

LOVE HURTS?



PROJECTION

Imagine you're holding a cactus in your hands that hurts your entire body from your heart out. That is not comfortable! And so you wanna hand it over to somebody else. That seems to be the only way to get rid of the cactus.

And when somebody gets a hold of the cactus they themselves feel the uncomfortable sensations within their entire body & heart. So they hand it over to somebody in return.

Some might hold on to the cactus for a long time. Often when it's handed down from somebody they looked up to and therefor believed that they somehow deserved to hold on to all that.

The cactus is emotional & physical pain. Emotional pain comes from going against nature regarding healthy thoughts & choices within you. Because you've held a generational cactus in your hands from the adult in your family that they did not take responsibility for.

Handing the cactus around is projection.

Anything uncomfortable inside you that you don't take full responsibility for within you will create a situation of disease. You are living in a destructive relationship with yourself and that hurts. So instead of comprehending the fact that you have to understand, forgive & let go of that inside you. You blame that and send that out to innocent victims. Mostly the defenseless children.

It's like. The least amount of responsibility you take for yourself and the trauma (big or small) within you. The more areas & duty's of responsibility you create outside of you. You begin to control.

The more you control and dictate what others should do, the less you do that with yourself. And that's where the double standard comes in. Because guess what?

All that telling others what to do, like trying to control everybody around you. Is actually you talking to yourself. That is why you project that onto others because you are trying to wake yourself up to the understanding that it is YOU that needs to change.

Question.

Can you give what you do not have?

If you are clearly and totally honest not in a healthy relationship with yourself. And also actually never has been?

But? Your kids are out of control and you tell them what to do and how to behave and how everything in life is and functions?

THE ONLY WAY.
BECAUSE IT IS SINCERE.

(Etymology. From Middle English sere, from Old French cire, from Latin cera (“wax, cere”), or via Latin cero (“I smear or coat with wax”). **So free of sin**)

You lead with example and take responsibility for what you send out.
What you send out can only be in accordance to what you understand.

Know - Intellectual - Memory
Understand - Emotionally - Wisdom

Know left hemisphere 5%
Understand right hemisphere 95%

REAL LIFE STORY:

I was at the grocery store last night and there was a family in front of me.
They had a daughter and a son in the ages of around 9 and 5 I think.

The daughter said:

Please can we get some ice cream!

Both parents who was very overweight and clearly not in a healthy relationship with themselves said:

No no no! You did not behave good previously today so no way we are getting ice cream.

And right afterwards she turned to the ice cream freezer and asked what kind of ice cream they would get?

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All along the remainder of their shopping the parents where on there kids like dictators! Don't do that! Don't touch that! Move your in the way of other customer!
Control control control!!!

What is clearly happening here is the unhealthy relationship they have within themselves in total lack of control. So they project that onto their kids but also cannot do THAT well so they made a statement only to be broken within 2 min.

Would you agree that the children need counseling and medication?

If you as an individual isn't in-touch with yourself.
You struggle with who you are and create a great deal of frustration within you
from not taking responsibility for it.

Can you have a healthy relationship with anybody outside of that?
Or are you justifying unhealthy behavior just too, NOT BE ALONE?

If you haven't developed and emotionally and understood the trauma within you
making you capable of transforming and ultimately transmuting that, can you give
that away?

If you actually don't know what love is?
Can you give that away?

If your children.

If any children hasn't yet formed a double standard of confusion you've created in
regards to what is constructive, supportive & loving.

But you know. And instruct. And lead.

Are you humble? Are you wise? Are you loving?

Or are you just trying to extinguish the flames of your wounds using your kids as a
fire blanket?

What this creates in the long run.
Because children by nature look up and follow the adults.
Is that they must conform to lying.

Because that was the main lesson taught.

From the way you lead with example.

Until they get out of addiction.
And begin to open their eyes. That opens their heart again.
And they see clearly what is going on. And in that greater understanding,
gets a heart attack at 3 in the morning although they live healthy.

Works 7 days a week 24/7.

Dedicates everything into doing this project.

All in hopes that the world will understand that lies, is what is killing us.
Everything begins with something small. Like the tiniest lie.

Like the tiniest human being.
Like the 3 year old within me seeking love, justice & a world of love.