

This was inspired by Bob Dylan's win. Oh, to really address the world! Perhaps he has had enough of that.

It is my belief that the earth's core, due to its intense heat and pressure, contains plasma, the stuff of stars, a tiny sun. It is also my belief that I know this from both memory and direct experience. In *I Love You and Forgive You*, I came out quite openly as a patent lunatic, at least in my past. So this may be the impossible product of my singular mythos. Or it may be true.

On May 28, 2012, a NYT article came out stating that several earth scientists had discovered more heat at the center of the earth than expected. Their current theories couldn't account for it. I emailed them mine.

This would be my acceptance speech if it were discovered to be true and we were to share a Nobel Prize. Ah well, the stuff of dreams!

Our Eternal Flame

As a people, a human race, we now have an opportunity the likes of which we have never had. The world may finally be ready.

The Dalai Lama said, "If every eight year old in the world is taught meditation, we will eliminate violence from the world within one generation."

But it goes beyond that. Peace, love, creativity, tolerance and understanding would flourish beyond belief.

The meditation we should be teaching our children and ourselves is L&F, the Love and Forgiveness Meditation. It is new and for our time. It is easy. It is not embedded in any particular religion. And it combines the two most potent healing essences in a package that can deliver them most effectively to where they are most needed.

Read my books. Read all of them. But use the obvious two to educate the world about this meditation. When millions or billions of us are doing this together, we will turn the chapter on human history and create a far more glorious world than anyone has imagined.

Most people, who can, eat three times a day. Most people wash their hands, brush their teeth and wash their bodies. Most people understand the value of exercise. It's obvious, isn't it? But it was not always so.

Our hearts, souls and psyches are more important than our bodies. Meditation nourishes, cleanses and clears them better than anything. We need this mental hygiene, this soul food every day to maintain our sanity, our wellbeing and our balance, to bring us peace, to help us evolve, to dissolve our trauma and ignorance and to renew within us the best that we are. We need to drop into and nurture the deepest levels of our being and pour love and forgiveness into our world. This is our highest purpose.

We can pull ourselves out of the morass of corruption and cynicism. We can move beyond our greed for control, resources and power. We can release our hatred, bigotry and entitlement. We can stop using our lethal weapons and military might to murder innocents and those we have made our enemies. We can heal our insanities. We can tame our demons. We can harmonize our interrelations. We can

forge collaborative coherence out of antagonistic chaos. We can end the stupid barbarism of terrorism and war. And more and more of us can thrive.

We have, at the center of our world, an eternal flame. Each one of us has a divine spark and blueprint within. We are made of the stuff of stars. And we are linked to them in the literal way that Plato described. He spoke from direct experience and memory, as did I.

We exist on all the dimensions. Not all of us indwell stars, but many do and will. The indwelling spirit of one star cast his image on the canvas of space as the Cygnus Loop Nebula of his star body's death.

All is one.

And the more we do L&F together, the more we will live our oneness.

I love you. And you love me, though you may not know it. We have yet to discover the true nature and power of our love.

Let's do it together in every way we wish and in the one way that can reach the most and help us most.

It is finally time.

The Miracle Revolution is here. The world is ripe. Join us. Become a Miracle Revolutionary. Do L&F with me. What a world we can make!

Save your life. Save your loved ones. Save our world. Let's get hundreds of millions meditating every day. Then, perhaps in my lifetime, these wonderful people can award me their peace prize as well and, more and more, we will truly be living it.