

FUEL



FOR THE
MIND
AND SOUL

BY JASON REMFREY

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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 overawing 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

Hutt Valley
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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.

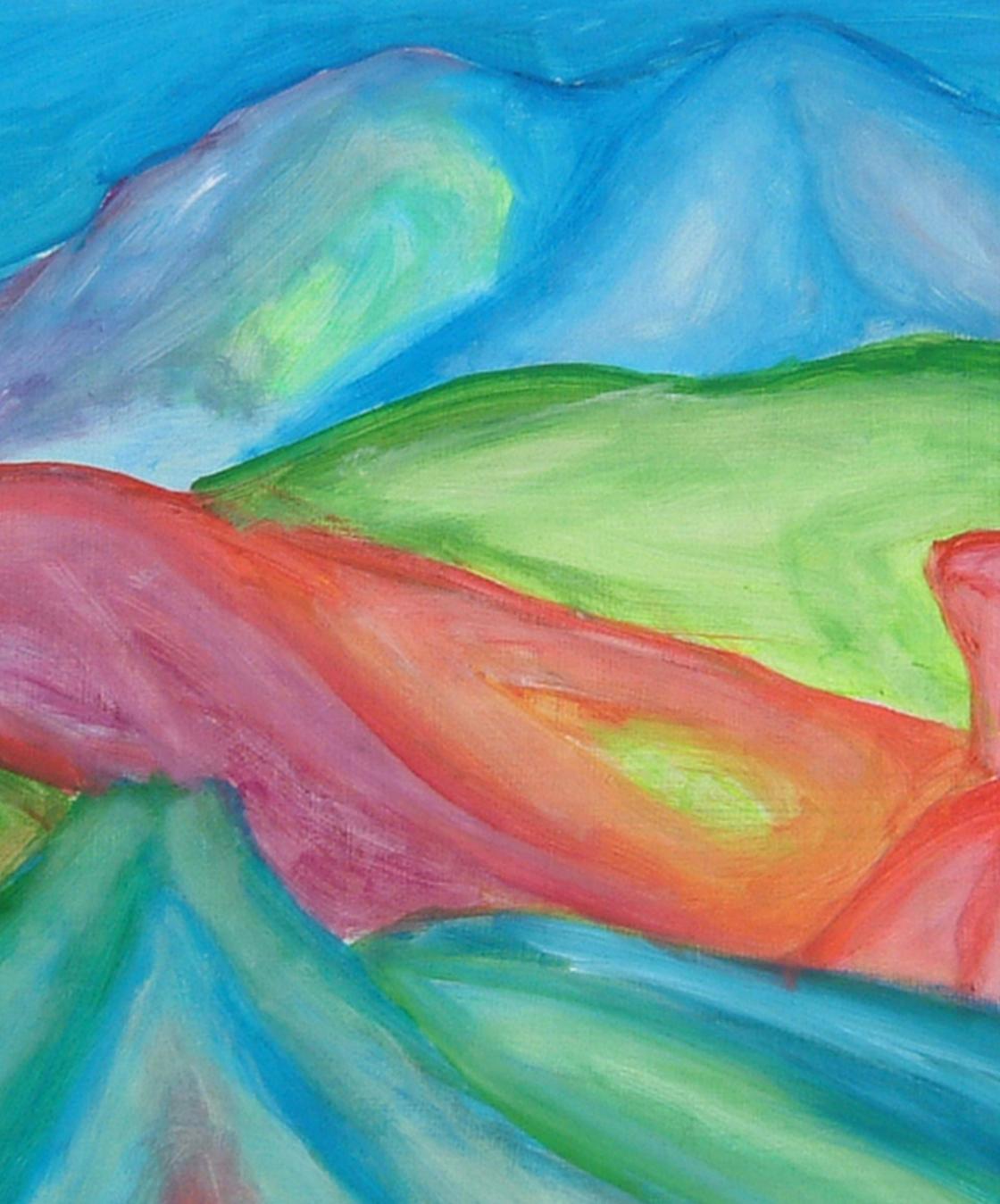
From there, in 1998, alone one evening, with nothing but a backpack on my back and cassettes to take with me, I had an experience where I felt connected to God, became aware of who He was and His true loving nature, gaining the belief in a positive future that awaits us all, for everyone, without exception.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

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.

After a while, this golden light changes to a pure blue, and radiates out to everything around you, and this incredibly beautiful blue light sparkles everywhere.

Time passes.

As the meditation draws to a close, you sit quietly in the temple, and a gentle, peaceful feeling is left within you.

The meditation ends.

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.

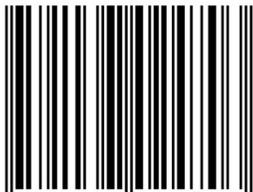
The background is an abstract painting with a rich, textured appearance. It features a mix of vibrant colors including blues, greens, purples, and pinks, interspersed with areas of grey and white. The brushstrokes are visible and expressive, creating a sense of movement and depth. The overall composition is dense and layered, with various shapes and forms emerging from the color washes.

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.

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