

# FUEL



FOR THE  
MIND  
AND SOUL

BY JASON REMFREY



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Published by  *Jason Paul  
Remfrey*

ISBN 978-1-0670247-0-3 (Pbk)  
978-1-0670247-1-0 (PDF)

Edition # 6.15.004

Original artwork  
by **Gerard Coe**

Back cover “**Paua**” artwork  
by **Chris Brown**

Cover photo  
**“As I hear the Tui’s call”**  
and other photography  
by Jason Remfrey

From nearly **25 years** of note taking,  
the quotations and phrases contained  
within these pages were not so much  
“thought up”, but rather inspired by  
interesting and often quirky  
everyday experiences.

Often with a spiritual hue, writing these  
down when the “light bulb” went on  
allowed this book to evolve  
into what it is now.



As sure as we learn by  
travelling the path of life,

As sure as we are supported  
and guided by those around us,

With a little help from above,  
we will discover that love,  
happiness, and joy, not only  
exists in the arms of another,  
but also within us, independent  
of anyone else.

– Jason Remfrey

**To all those** who have helped shape this book into what it is now, with a café chat, a random meeting, or the perfect word heard from someone unknown, thank you so much. And to family, friends, and everyone who have been there and supported me throughout my journey, I am more than grateful.



If you find but a few words in this book that you can relate to, that you enjoy, or that you are reminded of on another day, I couldn't ask for anything more.

**A note,** there are quite a few references to 'God' throughout this book, but I'm not at all religious, although I do know what it's like (going back to the 90's) to "have the blinkers on", bordering on fanatical even, giving 110% to the spiritual way of life. Actually, it was quite good fun. But learning some valuable lessons after a life crisis or three helped me become a far better person, with more empathy than I had before, some compassion to go with it, and plenty of material to write scores of poems in the future.

I try to temper my enthusiasm, but I can't help but share my thoughts and feelings of a Creator who I consider to be a good (and sometimes cheeky) friend, although it has taken me seemingly a lifetime before I could see Him (or Her) in that way. Previously, such a concept was both overwhelming and seemingly unreachable, to ever hope to become a reality.

So yes, I'm certainly not trying to convert anyone! Apologies if it comes across that way. Please, a flat white and a good chat any day ☺

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by Jason Remfrey

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**Starting** a spiritual journey, as people sometimes do in a variety of diverse and interesting ways, for me began in 1992. Learning about meditation, yoga, rituals and practises, eastern mystics, and more, even travelling to India on my own to meet my then guru. So many wonderful, meaningful memories.

In 1994, I left that behind and became involved in a teaching based in Auckland. With friends, I continued to learn and grow as a person, letting go of the negative aspects of my previous yoga.

From there, in 1998, alone one evening, with nothing but a backpack on my back and cassettes to take with me, I had an experience where I felt connected to God, became aware of who He was and His true loving nature, gaining the belief in a positive future that awaits us all, for everyone, without exception. From then, my world-view changed, and I gained a newfound optimism and sense of purpose.

What's written in this book is inspired from my own spiritual journey, and even given all of my own flaws, imperfections, and limited life-experience, I remind myself, and am reminded, that I can learn something from anyone, that everyone has a story, and that everyone's story is as important as the next. This book of quotations and inspirations is a part of my own.





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# QUOTATIONS





Everyone has a story,  
no less or more important  
than any other

Each of us is a stitch  
in the fabric of Creation

Serve others needs  
as though they  
are your own

The most wonderful  
things happen when you  
least expect them

Finding the “holy grail”  
is as simple as wanting it  
for everyone else

The aim is not so much  
to learn, but to master  
the art of learning

A train of thought is just that  
– a train –  
so wait until all the carriages  
have gone past before  
making your decision

Take a trip back in time;  
camp some time outdoors

Taking time to identify  
and understand an  
emotion helps with  
any next step

Love cannot be understood,  
only experienced

When so much is urbanised,  
nature finds a way

It's nice to know  
you're not perfect

Knowledge and wisdom  
are not always read or  
taught, rather experienced,  
felt, known, and understood  
in mysterious ways

Don't be afraid to say  
you don't know

It's little moments of  
kindness and positivity  
that make for a  
wonderful day

The light of God  
exists within everyone,  
equally, without any  
judgment

God is more than great -  
great is too impersonal.

God is a loving, kind,  
and supportive friend  
through life

Sometimes it's better  
to be famous on  
the inside

Dogma and tradition  
often needs to be  
questioned,  
challenged,  
and replaced by a  
more positive outlook

Parents are more  
than precious.  
You can't repay them,  
but you can try



We are amongst  
angels here on Earth,  
for angels are who we are

You can't quantum leap  
to perfection...  
Good things take time

An experience of God  
is objective

The only thing you can do  
with power is give it back

God is unconditional love.  
To fight in God's name is  
to fight God Himself

Looking on the bright side  
of life can sometimes be  
ignoring the facts

Life is for living...

But with a true spiritual  
understanding and  
awareness, life is  
understood

With all your creativity,  
with all you create,  
God is by your side

Put away your Bible,  
Put away your Koran,  
Put away your Scriptures...

Come from the heart,  
and find God

Enlightenment is when  
you know you know  
nothing at all

Peace – a pure emotion  
tainted by nothing  
but love

There are plenty of places  
you can go, but the inner  
journey is one that will  
reward you the most

Superstition becomes  
curiosity and synchronicity,  
when you realise God has  
better things to do

God, although not visible as a  
holy and majestic form, exists  
in every sight and sound

Be open to a higher power,  
and let life unfold  
around you

Learning to trust your  
guiding, innermost self,  
takes time

Focus less on the outer,  
and discover the  
inner world.

Then bring this inner world  
into your everyday life

To become what you desire,  
drop the desire

God's loving nature is  
unconditional, thus, fear of  
punishment disappears

Our outer experience is  
sometimes a reflection  
of our inner reality

To live in bliss is  
to be aware of the divine  
essence within all life forms

Let go of the trait  
that seeks to hold onto  
excess material possessions,  
and there contentment  
remains

To bring together the  
world and true spirituality is  
to find peace and balance  
in one's life

Creativity heals, transforms, and  
uplifts, even beyond what can  
be seen or perceived

A mystery is something  
that comes and goes  
without an answer...

A question is something  
that turns mystery  
into contemplation...

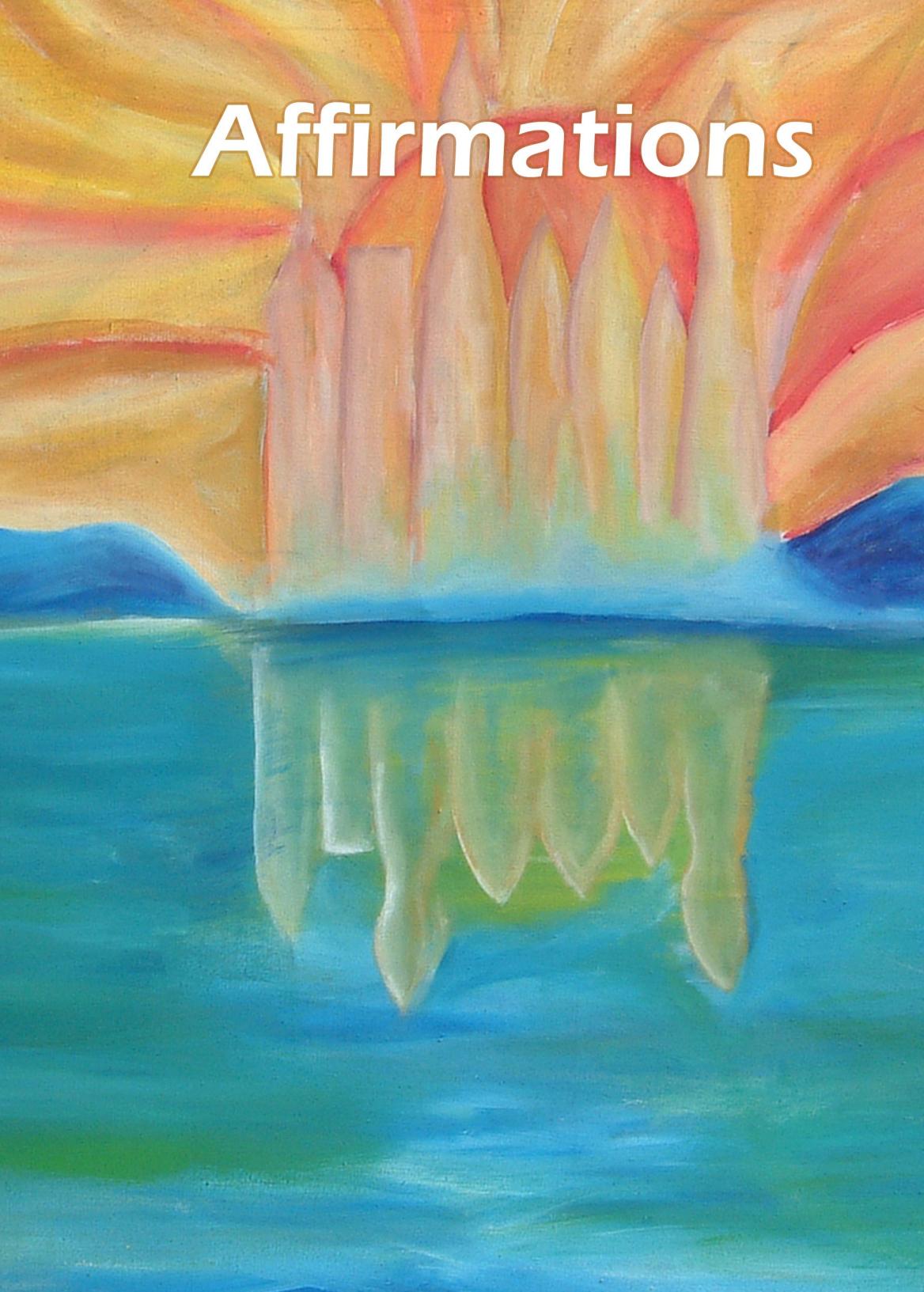
Thoughtful contemplation  
opens a pathway to  
omniscient knowledge

God doesn't need or  
want your love, He has  
plenty already.

He would rather you found  
everything good that's within  
yourself, loving yourself for  
everything that you  
already are



# Affirmations





My spiritual nature is the centre  
of my understanding

My thoughts are temporary,  
love and positivity are within me,  
and there for me, always

I listen to my heart and my intuition,  
seeing where life and opportunity  
takes me

I will be given love to  
experience and keep forever,  
even if I don't know what  
love is, or have no idea  
of its possibility

God will support me  
in every possible way,  
to get me to my next  
positive step

My intuition recalls positive  
memories and thoughts at  
just the right time, when I  
need them most

A child's nature sees my  
beauty, even though I may  
sometimes struggle  
to see it myself

# Affirmations

I am able to discern  
the truth from the illusion

Through meditation, I hold  
within me the key to unlock  
my divine essence

# *Contemplations*







## *Spiritualism*

Contrary to popular belief,  
many who tread the  
spiritual path are in fact  
less spiritual than those who  
lead ordinary lives

## *Truth*

Is the truth something  
that is factually correct?

Or is it an inner, spiritual  
experience common to all?



## *Illumination*

Seeing the world as spiritual,  
free from the clouds of negativity  
that filter through the mind,  
is realising that each of us is a  
precious spark that will soon  
become a burning flame.

There is never any judgement,  
only an appreciation that everyone  
has a story, and everyone is  
equal in God's eyes

## *Materialism*

A materialistic offering  
from the heart, where you  
no longer need, enjoy, use,  
or find sentimental  
something of the past, is  
given without wishing  
for any acknowledgment,  
or anything material  
in return

## *A new start*

Humanities existence on Earth is  
perilous, perhaps without any  
future, some would say.

For all the world's problems,  
a spiritual solution exists.

After all, we are all atoms,  
molecules, and energy.

Energy changes energy.

The power of the Universe  
is within us.

There is something  
better coming

## *Earth*

When I look at the trees,  
I see everything  
the Mother Earth has  
provided for me, as each  
branch and every leaf gives  
me the air that feeds  
my very breath



## *Continuum*

Every grain of sand  
has a story to tell, and has  
a place in the future.

Nothing is lost, it just changes  
form and takes time to become  
everything it was meant to be.

Creation is a continuum,  
evolving into a Paradise  
that is too good to  
even be imagined

## *The seeker*

Are you  
pursuing God,  
or is God pursuing you?



## *Support*

Sometimes in our journey we  
lose sight of how wonderful  
our future will be, we may  
even lose hope or interest,  
but like the story Footsteps,  
these are the times we  
are supported and  
guided the most

## *Offering*

Offering help to those in need  
will return goodness more  
than any acknowledgment,  
or financial reward can bring...

As with a spiritual principle, the  
*intention* behind any action is key  
to the outcome of any action,  
from a spiritual sense



## *Happiness*

You might want to find peace,  
happiness, perhaps even God?  
Then follow a path of love.

Are you struggling to find a  
path of love? That may be  
because of the hurts you  
have within you.

Meditation is a key tool  
for discovery and healing

## *Communication*

The human language  
can only convey a small  
portion of what can be felt,  
experienced, shared, and  
understood...

The speech of the heart,  
when it speaks as it does,  
means no meaning is lost,  
and nothing is confused

## *Contemplations*



## *Meditation*

Meditation is not just sitting in silence, it is also experiencing the adventure and joy of life as it unfolds around you

## *Insight*

The seemingly most ordinary  
of situations, events, and  
conversations, can yield the  
most remarkably pertinent  
spiritual insights and  
understandings

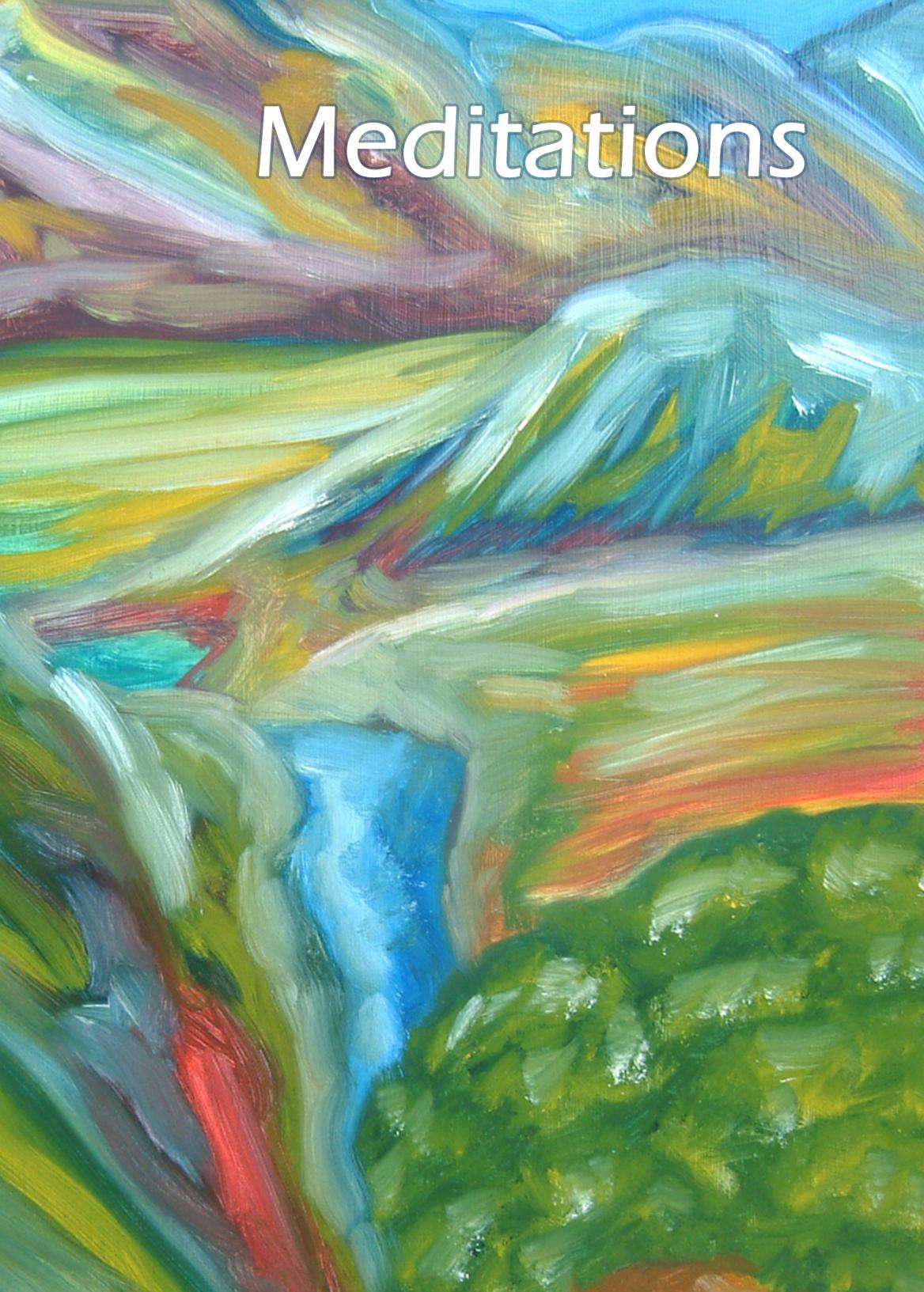


## *Joy*

It's always a case of not having any expectation or anticipation that brings the greatest sense of joy



# Meditations







Thoughts and emotions that happen during meditation don't need to be suppressed, or forced away to find stillness.

Meditation is allowing these to be experienced, then allowing them to naturally pass by, like clouds across the sky.

As these ripples of the soul run their course, moments of understanding, insight, and awareness often follow, with feelings of peace, and positivity as well.

Meditation, and that free thinking process, happens when the heart is ready, the mind is willing, and when the moment and situation is there, or when you wish to set aside some time.

Walking, playing sports, gardening...

Wherever you might be, whatever you might be doing, it might be that you find meditation, or whatever you like to call it, takes place naturally, of its own accord.



Eyes closed, eyes open,  
listening to music, sitting, enjoying  
nature, alone, or with others,  
meditation can turn into a  
rewarding, enlightening  
experience, something to look  
forward to, and treasure.

*- The Walking Meditation*

*by Jason Remfrey*

# Light

Imagine yourself in a small open temple.  
Pillars support the roof, and the temple  
is made of the purest white marble.

As you sit, you feel an energy around  
you, and a powerful golden light  
begins to swirl around your  
head and your shoulders.

This light slowly moves down your body  
until it is everywhere, from  
your head to your toes.



## Freedom

As a bird is free, you are too.

You sit safely on the edge of a high cliff, overlooking the ocean.

Your vision only sees the expansiveness of the world, as the cool ocean breeze washes gently over your body.

Above you, you see birds of the sea, and you feel their freedom within you.



Slowly, your entire body and soul feels connected to the world, and to everyone, and everything around you.

You feel part of Creation, and a feeling of serenity and acceptance overcomes you.

You are the bird.  
You are the sea.

Now, let this be your experience, as your meditation continues.

## Energy

Like a beacon of light from above,  
descending through your body,  
God's energy shines upon you.

You are totally filled with His love  
and grace... You are supercharged  
with the power of Creation itself.

You are about to unfold like a rose,  
but with such power, grandeur and  
elegance that everyone around you will  
wonder how you have become  
so positive, and so happy.



Each moment of each and every day  
God is guiding you, protecting you,  
nurturing you. He loves you.

He would be incomplete without you.  
Creation would be incomplete  
without you.

And now, you are both one Spirit.

Your struggle is over, for  
God is with you now, and you are  
together, forever, never to be parted.

Allow this awareness to grow,  
and your meditation to begin.

## The Universe as One

From all around the Cosmos, the purest, most powerful Light Beings from every galaxy are surrounding this world.

Each and every one of them are looking to **You** for an answer, for an answer to the question of life itself...

How could one such as you be created so beautifully, being so forgiving, so gentle, and so loving?

With you in meditation are twelve of these Light Beings, each having a different quality, experience, and energy.

Yet, **You** are their teacher, **You** are their guide, and they look to **You** for the answer.

Now, in meditation, guide them home, and guide all of Humanity back to the Paradise that we are waiting for, because without you having to say a word, or do anything, you shine as a light for everyone...

**You** are the answer itself.

## Sight and Sound

For about 20 minutes, sit, or lie quietly, with your eyes closed, with no music, observing any sounds around you, while at the same time not being affected by them.

Then, for 10 minutes, continue meditating in the serenity of the room, but with your eyes open, allowing yourself to see with a new vision.



For 10 more minutes, close your eyes, and in your mind, if it feels right for you, repeat the words; “I am divine”.

Finally, for 20 minutes, allow yourself to drift, and be guided by the energy that surrounds you.

Allow your soul to speak from within you, with energy, or words, to tell you of the future, or the experiences of the past, and of all the joy that awaits you, and those you love, in a time soon to come.

## Partnership

### A meditation for two

You are both walking along a beach, hand in hand. The waves gently roll in, and there is nothing but a cool and gentle breeze drifting over you both.

As you walk, you look up, and notice a bird flying high above. It is a white dove, and it is carrying something.

The dove lands close to you, then flies away, leaving what it was carrying behind.

You and your partner walk to where it was just a moment ago.

Both of you look, bend down together,  
and pick up what you discover is a  
fresh green olive leaf.

Together you look at each other,  
and holding each others hands,  
you both close your eyes.

Surrounding you both is a presence –  
very powerful, but very comforting also.

A caring energy is looking after you both,  
and you realise you are being nurtured  
by your Creator, God Himself.

God then speaks to you both, not with  
words, but rather with love, and  
you are drawn within, into a state of  
experience and bliss that becomes  
the meditation itself.

The meditation begins...

# A prayer



Dear heavenly Creator,

Help us understand our past actions through contemplation, love, knowledge, and forgiveness, so that we learn to love ourselves, and everyone else as well, unconditionally.

Allow us to accept that everyone will find their way back to You, with the most powerful divine guidance coming from within us, bringing us love, bliss, happiness, excitement, and joy.

May we recognise that as we heal within ourselves, our life will change in a positive way, and with this, allow us to understand that “Peace on Earth, Heaven on Earth” will become a reality for everyone.

And may everyone rejoice in their heart, mind, and soul, knowing that we are all assured of Paradise, for eternity.

Peace, and blessings.



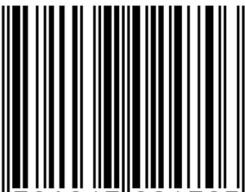


These dozens of original quotations, contemplations, and more, encourage a deeper and more holistic perspective of life.

Thoughtful and reflective, its concise format and to-the-point style makes it easy to read and enjoy.

Make up your own mind, interpret things as you might like, and with plenty of room to write down your own ideas as well, it can become a journal you can call your own.

ISBN 978-1-0670247-0-3



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