

OFF THE RECORD DEAL



Stay groovy but not in the groove

DEMO ACCEPTED!

No contract needed
Just B U.



Delight in who you are

Fear of rejection/acceptance?

We've all been rejected. Left behind.

We've all left and moved on.

People change. You change.

We might cross paths again? When the time comes. Who knows?

But I feel that during the development of becoming somebody we sometimes make the departure personal. We create the impression that we got left behind because we were never good enough, fun enough or friendly enough to hang around.

So we try harder in becoming that somebody! The likable and keepable.

We fear being rejected so much that we try to fit in to a conceptual image of what that is.

And to become authentic and real!! Wow.

Talk about the worst rejection ever.

If we become authentic and real in relation to ourselves and somebody rejects us???

That must really mean that we are worthless.

Only one thing errors majorly in this calculation.

You place your definition, self worth and perception all in the hands of everyone else but you. Don't try to fit in! You want to be free right? So be free!

Say: I am free 2 B me!

And act the part of your current state of conception. But know and pay attention to what feels right for you. You are not, never, authentic in relation to what anybody else tells you.

Stop listening to the world and begin listening to yourself. If you're completely alone and no close friends maybe you need to review your role scripted by you?

Maybe? You want to be alone for a while to figure that out?

Who are you? And what is important to you?

When you make that clear you will connect with that outside of yourself.

And there won't even be space for any rejection because you act authentically in relation to yourself thus making all perceived rejection into external misunderstandings of who you are.

If you are loving, compassionate and considerate. You wish to be present and give people complete attention, you are a good enough human being. You are by definition a good friend. And if you can drop the melodrama and become able to laugh at things happening. You are fun.

It's not about standing ovations doing your stand-up routine.

Life is not about a performance resulting in award recognition.

It's all about you feeling good about yourself.

If you feel that you don't care that much about other people and you wish to be alone doing whatever it is that you do? Do that. As long as you feel good about it. There is no pressure in being a saint and making everybody feel good. That is not your primary duty.

The only duty you have is to make yourself feel good about yourself.

And by nature, you'll make others feel good too.

Why?

Because you don't worry and constantly wonder how you're being perceived as you now do this within yourself in relation to yourself.

You have the right to do whatever you want and feel like. You have the right and the universe wants nothing else, then for you to be authentic. To accept yourself and to come closer on this journey of life. To a feeling of appreciation and gratitude.

For being you.

YOU ARE LIFE.

We can only give away what we have. I can only make you feel absolutely comfortable and appreciative of who you are. If I do that to myself. We are forever changing, get with that.

Flow with that. Embrace that. Just become the unfolding.

David Bowie said this:

Never play to the gallery.

What this means is that you don't produce anything for anyone else. That will never be an authentic expression. Because you primarily have them in mind. You have to have you in mind. Your personal and specific taste.

What that becomes is none of your business.

Because you are not a product.

You are a human being.