence. This starvation of natural instincts creates a soul of unnatural instincts. How can a muzzled wild dog be of benefit to children?

Sure, working in Jesus consciousness will satisfy and occupy the mind and heart... sometimes... but not all day every day. The rituals and responsibilities will force priests to behave like a bridled horse, but this is unnatural and much less satisfying than allowing the horse to run free in fields and pastures.

God consciousness should begin at a young age to steer and divert interests to healthy rewarding activities and goals. Eventually a person can live and act in God consciousness with less requirements and needs of material desires. But expecting a human to never desire sex is unrealistic.

One who restrains the senses of action but whose mind dwells on sense objects certainly deludes himself and is called a pretender.

Most Yoga teachers are pretenders with no intention of focusing their minds on God. Most meditation leaders are binding their flocks in rituals while they themselves never seek God personally. Their dry memorized philosophy bluffs their followers with sophisticated logics tailored for sophisticated students. A Yogi whose mind is focused on material rewards and reputation has Yoga of no value. Despite many teachings the students will not mature spiritually or move closer to God.

Everyone is forced to act helplessly according to the qualities he has acquired from the modes of material nature; therefore no one can refrain from doing something, not even for a moment.

Each of us lives a lifestyle within the material world. Our attachments, desires, ambitions, and interests are based around our material mode of existence. Our soul is the fuel of our life—that spark of animation that will, like a child, direct its hunger and interest according to the life we provide it. In essence, we not only train our body and mind—we train our spirit. If a teenager is trained to like, play, and learn video games... the soul will like, play, and desire to learn video games. If a teenager is trained to like, work for and save money... the soul will like, work for, and save money. These are more than passions of interest—they are lifestyles. Once the soul is enmeshed in a lifestyle it will guide the mind and body on this path forever. Although the mind and body will tire and weaken, the soul is eternal and never sleeps. So as long as the soul has the opportunity to continue on its money, or games, or sexual, or even violent quest—it will steer the mind and body down that pathway of life.

Our natural life, or acting naturally is based upon the training of our soul. I created a website for my daughter, www.ActZen.com to teach her about acting, and how to do it naturally. Since I was trained in "Natural Acting," or the Stella Adler, Meisner, Stanislavsky methods, I realized that all these method acting styles were valid and useful. HOWEVER, when applied to an actor, who lacked an understanding of their own natural identity, these acting styles could leave permanent programming inside these actor's minds. that could be as destructive as becoming the destructive and violent characters they were portraying.

So I developed ActZen.com to teach each actor who they were before they become the role they are portraying. ActZen.com teaches each actor to decide and improve who they are before and after becoming their professional acting roles.

ActZen.com is a free self-help website to enable anyone, actor or not, to analyze their mind and life while also guiding them to reassemble their mind and life into something of their own design, control, and creation.

ActZen.com does not add or enhance a person's spirituality, beyond the fact that it enables each person to understand their spiritual training thus far in life.

Perhaps someday I will add other levels of self-development to include how to self-program one's spiritual life and teach people how to provide a place for God in their lives. Most people can't figure out how to add some push-ups and sit-ups to the their daily lives.

On the other hand, if a sincere person tries to control the active senses by the mind and begins Karma Yoga (in Krishna consciousness) without attachment, he is far superior.

Whatever your career or job is, you can live a spiritual life. When our idle thoughts are automatically trained to be

humanistic or God-loving, all our actions and behaviors will become humanistic and God-serving. As we struggle and strive for success and survival, our spiritual nature will flavor and affect our modes of thought and behavior. Our patience will be increased. Our insights will be enhanced. Our behavior will become beneficial and helpful. We will also realize that our quality of life is the quality of everything we do each moment of the day.

BG page 136: For self-realization, one can live a controlled life, as prescribed in the sutras, and continue carrying out his business without attachment, and in that way make progress. A sincere person who follows this method is far better situated than the false pretender who adopts show-bottle spiritualism to cheat the innocent public. A sincere sweeper in the street is far better than the charlatan meditator who meditates only for the sake of making money.

BG page 137: Work should not be given up capriciously without purification of materialistic propensities. Anyone who is in the material world is certainly possessed of the impure propensity for lording it over material nature, or in other words, for sense gratification. Such polluted propensities have to be cleared. Without doing so, through prescribed duties, one should never attempt to become a so-called transcendentalist, renouncing work and living at the cost of others.

Work done as a sacrifice for Visnu (God) has to be performed: otherwise work causes bondage in this material world. Therefore, O son of Kunti, perform your prescribed duties for His satisfaction, and in that way you will always remain free from bondage.

Rather than seeking time, sacrifices, or scheduled worship... a person should seek a mental attitude of dedication to God. Just as some people are devoted to business, or government, or country... be devoted to God and notice how life can become spiritual. Rather than being a mere slave to your employment—you can use your daily efforts and social interactions as an opportunity to invest God's love into the universe.

Sometimes when I practice my Kung Fu alone... I imagine that God is watching. You can bet I really do better. When I record my music I often imagine the Angels are listening and watching. These perspectives of being watched by God elevate my performances and activities to much higher creative artistic, and spiritual levels. When I listen to my own music—I am re-inspired by myself.

Because my music is often being performed for God I am satisfied within my heart. My love of life stems from my devotion and love of God. When I complain about record sales being too low, it isn't because I made my music for money—it is because I am disappointed the world is not inspired by my music or desiring the communion with God that I have found in my music.

My greatest disappointment is that perhaps I have not put enough God into my art. I'll try harder to be even more God conscious in my future endeavors and music.

Too often my music is about my material life. In my reenactments and characterizations of my emotions and circumstances... I know I focus into my material desires and material emotions. Somehow I believe that my connection to other people is through my material sense gratifications, whether attained or frustrated. This may be pandering but it is intended as a way to share what I know are common emotions and experiences. Sometimes I believe that by lowering myself to reenacting my material life—I will bond and share what most people seek to express... so essentially I am expressing THEIR emotions for them.

That is why rap music is so successful. Many people have horrible, ugly, angry emotions... and they identify with the horrible, ugly, and angry emotions of the disgusting rap artists.

That is also why my music does not have such widespread appeal... there aren't many people in the world who share my love of life, devotion to God, and pursuit of higher ideals. I have a miniscule demographic compared to the uncivilized riffraff of the common world.

My **LEVEL 1 = Peace of Mind album by American Zen** is about my lowest level emotions of anger and frustration... so it is my most popular and well-received album, despite its lower level production values. The **LEVEL 1** album resonates with more people than my subsequent albums of higher spiritual levels, despite their increased production quality values.

This next paragraph of the book summarizes what I was just expressing.

BG page 138: Therefore one has to work for the satisfaction of Visnu [God]. Any other work done in this material world will be a cause of bondage, for both good and evil work have their reactions [consequences], and any

reaction [reward] binds the performer. Therefore, one has to work in Krsna [God] consciousness to satisfy Krsna (or Visnu); and while performing such activities one is in a liberated stage. This is the great art of doing work and in the beginning this process requires very expert guidance. One should therefore act very diligently, under the expert guidance of a devotee of Lord Krsna, or under the direct instruction of Lord Krsna Himself (under whom Arjuna had the opportunity to work). Nothing should be performed for sense gratification, but everything should be done for the satisfaction of Krsna [God]. This practice will not only save one from the reaction of work, but also gradually elevate one to transcendental loving service of the Lord, which alone can raise one to the kingdom of God.

I wish I had mentors, masters, and expert guidance in life. Ironically, now that I have become an expert guide and teacher... I can't find anyone who wants a Guru, spiritual master, or even Kung Fu master. The world strives for mediocrity and selfish animalistic Godless lifestyles. People don't want spiritual martial arts, they want violent martial arts that allow them to punch and kick other people on a daily basis.

Now that I am a Guru, I am alone, preaching to the cows. "Moo!"

Apparently the Angels keep trying to educate and illuminate us. Every civilization on Earth has been endowed with prophets that the Demigod Angels can speak through to offer us guidance and advice. Too bad that no one cares.

Consider humans an experiment. Like cats, who cannot be trained on leashes like dogs; like dogs who can't be trained to talk like humans; like humans who do not respect God like the Angels do... we have proven that we are more capable of spiritual failure than devotional success. If God were to randomly invite 100 persons to dinner—He would probably be disappointed in 90 of them.

This next quote of Krishna concerns, scares, and bothers me. This supports sacrifice, witchcraft, and "selling your soul to the Devil."

The Demigods [Angels], being pleased by sacrifices, will also please you, and thus, by cooperation between men and Demigods, prosperity will reign for all.

In about 1996 a Daoist Priest told me to, "...ask the Gods for help." As Jim Morrison of The Doors said, "You cannot petition the Lord with prayer." All my life I've sensed that it was wrong to make deals with God... or expect God to help anyone directly.

But I considered my Priest's advice and performed a Lakota Pipe Ceremony to ask the Gods [Angels] for help. Several faces appeared in clouds, as I re-see in my mind right now. They laughed at me! They said it was my job as a human to achieve what I could without their help or assistance. "That," they said, "is the purpose of human life."

Here is another verse aimed at encouraging sacrifice and applying guilt to those who don't. I wonder how accurate any writings are by people who did not hear or speak the original words. These **Vedic Scriptures** are a conversation between Krishna and Prince Arjuna. If Arjuna didn't write these scriptures, then they are based on what someone heard or what Arjuna later shared with someone... and then what that person might have tried to repeat...

Since Krishna is reiterating the **Vedic Scriptures** and offering his own perspectives of them... it is possible that someone misinterpreted Krishna's interpretation based upon his own interpretation.

There are many types of sacrifice ranging from flowers, to fruits, to meats, to money... and each of these has a different Angel that will appreciate them and reward you for them. This sounds suspicious to me. In general, it appears to me that the **Bhagavad Gita** is steering people away from this sacrificial spirituality and informing Arjuna that service to God is mainly thinking of God while performing duties and realizing your actions are correct by the way your own soul harmonizes or conflicts with another piece of God within you, the Supersoul, that is God's eyes and ears.

For primitive people, without self-control, or spiritual ambition, sacrifice may be the only ritual they are willing to perform in serving God. It is also possible that promising them material rewards for their material sacrifices is the only way to keep them involved in any God worship.

So perhaps it is only because I have matured past this vulgar spiritual trading that it repulses me. Perhaps humans are earthly leeches who consume everything like a cloud of locusts. Stopping our consumption to offer a sacrifice would at least be an improvement over insect life. It might even inspire people to develop self-restraint and generosity.

I am going to pass over this sacrifice concept for now. Actually, donating to charities, being charitable, and sharing with strangers... without any reward... is a much higher level of thinking. Perhaps if people were trained in sacrifices to

the Gods... they would eventually learn how to sacrifice for mere mortals... just out of kindness and compassion.

Hmm. What's right for me... may be too advanced for most people. I will reconsider this offering sacrifices to the Gods more later. The Freemasons emphasize charity, but only as a word.

There are evidently many **Vedic Scriptures**, but the main four are:

1. **Rg Veda**
2. **Yajur Veda**
3. **Sama Veda**
4. **Atharva Veda**

All four are considered to be prophetically delivered messages from God. I have not yet read them.

My Dear Arjuna, one who does not follow in human life the cycle of sacrifice thus established by the Vedas certainly leads a life full of sin. Living only for the satisfaction of the senses, such a person lives in vain.

Perhaps this is a clue to what I mentioned earlier. My current life cycle involves less sacrifices of material things and more sacrifices of thoughts and energy. I've worked for the **nonprofit organization, Tai Chi Youth**, for 18 years without ever receiving a paycheck. ***I've written 24 books*** without being paid. The ***dozens of albums*** and hundreds of concerts I've performed were obviously not for money. I am living a life of sacrifice and spent 18 years devoted to raising my children without ever receiving a single dollar for myself or getting my bills paid, besides the rent and utilities.

I also lost out on any social security benefits while working for the family those 18 years.

This next one really sounds like me:

Therefore, without being attached to the fruits of activities, one should act as a matter of duty, for by working without attachment one attains the Supreme.

According to that quote of Lord Krishna: I've attained the Supreme connection to God. Well, maybe I have. Maybe I am a free, liberated, and pure soul. I am bereft of common vices and live a spiritual life... as a homeless renaissance man.

Whatever action a great man performs, common men follow. And whatever standards he sets by exemplary acts, all the world pursues.

That spells out my greatest weakness and frustration. "Great men" are never homeless and destitute... like me. No one will want to emulate me so they can sleep in the back of their broken-down pickup truck. If I am to inspire the world I need some wealth and fame. Almost sounds selfish and greedy, but I will use my wealth and fame to accomplish great things, inspire people to live better, and be a role model for youth to pursue.

What a shame that all those with wealth and fame use their riches to enhance their material desires and pursue the "***7 Deadly Sins.***" I will be different from those rap gangster goons and mixed-up musical madonnas.

Maybe it is best not to point out that all my thousands of sacrifices have not improved my material life. Sure, my spiritual, physical, and intellectual life have been improved by my life of devotion and sacrifice, but the material rewards that most people seek—have never been forthcoming to me. Still, if it is a good idea for sinful ignorant people to perform sacrifices... I may be doing more harm than good to discourage offering deals to the Gods. (When I write, "Gods," I am referring to the various Demigods/Archangels that most humans have always referred to as, "a God," or, "The God.") I do believe it best to serve only the Supreme God, but due to His remoteness and lack of communication with humans...

Anyway, I hope that by becoming a celebrity actor, writer, performer in my ***Kung Fu Cowboy movies***—I will be able to communicate with, and be listened to, by the general public.

O son of Partha, there is no work prescribed for Me within all the three planetary systems. Nor am I want of anything, nor have I a need to obtain anything—and yet I am engaged in prescribed duties. For if I ever failed to engage in carefully performing prescribed duties, O Partha, certainly all men would follow My path.

Even though Krishna had a family and small kingdom to maintain, he obviously believed in His duty to set a good example. His parents were mentioned as being good upstanding people. This would have made it easier... but that's no excuse for people like me who come from demon mothers and ignorant fathers. I have managed to discover and pursue a path of righteousness despite my parents urging me not to.

Krishna then says he could even be responsible for ruining the quality of life on Earth.

If I did not perform prescribed duties, all those worlds would be put to ruination. I would be the cause of creating unwanted population, and I would thereby destroy the peace of all living beings.

Footsteps of the Lord

I am still in doubt as to the divinity of a human. I do believe that God or his Angels speak to worthy and intelligent humans capable of understanding and disseminating the information. Like training any animal—some guidance and instruction is necessary to achieve improvements.

Perhaps it is easier for unintelligent, animalistic humans to worship a fellow human than attempt visualizing God. Once again my own advanced spirituality may not be the logical mind for fools to follow. The **Bhagavad Gita** has opened my mind to the many levels of inspiring humans on various levels of mental and spiritual development.

Perhaps the ignorant can only imitate the personification of God at the slightest levels, despite his appearing directly in front of them.

It was prophesied this year by a clairvoyant, that my children, "would return to me." This stimulated me to think about this possibility I had abandoned after years of futile efforts. Apparently it has happened this year, 2013.

Although there are dozens of images of my children performing Kung Fu with me and singing in television shows with me... they were being forced to "be in my life." Back in 2005 their mother offered both of them the opportunity to decide their involvement "in my life." When she asked them both if they wanted to be in my Kung Fu and Tai Chi Youth life, they both replied, "No."

When she asked them if they wanted to perform music with me or take music lessons from me, they both replied, "No." When she asked them if they wanted to live with me, they both replied, "No."

When she asked Rory if he wanted me to be his father anymore, he replied, "No."

So, they obviously were not in my life very much, at all. We watched television movies and anime cartoons together and said, "I love you," to each other on a daily basis.

Yesterday, after watching the anime movie, **Despicable Me**, with both of my kids, and hearing them both say, "I love you," to me, and both give me a couple of hugs... I realized my children were back with me... as much as they ever had been. Any level of involvement beyond what I experienced yesterday—was forced on them by me. That was also how my marriage ended. When Michelle stopped working for my record company and being supported by me... she said, "I will never work for you again or obey you any more." I did not realize that I was bribing or forcing her to be my wife—but I was.

A person's involvement in anything can only be determined by their free will. Thus the old expression, "Set the bird free to see if it will return."

Now that I'm back with my kids, seeing them almost every day I realize they were never my Kung Fu disciples, my music partners, or futures of my enterprises.

But they are "back in my life."

By using rules, regulations, and punishments, we never see the true nature of people. But this is a good thing. The true nature of most people is lazy, selfish and disappointing.

So the real problem in the world is prescribing the appropriate rules and guidelines for people who otherwise would be dogs eating dogs.

How does someone like me rise above the material lives of my own brothers who received the same training and education as I did? Through opportunities. We need to provide more opportunities for gifted students, spiritual seekers, artists... to pursue and achieve their abilities.

Those people who need these opportunities may be reincarnated souls, already more advanced than their parents or siblings. I'm a definite example of the possibility of reincarnation. Most people think I'm an alien from another planet because of my spiritual awareness and plethora of abilities.

Ego and False Ego

Ego is mentioned various times in the **Bhagavad Gita**. Usually it is referred to as, "false ego." Perhaps we can clarify these as:

EGO: that basic identity we cling to and develop.

Our name, age, sex, nationality...

FALSE EGO: that demanding ego that we believe gives us a purpose and destiny in life.

Superiority, greed, reputation, fame...

Both are false, since we are all bodies with minds and a couple fragments of God. As we determine or accept our roles in life, our egos become the style of clothes we wear, lives we lead, and desires we pursue.

Whether we call ourselves a name or a number we are the same.

Our age never exists as each moment we are another moment older.

Our sex was a 50/50 roll of the dice.

Our nationality is imposed on every person.

Our superiority is a "way of thinking."

Our greed is a "way of thinking."

Our reputation is a "way of thinking."

Our fame is a "way of thinking."

So the false ego is how the mind decides to enhance our reality.

Any position in life that can easily be replaced by another person = false ego.

The foreman, superintendent, or owner of the company could easily be replaced by someone else despite abilities and credentials.

An artist, writer, or actor cannot be replaced as easily.

The creative egos are not as false as the power egos. So egos of power = false egos.

So for someone to be divine, inspiring, spiritual or a leader... we need true egos, not false egos.

By the same token we need to realize that Jesus, Mohammed, Buddha, and Krishna are to be followed more than imitated. A person joining Christianity should not immediately gather up a dozen disciples and start preaching. A person joining Christianity should emulate the lessons and follow the instructions of Jesus.

A person joining Buddhism should not renounce life and wander around begging. A person joining Buddhism should emulate the personality of Buddha, study his lectures and follow his instructions.

When our ego guides our actions, believing it is following its own desires and rules... it is a false ego. A child should emulate the values and principles of its parents before it starts having children of its own.

Each of our egos must learn the principles and lifestyles of our divine role models before it believes it has the ability or need to rule over others. That is probably the biggest problem in the world today: we have children ruling the world.

I have studied a half-dozen religions and found that each and every one of them has the potential to raise devotees to a higher consciousness, good behavior, and make God proud.

Just as the books we read as children are more simplistic than the books we read in college; so should the books of spirituality evolve with our maturity.

Humanity's problems also stem from gripping tightly the words and lessons they learned as a child and holding them too dear as adults. Dr. Seuss books are great for children, but adults need more engaging characters and life lessons that would be incomprehensible to children.

Each religion should develop a separate **Bible** for:

1. children
2. teenagers.
3. young adults.
4. parents
5. seniors

6. spiritual leaders
7. spiritual apprentices
8. Understanding other religions

If a religion could produce the above books—it would improve the world.

Krishna addresses this issue in the following guide:

Bewildered by the modes of material nature, the ignorant fully engage themselves in material activities and become attached. But the wise should not unsettle them, although those duties are inferior due to the performer's lack of knowledge.

So 4,000 years ago Krishna was advising spiritual people not to expect too much from the common man. Like children, they can only be expected to comprehend what a spiritual child can grasp. This is a good lesson for me. I keep climbing the spiritual ladder expecting to turn around and see lots of people following me. Unfortunately, they're levels behind and below... and they haven't even noticed I'm gone.

Envy and greed are the by-products of an empty heart. If you want to know where people are on the spiritual ladder, look at their actions, emotions, and material possessions. Tattoos also aid me in the quick ascertaining of a person's spirituality; they literally wear their heart on the sleeve.

Most people follow their false egos instead of their spiritual role models. Their greed, passions, desires, and fears will lead them with ignorance and foolish plans that will lead them farther from perfection and back towards animal existence.

Repressing greed, passion, desires and fears does not change the person at all. It cloaks them like clothes on tattoos. Just because you cannot see a person's nature, does not mean that it is controlled or improved.

Vedic Scriptures evidently provide a unique guideline for controlling sexual activity: sex is okay in a marriage, otherwise every woman should be treated like your mother.

I thought that was cool. After all you aren't supposed to suppress or control your desire to have sex with your mother—you're not supposed to have the desire at all. That works!

Here's a wisdom from Krishna that would have prevented my scorpion sting and subsequent injuries last year. www.KungFuCowboy.com tells the story. My path in life is a writer, performer, musician, and Kung Fu master. Being a stagehand or dirt shoveler is not my place in life or my proper occupation. As a stagehand or dirt shoveler I am depriving someone of their means of survival, livelihood, and perhaps forcing them to encroach on someone else's rightful career.

It is far better to discharge one's prescribed duties, even though faultily, than another's duties perfectly. Destruction in the course of performing one's own duty is better than engaging in another's duties, for to follow another's path is dangerous.

*That was ominously prophetic. Two weeks after I signed the “Life Option Agreement” and “Co-Production Agreement” to produce the **Kung Fu Cowboy Rock & Roll Movie 1**, I was stung in the neck by that small tan scorpion. If I had immediately hopped up to Los Angeles and begun working on the movie, instead of milking the next few months of manual labor... I wouldn't have been stung in the neck, torn up my legs, or injured my arms with the wheel barrow... What I rationalized as “being practical,” was pursuing the wrong vocations just to earn some money. Nowadays, in our economic depression, people are more inclined to pursue the wrong vocations... just to “earn a buck.” The world is deteriorating in many ways on many levels due to our desperation.*

So following in the footsteps of God means to follow our own proper path. While on that path we can behave like Jesus or Buddha, but we must not imitate them, merely emulate them. If they didn't use cuss words, perhaps we shouldn't use cuss words, despite our peers and clientele.

My family has ALWAYS advised me the opposite of this.

My mother says, "Dreams don't pay bills. Get a job."

My brothers say, "Make money now until you can afford to pursue your dreams."

My father says, "Money makes all the decisions, not ambitions."

Wow! If only I'd had mentors and family members who would have supported my proper path in life instead of all guiding me astray and imposing guilt upon me for not being more materialistic. Even my ex-wife Michelle says, "It doesn't matter how you make money—just make it."

The Supreme Personality of Godhead said: It is lust only, Arjuna, which is born of contact with the material mode of passion and later transformed into wrath, which is the all-devouring sinful way of this world.

Interesting. So lust is the passion which becomes wrath. Wrath is violence. Our American wrath after 9/11 has become more sinful than the evil that inspired it. The 12 hours of sinful violence on that day became 12 years of sinful wrath. Our President used passion to fuel our revenge.

When passion becomes violence... violence becomes passionate. [*Wow. Maybe that's quotable..*]

Since I am an author with several pen names... let's attribute the above quote to Richard Del Connor.

Despite our many victories and retaliative murders—this wrathful passion has no logic—so it doesn't know how or when to stop. Especially with all the material passions we've connected to our wrathful violence—we are now deeply enmeshed in passionately murdering and conquering an unconquerable foe. This 9/11 war could rage for 100 years and never be won. Oddly, it gets worse. We've destroyed more lives and destroyed more families and created more suffering than the original 9/11 attacks and attackers... and nothing is improved and undoubtedly worse. The entire country of America is suffering more than we were back in 2001. Our economy is broken. Our credibility is destroyed. The world is more polluted, and society is lowered to a survival level with arts and entertainment also of low quality and low ideals.

Americans are mostly stupid. Too bad. We've abused our power and ruined what we had in peace and prosperity.

If we could have transformed our pain and suffering into compassion, education, cooperation, compromise, and love... the world would be a more wonderful place. For the one million faults we have achieved in the last decade, I am unable to name a single accomplishment. America is paying the Karmic price for our evil deeds. No matter how many women, terrorists, or children we kill—our wrath will never be satisfied. I am embarrassed to be an American. I hope we can restore our honor.

The senses, the mind, and the intelligence are the sitting places of this lust. Through them lust covers the real knowledge of the living entity and bewilders him.

Americans are taught that murder and vengeance are wrong—this is our "real knowledge." So President Bush, the C.I.A., and F.B.I. used fear, and sadness to engage our material senses. To satisfy our intelligence they created clever slogans like, "We are liberators—not conquerors." That's all it took to create a lust for murder. Bewildered by our government the American people anxiously hungered to see the blood of our enemies flow like rivers on television with, "*the bombs bursting in air...*"

It was important for the government to link our mental intelligence to the base instincts of vengeance and violence. The news media cooperated with the administrators of this war to engage people's minds into believing we were doing a good thing that would create a better future. Obviously, they lied to us, deceived us, and have now shown how they really regard the American public with financial depression and higher gasoline prices.

Probably none of the American politicians have suffered financially. [*They've been receiving pay raises while the rest of the nation has been suffering lowered wages and job scarcities.*] None of the war's planners went over there and sacrificed their lives. I hope that someday the American government is put on trial for all our war crimes perpetrated since 9/11. If the situation was reversed and the Arabs were occupying American soil...

One of the **Vedas, Srimad-Bhagavatan** (10:84:13) sums it up wisely:

A human being who identifies this body made of these elements with his self, who considers the by-products of the body to be his kinsman, who considers the land of birth worshipable, and who goes to the place of pilgrimage simply to take a bath rather than meet men of transcendental knowledge there, is to be considered like an ass or a

cow.

The Absolute Truth or Real Truth is always right in front of us... but few people can recognize it.

When love deteriorates into lust, and righteousness transforms into wrath, we become passionate murderers.

Hey, there's another cool quote by Buddha Z.

Strengthening the mind to be intelligent requires information of love and respect. Strengthening the mind to be vengeful requires information of fear and hatred. When our minds become fearful and hateful—we are so far from an awareness of God that we cannot determine where He is. Our own soul cannot connect to God because of the distance we have traveled to become evil.

Our government is supposed to be duty-bound to lead us away from sinful ignorance. Unfortunately this century has begun with almost all governments leading their societies into material bondage and the sufferings of slavery.

3 Types of Humans

There are *3 Types of Humans* in the world of Earth:

1. *Human Animals* (common people, corporation workers, computer programmers and parents)
2. *Devotees* (God seekers, God worshippers, God lovers)
3. *Demons* (misguided, misguiding, mysterious)

Each of the *3 Different Types of People* will understand and appreciate the **Bhagavad Gita** differently.

1. *Humans* will seek ways to be benefitted.
2. *Devotees* will discover the wisdoms embedded.
3. *Demons* will criticize and comment scientifically.

Since I was raised by a *demon*, I have demonic logic founded in scientific logic. This intellectual Atheism makes it difficult for me to accept Godly faith in the abstract imaginative concepts of afterlife.

Since I am a *devotee*, raised Catholic, a Lakota Pipe Carrier, Zen Buddhist Master, Daoist, and Gnostic... I have the ability to live an intellectual devotion to God.

Since I am a *human animal*, raised to be a slave laborer; I have greed, and survival skills that my parents taught me are my greatest qualities. "You're a survivor," was the only compliment my mother repeated to me through my life.

It's no wonder I had to work my entire life to become the spiritual person I could have been as a teenager.

With my qualifications to be a devout Atheist, I hope you will appreciate my decision to be a spiritual being, although my parents and relatives still think it is wrong. If I could have become wealthy during the past three decades, many relations might have followed in my footsteps and led more spiritual lives. Material success will be necessary for me to lead people away from material success. Despite my happiness, health, peace of mind, intellectual and artistic achievements... No one will follow me until I possess the material life they desire. Ironically I am trying to lead people away from worshipping money.

The **Vedas** explain that although God is without a second, he manifests himself on Earth at least once per millennium. The way a person knows they are God is because they remember their previous incarnations. When God is reincarnated he also reincarnates his helpers and friends. Krishna says he remembers the past lives with his friend Arjuna, although Arjuna does not remember them. If Jesus was God reincarnated, he would have memories of his past lives and known some of the Apostles also in previous lives. Perhaps there is mention of this in the Christian Bible?

Although I am unborn and My transcendental body never deteriorates, and although I am the Lord of all living entities, by My internal energy I still appear in every millennium in My original transcendental form.

According to this, the Lord appears in the same original body with two hands holding a flute. He also never ages beyond youth. Despite his being a grandfather, Krishna still only looked 25 years of age. He eventually "disappears" from existence.

Whenever and wherever there is a decline in religious practice, O descendant of Bharita, and a predominant rise of irreligion—at that time I descend myself.

Lord Buddha is referenced as an incarnation of Krishna. He appeared when materialists were using the **Vedas** to profit from sacrifice. Lord Buddha appeared to stop materialistic sacrifices and establish principles of nonviolence. Evidently each incarnation of God has his own unique agenda or mission. He appears before all nationalities worldwide and teaches them religion to the extent they are capable of learning.

The Lord can incarnate himself as a bona fide representative, or as His Son, or Servant. Sometimes the Lord appears on Earth in a disguised form.

When God creates a new religion, it is to arouse God consciousness. The higher principles of religion begin with the acceptance of the 4 orders and 4 statures of social life.

To deliver the pious and to annihilate the miscreants, as well as to reestablish the principles of religion, I Myself appear millennium after millennium.

The **Bhagavad Gita** mentions *2 Types of Holy Man*:

1. **Sadhu**—Man in Krishna consciousness
2. **Sahwi**—Holy Man not of Krishna consciousness
3. **Duskrtam**—Reject Krishna consciousness and God (miscreants)
 - a. foolish
 - b. lowest of mankind
 - c. may be highly decorated war heroes
 - d. may be highly educated

Even though a person may be of kin, demons will harass Holy Men.

BG page 183: The avatera, or incarnation of Godhead, descends from the kingdom of God for material manifestation. And the particular form of the Personality of Godhead who so descends is called an incarnation, or avatera. Such incarnations are situated in the spiritual world, the kingdom of God. When they descend to the material creation, they assume the name avatera [avatar].

Some Avatars, Personalities of God, do not kill miscreants, but instead redeem with causeless mercy.

One who knows the transcendental nature of My appearance and activities does not, upon leaving the body, take his birth again in this material world, but attains My eternal abode, O Arjuna.

I'm still coming to terms with this word, "transcendental." In 1968 I studied Transcendental Meditation of the Maharishi Mahesh Yogi. To transcend, I thought meant to "go beyond." This particular sect taught me to "go beyond reality," into a void of peace and contentment. I found that... but they never spoke a word about God. So perhaps that is why they never referred to this as a method of Yoga. Perhaps Yoga requires some physical effort, or it is meditation. Perhaps transcendental meditation requires some spiritual or at least non-reality based concept.

That previous Krishna quote said, "transcendental nature." That is an inspiring thought. What is "God's nature?" Although there seems to be a conflict or difference between, "God's Nature," and "Evil Materialistic Nature," since ALL existence emanates or is a piece of God... is materialistic nature not of God?

My children have chose materialistic lives over spiritual lives. As a result, they have moved out of my life and farther from my world of activities and interests. So perhaps Good and Evil, are really the personal lifestyle we choose of being closer or farther from God.

Perhaps it isn't as simple as "do not kill." Perhaps it really means, "do not kill good people," or, "do not kill for evil reasons." This confuses me. I prefer the simpler rules and guidelines of, "do not kill" (ANYONE). Since good people seem evil to evil people, as criminals despise policemen, so it is that an evil President with evil ambitions will believe that a good person is a good person to kill... History is full of examples where religions misled their sheep into killing other sheep undeservedly. Somehow we need to be able to recognize a materialistic person leading people astray and farther from God.

In the **Parusa-bodhi Upanisad** it is stated:

The one Supreme Personality of Godhead is eternally engaged in many, many transcendental forms in relationships with his unalloyed devotees.

The **Bhagavad Gita** repeatedly mentions how pure faith can be enough to reach the Heaven of Krishna. It also mentions this is possible through the Yogas and efforts of spiritual seekers—perhaps without direct devotion to Krishna himself, but also warns that partial spiritual attainment can easily regress back to where you began if material desire is regained.

Sadly, I've seen this many times in my Shaolin Kung Fu students. They can sometimes become incredible persons of highly evolved spiritual nature, while attending my classes. But when I am removed from their lives, and they discontinue practicing the Kung Fu I taught them... they go back to drugs and crime... The spirituality I offer and provide requires daily or at least weekly attendance in my classes. Perhaps some of my disciples are continuing at the spiritual levels I raised them to. I hope so. That is another regret of mine, is being unable to even offer

them online internet classes or video chat lessons. My poverty has disabled my ability to nurture and provide for my disciples and students.

In a few places Krishna may have verified that His Heaven is the permanent and ultimate Heaven, whereas other Angels have temporary Heavens that can be attained for temporary duration. "Perfection" is supposedly easily and immediately attained by cultivating faith and knowledge through Krishna consciousness.

I'm not totally doubting that, but life seems to be very unrewarding and by my estimation would require great effort and substantial time embodying Krishna consciousness or any God consciousness to achieve complete spiritual liberation.

Krishna may have summarized more exactly here on page 185:

Being freed from attachment; fear and anger, being fully absorbed in Me and taking refuge in Me, many, many persons in the past became purified by knowledge of Me—and thus they all attained transcendental love for Me.

I'm willing to believe this. Perhaps this explains why many people that I have known, who took refuge in Jesus Christ, still seemed to be vile and sometimes evil. No matter how much religion you cloak yourself in... you aren't a better person until you become a better person.

Krishna qualifies devotion to God to include:

1. *freed from attachment*
most of those despicable Christians were very materialistic
greedy
money loving
apathetic
2. *freed from fear*
they also feared the God they supposedly loved
they also tried to promote fear in others
3. *freed from anger*
they were usually prejudiced and bitter
resented other religions
sometimes condemned and vilified nonbelievers

So, perhaps it is possible for people to become fully absorbed in love for Christ that would equal a love for Krishna—if they could become freed from greed, fear, and anger.

This next verse on page 187 could be inaccurate and also misleading:

As all surrender unto, I reward them accordingly.

The problem here, "reward." When we work for someone we expect a financial reward. People are trained to value their efforts according to the financial rewards they receive immediately or in the near future. My own parents and relatives believe I have wasted my life because of the miniscule financial rewards I have received. None of my artistic creations, philosophical realizations, spiritual awareness, benefits to the community, or developments of my students have any value to them. They really don't even want to know of them. These accomplishments are not valued as "rewards" in my family because they cannot be measured in dollars. I am persecuted and insulted for "wasting my time helping others."

So what is my reward for loving God and devoting my life to being a good person? I am happier than 99 out of 100 people I meet. I, although without a girlfriend or lover since 2001, feel a contentment and satisfaction as if someone really did love me. Perhaps God is reciprocating my love, and my peace of mind and creative wealth is partly due to my connection to God. It would seem also that many people desire a connection to God... but due to their limited faith, limited investment in Godliness, become frustrated and disappointed in God.

That would summarize my marriages. My ex-wives were always the most satisfied in life and in our relationships when they were investing their love and time and efforts into my life and my careers. As each wife became independent of me, our relationship fizzled, petty differences became major frustrations, and the future appeared less profitable.

Any relationship I pursued that never included the girl investing or supporting my life always ended briefly. Every semi-permanent relationship and marriage I have had was always as strong and rewarding as the girl invested into my life.

*I wrote a song this summer, "**Honor and Obey Cherish and Protect.**"*

Their rewards were always the sharing of my rewards and a unique satisfaction that I've also shared with male partners (that I wasn't having sex with). My bandmates who were actually contributing and investing their time and energy—always seemed to reach the highest levels of personal satisfaction and contentment while supporting my life. As each one became independent of me... I used to think it was Karmic bad luck, for not sticking with me... but I've watched many people pull out of my world and sink into despair and self-destruction.

A few months ago, Scott and I were interviewing a special EFX person for our ***Kung Fu Cowboy Rock & Roll Movie 1***. He was part of my social life back in 1980 and was a fan of my punk-pop band, ***The Rich***. Check out the album, ***LIVE IN VENICE*** by **The Rich** to hear the music he appreciated. During our interview he asked, me, "Do you know what happened to _____?"

I replied that after living with her for two years, by her insistence, we hadn't remained in contact—so I knew nothing of what became of her. (She left me for another Special EFX person who made a lot more money than I did.) The songs, ***"House of Rejection," "We're Not Working Out," "I Love You So," "Temptation,"*** and ***"My Child,"*** were all written to/about her.

I was informed, "She really went downhill. She became a crack whore."

This shocked me. I would have never even thought that was possible. I felt very sad and wanted to know immediately how I could help. I'm not saying that any of this happened as a result of her dumping me, but it does illustrate how her pursuit for material benefits beyond what I could offer ended up being less than I would have provided.

Perhaps this example could be a metaphor to loving God. The "rewards" of loving God may not seem substantial in the short term—but can be very substantial in the long run.

Lets summarize and compare LOVE OF GOD to LOVE OF HUSBAND:

GOD LOVE _____ HUSBAND LOVE

1. Desire for self-realization———Desire to be beautiful
2. Desire to meet God———Desire to meet husband
3. Associate with Godly persons——Associate with possible husbands
4. Accepted by spiritual master——Accepted by husband
5. Loving service to God———Loving service to husband
6. Freedom from materialism———Freedom from carnal desires
7. Steadiness in self-realization——Investment in husband
8. Lifestyle of studying God———Lifestyle in developing family future
9. Steadfast in Godly devotion——Steadfast in marital devotion
10. Constant loving devotion———Constant loving devotion
11. Attain spiritual personality———Attain community marital status
12. Overcome frustrations———Overcome frustrations
13. Attain peace of mind———Contentment in marriage
14. Attain spiritual perfection———Attain marital perfection
15. Able to help others understand——Able to start having children
16. Nurturing new believers———Enjoyment of raising children
17. Success in spiritual guidance———Success in developing children

18. Attain Heaven———Heavenly home on Earth

So, the rewards of loving God shouldn't be expected any sooner than the rewards of loving your husband or wife. Devotion is a way of life, not a favor for a paycheck.

Kung Fu is referred to as, "A way of life." Americans understand this as well as they understand marriage. Most marriages are divorces in seven years. My marriage ended after a couple years, but due to the marital "commitment" and difficulties of getting a divorce... most marriages continue several years after they have actually ended.

Perhaps when Americans can make lifelong commitments to Kung Fu, they will be capable of making lifelong commitments to marriages. Unfortunately, Americans have trouble making annual contracts, or promises, or relationships last longer than three months.

Less intelligent people, no matter how well-educated, will always seek shortcuts to success and immediate rewards for their efforts. That is because they are closer to animal existence. They kill an animal and eat it while it is fresh, or because they are hungry. The more intelligent person would till the soil, plant the seed, water the crop, protect it from the elements, harvest the crop, save some for later, and eat some now. Being smart requires a bigger game plan than survival tactics.

Being spiritual requires more than sacrifices. Being a smart spiritual person requires a constant investment of effort over a long period of time (your life).

The unintelligent are satisfied to receive lots of money that they will spend or invest. Once spent it is gone. Once invested it is gone, may be stolen, or may never be used by saving it until you're dead.

The intelligent persons are satisfied to receive even the slightest rewards of love that they will continue to receive and share with others. Once spent it is constantly renewed. Once invested it is returned with love or shared with others. Love cannot be stolen or lost as it is held in the heart forever.

According to the three modes of material nature and work associated with them, the four divisions of human society are created by Me. And although I am the creator of this system, you should know that I am yet the non-doer, being unchangeable.

So God is saying that human existence is comprised of four levels of society, each level comprised of people operating in one of three modes of existence and perception.

God also points out He is not part of any of this.

4 Classes and 3 Modes of Humanity

4 CLASSES of MANKIND:

1. **Intelligent Class**—artists, philosophers, creative, constructive
2. **Administrative Class**—government, business owners, militaries
3. **Merchant Class**—salesmen, performers, actors, musicians
4. **Worker Class**—laborers, carpenters, employees, factory workers

3 MODES of MATERIAL NATURE:

- A. **Mode of Goodness** / Spirituality / Enlightenment
- B. **Mode of Passion** / Desire / Wealth
- C. **Mode of Ignorance** / Desire / Money

The following were creating on a large sheet of paper with columns... I have broken it down into these smaller units where they may not be understood as easily.

*The **4 CLASSES OF MANKIND** are combined with the **3 MODES OF MATERIAL NATURE** to produce the following variations of humans.*

*Each has a number **1, 2, 3, or 4** of the **4 CLASSES** and a letter **A, B, or C** from the **3 MODES**.*

Where do YOU fit in?

1A: Intelligent Goodness =

sage
spiritual leader
role model helping others

1B: Intelligent Passion =

writes novels of passion
financial wizard
inspires war

1C: Intelligent Ignorance =

writes horror
inspires fear
hordes wealth

2A: Administrator of Goodness =

creates helpful projects
leads compassionately
inspires leaders to improve

2B: Administrator of Passion =

seeks power
seeks evil rewards
seeks personal greedy wealth

2C: Administrator of Ignorance =

punishes when possible
desires control of others
covets wealth

3A: Merchant of Goodness =

creates best possible project
creates products to help others
treats others with fairness and rewards

3B: Merchant of Passion =

sells what will profit
wants excessive profit
cheats others as possible

3C: Merchant of Ignorance

sells crappy goods
doesn't care what product offers to consumer
happy with any sale

4A: Worker of Goodness

does his best and enjoys his efforts
worships God in daily work
seeks God in his spare time

4B: Worker of Passion

does what will make the most money
desires more than money than he receives
celebrates his paycheck

4C: Worker of Ignorance

does anything to make money
desires more work
desires more money

There is no work that affects Me; nor do I aspire for the fruits of action. One who understands this truth about Me also does not become entangled in the future reactions of work.

So no matter what you do, good or bad, you don't have any affect on God. Remember? That's what got Bodhidharma, the first Patriarch of Zen Buddhism, in trouble with the Emperor of China: When the Emperor asked, "I will receive a reward in Heaven for all my efforts..." Bodhidharma replied, "No. Your place in Heaven is unaffected by your building of Buddhist Temples."

However, in a previous verse by Krishna, who is speaking as the incarnation of God, he states to Arjuna,

As all surrender unto Me, I reward them accordingly.

This is both explained and complicated by this statement of Krishna,

Men in this world desire success in fruitive activities, and therefore they worship the Demigods. Quickly of course, men get results from fruitive action in this world.

That was cool. God, temporarily manifested in a human body, had a wife (maybe wives?), has grandkids, lives in a mansion, and looks like he's only 25 years old, says that:

in the material world you will receive fast rewards:

money for job
money for sale of item
orgasm for sex
property for price paid

worshipping Demons (or Angels) provides soon but temporary rewards:

job: human business leaders, politicians, demon Kings

money: human demons who pay money for crimes, profit from other's loss of time

orgasm: worship Goddesses, worship sex, excessive time in pursuit of sex

property: worship land owners, dictators, government demons

All the above demons provide immediate rewards for good or evil efforts. Unfortunately for me, I don't worship any of those demons... so I'm not getting any of their rewards.

Sheesh. God may provide the ultimate bliss, best contentment, and fulfilling purpose in life; but God obviously does not carry a wallet or make direct deposits into any of my checking or savings accounts.

Stephen King obviously worships some Demon of fear that connects other people to that Demon/Angel. Nobody's complaining! Everyone who connects with that Angel of fear apparently receives some sort of bliss. I've read a couple of his books. Despite the huge fear I received from the book **Salem**, there was also a calm peace that was odd to me. I'm still not sure whether the fear is the reward or the lure. And the reward of eventually peace, like the contentment after an orgasm, may become both the lure and the reward again when you enjoy a fear provoking product.

I only just thought of that. We'll see if I realize anything else by the next draft.

*First draft update: Well, I did just connect to an old girlfriend. I was laying in the park a couple days ago and decided to think of her. I held my arms up and thought of her, wherever she was. I touched her. I stroked her... I just found out that right after that she went online and ordered my poetry book, **4 Decades of Love**, from one of my websites. Coincidence?*

That's a *battle* for me. What does a person think? I guess *battle* is being dramatic, but once in a while, when I do think about sex, (not to scare you—but it has been less this last month), is also a time to decide what kind of sex you want to think about, who it is going to be with, and what you are doing...

My *battle* is deciding what to fantasize about. Most of my fantasies for the past 20 years have incorporated my last wife in them. This absolved me from guilt and met with her approval.

But now, I'm interested in having a relationship with a new wife. But I don't know what she looks like. As I consider and remember all my past lovers and wives... I feel the same as I do when I fantasize about my last wife: feelings of frustration. I can't trick my subconscious to that extent.

That's what photos do. They both satisfy one's ability to fantasize about the unknown and future, and fantasize about the past, enabling memories to add power, fuel and reality to the fantasy.

Currently, I'm anxious for a new wife more than I have desired one for the last 20 years, so...

Wow. I was just remembering my life in the late 1980s, after my marriage to Raquel... I wasn't looking for a mate. I was willing and wanting of a mate... but I don't remember pursuing that desire as much as I was pursuing my record company career of launching Shaolin Records. So, I never intended to substitute or replace my dreams with a family or wife... but, mistakenly, I did.

Back then I called my company, SHAOLIN FILM & RECORDS. I liked that.

I was:

SHAOLIN COMMUNICATIONS: parent company

main checking account

book publisher

sells ALL products of ALL companies

SHAOLIN FILM & RECORDS: production company

movie company

record company

photography by The Coyote

SHAOLIN MUSIC: music publisher

music publishing

99% = properties by Richard Del Connor, The Hippy Coyote, Buddha Zhen

administration of ALL Shaolin Film & Records project copyrights

I've always had too much to do.

Now, **SHAOLIN PICTURES:**
movie production
music videos and commercials
producer: Richard Del Connor

SHAOLIN FILM
photography by The Coyote
Coyote stock footage
library and exhibitions of The Hippy Coyote artworks

SHAOLIN RECORDS
produces all records and songs by:
American Zen
Buddha Zhen
THC The Hippy Coyote
The Rich

I liked that previous statement of being, "entangled in the fruitive reactions of work."

That's not my problem. Sheesh again. I'd like to see some fruitive reactions to my work. No disrespect intended. But hey! I'm sleeping in my truck, working to pay my storage rent, unable to pay my bills, barely surviving on peanut butter and sardines, needing to afford a radiator so I can fix my Toyota and be able to drive out of my last wife's parking lot where I've been sleeping for five months.

Hey! Can't I please sell enough books to attain a house, buy food, and pay my bills?

I really don't think I'm being greedy or entangled in my fruits, that I planted, grew, harvested, and offered for sale on the internet. I don't think Krishna would object to my having some success—especially in what appears to be my own unique, "duty."

No one else could write, perform, produce, and package what I've created and recorded.

The other day, I was talking to the Jewish homeless people, a father and son, David and Miles, who I genuinely want to help. Not even just with money. If I could make my movie, I would hire both of them so they could live as normal people in a house, able to pay their bills. I want them to be much more financially successful than I am right now.

Please God. If I can make my movie, I'll hire a bunch of deserving, but needy also, people that I know and will discover. I'd really enjoy being able to employ people full-time, for several months at a time at a decent rate.

So God replies on page 195:

The intricacies of action are very hard to understand. Therefore one should know properly what action is, what forbidden action is, and what inaction is.

Hmm. Not the reply I'd have preferred. God reminds us that a soldier must know what:

1. ACTION IS: killing an enemy soldier
2. FORBIDDEN ACTION IS: allowing wounded enemy to live when not taking prisoners
3. INACTION IS: not killing enemy soldier

What if the soldier doesn't kill him, and the enemy kills another dozen of his friends? What if the enemy will live to be a great leader and create peace in the future?

That's the problem with the problem: people shouldn't be put in such a situation of choosing who lives and dies. A situation that produces people trying to kill your friends should be prevented. Prevent war. Create peace. Forge friendships. Maintain communications. Negotiate for the greater good with love of God and perform your prescribed duty well.

Ah. This next Krishna quote is similar to what I just said (wrote).

One who sees inaction in action, and action in inaction, is intelligent among men, and he is in the transcendental position, although engaged in all sorts of activities.

This is a Daoist perspective of seeing the birth of Yang in Yin and vice-versa. When one sees the faults of being good and the good being bad... one can make intelligent decisions.

Question: When is it wrong to be right?

Answer: When you're all wrong.

Sometimes if you are all wrong it can turn out all right.

If someone said, "I want blue and green Christmas lights," but you hang up red and white lights... it could turn out alright... if there aren't any blue and green lights mixed in..

Spiritual Cycle

Material existence is our reality.

Material actions are our efforts to connect to the material world.

Spiritual actions are our efforts to connect to the spiritual world.

Materialistic people will achieve material results.

Spiritual people will achieve spiritual results.

When a person can survive comfortably in the material world,
then spending as much time as possible in spiritual actions...
a harmony can be found.

When the material efforts have a spiritual attitude to them—
a sage is born.

If little time is spent in material efforts, with mostly spiritual activities—
a Yogi is born.

When all actions are in a spiritual consciousness,
and material needs are provided by disciples and devotees:
a guru is born.

A guru is a Buddha.

A famous Buddha is a Saint.

A famous Saint always seems to spark a new cult.

A new cult becomes a material enterprise.

The cycle begins again.

Sinful Reactions

Sinful reactions are the actions taken against other sinful efforts?

A good effort does not produce a sinful reaction—except in an evil person.

When an evil person attacks or expends efforts against a good person, there is no good reaction to the evil unless one can imagine the evil is good.

This however, requires a denial and misinterpretation of the truth—so now the good person has become a deceiver to pretend to feel good or do good in this evil environment. When a good person accepts or ignores evil they are becoming evil.

The only cure for evil actions is avoidance. Like a fart in a small room—it is best to leave.

Spiritual Life

When one thinks God-loving thoughts, with compassion towards others, while maintaining material endeavors—the rewards become his efforts instead of the material fruits.

When a person lives a spiritual life, all those in proximity share in some of God's love.

Self-realization through personal endeavors is the second highest achievement in the material world.

God-realization through personal endeavors is the highest achievement in the material world.

Life appreciation is the 3rd highest material life, as each minute becomes a pleasant memory. Bathing in the bliss of a God-loving warm shower of material moments... life becomes a quest for perfection through generosity, creativity, obedience, and compassion.

Unfairness is the disease of being ignorant of God.

Wow. That explains my relatives and our politicians. They are unfair because they are ignorant of God.

An awareness of God includes the ability to appreciate the pieces of God in every person.

So obviously, when people have an awareness of God, or at least their own Supersoul, they will treat people better.

This next one sounds like "If... you' ll be a man my son..." poem by Rudyard Kipling.

He who is satisfied with gain which comes of its own accord, who is free from duality and does not envy, who is steady in both success and failure, is never entangled, although performing actions.

To be independent of your livelihood you must be satisfied with the provided rewards, and at the least, satisfied with your efforts and daily work... Resentment will bind you to the worst part of the material world, sadness and pain.

Honest labor requires an effort to be fair with everyone and avoid tasks that are corruptive to your self or others.

Duality is misery and happiness, or profit and loss. To avoid duality requires preventing unfair loss and providing success for everyone.

By avoiding duality, and excessive material efforts, a person becomes situated in transcendental awareness. This eye of the storm is the peace of mind that harmonizes in a material world of spiritual awareness.

Transcendence is a lifestyle unbound and unhampered by material needs or reactions.

When we are dedicated to God, goodness becomes the material image of our efforts. Spiritual life requires a spiritual nature, germinated in devotion to God and liberated by the free will of compassion. This is a transcendental lifestyle.

Wow! Did I just say all that?

8 LEVELS of Enlightenment of American Zen

The following sections of the American Zen website at www.AmericanZen.org were created to “enlighten and entertain.” I hope you enjoy them and find them useful.

LEVEL 1 is the survival level.

LEVEL 2 is the religion level.

LEVEL 3 is the love level.

LEVEL 4 is the sage or prophet level.

LEVEL 1 website section of www.AmericanZen.org

Entrance

Webstories

Poetry

Album: LEVEL 1 = Peace of Mind by American Zen

T-Shirts

LEVEL 2 website section of www.AmericanZen.org

Entrance

Webstories

Poetry

Lyrics

Album: LEVEL 2 = Christ Killer by American Zen

T-Shirts

LEVEL 3 website section of www.AmericanZen.org

Entrance

Webstories

Poetry

Lyrics

Album: LEVEL 3 = I Want You To Love Me by American Zen

T-Shirts

LEVEL 4 Part 1 website section of www.AmericanZen.org

Entrance

Webstories

Poetry

Lyrics

Album: LEVEL 4 = Kung Fu Cowboy PART 1: King Solomon's Temple by American Zen

T-Shirts

American Zen was founded in 1992 when I realized I was stranded and without musical partners in Salt Lake City, Utah. The first two albums are the chronological story of my first two years in Utah.

As I grew spiritually and took control of my family and daughter as a Mr. Mom, I knew that I could utilize my spiritual journey to inspire other people to possess and recognize their own spiritual journey. The "**LEVELS**" of American Zen represent the **upward climb of spiritual enlightenment**.

*Navigate the **American Zen website** by using the “Next Page” buttons... usually located below the text of each page.*

Fruitive Workers

Fruitive workers sacrifice material possessions = material enjoyment.

Impersonal sacrifices + material goals = merges with God.

Fire altar of sacrifice = Guru.

Offering = self consumed in spiritual fire.

When sacrificing to Supreme God—even one's entire self, there is no loss of individual existence.

Really??

A married couple who practice restricted sex life are sacrificing sense gratification for higher spiritual life.

I know this looks/sounds wrong, but we'll be addressing this more in upcoming pages.

A person devoted to studying and living in service to God is sacrificing time that could have been expended in sense gratification.

2 KINDS OF PEOPLE: (in general)

1. Those who sacrifice their time and energy for *material rewards*.
2. Those who sacrifice their time and energy in the pursuit of *transcendental knowledge*.

I obviously fall into the latter category. This has caused my relatives and family to disassociate with me and condemn my efforts that have not produced enough material wealth to support myself or my family. My last wife's father said, "He takes very good care of the children, but you need to find a husband who makes more money."

He encouraged his daughter, my last wife, to seek other husbands and divorce me. When we were in financial trouble he said, "I won't help you or support you until you leave Richard," or, "... when he isn't living with you anymore."

Yesterday I asked Michelle if her dad was helping her. She's behind on her rent and her landlord threatened to evict her. She replied, "He hasn't helped all year." I reminded her of her father's pledge to support her if she would leave me.

She responded, "No." He isn't helping her or our son Rory who needs dental care.

It's a real shame we both come from families of demons. My mother, took me out of her will and said, "You are no longer my son!" back in 1998, when I was at my financial peak of teaching and launching my nonprofit organization, **Tai Chi Youth**.

*FIRST DRAFT UPDATE: I told my dad yesterday about the movie producer at Empire Pictures. He'd just read my screenplay, **Kung Fu Cowboy Rock & Roll Movie 1**. The Producer excitedly proclaimed that the screenplay is, "enormously creative." I told my dad this and another compliment... then my dad immediately snapped back, "You can't pay your bills with compliments."*

Sacrifice

In sacrificing to God there are evidently different rewards.

Sacrifices of material things to Demigods can earn temporary rewards in the Heavens of the Demigods. This may actually be more of a reincarnation on planets controlled by each Demigod/Archangel.

When I wrote the book, ***History of Zen from A to Z***, I was given many mental images by Saten (Satan). From what I understand of those images, there is or was life on many other planets. Some places may have been overseen by one or more Archangels, who the inhabitants viewed as Gods during their mortal life on those planets.

At some point, guessing 400,000 years ago, (maybe only 40,000), God himself kept one human being for his own "pet." That pet was transferred to Earth by Saten [Satan] and was named, Adam. Check out my book, ***History of Zen from A to Z***, for that story and how Saten created Eden for Adam and Eve.

The **Bhagavad Gita** states that these various Heavens are attainable but that some people, who seek to merge with God on an impersonal level can return to God, be absorbed by God, and become reunited with God... losing their individual nature or identity.

That's fine for most people. Most people are like cattle. When I eat a hamburger I don't want to know the name of the cow. But I do want that protein and nutrition to be absorbed by me. "Thank you cow without a name."

Perhaps the billions of people who serve God and offer themselves as God's nourishment are offering the ultimate sacrifice.

Perhaps I am selfish and greedy for wanting to retain my individuality.

Perhaps it is my destiny to be a leader, not be part of the herd.

Perhaps there isn't enough room in the universe for a bunch of retarded newbie Angels without self-control or compassion.

Perhaps being absorbed into God is much more satisfying and blissful than being a homeless soul or Angel without a purpose.

The landlord of my kids told me last Sunday, "I could be a prick about this—but I'll give you to the end of the month to get your truck off the premises—or I'll have it towed. I DON'T WANT TO BE A PRICK! I'll bring the police to throw you out if I have to!"

I was polite, coalesced and didn't argue. I explained I had to replace the radiator and I'd be out in a week.

"And you are barred from these premises! Forever!"

I don't know why he had to add that. He knows my kids live here. We'd chatted a few times in the past few months that I've been dry-docked here.

I only have \$1.77 in my Tai Chi Youth nonprofit organization account. I have \$7.33 in my Shaolin Communications account. Oops. I just had the egg sandwich from Carl's Jr., so subtract a couple bucks.

So my brother Tom, who wasn't that generous when I was living in San Diego and working for him last year, just sent me \$200 to get a radiator. He'd given me the car. I explained, "If it gets towed I won't be able to afford getting it out of impound."

"Thank you Tom!"

I'm out here sunning my toenails trying to get rid of that toenail fungus I've had since the 2001 black widow bite. My current theory is that sunlight will kill it. That's a long story I don't want to include here... but I've been to four doctors...

I was at AutoZone a while ago and ordered the radiator. It'll be in this afternoon. I can then install it and be more homeless than I am now. Just the same, I give thanks for being out of the sun this summer, in this parking garage, where I slept and ate. I also realized I wouldn't have been able to eat as much if I'd spent money on gas. I guess I'm a Lucky Man—to some extent.

Check out my song, "**A Lucky Man,**" on **LEVEL 4 = Kung Fu Cowboy Part 1: King Solomon's Temple by American Zen.**

Here's some food for thought from the **Bhagavad Gita**:

"Brahma" means "spiritual."

Since God is spiritual and everything is created from God—everything is of spiritual nature.

When "maya" or "illusion," which is the reality of sense gratification is mixed with reality... it becomes of material nature.

Perhaps as I reread the **Bhagavad Gita** this second time, and share my notes and thoughts... we will discover and understand where this "maya" came from, comes from, and why it exists. *[editor: Yes, we will.]*

At this point, I ascertain that God created more than he bargained for, or purposely created a reality out of his control... for his own amusement.

It's more fun to watch a movie when you don't know the ending. Humans are a "*reality show of God.*"

My **Bhagavad Gita** asserts that those who worship Krishna will join God BUT will keep their individuality. I know I want to continue playing the flute... and guitar... and singing... and helping people... and like to hang out on the beach... walk a country road... hike a trail.. feel the sun... Oh yeah—sex in Heaven?

I've always been attracted to organizing reality into 8's. My **American Zen band** is on an **eight-level journey of self-enlightenment**. Buddhism likes the number 8 for many reasons.

We do 8 kicks, 8 punches... in my **Buddha Kung Fu classes**.

This fascination with the number 8 may be another aspect of my God awareness as I seek and discover the spirituality of life.

An enlightened person is someone constantly seeking enlightenment, self-realization, God awareness, and life understanding.

Krishna mentions, "sacrifice in eightfold mysticism." Is this me?

What is this "**Eightfold Mysticism**?"

1. Sacrifice to charities
2. Living life by rigid rules (celibacy?..)
3. Not shaving for four months: July to October. (Wow! I grew a beard then in 2012.)
4. Only eating twice a day. (I eat three times + snacks.)
5. Not leaving home or temple (I spend most of my life in my home studio.)
6. Hatha Yoga. (Yep. Kung Fu is Extreme Yoga.)
7. Studying **Vedic Scriptures**. (I'm always studying something.)
8. Direct service to God. (I serve humanity, future, family, God...)

I'm not sure if these above are an accurate list, but I found them mentioned nearby in the book.

In sacrificing to God there are evidently different rewards. Sacrifices determine the type of reward and the Archangel who will find them appealing.

Any efforts made in the transcendent consciousness are called "yajna," or "sacrifice for the Absolute."

A spiritual person, performing spiritual endeavors, creates an environment of God awareness for self,
performance audience,
and the product of ultimate gain.

2 KINDS OF SACRIFICE:

1. Worldly possessions
2. Pursuit of transcendental knowledge

2 GODS OF SACRIFICE:

1. Supreme God

2. Demigods

Sacrificing to Demigods = quick, temporary rewards.

Sacrificing to God = slow, permanent rewards.

Sacrificing one's identity = impersonalist = merges with God (loss of identity).

Spirit Sex

The book mentions that the ability to control one's eating habits is the beginning level of controlling one's sense gratification desires. That makes sense.

I would go a little farther and state that controlling the amount and frequency of eating is paramount but must also include the effort to eat a balanced diet according to one's lifestyle. My athletic lifestyle is three meals plus a couple snacks so I eat every three hours.

The references to "sacred marriage" are probably also to prevent unwanted children. Children anchor parents to the material world because they are undisciplined and selfish by nature. They require material things so the parents must spend more time in pursuit of these material necessities.

Confucius states that a person should associate with people who are as good or smarter than you are. Hanging out with children is a decline in one's intellectual and spiritual influences. I'm glad I did it, but I want to be close to God... not diapers.

I've always believed in a spiritual sex. At least, sex with another spiritual person. I once had a relationship with a Cheyenne medicine woman. We met together, although miles apart, in a fantasy sex world. Then I'd call her up and she would confirm she saw the same surroundings and environments that I imagined.

I look forward to having a mate that I can pursue this again with. Spiritual women are very difficult to find. I haven't slept with one yet.

Spiritual Master

Just try to learn the truth by approaching a spiritual master. Inquire from him submissively and render service unto him. The self-realized souls can impart knowledge unto you because they have seen the truth.

Perhaps I've seen the truth.

Perhaps I am a spiritual master.

No one is approaching me.

No one is inquiring submissively.

No one is rendering service to me.

No one is seeking my knowledge.

"No one" may be a reactionary comment, because I always have a few students. They pay me monthly fees and obey my orders to practice and study Kung Fu and Tai Chi... for awhile. They progress spiritually. They get healthier. They become happier. Then they disappear from my life.

I guess that's why I'm lonely. Like investing in a friendship—you expect a friendship to last a lifetime. My friendships are seasonal and annual. We're all still friends—just not associating with each other. And mostly, they aren't of service to me or paying monthly fees anymore... So I'm broke.

I'm not doing it just for money. I've never made financial contracts with my students obligating them to pay. I've always made it easy for friends, students, lovers, even wives... to quit whenever they decided to. Unfortunately, this planet Earth is a world of quitters.

People quit families. People quit school. People quit jobs. People quit relationships. People quit playing music. People quit buying music. People quit buying books. People quit Yoga. People quit Karate. People quit Kung Fu. People quit Tai Chi. People quit supporting me. What have I quit?

I've been playing guitar since 1967 = not quit.

I've been singing since 1967 = not quit.

I've been playing bass since 1970 = not quit.

I've been playing flute since 1976 = not quit.

I've been writing music since 1970 = not quit.

I've been writing poetry since 1964 = not quit.

I've been doing Kung Fu and Tai Chi since 1980 = not quit.

I raised my kids from 1991 to 2008 = not quit. (They quit allowing me to raise them.)

I didn't have a girlfriend from 1989 to now = not quit last marriage.

Lara = affair in 2001 for a few months.

I didn't leave kids or family for Lara.

I didn't quit Lara. She "couldn't wait" and pursued other men instead of waiting for me to leave Michelle.

Bhagavad Gita states that an important "secret" of spiritual development is the satisfaction of your spiritual master. This may be very true. My students attained the highest levels of spiritual advancement when they were the most devoted and supportive of me. Their concern for MY well-being seemed to enhance their lives immensely. This was especially noticeable when they "quit" and reverted to drugs, drinking, or unhappiness.

I just got a call from one of my few current students. He said. *"you really are the light of my life. Just hearing your voice on my messages cheers me up. I'm having a really tough time right now..."*

Perhaps this is a material metaphor to serving God. When you provide service and submission to your spiritual master

—your life is improved. When you provide service and submission to God your life is improved. Perhaps, by worshipping Krishna, Jesus, or Buddha one can be blessed. But they're dead and gone!

So to achieve that immediate reward of God you must find a living representative of God. Maybe then, God's words, "I will reward you," become immediate.. instead of in the afterlife.

Of course, not any spiritual master will do. We have to recognize a true representative of God, not a well-versed salesman of God. Most religious leaders are just salesmen. They profit from your material charity and only offer recantations and incantations. The true spiritual master offers insight into your personal life and lives to serve humanity more than his own material interests.

Perhaps I'm wrong here. The success of these television missionaries who suck up money from their followers may prove that they are in fact, aligned with a Demigod. Accordingly, as you reward them, they reward you... but these rewards from the false prophets are probably the most temporary of all. When you donate to a shameful shaman, you are purchasing a holiday somewhere... but it will be in THEIR Demigod's Heaven... wherever that is.

Personally, I wish I was selling millions of books and millions of music albums. This might give the appearance I am serving my own interests more than humanity's best interests. So, hopefully, looking at the nature of my products and the life that I live... I will still be known/perceived/valued as a devotee of God, not another false prophet of material desires.

In my American Zen albums I candidly reveal my life: spiritually, intellectually, and materially. I portray my carnal desires and spiritual aspirations. I reveal my humanity because I want “normal people” to realize they can also aspire and attain spiritual advancements as I have. As I've expressed my life in artistic formats, I was not measuring or evaluating my spiritual value as I did it. Probably concealed my spiritual desires more than my carnal desires. Perhaps that was a materialistic compromise as I sought the approval and enjoyment of my audience by expressing my material ambitions and trying to forge some common ground with my audience.

Mostly, I was attempting to portray my spiritual and material life accurately, but I confess to wanting peer approval, fan adoration, and some record sales... so I probably have expressed my material aspirations much more than my spiritual aspirations of the same time periods.

My novel, ***Sid's Place***, was a realistic and fictional search for illumination while being immersed and living in cooperation with sense gratification. I was unable to complete that book until I was advised to accept and identify with a larger view of human weaknesses and violent desires.

If I'm guilty of anything, it is probably for concealing my spiritual and intellectual ambitions in order to blend more harmoniously with materialist people and survive in the material world. I am guilty of not condemning many activities that I am now, at this stage of life, more vocal about. I didn't do a lot of coke in the 1980s, but I didn't try very hard to dissuade others.

"None of your business," was the slogan I was raised with.

Now I "bug people" with more criticisms and suggestions than I used to.

More Maya

I just found another explanation of "maya:" "Ma" = "not." "Ya" = "this."

That is really ironic. Because everything material, in this material world, from object to desires, appear to be the true reality. But if these things are actually "not real" then we are living in the matrix, deluded into believing that our senses define reality and anything unmeasurable or untouchable is not real.

However, anything touchable disintegrates or dies. The true reality is the spiritual reality that we can't measure or see.

Since I know death and disintegrating are real, and I don't want to be a part of either concept—this spiritual reality is very appealing to me.

Evidently, even the Archangels have become deluded into living in the material world after so many millions of years of struggling with humans and material existence. Like humans, they all don't want to live with their father. So humans have polluted the minds of Angels and now they are proficient at deluding us.

These deluded Angels appear to us as Gods. Heck, to an ant, we've got the power of life and death... When Satan spoke to me he said that some Angels used humans like football teams and enjoyed watching them battle each other... just like we do.

As a blazing fire turns firewood to ashes, O Arjuna, so does the fire of knowledge burn to ashes and reactions to material activities.

This fire concept is interesting. Satan has always been seen as red, or fire, or perhaps a burning bush. In my ***History of Zen from A to Z***, Satan [Saten] told me how he used this ability at various times.

The **Bhagavad Gita** refers to fire as "perfect knowledge." Satan explained to me how God transmitted to him "perfect knowledge" that he was to utilize in successfully propagating humans on Earth.

In this world, there is nothing so sublime and pure as transcendental knowledge. Such knowledge is the mature fruit of all mysticism. And one who has become accomplished in the practice of devotional service enjoys this knowledge within himself in due course of time.

So transcendental knowledge is the awareness to see beyond the maya of our material world. Transcendental knowledge requires some mystical effort. Mystical efforts require the guidance of a mystical expert. This enlightenment releases us from the bondage of material desires and liberates us to a higher form of life.

A faithful man who is dedicated to transcendental knowledge and who subdues his senses is eligible to achieve such knowledge, and having achieved it he quickly attains the supreme spiritual peace.

After the landlord here evicted me on Sunday, my father called. I said, "I'm a little depressed." My dad called me several times over the next couple days and finally revealed, "I was really worried about you."

I said, "Why?"

He said, "You really concerned me. You said you were depressed. I've NEVER heard you say that before."

I began my spiritual quest in 1968 and began embodying some enlightenment during the early 1980s. You can see it in photos of me. Prior to 1981, there was an anger within me. Then it left and never returned. I was called, "Smiley O'Connor," during the eighties.

The Hare Krishna chant is a short cut to bliss and harmony like meditation with the word, "Om." But they don't transform you like transcendental knowledge does. Feeling happy is not the same as being a happy person. Feeling God's love is different from living within God's awareness.

I wrote these lyrics, that are yet to be a song on June 24, 2013.

Surrender

What is this give – that takes away?
What is this way – I don't obey?
Where is this land – of queen and king?
How am I – not obeying?

Surrender – give up your life
Surrender – to be my wife

Why am I – still pretending
To believe – in what's ending?
Why do I want to win – if I must lose?
If I'm with you – can I ever choose?

Surrender – give up your life
Surrender – to be my wife

When will you believe in me?
When will time set us both together free?
When will I know that I am there?
Or is our future – just to share?

Surrender – give up your life
Surrender – to be my wife

So it seems that what we want – is really what is wrong?
We'd rather hear bullets and screams – than a wonderful song
In our wasteland of money Hell, we work we spend we save
Hoping to find happiness in our modern cave

The joy of pleasure – is born to create a hunger
The pleasure of joy – will create a smile that keeps you looking younger

Then I wrote this really cool song on July 29, 2013 after hearing my daughter and her friend complain of their relationships. This next song is intended to be sung by a woman and a man who are becoming a wife and husband. The girl's vocals will be italic and when they both sing together, the lyrics will be bold.

Honor and Obey Cherish and Protect

by The Hippy Coyote

GUY:

A _____ F#m
Standing at the altar

A _____ F#m _____ D _____ E _____ A
I will never falter – to love and protect

A _____ F#m
Cherish you is easy

A _____ F#m _____ D _____ E _____ A
All I need is your smile to please me – cherish and respect

GIRL:

A _____ F#m
You are my only lover

A _____ F#m _____ D _____ E _____ A
Together we'll discover – your castle we'll erect

A _____ F#m
Our family is our life

A _____ F#m _____ D _____ E _____ A
Husband father mother wife – our futures will never disconnect

GUY & GIRL:

A _____ F#m
Honor – Cherish – I love you

A _____ F#m _____ D _____ E _____ A
Obey – Protect – is what we do – Our success will always be true

A _____ F#m
I may be rich – You may be poor

A _____ F#m _____ D _____ E _____ A
I may have an itch – I will scratch and adore – Friendship will always be sure

A _____ F#m
Honor and obey – Cherish and protect

A _____ F#m _____ D _____ E _____ A _____ D _____ E _____ A
Honor and obey – Cherish and protect – I love you – I love you

Absolute Truth

When anything, even of a spiritual nature becomes covered by illusion or sense gratification, it is called material.

The Absolute Truth covered by the price tags or properties of maya (material illusion) is called matter.

God-consciousness peels the maya illusion off of the Absolute Truth (whatever it is) and enables spiritual qualities to re-exist.

Anyone who possesses doubts—lacks knowledge.

When you know what your name is—you don't doubt what your name is.

When you know what your weight is—you don't doubt what your weight is.

Knowledge is the only way to conquer doubts. Only the ignorant and gullible can be fooled with faith.

Yoga is the performance of divine service and effort. Through the Yoga is the performance of divine service and effort.

Through the Yoga of research, study, mental and physical efforts... a devotee will discover divine knowledge.

Knowledge eliminates doubts.

So any sacrifice with a spiritual objective, performed in devotional service will result in spiritual realization. There is no other way to see and experience beyond our material awareness and desires.

November 19, 2013: This will probably be the last reference to my Maya lover. My reaction to her reentering my world was like a panting puppy, wagging its tail and hoping to be petted. Her reaction was, "I'd like to call you... but I can't deal with your identities. I'm not sure who you are."

I believe that when I find the "right girl," she'll see all my identities as "me."

Devotion = To Serve

Buddhi-Yoga = devotional service through mental studies.

Buddhism Yoga = living with enlightenment (derived from mental studies).

Zen Buddhism is a newer Buddhism of 480 A.D. in which life's activities and actions also are a source of enlightenment. Zen Buddhism added Kung Fu to the monk's daily life to create super-human monks. Not everyone supported this warrior exercise program until around 800 A.D. when the monks rescued a deposed Chinese Prince. They were rewarded and became government subsidized with annual funding for their "Shaolin Temple," and were famous from then on.

The Personality of Godhead replied: The renunciation of work and work in devotion are both good for liberation. But, of the two, work in devotional service is better than renunciation of work.

This is what appealed to me about Buddhism, or Buddhism-Yoga, and especially Chan Buddhism. Zen Buddhism teaches that enlightenment can be derived from life experiences, not just a divine book. When we learn from life we are becoming self-realized and self-aware, naturally. That is a spiritual life.

As my 1992 business cards stated for Shaolin Chi Mantis:

"The ultimate self-defense is self-awareness.™"

Self realization is mentioned a lot in this Gita book. This surprises me—but makes sense. The more we become aware of our own self, the more we might notice God with us. With this awareness of God we become empowered to see and recognize the God within all other people and material objects and food.

So Maya is the awareness of everything that encases God. Enlightenment is the awareness of God within everything.

ActZen.com: *"Great acting = acting naturally.™"* and *"Live Zen to Act Zen.™"*

By renouncing life or activities in life, we may be reducing our opportunities for enlightenment more than preventing opportunities for sin.

Only the ignorant speak of devotional service [karma-Yoga] as being different from the analytical study of the material world [Sankhya]. Those who are actually learned say that he who applies himself well to one of these paths achieves the results of both.

So analytical study of spirituality is to discover the tree of life. Devotional study is to water the roots of life's tree with love. It appears the above quote is stating that by "being devotional" a person will study and learn... and while studying spirituality one is "being devotional."

Hey! Check out the next Krishna quote on page 221:

One who knows that the position realized by means of analytic study can also be attained by devotional service, and who therefore sees analytical study and devotional service to be on the same level, sees things as they are.

So philosophical study is to discover the meaning of life. The meaning of life is self-realization and God-awareness. So whether you get there by worshipping God or researching life, you should end up with the same knowledge.

One who works in devotion, who is a pure soul, and who controls his mind and senses is dear to everyone, and everyone is dear to him. Though always working such a man is never entangled.

That's me! My entanglement needs a little more tangling though. I am so detached from the material world I can't even afford a hamburger. Although God takes care of his devotees—I need to beg my brother for a radiator. Although

my brother should enjoy the opportunity to donate some charity to a spiritual master... I know he resents it and is bothered to support someone whose lifestyle he denounces.

If God or devotees are going to reward and care for me—I'd prefer it be with love and adoration., not resentment and condescending.

My freedom and liberation is too close to animal survival.

How can I inspire people to be compassionate like me if it appears to bring starvation and poverty as a reward?

The steadily devoted soul attains unadulterated peace because he offers the result of all activities to Me; whereas a person who is not in union with the Divine, who is greedy for the fruits of his labor, becomes entangled.

I confess, I want some fruit. But I am, kind of offering everything to God. When I published **19 books** and **6 albums** last year on the internet, I was starving in Las Vegas. I knew I was only a few days from death. I offered them to the universe, maybe because I wanted to leave a speck in the universe to show where I was—but mostly because I believed my books would benefit humanity. I still believe that if millions of people would digest my books and music they would move closer to God and live better lives. I want to improve humanity, and I'm driven, for some internal reason, to do my best to enrich and enlighten the world. I really believe I can.

Although I've offered my books and music to humanity—that's ultimately to God. Right?

Wow! I just got interrupted by a phone call, "Would you like to have us introduce you to funding opportunities for your Tai Chi Youth organization?"

I replied, "Yes. But currently I am relocating the organization to Los Angeles."

She said, "Would you like us to introduce you to funders for relocation expenses?"

I said, "Yes."

She said, "How much?"

I said, "\$50,000."

She went on to explain that on October 15 she would set up a 15-minute online session for me to be introduced to potential funders. Wow! Could this be real?

I know everyone wants to think that God is cheering for their football team and disabling their enemies... This **Vedic scripture, Vendanta-sutra 2.1.34** says:

God neither hates nor likes anyone, though He appears to.

Like any good parent, God should love all his children equally. But since God lives on a very high mountaintop, with treacherous paths, he just welcomes whoever makes it to his front door.

When Saten [Satan] showed me images of Heaven, he also showed Angel Michael to be God's right-hand man. However, I never saw any gates or entrance to Heaven.

Real knowledge is attained and recognized when a person has an awareness of God. A true representative of God, (not divine), is a person who has lived in service to God, researched God, become aware of God, and already been a disciple of another representative of God.

A representative of God is a spiritual master. How do you recognize a spiritual master? By the time you have finished reading this book—I hope you will know what a spiritual master is, what true Yoga is, what service to God is, and what self-awareness is. I did.

To pay proper respect to God, a person must understand Who God is.

When one's intelligence mind, faith and refuge are all fixed in the Supreme, then one becomes fully cleansed of misgivings through complete knowledge and thus proceeds straight on the path of liberation.

Although this may be true, it is not as easy as it sounds. To intelligently fix one's mind in God requires a lot of study and book reading and listening to sages and spiritual masters. Taking refuge in God does not mean to hide under God's

robe. I'm still coming to terms with this "refuge" term which also exists in Buddhist training. My current understanding would be a resolution of acceptance that by serving God as best you can, you accept the consequences of your actions, know that life isn't fair, but God will understand. This is also a serenity in knowing that no matter what happens to you—you're going to Heaven. That's a great consolation prize... if it isn't refuge.

Liberation is probably misused and misunderstood, but I think we're talking about the liberation from living in the cause/effect world and realizing when we are doing something wonderful... even if we aren't rewarded, praised, or even noticed.

This sounds like the foundation of Buddhism on page 234:

A person who neither rejoices upon achieving something pleasant nor laments upon obtaining something unpleasant, who is self-intelligent, who is unbewildered and who knows the science of God, is already situated in transcendence.

I'm pretty good at this. Often I will complain a little to seem normal, or have a momentary dissatisfaction. with my faulty efforts... just to remind myself I am human... and let others know I'm not oblivious of my errors. But generally I am not self-deprecating or emotional. Lately, when I am disappointed in my efforts or awareness, I say to myself, "*I wish I was smarter.*" That's a little better than calling one's self, "stupid."

Perhaps this next one is partly my secret ability of being happier than most people, especially during difficulties or hard work. (page 235)

Such a liberated person is not attracted to material sense pleasure, enjoying the pleasure within. In this way the self-realized person enjoys unlimited happiness, for he concentrates on the Supreme.

This next one is a little tricky. Sometimes we overlook the core of a wisdom or philosophy.

An intelligent person does not take part in the sources of misery, which are due to contact with the material senses. O Son of Kunti, such pleasures have a beginning and an end, and so the wise man does not delight in them.

The key to this is, "source of misery." Perhaps foreclosing a home, a war, feeding Christians to lions... is enjoyable and profitable to some people. To take delight in someone else's suffering is sadism. A servant of God would seek to avoid or prevent the suffering of humans.

In Buddhism we learn that desire is the root of suffering. You suffer if you don't get what you desire... and you suffer if you lose what you acquired. The less you desire—the less you suffer. Check out: **4 Noble Truths of Buddhism.**

Inner peace requires peace of mind. Peace of mind requires inner peace.

When one attains self-awareness, he has shed regret, shame, guilt and feelings of inferiority.

Self-awareness is the awareness of God within. This peace of mind permeates all one's thoughts, actions, and conversations.

The Perfect Yogi

Hey! this may be me. *Coyote, The Perfect Yogi.*

Let's see what's in my picnic basket.

The Supreme Personality of Godhead said: One who is unattached to the fruits of his work and who works as he is obligated is in the renounced order of life, and he is the true mystic, not he who lights no fire and performs no duty.

Awesome! This is what the Original Buddha figured out after seven years of starving with monks in the forest. A person should not have to abandon life to serve God.

So how am I unattached to the fruits of my work? Sheesh. I haven't received a single dollar in royalties for several months. This detachment of mine is not on purpose. However, I will say in my behalf that when I record my music, sing my songs, and write my books... my concern for financial reward is a low priority. First of all, I've been working mostly for free since 1978 when I moved to L.A. with my group ***The Rich***. What money we've been paid for gigs and sessions hardly covered our rehearsal expenses or was sufficient to survive on. I work for Love.

I've had musicians quit my bands because we weren't making enough money. Heck, I've had girlfriends, fiances, and wives leave me because I wasn't concerned enough about money.

My concern was to satisfy my artistic expression. My quality control was an audience of God and Angels. When I knew I'd entertained them and impressed them—I was satisfied. So, in my own artistic way I've been working for God since 1970, when I was a musician in Newfoundland.

I've never regretted working for God, without a paycheck, but I've always hoped, a little, that maybe someone would buy my art, music, writings....

Marketing is my weakness. I'm not concerned with selling my talents or art. I'm concerned with doing my best.

Krishna adds on page 244:

One cannot become a Yogi unless he renounces the desire for sense gratification.

Oops. I guess I'm an imperfect Yogi. I like food. I like working out with my Kung Fu and the satisfaction and contentment it provides. I like sex. I love music. Oh yeah, I like smoking pot. I don't drink or do other drugs except caffeine. I feel guilty when I quit caffeine because I fear I may reduce my productivity. So, uppers are for my work ethic, not sense gratification. Pot is for contentment... semi-sense gratification, and being in a transcendental space of mind. Sex is for sex... I just try to do other things and not think about it all day. That's why I masturbate. After an orgasm I completely lose interest in sex and can focus on other mental efforts undistracted. Food is a necessity. Sometimes I think I eat too fast to enjoy or appreciate it sufficiently. Sometimes, I do eat when depressed or lonely... hopefully not too often.

Alright. I'm not the perfect Yogi. A good Yogi? How mystical am I? I was very mystical in the 1990s. Wow! Raising my daughter and teaching several Tai Chi classes every day... I became very aligned with Nature and the Universe. I was a healer. I was a medicine man.

It's kind of weird. I see people every single day that I can heal or fix or improve. Maybe that Priest was right who declared that I'm "the greatest healer this world has ever known." It sounded audacious to me, but since then I've realized it may be true. I heal people from the inside out. I don't put band-aids on their wounds, I try to stop the cause of the wound.

Then I got bit by the black widow spider in 2001 and spent several years recovering. Then my family broke up. Then I lost my home...

Being mystical requires a level of awareness and supportive environment far above the survival level. Since I keep getting pulled into trap holes of financial panic...

This book is promoting the **book Bhagavad Gita - As It Is by Swami Prabhupada**. However, I am not a devotee of this religion. I am very impressed by this book, the quotes, the comments, and translations of Krishna's words—but I am already a member of too many religions... This book has reintroduced me to God in an intellectual manner better than any religion I have ever studied. So I leave it up to you to decide whether to join or not.

Even in my scientific, Buddhist, Native American, and Catholic upbringing, I give thanks to Krishna. The main reason I don't refer to him as Lord Krishna, is because I don't want to alienate any of you readers from discovering the wealth of his words due to your inability to accept Krishna as a divine being.

Now for the real twist, I can see Krishna as a divine being even easier than I can see Jesus as a divine being. I would be more comfortable referring to him as Lord Krishna than referring to Christ as Lord Jesus. Ouch. I hope all my fellow Christians haven't dropped this book and run for their crosses.

Fact is, Krishna is amazingly smart. Fact is, as humans have shown the past 2,000 years, it is easier to worship a human representative of God than it is to worship God directly, especially since no one knows what God looks like. What if he's a snail?

I have only seen God once, or during one day several times, when Satan shared his images of God conversing with him and Angel Michael and the other Archangels—I saw God. Or, I saw the image of God that they saw... I'm not sure I ever really described him much. That is why I want to make my last of 8 movies: **History of Zen from A to Z**. Then I'll show the whole world the Heavens I saw. (Yep, I saw several Heavens.) Hopefully I will still remember the memories of what has already been three years ago.

Back to God on Earth. I really relate to Krishna. I want to live in a posh castle and have grandchildren running around. And I want to play flute. Krishna plays flute. Krishna is very well-studied and intellectual. I really like the guy. Was he a God? No one suspected Christ was a God.

I think Krishna enjoyed life. I want to enjoy life.

Now back to the Krishna religion. On page 244 of this wonderful book it says:

A Krsna conscious person has no desire for self-satisfaction. His criterion of success is the satisfaction of Krsna, and thus he is the perfect sannyasi, or perfect Yogi.

This is why I can't join the Krishna religion. I admit that I am and will always be who I am doing what I do—but this book has inspired me to be a little better and think of God a little more. I can even enjoy thinking of Krishna as a divine earthly manifestation of God—but but but but... I really want to appreciate life while I'm here. I'll even try to spend a little less time thinking of sex and spend more time thinking of ways to benefit humanity or please God in my efforts.

I also believe that being a mortal human is an honor and a privilege and an opportunity to experience what Angels are unable to experience.

Like having a nice car, I will strive not to abuse the opportunity or use my abilities to the detriment of others.

I want to be a great human. Can I be a perfect human? I was the best parent I have ever known. I was the best father and husband I could be with what I possessed. Perhaps by being a perfect human, striving for spiritual perfection I am the perfect "mortal Yogi." Hmm. I'll try to come up with a better trophy title than that.

Did I make sense? It makes sense to me.

Let's continue with this book. It really has inspired me to devote my efforts to God more. My children distracted me—I was devoted to them. My wife distracted me, and all my girlfriends... but I was devoted to them.

Hopefully, I can fall in love again, be sensual, but be less distracted and remain devoted to God. I need a spiritual wife. Not a **Bible** thumper, but someone... like me! I confess, I do love myself. I enjoy hanging out with myself... but I enjoy people.. I like people a lot. I make friends wherever I go.

When I was recording the album, **LEVEL 3 = I Want You to Love Me**, I had a song, **"I Just Want To Be With You,"** already written that I recorded the drums and guitars and bass... then I had to sing the vocals. The original lyrics were written in about 1989 to my newest love at that time, Michelle. But these words didn't work anymore. During the past couple decades she had screamed at me, "I DON'T WANT TO LIVE WITH YOU ANYMORE!" several times, and, "I can't stand living with you!" so singing those words of my love for her now, or when I was recording the album was impossible.

But this is a really cool song. I wanted it to be like a 1960s beach song of love and hope. Very romantic.

So, I got out some **Playboy** magazines. I don't recall who I chose, but I had to want to be in love with someone. I found her, or a few hers... I don't remember exactly.

Sometimes, even during some of the "**Coyote Radio**" cable television live performance shows at the turn of the century, I would put this cute little puppet of Lola Bunny (Bugs Bunny's girlfriend) on the microphone stand. Singing is sometimes acting. But for me, I either reach into my memories and sing the song to the girl I wrote the song for, or I use some current image to fuel the passion of my singing and performing.

Anyway, now I'm emotionally wound up (*powered by Playboy*) to feel this song, "**I Just Want To Be With You,**" but I still needed lyrics. With my nudie pictures taped to the wall or on a music stand I wrote the new lyrics. I think I was surprised how quick it was. Maybe ten minutes. Then I stood in front of the microphone and sang them.

That was kind of a white boy poem rap song. "**I Just Want To Be With You,**" is me just saying what I wanted... and it still is exactly what I want (today).

If I can find that girl on my music stand who I imagined this song for... I may get distracted again... but she should try to keep me on course and not resent or compete for my "Godly service."

Is that possible? We'll see.

Oh man. Perhaps I better give up this Yogi thing. Krishna says on page 244:

... for one can never become a Yogi unless he renounces the desire for sense gratification.

Alright. Kung Fu Cowboy. I'll just settle for that.

Oh yeah, I've also got the name and title, **Buddha Zhen**.

I do live within a reality of spiritual energy. I live as many identities with many ambitions... I love life.

Somehow, I want to continue living in an awareness of God with some amount of self-enjoyment. It's kind of like masturbation, once I'm done enjoying my meal I'll devote a few hours to serving God or helping his kids.

Oh-oh. I like the sound of this **8-Fold Yoga System**, but now I'm...

For one who is a neophyte in the eightfold Yoga system, work is said to be the means, and for one who is already elevated in Yoga, cessation of all material activities is said to be the means.

Huh? Am I just a neophyte, seeking God in conjunction with my work?

Yoga is so misused and misinterpreted in America. Like **Tai Chi**, which is completely misunderstood by Americans.

From what this book has taught me, Yoga is the process of connecting to God. I've never seen a Yoga class with that objective or result. Never. At the YMCA we weren't even allowed to talk about God. I got scolded a few times for that... but that didn't stop me.

Meditation is also very misunderstood. I have trained many people to master meditation. The reason 98% of the meditators don't master meditation is because they believe meditation is the process of learning self-control, self-discipline, and self-awareness. However, meditation is the opposite of that.

Meditation is only possible after a person learns self-control, self-discipline, and self-awareness. My **Tai Chi Youth**, **Buddha Kung Fu**, and **Shaolin Chi Mantis** schools all teach meditation. When I teach it according to my curriculum I have a 98% success rate in my students in only four months. In eight months I can teach people to accomplish some amazing things, and in one year I can get them to heal themselves and discover answers to health and mental issues.

Meditation, in my schools, is controlling the mind. Krishna says:

For him who has conquered the mind, the mind is the best of friends; but for one who has failed to do so, his mind will remain the greatest enemy.

Controlling the body, mind, and spirit is what my Kung Fu and Tai Chi classes are about. Not boxing.

I wrote a song this summer, "**End of the Line,**" about a couple people whose minds are their worst enemies. One of the two has imploded and been fired since I wrote the song.

For one who has conquered the mind, the Supersoul is already reached, for he has attained tranquility. To such a man happiness and distress, heat and cold, honor and dishonor are all the same.

Hey! That's me. "Such a man." I'll put that on my business car, "*Such a man.*" I've been sleeping in my car for two years now. During the winter I have to wear gloves when I sleep... it gets so cold. But despite my dishonor of being a poor homeless person, I still see myself as noble and awesome.

A person is said to be established in self-realization and is called a Yogi [or mystic] when he is fully satisfied by virtue of acquired knowledge and realization. Such a person is situated in transcendence and is self-controlled.

There I am again—but maybe instead of Yogi, I could be a "Mystic." Mystical always seemed mysterious and magical. Those aren't words I aspire to. Perhaps the real definition of mystical is Godlike.

I wish I could find people or a person like me to hang out with. I wish I could find someone to inspire me to be better, or even be better than me in their own spiritual nature. Seeing the best in people always leads me to disappointment when their inabilities, immaturities, and insecurities limit or sabotage our relationships.

The Swami author really punches current Yoga teachers:

... perfection of the Yoga system is the attainment of freedom from material existence and not some magical jugglery or gymnastic feats to befool innocent people.

Here's another foundation of Buddhism. If Shakyamuni Buddha wasn't the reincarnation of Krishna, he had at least studied the **Bhagavad Gita**.

There is no possibility of one's becoming a Yogi, O Arjuna, if one eats too much or eats too little, sleeps too much or does not sleep enough.

I disagree with what Swami says on page 256. He says that it is wrong to sleep more than six hours per day. I agree that six hours is a minimum but I have found that eight hours is best for adults. A baby sleeps twelve hours or more. Then less each year until age 13 when they can stand sleeping eight hours, but not less. I'm 59 now and I still require eight hours of sleep.

Offering food to God is a great idea. I learned that practice through my Lakota training. Tonight when I purchased a head of lettuce at the store, I gave thanks as I bagged it. When I ate a chicken sandwich at Carl's (the 99 cent one) I gave a quick, "Thanks," to God which probably was unnoticed by my friend Scott across from me.

Nirvana is the happiness or state of being in spiritual living beyond material needs and desires.

"Maya, or illusion, is the condition of spiritual life contaminated by material infection."

Maya was the internet name of my lover who inspired the **LEVEL 3 = I Want You To Love Me** album by **American Zen**. She seemed so spiritual, but finally became very material. Like taking a shower in spirituality, she bathed with me for many months... then got dressed in her clothing of material desires, emotions, and impatience.

The final poem of the album, "**Patience,**" was written to her.

Although the **Bhagavad Gita** stresses how a spiritual person should satisfy their basic needs with minimal sense gratification, I've learned to enjoy the beauty of a can of ravioli, a slice of bread, and eating my lettuce without any dressing at all. Not because I'm trying to be austere, I'm just dirt poor.

Being poor, and closer to starvation, makes a can of Vienna Sausages seem like a wonderful meal. Add a peanut butter sandwich and a quarter grapefruit and you've got the Kung Fu Cowboy dinner.

So a Yogi is someone enjoying the absolute minimum of life's pleasures.

Self-realization is knowing one's relationship to God. This means that the true self, the self you are discovering and realizing is the soul you possess; and being aware of the Supersoul hitchhiker inside of you, and then somehow being aware of God also... is total self-realization.

Father = God
Son = Our individual soul
Holy Spirit = Supersoul of God within us.

Self-awareness is understanding one's spiritual relationship with the material world. Perhaps self-awareness is maya awareness also. We can't see our own self clearly until we see how we are rationalizing, and how we are cloaking our spirituality in self-serving illusions.

I was just reading in **The Monitor**, a Freemason handbook: about God being within a person's heart. Then I opened up my **Bhagavad Gita** and read the following on page 253:

The Yoga process is practiced in order to discover and see this localized form of Visnu [God], and not for any other purpose. The localized visnu-murti [Supersoul] is the plenary representation of Krsna [God] dwelling in one's heart. One who has no program to realize this visnu-murti [Supersoul] is uselessly engaged in mock Yoga practice and is certainly wasting his time. Krsna [God] is the ultimate goal of life, and the visnu-murti [Supersoul] situated in one's heart is the object of Yoga practice.

Coincidence?

What irked me and disappointed me was the 1970s and 1980s movement to "find one's bliss." Joseph Campbell led this crusade of half-assed wisdom that fueled people to justify and rationalize their materialistic and sensual interests. This "follow your heart" concept led people astray—more than to God. Perhaps if we could find God in our heart THEN follow what harmonized with God we can actually improve our lives and benefit the world.

Perhaps this next Krishna quote will inspire my Kung Fu disciples:

Thus practicing constant control of the body, mind and activities, the mystic transcendentalist, his mind regulated, attains to the kingdom of God [or the abode of Krsna] by cessation of material existence

I think this is saying: Do Kung Fu with a spiritual attitude to prepare for and attain God's kingdom in the sky.

The Japanese have been forced by their governments to compromise their religions and martial arts with the logic of fear. Zen Buddhism of Japan is a shadow of the original Zen (Chan) Buddhism of China. Japanese meditation has become an abominable act of physical and mental torture in search of a void that does not exist. All this Japanese "Zen Meditation" was created to replace the Shaolin Kung Fu that was illegal to import and practice in Japan.

My own sect of Buddhism, ***Shaolin Zen***, has a slogan, "*Do nothing for a reason.*"™ Not many people even grasp the humor and truth of this slogan. It's a koan, that when understood will improve your life and prevent you from being "uselessly engaged" or "wasting your time."

Arjuna then asks Krishna, if one gives up material life in pursuit of spirituality, but fails to reach full mysticism... he is left like a lone cloud without material wealth or Heavenly happiness.

That sounds like me! I'm a lone cloud in the sky, halfway to Heaven, separated from the world... There's not much to eat up here, and it's very hard to find friends who can help me.

Hey look! A seagull passing by...

My family helps me: "Come be a landscaper. You were the fastest artificial turf nailer we ever had." Real down-to-Earth people.

My daughter helps me: "You'll get there daddy!"

My son helps me: "I'm playing a game."

My ex-wife helps me: "You better do something—I don't care what."

My students help me: "I'll pray for you." "Good luck with that."

Krishna gives me a bleak consolation:

One who does good, my friend, is never overcome by evil.

That is cool. But starvation and cold are close to overcoming me. I've been homeless for two years now.

This next quote is interesting:

The unsuccessful Yogi, after many many years of enjoyment on the planets of the pious living entities, is born into a family of righteous people, or into a family of rich aristocracy.

Both Buddha and Krishna were born into wealthy families. Are they both high level Yogis who didn't earn eternal Heaven?

That would also mean that I was NOT a high level Yogi in my last life. Perhaps in a previous existence I was high level Yogi, then got reborn into wealth, but did not pursue spirituality in my comfortable existence and now have been returned as a poor person.

I just got my first background actor job with Central Casting yesterday. I start on Monday. The name of the TV show: "**Revenge.**" This brought back memories of when I was a background actor in Utah. In one movie I was acting for, "**Unhook the Stars,**" in an airport, they hired some real Buddhist monks to be extras also. We spent a lot of time talking about Buddhism.

When I was done explaining my life story to the monks they informed me, "The reason you have money problems is because you had too much wealth in your past life. The reason you perform so many jobs is because in your last life, you made everyone do everything for you."

If the Earth lasts a little longer, it appears I'm ready to come back as a wealthy person. I hope I use my powers and money wisely... in a God serving manner. Poverty sucks!

Krishna adds another possibility for my future on page 278:

Or [if unsuccessful after long practice of Yoga] he takes his birth in a family of transcendentalists who are surely great in wisdom. Certainly, such a birth is rare in this world.

I'll say. Wow! How many transcendental parents do I know? Most parents who are religious traumatize their kids or beat them with the **Bible**. I refer to all people who use religion to harm or subjugate others as, "**Christ Killers.**"

My **LEVEL 2 = Christ Killer album** by **American Zen** was inspired by the Mormons boycotting me and threatening my family. The second track on the album is a poem, "**Wild Cat.**" This poem is about a cat my daughter and I discovered after it had been hit by a car. We were walking to my **Shaolin Chi Mantis** class at the Salt Lake City YWCA. The poignancy of the poem is to illustrate how people are disgusted and upset by the image of a bloody cat, however they aren't at all bothered by a human nailed to a cross bleeding to death. That is the hypocrisy of Christ Killers.

I also related to that cat in a sad way... that we were both "wild and free" but targets of technology and modern society.

Krishna elaborates about spiritual rebirths:

On taking such a birth, he revives the divine consciousness of his previous life, and he again tries to make further progress in order to achieve complete success...

Well, I honestly don't have memories of prior spiritual lives. Crap. Is this my first one? I've definitely accomplished a lot in this lifetime. Sometimes I think I'm outside of the normal Karmic cosmos. I'm a test subject, like an Angel who has been given a rare opportunity to be a mortal. The only angelic memory I have was during my Vision Quest at the Lakota Sioux Rosebud Reservation. I was walking or floating alongside another Angel. We were surveying the blackened remains of the Earth. I was having a conversation with the other Angel. I remember commenting, "This didn't have to happen." This is the unfinished epic poem of mine, **The Holocaust**. After I started writing the epic poem I didn't want to finish it. Probably never will. But perhaps that Angelic vision was of the past, like a bombed out city in Germany. Maybe I was given a chance to appear on Earth, with complete amnesia of being an Angel, and like a normal human I was given the opportunity to save the world from self-destruction. That one goal is the only thread of

memory I can see in my childhood, teens, and adult life. I have always sought the end of all wars. People have always thought I was ridiculous.

Even yesterday, while walking with my son Rory to the store, he asked, "Is that why you don't play video games?"

I replied, "I've always been concerned about you destroying so many lives and creatures each day in your games. I enjoyed playing **Age of Empires** in the slow mode so I could build walls and buildings and develop technologies. But I dislike battles and killing enemies.

I continued, "You're fifteen now. When I was fifteen I had stopped playing all sports. I didn't enjoy making other people losers."

Rory argued, "But sports are about strategy."

I responded, "Strategies to kill, injure, take away, and deprive."

Rory argued, "What about baseball?"

I responded, "Even baseball is preventing the other team from achieving their goals, preventing their scores, and depriving them of victory."

Rory, "Running is a sport."

"Even running is about creating losers. Even when you run alone to achieve a faster time, you are destroying someone else's fame and achievement."

"Dad, you have a warped view of sports."

So, the one spiritual trait I seem to have been born with was to eliminate war. As a teenager, my best friend **Steve Hixon** was a poor loser. So to make him happy I'd let him win many of the board games we'd play like **Parcheesi**.

Same with my son. I allowed him to win many of our card games like **Yugi-oh**, and usually let him win running races with me. The other day on a different walk to the store he challenged me to a race. He couldn't catch me, and without running my absolute fastest, I stayed a little ahead of him.

"Man you're fast!" he said to me.

"You've always underestimated me," I replied.

Wow! This next Krishna quote really echoes of me.

By virtue of the divine consciousness of his previous life, he automatically becomes attracted to the Yogic principles—even without seeking them. Such an inquisitive transcendentalist stands always above the ritualistic principles of the scriptures.

None of my friends joined the Transcendental Meditation class of the Maharishi Mahesh Yogi. Somehow I knew I had to. When I heard there was pipe ceremony upstairs at the YWCA when I showed up to teach Tai Chi class, I immediately ordered the entire class to attend—so I could attend.

Hey is this Yogi thing me again?

A Yogi is greater than an ascetic, greater than the empiricist and greater than the fruitive worker. Therefore, O Arjuna, in all circumstances be a Yogi.

The Ascetics are the ones who have completely defected from the material world. But if you can be a Yogi without this complete detachment—maybe I qualify.

Once again, there are many Yogas of sacrifice, devotion, and other techniques.

Karma Yoga = Serving God while working in material world.

Buddhi Yoga = Seeking God through self-realization and religion study.

Bhakti Yoga = Full spiritual knowledge attained by understanding all Yogas.

Krishna elaborates on page 282:

And of all Yogis, the one with great faith who always abides in Me, thinks of Me within himself, and renders transcendental loving service to Me—he is the most intimately united with Me in Yoga and is the highest of all.

So maybe I'm a Yogi after all.

Another hint: The perfect Yogi = perfect child, husband, friend and master. I strive for all those.

Out of many thousands among men, one may endeavor for perfection, and of those who have achieved perfection, hardly one knows Me in truth.

Sadly true. I broke this down on the homepage of AmericanZen.org. It may get moved it somewhere else, but it explains how of 1,000 people only 200 aspire for religion. This brings them to **LEVEL 2** of which only 20 will go beyond their religion to see the truth in all religions and all nationalities. This is **LEVEL 3**, the level of compassion. This is where Buddha started Buddhism. Of these 20 only a couple will make it to **LEVEL 4** where they spend their life helping others—like I do.

Coincidentally, my Chinese Buddhist name is *Shen-Lang Zhen*, which translates to *Spirit Wolf of Truth*.

8 Material Energies

1. Earth - Why did God put me here?
2. Water - Why is God peeing on me?
3. Fire - Energy transforms to invisible.
4. Air - Existence includes the invisible.
5. Ether - Cosmos is infinite.
6. Mind - It has a brain.
7. Intelligence - It is something.
8. False Ego - "It is mine."

God = 3 Expansions of Visnu [God]

1. FATHER: *Maha-Visnu*
Creates material energy
2. SON: *Garbhodakasayi-Visnu*
Creates diversity
3. HOLY GHOST: *Ksirodakasayi-Visnu (Paramatnum)*
Present in all atoms

Ouch! I wont be remembering those Hindu names. I'm not expecting you to remember some of this either. Since the information was right in front of me... I've used a lot of Sanskrit words that I've never seen before.

Liberation is seeing beyond material desires and realizing God is in everything.

Did I mention my Las Vegas dream? I woke up and still believe this was more than a dream. Everything was talking to me (in my dream). It was disturbing, yet enlightening.

Then there's my last van (Evan) I talked about the other day to the amusement of the AutoZone employees. "When I washed my car—it ran better!"

Hey. Another strand of hope for me from Krishna:

I am the strength of the strong, devoid of passion and desire. I am sex life which is not contrary to religious principles.

I really do try to structure my sex life within religious principles. The book's author elaborates that religious principles means, "only for propagation." But my religions include sex to keep the wife from running out and getting it elsewhere. I strive to satisfy my wife's sexual desires. Even my masturbating before sex is to prevent premature orgasm and allow me to concentrate on her pleasure longer. Fact is, women take longer to reach their first orgasm than

men. I level the playing field... then level my lover. Then I have another orgasm.

Here's an interesting metaphor for why a spiritual master or Yogi, is so significant to enlightenment:

Maya, material illusion, bids us with desires and exaggerated needs. To become unbound, a person requires someone [Yogi] to untie the knots.

I spent several months in 2011 studying many of the most famous philosophers and social architects of the past millenniums. I was very disappointed to discover that for every knot they untied to liberate your mind, they added two or three knots more to confuse or distract you.

I was also very disappointed to realize that Shakespeare offered no hope or liberation for humanity. He merely showed how many ways people can make mistakes, screw up, or hurt other people.

"Miscreants" is the word used in this **Bhagavad Gita** book to describe a variety of people misleading others or being misled away from God. Many miscreants are honored members of society, administrators, educators, scientists, and philosophers. Their intelligence and efforts are not really improving the world or the lives of others, although they often make a lot of money or create many jobs.

There are 4 Kinds of Miscreants:

1. **LABORERS** (Beasts of burden - happy with paycheck)
Work for anyone.
No interest in religion or philosophy.
Ignorant, foolish, human animals.
2. **CIVILIZED HUMAN** (Religious materialists)
Work better jobs / business owners / religious rituals.
Religions are useful. Prejudiced against other religions.
Lowest of mankind who can take pleasure in suffering and war.
3. **EDUCATED WORKERS** (Yuppies)
Work for prestige / big business / religion for social gain.
Agnostics / no interest in religion / philosophers / scientists.
4. **DEMONS** (Atheists , War Strategists)
Work for power, corporations, government.
Pretend to be religious members / Atheistic / sacrifice humans.

Perhaps, if my parents would have been spiritual, I could have remembered my prior spiritual nature. Instead, by stumbling onto spiritual information, I recognized what I was seeking. My mother taught me to disrespect the Catholic church and told me, "When science can prove there is a God..." My father made us go to church every Sunday, but it was a tedious ritual without discussion or mention of God.

4 KINDS OF PIOUS MEN (Render Devotional Service to God)

1. THE DISTRESSED

Difficult lives seeking improvement
Suffering ill health seeking improvements
Give PRAYERS to God

2. DESIRER OF WEALTH

Need money to survive
Need money to improve family
Give MONEY to God

3. INQUISITIVE MIND

Seek meaning of life
Seek religion
Give MENTAL EFFORT to God

4. SEEKER OF GOD

Seek more than physical existence
Sense existence of God
Give SPIRITUAL EFFORT to God

Only when any of these pious people can identify with the Supersoul within them and others are they actually progressing spiritually.

Krishna says:

A great soul is rare.

Uh-oh. I hope this isn't about me on page 310:

Those whose intelligence has been stolen by material desires surrender unto demigods and follow the particular rules and regulations of worship according to their own natures.

I am in everyone's heart as the Supersoul. As soon as one desires to worship some demigod, I make his faith steady so that he can devote himself to that particular deity.

That's scary. I really don't want to worship an Angel; even if it does give me what I want. That's why people often say, "He sold his soul to the Devil." There are probably many Devil Gods that will reward you now and enslave you in their "Heaven." Obviously, by my lack of success, I've yet to sell my soul or make a deal for quick gain in this material world.

I do confess to perhaps enjoying life too much. When I was raising my kids, I made their world as comfortable, happy, and entertaining as I possibly could. I didn't do it for God. I sacrificed my time and energy for my kids. They were my little demigods. Which probably explains my resentments later when they turned their backs on me. I was somehow expecting some kind of reward for my investment of time, energy and resources. I used to refer to myself as "*The Luckiest Man in the World.*" Check out my song, "***A Lucky Man.***"

The joke's on me. The reward was then. Life couldn't be any better than it was. My payback and reward was the bliss and contentment I experienced with them. I guess that's what you'd call, "*Instant Karma.*" I put love in and got love back. End of story. Like eating a candy bar, you pay the price, enjoy the candy, and end up with...

This book that I'm writing, and presumably you are reading, is my newest karmic investment. I'm working for free. But I am hoping for a financial return. There is an "Instant Karma" here as I am truly becoming enlightened. Hopefully there will be a spiritual reward through this book actually improving my own life and empowering me to be

more dedicated to serving God directly.

Somehow, I believe this book is serving God. I know there's not a market for this book. Krishna people will denounce me for not promoting Krishna worship more—although I am incorporating some into my life. Atheists and philosophers will call this book self-serving and opportunistic.

Kung Fu and Tai Chi People will say, "What does God have to do with martial arts?"

Yoga people will be pissed at me for exposing them as opportunistic charlatans.

Christians will call me a blasphemer.

Wow! I hope there's someone left in the universe to appreciate this book. Ironically, I'm writing for everyone of every religion and every nationality. My naive "*save the world*" ethic seems to lead me farther from humanity... but definitely closer to God.

The **Vedic Scriptures** say that material gains are possible from Demigods, and that only spiritual rewards are received from God.

Man, here I am in homeless poverty and I just bought stocks in Heaven. Oh well, my spiritual nature seems to be leading me astray—astray from material rewards.

Hey God. I know you don't reward spiritual efforts with anything more than your blissful contentment—and thank you very much for that! But, any possibility of... maybe helping me get my ***Kung Fu Cowboy movie*** made?

I just found out about this really cool movie producer, Lawrence Bender, who seems rather altruistic and a cool guy in his private life... could you have him call me? I tried calling him, but they said I needed an agent for them to accept my screenplay. Is there any way you could just get me the opportunity to pitch my movie to him? That's not too material of a request is it? I just need an opportunity to be successful, then I'll do the rest.

It's been frustrating this year. Despite my best efforts to obtain an acting agent, or literary agent, or screenplay agent... I haven't been able to stir any interest. "Agents are not interested in you until you don't need an agent," has been voiced to me several times.

*I created a list of my **COYOTE TALENTS** for any interested agents.*

No, I'm not expecting any help—but I really need some help, a lucky break, an agent, a good connection... something to get me in business. If I make this movie, I will employ lots of people. This Kung Fu Cowboy movie really is intended to be slightly spiritual and if I can develop a following or fan base with this movie I believe I'll use this opportunity to inspire people to be better people and I'll use my celebrity status to inspire people to pursue an interest in You.

My kids will also benefit. I really want to provide for them better... I've not much to sacrifice, except this book. Can I make this book my Karmic investment for world peace?

Uh, if you are possibly reading my book God, or hearing my thoughts, I know you are aware of my desire to bring love and peace into the universe. I'm not even asking for a nice cozy place in Heaven—although... Well... I'm not even sure what my next life SHOULD be. You can decide that. But right now, I need a movie producer who wants to capitalize and market the goodness and good intentions inside of me. If it's not Lawrence Bender, I'll accept your best judgement. My number is 818-723-2769.

No, I won't be disappointed in You if nothing happens. But, I'm leaving no stone unturned, and I know You realize my intentions are noble and altruistic.

Well, thanks God for listening... if You were listening.

Love forever!

Richard Del Connor, The Hippy Coyote, Buddha Zhen, now referred to as "Kung Fu Cowboy"

Thanks for all I've got and anything you've given me already!

Thanks!

Where was I?

This is my last night in North Hollywood. Tomorrow the landlord will arrive to see me gone. I really want to avoid any confrontation with him or having him actually kick me out tomorrow. I was seriously thinking of leaving tonight,

but Michelle convinced me to stay one more night. I fixed the radiator, but on my test drive, I returned to discover that my key won't pull out of the ignition. Sheesh!

I called three mechanics yesterday. It will cost \$150 to \$220 to replace the key cylinder.

Man. Now, whenever I walk away from my car I have to leave the key in the ignition. A little scary. My computer, this book, my guitar and flute are in the car. Oh well.

Krishna mentions that amnesia we're all born with:

All living entities are born into delusion, bewildered by dualities arisen from desire and hate.

If my desires for Kung Fu arise from hate in past lives, it must've been... I don't know. My interest was for self-preservation and spirituality from the David Carradine **Kung Fu** show. When I first enrolled in Shaolin Kung Fu I was seeking a way to fight with my feet. "I'm a musician who plays guitar and flute," I explained to Gary at the front desk of the Tai Mantis school in 1980. "I want to be able to fight with my feet, and not injure my fingers."

My desires for music, writing and poetry must arise from previous creative lifetimes. I was born a musical artist and poet.

Here's another clue to my past lives:

Persons who have acted piously in previous lives and in this life and whose sinful actions are completely eradicated are freed from the dualities of delusion, and they engage themselves in My service with determination.

This would indicate that I've been a good person in my last lives. I've never been attracted to sinful behavior.

I worked the **REVENGE** television show the past two days. To save gas I slept in my car. They were validating parking in the Marriott Hotel parking lot, but I didn't think it would go as easy if my charge was for two days parking when I left today. I also was concerned about leaving the parking lot and re-parking before midnight. I looked for a place to park but all the streets were, "*No parking 2AM to 4AM.*" So I parked on the street and set my phone alarm for 1:30AM. I woke up at 1:00AM, pulled into the parking lot, unhooked my battery cable so I could pull my key out of the ignition. The key cylinder is broken since my test drive after putting the radiator in. The battery went dead the other night and my CD player isn't working... I'm not sure what is draining the battery.

Before leaving the parking lot, after my **Revenge** acting job last night, I used a gallon of water to wash my hair and take a bath behind my car in the parking lot.

It was fun working the **REVENGE** show. I made some really nice friends, Jay and Adam. I also cast a couple of the gang members for **Kung Fu Cowboy Rock & Roll Movie 1.**

*Yesterday, November 17, I watched the San Francisco 49ers war against the Louisiana Saints. Good game. I was hanging out with Jay and Adam. Adam may be in the **Kung Fu Cowboy movie** and may help connect me to Lawrence Bender.*

The lady I performed with was a really professional background actor and very attractive, Teena. Very nice lady. Too bad [for me] she was married.

My Rhino boss paired me with John, who doesn't have a car license, so I drove back up to North Hollywood to give him a ride tomorrow. I'm sitting in the Ralph's parking lot because my car won't start. This is a common problem when the engine is hot.

I'll be working as a stagehand for Cirque du Soleil for the next few days.

Back to the **Bhagavad Gita**:

Devotees of the Lord are always in existence. They travel the world to, "recover lost souls from delusion." Devotees of the Lord are the Bodhisatvas, Luohans and Buddhas of Buddhism also. A materialistic person can escape the bondage of desires by supporting Devotees, Buddhas, Yogis, and spiritual leaders of devotional service.

The Demigods buy your soul by promising to fulfill your desires and objectives. But this reminds me of a joke from my youth:

Two men were walking down the street and one of the men, looking at a beautiful girl on the opposite side of the street said, "I sure wish I could be between her legs!" Poof! His wish was granted: he became a tampon inside the beautiful girl.

Let's see if I'm understanding this correctly (in the **BG** book):

Brahman = indestructible soul = Soul within

Individual Nature = self = eternal nature

Actions of the Self = karma = fruitive activities

Para-brahman = Supersoul = God within

Material consciousness = karma = force of actions

Material Nature = 8,400,000 species of life

manifested as human, Demigod, animal, bird...

Sacrifices = merits from God in afterlife

God's merits are temporary and human life is resumed

5 OFFERINGS

faith

moon

rain

grain

semen

5 FIRES (that consume offerings)

Heavens

clouds

Earth

man

woman

The **Bhagavad Gita** explains reincarnation interestingly:

When a Demigod rewards sacrifice of faith to the moon or other planet, the person's soul is granted Heaven on the planet of Demigod. When merits are exhausted the soul descends as rain to become grain, which is eaten by a man and transformed into semen. The semen becomes the next reincarnation.

The Supersoul within us is a *fragment of God*.

Despite the rise or fall of our individual soul, this hitchhiker soul remains constant... or does it?

I'm still figuring this out. What if it was possible to darken this fragment also? What if by evil deeds and sacrifices to an evil Angel... we are coloring the Supersoul with this Demigod's qualities.

Could it be that the Heaven or Hell we go to after living on earth is determined mostly by the shaping of this Supersoul as well as our individual soul. Perhaps this Supersoul is a neutral pure fragment of God, when we first receive it.

Hmm. If the Karma scorecard is our individual soul, and the Supersoul is God's ticket home—then:

Karma of the Individual Soul PLUS the Supersoul (final destination Karma)

would be to become an animal if you lived an animalistic survivalist life.

I started to create a chart for this equation. It barely fit on my 8.5" x 11" notebook paper—so it won't fit on a smaller ebook screen. Let's see if I can reformat this information for you to be read on smaller format devices like a Kindle Reader.

LEVEL 1 of spiritual life

Karma of Individual Soul + Karma of Supersoul

Animal life/survival + No God awareness

Sacrifice to God + Final Karma = Afterlife Destination

Family supporting + Animal Karma = Earth: another animal

LEVEL 2 of spiritual life

Karma of Individual Soul + Karma of Supersoul

Religious life/survival + Prayer for rewards

Sacrifice to God + Final Karma = Afterlife Destination

Prayer/piety + Improved family = Earth: religious family

LEVEL 2 of spiritual life

Karma of Individual Soul + Karma of Supersoul

Selfish life/religious + Bargain with God

Sacrifice to God + Final Karma = Afterlife Destination

Money + Material wealth = Earth: worker family

LEVEL 2 of spiritual life

Karma of Individual Soul + Karma of Supersoul

Use religion for success + Aligns with Demigod

Sacrifice to God + Final Karma = Afterlife Destination

Hurt others + political power = Earth: political family

LEVEL 3 of spiritual life

Karma of Individual Soul + Karma of Supersoul

Compassionate/helpful + Aligns with Demigod/God

Sacrifice to God + Final Karma = Afterlife Destination

Love/compassion + Buddha = Earth: loving parents

LEVEL 4 of spiritual life

Karma of Individual Soul + Karma of Supersoul

Helpful/Supportive + Aligns with God

Sacrifice to God + Final Karma = Afterlife Destination

Parental care of strangers + Being Oversoul = Earth: intellectual parents

LEVEL 5 of spiritual life

Karma of Individual Soul + Karma of Supersoul

Save the world + Aligns with God

Sacrifice to God + Final Karma = Afterlife Destination

Devotion to God + Be with God = Heaven: with God

Each of the above souls will have a temporary Heaven before returning to Earth. That Heaven = Karma of Angel that the person aligned with. Warrior Gods will allow you to live in constant combat, an unending video game of bullets and bombs. Sex Gods will allow you to live in constant satisfaction, and denial... Compassionate Gods will allow you to live with friendly happy people. Intellectual Gods will allow you to study and converse about the universe.

Then, when your time is up—you return to Earth.

God has no interest in hanging out with anyone that isn't of the same interests as Him. So, worshipping God probably is the best way to earn God's attention. Unfortunately, when people think they are worshipping God, they are usually worshipping a Demigod Angel. Obviously, God is not going to compete with the Angels (his Children) for attention. Quite the opposite. God appreciates the Demigods as elementary school, middle school, and high school teachers who prepare souls for the University [Heaven] of God.

In the University of God, which is where I am now, each soul can discover the Truth. The true nature of God is beyond college and beyond the experiences of life—God has been there already, God created them.

Here's the twist that I enter: do I want to go to Heaven? I don't want to go to Hell. I don't want to go to a warrior Heaven.

The Freemasons have a Heaven. A house built of light. Each Freemason becomes a part of that house. It is built with the righteous hands of charitable souls who have dedicated themselves to all the finer and intellectual pursuits of life.

The Freemasons align their souls by using material tools such as plumb bob, bubble level, framing square and compass to envision and embody higher ethics and morals. Those who enter this world of intellectual spirituality become architects of a universe that fosters compassion, nurtures the weak, and provides a basic comfort to life. Luxury, beauty, and friendship are the daily meals in Freemason Heaven.

I think I've been there. When I try to imagine where I came from in a previous life, this Freemason Heaven is the only one that makes sense. I was born with an affinity for Geometry, music, structural balance, and a comfort in large huge buildings. Domes and arches are awesome to me.

My disappointments in Freemasonry are because I was associating with people in Masonic kindergarten. It all makes sense now. I love Freemasonry. I was just hanging out with the beginners. I met one high-level mason. A great guy. When I showed him my **Masonic Kung Fu** discovery, he got a tear in his eye and hugged me. He was also a Rosicrucian. Sadly, I am ignorant of the Rosicrucians and perhaps there I will find other humans, evolved like myself. We'll see?

Wow! This **Bhagavad Gita** is an amazing book. My current version was written by a real genius, Swami Parbhupada. I recommend the book to everyone. Swami is of course steering you towards his Krishna Consciousness religion just as I am steering you towards my **Shaolin Zen**. However, I really don't care if you join my **Tai Chi Youth nonprofit, Buddha Kung Fu school, or Shaolin Chi Mantis Traditional Buddhist Gongfu and Taijiquan** (which includes Shaolin Zen). I really don't care.

I want YOU to follow your path. If what I offer is right for YOUR PATH then my purpose is only to let you know where I am. Otherwise, just grab what you can, and add it to your world. Hopefully, you purchased this book and I thank you for that small contribution to my world. Otherwise, you owe me nothing. Take what you can. (I co-wrote a song, ***"Take What You Can,"*** with my band, **The Rich**. The song is on the **LIVE IN VENICE album**.)

Improve your life. I'm honored and happy to believe I have added to the improvement of the universe and helped other

souls to progress in our spiritual existence within a spiritual universe, hidden in our material reality.

Back to the **Bhagavad Gita**. (We are at page 329 of 674 pages.)

Krishna says:

And whoever, at the end of his life, quits his body remembering Me alone at once attains My nature.

This again supports my earlier Karma concept: we go to the Angel we align ourselves with. This isn't wrong. This is what we deserved and earned. This Krishna dude is really winning me over. Perhaps, instead of going to Freemason Heaven, I'd rather go to Krishna Heaven. I could play flute with Him! Maybe I shouldn't say this, but since Masons don't allow women, perhaps there aren't as many women in Freemason Heaven as in Krishna Heaven.

I confess, the happiest women worshippers I have ever seen were dancing around in the Krishna Temple. Their wonderful smiles... But they weren't swishing their hips and pumping their pelvis. They were joyous more than sensual. They also believe less in the constraints of being married which... Well... Hmm...

I am interested in Krishna's Heaven. It could be the closest thing to mine. No animal killing. No people killing. Music. Opulence. Luxury. Happy women.. Very happy women. Real happy women. Sheesh. I need a girlfriend. But I always have wanted a girlfriend. It's 2013 and my last girlfriend was Lara in 2001, so I can manage without one...

Let's see what I think when I reach the end of this book.

It seems that my persistence to find a "perfect mate" who now must be spiritually aligned to me... will probably make it harder than ever to find my next girlfriend. Most people I talk to say, "Give up your expectations and get laid." I've been trying, really trying, to imagine some kind of sexual relationship that wouldn't have any other connections to the rest of my life. If I moved in with a girl, just to provide her sex and get a roof over my head... am I prostitute?

The Krishna religion has a "mah-mantra" which is supposed to align you with the Krishna God. Personally, I've been disappointed, and discontinued prayers and chants. Raising my children, we said **Grace** before each meal, but I trained my kids to make up a prayer each time they prayed that expressed their inner truth and current appreciation, and current desires.

Krishna expresses that whatever you are thinking about when you die will determine your spiritual destiny. I suspect this may be a slight misinterpretation of what Krishna really said. He probably meant that where your intentions and desires were on a daily basis when you died will determine your spiritual destiny.

Here's another cool explanation of Yoga:

Real Yoga is meditating on the Supersoul within us.

That would definitely not be a nothing. "*Do nothing for a reason,™*" is my Shaolin Zen slogan. Since it's not quite a something, you could call it a, "nothing" of God. So find your "nothing" with the reason of being closer to God.

We all need a role model, to become. Since it is only imagination, it is another nothing. There is an old proverb, the caterpillar imagines the butterfly to become one.

The best advantage of meditating on Buddha, Jesus, Krishna, or Mohammed, is that they were all flesh and blood people. They are easier to visualize than God. Imagine Buddha happy and lecturing. Imagine Jesus breaking bread with his buddies. Imagine Krishna playing flute with adoring women around. Imagine Mohammed giving charity to homeless beggars.

My scientific nature is comfortable worshipping all these human prophets with my intention of using them as role models. When I want to worship God I have no problem worshipping Him directly. I've even seen Him! But God did not set an example for me. God was all powerful and a part of everything—but I am not God and don't aspire to be God any more than I'd want to transfer my soul into my human father.

My soul is mine, and my Supersoul is temporarily mine. I'll do my best to take care of them and learn what I can, do what I can, and discover my own unique universe of beauty and wonderful accomplishments. False ego? No, "*Super Ego.*"

True understanding is understanding when our principles match up with God's own knowledge and awareness. The Angels give us principles that lead us both towards God and away from God. I can see now that some Angels believe their purpose is to weed out the weak souls. They aren't evil. It's their job like the teacher who grades our school tests. It is up to each of us to determine our spiritual grades. My son is having trouble in school right now. He doesn't want good grades for my pleasure. I couldn't even talk him into doing it for his mother. He obviously isn't even doing it for himself.

Subservience, submission, and devotion are the foundation of spiritual and scholastic success. When I do anything, I am always doing it for someone. Not often enough for myself, but always to please and satisfy someone.

Only through this submission and devotion to others or God can we become enlightened.

The demon that plunders and gathers treasure and even knowledge for himself only—becomes an ugly abomination, vilified and scorned.

The person who achieves for others is praised and glorified. Animals eat and survive. Humans are capable of so much more.

Uh-oh. Krishna is now elaborating on celibacy. Then he speaks of a Tai Chi wisdom.

The Yogic situation is that of detachment from all sensual engagements. Closing all the doors of the senses and fixing the mind on the heart and the life air at the top of the head, one establishes himself in Yoga.

In my Tai Chi classes we refer to this as the "*Crown of the Head Dan Tian.*" A Daoist master once explained that we are spiritual beings because our spine is our connection to God, pointing upward to Heaven.

I agree that sexual thoughts are a huge deterrent to spirituality. That is another reason I don't promote celibacy.

When I have been the submissive in a femdom relationship, the sexual denial caused me to think of sex more. By masturbating, I am able to erase my sexual desires and effortlessly apply my mind and focus to other topics.

I made a note in my **Bhagavad Gita** book the first time I read it: "*Masturbation = quick meal to satisfy hunger, then pursue spiritual nature.*"

For me, a half-hour of self-gratification is like watching a TV show. My biggest misuse has been to masturbate for a couple hours... without losing an erection... without any more of a release than I would have had in 15 minutes. Sometimes I'd rationalize that I was "sexercising" for longer erections when I had a partner again.

"Women, help us men by having your orgasms a little sooner... please. We want to satisfy you, but we need to get back to work... or get some sleep."

Next, "Om."

After being situated in this Yoga practice and vibrating the sacred syllable om, the supreme combination of letters, if one thinks of the Supreme Personality of Godhead and quits his body, he will certainly reach the spiritual planets.

This brings back memories. Back in 1968 when I took the Transcendental Meditation Class of Maharishi Mahesh Yogi, they held this meditation keyword ransom at the end of the seminars. They wanted us to pay an additional \$10 to get it. This bothered me, and I refused to pay. [*Maybe I couldn't afford it at age 14.*] None of my friends took the course so I overheard some students talking and realized it was, "om." But this soured my attitude towards the word. Never linking myself to prayer or chanting, this word became insignificant to me.

When I wrote the book, ***History of Zen from A to Z***, Saten [*Satan*] taught me the significance of sounds in the universe. I still did not learn that sounds had power, but I did learn from Saten that sounds have meaning. Since I'm living out of my car, I've been meaning to revisit the letters, "o" and "m" to see how their combination might equal what Krishna was saying.

The author of this **Bhagavad Gita** says that "Om" and Krishna" are the same. He says, "The impersonal sound of Krishna is om, but the sound Hare Krishna contains om. This confuses me. I just asked my friend John, who introduced me to this book and the Hare Krishna religion. He said the chant does not contain, "om."

YIKES! I just turned to my page 245 of my handwritten notebook and found another spiritual chart I created.

Breaking this down into a smaller format may be difficult.

I would prefer to leave this chart in the format I created it. There are six columns. I even came up with a point system for the different sacrifices.

It is a larger version of the sacrifices I outlined previously. Well... let's see if I can break it down for this smaller formatted ebook.

DISTRESSED DEVOTEES (selfish interest)

KARMA YOGA: Efforts to earn points (addicted to rewards)

Doing good and thinking of God with hope of better life is best = 5 points.

Constant devotion when not distressed = 6 points.

JNANA YOGA: Sacrifices to earn points (aware of individual and Supersoul)

Sacrificing for reward not love. Sincerity of devotion determines point value.

NO points if disappointed.

Constant devotion = 3 points.

BUDDHI YOGA: Intellectual efforts (knowledge is sought reward)

Hard to be smart when distressed = 0 points.

Emotions block intellect = 0 points.

HATHA YOGA: Physical efforts to commune with God (addicted to body)

Working hard in Kung Fu, Tai Chi, or Yoga = 2 points.

Helping others in church/community = 3 points.

BHAKTI YOGA: Devotional service (desiring to surrender to God)

Chanting, praying, obeying spiritual master = 4 points.

Constant thoughts of God and compassion = 4 points.

INQUISITIVE DEVOTEES (personal curiosity)

KARMA YOGA: Efforts to earn points (addicted to rewards)

Considering possibility of God = 1 point.

Consistent worship with doubts = 2 points.

JNANA YOGA: Sacrifices to earn points (aware of individual and Supersoul)

Experimenting or required efforts are insincere = 1 point.

Experimental worship with heartfelt sacrifices = 2 points.

BUDDHI YOGA: Intellectual efforts (knowledge is sought reward)

Personal interest research = 1 point.

If personal interests are spiritually oriented = 3 points.

HATHA YOGA: Physical efforts to commune with God (addicted to body)

Working hard in Kung Fu, Tai Chi, or Yoga = 2 points.

Considering or meditating on God in efforts = 3 points.

BHAKTI YOGA: Devotional service (desiring to surrender to God)

Wanting to believe in God = 2 points.

True devoted believer of any faith = 4 points.

SEEKING MATERIAL GAIN DEVOTEES (selfish interest - won't attain perfect peace)

KARMA YOGA: Efforts to earn points (addicted to rewards)

Doing good and helping others = 3 points.

Doing good and thinking of God = 4 points.

JNANA YOGA: Sacrifices to earn points (aware of individual and Supersoul)

Passionate sacrifices are weaker than sincere devotion = 1 point.

Constant devotional sacrifice for Godliness = 6 points.

BUDDHI YOGA: Intellectual efforts (knowledge is sought reward)

Intellectual pursuit for validating philosophies = 2 points.

Seeking rationalization for material interests = 1 point.

HATHA YOGA: Physical efforts to commune with God (addicted to body)

Working hard for selfish reasons/ego enlargement = 0 points.

Constant effort that promotes healthy happy life = 1 point.

BHAKTI YOGA: Devotional service (desiring to surrender to God)

Chanting, praying, focusing thoughts on God = 3 points.

Desiring God equal with other material desires = 1 point.

SPECULATIVE PHILOSOPHER DEVOTEES (selfish interest)

KARMA YOGA: Efforts to earn points (addicted to rewards)

Doing good because it is convenient = 1 point.

Doing good because it is your philosophy = 3 points.

JNANA YOGA: Sacrifices to earn points (aware of individual and Supersoul)

Testing God by measured sacrifice/rewards = 1 point (if devoted to God)

Measuring God's rewards = 0 points.

BUDDHI YOGA: Intellectual efforts (knowledge is sought reward)

Already possessing values and ethics of Godliness = 3 points.

Increasing current values with belief in God = 4 points.

HATHA YOGA: Physical efforts to commune with God (addicted to body)

Doing Kung Fu, Tai Chi, Yoga for scientific reasons = 1 point.

Adding spiritualism to workout = 3 points.

BHAKTI YOGA: Devotional service (desiring to surrender to God)

Desiring God but not committed or consistent = 2 points.

Desiring proof of God for commitment = 2 points.

Only by combining the above or adding devotional service to any of these logics is a higher spiritual level attained.

10 of 10 points = Do good for God all the time while constantly learning about God, doing Kung Fu and sacrificing for God and God's devotees.

So, if we do go to the Heaven of the Demigod we are connected to, and "om" represents a particular Demigod, perhaps it is Krishna.

Wow. Wow. Wow. Wow!

The following are excerpts from my novel, ***History of Zen from A to Z***. It would appear that Satan told me some

truth and that I have spent my life underestimating the power of the word, "om."

Excerpts from *History of Zen from A to Z* by Richard Del Connor:

O Chapter

Oh Heavenly Father.
Oh Almighty God.
Oh Righteous Force of the universe.
Oh.
Oh.
O.
Oh?
Uh Oh?
Oh No!
O is a circle. No beginning. No end.
O is infinity. No place to stop. No place to start.

M Chapter

Saten watched over "M"an.
Saten watched over the "M"ortals.
Saten watched "M"ankind learn the same lessons and make the same mistakes... over... and over again.
Saten was no longer amused. Where there was a war would spring peace.
Where there was peace would spring a war.
Some of the Angels had taken sides with this civilization over that civilization... but eventually they all turned out the same. Weird. Bad comes from good. Good comes from bad.
Saten remembered Adam. Saten remembered Eve. He remembered that first day he beheld them in Heaven and they couldn't even talk to each other.
What is this Zen of Man?
What is Man's Zen?
Watch them. Watch them strive for Zen. Watch them attain Zen. Watch them throw their Zen in the trash.
Zen is not for Man—not for more than a moment. But Man has tasted Zen.
Man knows Zen exists. Man continues to seek Zen, once in a while... briefly... then he wants something else.
Man wants something he can touch, feel, taste and smell. Zen has no flavor.
Zen has no feeling.
Zen is the peace of God.
Zen is peace.
Zen is contentment.
Zen is silence.
Zen is not human.
Zen is not money.
Zen is not love.
Zen is not lust.
Zen is not pain.

According to what Saten [Satan] told me, "Om" is a tremendously powerful word combining the essence of God with the bliss He has always wanted to share with the universe. Wow!

The **Bhagavad Gita** claims that Krishna and God are the same. Christians claim Christ and God are the same. If Krishna and Jesus are in the same Heaven it would be God's Heaven?

Since Jesus was a Jew, Christ's Heaven would be Hebrew oriented.

Since Krishna was an Indian, his Heaven would be East Indian oriented.

Would Mohammed's Heaven be a desert?

Would Buddha's Heaven be the same as Krishna? The Krishna people say that Buddha is a reincarnation of Krishna.

The book just stated that Krishna's Heaven is the planet Goloka Vrudavana.

All the other Planet Heavens are Vaikuntha planets in the spiritual sky.

The highest devotion is not to seek Heaven but to seek ways to be of service to the Lord. This is supreme service attaining life's highest perfection resulting in Supreme souls or "mahatmas," (great souls).

The book explains how one day in Heaven is equal to an Earth lifetime or longer. It also explains how the universe consists of four cycles (yugas) that last about one million years. A Brahman may be an Angel, and it lives 1,000 yugas = 400 trillion years.

A Brahman serves the Supreme Lord, living on the planet Heaven of Brahman Loka. These Brahmas (Archangels?) serve God and eventually die.

At the beginning of Brahma's day, all living entities become manifest from the unmanifest state, and thereafter, when the night falls, they are merged into the unmanifest again. Again and again, when Brahma's day arrives, all living entities come into being, and with the arrival of Brahma's night they are helplessly annihilated.

Interesting. A day in the life of a Brahma = the entire life of a human. I want to ponder that more...

Then Krishna explains about God's soul within us.

Yet there is another unmanifest nature, which is eternal and is transcendental to this manifested and unmanifested nature. It is supreme and is never annihilated. When all in this world is annihilated, that part remains as it is.

That's the Supersoul. That piece of God that records our life and can be played back by God... if we can possibly deserve his attention.

Krishna explains about the **Vedic Scriptures** explaining death. Supposedly, dying in the day is more indicative of not reincarnating back to Earth.

Then Krishna over elaborates about someone benefiting from devotional service. What bothers me is in defining devotional service, most Christians who devote great energies to Christianity are usually causing other people to feel guilty or the gash of a cross striking them in the top of head (figuratively speaking).

If devotional service can include being compassionate and friendly to people outside your faith... be devotional. But if devotion inspires prejudice or animosity to others... it is worse than being an ignorant cow.

The Swami explains about a devotee serving his master. I use the term, disciple. Swami explains that a traditional devotee lives with the master and does as ordered and suffers when and how instructed in penance and servitude. The devotee begs for alms (food, money car...) for the spiritual master/guru/Yogi. He only eats when instructed and fasts if the master does not permit or instruct him to eat.

Devotees often serve from age 5 to 20 in the East, then becoming a "man of perfect character." Then, the devotee is sent out to live a "normal life" with wife, children, and job.

That was my biggest complaint and caused great difficulty in my recent family. I only raised my son to age 8 and my daughter to age 13. They both only received my elementary school level philosophies, spiritual teachings, and art lessons. Neither of them read my books, learned what I sought to teach them, or became musicians or artists. Their mom wanted them to be "normal." So they are both normal kids. I didn't want normal kids. I didn't even want kids. But when I did decide to have kids I wanted them to be incredible kids, movie stars, writers, actors, performers, and singers.

They should have had a different dad. I spent several years complaining that the family was not achieving our

goals of being a record company/music publishing company/movie production company/Kung Fu school/and Tai Chi nonprofit organization. My complaints and efforts to wrestle the family into my visions and dreams only caused the kids and ex-wife to resent me and push me farther out of their life. My daughter mentioned to me a couple days ago in front of her boyfriend about when she was a teenager, "You didn't like me and told me I wasn't your daughter."

She still doesn't understand what "being my daughter" means to me. I wanted more than to be a sperm donor and expected more from the lives I created. Perhaps my failure is what is important in my life as I've since written six books about how to raise children and create harmonious successful families.

Like the Freemasons, Eastern religions strongly believe that charity is a required and fundamental sacrifice.

I'm not being facetious when I point out that Americans don't understand what "charity" is. You can't know what Tai Chi is unless you've practiced it. You can't know what charity is unless you've practiced it.

Freemasonry mentions charity being the greatest goal... but I've not seen anyone become more charitable by being a mason.

The **Vedic Scriptures** then encourage a man, who has supported and finished raising his kids to return to the austere monk's life, live in the forest, and devote his self to God entirely.

This was what kick-started Buddha and his Buddhism. Most of the Original Buddha's disciples were retired men, some of great wealth or abilities. Buddha not only received financing and connections from his middle-aged disciples—he received a man who could always seem to find precious gems in the rivers they crossed.

PURE DEVOTIONAL SERVICE:

1. Hearing
2. Chanting
3. Remembering
4. Serving
5. Worshipping
6. Praying
7. Obeying
8. Maintaining friendship
9. Surrendering everything

God appears every millennium, in various incarnations:

1. TO ANNIHILATE THE DEMONS:
 - a. Kill demonic persons?
inspired by evil Demigods?
humans randomly drawn to evil?
1/2 human and 1/2 Demigod?
 - b. Evil people destroy good people
because they are evil to the evil person's plans.
2. PROTECT THE DEVOTEES
 - a. When?!
History has never shown God to protect the holy and innocent.
 - b. Christianity resulted in the extermination of the most compassionate people for hundreds of years.
3. REESTABLISH THE PRINCIPLES OF RELIGION
 - a. Prophets:
Krishna
Buddha
Christ
Mohammed

Martin Luther
Kung Fu Cowboy *hee-hee*

Krishna then explains that the purest knowledge comes from:

Direct perception of self-gratification

Difference between personal self and spiritual self-gratification

Path in life

Realization of self

Relationship to God

Relationship to reality and others

Principles of religion

"Core of the religion"

How to be devoted to God

Happily performed

Appreciation and enjoyment of life

Love and compassion

Understanding of everlasting life

Awareness of Supersoul within

Belief in afterlife

Belief in God

Belief that soul is eternal

God's Way

Written August 22, 2013

It has been 20 years since my wife divorced me
Twelve years since I loved and kissed Lara
Both were my students—both were my friends
Both seemed forever—both their love ends

To me their yesterday—would still be tomorrow
All emotions have faded—both passion and sorrow
Yet still I feel connected—I think I'm attached
Each promise that I make—repeatedly unmatched

As each is the same vow—my loyalty as a Horse
A Chinese Warrior Monk—on a spiritual course
From Catholic to Agnostic—to Philosopher Buddhist man
Pipe Carrier of the Lakota—my Coyote Spirit ran

Then back to Gnostic—the exterminated Arabs
From the man from the people—who fled the scarabs
When my advice echoed back—to get on track
With the biological social system—3,000 years back

Daoism spoke to me—Confucius held my hand
As Saten led me back—to Bodhidharma's stand
Then Krishna spoke—and led me from today
Now everything makes sense—when we live in God's way

Good or Bad

Fruitful actions can be good or bad.

If we steal a bicycle:

We are immediately rewarded by possessing a bike

We are happy

We are proud

We are successful

We have medium-term rewards from stealing bike

We will know we are a thief

Lowered self-esteem

Less effort to be known as a "good person"

We will strive to conceal this secret knowledge

On guard not to reveal secret

On guard not to reveal clues to secret

Some people may realize we are a thief

Bad people: will support and encourage us

Bad people: will provide new illegal opportunities

Good people: will sense our evil and avoid us

Good people: will provide fewer opportunities

We will have long-term rewards from stealing bike

We will seek more bikes

More of the same to steal

Bigger = motorcycles and cars

We will be despised by those we steal from

Vilify and curse thief

Seek justice, revenge, punishment

We will suffer health problems

From stressful secrets and deceptions

From being in jail and suffering.

From the previous outline of stealing a bike, I can see how becoming purely devoted to God can eliminate the Karmic sinful reactions/actions/rewards of our mistakes. Being devoted to God eliminates the old path and begins a new path. It won't eliminate the punishment of going to jail if you are caught, but it might help reduce your sentence, and by removing you from the world of theft, eliminate your future of being caught in a future crime.

So, for people who are living a path away from God, devotional service by being a pure devotee, giving up your material life, and being devoted to a spiritual master, really makes good sense.

The various military services are a similar option for many criminals and convicts who cannot possibly have or be a productive civilian life. It's a shame they must become human weapons and human bombs to live a life of devotion, but they are being led by a higher power, even if it is the God of War, Mars.

Soldiers are purified and disconnected from their prior paths in life. Historically, the front line soldiers who had a very low survival rate, were convicts given an opportunity to either serve their country or serve their jail sentence. Their sacrifice of life by absorbing enemy bullets was more noble than any achievement they would have made in their criminal life. They are sacrificing their lives so that young newlywed teens, and college draftees wouldn't waste their lives absorbing bullets or having their arms hacked off.

Convicts who escaped death in war and graduated military service could have a better start in civilian life and attain a higher spiritual level than otherwise possible.

Devotees of a spiritual guru who survived poverty and starvation would also be freed into civilian life with better training and abilities to be a better parent and productive member of society.

Unfortunately, Christianity doesn't set its disciples free and they often wither in priestly robes unable to fulfill their own unique potentials or become the parents they would have excelled at being.

Krishna even explains that Heavenly service is continued in Heaven, but does not necessarily mean being melted back into the body of God. This does seem like a possibility though. Perhaps for most of the civilians who are just growing up, having kids, and dying, this is fine for them and fine for God.

Another reason I attempted to create "super children" instead of "normal children," was to enable a better afterlife for them also.

This could be God's opportunity to know what's going on in life. As his Supersoul is reabsorbed back into Him, God can almost relive their lives as he watches their life stories like a television show.

I spoke with my brother Tom yesterday. He was trying to convince me to expend all my efforts to find any full-time job so I could have "security" and then I could pursue my dreams in my spare time. I tried explaining to him that I had spent several decades working full-time and part-time while pursuing my artistic goals in my spare time—but now was considering that a mistake for me. I explained that all those thousands of hours spent working for mere money could have been spent on my movie or music careers, thus putting me in a better position than I currently am. This upset him. He said, "It upsets me to know that my older brother only has \$20 and is sleeping in his car. You should work at Home Depot. They could use someone with your knowledge."

Voices of God

This absorption into God should be fine, but imagine now how this affects the Demigods of the universe:

When the God of War, Mars/Gabrielle... absorbs warriors...

the Archangel becomes enriched by them:
their thoughts are now absorbed by Angel
their motives are absorbed by Angel
their desires are absorbed by Angel
their destructiveness is absorbed...
their anger is absorbed...

This may explain how the Archangels, who once were our Gods

Became polluted and human-like
Less like God and more like humans
Altered into something God never intended for Angels

Perhaps religions with noble and God loving intentions

Were mutated by polluted Angels
Who honored polluted humans
Rewarding sinful actions

Perhaps a supposedly evil Angel like Lucifer,

is just a once pure Angel, worshipped as a God by humans (he sought to inspire)
but absorbed all humans who worshipped him as God (even mistakenly)
Became polluted by the humans
Learned how to think like a human
Learned how to treat humans
Learned what to expect of humans

Most of the mistakes in my life were due to my association with
criminals

uninspired unintellectual persons
people who made mistakes
women who lived by their desires

Most of my achievements in life were due to my association with
teachers

experienced professionals in my profession at that time
following my inner soul's desire to achieve something
intellectually
artistically
spiritually
compassionately

Although God has been appearing or speaking through prophets for thousands of years, these were the voices of Angels and never were the voice of God. They are God's first children who represent Him as the managers, overseers of the universe. But their ability to help and guide humanity has been limited to the abilities of the prophets to understand them, and the abilities of the prophets to communicate to humanity what "God" said to them.

Look at how people talk to babies and small children... This is how Angels view humans.

Logically, as the Angels learned how to understand and think like us, they probably learned not to expect as much from us and tailored their divine messages to what they thought we were capable of understanding or utilizing. Perhaps that enabled the Angels (God) to provide us with information relevant to that period in time... like, "Don't eat shellfish or pigs," because without refrigeration in 2,000 B.C. or adequate ovens in every tent, diseases were too likely.

Logically, God isn't going to suddenly reappear and say, "Hey! Start eating pigs and oysters now!" because of our new

technologies of hygiene, food storage, and food preparation.

I've been eating a lot of canned sardines the past two years, but with the radioactive waste dumped into the ocean from the Japanese atomic catastrophe last year... I'm not going to eat seafood products anymore.

4 Types of Devotion

The **Bhagavad Gita** states that with pure devotional service to God, Heaven can be attained and God will become realized. This makes sense in relation to another statement that if one pursues only one type of Karmic devotion, Heaven will not be achieved.

This makes sense because complete and pure devotion includes:

KNOWLEDGE DEVOTION: sacrifice of time and interest

by studying God

by being devoted to spiritual master/Guru/Yogi

SACRIFICE DEVOTION: sacrifice of time and value

by donating time to God's service

by donating resources to religion or spiritual master

KARMA DEVOTION: thinking of God during material efforts

sacrificing material desires for spiritual desires

doing compassionate acts by loving God

EFFORT DEVOTION: pursuing activities and Yogas that enlighten

with the intent of impressing God

to be the highest level of body, mind and spirit

The book makes an amusing statement that by being devoted to God one can, *clear out the nonsense in one's heart*.

So, with this book I have come to appreciate how devotion to God can actually benefit people.

Humans can achieve perfection.

But then... religions direct people away from perfection... only requiring membership, not achievement.

Perhaps that is why God told me to, "Go to the core of the Muslim religion." God wasn't telling me to join the religion but He did want me to know God's words that were at the core of that religion. So I read the **Quoran** a couple times. Wow! I learned a lot and was impressed. As I mentioned previously in this book, some of the **Koran's** teachings are my ethics and morals, almost twenty years later.

But what if God had never communicated with humans? We'd be in really bad shape. Ugh!

My Rhino stagehand friend was asking me about how I became such an incredible guitarist. He is also a guitarist and has at least one of my **American Zen cds**. So I outlined to him all my teachers, musical influences, guitar heroes... and now I admit, without those influences and their information I would be a very small fraction of the guitar master that I am.

So it is with spiritual information. I would not be as enlightened without all my enlightening studies. Those who are ignorant and unmotivated to study God are left to their sense of "right and wrong." This sense of right and wrong is based on their personal soul relating to their Supersoul. When the two souls are in harmony one "feels good." When a person does something contrary to God's nature they "feel bad."

The **Quoran** explained this as, God inhales life into our body. This "breath of God" remains with us and provides us a moral compass to sense when we are moving closer to God or farther from Him.

When a person makes a deal with a Demigod, they identify with their new God via their personal soul, not the Supersoul? Since this Demigod is similar to God, this tricks humans into believing they are pursuing the Original True God, when they are actually worshipping one of God's Kids. The Supersoul may also resonate to these Angels.

God created humans for his Kids. In my book, **History of Zen from A to Z**, Saten explains that humans are the pets of the Angels, not God. Worshipping his Children-Archangels makes God happy, just as parents enjoy seeing their kids

gain love and obedience from the puppy they give them. So if an Angel becomes polluted or twisted from human relations... God will still be happy to see us serving those twisted Angels as much as the good humans serving the good Angels.

This is why we love zombie and vampire movies. There are some Angels who have realized this is the only way to get some humans to believe in an afterlife. Yick! Without His Zombie Lazarus, Jesus would not have attained fame. What a pity people are so stupid that they would devote themselves to studying zombie movies instead of studying books on Buddhism or reading the **Quoran**.

Oh yeah! Now we need to add some Vedic Scriptures to our reading list.

The Angels can justify these stupid zombie and vampire diversions of human life:

We're keeping them off the streets

They're not actually trying to be zombies

They are teaching people to believe in life after death

The good guys are usually winning

Evil is being shown as evil

Good people are recognizably good

It's sad that zombie movies are the morality builders of modern mankind. **Grimm's Fairy Tales** was a book of horrible evil stories that eventually would keep children from being eaten by witches... or being lost in the woods...

Krishna makes a statement, speaking in behalf of God, that all things and objects of the universe were created by God so they all have a slight Godly essence. But then God warns, "They are not Me." So don't go worshipping a rock, or mountain, or cloud, even if you sense God within it.

God speaks of his divine births on page 367:

Fools deride Me when I descend in the human form. They do not know My transcendental nature as the Supreme Lord of all that be.

Although Krishna, Buddha, and Jesus were all appreciated and revered by some people, there are always plenty of people seeking to discredit or disapprove them. That's free will for you. Free will includes the freedom to be stupid, ignorant, untrusting, unreasonable, and uncaring. That's Yin and Yang. Everything has an opposite.

This makes being a prophet or divine being quite a challenge. I am constantly appalled that people can still believe for 2,000 years that torturing and killing one of God's children is a wonderful and good idea. Amazing! Just imagine how many billions of people have taken pleasure and found satisfaction in Christ's suffering, torture and murder.

Since every human has an additional Supersoul of God, that rocks and plants do not possess, each and every human should be respected as a grandchild of God. Every time we hurt another human being we are going directly against God. If someone beat up or killed one of your children, or grandchildren, you'd probably be a little disappointed... maybe even upset! But vengeance is still a crime against God. Maybe someone hurt or killed your child because your son killed someone in his family. So now you kill him for killing your son... then they kill you for killing...

So far, in this life of mine, I have never killed another human being. That is one of the reasons humans create wars. It forces humans to kill and mistreat other humans. God won't forgive you just because someone told you to shoot them for your country's honor. Every country we war with today, will someday be our friend and ally. Don't be so stupid people!

Then again, go ahead, kill and kill and rape and plunder. There, now there's more space in Heaven, and I won't have you idiots for my neighbors. Anyone foolish enough to believe it's a good idea to kill someone—for any reason—isn't someone I want near me on Earth or in Heaven.

Krishna speaks of this on page 371:

Those who are bewildered are attracted by demonic and atheistic views. In that deluded condition, their hopes for liberation, their fruitive activities, and their culture of knowledge are all defeated.

Losers! You are either self-realized or self-defeated. If you can be enlightened you won't be tricked into killing people

for any reason. If you are self-defeated, you have misused this powerful lifetime opportunity to become a liberated soul. You losers are better off as deer and rabbits. Now you can reap what you've sown and be targets for humans. Perhaps you'll end up as a tasty dinner and thereby earn the opportunity to try being a human... who doesn't hunt humans.

*But that would require NO VENGEANCE. All vengeance is bad. Becoming evil to return an evil deed does not make the world a better place. Now you are evil and you're doing something evil. Vengeance is the biggest joke we've ever played on our fellow humans. Now that I'm making a "Kung Fu movie," I am NOT making a Kung Fu movie. Why? Because ALL Kung Fu movies involve vengeance. My movie, **Kung Fu Cowboy Rock & Roll Movie 1** has lots of people seeking vengeance... but not the hero of the movie, Me.*

Worship Who?

Wow. The past four days were spent setting up the Cirque du Soleil show in Long Beach. I was sleeping in the parking lot, which wouldn't have been an issue were it not for my coworker who I allowed to sleep in the front of my truck while I slept in the back. He slept with the door open and his feet sticking out. This caused the police to investigate last night. My friend was rude to the police and had some other issues with the Cirque du Soleil staff. This resulted in his being kicked off the job. I was lucky they didn't boot me also.

I'm back in North Hollywood, needing a bath. I stopped into the Carl's restaurant for a discount burger.

It looks like I'll be able to pay my bills this month now.

Krishna now gives me hope by stating:

Others, who engage in sacrifice by the cultivation of knowledge, worship the Supreme Lord as the one without a second, as diverse in many, and in the universal form.

This describes me. That is why I had problems with Christianity. I couldn't worship Jesus as "Christ my Lord."

Thanks to the **Bhagavad Gita** I am less disappointed in those who worship Jesus as God. I realize now that this may not be the best way to worship God, but it is still a way to worship God, or a Demigod.

Now, I can see how it may be too much to expect for most people to worship the Almighty God. If they are worshipping Jesus, Buddha, Krishna, or Zeus... it is better than being an Atheist.

As I reenter the spiritual supermarket of the afterlife, I am shopping around. I know Who God is and will never stop in my worship or love or respect. As every child should honor their father, we all attain or discover other entities to worship. Perhaps your genetic father was a Viking who raped your Irish mother. Which father do you worship? We have choices. What if your legal father abandons you and your mother because he knows you aren't his real son. When your mother remarries or has another man provide for her and you... like a father... now you have three fathers to choose from. What if he is abusive to you but you have an uncle or grandfather who genuinely loves you?

We must each choose someone to call our father. Without a father we are Godless. Everyone needs a father and everyone needs a God. Find the father that is a "good father." Perhaps it will have to be someone else's father that you imagine to be your father.

According to the **Bhagavad Gita**, as you improve your soul, you improve your choice of parents. But perhaps they are killed in a car accident...

Those who are devotees of other Gods and who worship them with faith actually worship only Me, O son of Kunti, but they do so in a wrong way.

I think this translation should have been:

By worshipping my Angel children, they still honor Me, although not directly.

Those who worship the demigods will take birth among the demigods; those who worship the ancestors go to the ancestors; those who worship ghosts and spirits will take birth among such beings; and those who worship Me will live with Me.

As I watch my son and his mother watching ghost and horror movies on a daily basis I feel a sadness for them. They know of my objections and refusal to watch these movies. Oh well. My daughter works in the haunted house of Universal Studios. It is their choice. As a parent, they have heard my words and concerns. Part of my own spiritual evolution is my ability to allow people to choose Hell.

Hopefully, they will tire of Hell and eventually seek Heaven. I have learned that some people are destined for Hell.

If one offers Me with love and devotion a leaf, a flower, a fruit or water, I will accept it.

I offer my love and compassion to everyone.

There is a low-life black man cussing and cussing... talking with hostility... being racist... using the “F” word... it is unnerving and upsetting to hear. I have no problem allowing him to go to Hell. Having met Satan, I would prefer the Devil to this human demon. Why my son would want this Hell... I hope his is somewhere better than this current Hell I am being subjected to by this unhappy man.

This hostile scary black man lacks love for anyone. Somehow I know the love in my daughter and son exceed the love of this black demon. Somehow I hope to provide my children with some afterlife that has love and compassion in it.

I was immersed in love a moment ago, but that hostile demon stirred a demon in me that was ready to attack or pounce like a cat in self-defense. Yick. He left and I feel better now.

Just as life has nurtured a hostile demon inside me, we also have poisoned the love of the Angels. The universe has become a shadow of what it was.

I hope it its possible for the universe to rebalance with love, kindness, compassion, artistic beauty, and grandeur achievements of worship to God. The huge churches of Europe are a testament to the possibilities of human achievement.

I want my movies to be Heavens of creativity. Working conditions in most movies are “living Hells,” and some of the people who have interviewed for positions in my ***Kung Fu Cowboy*** movie have proclaimed this about working in these productions. “We all hated each other by the end of the first week,” said one UPM.

By devoting our love to God we are at war with most of our material reality. Most people will seek to hurt us or take advantage of us. Most jobs will suck the time out of our life. When we trade our days, weeks, months, and years of our life for money we are sacrificing the most precious thing we have: our lifetime.

When we sacrifice to this paycheck, we are not worshipping any God. These corporations are not even a family, not a parent, and not our father. If we are going to sacrifice years of our life, it should be for a worthy cause.

That hostile black man has returned. His energy and presence disturbs me. I cannot purify him but he can dirty me. I guess I'll leave now, just to retain my Heaven that he is polluting.

Bottom Line

I'm back at Carl's for an egg biscuit breakfast, two for \$2. I just noticed where I left off writing last night. What perfect timing. After leaving last night, I parked in front of my daughter Caitlin's house in time to catch her briefly dropping by her house to drop something off before going out to Universal Studios for the evening. She let me shower and told me to lock the door when I left. Wow. Good timing. I really needed a shower.

Back to the book: The **Bhagavad Gita** refers to the lowest of humans 4,000 years ago as, "dog eaters." Yick! I've eaten everything hutable in my life, but dogs and cats are not on my menu... ever. Hey! I'm "The Coyote," so that is almost cannibalism for me.

Last night at a party of background actors, I'd mentioned being in Tijuana. Someone asked me, "Have you ever eaten dog?" I replied, "Not knowingly."

Understanding reincarnation better now, it makes sense that people would reincarnate as cats, dogs, and horses due to their association with humans. Since most people are human cattle, like soldiers and factory workers, many of them probably do come back as cows also. The **Vedic Scriptures** condemn cow eating because by killing them we prevent many of them from completing their karmic challenges.

During one of my Pipe Ceremonies in the 1990s., I sought out the spirit of my deceased cat Celise. I found him on a distant planet. We communicated briefly and he told me his karmic challenge was to have a successful family. In some other prior book I detail the conversation and also saw what his alien appearance was.

My cat and I had a tremendous friendship for over 15 years. He was the best friend I have ever had so far. Perhaps my daughter has reached the same level of friendship I had with my cat.

A strange homeless man just sat across from me. He's ugly and drunk. I am having trouble communicating with him.

He's a friend of Steve Perry and wrote for Warner Brothers. "I've got enough money. I don't give a f___. I just bought my daughter a BMW, 46 grand."

The author just wrote to me, *that Earth is not a happy place for anyone*. This homeless drunk guy with a yellow booger is still trying to talk to me. The author just wrote to me, *this world is temporary and full of miseries, not habitable for any sane gentleman*.

Now the guy said, "Look at me. Look me in the eyes."

I kept writing (what you are now reading) and said, "I've already done that."

He said, "What do you see?"

Without looking at him I replied, "Darkness."

He laughed and...

I just finished replying to his, "Who cares?" with, "I do."

He asked me to "Give him 5."

I said, "No. That is usually a sign of agreement, and now we are not agreeing on anything."

"Where you going with that book?" (That I'm writing as he rambles.)

"By the end of the book I hope I know." I looked him in the eye and said, "Seriously."

He said, "Here's the bottom line," and paused again for the fourth time.

I said, "I think you came here so I could tell you what the point is."

I sat somewhere else and he came up to me, leaned over my table and said to me face to face, "I think you're a good writer, and whatever you're doing you should keep doing it."

I said, "That deserves a high five." We shook hands. He stood up and smiled. Then he said again, "Here's the bottom line," again, without any follow-up.

Another homeless guy came up, they shook, he said “Get of of town,” to him in a friendly way, and walked off.

Perhaps I should change the name of my upcoming album to, “**BOTTOM LINE.**” There is a song of that title on the album. It was planned as the last song on the album, **LEVEL 4 = Kung Fu Cowboy PART 2: 3^d Degree Master Mason**.

Did God speak through this “hammered” homeless ex-writer?

On page 400 the author just wrote me, intelligence is the power to analyze things in their “proper perspective.” Our senses are just microphones without intelligence. The information we gather by seeing, hearing, touching, smelling and tasting must be processed like listening to a song. If God is the Producer of the Universe, perhaps he does communicate through the resources of the universe, just as I do.

Of course, I now realize that mostly it is the Angels communicating to us. But wow, what if I really did earn enough credit to garner God's attention? A tear just fell to the table from my eye.

*First Draft update: I've thought over it extensively. The **LEVEL 4 = Kung Fu Cowboy Part 2: 3^d Degree Master Mason** album by American Zen was recorded when being a 3^d Degree Master Mason was the main focus of my life. So, despite my Freemason inactivity now, I'll keep it as the title. But I realize the song, “**Bottom Line,**” will easily be a hit song from the album.*

The author continues that “nothing” should be blindly accepted. “Everything” should be accepted and perceived with care and caution. Caring was the topic of conversation with this man. Caution was washing my hand after shaking hands with him. The author continues that tolerance and forgiveness should be practiced. *Excuse the minor offenses of others.*

The author echoes my prior conversation with the Warner Brothers writer: *truth is presenting the facts to others for their benefit. Speak the truth in a straight-forward way.*

Wow. It took a a slower pace as I processed my information, but I told the Warner Brothers drunk that “Caring is equal with everything and everyone. The amount you care about yourself is how much you care for your daughter and everything else. It is all equal.”

He responded, “I love my daughter.”

I said, “Then care about yourself as much as you care for your daughter. It's all the same.”

He started to cry a little.

“You know I'm right.”

“Yes. I know you are.”

Last night when I mentioned to a teen girl I was working for the circus, she responded, “I don't like clowns.”

I responded that I didn't either. We both chuckled after I commented, Sometimes they're creepy.”

Clowns wear masks, Masks hide, disguise and mislead us about what and who a person truly is. I don't wear masks. I wear costumes that *emphasize* who and what I am.

I wear Kung Fu clothes to be **Buddha Zhen**. I wear California hippie clothes to be **The Hippy Coyote**. Then I wear worn out hand-me-downs to be Richard Del Connor.

For a few years I wore tuxedos and suits to be **Freemason Richard Del Connor**. But the masons told me that I was “a burden on the lodge,” and “it's not the right time for you to be a mason.” So that turned out to be more a mask than a costume, since my poverty couldn't afford the dry cleaning of my suits I received for free, as charity, from the local Methodist Church. I was a pretender, a wanna-be Mason. Evidently, if you are suffering financial hardship, you should not attempt to be a Freemason.

So now I dress in black jeans, black shirts, and black shoes; the costume of a stagehand.

The author says it is wrong to ponder over earning money. He even refers to that as a misuse of thinking power. I've not really been guilty of that as all the pursuits of mine for the past 30 years were primarily how to perform a useful service, or create an artistic project that subsequently had a financial return.

I have had fear in my life during the past few years. Unable to make enough money to pay my bills, I have feared for the loss of my home and belongings. Our children never went hungry [almost], so they were a higher priority than our material possessions. My credit cards are unpaid. My phone just shut down while listening to that Sicilian movie business hustler complain and whine about how other people's problems are of no concern to him... I get this uncomfortable feeling in my stomach that I only get when people are lying to me or deceiving me. This is the same feeling I would get at the end of a bad relationship. He is not living in the mode of goodness.

This is the infamous, "gut feeling," people get when things are not right. But it isn't in our gut, it is in our soul. When we align our soul with the Supersoul of God within us, and someone else's soul is not in harmony with God—we "feel" uncomfortable because they are not aligned with God.

Nonviolence

I'm going to sever my relationship with this Sicilian guy as soon as he either connects me to movie financing or says, he doesn't have a connection, or refuses to sign my "*Finder Fee Agreement*."

This Sicilian is also very hostile and potentially violent. He says, "I don't know how to fight. I know how to kill." I am nonviolent, but have used a similar excuse why I do not spar or fight, "I don't know how to spar. I don't know how to fight with rules. I just know how to win."

The book says something interesting which broadens the concept of violence; *Violence is putting others into misery or confusion*. I agree with that. There is mental violence in our world.

Nonviolence and philanthropy are insignificant without compassion. People should live for the benefit of their family. People should live for the benefit of their community, their country, and their entire planet. Human society is a prison of rules and cages. It could be a playground of happiness and Heaven. Originally, Earth was Eden, when Adam was planted here. Saten told me the story of Adam in my book *History of Zen from A to Z*. It's kind of amusing.

Swami adds that whatever enhances the spiritual happiness of people = nonviolence.

When Bill D_____ stood by and watched me get mugged back in 1969, he was not being nonviolent. He was condoning or participating in the violence. When we watch people get murdered on television, we are not being nonviolent. We are financially supporting future and past violence. We are letting advertisers know that we will watch their commercials during a violent movie. Movie executive producers will finance more movies with violence. More children will be enamored with trailers and billboards of violence.

We are all either violent or nonviolent. Somehow in my Kung Fu Cowboy movies, I would like to show my reluctance for violence, depict my decision to be less violent, and inspire people to choose paths of less violence.

Someone just walked by with a T-shirt advertising their martial art school of "Army Combat Training." We have progressed from the "Peace and Love" antiwar attitudes of the sixties to a passion for Israeli and American and Brazilian combat training. The more violent, intimidating, and brutal the better...

Society can evolve to lower primitive levels of animalistic thinking more easily than it can evolve to higher levels of spiritual thinking. Humans have a tendency to be violent and stupid. Our entire culture has become less artistic, less compassionate, and less spiritual in the past 50 years.

People for several decades hungered for spirituality so much that they were even attracted to the primitive forms of God worship of aborigines and Native Americans. Now that we seek weapons of destruction, those primitive cultures have no appeal to modern society.

Ahimsa refers to people training to utilize their body to its fullest potential. Shaolin Kung Fu is *Ahimsa* training. Our bodies are trained to their highest levels of coordination, strength, endurance, and flexibility. Our minds are trained to be wise, just, compassionate, and resourceful. Our souls are trained to be Godly, nurturing, and guide people towards God.

Today's *Ahimsa* training is MMA, Mixed-up Martial Arts where people strive to injure other people and create losers in competitions. Their minds are trained to be dull and uncaring about others. Killing is acceptable to them. Their souls are trained to ignore or denounce God as they excitedly seek more souls to injure and cripple with intimidation, fear, and enlarged muscles. Maybe MMA stands for Mortal Madness Arts.

Equanimity

Samata refers to equanimity, which Swami explains as freedom from attachment and aversion. Is my attachment to a spiritual life a limitation to my freedom and liberation? Most modern people think so. They are free and liberated to be the steel ball in a pinball machine game of life. Unattracted to God. Free from religion. Liberated from family ethics and devotion. Perhaps this Complete Freedom is the curse of our intellectual and scientific world. People live by the current scientific studies, obey the newest diet plan, recite the new health slogan, and echo the advertising slogans of television commercials.

America is a society of media manipulated morons.

Swami mentions that people who fast for a political purpose or self-image are dieting in ignorance. Unless the motives of our actions lead us to spiritual accomplishment or spiritual awareness, we are wasting our time and energy.

When we do something nice for something in return we are not being charitable, we are just deal-making.

If you want to do something nice for someone, do it. If they want to do something nice for you do it. Now both people have been charitable and spiritual. If you just do something to get something neither person is being a good person.

It will always appall me to think of my mother never wanting to see, support, feed, or educate her children and grandchildren. How I ever thought my mother was a good mother shows how ignorant modern people are of what a good mother is. My father has never visited me since 1984 when I paid for his train ticket to visit me.

Swami says that 50% of our income should be given to charity and spiritual persons. I've given 100% of my income to myself, (a spiritual person), and my family for 24 years. I have rarely gone to movies, restaurants, or concerts. My only luxury has been money spent on pot. But I have absolutely no guilt about that. Some money was spent during the 90s to purchase one nudie magazine per week, but as Swami mentioned to satisfy the senses is not wrong unless excessive. I'm sure I could have spent less time masturbating and occasionally did feel guilty about it. The frequency wasn't excessive but 30 minutes would have sufficed as well as an hour or two.

Buddha promoted the system of door to door begging for enlightenment. This was a system that had existed for a thousand years prior to Buddhism. Swami makes a cool reference to it as, *wakening the householders from their slumber of ignorance.*

Buddhism's goal was to help the families like a counselor or psychiatrist. The **Vedic** scholars aimed at improving people's purpose in life, awakening their consciousness of God. This also provided people the opportunity to support a spiritual person, thus providing them with a spiritual benefit.

My mother, a demon, taught me that supporting the church was wrong. She taught me that donating to religion was evil. When I formed the **Tai Chi Youth nonprofit** and asked her for a donation she called me, "a moocher."

Today's world is suffering spiritually because people like my mother are spreading disdain for religion more than people are spreading love and respect for religion. The newspapers print more articles about priests sexually molesting children than they print about the Priests helping people to live better lives.

Michael Jackson's father is demonized for the hard work he invested into creating stardom for his children. Then weak-minded Michael is portrayed as a pedophile. Yes, people worship Michael more than his father, when his father actually accomplished more than Michael.

Fathers are generally demonized in movies as "mean" or "abandoning the family" to earn a living.

Politicians are generally demonized as selfish and corrupt.

Lawyers are demonized as untruthful law benders.

Mothers are demonized by being forced to abandon their children to have a job.

This is a world of demons because it is designed to create demons. People make fun of hippies and laugh at peace-lovers. We honor Rambo and the Scorpion King because they murder people real good.

Archangels

Swami outlines the Archangels as Administrators of the universe. Obviously, everyone is aligned with one of these four main Archangels who we refer to as God. The **Vedic Scriptures** are a 4,000 year old description of them. The descriptions are based on what people lived by 4,000 years ago and related to materials back then. They may have evolved a little since then, just as we have. Let's see:

27 Angels + God = 28

Plus many lesser Angels.

Chief Angel: BRAHMA (God?) (Great Creator of the Universe)

“Pitamaha” = Grandfather

“Grandfather” is how the Lakota Sioux refer to God.

Vice President Angel: LORD SIVA (Archangel Michael?)

From the forehead of God

INDRA = King of Heaven? (God's Heaven?)

4 Great Patriarchs: (of 25 Patriarch Angels = Archangels)

1. Sanaka = Michael?
2. Sananda = Gabriel?
3. Sanatana = Satan?
4. Sanatkumara = ?

Then came Rudra + 7 Sages.

The 4 Patriarch Angels + 8 Sage Angels = 12.

Supreme Personality Narayana desired to create living entities.

Narayana creates Brahman... so Narayana = God?

creates Indra (King of Heaven) + 8 Vasus

creates 11 Rudras

creates 12 Adityas

So Narayana is God/ Giving birth to all Angels?

11 Raksasas Angels:

Kuvra = highest = God of wealth (master treasurer)

Vasus Angels

Agni = highest = fire

Kandarpa = God of love

Vasuki = God of serpents

Skanda or Karttikeya = Son of Parvali and Lord Siva

Chief of all military commanders

In the next edition of this book, I hope to cross-reference and provide more information on Who is which Angel. We'll see.

Krishna says again his transcendent vibration = “om.”

He also said that each human King represents God on Earth. Unfortunately since Kings, most of them have no relationship with God, they are false kings, pretenders, usurpers of the ruling monarchs God expected us to choose to rule us in his place.

The American Republicans have recently halted and disrupted the entire American government to throw a tantrum because they don't want people to have health care. They have enough power to disrupt the entire country, yet they allow gas prices to be unaffordable—because they are evil. Republicans have injured America more than the

Communists ever managed to... and we elected them.

Righteous kings hardly ever exist. Even King Arthur who was divinely chosen, submitted to making emotional decisions based upon his material desires for his wife who was not a God devotee. King Arthur failed because he did not promote worship of God. He worshipped equality and human power, not God power.

Krishna says: (page 407)

The thoughts of My pure devotees dwell in me., their lives are fully devoted to My servitude, and they derive great satisfaction and bliss from always enlightening one another and conversing about Me.

Could be fun to be a part of God. As Saten explained to me, God pursues his own interest and personal entertainments. If God did absorb me, I hope I'd be a good influence on Him. I think so. He'd definitely learn to like rock & roll music!

Most people who converse about God, do it from a “please sign up and join our religion” concept. Although each religion heads its flock closer to God, since each Angel and each religion have characterized God according to their own interests, culture, or possess information—no religion or Angel contains all the aspects of God.

Just as a child is incapable of understanding all the grown-up activities of their parents—so we humans should not expect to understand many of Gods activities. Even the actions of an Angel may seem wrong to us, but when viewed from an Angelic perspective... they may be appropriate.

God Told Me To

written August 25, 2013

I had a pet — cute as can be
I had a pet — her name was the letter C
She warmed my heart — she lit my fire
Then with her planet — she did retire

That thought of Hell — was not my design
Mortals created it — like fermented wine
There was no penance — there was no test
Heaven was my home — for Angels blessed

That curse of greed — the desire to kill
Evil was created — by mortals who were evil
Their lives, their shame — they gave it my name
Satan was designed — to bear their blame

God's disappointment — shook the cosmos breeze
That wiped clean — the human disease
Except for one — Adam was kept
Hidden from destruction — as God's surviving pet.

This mortal seed — of the new universe
Became the chicken — and the egg of our curse
He bore the fruit — of Eve's coming sin
He was the rib — that would begin
 The population of Hell
 The pollution of Heaven

Adam was the tree — in Heaven's garden
His ignorance — was the fruit to harden
 The demise of my contentment
 The instrument of my resentment

For it was my divine duty to raise
The pets of God who would never praise
The love of God's plan
Misshapen into a woman from a man

God told me to insure the success
Of human survival — teach them business
Teach them war — teach them sex
I showed them how to write the text
 That could have been God's pride
 But was the blueprint for genocide

I followed orders — humans did survive
Like noisy bees in a dangerous hive
I taught them to hunt — but not to fight
Technology didn't need to create pain and fright
 If only humans could use it right
 Worshipping the moon instead of sunlight

I'll take the blame — I'll take the shame
Of enabling humans — the world to tame
Now that you've shown what humans are
Go ahead and bomb, poison your own star

Perhaps when you're gone — and I am free
God will forget you — and forgive me

*I think I was just sympathizing with him. I don't think this was Satan speaking through me. Hmm. Satan a poet?
I'm sure he could be. But I don't recall any of his conversation with me ever being a rhyme intentionally.*

Sympathy For The Devil

written August 25, 2013

He wasn't my friend – or was he?
He wasn't ever threatening to hurt me
As he stood beside my bedroom chair
The history of time — he did share
His point of view — his side of the story
Without excuses or seeking glory
Perhaps ***The AntiChrist*** brought him to me
He was calm, unemotional — not at all scary

Explaining to me in an alphabet game
How human survival was his greatest shame
Ordered by God to create Eden for them
How he seduced Eve for procreation
Then Saten shared a few other tales
To clarify how easily an Angel fails
When helping humans to achieve success
Resulting in suffering — a by-product of business

Perhaps some sympathy the Devil is due
He did what he did — God told him to

I only had contact with Satan “Saten” that one day in 2011. No conversations or appearances since then.

God's Opulence

Krishna reminds Arjuna again that God is situated in the heart of all living entities. When He refers to Himself as the “Beginning/Middle/and End,” I wonder if He refers to his being indestructible and unchangeable.

Planet of Pita, ancestors, presided over by Aryama.

Aryama = chief judge

Aham dispenses punishments to miscreants

This planet is closest to Earth

Humans are punished here (Hell?)

Rama = controller of weapons

God of war? (Rearrange the letters = Mars)

Sheesh. I'm confused Swami says there are 4 **Vedas** + 6 **Supplements** and the 4 **Puranas** for 14 scripture books to study.

Somewhere in those 14 books I suspect the original architecture of Heaven, the spiritual universe, and God's Angels is written. If you should study them and can help me understand this better... please contact me. Also, I'd appreciate your comparing that information to the information Saten provided me in my **History of Zen from A to Z**. I'm curious to know how much Truth He shared with me, and how much He was patronizing my mortal mind.

Wow. I turn the page and read this on page 426 of the **Bhagavad Gita**:

Of letters I am the letter A, and among compound words I am the dual compound.

I'm not sure what this “dual compound” means, but Satan told me that the Universe started with the sound, “A.” Swami says “A” is the beginning of the Sanskrit alphabet and the beginning of all **Vedic** literature. Wow. Maybe Satan “Saten” really did speak to me.

Also on page 426, Swami explains the feminine qualities of Godly existence. These are also referred to as “opulences.”

FAME

love of attention and adoration = good

envy fame of others = bad

FORTUNE

love of luxury, comfort, opulence = good

envy of fortune = bad

FINE SPEECH

love of flattering words and adoration, compliments = good

ignorance = “air head”

MEMORY

replaying pleasant events, remember what is satisfying = good

replaying unpleasant memories = bad

INTELLIGENCE

overcomes emotions = good

learn improvements for self-satisfaction = feminine

STEADFASTNESS

overcomes weakness or lack of devotion = good

stubbornness to defeat desires/be childlike = feminine

PATIENCE

maintain balance in both ecstasy and sorrow = good

longing for pleasure = feminine desire (flower seeks a bee)

To be glorious, a person must possess more than one of these good qualities, preferably all.

Righteousness is a masculine quality.

As you know, I am ***“The Coyote,”*** who became ***“The Hippy Coyote”*** of ***American Zen***. This coyote image has always been fun for me, because I identify with the Native American concepts of the coyote, “the trickster.” I’m not much of the trickster though. My main tricks are ***curing people's problems through Tai Chi and Kung Fu***. I reduce violent tendencies by presumably teaching more violent techniques... but by the time my students are able to master these violent martial arts movements, I have already reduced their violent tendencies and taught them to appreciate and enjoy other humans more.

But Krishna reveals that He, or God, is the ultimate trickster and the origin of “False Truth.” This surprised me and made me a little uncomfortable.

I am the gambling of the cheat, and of the splendid I am the splendor. I am victory, I am adventure, and I am the strength of the strong.

Uh-oh. I guess God is saying that because he is the creator of everything, even evil and cheating are within him. Even Buddha said, “If a child is trapped in a burning home, tell her there's a pony outside waiting for her,” if it will help to save her life.

Once again I must learn to accept the religious or parts of religions I disagree with, because they may be saving the souls of someone. Or, maybe God has to pee and poop once in a while, so we should accept them... but I'm not worshipping God's pee and poop... but I'm sure someone will.

Krishna, representing God, says he is a bunch of past sages and says he is also, Usana of the great thinkers. Swami explains that Usana was a spiritual master of the demons who became a politician. Sheesh. This is confusing. I guess I will consider some of these guys to be Devil doo-doo, but the Devils were created by God...

Among all means of suppressing lawlessness I am punishment, and of those who seek victory I am morality. Of secret things I am silence, and of the wise I am wisdom

Mostly, God seems to be the best of everything, not the worst. Interestingly, God says that morality will provide victory.

Here's another reference to “*maya*,” being “*that which is not*.” Somehow, something is not God-like, and this is *maya*. When I look at the translation, I question this interpretation of “*maya*.” As mentioned before, my only girlfriend of the past 20 years called herself, *Maya*. She also had an affinity for prime numbers that could not be reduced any further. I loved her with a passion that equalled or excelled all previous loves. She appealed to me on more levels than any other girl but she lacked:

- Fame
- Fortune
- Steadfastness
- Patience.

She possessed fine speech, memory, and intelligence. (3 of 7 feminine qualities). I thought she was righteous but found her to be emotional and materialistic. Perhaps devotion, patience, and steadfastness would have empowered or enabled our relationship to succeed.

She must have noticed I was thinking of her, because she contacted me by email. She seemed remote and defensive. I also sensed a disdain for my multiple identities. I am who I am... and thought she was a supporter of my characters and personalities. It is strange how women can so easily fool me into believing that they believe in me.

Swami mentions that the **Vedic Scriptures** detail the **12 Kinds of Relationship of Humans**. I couldn't find his specific reference to them all, but started the list below anyway. I'll fill it in later?

The following "12 Human Relationships" are GUESSES by me.

12 KINDS OF HUMAN RELATIONSHIPS:

1. Wonder
2. Friendship
3. Fear
4. Love
5. Marriage
6. Partnership
7. Sibling
8. Patriarchal (*Confucian*)
9. Maternal
10. Employment
11. Apprenticeship
12. Disciple/Devotee

Was it coincidence that Jesus had 12 Disciples? It would be interesting to cross-reference the 12 Disciples with the *12 Kinds of Human Relationships*.

This section brings up more questions than answers for me. Arjuna has been a friend of Krishna since they were children. Although Arjuna realizes that Krishna is a prophet, he is questioning Krishna to prove that he is a divine being or God Himself. This is a surprising lack of faith, but the author explains that Arjuna needed some sort of divine image to transmit to his successors of this new Vedic cult. How Arjuna realized he was starting a cult also surprises me since he was ready to quit and die a few minutes ago.

Buddhism eventually deified Shakyamuni Buddha and I've heard Muslims speak of a divine presentation by Mohammed. The Christians saw Christ, after he was dead. The Mormons have an Angel and golden tablets that were resurrected to Heaven.

It would appear that each incarnation of God is well provided for. I'm not sure what I did wrong in my last life, because God is not providing for me in this life.

Then again, I give daily thanks for what I do have.

Perhaps the vision I had of Angels telling me that my current incarnation is to test what I can do without Godly assistance is true. Well, for whatever reason, it's true. But now, I seem to be desiring some opulence more than ever before.

I think I'm just tired of poverty, especially at this lowest level where I can't record my music or cook my own meals. When I dream of a kitchen—I envision a huge stainless steel kitchen with an open pit island in the middle and several refrigerators. When I dream of a car, I don't dream of a 1968 Ford Mustang fastback, I dream of a Maserati. When I imagine paying rent, I imagine paying a year in advance... I'm definitely tired of being poor.

*The fellow sitting next to me in the library said, "Some of us—we're all in the same boat." I told him I want a kitchen. He said my music "... sounds like Jethro Tull on steroids." He's next to me bouncing his head listening to the free songs at KungFuCowboy.com "**Samples**" webpage. There are 3 sample pages:*

[American Zen samples](#) →

[Buddha Zhen samples](#) →

[Kung Fu Cowboy Movie samples](#) →

Demon Queller

If I were to start a religion:

I have my dozen meetings with Angels,
a couple trips to Heaven,
and Satan in my bedroom.

But on none of these occasions did I believe it was my duty to start a new religion.

During the 1990s, as the Mormons persecuted me, and I formed my **Shaolin Chi Mantis Traditional Buddhist Gongfu and Taijiquan** school, I created **Shaolin Zen**. At that time I felt a duty and an opportunity to recombine Kung Fu and Chan Buddhism (the Original Zen Buddhism). When Bodhidharma created Kung Fu and Zen Buddhism he was merely adding Kung Fu to the already existing Mahayana Buddhism that was in place at the Shaolin Temple on Mt. Song, in Northern China. So Chinese Buddhism 1,500 years ago PLUS Kung Fu = Zen Buddhism.

As centuries passed, some monks specialized in the Kung Fu and some in the Buddhist Dharma scriptures. When Kung Fu was taught outside the Temple in the 1800s, the civilians were already Buddhists. Kung Fu was not a separate school until today when it is taught without any Buddhism to civilians of the world, most, who aren't Buddhists at all.

So I felt a duty to recombine the **Kung Fu and Buddhism** as was originally intended by the founder of Zen Buddhism and was originally intended by centuries of his monk disciples.

In Utah, many people wanted the Buddhism, but not the Kung Fu. So I started having Sunday morning sermons and Sangha meetings during the week. This was starting to take off and I decided to start a church, a religious nonprofit, **Shaolin Zen**.

I started taking nonprofit management courses at the University of Utah and received grants from the Utah Arts Council. However, due to the separation of Church and State in the USA, I was convinced by my teachers and mentors to form a nondenominational organization that could receive government funding. So I created **Tai Chi Youth**, instead of **Shaolin Zen**.

I'm not going to quote the **BG** pages 442-448. Arjuna praises all the images he sees while viewing Krishna. These phrases would mean much more to a person in India several thousand years ago. The glowing that he refers to is similar to the glowing that Satan revealed to me in my images of Bodhidharma and other prior stories he conveyed to me in 2011.

The next pages are rather gory and destructive. I would prefer to bypass this information for now, and consider **Krishna to be an artistic philosopher like myself**. As I mentioned the other day, there was a very hostile dangerous man who disturbed me and gave me feelings of violence. Were this person to rape my wife or daughter I would easily feel compelled to kill him, to also protect others from this danger, like a rattlesnake in a school playground.

Krishna is referred to as a "demon queller" because he had killed a demon, which that person in the restaurant was. When we vilify our enemies to the point of considering them demons, killing them appears sinless. President Bush used this strategy to rally humans and Christians to murder Arabs in retaliation for bombing the twin towers.

When people kill people using religion as a vehicle to mobilize their hatred they become **Christ Killers**." Since a piece of God exists in everyone, we are all children of God and in my opinion, all divine. I think it is wrong to kill God's children, even if someone says you'll gain spiritual points for it.

When people join the military, they are signing up to kill people. When the military says, "Kill them!" it is your job to kill them.

I have met soldiers in the past decade who live in daily Hell. They were told to kill innocent women and children... so they did. But somewhere inside of them, their Supersoul and Individual Soul are still arguing about this. They will never have inner peace.

When I was in Las Vegas last year, I went to some Buddhist sermons by an Indian Yogi. He was very cool and very smart. A police officer asked him how he could rest his soul after killing some criminals who were shooting at him.

The Yogi replied that murder is murder, even in self-defense. He said it may be a lesser murder sin, but still a sin. He recommended that the policeman choose a peaceful occupation in his next life.

Son of God

Although Krishna is now claiming to be divine and showing images to Arjuna that no one else on the battlefield can see—Arjuna had not previously thought of Krishna as divine; perhaps wise and spiritual, a Yogi, or enlightened person... This is really evident in the next phrase from Arjuna:

Thinking of You as my friend, I have rashly addressed You “O Krsna, Oyadava, O my friend,” not knowing your glories. Please forgive whatever I have done in madness or in love. I have dishonored You many times, jesting as we relaxed, lay on the same bed, or sat or ate together, sometimes alone and sometimes in front of many friends. O infallible one, please excuse me for all my offenses.

This troubles me. So if God has a Son on Earth or decides to appear on Earth, He is able to blend in so well that even his best friend can't recognize Him? This would also mean, that unlike Clark Kent, Krishna or Jesus would allow horrible things to happen—rather than use their divine powers to save a friend or innocent person. (That would expose their divinity?)

It was previously mentioned that a divine being remembers their past lives—so Jesus and Krishna would have known they were Godly. To keep this a secret is a huge deception. Sorry. I must not be a God, because I don't remember my past lives. A few tidbits, but these could be my imagination more likely than past memories.

There have been several times that I was told I may be an Angel incarnation and that my amnesia was to “level the playing field” for some kind of spiritual contest I am in with other mortalized Angels on Earth.

That would make me a little more divine than most people.

My poem, ***“Amnesia Injection,”*** is somewhere earlier in this book.

Perhaps my amnesia is to protect me from people being too enamored with me and worshipping me instead of God. Arjuna now worships Krishna as God.

You are the father of this complete cosmic manifestation, of the moving and the nonmoving. You are its worshipable chief, the supreme spiritual master. No one is equal to You, nor can anyone be one with You. How then could there be anyone greater than You within the three worlds, O Lord of immeasurable power?

As I mentioned previously, my problem with Christianity was making Jesus supreme.

You are the Supreme Lord, to be worshipped by every living being.

However, this book has convinced me it is okay to put a human face on God. If it works for you, it is a step in the right direction.

Swami says something interesting on page 460 about a person cannot have divine vision unless they attain the status of Demigod (Angel).

“One cannot have the divine vision without becoming divine.”

I know I'm special. I know people think I'm an alien from another planet... but divine? No one's called me that before.

I would be willing to say I have a “divine nature.” Oddly, my parents have disowned and disinherited me. My father has taken little interest or concern for my life or well-being. My mother wants nothing to do with my life or family. My brothers respect my intelligence but think I'm a fool for being non-materialistic.

Swami explains that Krishna was covered by *“His Yoga-maya potency.”* This maya was his human cloaking device. In a weird coincidental way, Maya has cloaked me in my pursuit of feminine beauty and sexuality. She's still my last girlfriend.

*[I got very excited when she bought my book **4 Decades of Love**, this week. Real excited. I quickly sent her a*

bunch of free songs and books.]

I'm skipping over the rest of this **Bhagavad Gita** chapter which emphasizes worshipping Krishna and devoting one's life to Krishna. This book of mine, **Supersoul**, is aimed at extricating the best inspirational information to bring you closer to whichever God, Angel, or religion you choose.

Kung Fu to Heaven

The next **Bhagavad Gita** chapter has a Krishna quote that pertains to me:

But those who fully worship the unmanifested, that which lies beyond the perception of the senses, the all-pervading, inconceivable, unchanging, fixed and immovable—the impersonal conception of the Absolute Truth—by controlling the various senses and being equally disposed to everyone, such persons, engaged in the welfare of all, at last achieve Me.

This is the hard road to God: Kung Fu to Heaven. Previously, Swami was offering the same shortcuts to God that Christianity offers. I've chosen the hard road. I render service to everyone, not just my church. I control my senses and control my mind. I study. I work hard. I do Kung Fu. I meditate. I do Tai Chi. I play and perform music. I sing. I write poetry and books. All, with a hope of inspiring and helping others.

On page 479 Swami says:

So for a devotee there is no difficulty in approaching the Supreme immediately and directly, but for those who are following the impersonal way to spiritual realization the path is difficult. They have to understand the unmanifested representation of the Supreme through such Vedic literatures as the Upanisads, and they have to learn the language, understand the nonperceptual feelings, and realize all these processes. This is not very easy for a common man.

For the past 4,000 years most people were faced with only two choices, their local religion or Atheism. Since most people can sense the divine soul within them, it was more comfortable to choose the popular religion than denounce God altogether.

In our modern world, the choice is difficult with a dozen religions to choose from and all claiming the others are bogus... It is less comforting and more difficult to choose a faith. With all religions being discredited in newspapers and on television it makes it even harder to jump into the pool of any religion knowing there are sharks swimming there.

Atheism is the most popular religion in the world, for the first time in history. Oh, a lot of Atheists belong to religions. You'd be surprised how many Christians really don't believe in God as much as they try to believe in Jesus.

I told Scott last night, "If I can just get people to consider the existence of God, I have accomplished something. I'm not concerned what religion they join, I just want to see people have more God in their lives."

Krishna says on page 488:

One who is not envious but is a kind friend to all living entities, who does not think himself a proprietor and is free from false ego, who is equal in both happiness and distress, who is tolerant, always self-controlled, and engaged in devotional service with determination, his mind and intelligence fixed on Me—such a devotee of Mine is dear to Me.

I think this describes me. My devotional service is omni-religious. My false egos are my artistic characters... If there is a better way to live my life or be me—no one has told me. *[Except for my relatives who say stop being me and be a day worker.]*

When Krishna stresses, "not striving for some result," I think he is referring to car salesmen who push a crappy car just to get a sale, or MMA fighters who beat people up for a trophy. Neither of those are striving to help others, beyond their self.

Field of Activities

Life is:

how body is constituted and constructed
we each develop our bodies according to our lifestyle
materials body is made of
what we eat and how we exercise
who is controlling body
our identity is our decision
how changes are taking place
we enable or restrict changes
where changes are coming from
we determine what affects us and environment
what are the *causes*
luck, success, charisma, personality, character...
what are the *reasons*
effort, energy, investment, help, hindrance...
what is *short-term goal* of individual
working for today for tomorrow completion
what is *long-term goal* of individual
working when possible for eventual achievement
Jiva = individual *soul*
experiences and efforts of our soul and character
Supersoul in individual
God's free ride as a passenger in your life
understanding difference between personal soul and Supersoul
recognizing spiritual existence

5 STAGES OF BRAHMA REALIZATION:

Fields of Activity:

1. Anna-maya = survival spiritual awareness in food
appreciating the raw essence of life in foods
2. Prana-maya = living symptoms in life forms
appreciating the efforts and difficulties of mortal life
3. Vijnana/Jnana-maya = relationship of body, mind, and soul
appreciating all that we possess and divine nature

Fields of Thought:

4. Mana-maya = God realization beyond life awareness to thinking / feeling / willing
5. Ananda-maya = realization of God's blissful nature (nirvana?)

I'm a novice to much of these Hindu concepts. I apologize for any misinterpretations I may make in this book. As a Chinese Kung Fu instructor, who teaches Chan/Zen Buddhism: I find these definitions interesting because these are all enlightening views and perspectives of life. I strive to see life and events from as many perspectives as possible to "see the whole tree."

Life is FIELD OF ACTIVITIES and IT'S INTERACTIONS

Field of Activities:

- 5 Great Elements
Earth
Water
Air

Ether
Fire
False Ego
Intelligence
The Unmanifested (Supersoul)
11 Working Senses
5 Acquiring Senses
Eyes
Ears
Nose
Tongue
Skin
5 Working Senses
Voice
Legs
Hands
Anus
Genitals
The Mind
5 Objects of the Senses
Smell
Taste
Form
Touch
Sound

REACTIONS:

Desire
Hatred
Happiness
Distress
The Aggregate (combination of reactions)
Life Symptoms
Personal Convictions

6 CHANGES OF BODY

Our body represents our interactions with all these factors.

These interactions cause **6 Changes of the Body**:

Birth
Growth
Maturity
Produces By-Products (children, productivity, creativity)
Decays (*56 = my half-life*)
Disintegrates [*I want a museum of American Zen...*]

Breaking down reality and life into the above aspects appeals to my scientific nature. My spirituality is a harmony of science and mysticism.

Knowledge Is

Krishna now lists what knowledge is: (Everything else = ignorance)

1. HUMILITY

Not anxious for honor from others
Always a student

2. PRIDELESSNESS

Honor and dishonor accepted equally
Perfect knowledge = self-awareness

3. NONVIOLENCE

Not put others in distress or harm
Distribute enlightenment

4. TOLERANCE

Bear insult and dishonor from others
Today's enemy could be tomorrow's friend

5. SIMPLICITY

Straightforward truth with intention to help
Never deceive or mislead

6. APPRENTICESHIP / DISCIPLESHIP

Approach spiritual master with humility and generosity
Devote self to care of spiritual master like serving a parent or a child

7. CLEANLINESS

External: Bathe daily, keep feet clean
Internal: Keep God in mind to keep thoughts pure

8. STEADINESS

Determined to make spiritual progress
Overcome obstacles to maintain spiritual path

9. SELF-CONTROL

Avoid distractions and reject what is not beneficial to spirituality
Maintain spiritual lifestyle with spiritual body, mind, spirit

10. RENUNCIATION OF OBJECTS OF SENSE GRATIFICATION

Satisfy what is required for health, fitness and well-being
Restrict senses from leading the mind

11. ABSENCE OF FALSE EGO

False ego is belief in identity in material world = I am making
True ego is identifying with inner soul = self-realization = I am

12. PERCEPTION OF EVIL OF BIRTH

Acceptance of pain and difficulty
Realization of depending on parents

13. DEATH

Acceptance of pain and difficulty
Realization of depending on children

14. OLD AGE and DISEASE

Acceptance of pain and difficulty
Realization of depending on others

15. DETACHMENT

Realization of independence when possible or necessary
Not as necessary if family is Godly and spiritual

16. FREEDOM of ENTANGLEMENT WITH CHILDREN, WIFE, HOME and RELATIVES

When possible allow self less time with family and more with God
Do not become trapped in house duties forever

17. EVEN-MINDEDNESS AMID PLEASANT and UNPLEASANT EVENTS

Do not get too excited about good things
Do not get too upset about bad things
Equipoised in all circumstance.

18. CONSTANT and UNALLOYED DEVOTION to GOD

Keep God in mind all day as much as possible
Serve God or help others in serving God

19. ASPIRING TO LIVE IN A SOLITARY PLACE

Meditation and study become possible
Peace and quiet = peace of mind

20. DETACHMENT FROM GENERAL MASS of PEOPLE

Avoid materialistic people
Don't waste time socially

21. ACCEPTING IMPORTANCE OF SELF_REALIZATION

Consider relationship of individual soul and Supersoul
Strive to harmonize to Supersoul

22. PHILOSOPHICAL SEARCH FOR ABSOLUTE TRUTH

Level One = Search for God
Level Two = Understanding God
Level Three = Relationship with God
Level Four = Share knowledge of God

Process of knowledge = discovery of Absolute Truth.

Pursuing Godliness = spiritual science.

“Nectar of Life” = knowing the soul and Supersoul.

When I was in a Christian Church about 5 years ago, the Preacher stopped the sermon and picked me out of the audience. I wrote the story on one of my websites, right after it happened. The Preacher said, “He has tasted the nectar of God.”

I didn't understand that until now? Is the “nectar of life” the “nectar of God?”

The Preacher said also, “He has been in the presence of God.”

I think this refers to my relationship with the Angels, not necessarily God, but as an Angel, maybe I had contact with God.

When Satan pulled me out of Heaven, and recited the book, *History of Zen from A to Z*, I was briefly in the presence of God and the Angels in Heaven. But this was after the Preacher event.

Once back in 1990s, I asked God what my previous name was. Somehow, someone, or something spoke back my name in that Pipe Ceremony. I've only told one person that name. That was twelve years ago. Does the Supersoul have a name, or is it a nameless glob of God?

The Supersoul is the original source of all senses, yet He is without sense. He is unattached, although He is the maintainer of all living beings. He transcends the modes of nature, and at the same time He is the master of all the modes of material life.

Swami explains that our individual soul has spiritual senses, but it is the maya covering that causes us to express ourselves in material ways. My maya covering enables me to express myself in a musical or written way. Without my maya, I would be unable to create music, poetry, and books. *[Ironically, Maya was the one person I told my angelic name to.]*

Different maya coverings are the result of how our spirit shapes us. We are all born with our unique spirit based upon previous lives. Then we mold our maya to conform to our spiritual ambitions. *[I had hoped to shape my Maya to my spiritual ambitions. That may have been her "reason" for leaving me.]*

I'm not sure if it's loneliness, or my Maya lover is thinking of me... but I seem to see her in pictures of other women like Sophia Vergara, Sandra Bullock, and a glint of her in Julie Christie. Maybe I'm just horny, or perhaps I will always think of her when the word, "maya," is before me. I accept that our relationship didn't work out—but... I'd sure like to find another Maya... who's faithful and devoted to me.

My brothers live for money. Their mayas have been shaped so that they look happier and healthier when they have lots of money. When they lack money they appear old and sad.

Our appearance is an aspect of our maya. I am 59 years old and I'm getting white hairs on my arms and brown age spots on the back of my hands. Accept this? Nah. I'm not digging it. If I can reverse or slow this trend I will...

Someone on my Rhino crew was surprised to find out I am 59 years old. I told him, "I'm a hippy from the sixties. I didn't think there was life after 30, so I'm on golden time now." He laughed.

Swami says that God can see past, present and future. I've always believed this was bogus, even when I was a kid. According to Satan, God has been surprised and disappointed many times by the way reality has unfolded.

Here's another reference of the Supersoul by Krishna:

The Supreme Truth exists outside and inside of all living beings, the moving and the nonmoving. Because He is subtle, He is beyond the power of all material senses to see or to know. Although far, far away, He is also near to all.

I think Americans would say, "animate and inanimate," instead of, "moving and nonmoving." Perhaps "subtle" might instead be the word, "microscopic." Perhaps the Supersoul isn't even a glob of God. Perhaps it is that infinitely small essence of God in all things, alive and inanimate.

Perhaps that, "far, far away," is Heaven, or wherever God wants to be. Check out *History of Zen from A to Z* for some possible insights into God's behavior and whereabouts.

Okay, so now Krishna is criticizing my "glob of God" concept on BG page 513:

Although the Supersoul appears to be divided among all beings, He is never divided. He is situated as one. Although He is the maintainer of every living entity, it is to be understood that He devours and develops all.

My understanding of this is: God is never reduced in size by being a part of other things. Instead of "devours and develops," I'd say, "he reabsorbs and reconfigures." Perhaps this reabsorbs is actually just a neutralization like a return to basic particles that rejoin with other particles...

Then Krishna gets back to the "glob of God" concept:

He is situated in everyone's heart.

This “follow your heart,” or “follow your bliss” concept was the seed of our current Atheism. Our hearts are material objects, and our material desires emanate from our heart—kind of. This has led people to follow their maya desires instead of their Supersoul non-desires.

The Supersoul is neutral. It doesn't even want to return to God, but like a magnet it knows where God is. Ironically, the positive of a magnet is repelled by the positive of anything else. Perhaps this is how we are separated from God. The God particles move us away from God, but our individual souls can return us to God through the willpower of devotion and concentration.

Perhaps that is why we cannot return to God unless we consciously seek him. We are born in spiritual space floating away from God (magnetically). We can choose any direction or planet to go to. Or we can choose God. Unfortunately, God offers us absolutely nothing in return for our devotion. But the Angels on various planets offer us all kinds of goodies from wealth, to sex, to zombies, to war...

As we shape our maya around our spirit, it changes our spiritual direction. Some Angels on spiritual planets may be farther away from God than we are. I recommend that humans at least seek the Angels that are closer to God.

So Chapter 13 of the **Bhagavad Gita** has taught us 3 concepts:

1. FIELD OF ACTIVITIES

Material manifestation combines into symptoms of life
The symptoms of life are based on our material efforts
Our material efforts will be based upon our material desires

2. PROCESS OF UNDERSTANDING GOD

There are many avenues to pursue spiritually
to understand God
to discover God
to believe in God

3. RELATIONSHIP OF SOUL and SUPERSOUL

Awareness of ego and false material ego
False ego is based on material life
Awareness of individual soul = self-awareness
Awareness of Supersoul = awareness of God
Relationship of soul and Supersoul = spiritual nature
Spiritual nature determines spiritual direction

Swami makes some confusing statements that may be relevant to my book, ***Connor Black Hole Bubble Theory***. If God is the center of the universe, and all things emanate from him, including all material natures, then, like positively charged particles we are being repelled from God's origin (of positive energy). As we gather more material positive particles in our lives, we are repelled further from God.

If our soul can become negatively charged (or the opposite of God's positive power) then we can hover and orbit around God like an electron. Since material nature is positive, and normal for everyone, by being spiritual we are being “negative” to our material reality.

If the cosmos was a collision or explosion, war and desires may be born within us and are natural to all material particles.

Perhaps it is best to pursue God because as the universal reality our planet is in expands, it is disintegrating. If we seek God we may pull reality back together?

What if the original Big Bang was the destruction of God? Perhaps we are pulling reality back together to recreate God.

So although the God particles are causing this explosion of spiritual matter, we can use these God particles to sense

where God is, and realign ourselves to travel back to Him by our willpower.

So first we must identify and recognize the Supersoul within us. Perhaps it is only a slight essence of God in all our being. Perhaps our individual soul does concentrate or emanate from our heart because the heart is halfway between our body center and the mind. Perhaps it is merely an energy harmonic, like a vibrating guitar string. The “Soul Dan Tian” would be the Chinese Qigong name for this.

Swami says that God is controlling the universe, but from my experiences in the spiritual world, I disagree. Although God can affect the universe, and is a part of all its molecules, He is not controlling it, for the most part. Just as our human body is a universe of parts and independent living organisms, we are not controlling every aspect of our body, at least not voluntarily.

One can see that all activities are performed by the body, which is created of material nature, and sees that the self does nothing actually sees.

Krishna comments also:

One who sees the Supersoul equally present everywhere, in every living being, does not degrade himself by his mind. Thus he approaches the transcendental destination.

Yep. This validates that dream where all inanimate objects talked to me, and of course my **Christ Killer** concept: God is within everyone.

In other words, if everyone is a child of God, like Christ, we are killing a Christ every time we kill or harm anyone.

This next Krishna concept has been my moral constitution but has also been my downfall many times. I have a unique ability to see the POTENTIAL of all persons. I see their inner beauty and capabilities, both mental and physical. This causes me to appreciate them accordingly.

Unfortunately, most people fall prey to their own weaknesses and desires. When people choose between their goals and desires... immediate desire usually wins. Quitting is easy when devotion does not exist in one's heart. A baby is not born devoted to anyone—except the person who feeds it. Loyalty, duty, devotion, obligation and obedience must be learned. Like any skill, without a master to teach it—these skills will not be learned. We are a world of the stupid training the stupid. Devotion is a lost art.

Being a spiritual person means that when I see a person I see their soul. Most people only see the maya that is shaped around their soul. When a person looks in a mirror they see their face. I see their best qualities. Perhaps because I can sense their Supersoul, accordingly, I see the parts of their soul that are aligned with the Supersoul.

When a sensible man ceases to see different identities due to different material bodies and sees how beings are expanded everywhere, he attains the Brahman conception.

Okay. I'm a pseudo-Yogi who still dabbles in the material world. But I guess I'm a Brahman, especially since I have had experiences in the spiritual world, and view people on a spiritual basis.

The sky, due to its subtle nature, does not mix with anything, although it is all-pervading. Similarly, the soul situated in Brahman vision does not mix with the body, though situated in that body.

Interesting. I wonder if it is the Supersoul in people that I am attracted to. I love nature. I love animals. I love trees, bushes, grass, and flowers. Rocks and mountains, valleys and streams. All my life I have been entranced by the beauty and wonder of everything. I now realize that it is these manifestations of God that I love. Their beauty and uniqueness have always pleased me. Now I realize it is because they are all manifestations of God that I have appreciated the scenery of everywhere I've been. It is my love for God that has given me this artistic life with a childish fascination for all environments from deserts, beaches, and mountains to the clouds in the sky.

Wow!

O son of Bharata, as the sun alone illuminates all this universe, so does the living entity, one within the body, illuminate the entire universe.

Perhaps with this book I can ignite the souls of humanity to glow brighter from within. Melting off the maya of personal insecurities and desires, the God-given power of life may truly light this world like candles in the darkness. Perhaps this world can become loving, charitable, compassionate and friendly. Perhaps we can die with smiles on our faces and realign the Angels themselves back to God.

Those who see with eyes of knowledge the difference between the body and the knower of the body, and can also understand the process of liberation from bondage in material nature, attain to the supreme goal.

The supreme goal? Well, I'm a father and I know that when either of my children say, "I love you," to me—my day is brightened.

Modes of Life

O sinless one, the mode of goodness, being purer than others, is illuminating, and it frees one from all sinful reactions. Those situated in that mode become conditioned by a sense of happiness and knowledge.

We are all conditioned and trained by our environment and those within our environment.

Tale of the scorpion and the turtle:

A scorpion and a turtle arrive at a stream they both want to cross. The scorpion asks the turtle for a ride across the river. Untrusting, the turtle asks, "How do I know you won't sting me?" The scorpion replies, "I promise not to sting you." Reluctantly, the turtle allows the scorpion to ride atop his shell as he paddles across the river. Half-way across the river the scorpion stings the turtle in the neck. As the turtle fades into death he asks, "Why did you sting me? Now we will both drown." The scorpion replies, "It's just my nature."

Some people are their own worst enemies and will sink their own ship, over and over. This is not how they were born. Self-destruction must be learned. Perhaps we all have opportunities to learn self-destruction. Hopefully not. Hopefully everyone has an opportunity to learn the mode of goodness and discover the beneficial loving wisdoms of humanity.

All people suffer miseries. This past year, I have befriended many convicts, ex-military, and reformed (and unreformed) drug addicts. With my environment being a life among the homeless and destitute, I have seen and known many people who are victims of bad environments.

Due to my compassionate and wise nature, many of these persons feel comfortable revealing the physical, mental, and sexual abuses that have affected their lives. It is... worse than a shame... what some of these people have endured.

Yesterday's Kung Fu class read aloud the ***Tai Chi Beginner*** book. We discussed the "***1,000 Monkeys***" concept of Chinese Buddhism. These pieces of our subconscious, the 1,000 monkeys, are the pieces of our mind that become trained by our actions, reactions, listening, and learning. Some people have demon monkeys within them. Like Daoist talismans, many people tattoo their bodies to glorify them or subdue them. That's what I like about tattoos, it's a quick way to glance at a person's subconscious.

We need to train our 1,000 monkeys to be peaceful and loving. When our monkeys are good, we are good. The monkeys need to develop an appetite for goodness. Eventually, they can all be well-trained and a beautiful civilized person will be embodied. It takes a variety of methods and a daily lifestyle of goodness, exercise, relaxation, study, learning, and Kung Fu practice to keep them well-behaved. Like any pet, these animalistic aspects of our mind must be fed, watered, and taken for a walk.

Our lifestyle, occupation, and environment will affect our monkeys on a daily basis. Kung Fu appeases them. There will be frustrations, disappointments and anxieties on a daily basis. So each day some of these monkeys will need to let off steam.

This is why Karate doesn't make people into better people. Karate, Tae Kwon Do, MMA, Judo, Aikido, and boxing all add fear, hostility and pain to your daily life. They also require you to frighten and harm a fellow student each class. This is adding danger and hostility to your daily life. Most martial arts are victimizing their students.

I refer to Kung Fu practice as, "*dancing with aggression.*" Each of us has a destructive desire. We conquered this planet with our hatred and viciousness. Those monkeys are genetically implanted within us. Each day we need some Kung Fu to appease them. Harmlessly punching/kicking at invisible enemies or just the exercise itself, will burn off this angry steam.

The mode of passion is born of unlimited desires and longings, O son of Kunti, and because of this the embodied living entity is bound to material and fruitive actions.

Like hunger, all our passions must be satisfied or appeased. A person can satisfy them poorly, adequately, too much, or wrongly. If we satisfy our hunger with nothing but ice cream... we are in trouble. If we satisfy our thirst with nothing but beer... we are in trouble. If we satisfy our sexual desire with rabbits... Perhaps I could find a better bad example. The point is, we need to learn how to satisfy our desires. Every desire is a unique course in life lessons. From nutrition to sexual hygiene, we must all be taught. As in all learning, our teacher will determine the quality of our education.

The biggest mistake in today's world is the acceptance that no one is raising their children. The teachers are not raising your kids. You and your wife are both working full-time plus an hour to drive to work, plus an hour to drive home from work, plus a lunch break. By the time you've eaten and showered, the kids need to go to bed. No one is raising their kids except for the uneducated minorities and illegal aliens whose wives can't get jobs.

If a rich woman decides to be a pampered hedonist, she will hire nannies and put her kids in the best schools. No one, and I do mean NO ONE gets married so they can RAISE their kids. If there is someone, I haven't met them since I left the Mormons of Utah in 1999.

Very few people have mastered their passions. If they have they are capable of teaching someone else. Are you a master of your passions? Who would you hire to teach your children how to master their passions? Who?

I've been training kids, adults and seniors for 25 years in Shaolin Kung Fu. It is with great disappointment that I state: most people are idiots—about all their passions.”

Today's society takes advantage of our passions and exploits our desires to sell us products and entertainment that is detrimental to our health and well-being. Very few products actually improve our lives. Yogurt is good, but a balanced diet requires much more than a tasty dairy product.

Someone, David, a homeless person in the park just came up and shook my hand. He mentioned that he enjoyed the David Carradine **Kung Fu** TV show and appreciated the love and fun he saw us having yesterday in the park during our Buddha Kung Fu class.

Another martial artist interrupted our Buddha Kung Fu class yesterday and excitedly spoke of how awesome our class looked. “You have evolved Tai Chi to the highest level I have ever seen!” he said to our class and made several references to what an “excellent master” I am.

We attracted these compliments because we were laughing and having a good time during our martial arts class.

O son of Bharati, the mode of goodness conditions one to happiness; passion conditions one to fruitive action; and ignorance, covering one's knowledge, binds one to madness.

Here's another reference to the ***History of Zen from A to Z***.

tamah = mode of ignorance “time?”

sattvam = mode of goodness (“Adam” of Adam and Eve?)

eva = like that (“Eve” = like Adam?)

Even when I seek to believe that Satan did speak to me, I figure he was probably patronizing me and using my preexisting alphabet to portray his symbolic concepts. However, sometimes the truth of his words almost scares me that he was being as honest as possible.

Sometimes the mode of goodness becomes prominent, defeating the modes of passion and ignorance, O son of Bharata. Sometimes the mode of passion defeats goodness and ignorance, and at other times ignorance defeats goodness and passion. In this way there is always competition for supremacy.

This is why politics and politicians upset and frighten me. They are trained to manipulate the ignorance of most Americans. By patronizing, shaping, and enhancing the ignorance of Americans: politicians defeat goodness. Utilizing the most evil passions of humanity such as greed and selfishness, politicians nurture hatred and intolerance.

Today's politicians are masters of ignorance.

The manifestation of the mode of goodness can be experienced when all the gates of the body are illuminated by knowledge.

True knowledge echoes of Godly reason. Angelic love for humanity should resonate in the words of Absolute Truth.

Any words or sentences that create loss or suffering are evil. However, a greedy Republican will feel suffering if they lose money. So how do we know what True Loss and True Suffering are?

True Loss = unnecessary gain somewhere

People are losing money by paying too much for gas

The people gaining the raise in prices don't need it

Homeless People

Those who pay too little taxes could be funding homeless housing

True Suffering = Unnecessary passions satisfied somewhere

Destroyed families and homes in the Middle East

People in America profiting from bullets, guns, war supplies

Mental patients living on streets

Money spent on war should be spent on the homeless

O chief of the Bharatas, when there is an increase in the mode of passion the symptoms of great attachment, fruitive activity, intense endeavor, and uncontrollable desire and hankering develop.

People who are wealthy donate to charities much less than poor and middle class people. Worse, they only donate to gain honor, prestige, or a tax break.

There is no end to wanting money. People who want money, always want more. Saving is a sin. Every dollar saved is a dollar denied to someone who needs it now.

When we can withhold money, food, and property that we aren't using and deny someone who needs it... we are sinful. Freemasonry teaches that charity should not cause us or our family suffering. So don't give away your house. But if you have 100 houses, give a few of them away. If you can survive with half of them, give 50 homes away!

Krishna denotes our modern times and our passion for vampires, zombies and horror movies:

When there is an increase in the mode of ignorance, O son of Kuru, darkness, inertia, madness and illusion are manifested.

Evil monsters? Why does Halloween represent the release of demons and ghouls rather than the Angels and ancestors of Heaven?

Krishna answers this question by saying, those who escape Earthly life in goodness—go far away to the higher planets. Most of our zombies and vampires rise from the Earth, (they don't descend from the sky).

When one dies in the mode of goodness, he attains to the pure higher planets of the great sages.

I guess if someone opened a portal to Earth, and I resided in the spiritual world—it would be like going back to kindergarten. No thanks.

When one dies in the mode of passion, he takes birth among those engaged in formative activities; and when one dies in the mode of ignorance, he takes birth in the animal kingdom.

Ick! Politicians and billionaires get to be reborn to hang out in Beverly Hills while all the people who voted for them come back as cattle to be eaten on their dinner tables. The ignorant really are the bait and bread of the wealthy. Support the big corporate farmer and land owners so you can come back as a cow again.

Now I understand why the East Indians protect cows. They are the most protected and provided for of corporate animals. If we milk them, they are productive factory workers. If we kill them, we waste their lives and cut short their

enjoyment of earthly life. Perhaps, the same with chickens. We can survive on the eggs without killing the parents.

Bummer. Am I going to stop eating meat?

Goodness = Knowledge that benefits others.

Passion = Greed / Destruction (disguised as building, constructing).

Ignorance = Emotions and nonsense (disguised as beneficial).

From the mode of goodness, real knowledge develops; from the mode of passion, greed develops; and from the mode of ignorance develop foolishness, madness and illusion.

Since the world currently lacks peace and prosperity we can know that we are living in an age of ignorance. There is a lack of art, good music, and family values. We have been reduced to a dog eat dog world. We are reduced to the lowest levels of survival and now have no time or resources to spend on the finer aspects of life, wisdom and pursuit of happiness.

I just worked as a stagehand tearing down the Breeders Cup horse race at Santa Anita Racetrack. One of my coworkers was proud and incensed to have found a couple of tickets on the floor. "This guy bought two tickets for \$750 each." I commented, "\$750 is what my mechanic wants to fix my head gasket." When someone can afford to pay \$750 for a seat to watch a horse race, poverty is obviously ignored by those people who could improve the economy.

This has been a decade of madness and illusion since President Bush rallied our country into a series of wars on the other side of the planet. We have as much right to be in their countries as they have to be in ours. Whatever we do to them—they should be entitled to do to us.

Americans are stupid and foolish. We desire war and violence more than peace and prosperity. We support the petroleum industries who are using this money to transport our children to the other side of the planet to destroy homes and kill women and children. Our logic was to kill 10 of them for every person killed in our country. What will happen if they decide to think like us and kill 10 of us Americans for every Arab we killed? Americans are idiots.

I pray that all the victims, orphans, and wounded people in the Middle East will be smarter than us Americans, and forgive us for our violence without retaliating like we did. Perhaps they can prove that the Muslim religion teaches people to be smarter and more compassionate and forgiving than the Christian religion has trained us to be.

We threw the Muslim religion in the trash when our newspapers explained it preached violence. Is it surprising if the Muslims throw our Christian religion in the trash because it has preached violence.? Even the Krishna religion promotes war to improve the world. Fortunately, the Buddhists—uh-oh... I come from a ***Buddhist sect, Shaolin Zen***, that specializes in training monks for warfare. Crap! There has to be a peaceful religion somewhere. The Mormons don't preach violence. They just believe that when everyone else is done obliterating each other, they, the Mormons, will be the ones to emerge from their underground bunkers and reclaim the Earth.

Sheesh. Maybe I should've joined them after all. Being a Mormon in Utah is the only way to be truly successful in Utah. Somehow though, their religion did not resonate within me.

The **Bhagavad Gita** has truly resonated within me. Perhaps the 10% that didn't was mistranslation, human addition, or the solicitations to join the Krishna religion. The original Buddhism of Shakyamuni Buddha resonates with me about 98%, maybe more.

Although I am disappointed that I teach martial arts, my intentions have not been martial or warlike. I teach and preach peace and love. I've never condoned violence or sent my students into combat. They must sign a contract release form that prevents them from even competing in tournament sparring events.

Is my ***Shaolin Zen*** the best religion in the world? Up until now, I kinda thought so. Now I realize that it was missing what I wrote in this book. I had no trouble realizing that the addition of my four books in four years series, ***Human Values for Success in Family and Business***, was an enhancement of ALL my curriculums. But Confucianism teaches ancestor worship, not devotion to God.

Since Buddhism was based upon the **Vedic Scriptures** and was a reaction to the Hindu religions of 3,000 years ago... perhaps THIS book could be a part of Shaolin Zen. It at least helps explain why Buddha took the Gods out of religion.

2,500 years ago, the Yogis and Hindu Priests were capitalizing on Demigod worship excessively.

Martin Luther created the Lutheran religion out of disgust for the Catholic Church doing the same thing and offering afterlife rewards for financial donations and sacrifices.

I suppose even my Shaolin Zen religion could be turned into a financial enterprise and eventually misrepresent my original intentions. The original Shaolin Temple is a Chinese government theme park now.

Krishna again explains the Halloween phenomenon:

Those situated in the mode of goodness gradually go upward to the higher planets; those in the mode of passion live on the earthly planets; and those in the abominable mode of ignorance go down to the hellish worlds.

So the easiest way to see who is going where is to look at their Halloween costumes and decorations on their house. I've been dressing as a monk for the past 25 years. "Heaven, here I come!"

Hey, Krishna mentions that "nectar" again. Perhaps this joy I experience each day, even in my frightening poverty is because I sip from this Heavenly nectar. When I was working that 4th of July party scene on the "**Revenge**" television show, this one extra guy kept whispering as he passed me (we're not supposed to be really talking), "You're the most amazing man in the world," or "Here he is, the ultimate man of mystery," and other compliments. Because I was holding a glass of wine at all times, one of the bartender extras kept saying, "You are buzzed!" You look high," or "I can't believe how high you seem." I really was having a great time just swimming around in a puddle of God's people.

Arjuna inquired: O my dear Lord, by which symptoms is one known who is transcendental to these three modes? What is his behavior?

Swami quotes another Vedic scripture (Taittiriya Upanisad 2.7.1)

"When one understands the personality of Godhead, the reservoir of pleasure, Krsna, he actually becomes transcendently blissful."

So perhaps my inner bliss is my connection to God.

Perhaps because Krishna looks a lot happier playing the flute with beautiful women adoring him... I can recommend that people worship Krishna.

The only time I worship Jesus is when I imagine him sharing his wisdoms, enjoying the friendship and companionship of his disciples, and having a pleasant walk in the countryside. That's why I'm more a Christian outside of a church than inside one. I will always believe that sacrificing Christ was wrong. If I do have sins, I will atone for them personally.

As you know, I have an affinity for the numbers 3, 8, 12 and 18. This book **Bhagavad Gita – As It Is** has 18 chapters. Lets enter Chapter 15: ***The Yoga of the Supreme Person.***

Hee-hee. Let's see, if this about me!

Back in the 1970s, before moving to Los Angeles, I was operating under one business name, Cypress Music. The logo was a drawing of my right hand, and the tree above my wrist, was a Cypress tree. Perhaps this stemmed from an incarnate appreciation of this tree, or something similar to it in India. One of the aspects I appreciated was that it grew in California, near the ocean.

My phone is dead. I'm in my car writing... no Banyan trees to refer to. Have to look it up later. The roots of the cypress tree logo were my fingers.

When I arrived in Los Angeles, I continued to operate as a musician and carpenter as, Cypress Music. Realizing there was a more established company by the name, Cypress, Music, I knew I needed a new name. When I joined ASCAP in 1982 I realized again that Cypress Music wouldn't work. I tried a dozen other cool or Native American type names... but all were taken at ASCAP.

I had only been studying Shaolin Kung Fu for a little while, and remember feeling reluctant and presumptuous of me— ***Shaolin Music***... but it worked. Then I claimed ***Shaolin Records*** and ***Shaolin Communications***. I now operate under a dozen "Shaolin" enterprises.

In about 1984 I wrote a song, **“Leaves to the Wind.”** The “leaves” were my pages of lyrics and music. This concept began in the 1970s.” The “wind” was time or reality.

So, before moving to Los Angeles, I had a concept of a tree of enlightenment, before knowing of the Bodhi tree of Buddha or the Banyan tree of Krishna.

The Supreme personality of Godhead said: It is said that there is an imperishable banyan tree that has its roots upward and its branches down and whose leaves are the **Vedic hymns**. One who knows this tree is the knower of the **Vedas**.

PICTURE OF CYPRESS TREE LOGO HERE

Swami explains that the **Vedic hymns** are intended for spiritual elevation. The roots grow from where the Brahma is located. This tree will lead to liberation. Cool. The fruits of this tree are the results of our activities, religion, sense gratification, economic developments and also our liberation through wisdom and devotion.

The banyan tree of the **Vedas** is actually drawn upside down because it is like a reflection on the water, an illusion. When we can separate ourselves from the illusion through analytical study, we become enlightened. In my case, I became the tree, saw the reflection, then left it behind.

The real form of this tree cannot be perceived in this world. No one can understand where it ends, where it begins, or where its foundation is. But with determination one must cut down this strongly rooted tree with the weapon of detachment. Thereafter, one must seek that place from which, having gone, one never returns, and there surrender to that Supreme Personality of Godhead from Whom everything began and from Who everything has extended since time immemorial.

American Zen Spirituality

LEVEL 1

You are born
You walk
You learn to use toilet
You talk
You go to school
You learn social skills
You learn math
You learn history
You graduate school
You get a job / start business
You work and make money
You party
You marry
You have kids
You raise kids
Kids leave
You retire
You die.

LEVEL 1 is a lot of work and learning and life experiences. 90% of all people live and die in LEVEL 1. Not even a monkey or the smartest porpoise can accomplish all this, but they come close. Of this 90%, about 50% , maybe a lot less nowadays, enter LEVEL 2.

LEVEL 2 is a deep level that few people graduate from . Perhaps 10% of this 50% of 90% make it to **LEVEL 3**.

LEVEL 2 is supposed to be what this **Supersoul** book is about. Actually this Supersoul book is about LEVEL 3 and **LEVEL 4** and even LEVEL 5 of spiritual attainment.

But religion starts in LEVEL 2. Those who do not pursue religion or God are LEVEL 1. Philosophy is LEVEL 1. That is why philosophy disappointed me so much. Rationalizing social rights and acquiring property and wealth... are LEVEL 1 concerns.

When people fight over land or make property and business their primary concerns... they are Neanderthals fighting for their caves.

Krishna on page 654:

By your nature, you will have to be engaged in warfare.

By my nature, I avoid warfare. *[And I'm a martial artist.]* To claim property we do not deserve = war. To claim a wife who doesn't deserve you = war. To claim wealth we didn't earn = war. This warfare nature is fighting for something we didn't earn. The Civil War was stupid. Blacks would have become free eventually without a war. The American Revolution was for property we did not earn. Canada is just fine without warring England or France or Mexico. Afghanistan is not better for war. Iraq is not better than it was 20 years ago. Europe didn't need a war and Germany didn't need to steal Poland. The French Revolution created more suffering than it cured.

WARS ARE STUPID!!!

Swami says that the Supersoul directs our activities. I disagree with this. I believe the Supersoul is a witness, not the director. The past desires and Karma of our current soul is imprinted onto our individual soul. Perhaps the Supersoul always starts as a neutral, fresh glob of God. Or, as I mentioned earlier, maybe it is even more ambiguous as the harmonizing itty bitty little fragments of God in each molecule of our being that collectively we can recognize as the pure essence of God.

If our past desires have an affect or influence on our current desires... I was a compassionate musical poet.

Krishna then refers to his “confidential wisdom” he is instructing Arjuna. Perhaps the word “personal” would be more accurate. Arjuna is a personal friend so they have a personal relationship.

In Kung Fu you can have only one master. A child should only have one father. Each master and each father has different rules, different wishes, and different expectations. Just as a good child should obey his good father, so a good disciple should obey his good master.

If you have a bad master, you have chosen badly, or have bad Karma. Perhaps you were disobedient to a good father in your past life so you **earned a father worthy of your disobedience.**

Abandon all varieties of religion and just surrender unto Me. I shall deliver you from all sinful reactions. Do not fear.

When Krishna said this, he was speaking to Arjuna, not the entire army, or us 4,000 years later.

However, Krishna is really cool, and very smart. We can't quite surrender to a 4,000 year old dead guy, or can we? A disciple is supposed to carry on the work of the master, after the master dies. The disciple is supposed to be the duplication of the master. Unfortunately, we know this is like seeing the band of imitators for Queen. I saw them recently. This means that the guitarist should have built his guitar and wound the wires on his pickups and use metal picks. The singer should be homosexual like Freddie Mercury was. The singer should be very promiscuous and die of AIDS.

If the Queen imitation band does all these things, then yes, they could be almost as good as the original Queen band.

Unfortunately, disciples are individuals with unique births, families, upbringing, and characters. They cannot possibly be exactly like their masters they are devoted to.

So, the disciple should duplicate the original master as much as possible then teach how the original master was unique and different from everyone. Or, the disciple can use the story of Krishna, or Buddha, or Jesus, or Mohammed to provide the best possible father image for the disciple.

So, being a Krishna disciple sounds cool! I want his wealth, his wives, his kids, and his flute. Unfortunately, I haven't seen a Krishna disciple who embodies any of this except Gorge Harrison. So George, can you be my spiritual master? Would you like to train Buddha Zhen to be the Krishna Kid? I'm half-serious. That would be good for me in many many ways and truly enable me to be the spiritual being I seek to be.

Swami says we should surrender to our spiritual master and Krishna with faith and love. I'm not actually sure how knowledgeable or devoted George Harrison is to the Krishna religion, but I would seriously consider this. I would.

This confidential (personal?) knowledge may never be explained to those who are not austere, or devoted, or engaged in devotional service, nor to one who is envious.

Once again George, I think I am a worthy disciple who would be a devoted disciple. My love for Krishna is not envy, it is respect, appreciation, and recognition of His Godliness.

Here's a bonus for George:

For one who explains this supreme secret to the devotees, pure devotional service is guaranteed, and at the end He will come back to Me. There is not a servant in this world more dear to Me than him, nor will there ever be one more dear.

Krishna has already said that the mere chanting of “Hare Krishna...” will bring devotees to him, but perhaps to remain longer or more permanently in Krishna's Heaven, training a devotee like me would be especially rewarding.

And I declare that he who studies this sacred conversation of ours worships Me by his intelligence.

“Ta-dah! I'm going to Krishna's Heaven...”

This next one may also be for you and I because I many not join the Krishna faith entirely. Krishna says that the mere consideration of the **Bhagavad Gita** will enlighten our souls, even if we don't join the religion.

And one who listens with faith and without envy becomes free from sinful reactions and attains to the auspicious planets where the pious dwell.

Since these pious people may not party or play music like Krishna and I do... I hope you enjoy your peaceful piousness. I would expect this Pious Heaven to be very saintly and crammed with nonmaterialistic compassionate people.

For some reason I am determined to be a righteous musician, and some sense gratification would keep eternity from being boring.

I wrote a poem years ago about Angels wanting to be human, called, ***“No Hamburgers in Heaven.”*** Perhaps that is why I am here. I was an Angel wanting a hamburger. I like that idea so much I'm going to Carl's Jr. right now.

Blue Cheese Burger. It was great. *Thank you God.* A cup of coffee and now I'm back to work. Writing in the front seat of my little truck is awkward with my notebook wedged under the steering wheel. The passenger seat has my files, two back packs and a suit bag with my computer in a small black/red backpack also.

I stopped by Nacho's auto repair. We fixed my ignition key problem. Something fell into my steering column and was wedged into my shifter column... My fault.

Hey! I'm done. As I drove into Nachos, Gauda Das returned my phone call from this morning. I called the Bhaktivedanta Book Trust office here in Los Angeles to ask permission to use excerpts of the **Bhagavad Gita**. I was told the official permission will come from someone in Florida. Gauda was excited to hear me excitedly referring to the book and how as a Catholic whose written books on Buddhism, Kung Fu, Daoism, Confucianism, and being a Lakota Pipe Carrier—I was overjoyed and enlightened to be returned back to God again.

“Is that the name of the book?” he asked.

“Yes, **Rediscovering God** is my current working title.”

We discussed how I could come to the temple in Culver City and discuss the book with their scholars. He seemed reassuring that there would not be any opposition to my book.

This book has improved my life. Any questions or gaps in my spiritual knowledge quest feel filled and satisfied.

Thank you God.

Thank you Krishna.

Thank you Swami Prabhupada for your translation and inspiring commentaries.

Thank you. Thank you. Thank you.

Richard Del Connor / Buddha Zhen / The Hippy Coyote

October 8, 2012

(My father's birthday. He's 92 years old today.)

*Its March 3, 2014 as I complete this final editing of the **Supersoul 13** book. They claim to have sent the permission form to me and will send it again. My copyrights contact, Robert, said, “No, there's never been a book like yours. Combining the **Gita** with your journal was very interesting. I've seen a lot of books come through here, but not one like yours... Yes, I really liked your book.”*

SPIRITUAL ALLIES

of All Faiths, Denominations and Atheists

Know me for WHO I am and WHAT I do.

Know me for WHAT I am and WHAT I've done.

Know me for WHEN I have lived.

Know me for WHERE I have placed my information.

Know me for WHY I exist.

WHO: **[Richard Del Connor](#), [The Hippy Coyote](#), [Buddha Zhen](#)**

WHAT: **[American Zen](#), [The Rich](#), [Tai Chi Youth](#), [Buddha Kung Fu](#), [Shaolin Chi Mantis](#)**

WHEN: **[Shaolin Records](#), [Shaolin Music](#), [Shaolin Pictures](#), [Kung Fu Cowboy](#)**

WHERE: **[ShaolinCommunications.com](#), [iTunes](#), [amazon.com](#), [ShaolinRecords.com](#)**

WHY: **[ShaolinZen.org](#)**, enlighten, entertain, bring peace to Earth

[Richard Del Connor](#)

facebook.com/richard.delconnor

[American Zen](#)

facebook.com/americanzenband

[Buddha Kung Fu](#)

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Help me to be a messenger of God.

Support my efforts and livelihood.

Consult and critique my writings and music.

Promote my efforts to reach as many persons of all faiths, nationalities, and religions as possible.

Enable my communications to bring people closer to God.

Guide my enlightenment to be received equally by all persons.

Encourage all spiritual persons to join our cause with their encouragement and enthusiasm.

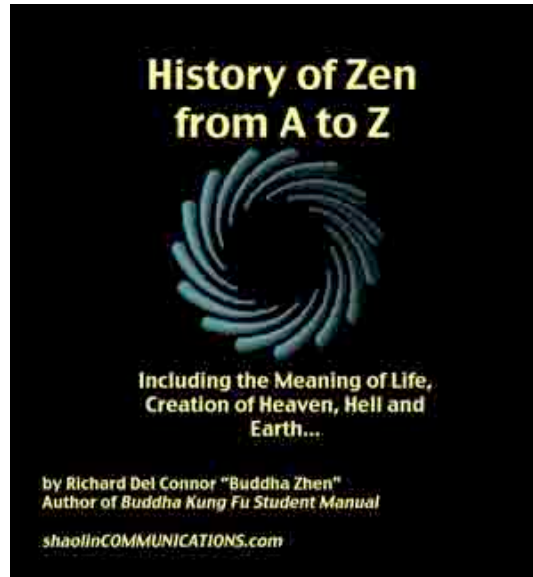
Create a spiritual message that includes all religions as much as possible.

Enjoy the improvements we nurture in modern society and in the Earth's future.

Allow each religion to be specific in the information they condone and question.

Welcome all humanity to benefit in whatever pieces and portions of information they can respect.

Stop all wars.



History of Zen from A to Z

Including the Meaning of Life, Creation of Heaven, Hell and Earth...

Co-authored by Saten? (Satan)

Stories include Saten in Heaven with Archangel Michael, the Garden of Eden, and *“Fall of the Tower of Babylon.”*

Saten uses the alphabet to teach author Richard Del Connor the meanings and origins of the universe.

A different view of history, and a unique view of Lucifer, who explains, “God told me to...”

Available at Shaolin Records



www.RichardDelConnor.com

This is my record producer website.
It's my everything website.
I list my albums and activities as "**Projects.**"

- Project 1: The Coyote -- It's Your Shadow** soundtrack cassingle
- Project 2: American Zen -- LEVEL 1 = Peace Of Mind** album
- Project 3: American Zen -- LEVEL 2 = Christ Killer** album
- Project 4: The Coyote -- Utah Phase 1** poetry book
- Project 5: The Hippy Coyote -- Utah Phase 1 (2nd edition)** poetry book
- Project 6: Buddha Zhen -- Buddha Kung Fu Student Manual** manual
- Project 7: American Zen -- LEVEL 3 = I Want You To Love Me** album
- Project 8: The Hippy Coyote -- Sid's Place** novel
- Project 9: Richard Connor -- Autumn Flavours** poetry book
- Project 10: Buddha Zhen -- Tai Chi Magic 1** album
- Project 11: American Zen -- Coyote Radio Tujungu** album
- Project 12: Buddha Zhen -- Tai Chi Beginner** manual
- Project 13: American Zen -- Kung Fu Cowboy Original Draft** poetry book
- Project 14: R.D. Connor -- Masonic Kung Fu** Freemasonry
- Project 15: American Zen -- Kung Fu Cowboy PART 1** album
- Project 16: American Zen -- Kung Fu Cowboy PART 2** album
- Project 17: Richard D. Connor -- Connor Black Hole Bubble Theory** science discovery

Supersoul 13

Discovering the Soul of God

by Buddha Z



A rock & roll stagehand on his way home from a Kenny Chesney concert stumbles onto a 4,000 years old Hindu book, **Bhagavad Gita**, unlocking his spiritual nature. Analyzing these **Vedic Scriptures**, The Hippy Coyote of American Zen is transformed into the ***Kung Fu Cowboy***.

After teaching Zen Buddhism for 30 years, Buddha Z (Buddha Zhen), rediscovers God. As founder of Shaolin Chi Mantis Traditional Buddhist Gongfu, Buddha Kung Fu schools, and the Tai Chi Youth nonprofit organization, he also discovers an understanding of reincarnation and the spiritual afterlife.

Discover your own Supersoul. Coyote will show you how.

Autobiography: Artist: *Richard Del Connor* / *The Hippy Coyote* / *Buddha Zhen*

Author Website: www.BuddhaZ.com

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