Whoever proclaims to stand firm completely grounded on one foot or the other is lyin'.

We get our energy daily & nightly from the sun & the moon.

We are children of the heart. Naturally.

So stand firm in that.

Freedom.

One.

1. 0.

## Birth & Death

A human beings most difficult task is to come to know themselves without staying stuck.

I am not white. I am not Swedish. I am not religious. I am not even European.

I am. A human being.

I AM.

Free to move as I please and to express myself as I please. And I do so in the name of love.

Your heart is not located in one of your shoulders.

It's actually in center.

-NO IT'S NOT IN SCHOOL WE LEA..

Just shut up..

The heart is approximately 24 degrees to the left.

And the earth has a tilt of about 24 degrees to the right.

Everything is in perfect and absolute balance.

Keep your feet on the ground and let your heart lead the way.

Stop fighting a tsunami with a sword and shield. It's just stupid.

Better grab a surfboard and follow the wave of existence instead.

And if you make that into some shit about Phuket you're just completely f\*\*\*\*d up.

Freedom and the kingdom of heaven is within then so without.

Nowhere to stand.

Never settle for something, that is soooo scaryyyyy.. BOO!

## Only you can.

Cast away all else and cast your feet firm in the foundation of energy.

Because that's all there is.

And the beautiful thing about it is that you can pick it all up again afterwards if you like. Like your jacket, your taste in music or your religion.

But you gotta be brave, courageous and willing enough to step aside just for a minute or two. Just to gain some perspective. Not to condemn.

Especially, yourself.

Nah!MustStay! Everyone!

Bara Om.

Lars "Free" Rosenblad / transmutation.se