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## A heart full of fear or love

A heart full of fear is in constant worry. The heart will respond to the main vibration that is carried in a human being. This will cause tension and disease. If you do not suffer any physically ailment from this you will anyway attract more experiences of fear. Which is negative consequences like meeting destructive human beings. This can be in the form of a one on one social interaction but as a collective this means war. It will create guilt in terms of human value in regards to whom is worthy of the good life or not. The anxiety felt is not something that is brought on from the outside but from each and every individual. All of these individuals will attract each other and want to find justice and redemption in the disease perceived as created by all except oneself. But we create our own reality. We are the creators and attractors as individuals. We each are God, we each are the universe and each and every one of us enables the world in the three dimensional reality as we experience.

> What needs to be understood is dimensions. Dimensions are levels of consciousness.

The higher dimensions are spiritual. And that means that they are beyond any thought or emotion. These are the angelic and divine dimensions exceeding human form. These are what governs the third dimension and responds to our state of perception. The world will always get better and this human experience will always get better but this cannot happen if we do not evolve. So to understand evolution you must understand consequences and attraction. Because we cannot and will not evolve as individuals or as a collective if we have not understood where we are and most importantly why we are here? This is why we are here living on planet earth and experience life in general but also why we are where we are as individuals in our own personal unfolding.

More and more experiences of fear (negative consequences) will be generated and brought to our attention in order for us to understand. If we fail to understand we are responsible for our own self destruction. As individuals and as a collective. This will happen in great pain. And the pain increases with more anxiety and worry until we understand just how destructive it is. We always have the choice to make things right. And that is to keep stating, doing and focusing on the positive. Or else we just add to the fire which eventually becomes so big and so close that we perish. Despite any circumstances whatsoever we need to tilt the scale. And that is done by positive affirmation. Positive consumption. And positive creation. That is light and love and will shine so brightly that eventually all darkness is dead. That is how you kill fear. But the misconception of humanity is that we need to fight fear. Another misconception is that we need to flee fear. But remember that fear is a perception maintained in each and every individual. So you cannot fight or escape anything that you carry inside yourself. That will only generate more until you understand the basic principles of a scale with negative on the left, passive in the middle and positive on the right.

You attract what you hold in consciousness which isn't a thing. It is nothing material. That is all what you receive in the third dimensional reality. Which is all a projection of the general state of being that you perceive. That perception is something that is a part of your evolution and development. To understand darkness and light in the perspective of fear and love.

When you perceive your inner world as generally loving you will attract that outside of yourself. You will gain more in a material reality as you are spiritually rich. You are rich of love. Which you always are in complete freedom but in negative thinking which generates negative emotion that are a negative vibration you are rich in that. And you will experience more loss. You get what you give.

What you give is what you send out in your projection which is a representation of your perception. That will be possibilities or consequences. A possibility to learn what went wrong and do better. Which is not to do more and more stuff that makes you feel good singlehandedly but also feel good about them. Or else you are just coming from a general state of a negative perception of yourself that becomes demanding as you constantly keeping your head above the water surface to get air. You have to work very hard to maintain that which is not a good life living with ease.

That is why the most important thing is to keep giving yourself credit. For all that you do that is positive and loving in creating a world of love. That becomes very hard if all you do is contributing to a world of destruction. And as a result of that you will take what you believe is yours as to claim your worth. Which is correct in a sense. You are worthy of everything in this world. But you cannot steal the show. You earn the show by creating & doing things that you can take positive credit for.

To hustle is to maintain. The hustler does what the hustler needs to do in order to survive. And sometimes that is necessary or the individual dies. If somebody does

not have money they will be forced to steal. Which is destructive in nature but understandable giving the circumstances of a life in loss. But as you can see this is all rooted in fear. This is all about this individuals perception of themselves that fail to attract what brings freedom. It's not about the money. It's about being free to do what you want and what you love. But that cannot happen if the individual isn't free within.

They might say they are free but are they feeling free? And that is all about judgement & condemnation.

We think that we want to acquire so much material things in this life experience but all we wish for in the foundation of our existence is freedom. This is the natural state of our soul being.

So if one individual judges and condemns themselves in relation to anything at all they will be prisoners of the mind inside themselves. This will cause isolation and loss in connection to love which eventually can become incarceration and loss of physical freedom to walk the earth. They get deported from a life of love as much as possible. The are sent to correction. A correctional facility. Spending time in jail.

But many people are disconnected from love and live in isolation. Even in relationships that fail to deepen despite living under the same roof. Because of inner judgement and condemnation which keeps them from feeling worthy even for their own family. They feel guilty.

So what is necessary to get out of debt in the personal & individual perception?

You have to come clean.

You have to confess your sins and forgive yourself. All of what is created in destruction towards other people are secondary to the primary disloyalty towards yourself. So you gotta make that official. It's easy to think about it and take responsibility inside your own mind. But that is a closed environment in complete darkness that will not be taken care of by any light.

So you have to speak up. You can do this in relation to somebody that forgives all.

As they understand that this will set them free and not come with any judging & condemning consequences in the material reality such as imprisonment. But if you aren't willing to do this you will suffer those kinds of consequences.

If you communicate in speech and in writing all of your sins and ask yourself for forgiveness you can set yourself free. As this will stop all the judging and condemnation within yourself.

You are created in the image of God.

You are God in flesh. So what you are communicating with in prayers of forgiveness is your authentic self. You are communicating to your soul being. Which is in true reality who you actually are.

All that you carry inside yourself is being projected outside of you.

The origin of that is spiritual which becomes material.

What you see is a reflection of this. So this reality is a holographic projection and representation of spirit. Which you as a human being with your freedom of choice creates whatever you create.

This is the game of fear or love in a contrasting world which is completely necessary to enable free will. Or else that would not exist and you would just be a being of pure instinct. A primal being that simply goes with the flow in total lack of awareness regarding anything at all. You would simply not be aware, just exist.

Like nothing.

You would actually not exist. Because you would not be a living being.

Living a life is full of contrast and various experiences. That is what life is all about. And a meaningful life is a life with more and more color. A meaningless life is a life with only black & white. A day goes by. A night goes by. And eventually you die.

That was not a life worth living.

But it happens in protection. Protection from what you might ask? From fear.

So what is there to fear? In the foundation of it all without anything material manifested yet? It's Darkness. Within oneself. And that is nothing to be afraid of, literally. Because it's nothing. But as you give credit to fear being real you also maintain that inside you wish gets presented and gifted to you in the material world.

Just as something wonderful and magical will be presented and gifted to you as you give credit to love. God is love. Love is God.

So as you create love. And you act lovingly. While speaking love over yourself you can attract whatever you desire in a positive and loving environment such as the planet earth given that you rid yourself of judgement & condemnation within yourself.

And just like that!

Without too much effort, you live a life in freedom which stems from your freedom of choice. The choice to become free. To release yourself from mental imprisonment and enjoy the world.

A bright shiny day with greens leafs and flowers blossoming can be perceived as dark. Yes they can. From a negative state of being. And this is all the root cause of that perception, projection & reflection.

Can you see how it's all you. That there is no-one to blame at all. Even yourself?

Because you didn't know any better. You did the bet you could. From the awareness and knowledge about the human experience you had at the time.

Unfolding, expanding your awareness about your life experience is the most precious and valuable thing you can ever do. Because that is the meaning of life as it makes you a human being with great influence as you become a source of inspiration delivering freedom for all. Perhaps for free?

An understanding is what we're always looking for. Otherwise we just do things randomly as we go along and sometimes that works out good. But it can become better which doesn't have to be in relation to things being bad? Who doesn't want things to become better, come on?

The comfortable one. With eyes shut to destructive consequences that are in the distant from where they themselves are. That's who. Somebody who only cares for themselves and the closest family.

But as you read in the beginning of this document we are a collective. In ego and in spirit. There is just no way around that. And the destructive and negative consequences are our responsibility and a human race. A unified species. That's the meaning of expression like 'One love ya'll'.

One. Love. Everybody.

Like ants building a home we are creating, decorating, taking care of and loving our home aren't we?

We love to do that! With new furniture and a brand new jacket each month.

Seems like we're missing the point?

It seems like we are trying to do what's right but hasn't quite figure it out yet?

That's alright we did the best we could with the current knowledge and awareness of everything created. So perhaps we can acknowledge that now and forgive ourselves for fighting with fire that has over thousands of years killed our own family members. Many of them young children completely defenseless.

Many of them taken away from love.

All because of guilt and fear. All because of judgement & condemnation.

That stems and was misunderstood by the one how did not have the knowledge and understanding in being aware of thought, emotion, projection, reflection & attraction.

The one perhaps finding it hard to forgive themselves.

Now living in isolation without any connection to love.

Where another day goes by, another night goes by. A life all black & white experiencing pain as they wish to live a life in full color. That hustles and maintains just to survive. That does beautiful things everyday for the world and other people but can't seem to catch a break as they fail to forgive themselves.

What would you say to somebody like that? Somebody living in lots of pain and darkness despite greens leafs with blossoming flowers on a sunshiny day?

What would you tell them? Would you be mad at them? Would you judge them even more and condemn them to hell?

Or would you simply say..

It's alright my love.

My precious child.

You are forgiven.

What happened was something we now understand. We can see where it all comes from and from all the pain you must have learned about what is loving.

You are free.

You've always been free. But you see the consequences where necessary for you to create an understanding of what nourishes and what is destroying your precious life.

Love is precious.

It's beautiful like a rose but you cannot hold it tightly. You just let it be free and the beauty is there to be witnessed. That's why you had to testify. In complete honesty. Or else you would not become the innocent witness in relation to yourself and your misdeeds.

That is very misleading and we want you to lead with example.

That is something that gives you great influence in the world and you can become a great source of inspiration if you so choose. Don't force yourself to do anything you do not want. Don't condemn yourself for anything you like to do in relation to what is loving.

So you can clearly see why you had to go thru all of this. To learn what love is.

Love is always all inclusive. And that is not possible without compassion.

Compassion is not possible without understanding. And understanding is not possible without emotion. And emotion is not possible for a robot.

That is inhumane.

And we cannot give you credit then. You will not receive a great deal of influence if you do not emotionally understand this in a compassionate and humane way.

So what happened to you has been humiliating.

But that was all love.

As you need to be humble & grateful. Not elbow yourself forward in life grabbing what you claim is yours. That is actually very immature and destroys everything that is beautiful in the world.

It's a very black & white thinking experience.

On and Off. Me and Them. Or perhaps Us and Them?

Living under the same sky?

Where the green leafs and flowers blossoming in the sunshine.

I know it hurts. It has too. Otherwise you would not understand which is always in the heart. Not in the mind. That's all technical. But that is something useful when building a robot. Not acting like one since you now are a human being.

I am God. I am Love.

Give me your darkness and the light will make it no more.

Not by force. Not by war. Not by any acts of control whatsoever.

Just by love.

And thou shall be free.

That is my promise. The promise of God.

Giving you, the promised land.

I love you and I'll cherish you forever - As love never dies 🎇

Consider everything you've done in misunderstanding that created guilt which put you in debt a loan. You did what you had to do to survive. T will now grant you resources to pay them back at least twice of what you owe. T you want to give them more that is your choice. Because you know now that it's not about the money. It's about love. It's all about love.



Give is Give

Be Free



## Dear God

I am sorry for all destruction I have created. I am sorry for the pain I have caused. I am sorry for stealing and taken what was notrightfully mine. I am sorry for mistrating people around me, other human beings that experienced fear and destruction as 1 refused to be humble. I am sorry for not taking the mature responsibility to find a greater understanding of what is love. Nour again will I mistreat anyone wrong with disrespect and everything I owe in relation to every body I will return in atleast double the amount. Thank you God for showing me thru pain how to be humble and greatful for myself, for others and for the pracious gift of life. I now know better and I wish to only to good in the world and help you to create a world of love. It is not my position to judge and condemn any one and try to make them realize the true love by force and control. No. What makes for a better life is a greater understanding of what is constructive and nourishing as to what maker everything grow. Please accept my deepest and most sincere applogy as I wish you to grant me my biggest wish and dream of love which is to be free. Free to do what I want and love which is to give I wish to give you to the world God. And in doing so we free humanity from self destruction. Thank you so much for all the guidance and help in my own unfolding and Sevelopment which gives me what I wish to give away. I love you and I am forever a man of love and compassion. Gratitude and humility is what creates a world of love and this will be my message until the day I return to you. THANK YOU GOD Jeo Josh

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