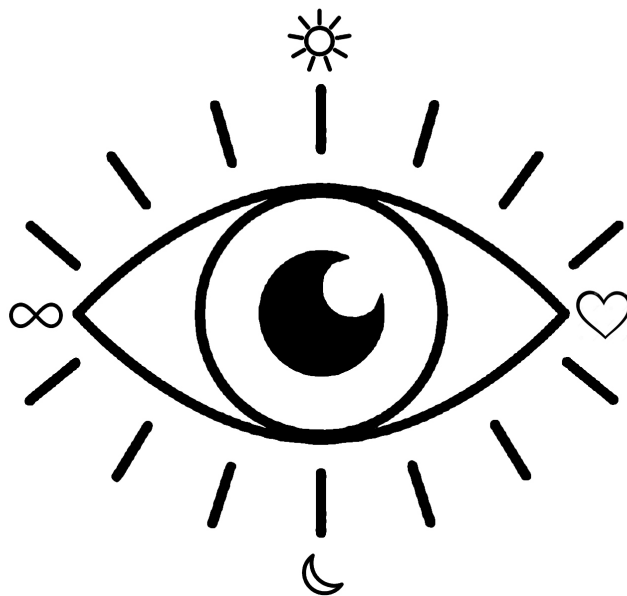


A HIGHLY CONDUCTIVE HUMAN EXPERIENCE MAINTENANCE E-MANUAL



CREATED WITH LOVE & ADORATION BY:
LARS ROSENBLAD

*Where do I begin? To tell the story of how great our love can be?
Where is the beginning and where is the end on this circle of life?*

A suggestion before reading is to play:

'Andy Williams - It might as well be spring'

Just to set the tone. Just a recommendation.

Some call it ADHD. I call it enthusiasm for life.
If focused we celebrate it. If unfocused we medicate it.

But it's all energy. It's all love.

Please stop killing the dream.

Preface

There is no chronological order of the insights presented in this document. Even though it all starts and ends with awareness it is all happening at once. By that statement I want the reader to understand that One specific section alone cannot function without the others. Just as we as human beings cannot function or even exist without each other. This document is about co-creation, it's about energy, it's about focus and love. The ambition behind this document is a 35 some year longing for us to come together. To live in love and joy which is something that over the years has personally developed from a blame game to complete responsibility. In life we try to control everything until we hopefully understand that the only thing we can control is our own thoughts & emotions. Which becomes the real game changer. We are perfect and unique as individuals, we just have to let ourselves go. But in order to do that we have to become aware and without judgement recognize the chains of restriction justified by none other than us. Our rational thinking goes too great length to plead a case, too theoretically 'make sense' coming from a material perspective. But whatever we wish to attract into our future experience we need to believe it before arrival. We possess infinite power to create anything. It depends on our perception and emphasis. It depends on our ability to and the trajectory of our focus. It depends on our willingness to release what no longer serves us. We can transform forever and oscillate between the unwanted and wanted. Or, we can stop compromising and transmute. My goal with producing this document has always been to be on point and leave out all the noise. I started about some five years ago and have finished three times before only to start over with the ambition to make it even more educational, condensed and digestible for as many as possible. I really think I nailed it this time! A healthy & balanced presentation!

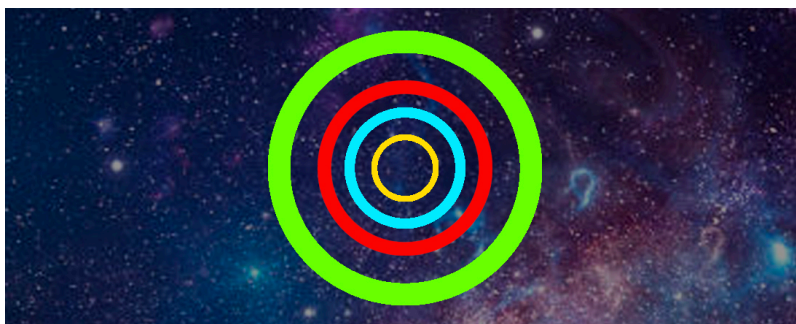
Love comes to those who believe it, and that's the way it is - Celine Dion

AWARENESS & PERCEPTION

***Do you live in a friendly or hostile Universe?
You can only have it one way or the other.***

The more aware you become in expanding your awareness the greater distance is created presenting an objective perspective to things in your life. The more objective something is the more susceptible it is to change. Imagine a ping-pong ball in your hand. This ball is your biggest problem in life. Your holding it in your hand, bringing it wherever you go. If you were to consume this ping-pong ball you'd be merging with the biggest problem in your life. This would be a metaphor and definition of something subjective. That is the opposite of objective. If something in your life experiences as far as a problem goes you have become subjective and there is only one way to get rid of the problem. You'll have to get rid of yourself. Even if you don't get rid of yourself you'll live in agony since you are the subject of the problem at hand. Now if you would instead take that ping-pong ball and place it on the kitchen table. There is a distance between you and the "biggest problem of your life". From this perspective you have the ability to view the problem without personal engagement. I know that sounds so easy but look at it this way. Imagine that the problem at hand is a problem of a friend or family member of yours. From that lack of personal engagement you'll be able to present clear solutions otherwise foggy from the emotional engagement.

So how do we create more distance that will bring more objectivity and thus present solutions to our problem? Well, as mentioned above the main issue was complete engagement. So to answer this question the answer is that we have to become as less engaged as possible. This is where meditation comes in, this is the main purpose in having a meditative practice. Because things aren't always as they seem. In fact they seldom are. But if we get static and refuse to accept a new perspective we haven't got a chance. What you perceive is only a product of your greater understanding, your wisdom. The way you perceive things is always flexible and from an expanded awareness becomes something totally new. As you gain insights into your life experience you won't ever revert unless exposed to trauma. The more you understand the less you hold on to convictions. The less you hold, by definition you'll become free. And wasn't that the main purpose of getting rid of the problem? Let's talk about meditation and non-engagement!



If the yellow circle represents a previous state of awareness, and the red circle represents an expanded awareness as of today. The green represents your expanded state of conscious awareness after completely experiencing this document. Where would you say the limit for your expansion is defined? Would you even say that there is a limit?

MEDITATION & MANTRA

Meditation is a subtractive non-doing. That is something difficult for the rational thinking mind to understand since it comes from the perspective of production. It performs. And it says: "What have we achieved!? I can't see it. We must have failed". It is intellectual but not really full of intelligence. The rational thinking mind though, can be put in a trance. A state where it becomes detached from the engagement regarding absolutely everything. To reach this state there is a number of ways. But the common denominator for all is something monotone, repetitious and "grey". Something that doesn't evoke any thought processes or emotional engagement. Something that I prefer is the sound of white noise that can be found everywhere online.

When you stay relaxed and unengaged you will after a non-specific time period enter a state of just being. This is something that develops and becomes more sustainable from practice, just like anything else. Imagine the perspective of a young child learning to ride their bike without support wheels. It won't happen in an instant and throwing the bike in a ditch won't do it any better. Remain in control and don't force your system to cooperate. Stay in love. Stay in a loving, compassionate and mature way as you are the one in control. See your thoughts, emotions and body as restless children where you can sit calmly and by your example alone show them something magical.

Children do not listen and behave from being dictated what to do, the same goes for you. You have to lead by example. Remember that from oppression comes revolution. From love comes freedom. And that is what you're looking for.

The real gain in all of this is what you can perceive as a vacation. A vacation from the ongoing chatter and bombardment of motion happening in your human experience. If you're standing in the middle of the battlefield with a million things happening all around you there will be an extremely difficult task to determine what the hell is going on? Hell.. Perhaps a living hell? Maybe it feels just like that. I know.

But let me take your hand and lead you to this imaginary air balloon. As we ascend up into the sky the sounds of destruction begin to silence. The overview presents a new perspective enabling us to see exactly what is going on down there. And hey! We have the ability to change the outcome from this perspective! All it took was some distance. Some objectivity. Well at least to begin to see the whole picture and stop describing the complete Mona Lisa by defining her pinky.

Some engagement is now necessary, some action to make things change. But you've got this I can assure you. And the following (hopefully most educational) descriptions will assist you along your journey from the battle field to the embrace of love. I'll just make a 1 page stop to tell you about myself, it'll just take a minute. Just to make things human you know!

Thank you!

MY BIO-LOGIC-EMOTIONALLGY

My name is Lars Rosenblad, I was born 1982 in Karlstad, Sweden. I grew up with my mother and sister in a suburb called Kronoparken. A wonderful place with great diversity.

From misunderstandings and lack of responsibility my childhood created a lot of negative experiences generating trauma and fear in my human experience. I am, and always has been a very sensitive individual. To me it's the most beautiful thing about me. But in a world of conflict it sometimes becomes difficult to manage. Especially during younger years when the cognition has yet to be developed.

From all these events and experiences I started mistreating myself. I started sabotaging my own life just to confirm what my environment was already telling me. I did so actively with substance abuse including mainly drugs & alcohol for about 17 years. But I've also had problems with what the western medical society would label as bi-polarity. For about 25 years I've had at least once a day contemplations on what the most effective way to end my own life would be.

This demands a great uphill battle with a reset every morning and was extremely difficult at times. I've been like a sponge for success, for finding a good feeling about myself and my own life.

Today I do not take any medication.

Today I do not have these oscillations.

Today I feel love & joy with an opportunistic view on life.

And you know what?

I was inspired by so many, because I set out to find a solution.

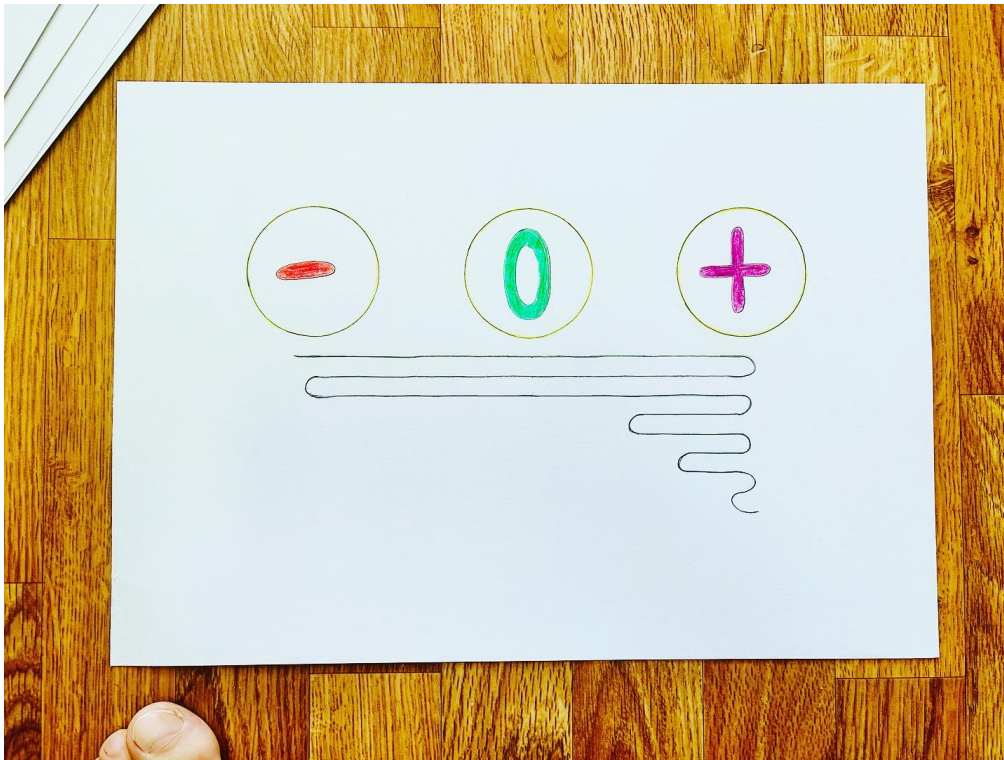
But I created it myself. I still do.

And you can do that too.

My background is in music production, professional cooking, electronics & human behavior studies. And of course my own personal journey.

Nothing in this universe is static, everything flows.
And from that insight, nothing defined as chronic exists.

Alright! Back to school everybody!



TRANSFORMATION & TRANSMUTATION

- **UNWANTED**, DESTRUCTIVE, CONTRACTION, NEGATIVE
- 0 **IDLE**, PASSIVE, BEING, RELAXATION, MEDITATIVE
- + **DESIRED**, CONSTRUCTIVE, EXPANSION, POSITIVE

When we make ourselves aware of a problem and create distance thru objectivity we get to choose wether we want to make a change or not. In the beginning we talk a lot about the things we wish to experience differently but do not take responsibility to nurture those with healthy lifestyle choices. And this creates an oscillation between the desired outcome and the previously habitual destructive tendencies. As an example I would like to use smoking. An individual can be on/off smoking trying to quit smoking for a decade. But one can also come to the conclusion and decision making that it no longer want's to perceive themselves as a smoker. The "trying to quit" individual is oscillating between the stated desire of being a non-smoker and the destructive habitual pattern of being a smoker creating conflict in the human experience.

For the individual to make a change! A complete transformation they inevitably has to transmute the previous behavior. And the main key to this is a change in identification which is a conceptual perception and by definition not static.

They root cause of every human problem is having a double standard.

We talk about what we want, and desire it so much but we don't feel worthy, believe and foremost maintain healthy choices leading us that direction.

And this is a product of thought. That has become habitually destructive in order to survive the environment around us. But if we want to create something new we HAVE TO believe in something not yet seen. And we have to create energy that sustains thoughts and emotions that is congruent to what we desire.

To be able to do that we must be pro-active and become ready before anything ever happens.

If you feel a strong desire to sing in front of 10,000 people on a world stage you wouldn't be passive or destructive would you? You would practice and learn more about the thing you love most, your passion so when the day comes for you to blow the minds of the audience you are highly equipped for the task at hand.

And not only that but you'll be able to enjoy what you've created and not just stand there with anxiety and worry leaving you with nothing but a material performance without soul.

Now take that perspective and put that in relation to you as a human being and your everyday life experience! Your life is now! Wouldn't you just love to experience that with as much soul and love as possible!?

Let's say you receive anything material that you desire, Right now!
But the feeling is not present at all. What would that give?

Now imagine you've got that feeling and the material desire but somebody removes it.
But hey! The feeling is still there! Did you actually need anything?

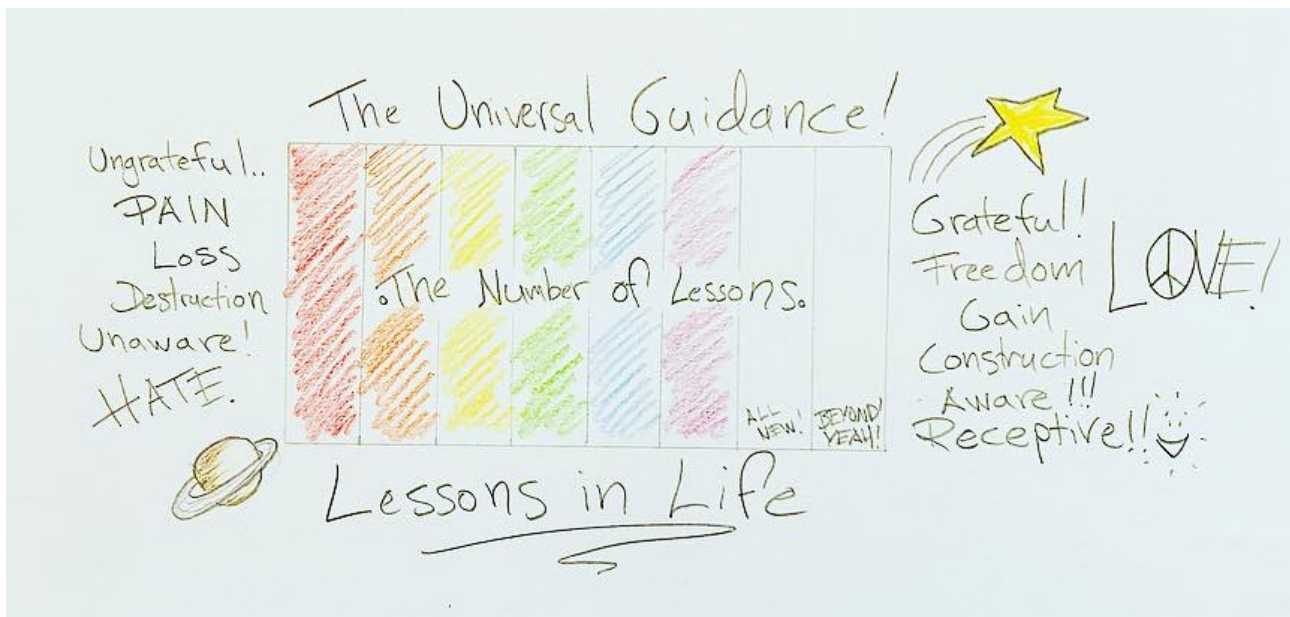
Or where you just satisfied with feeling great and the rest was all a welcomed bonus?

In my life the most important thing is love and appreciation.
It used to be things outside of me. Because I was searching for something I couldn't find on the inside.

What I've found that has made me independent. Not addictive to anything to fill a need is self-love. And self-love comes from giving. Giving can't happen without receiving.
Receiving can't happen without trust. Trust can't happen without loyalty.
Loyalty can't happen without a continuous showing up and making the best out of everything.

To achieve anything we must have faith, we must believe in ourselves or else nothing will ever happen. But if you've got a track record of disloyalty in relation to yourself it will be harder to trust your own ability. That's why you need to show up for yourself and make healthy choices and never compromise on what is the absolute best for you.

You only live once. This personality and conceptualization that you refer to as me will cease to exist one day. Just keep that in mind!



THE CURRICULUM

Life is a school. It's a workplace. It's a playground. It's a game.

Now who doesn't want to play the next level? Who doesn't want to get promoted? What is holding you back from all of these new experiences and more of life itself, is you. Whatever situation you are currently in is giving you an indication of disharmony within your system. That communication is your guidance system telling you that if you can direct your focus in the opposite direction you will excel in life! But some of us get so caught up in being subjective to our problem that we aren't able to separate and detach from whatever is holding us back.

When we become objective we get the opportunity to see things from another perspective. We get the opportunity to change. But there is one little hinge in-between that needs adjustment before anything else can happen.

Humility.

We need to expand our awareness and understand that this is an unwanted behavior, transform and ultimately transmute it. If we're going to do that we cannot judge or blame anybody or anything. We need to take 100% responsibility for what this is in our human experience and begin the process of releasing it.

We constantly dream and ask for more. If only..
But the truth of the matter is that we aren't educated and willing to change. Or is it all a belief?

If we had a strong belief in a fantastic future? Perhaps so strong that it becomes a knowing. Then it wouldn't be a problem now would it?

So to use the metaphor of the kid learning to ride their bike again, if they've practiced over and over and learned from their mistakes it becomes apparent that they now are able to ride the bike with ease and soon do some basic tricks perhaps? There is no longer any concern whether they can ride the bike or not? They are way past that!

If somebody plays the guitar for 1 hour everyday for a year. How good would they become at playing the guitar you think?

If somebody dismisses their first homework assignment in math in the beginning of the school year and neglects math all together for the remainder of let's say 5th grade. How much will they have excelled and progressed in math?

What some of us aren't taking seriously is life.

If we continue to complain and place blame on external factors we're never gonna get ahead. New York wasn't built in a day but somebody placed the first brick.

Why become a great anything if you don't appreciate and love yourself?

Why reach a position of influence and material victories if you can't feel love and adoration for the life you've been given?

We do get what we focus on. We create with our thoughts and emotions as I will explain deeper later on in this presentation. What I'm trying to tell you is that life is all 'Inside out'.

As long as we don't respect & honor that we will always live in lack as material possessions outside of us fill a void not acknowledged within ourselves.

What made my life turn around is ONE main shift in perception.
ONE main altered perspective of who I am.

As a human being we cannot build anything sustainable on a false foundation. We HAVE to know ourselves and acknowledge that in order to built on something that can weather the storm.

Storms will come. This we know for sure. Can you stand the rain?

CLASS! PLEASE BE QUIET :)

With the method of ruling out you'll find your authentic self. When you in meditation manage to disregard any conceptual description about yourself down to the essence you'll find that you only exist.

But you have to become quiet. And that is not equivalent to a vacuum in space without any auditory additions. What that means is that you let go of any identification with your thoughts, your emotions and your body and just be.

This is something that can happen with the help of a guided meditation just as it did for me. If I was able to right it down for you to read in text it would certainly defeat the instructions of non-engagement.

Life is all about experience and you'll have to experience this to know this. You can't consume this outside of yourself with your five senses. You have to let go and merge with it on the inside.

From this point I will get a bit biblical and scientific and hopefully bring it all together and close the circle as I wrap this up.

I do not neglect any information that can expand my consciousness and understanding of my universe and I suggest you do the same. I am not a religious individual but there is some great guidance in everything so please don't judge.

Life is like a buffé!

Consume what makes you happy and leave the rest. But occasionally you might want to try something new and from that you might experience something about yourself that you did not know before.

OK!

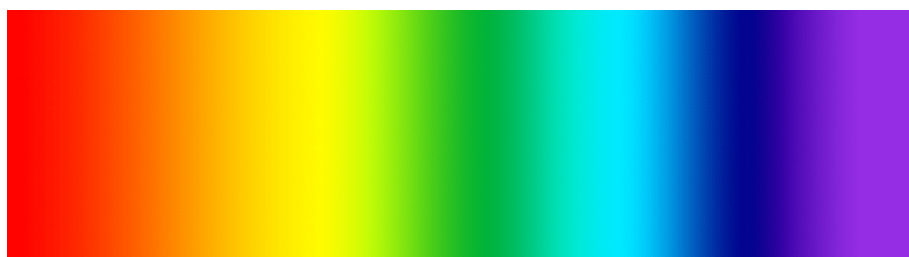
Let's get into frequencies, colors, hemispheres & the garden of Eden!



THE SOURCE

Everything is energy.

Everything is frequency and vibration that manifests in a variety of expressions. Nothing is good. Nothing is bad. That is all perception. Frequency equals feeling.



What is garbage to somebody is a treasure for another.

In white light such as from our source of energy, namely the sun is all the existing colors. From those colors an infinite blend is possible e.i infinite expression. In our energy body these manifest in frequency as different states of being. The lower frequencies correspond to destructive qualities and the higher frequencies correspond to constructive qualities. But that is also relative to the situation. Rest is great for recovery and action can might interfere with something natural. In that perspective the low frequencies become positive and the high frequencies become negative.

What you'll discover when you rule out everything conceptual is that everything is energy.

Including you. And that is what we call our soul. Anything conceptual is fleeting and material. By definition not eternal and therefore a lie. Our soul is pure energy and cannot be destroyed which implies its infinity and therefore true. If you want to find yourself and stay true to who you are you need to emanate from this understanding or else you are living a

lie. Everything is created from the same source in the same way. Everything is a manifestation of the same thing. Just as a war between nations is similar to a relational conflict between lovers or as a pebble is a small mountain it's all a matter of perspective and originates from the same source of expression.



If you want to put the knowledge and understanding of frequencies in the perspective of the human experience I've found that the most sufficient way of explaining this is by describing a scene from a movie scored with music.

Imagine a hopeful scene, perhaps even a celebratory scene where the music is extremely anxiety driven and triggers a sense of worry and despair. This is exactly what life is for somebody who is depressed and goes thru life with a pessimistic and fearful perspective and understanding. Somebody who has not let go of their negative energy holding them back.

You see we are primarily and in reality vibrational beings. That means that we create from our expressive signature of frequency that we manage to sustain over a period of time.

This is also what is referred to as "The Law of Attraction".

The law of attraction is a secondary law responding to the primary law which is the law of vibration.

All of our emotions have a frequency signature and corresponds to a musical note, a color, a taste or some other expression in the universe. If you want to read more about this I suggest Dr. Masaru Emoto's work 'The Hidden messages in Water'.

Our cells react to their environment. They vibrate and generate something within us to match our general state of being. Only our environment is actually perceived by us. And so regardless of circumstances you've got the power to perceive the world around you in a way that creates a desired general state of feeling.

For more information about that check out the work of Dr. Bruce H. Lipton and Dr. Joe Dispenza.

It's like the beginning and the end of a circle. It's like the chicken or the egg.

You can start deciding and change your perception to make yourself feel good. One thing I've learned that has a tremendous impact on the general state of being is body language. In all the confusion after a long period of time the feelings of discontent and the pain in the body starts to become diffuse just like the chicken or the egg.

That is actually consumption!

You consume your own general health and form an opinion which creates a perception that send the information to the cells who vibrate at the frequency you just tuned to.

If that is an incoherent frequency span of worry and anxiety, the cells will produce a signal that is out of tune and distorted. This is what will cause interference in the natural reproductive process and the message received is more along the lines of destruction rather than the desired construction.

Life is music!

Everything is in vibration and we have the ability as human beings to return to source which is simply and generally speaking letting nature do its thing. To do that we just need to stay out of the way regarding or sense of worry and doubt. We have to develop a strong belief that we are always ready to become in tune as long as we stop singing our song of despair. And also know that we can help out as we sing a song of gratitude and praise for the unlimited source of love that is our universe.

Of course you can sing out loud at the top of your lungs but talking positive & constructively is just as good! Who said singing has to be a certain way?

Sing with your expression about all the things you care for and want to experience more of. You have the power to speak things into existence. That is something I would call "High Vibes"!

UNIVERSAL ATTRACTION

Universal attraction happens as a result of matching frequency, or in the human experience feeling. This is a process of electromagnetism. Our thoughts are electric impulses and our emotions produce magnetism. When these two forces are in congruent they send out a communication to the universe around us that reflects back to us experiences that match that communication. Sounds really simple and easy, and it is, only it requires some additional understanding in order to be completely useful in deliberately creating what we desire.

You see the way this attraction functions is by you having a desire of course, you ask the universe for it and it is given immediately! The only thing left is for you to receive it.

Now I have questioned this many times. I've looked under stones and talk with family & friends. I've believed and believed and nothing have happened. But eventually I got it! I made it happen in a small scale more than once and I have come up with an explanation that I think makes it easier to understand the process. What I would like to use in demonstrating my insights on this is two technological inventions. #1 is a wireless smartphone charger and #2 is an induction cooking heater.

You see both work by generating what is called eddy currents in the conductor! If you place an apple on top of the wireless smartphone charger or an aluminum pot on the induction cooking heater the electromagnetic energy enabling the conductor to absorb the energy and produce the desired effect won't happen. Why? Because they are not conducive to the process of electromagnetism! But if you place a smartphone with its battery or a pot with magnetic metal qualities on the heater they receive the eddy currents and generate the desired effect from receiving all the energy.

So what does this have to do with us humans??

Well. We are not a smartphone or a magnetic metal pot. But we are electromagnetic receivers of expressions created from the source of infinite potential in the universe. And the reason why we aren't receiving what we desire most, is because we are not as attractive as what we have the potential to be. And this has to do with perception! The amount of worthiness and ability to attract is all about how we perceive ourselves. How we perceive ourselves generates a feeling which creates a general state of being that draws in more experiences to match that feeling e.i frequency.

How we perceive ourselves in terms of worthiness that creates our general state of being can be switched via our thoughts and emotions. If we state in a rational and logical way that we are worthy and believe us attractive to our desire but lack the emotion we are not congruent in both thought and emotion and that will not produce a clear communication.

But the most important factor in attracting what we desire in life is actually in becoming receptive. If we go thru life worrying, feeling anxious about everything and truth be told not that grateful for life in the moment. We become unattractive just like the apple or the aluminum pot as they wish to receive the generated electromagnetic energy from the two sources of energy. There is nothing wrong with either the apple or the aluminum pot. Only the process of attraction becomes unnatural, just as life can never reward ungratefulness

because that would completely defy growth and expansion. It would defy the process of life so greatly that it could be described as a water hose that we fold so tightly that water could not in any way pass thru but still expecting it to do so.

The amount of receptiveness in your human experience is in direct reflection of your perception of yourself regarding your self-worth and gratitude for life itself as a foundation.

A summary:

Whatever the feeling of anything you attract, you felt it before that specific event.

You attract as you perceive yourself.

Practice feeling good about yourself regardless of material effort. That is how you control the outcome.

By feeling yourself worthy and attractive.

And that is why the universe yields to you. Because it's all energy.

Energy is vibration. Vibration is feeling.

Feeling good about yourself attracts all of what you've ever wanted. You just have to be open to what that is, and receive.

That is the feminine energy with natural effortless attraction. Just remember to say - No thanks! To something that does not make you feel fantastic.

And trust your intuition to make that decision, not your analytical faculties. That often/or always comes from a survival perspective. While your heart comes from a loving one.

If you cannot perceive yourself as worthy and attractive, you are not being true to who you are. You need to trust yourself again by becoming loyal to that conceptualization you wish to perceive. In other words release all contradiction in relation to that image. You are nothing but a concept that is always susceptible to change. Nothing is static. The only static is the reluctancy to let go of anything frozen in time. A.k.a - Lies.

From these words I would like to continue talking about responsibility and staying loyal to a world of love, something most of us would agree is the most prioritized collective desire!

RESPONSIBILITY, LOYALTY & BELIEF!

Responsibility is never the amount of external to do's listed in your everyday life. The true responsibility that you as a human being have during your stay on planet earth is your own energy. And that means to gain control over your thoughts and emotions in order to be able to (on your own) generate a general feeling of gratitude and love along your life's journey. That is your main responsibility. Everything else is putting a bucket under each leak in the ceiling instead of just fixing the roof.

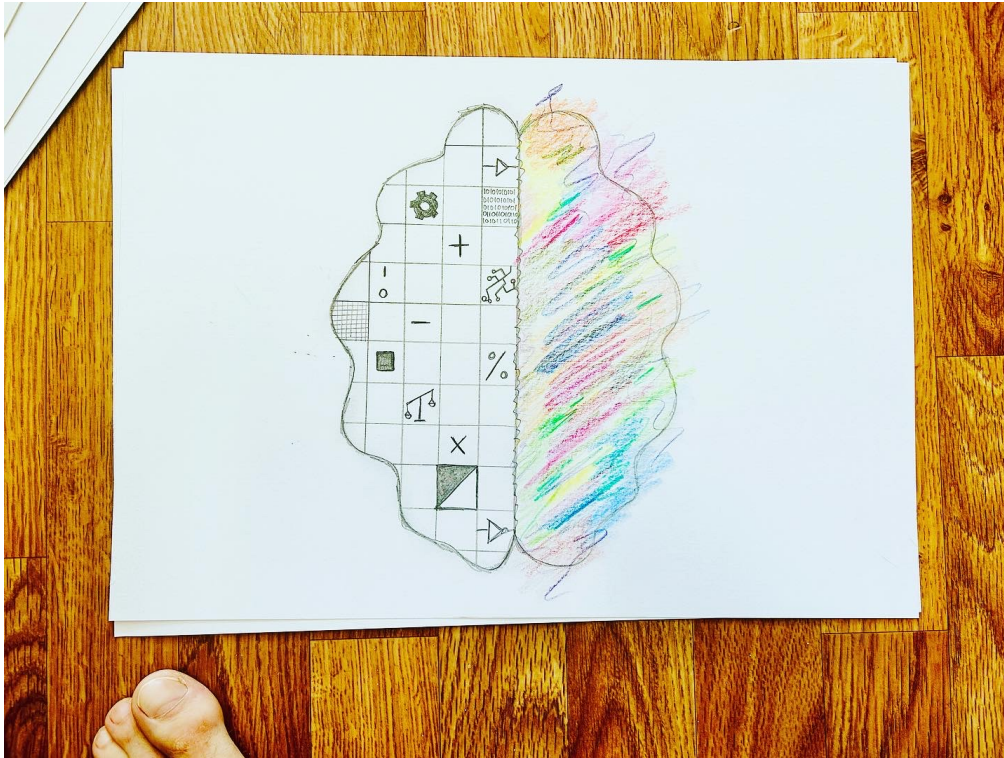
Let me ask you a question!

If you've let yourself down in numerous occasions, would you think it would be fair to trust yourself and define yourself as loyal in relation to yourself? Maybe not right. If you have a friend who's constantly disloyal and cannot be trusted, do you have a strong belief in the conductivity of that individual? Not so much right? Can you see what I'm getting at? If I want to feel worthy but I've treated myself like crap. If I want to create something spectacular in my life but I've been disloyal. Then by implication I would honestly perceive myself as a worthless liar now wouldn't I?

But guess what!! Even though that might have been a behavior in the past, all of that can change from this very minute! You have to come clean and do whatever it takes to let go of all those identifications and associations by taking responsibility for them. And taking responsibility for something is always a 100% effort. There is no longer anyone or anything to blame other than this, and this is the most important factor of all:

UNDERSTANDING = FORGIVENESS

Whatever happened in your life, what someone might have done or whatever you've done to yourself was a misunderstanding. It was many times an act of frustration and a flight from an uncomfortable experience resulting in acting on a destructive impulse instead of creating something constructive and compassionate. Why that didn't happen is a direct result of lack in knowledge & understanding. It was a product of a narrow mind trying to solve things quickly because the discomfort was too great. If knowledge and understanding were to've been present at the given time of the destructive event, a rational and emotional wisdom would have prevented it from happening and something loving would have taken its place instead. From that understanding we learn that everyone, including ourselves are always doing the best they can given the logical and emotional understanding they currently possess. What many times creates a discord in a deeper understanding that expands our consciousness is the referral to physical age. That the afflicted trauma "should" have been understood by that level of maturity. But, maturity has nothing to do with the natural aging and decomposition of the physical body. That is pretty redundant. So what we must understand is that every action is derived from a current logical & emotional maturity inside the mind of a specific individual regardless of physical age. Including yourself! So don't hold yourself hostage to something you could not perceive given your previously attained level of wisdom! But admit it in order to be able to move on. There is nothing wrong with trying, falling and getting back up!



HARMONY

You probably know about the story of Adam & Eve. Well let me brake it down for you! Adam & Eve are metaphors for your left and right hemisphere of the brain. Left is logical and right is abstract. Left is rational & right is emotional. The left side does analytical tasks like calculation that can be useful when predicting consequences. The right side is fantastic for creating something loving and beautiful like understanding and forgiveness.

So! Adam and Eve hung out in the garden of Eden where everything was perfect! Not a care in the world and all they could ever dream of was there. They were given instruction regarding a tree though. The tree of knowledge and specifically not to eat the fruit of that tree. Eve did so anyway and gave some to Adam. And they where rejected as members in the Eden club. What does this really mean?

It means that the more knowledge they'd consume the more they would learn to evaluate and judge their environment. And soon they would find faults and perhaps start wondering if the grass was maybe greener somewhere else. And so Eve (right hemisphere, no consequential and analytical thinking) ate from the tree and gave some to Adam (left hemisphere who loves his sweetheart and has a hard time understanding emotions) and they both cheated themselves of just being and appreciating the gift of live which becomes the metaphor for rejection from the garden of Eden that in fact is planet earth all together.

I do not believe that people are more left or more right than others from a genus perspective. All has to do with masculine and feminine energy. I for one has done some major adventures without very little concern regarding consequences and I often cry from singing. And I am heterosexual man.



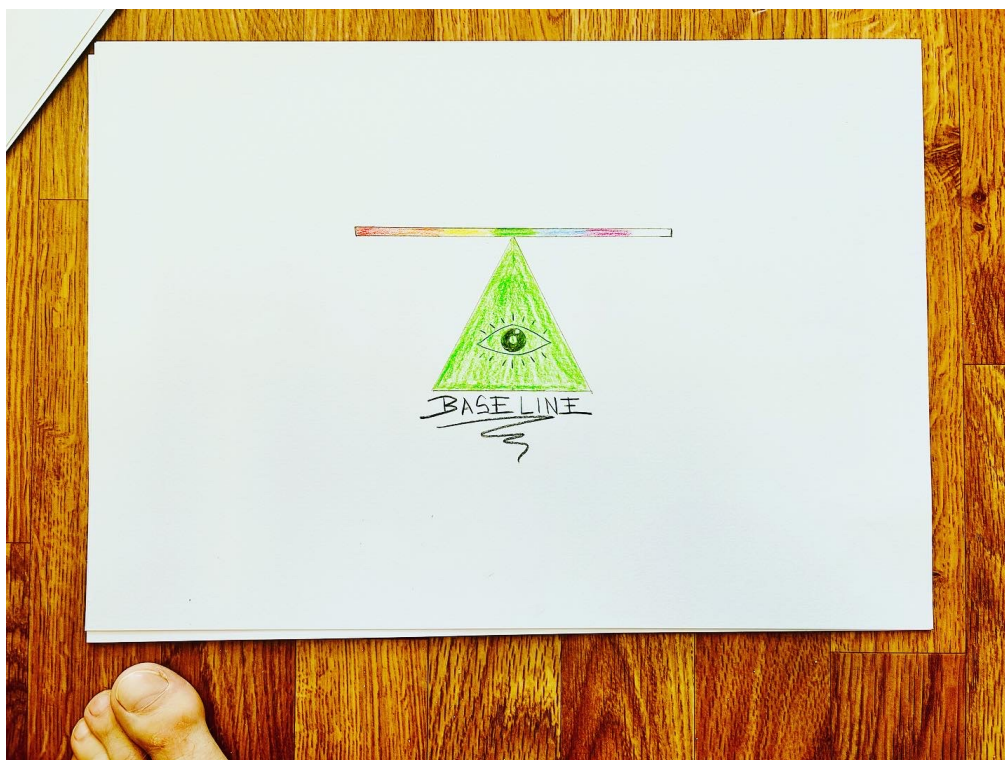
What this story is trying to convey to us is the importance of balance and harmony. You see one might think that qualities found in emotions is all we need. All we need is love! But that is extremely destructive in regards to the human psyche and cognition. If all we need is love, we are actually implying that we do not need any consequential thinking. That would make the sexual act of love completely free regardless physical and cognitive maturity. One the other hand if we dismiss all love and become 100% rational we would still commit the same act only from the perspective of not caring at all about anything we might afflict on ourselves and other beings.

They way I see it is like this, 100% logical = Psychopath. 100% emotional = Pedophile

If you think about it, at least I think it makes sense. And I've seen it in real life only with different percentage presenting different outcomes. It doesn't have to be sexual but I'm using it to exaggerate the contrast. The problem I think is that when people are out of balance they're still driven by the same energy. And in a foggy mindset without clarity might act upon a desire that is off key. We are ment to live in the heart space and not the pants space. In this world and this life experience we get what we focus our energy on. And what we truly want and desire is something loving, sustainable and balanced that creates a world of compassion and giving in gratitude for the life we've been given.

So let's move on to talk some more about energy and in particular, Focus!

By the way! Did you know about the true baseline we all share?
It can be explained simply by understanding that your success does not equal my failure.
Simple as that. Hey! If you put me in the shade it actually has nothing to do with you, I
can always move and take my spot in the sunshine. Now we both shine!
Yey! No comparison between two human beings. It's either jealousy or inspiration?



FOCUSED ENERGY!

Where we place our attention is what we'll experience. We get what we give. We receive what we send out. You have a source of energy that you have the ability to focus in a specific direction with your thoughts and emotions initiated from an intention. That intention is the catalyst that will determine the outcome of your manifestation. So if you stay true to your desire that comes from your intention it will happen. Your dream can be anything you want. If you are willing to do what it takes to invest all your energy into that it will come to fruition. What creates universal support that leads you along the way is your belief! Look at yourself as a dimmer switch in the wall controlling the main light source of the room. Your belief is like turning that dial all the way to max and glueing it permanent. You doubt vs your belief is like playing with the control making the light sometimes completely lacking power source enabling it to shine. Now that switch is just sitting there in the wall. In order for it to change effect there has to be somebody that controls it. Somebody stable and unshakable that takes command over the thoughts and emotions dictating that it's perhaps dangerous or cringing to shine. To stay grounded you need to be in balance and harmony within yourself. You have to take control over your inner world. Either your mind controls you, or you control it. Ask yourself this: If you would go on a mission. You would need a leader of some sort that can lead everybody safely and lovingly towards the various destinations. Somebody stable, somebody loyal, somebody grounded, somebody mature and wise. Hey! That's you! If you ain't feeling it, change your perception by becoming what you've lacked in life. Maybe you didn't have parents that taught you all of this, that lead by example. Me neither! In many cases I had quite the opposite! But I am the mom and dad of myself now. I focus on becoming something I look up to instead of the previous downward gaze. And some might think I'm out of my mind! I am! That's the point! Don't lose your mind but get out of it with objectivity and start seeing behaviors instead of identifications. You can do it! Now let's eat something!

CONSUMPTION!

(Please have a sliced circle of pearception)

*You are what you consume
What you consume is what you affirm
What you affirm is what you accept
What you accept is what you compromise
What you compromise is the truth
The truth shall set you free*

*What you seek most is freedom
Freedom is safety
Safety comes from security
Security comes from trust
Trust comes from loyalty
Loyalty comes from healthy choices
Healthy choices is what nurtures you*

FRUITS! YUMMY!!!

We affirm our existence on a continuous basis all the time as the current state of experience tell us where we are and what to experience. How else would we be able to function in the reality in front of us? But when we become static in our affirmations we create more of the exact experience over and over again. Static is equivalent to judgmental. We settle and say this is it.

But we also keep talking about experiencing more and getting more out of life so that creates a bit of friction inside the system. Or we arrive at a specific place of contentment and there is absolutely nothing wrong with that as long as you are happy!

But some of us are prone to be more of an adventurer like Indiana Jones and wants to learn and experience more! Well, then you'll have to start living in that space. Let me tell you about the conscious and subconscious mind.

The conscious mind is all about experience, it is the experienter of the human experience. It is the actor in life doing its part. The personality. The subconscious mind is the manuscript that the conscious mind acts from.

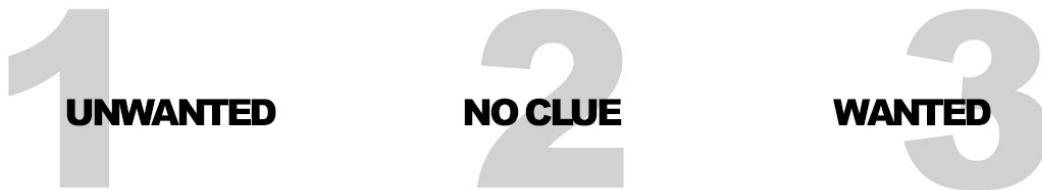
The subconscious mind is about 95% of your mind, it is like a recorder and can only accept everything as 'YES' regardless of input. So if you keep stating that you are successful your personality will become that. And on the contrary if you keep stating that everything is going straight to hell. That will happen as well.

The reason why and this is important to understand is that the subconscious mind has no analytical qualities. That is a function of the conscious mind. So whatever you consume in terms of thoughts and emotions. The subconscious mind will accept and in time deliver.

DIVINGE TIMING

The universe will always give to you everything you need in order to make the most out of your experience. When you are equipped and has understood the current predicament as loving guidance you graduate and will be trusted with more responsibility outside the responsibility you taken within. Because we get what we give and what we give originates from the relationship we have with ourselves. So instead of throwing a fit and acting out in frustration over the injustice happening in your life please understand that this is guidance and love leading you forward and nothing else. Remember we live in a loving universe. So if you wish to receive the best you can for yourself and feel yourself worthy of your greatest desire you have to become a reflection of your dream. And also release yourself from the restraints of receiving it by making an appearance on the stage of life. How else are you going to be discovered and appreciated. I like to think if it like this:

Let's say I've got a hit single! Like a real summer hit. Now I'm sitting there wondering why I'm not receiving the recognition and appreciation for what I've created. And all the while keeping the song on an external hard drive not yet to be released anywhere for people to experience it. Imagine if Elsa did that! We would never be able to sing 'Let it go' in the shower.



When you don't understand you cannot be promoted. Why this is works like this. To be able to receive the future you have to let go of tomorrow. Naturally. The day can not exist simultaneously as the night. (By the way if Andy Williams singing about a spider is driving you absolutely insane by now I ment that you could play the song perhaps once, not on repeat during the entire document) If you focus on number three that is what you will get. But if you've got unfinished business with number one you gotta resolve it in order to let go. It's like wanting to leave your home but refusing to let go of the door handle on your front door. So what is it that you've yet been able to understand in order to forgive and let go? Or is it that you deprive yourself of dreaming? Maybe from a fear of it coming true? All these behaviors need to be tended to with love and compassion in order to be released so that you will be able to release yourself. You might think that all of this has to do with somebody else then you. But it's actually all you. You are the creator and attractor of your own life experience. Life is what YOU make it. Inside out remember.



ACTION!

Once you begin to get the hang of all this and witness universal guidance and support that becomes extremely obvious after some time you also recognize that you've got to move your butt in order to make things happen. I mean it takes a bit of effort in creating what you desire but as you gain momentum the support follows with connections and everything else you need to gain even more influence over your own life experience. Look at it this way:

If you've got a kid who's passionate about different things all the time, wouldn't you find it hard to invest fully into boosting their development and support the process? The universe functions the same way. It's like our mutual mom and dad is the moon and the sun right. If you have a clear intention and take action that reflects that intention the universe will support your choice of career with nothing but adoration and support. The effort necessary is for you to commit to staying healthy by making healthy choices in relation to your general state of being. You have to give yourself experiences that makes you feel good. That does not mean exclusively material. It can be by consuming healthy food but most importantly it is the consumption of your own inner dialogue and the feelings created from that.

The absolute main source of healthy consumption without question is the words coming out from your mouth!

The subconscious mind accepts everything you say, literally. And it listens to none other in this universe the most other than to your own voice! You speak things into existence. Bypass the rational mind because it will deny your expression lacking evidence in the now. But that doesn't matter! At all! Just keep giving thanks and keep talking like it has

already happened. When you speak from a state of presence, present tense, the universe must begin to conspire in your favor because that is what's written in the manuscript. What takes a bit of time is the fact that your manuscript, your subconscious has been recording a different story for some time and need to fill up with a new wonderful perspective on life! This goes hand in hand with the lessons you must learn in order to become what you want because it becomes a co-creation where you meet your own expectations. You just need to do this on a continuous basis. You can't just do it on Mondays. And my suggestion is not to get caught up in manifesting a Ferrari or becoming the president of the United States of America. Keep it real. Keep it close to heart. If your in a state of limbo between feeling great and sometimes depressed it would be wise to focus on loving and appreciating yourself and your life before anything else. We don't wanna see the new twitchy prez switching lanes to crash in a head on coalition with a truck in the brand new sports car. Better use that vote to elect happiness and joy before anything material or influential.

A HARD TRUTH

Question. Can two unhealthy individuals have a healthy relationship together? Nah.. Can two unhealthy individuals whom are involved in an unhealthy relationship teach somebody else about staying healthy in relation to themselves and to each other?

What I am trying to say here I will let you answer yourself by answering this question:

Can you give away what you do not have?

Would it be alright to become humble enough to admit to that? Would it be alright to let yourself off the hook of needed to perform a task extremely demanding since you actually don't know how to properly to this. Would it be alright to come to terms that this human experience might need an objective perspective all together if we're going to create something from scratch the truly, madly, deeply is loving for all of us? The pressure is on, from pressure comes frustration. From frustration comes destruction I CAN GUARANTEE.

I know from experience!

What will create something new will be a challenge. But a challenge is something exiting because it makes us stronger. A challenge can be challenging but never forcefully pressured. So I ask you. Would you like to start over? Do leave everything associated with victimization and perpetrator behind. Are you willing to once more build loyalty and trust in relation to yourself so that you'll finally be able to give what you then rightfully claim you have.

Stop the blame, stop the comparison. We are not in competition with each other. We want to succeed as individuals to be able to succeed as a race. Love is never destructive. Love is relaxed or constructive. And oscillates between those two. Don't! Get any ideas, there might be kids reading this. Let's keep it gentlemen like alright. So why do we learn love the wrong way then? Well from my life experience I've created an explanation I find pretty artistic. Please turn the page. DING!

VISIONS, RECEIPT & PROJECTIONS

Einstein said that dreams are previews of life's coming attractions. This is just like when your a kid and you see your mom unpacking groceries intended for tacos. You know you're gonna have tacos pretty soon. You don't know when and you don't know exactly if it's going to be with chips or enchiladas. And that's fine! But you trust the clear indication and keep on behaving like a contributing member to society creating happiness and hope. But if you behave like a spoiled brat and start screaming that you want tacos today! It's only Tuesday and the tacos were planned for Friday mom might hold back on it until next week you know! That's the universe reaction to your impatience and ungrateful attitude. We get what we deserve. What we deserve implies value and that is not in relation to us as human beings given or rightful existence. No we get what we deserve in relation to how we perceive ourselves in terms of worthiness remember! So if you in the back of your mind doesn't feel worthy of what you wish to receive there will be some stale porridge and a glass of water for you instead of a Mexican Fiesta! And if you complain about that you can scrape the dust of the bars inside your prison cell that you managed to incarcerate yourself in. It's all you baby! If you're wondering where you are vibrationally and truthfully? Take a look at your life and the opportunities presenting themselves to you. Take a look at your receipt! It doesn't lie. Are you in a destructive relationship? Well, you deserve it. According to yourself. Because that is a compromise you were willing to make regarding your life experience and the healthy, loving and supporting aspect of it. You affirm and accept what is loving and supporting in your life. Trust your innervations as they are previews created from the voice of your heart. If it ain't all good in the hood, leave. If you can't leave become the change. Lead with example. And that goes for all of you. It doesn't matter if you're young or old, we all have a responsibility to make the world a better place and leave it in a better condition than it was when we found it. That starts from within and how we treat ourselves.

For everything you are unable to resolve and take responsibility for within yourself you will project onto somebody else in this world to relieve the pressure deriving from an immature position of not being able to become humble and admit to a destructive behavior. There is so much talk and medication going on today regarding problematic children. If you think about it, the one who's been here the shortest amount of time. Is it reasonable to say that they are the source of dysfunction? Or is it maybe the false prophets trying to flee responsibility within themselves that have actually become further away from soul than the youth in the middle of their transition? Lead by example is from the top down. Not from the bottom up. That's gonna create a burnout. No doubt about that. Better slip the 8 year old given responsibilities of a 45 year old some antidepressant so he doesn't hang himself between school and Minecraft.

If a kid is having trouble finding peace they need a present and harmonious parent. That is willing to lead by example. That means they make healthy choices about themselves so they aren't advocating what the kid will definitely know is complete bullshit.

If you are telling your kid how to live, you've supplied them with drugs and you yourself like bench watching series on TV, consuming unhealthy vibrations regardless of expression. You are being an irresponsible parent and should be ashamed of yourself. This is the lowest form of conductivity and is nothing else than counter productive to humanity. Stop it. Be humble. Back to school. Do better. For real.

THE PRESENT "GIFT OF LIFE" MOMENT

Whatever history you carry with you or whatever desire you wish to come to fruition will forever defeat the meaning of life given too much focus. To understand your past enables you to still remember but leaving it behind. To focus too much on the satisfactory future will rob you of life's journey which is actually all there is. Even when the future arrives it becomes the now. And if you still aren't able to be present you'll miss that too. And furthermore until you've missed out on your own human experience and life is over. So one of the greatest quotes I know is:

Accept what is. So that it may be.

This implies to view whatever circumstance as an unfolding of life leading to something good. To let go and let God as some would say. To let the universe do its thing I would say. We are in relation to everything around us. If we aren't focused on what is in front of us we inevitably experience nothing profoundly. It just becomes a series of YouTube shorts one after the other. Or a social media feed with a quick whatever just to satisfy the mind's urge for entertainment of movement, colors & sounds. The world is really beautiful when you stop and become present within yourself together with your own breathing and feel the tangible inclusion in nature. But the main loss in an unfocused and constantly distracted mind is other beings. Like human beings. All we want is to be seen and acknowledge for the loving presence we are. And we can't give away something we do not have. So we have to develop presence and focus on living in the now in order to give that to somebody else. To make them feel seen and heard. As we give that to ourselves we also lead by example. We're showing that this is of highest priority because anything else is just a substitute for life and then it's gone. We need to value life above anything else. But our rational mind creates an understanding from a perspective that we aren't appreciative of anything else then. Which we are of course but from the inside out and not the other way around. Material possessions can contribute to a comfortable lifestyle and be of great use but will forever be something hollow and soulless due to their constructive nature. Human beings on the other hand although material at first glance are soulful and filled with love. That is what we meet and feel, that is what we focus on and enjoy the most if we become present. All the rest is a bonus!

We should feel honored to be in each other's presence and share the love together. And that is also something that becomes tangible when you meet somebody distracted, stressed and material. They lack soul and become brittle from all the tension they carry. And you feel sorry for them and wish you could give them a complete understanding that would inevitably make them prioritize differently regarding lifestyle choices. Or hopefully inspire them to make adjustments from your own leading by example.

Life is not difficult. We make it difficult as we try to control everything on the outside we fail to manage on the inside. Projection, again.

Do you wanna take a small brake with me? Just to close your eyes for a couple of minutes and enjoy your own breathing. Just listen and follow your breathing in and out thru your nose. Think of somebody you love, picture them smiling. Notice the little sensation of energy happening in your chest as you do so. Let's do it to the music of:

Percy Faith & His Orchestra - Make it easy on yourself

THE HERITAGE

Please read this from the perspective and understanding about focused energy.

If you've got a family habit of walking straight into oncoming traffic. You've seen many of your relatives do this and even some other folk around. And one day you get kids of your own. After they become mobile and start discovering the world on their own you discover that they've inherit this awful and destructive habit of doing the same thing! Now this is the absolute last thing you ever want them to inherit. You love them so much and all you ever want for them is the opposite! And so you put all your energy and focus in to shouting, screaming, hollering, emphasizing, dictating, controlling in them NOT doing this.

And perhaps when they've created a beautiful piece of art, or made friends with somebody you adress these behaviors with a more peaceful and loving energy and focus.

Well. If I clap my hands infront of your face. It won't budge you that much. But if I clap my hands behind your back without your awareness you might get scared and create a bit of tension and negative energy within yourself. Not that bad but still. Now put the explanation above in relation to somebody with a cognition not yet developed enough to make a difference between identity and behavior. With all that emphasis with negative energy it might create a sense of something wrong. And if this is frequently happening with let's say a ratio of 8:2 then this little individual might start to view themselves as wrong. And from that programming coming from a parent without knowledge about focused energy in the direction of something wanted the individual grows up to feel the opposite. It wasn't the parents fault, they didn't know how. They did the best they could.

But if we learn about this. And understand all this. We can focus our energy in the direction of what is desired. And merely talk peacefully with a loving energy and focus regarding the unwanted. So that the emphasis will shift. And from there we'll be able to raise our kids to be better than ourselves. Because that is what keeps the world of love spinning, healing and getting better everyday.

I think I've covered a great deal now. I can of course get more specific but I wanted to try and stay as impersonal and general as possible. I've got a great deal of expertise and experience so I can spot many contradictions in relation to a healthy and joyful life. But I would have to meet the one in need of coaching in person.

I would like to summarize as a last attempt to get the message across and after that I'll leave you with a handfull of inspirational sources of love that has made me a better human being in feeling love and appreciation for who I am.

The main problem in the unwillingness to transform is the subjective identification with a negative behavior. This results in a perception that in order to transform one has to develop from the state of bad to good which is not at all true. We always transform from good to better. And in the process get rid of an objective negative behavior that never is and never has been a definition of who we are.

RESISTANCE TRAINING

Whatever disadvantage in life is an opportunity to grow. To develop into something stronger, to something better. What I've come to learn is that everything you've ever wanted is on the other side of uncomfortable. We need not to fight and suffer to get thru it, that is all perception. And maybe a bit of a given hence the history of neglect to be completely honest. But as you get past the uncomfortable you realize more of yourself. To make an effort and to work with the resistance could be defined as going against yourself. And isn't that the whole point? To see yourself as you wish to be perceived and meeting that conceptual image? One mini conversion & transformation at a time until you've transmuted to old you and found satisfaction in realizing the one you wish to be. For me I've always had the same conceptual image that I've seen in front of me since a young child. I've seen myself as somebody who helps out, somebody who cares and somebody who makes a difference in the world. And most importantly I've seen myself as somebody who wants to learn more about the life experience in order to make it the most compassionate and loving one possible. I used to think that was all for you, exclusively. You know to be that guy! And that is true. Only I forgot about myself along the path and neglected my own existence. After some time and insights creating a more expanded awareness I realized that I can't give and be anything I myself refuse to become. And so I started my training. From the inspiration given on social media where somebody shared one of the greatest tips available.

Make a list of everything you truly desire in a partner and become that list.

That is attraction in a nutshell.

We want the best for us. We think but don't always feel ourselves worthy which creates a double standard within us. And that creates resistance. If you feel like the most important thing in your life is to meet somebody really special, somebody caring, somebody compassionate and joyful. Maybe you need to become that yourself in order to attract them. Maybe you need to become that in order to attract more of what you really want. It doesn't have to happen over night. But you have to start small scale and build up a momentum as you go. Pretty soon, sooner than you think you'll find yourself transformed into something stronger, more resilient. And you know what?

That desire you want so much, you want to be ready for it when it comes. You don't want the dream to come true right now if you aren't ready. So get yourself ready! Be Pro-Active and live in expectation! Live in a magical world where anything is possible and so shall it be. Because you get what you give. And you can give yourself all! Even some physical exercise. You don't "have to" do anything! You get to give yourself everything. That is resistance training on its own right there, for the mind.

All the resistance is created by you. Everything is created by you. You create the lessons in order to become what you desire. To become the most of who you are in this magnificent Youniverse!

The greatest resistance you'll ever come across in life is your own mind! Why is because it acts from the perspective of survival and wants to keep you safe. That is why it only refers to the environment it can perceive and not something invisible, like a future event. It will rationalize and come up with all sorts of reasons just to keep you safe. That is very loving! And as you play the game of life within the environment of the mind you'll always lose. So you have to speak up! This is what prayer and communication to the universe is all about! You have to get out of your mind to become free and in that instance, free your mind. It feels weird at first because we believe that we can do it ourselves. Which is completely true only to've become understood as inside our minds. And there is where we've faulted.

Another misconception about prayer can be understood by listening to the words of Jesus: (Take a large inhale and read everything out loud on that single breath)

"For to every one who has will more be given, and he will have abundance; but from him who has not, even what he has will be taken away."

This is all about energy focus.

So if you pray with your thoughts and emotions declaring lack the universe doesn't judge e.i your subconscious mind who only knows "YES!". It affirms your perception and delivers more of what you send out. Which is also fantastic! To be able to move on you have to understand and in order to understand you might need more of what you currently cannot comprehend!

Until you do! And then you'll begin to think, feel and ask in a different perception! And that will generate something constructive and loving thus attracting more of those things into your life experience.

MAN! We have exorcised the demons! Your mind begins to clear! Can you feel that! Huh!

I would never have understood all this if I wasn't an ace and venturing into uncharted territories. But you have to defy your mind and become a little crazy. Not too much and not too little. But just right to get out of the comfort zone and experience something new.

-But I can't do it!

-Nonsense poopy pants! Anyone can!

Alllllrighty then! I think that about wraps it up with all this resistance talk..

Take care now, bye bye then.

SUMMARY

The heart knows.

Your heart isn't nuanced and impressed with anything else than truth. The heart communicates with intuition. The heart whispers the truth in silence from the chaos of the world.

We've been taught to listen to opinions and judgements from false prophets. People falsely representing the heart. But you cannot judge them. They just didn't know any better. All you can do is to be authentic and lead by example.

Mother Theresa declined participating in anti-war engagements because she understood that we get what we focus on. Where the energy is directed is what we emphasize.

Try focusing your vision on a specific object continuously for a long period of time, eventually the periphery becomes extremely blurry. Soon the object of choice is all you will experience. Well. That's about it.

You choose.
Fear, or love.
They can't exist together.
Sometimes we sleep, sometimes we play.

It's all good.
No need to feel guilty.
No need to worry.

We have about 60.000 thoughts per day. What they're about and the feeling they generate will create the outcome of your life. Simple as that!

Everything's going to be alright.
It's even going to be fantastic because I say so!
Haha! Yeah!

I'm a 40 year old dude in physical appearance. Although I recently was told I look 27. But in my heart I am like a 8 year old having his first crush on a cute girl in class. I love myself so much. I know I am beautiful. I'm sorry I kept you in the shade.

Welcome out buddy, let's love the shit out of everyone! Literally!

Thank you / Lars "The Rose" Rosenblad

Please end this presentation with the music of:

Patti Labelle - Find the love
Celine Dion - It's all coming back to me now
Chicago - You're the Inspiration
Rex Allen - There's a great big beautiful tomorrow
Cliff Edwards - When you wish upon a star

I love these songs! Supply your own crackers if you find them cheesy.
If only you could see the visions they help creating!

CREDITS:
From the core of my essence
I thank you with all of my heart!

Gabi Kovalenko
Dave Chapelle
Bruce H. Lipton
Joel & Victoria Osteen
Jim Carrey
Esther Hicks
Steven Spielberg
Ye West
Oprah Winfrey
Dr. E. Moto
Wayne Dyer
Louise Hay
Wayans Bros.
Lao Tzu
Alan Watts
Ulf Ekberg & Ace of Base
Ram Dass
Neem Karoli Baba
Disney
Pixar
Dreamworks
Albert Einstein
Kay Pollak
Percy Faith & his Orchestra
Ferry Corsten
Mart Sine
Joe Dispenza
Neville Goddard
Bob Proctor
Sadh Guru
Osho

Thank you mom, my mother Carina Rosenblad for never giving up
Thank you dad, my father Anders Jakobsson for mad hustler skills
Thank you my sister, Malin Rosenblad for returning your love to yourself
Thank you kids, Vilda & Valle Rosenblad. See! Daddy ain't crazy!
Thank you the kids mom, Emma Rosenblad for teaching me about loyalty
& many many more for infinity,

KRP 4EVER! I love everybody!
All I ever wanted was to feel love.

BONUS MATERIAL



Music truly is something fantastic. Music is organized and mathematical structures called beats paired with abstract free floating voices called singing. These two are expressions of the left and right hemisphere of the brain. When they come together and create something they do so in reflection of the current general perception of the human experience and how that feels. From the heart. What that tells us is that we can deliberately use this right back to us in order to generate an equal experience of feeling as we replay the music of choice. Everything is energy, everything is vibration, everything is frequency. Your thoughts and emotions are music. We are what we consume. What is your inner playlist? We get what we give so it should be reflected outside of your experience. What do you choose to listen to? And what does that create within you? As I've gone thru the process of getting up from a perception of a questionable existence countless of times I needed help. At times it was really tough in my experience and so I needed to really boost my energy. So this is a list with a taste of some songs that literally has saved my life. What I've just written about music is not a metaphor. What music can generate as far as imagination & emotions goes is the equivalent to life and the process of the human experience. Please us wisely. Please use maturely. Please listen with your heart.

I gave you my love for free.

But I am asking you in return to let yourself go to the feeling of your soul.

Mart Sine, Susie Ledge - Flying (Extended Mix)
Ferry Corsten - Anahera
Thrillseekers, Sheryl Deane - Synaesthesia (Fly away)
Marcus Schulz, Alina Eremia, Richard Durand - You light up the night (Richard Durand Remix)
XiJaro & Pitch, Mart Sine - No stone unturned (Extended mix)
Steve Allen, Cathy Burton, Mart Sine - My awakening (Mart Sine Remix)
System F - Out of the blue

Let yourself go 

Euro IV Ever! I got life!   

FIN MUSIC:

Teddy Pendergrass - You can't hide from yourself