

# !PRAISE!

What do you praise?

What is your primary praise?

Is it anything outside of you?

Or is it anything inside of you?

You could praise many good things in life, like a glass of water or a carrot?  
A piece of pie or a sunset beach. A great book or a dinner conversation?

But.

What makes you stick your hands up in complete surrender gratefully giving  
thanks for your next breath? For making every heart beat in your chest?  
For giving you everything you need all the time?

Is it something inside you that makes all this work?  
Is it something giving you a never ending stream of solutions leading you towards  
an unlimited success? Because even if times are tough the lessons to be learned  
are love. The dark times and the perceived darkness is also love.  
All of it is love.

Do you praise the divine energy making all this possible? That gives and gives and  
gives, out of unconditional love?

Call it what you like? It does not identify with anything and it contains everything.  
Like the Universe. So call it that if it makes you more comfortable.

What I have found about the word 'God'.

Is that it is a described singularity, like an identity.  
A more suitable word is actually Godliness.

But I have also found that my Ego is the one thing hindering me when not being humble to have a relationship with this divine energy.

So when I personally use the word God.

I give up my personality to it.

I could not do anything, personally, more humble.

It took me about 2 years to get comfortable saying the name of God.

I used to think that was because of the miss use of religion in history trying to control people. Maybe a lot of it comes from that but, I will not ever mix anything worldly and material into my spiritual relationship with the unconditional force of love.

That force.

Even that word.

Force.

It really is correct.

We should force love.

We cannot be passive and let love die.

It has to be forced. But that requires us to know what it is.

And it requires us to force it upon ourselves.

To override anything that opposes it within us.

But love doesn't come with hostility and that's the beautiful ways of the force of love. It just keeps being compassionate and understanding.

It keeps giving and keeps nurturing.

That's the force of love.

Do you rob yourself of all this?

Do you stick your hands up in complete surrender for anything else?

Perhaps something that kills you? Killing you softly?

Are you a fugitive within yourself?

Please don't make yourself personally accountable in complete praise over everything achieved in your life. Because it hold you personally accountable if everything goes to hell?

Praise the divine energy of the universe in gratitude for everything that you've got.  
For everything that you've experienced.

Because when you do, you become free. From the pressure of trying to make everything work. You become free from the pressure of keeping everything together.

That was all an illusion anyway.

Life is not a great effort when you keep God first place.

When you praise the source of life, first place.

God is love.

Love first.

Don't trust me.

Trust God.

And all will be given.

Beyond your wildest dreamZzz Zzz Zzz..

# **CHOP SUEY!!!**