

## Pulse of Life



It's so important to understand the subject of this life. I don't think the importance of truly grasping what this means can be over-emphasized. As human beings, we have an incredible brain, incredible talent. We can accomplish so many things—almost too many. Because we are alive, we can experience peace and joy. We can go to the moon and create space stations. We can peer into the deep, deep reaches of the universe. And because we are alive, we can also create wars, decimate this planet, and make it impossible for everything to exist.

Cell phones have saved many lives. But the same technology that is saving so many lives is also being used in weapons and a weapons delivery system that is wiping out more lives than it is saving. And the saving might happen over a period of a year, but the destruction happens within days.

So, it becomes obvious that we have to choose. And what should our choice be? Well, to put it in context, there is a place you can go that is not really real. It's virtual. There, you can create an alter-personality of yourself. You can fly. You can do all the things you've always wanted to do but could never do, but only virtually, not really. In this virtual place, people buy apartments and sofas for apartments. But when you buy the virtual apartment and the furniture, you pay for it with real money. It's a million-dollar-a-day business—\$365,000,000 a year. And it's growing. People even meet in this virtual place and get married!

I bring a message about reality, a message that says, "What you are looking for is inside of you."

Who are you? What are you? What is your core? We need to know that in this day and age more than at any other time. Otherwise, our choices will be virtual or make-believe, but the consequences will be real. Unfortunately, consequences are always real.

What is your real potential? There is a power, a beauty, that resides within. When I turn within, my heart is filled with joy, peace. I have to choose this every single day, because in this world, the line between the virtual and the real can become too faded. And I choose reality, because it is far more beautiful.

An Indian writer named Tulsidas once said, "All that you see is illusion. As far as your eyes can see, it's all illusion. If you want reality, turn within." The problem is that we don't like what we see, but we don't understand why. So we create an alternative world in which our fantasies can come true. People like Tulsidas said, "Turn within and *all* your fantasies will come true. The truest wish will come true." But we have to choose. Every single day, we have to choose.



Reality is beautiful. Don't try to measure it, because contentment, joy, love, understanding cannot be measured. There is no scale for them. Understand. Open your heart. Look within and see how beautiful it is. Feel your life filled with joy, filled with gratitude, not explanations or ideas. This is reality; no formulas or philosophies are needed to truly receive the gift every single day.

You are the vessel for the sweetest satisfaction, joy—the pure clear water of contentment. When you are filled with this, you come alive, because that's what life is. You can understand. You don't have to be confused. It's that simple. Realize the pulse of life.

What an incredible opportunity it is to choose a gratification that is given every day when you turn inside. It's not about the struggles you've had or the list of failures, but about each success that took place. You will still make mistakes, but the beauty is it's not about mistakes or failures. It's not about the length of the night. It's about the rising of the sun. The light comes, and a new day begins.

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