

Listen
all
y'all
it's a



I have been treating people that have showed me love & support horribly. I have acted in frustration and aggression towards people and that includes my own family. My children and my own mother. Despite growing up the way I did being heavily mistreated I did the same things. All I write about is from experience.

I tried to make it without emotional understanding. I tried to be rational and to intellectually understand everything. But that is just a computer. I've always been a very emotional guy. But I've also been a very afraid guy.

I've had feelings of guilt for absolutely everything while living in a world with people I was terrified of. From growing up with fear and hostility around me being so sensitive I became defensive.

So whenever somebody came close to breaking my ego construct which was all I was, I got extremely frustrated and angry because that was all that was holding me together. But we are supposed to break! To become true and let go of all negative convictions. Or else we break others. We brake our relationships.

I write all of this because I am dying. I am dying to who I thought I was and all the mistakes I've done. Our lives are a direct reflection of who we perceive ourselves to be. I live in a vacuum now. I don't know anything anymore.

All I do know is that I prayed to God several years ago that I wanted to understand everything. And here I am. I now have the experience and understanding because I've been thru it all. I know from experience.

Life is so easy. Effortlessly gracefully beautiful. Something to cherish every second of. When we can be open and vulnerable. When we can be humble and say:

You know what! I don't know. But let's communicate and feel what the best solution would be for all of us. And let's develop in our own pace without forcing anything.

Let's learn together what feelings are really about and how everything expresses itself. Instead of learning a bunch of chores. We can learn those secondly. But primarily we need to understand emotional expression first.

Let's begin by giving thanks to whoever created all of this. And be thankful. There is nothing at all to complain about. But If you, do there will be. Because we create the world and reality we want. 100%. Inside out.

I wanted to summarize my life experience to shed light on relational tragedy and destructive behavior worldwide. That's why I did all of this in English. I hope I could help if anybody ever reads any of this.

We have these fears inside of us like we really don't want to behave and become like our parents. We really don't want to treat anyone we love in a destructive way like we got treated growing up. But we get what we focus on. And from this we sabotage our own lives.

We destroy relationships to prove that we weren't worthy of them to begin with.

We burn bridges and make us look bad so people will remember us and judge us as bad human beings just because we are convinced that we are. This is what we've learn and being told growing up with emphasis on our mistakes and not or successes.

All is self sabotage coming from a personal negative perception creating a reflection of that outside of us.

From all the guilt I've felt I could never accept love. Because I was never worthy of it. And from disappointment regarding anything at all, I took that personally as if I couldn't deliver anything good. Because I'm no good. Huge Ego structure.

I never felt good enough and only found evidence to support that. This is how I was raised. This is how I learned to communicate with myself.

I found only faults in me despite anything else done good. And so I found this in the world and everyone else.

Not because any of that was true. But because I could only give what I gave myself. A negative and condescending treatment.

I have felt love inside myself all alone without anything or anyone. But it's momentary and I have a really hard time finding it again. The less I do and the longer between each time I loose hope and ultimately belief in this becoming more sustained.

Life is all about feeling grateful. For life itself. It's hard to do that when you've lost it all. When the very little you have is on its way too.

'For those that have more is given. For those that don't have, even that of which they do have is taken away'.

That is all about gratitude. Being grateful for what you got in order to receive more.

I am here because of reasons why. I didn't have bad luck. I was in a destructive relationship with myself. And that got my in destructive relationships outside of myself. And that ultimately destroyed me. And that is the right way to go. Something not right has to be smashed and reassembled. Please try again.

/ I gave it my best. I gave it my all. For now. Take care. Good Bye - Lars