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Suffocation

You need air to breathe.

But you don't need anything to exist.

You are not your body, and not even the mind.

But a metaphor can describe a mental & physical state of complete prohibition regarding the environment of which you have to express yourself.

If that is your current situation as you are trying to understand yourself and all the thought & emotions you are probably under control.

That control could be considered to be an authority of some kind.

An authority creates prohibitions and thus prevents authentic and unique interpretations and perceptions. Even if they are completely exaggerated and perhaps misunderstandings.

They will never dissolve and transform into anything comprehensible kept inside the mind without reflection most importantly, emotional understanding.

This authority of control comes from fear.

The fear has its origin in the fact that the authority has themselves been suffocated in their environment. And thus very prohibited themselves.

What is prohibition really?

Well the definition would be something considered to be wrong.

When a human being is very young and starts to understand themselves from the age of developing an identity they have one major distinctive characteristic.

They have a hard time separating what they do and who they are.

So if they get instructions from the figure of authority coming from fear and control telling them a bunch of stuff about the individuals acting in the context of 'wrong'.

They will most certainly take this personal as somebody not yet capable of making the distinction between doing and being and feel that they themselves are wrong.

As the need to express themselves regarding their emotions increases it also by definition of the environment created by the authority amplifies the 'wrong' in that individual since the focus of energy will be directed this way.

So it's a loop of wanting to be able to express themselves just as they feel in this moment, not able to understand themselves and thus letting go of any misunderstandings and expanding their awareness into becoming more mature.

This is how we unfold.

An individual in harmony creating a successful life for themselves is somebody that understands themselves.

To be able to do that. There must be an environment where freedom of speech and emotion rules. They must be able to have an environment where they can communicate what is in their mind and heart.

Without shame, guilt or fear.

No control.

This way, they learn exactly that.

Control.

And from learning control over their thoughts and emotions.

They become successful.

And success in harmony can only come from happiness within.

Now the authority controlling everything without any comprehension of all this needs to do only one thing.

The exact same.

For this is the only way to give, what you now do have.

You cannot hold anything back.

What you perceived as whatever..

LET IT OUT AS IT WANTS TO COME OUT!

If you cry so hard from the outlet and maybe laugh about how silly it is at the same time is not crazy! These feelings of mistreatment have been inside your for so long.

And pressure has been created from you treating yourself as your figure of authority did. And you know this!

So you are mad as hell!!!!

At yourself.

And also a bit on the authority figures that did not take the responsibility to become expansive in their thinking and feeling thus preventing all of this.

BUT HEY!

You did this now!

And you know what!

YOU ARE NOW...

MORE MATURE!!!

So yes, what you said and did might have felt a little embarrassing.
But hey! No shame right! No guilt right! No fear!!!!

You have to make yourself feel good!

Authority in control is very very immature.
And in fact scared.

You wanna know why?

Please turn the page. Ding!

The rational mind.

The of which is not in contact with any emotions has one primary function which is survival. And since it doesn't have emotional understanding it can only judge and evaluate. It analyzes. And the results are always.

On or Off.

Black or White.

Good or Bad.

Nothing in-between no blend no funk.

So when the authority in control **thinks** about letting go of control?

They think like this:

Whatever is acceptable and no rules apply at all.

From the on/off perspective.

This is what has been deified as an adult.

And that is just stupid.

That is like something coming from a computer that cannot see the big...

You see.

NOW RESPECT MY AUTHORITAH!"

Just kidding :)

Everyone needs to get this. Really.