



AAAAA...

..NXIETY!

YOU ARE THE WORLD



TRANSMUTATION.SE

anxiety

As you ask for forgiveness you take responsibility for what you have created that was destructive in nature towards yourself and others. If you behaved destructively towards yourself over a long period of time you need to feel anxiety. Or else you become dangerous to yourself and also to others. Because if you did not feel anxiety you would have no problem whatsoever in doing destructive things again.

What you have done that makes you feel anxiety was something wrong. You did wrong and suffer the consequences as a way to learn and to make things right. If you medicate that you are in denial. And you wish to escape your responsibility. This will happen at the cost of your sensory perception being as much as it can be which is to experience as much emotions as possible giving you a richer human experience.

You can forgive yourself for anything you've done but need to feel anxiety until you've convinced yourself that you are no more a danger to yourself or to others. So if you forgive yourself for everything you've done that was destructive in nature but keep on doing things that are hurtful in relation to yourself and others? You will feel anxiety again.

Like alcohol for instance. You feel pressure and you wish to relieve that pressure. And that is what you are looking for which can happen in a small amount of alcohol. Which isn't harmful in terms of keeping you healthy as in focused and aware of being alive. But if you drink too much you are hurting yourself and will suffer the consequence of anxiety for having as such.

When you mistreat yourself like that you will also have a hard time believing in yourself and your dreams. Because of the disloyal behavior in relation just relaxing and having fun to actually making yourself more or less unconscious. That's not a healthy behavior as in loving life and experiencing it as much as possible. That is not being present and experiencing life in appreciation. You are also numbed in your cognition which makes you do destructive investments talking to people and sharing things that are depleting your energy. You are not in a state together with somebody getting drunk that is conducive to a more rewarding experience as you're both less conscious and not strong in mind to amp up in clear focus what you actually believe in and desire.

It's easy to see everything possible when you are super drunk. Because cognition is numbed and you access the subconscious. But you are not loving everything and treating everything in appreciation while doing so. Because the mind is being mistreated. The rational thinking mind that you wanna to convince that you are good and all you do is good you actually hurt and put in danger.

So that becomes a problem when you want to believe yourself.

And you gotta believe yourself to make your dream come true as you are the dream.

And that means that you gotta live and stem from a healthy, loyal and supportive environment. You have to become that environment in everything you say and do.

Everything is alright but you cannot justify destruction in a system that reacts to lies. That's why you hurt and feel anxiety. Or else you could just lie about anything destructive and get away with it.

And that would be a world of destruction.

What we want is a world of love.

So you need to come to peace within yourself as to forgive all destructive things you've done and find forgiveness for what you felt others did to you.

Everything is about what you let happen.

Everything is what you agreed to but sometimes in the misconception that what you was given was love. And based on your upbringing this is something we have to relearn and do better about. You have to raise yourself. To become the one you feel is right. And that means not doing wrong. Like hurting yourself.

Even to receive yourself of pressure.

You have to treat yourself right and love yourself all the way baby.

And sometimes we misinterpret and things go a bit too fast. And that's alright but learn from that and just don't do it again. Or else you will suffer by your own misdeed. You can't hide from yourself. You can't bullshit yourself. Because you are love. You are truth. And the system is designed for this to live as healthy as possible.

That's the whole meaning of your life. To live a life as good as possible! Which is a consequence of treating yourself good. Of feeling good about yourself. For doing good in the world and affirming that in relation to yourself.

You HAVE TO affirm that to yourself.

That's the whole point! Literally. That's a credit. That will be reflected back to you.

And you'll have to fight hard in this human experience when you do a bunch of good but never tell yourself that you do.

You become what you affirm.

Can you say as you put your hands over your heart that all you do is good and all you do is love?

And feel that it's true?

Well then.. Everything will work out just fine.

Because you get what you give. And that is all about what you give yourself. Which becomes an impression that over time will be reflected in the outside world.

So you gotta come and stay correct in relation to what is good for you. In all aspects. In all of your consumption. Because it's all energy and what you eat in terms of what is constructive. Like engaging in whatever! But most importantly with other people as they will drain you fast. If you talk about success and dreams but they are jealous and irresponsible so they wish for you to lose all faith and kill your dream as they are not brave enough to go for theirs.

Keep your convictions of success and keep your faith. Treasure that like nothing else. Because that is your golden ticket to a better tomorrow. That's your ticket to everything amazing and if you come from a sincere impression of doing all good you will impress the world and other people in it. And you will not only get the chance to take the tour inside the chocolate factory. But you will also be the one that inherits everything and manage it for future generations. You will be given influence and responsibility to lead the way to a greater tomorrow. All in love.

As you are all in love with yourself. And all because you want the world to be a better place that is full of color and sweet things.

So you gotta be a sweetheart and also tell yourself that you are.

Do and say sweet things and also affirm that you are sweet as your doing all of that.

You could say that you become the chocolate factory that gives everyone color and sweetness. As you give this to yourself and know how good it feels.

What is there to lose in doing so? Nothing. The only thing about that is gaining more and more happiness and joy for being who you are and having the time of your life in the best way possible. There is absolutely nothing wrong with that.

A drink is OK!

Some candy is OK!

But too much of both will become unhealthy and you will feel bad for mistreating yourself.

Here have a treat! A good treat! Just to feel good! That's enough.

If you have a hard time doing that you may be creating and doing good things but you are not affirming that within you and thus you feel bad despite your contribution.

So you see how incredibly important it is to give yourself appreciation and celebration for who you choose to be and what you say and do all in relation to what is good, what is great and what is absolutely amazing in making the world a better place.

In making a world of love.

Or else you'll just live inside that factory but everything will be grey and lifeless even though your surroundings are the exact opposite bursting of color and joy.

The factory could be a metaphor for planet earth and everything in it. And it's hard to see everything beautiful in complete appreciation & celebration if you aren't appreciating and celebrating yourself.

That's just the way the cookie crumbles. That's just the way life works.

I talked to someone yesterday in the evening.

During the whole day if was feeling fantastic and I could see all my dreams coming true. I received so much inspiration and I created even more wonderful things for a world of love.

I talked to her about it and I got so much doubt for her in everything I said.

And I got so much jealousy from her as she does not go for her dream and stays irresponsible blaming this and that.

So after that call I was empty.

And today I had to work hard to regain my faith in everything becoming fantastic. The time now is 19:08. So it took me all day which is a lot of work and energy that could have created even more wonderful things to contribute to something better.

I learned from that and what you've just read is a product of the lesson learned.

Be mindful, be careful because you never know what somebody support or kills in their own lack of imagination.

The best way for a non-believer is to kill the belief.

Within themselves and in others to stay comfortable in their grey and lifeless environment.

Just let them go.

From the inside out.