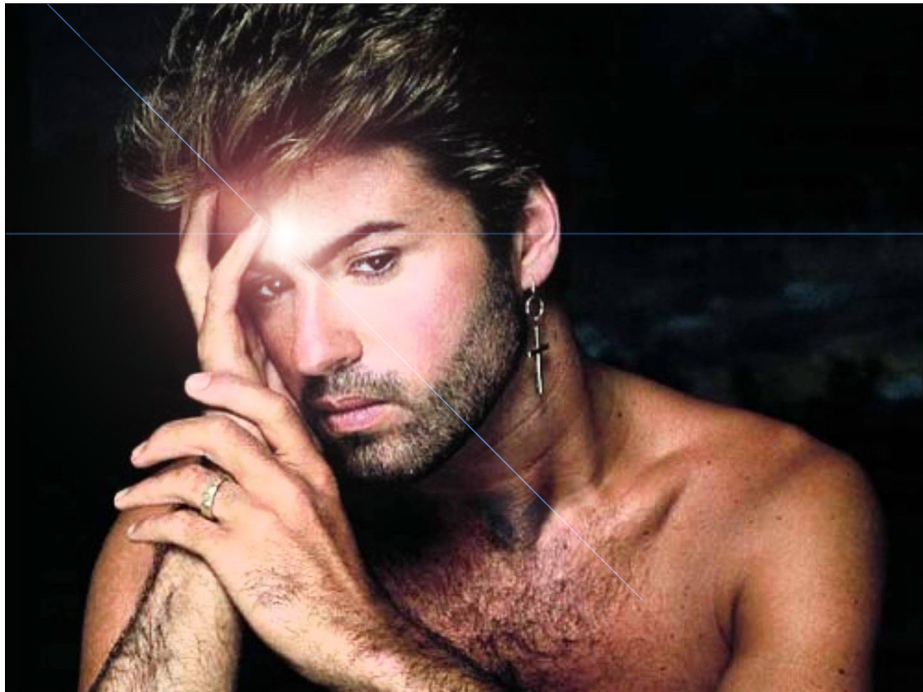


*Careless
Whisper*



Lars Rosenblad
transmutation.se

THAT FEELING

Nobody wants to get drunk.

Everybody wants that feeling from getting buzzed. All the rest is just failed attempts to once again try to find it. Unfortunately that doesn't work. And that is true when it comes to all numbing substance consumption.

What is common among them all is they create a moment in time where there is not a care in the world. They create a window of freedom, only fictitious.

It makes people open up and talk, it makes people laugh at silly things, it makes people dance & it makes people sing.

Unfortunately it goes a bit further and makes people take off their clothes, it makes people scream out their frustrations & it makes people so numbed out that they eat kebab with their entire face. Just like a baby.

Just like an innocent babyface.
A baby without a care in the world.

You might laugh and think that's silly and surely it is.
But behind that is somebody experiencing pressure.
Behind that is somebody who wants to be free from all the pressure.

Many would agree that this is a definition of an addict, a junkie.
Somebody with sever alcohol &/or drug problems.

Where do we draw the line?

From my recovery I've heard stories of many destructive consequences.

There was this father of two whom never drank alcohol, he was sober all year around but he liked to drink whiskey on Christmas Eve when all was done. After that he got physical from bottled up frustrations and beat his Children.

It doesn't have to look like a standard anything to be destructive.
And the point I'm getting at is not about the consumption or the possible addiction. The point is pressure and the release of it.

Even though all of us doesn't end up beating our loved ones in a kebab covered mugshot. We all seek release from the pressure.

Now, we say pressure of the world?
But I can't agree to that anymore now that I've come to the complete understanding that life is all about the inside out.

And what we want is that feelin right?
So what are we truly looking for and where can we truly find it?

Well, as the origin of anything manifested in this human experience it starts within.

From the careless whisper.

The heart doesn't judge.

You won't let yourself go to relax and laugh about silly things, let your unique expression sing & dance if you feel shame. If you feel guilt. If you feel fear of ridicule.

Guilty feet ain't got no rhythm.

So what are we looking for. What is it inside us that is holding us back?

Pressure to perform.

To perform what? No. Not what. But who.

We feel pressure from being who we are and doing what we do without resistance in the form of guilt, shame & ultimately fear. And so we develop excuses which are really self-defense mechanisms hindering ourselves from being authentic.

We live a lie.

That has to be maintained. And since it goes against us we develop huge amounts of pressure. We feel frustrated and blame that on the world. On other people and on circumstances. But all is from within.

The greater the care about everything the tougher it becomes.

If you live your life like everything about you is like getting up on stage and singing for 30.000 people you will feel a lot of pressure. And that is not fun. Everything is perception in relation to honesty so maybe sharing yourself in an authentic way has become like this?

Why is that?

I believe it is fear of rejection.

To be rejected in absolute vulnerability.

In absolute authenticity.

But. That is placing your care in the world.

What are they gonna say? What if this? What if that?

That's what it's all about.

So how can we as individuals take responsibility for this as it clearly creates a lot of frustration in need of an outlet that many times becomes destructive. Often not as destructive as physical or psychological abuse but.. HEY!

It does.

It does in relation to yourself.

You wish to be strong and healthy, to sing and dance.

You wish to laugh at silly things. You wish to feel free inside your own skin.

You wish to once again find that feeling. And you wish that feeling would linger.

You don't want to lose your sense of awareness in a fog of numbness but instead keep the present moment ever so crisp that you feel it all!

Now isn't the answer pretty obvious?

Let. Yourself. Go.

Care for yourself enough.

Don't make yourself into such a big deal. Other people but most importantly you're not gonna buy it. The cost is too great. The price to pay isn't any type of financial currency. The price to pay is tension building up from pressure. And then by perception it becomes incredibly hard. Because you have, stiffy.

I am not sure about the insides of a Care Bear but I would imagine they are more stuffy. Soft and gentle. Kind and compassionate. Not rough and demanding causing tremendous amounts of pressure.

What they do and care about most is actually relieving the world of pressure.

Isn't that beautiful!

Now that is completely out of the question and will not be perceived as authentic if the Care Bear grinds its teeth with kebab all over their face holding a whiskey bottle. I don't know where they come from? But the environment must have been contagious because of their inside.

We have all developed coping mechanisms growing up in a world perceived as threatening. All that ever was from the beginning was the fear of being comfortable inside our own skin. And that is what we're up against still. The world will not adapt to this. The way you are perceived in the world comes from your perception.

The inside out job.

That feeling. That feeling you wish to linger.

That feeling you try to find outside of yourself.

That feeling you momentarily find in consumption of any kind?

Is you.

It's you feeling comfortable in who you are.
And that can only happen from release.

Release of pressure.

And the release of pressure can only come from one thing.

Not giving a shit.

Like.

Here I am! And I am not ashamed of myself!
I am who I am, and I will not feel guilty about it!

I have no fear in expressing myself either which way.

If I wanna dance - I dance.
If I wanna sing - I sing
If I need to express myself - I do

I fart.

And that's actually a great definition of pressure release.
All pressure is created and sustained inside the thinking mind.
You don't feel pressure being yourself in the knee.

So to relieve yourself from pressure you express yourself. Authentically!
What that means is that you have something you need to say, do, create.

Do it. Just do it.

And never for a second think about others. Express yourself in a way that is completely related to you. Where you take responsibility for what is happening inside you. Many gets confused and believe that this is about shouting at your boss or you mom. But when you truly look at yourself in all honesty, they one you are pissed at is actually yourself. For putting you in that situation and putting up with what you did.

There is no-one to blame for anything now. Not even yourself because you didn't know any better. So there is no reason to place guilt or shame on anyone at all!

You and everyone else is free. But you gotta come correct!
Or else we begin again and build up a new batch of pressure resulting in frustration that creates destruction when eventually out of control.

Express yourself! Hey hey hey hey...
As Madonna so beautifully puts it.

Say hey and welcome this expression out into the light as you wish to set it free.
When you do that in all of its nuance you've farting. A mindfart.

And then it's gone. Forever.

Trust me!

If you really do it. It's gone.

And then you do it some more. And some more.

And eventually. It's gone.

And the need to numb yourself goes with it!

And you begin to sing! And dance! And laugh at silly things!

Because you don't care so much anymore!

You know why? Because there are no skeletons in your closet that might show
when you begin to invite people home. And you know where home is?

Home is in the heart.

Place of the care less whisper.

You are not on trial. So please stop judging yourself.
Waiting for a condemning sentence is constant imprisonment.

Free yourself. With a sentence of words instead.
As you currently perceive it. And from there see that it's all you.

Inside out.

You will dance again. Guilt, shame & ultimately fear is not in your feet.

Lars "Wham!" Rosenblad - transmutation.se