

All Posts





Log in / Sign up

 Ray Rogers 
2 days ago · 3 min

Blog #15: Why Is the Phrase "As Within, So Without" so Important?


[from the As Within, So Without Series Part 5]
INTRODUCTION Hello everyone! My name is Ray Rogers, and I am the senior writer at The...

10 views 0 comments 3 

 Ray Rogers 
Mar 29 · 4 min

Blog #14: Being Yourself Is All That You Can Do.

[from the As Within, So Without Series Part 4]
INTRODUCTION Greetings everyone! I want to formally introduce myself. My name is Ray...



79 views 2 comments 7 

 Ray Rogers 
Mar 16 · 3 min

His 7 Deadly Kins. [Sample Part 1]


Hello everyone, I wanted to share a sample of my first book, His 7 Deadly Kins. I published it around September 2020. If you like it,...

59 views 0 comments 6 

 Ray Rogers 
Mar 8 · 3 min

Blog #13: As the World Spins, Are You Spinning with It?

[a Quick Reflection in the As Within, So Without Series]
INTRODUCTION Hello everyone! I was going to publish Blog #14: Being Yourself Is...



111 views 0 comments 8 

 Ray Rogers 
Feb 22 · 3 min

Blog #12: How a Damaged Ego Creates a Damaged Perception.


[from the As Within, So Without Series Part 3]
INTRODUCTION From all of us at The R-N-R Hour™, we welcome everyone to Part 3 in the 'As...

201 views 1 comment 13 

 Ray Rogers 
Feb 3 · 3 min

Blog #11: How Your Ego Is the Blueprint of Your Life?

[from the As Within, So Without Series Part 2]
INTRODUCTION Greetings from The R-N-R Hour™! Picking up from where we last left in our...

287 views 1 comment 22 

 Ray Rogers 
Jan 20 · 3 min

Blog #10: How the Ego Within Affects the World Without.

[from the As Within, So Without Series Part 1]
INTRODUCTION The R-n-R Hour™ welcomes everybody to the first blog post of 2021! This blog..

383 views 0 comments 26 

 Ray Rogers 
Jan 5 · 2 min

Blog #9: Why the Phrase “As Within, So Without” Should Be your New Year’s Resolution?

Welcome to the New Year everyone! I hope you all were able to safely enjoy the holidays, even with our current global events. I just...



578 views 2 comments 40 

 Ray Rogers 
Dec 24, 2020 · 2 min

Blog #8: Synchronicity Is the Key to Understanding the Universe Part 3 [FINAL]


Introduction: Happy Holidays from The R-n-R Hour™! I hope you all can still enjoy this time, even with our current global events. Without...



355 views 0 comments 31 

 Ray Rogers 
Dec 10, 2020 · 3 min

Blog #7: Synchronicity Is the Key to Understanding the Universe Part 2.


Introduction: I welcome all to the second blog post in this series from The R-n-R Hour™. In the first blog post (#6) of this series, we...

160 views 1 comment 27 

 Ray Rogers 
Nov 26, 2020 · 3 min

Blog #6: Synchronicity Is the Key to Understanding the Universe Part 1.

Introduction: Come one, come all! Welcome to the first series from The R-n-R Hour™. In this series, which includes a total of 3 blog...

152 views 1 comment 23 

 Ray Rogers 
Nov 13, 2020 · 3 min

Blog #5: The Answer to Your Pain, Bitterness, and Negativity Is Forgiveness.

Introduction: Welcome to another blog post from The R-n-R Hour™. I want to say thank you for taking the time to read this post. Thus far...



203 views 1 comment 23 

 Ray Rogers 
Oct 29, 2020 · 4 min

Blog #4: How to Achieve Your Higher Self.

Congratulations! You made it to the 4th blog post, and you are probably wondering, "When will I receive content that leads to my..."

129 views 5 comments 14 

 Ray Rogers 
Oct 15, 2020 · 3 min

Blog #3: How a Water Well Is the Solution to Your Feelings of Emptiness.

Hello Everyone, Do you feel empty on the inside? Are you ready to do something about it? I got the perfect solution for you. Before we...

124 views 7 comments 11 

 Ray Rogers 
Oct 1, 2020 • 2 min

Blog #2: How a Consistent Routine Can Manifest Anything You Want at Any Time.

Good Morning Everyone, Welcome to The R-n-R Hour™. I am glad everyone can make it back. For a quick introduction, this blog is a simple...



83 views 0 comments 7 

 Ray Rogers 
Sep 17, 2020 • 2 min

Blog #1: How to Overcome Negative Thoughts with One Simple Trick.

Good Morning Everyone, I want to share an easy trick I use to overcome my negative thoughts. Since childhood, I have always struggled...

163 views 0 comments 22 

 Ray Rogers 
Sep 17, 2020 • 1 min

What is The R-n-R Hour™?

Good Morning Everyone, I extend my deepest gratitude for visiting The R-n-R Hour™. As the author, I created this site as a simple...

109 views 0 comments 12 