



OMG! So what do you do for a livng?
You know my son came out? Have you ever been to Hawaii? I love ice skating Babyspinach! What!
So cute!

I get in to my Godmode you know..
Like yeah.. Mmm..
It's like that huh?
I'm feelin it.



Mind Games.

I really want to learn more. And I've told the universe I want to know it all so I get put to the test. Like for instance I might pick up smoking which I did.

I had my last cigar last night. Yes cigar, not cigarette.
These small ones in the size of a cigarette but all tobacco and no filter.
I'm hardcore like that.

I could inhale like 2 puffs and had to lay down for about an hour or two from feeling sick as I got started. As of yesterday, and that's a month of smoking. I was up to a pack of 10 per day. And I absolutely love it! Good job! Yey!

And here comes the truth in all of this.
I am sitting here on a Tuesday morning.
I just had my morning coffee without a smoke.

Let the games begin!

I can:

Go to the store and buy smokes, and say to myself that I really like to smoke and this is what I want to do. I am not going to feel guilty about it. I decide how all of this is being perceived. I decide if this is good or not.

Or:

I can stay here and let go of smoking. I want to be a non-smoker and I decide how all of this is being perceived. I decide if this is good or not.

When we begin to communicate with the universe we have to make an initial choice.

Do I live in a hostile or a friendly universe?

You can only choose one or the other. And that goes for everything.

You are the universe.

So what this tells us is that we can do whatever we want. We don't have to feel guilty about anything we do. We decide if it's good or bad in relation to ourselves.

If I have a strong mind and say: This is good for me. It is.

If this is something perceived and declared contrary to this by the world a great deal of determination has to become active. You control your mind.

If you want to smoke because it makes you feel good and you believe that it creates nothing but good in your life it will!

But, where does all this come from?

Why is it so important that you wish to invest all this energy in convincing yourself all this?

To learn that we must ask why we smoke?

And the answer is without a doubt because it feels good. Alright.
And that is in contrast to what? Bad. You are the universe remember.

Didn't you agree that you live in a friendly universe? Where it's all good.

So if you do something that makes you feel good coming from a sensation that makes you feel bad and you are the universe does that perhaps have anything to do with you perceiving yourself as good or bad and doing something to either tell you the one or the other creating comfort?

The size of a cigarette and also the warm temperature is very resemblant to a nipple and breastmilk. The smell of roasted tobacco and fire reminds us of spices being roasted as food was being prepared back in the day. Very primal subconscious impression. Not a great idea to get rid of either. It keeps us alive.

So what would be the in-between feeling? Discomfort of course but what does that generate? Worry. Anxious. For what?

For the next meal. For the next chance to be held in loving arms. For the next time to feel loved. Alone without mom. Alone without dad. To love and feel comfortable inside your own skin. To trust that the next meal is coming up! To trust the youniverse. To trust the source. To trust God. That all will be delivered

As promised.

Everything is done.

It's all ready for you.

Just don't cry about it.

Other with tears of gratitude.

Tears of joy!

You're not a little baby anymore.

Do whatever you want.

You will still get everything you wished for.

As long as you don't feel guilty.

As long as you feel good about yourself.

Because you only get a star on your report.

If YOU think and feel that it's fuckin magical!

Enjoy yourself. Enjoy you. Self. Alone.

Do you get that?

You've got an imagination don't ya? Use it.

Don't let IT use you.

You might kill yourself. Stop clowning.

HEY! Did you know that you can smoke but not be smoker??

Lars "Ashtray, Pookie, Smokey, Crazy Legs" Rosenblad