



**ADD-ICTS**

**TRANSMUTATION.SE**

We are all addicts. We always want more. We  
always need more..

We are not supposed to be satisfied  
What we seek is to become more in relation to  
ourselves as this will give us more experience

What we is..

Is love.

So we wanna add. We wish to add to ourselves.  
Which in reality is to reduce. That's the whole game.

To renunciate. To give away and let go of everything we are not.

This will leave us empty. And if that hurts like hell is all because we lack self-love.

We are all in need of love.  
And that's alright.

We need ourselves.

We need a loving and appreciating connection within.

That's what we seek. We cannot find this outside of us.  
And we cannot create it from the outside in.  
We can only affirm it from the inside out.

If we neglect this we neglect ourselves.  
And from this we hurt.  
Naturally.

So we wish to add. We wish to add to ourselves which becomes an endless chase  
working from the outside in. We already got all we need. We just need to affirm it as  
to make it real. We are unconditional love. And that's really all we need. When we try  
to affirm this in peace the body objects. It stresses completely out! It's being alarmed!  
That something is wrong. Why are we depriving ourselves? Have we done something  
wrong?

But this is detox.

We have entertained ourselves so much from the outside in. With stimuli of various kind. Be that TV. Cigarettes. Sugar. Achievements.

Whatever.

All of that is fine.

But truth be told.  
We should feel fine without them.

I've written about this before.  
But I believe that society is too rigid. There ain't so much happening.  
And we wish to live adventurous. We love when things happen!

So the anxiety and worry is something I believe is also about this.  
Or else why not just sit on a chair watching a wall ya know?

And just bathe in our self-love?

That's super boring.

So we watch TV instead. With some form of drama perhaps which most of the time is worse than our own life so we can feel good. Or we watch people buying a summer house on a tropical island. Just because it makes us feel good.

Feel God.

That's what we're after.  
Feeling good as divine beings.  
For who we is.

With this connection we wish to enjoy and experience more reality.  
We wish for life to become more and more real.

But most just stay inside.

And give away their dreams to the TV.  
Which provides them with a fictional dream.

The subconscious mind can't tell the difference. And the cognition (the rational mind) gets momentarily satisfied. Numbing. Escaping. Life. That's a petty.

It's a beautiful world out there.  
Outside!

What if you could see more of that?

Well that costs money.

You can't just board a plane for free?

No. I know that.

But what if people dreamt and created more.

This would open up from within and make the world more accessible.

I know that.

The more closed up we are in fear actually. The more closed off will our society be manifested.

We create everything.

Do you really believe that one life time is about TV?

That it's about social media?

That it's about shopping?

That it's about getting drunk?

Life is about love.  
All we need is love.

And love needs to be affirmed and acknowledged which is all about connection.

This way we focus on love. We spread the love. And we create more as to support love.

I am an addict of this.

But I lack options as to make that a reality. In my society.

It's very narrow minded. Society.

When we could do so many wonderful things together.

That would definitely add to the experience and make us satisfied for actually living.

The one claiming they don't need love at all. But they truly feel absolutely fine anyway is not a liar. They are, if so, someone who simple does not question themselves and feel self-love by default. This is someone who's had a great upbringing.

Not everyone had the privilege of this.

Me for instance.

I will not compare in regards to clothes. Clean water. Food etc.

There are always worse conditions.

I am far from the toughest survivor coming from Karlstad, Sweden.

But that really does not matter when abuse and neglect with condescending ways,  
(supposed to be caring) affected my spirit.

So I need to look at that.

Why I self-sabotage so much.

Why I struggle with self-worth.

When it's supposed to be a given.

I am not supposed to question that.

If I receive a punishment for that in relation to something happening in my life, what  
good is that gonna do me? Am I gonna learn to love myself from this?

I punish myself.

Even if I end up in the hands of control.  
Government control. Establishment control. Care Control.

I put myself there in lack of humility.

In disconnection from my true self.

And I become in need of assistance.  
As I fail to support myself.

Which can only happen if I do it.  
I gotta commit to love myself.

I need to give myself what I need.

And free myself from all other addictions.

And when love comes. As it will. In relation to other people. I must be caring. Not  
stress. Handle love with a sweet attitude. Or else I burn another bridge.  
All in self-sabotage only realized later after I made love go away by misbehaving.

Nobody want's to mistreat love.

Yet we do.

In self-sabotage.

To make us see our own judgement.

"There! You see! You are not worthy!"

Which the heart would never ever say.

This is the mind.

But it's all love.

Because how else would we learn what we need to adjust if there was no loss including pain involved?

It has to be like this.

The mind tries to take control of a situation not currently productive.  
The body just wants pleasure in relaxation all the time.

If we do not perform and achieve combined with not affirming ourselves for just being good enough as we are we get tensed and the mind and body work together creating an uncomfortable feeling as to make us move.

Because we are supposed to.

We are supposed to move our mind by challenging it.  
We are supposed to move our body as to support blood-flow and oxygen intake.

But we are also supposed to exercise our heart in making it pure from self-love.

Which is done by having an intimate relationship of/with love.

Letting love lead us. Guide us.  
As to make us loving human beings.  
In relation to ourselves and to others.

And then we fill that need very much!  
It's a win win. True service! Of love!

There is no greater satisfaction.

To be able to make the world a more loving place.

That's what I wish for the most.

To be that guide.

To be of that assistance.

And from that learn more myself about love. From others experience and perspective.

And you know what!?! That's actually what heals our collective spirit. And all those insights from all those perspectives expands consciousness and we feel and live better all together.

That's a really great design.

Thank you God!

I just had a smoke..

And I really don't like and support hypocrites.

So I will give that up now.

And just go thru the detox.

I've been here before.  
With amphetamine. With pills. With alcohol.

And I wanna feel loyal to myself.

And give myself what I truly need.

Which is love.

And from there things cannot go wrong.  
Because the universe which I am will not support a hypocrite.

It will mirror a world that I maintain which I say is a world of love by my deepest desire. I cannot smoke and be grateful for life. I cannot receive more healthy loving experiences when I'm not supporting it myself.

Times are rough sometimes.

But that's not an excuse.

That's feeling sorry.

That's a victim mentality.

Hurting oneself even more as they seem to deserve that.

I deserve a good life.

I deserve a second chance.

And by that I need to lead myself with love.  
And just as the beginning of [transmutation.se](http://transmutation.se) states:

'Lead with example' I truly have to do that if I don't want to be hypocritical.

I right about being real.

So real I gotta be.

I am love.

I am light.

I am truth.

We all are.

So be that.

And the universe gives.

Naturally. A true response of our own perception which can be honest or not.

Nothing or no-one to blame.

No situation or anything.

Do right for yourself and things cannot go wrong.

God will give me what I need as I continue to keep that connection.  
With faith anything is possible.



I don't wish myself luck.

Luck does not exist.

Participation makes for everything.

An honest communication.

With a non-judgmental response.

And things work out.

/ See ya! - Leo