

CAN BE POSITIVE

Natural = YES
Artificial = NO

RELAXATION = LOVE

TENSION = FEAR

FEAR = DOUBT

FAITH = LOVE

DREAMS = REAL

PRAYER = LOSING
WINNING = PRAYER

A L L I S C H O I C E

TO BE POSITIVE

CAN YOU READ INTUITIVELY?
ARE YOU INTOUCH WITH YOUR EMOTIONS?
CAN YOU SEE THE COLORS?

transmutation.se

U GET WATT U GIVE

All that you entertain inside your creates either fear or love.

And that is something like guilt, shame, peace, happiness, joy.

Whatever you do in relation to what general feeling you entertain while doing it you'll get more of as this becomes a general statement of what you want.

You are giving the universe instructions with your general state of feeling as to present to you what matches that feeling.

And it all comes down to worth.

What are you worthy of?

Are you working hard and forcing yourself all day long in everything you do? That's all about you meeting up to an expectation that is in relation to what you aren't feeling inside yourself.

So even if you go out for a run or a swim you won't do that with a smile and in joy. And you will receive more of that because the universe listens to what you prefer. And you are actually saying that you like to be tormented and work really hard without a smile on your face and not feel joy as you do it.

So there you go! More of that!

Wherever you are and whatever you do you will experience happiness and joy as you choose to be positive and in love as you do it. And that becomes way easier when you feel worthy of having a good life and feeling great!

If you want to live a life in joy and peace? Well, be in peace and feel joy. If that is hard for you then work on letting go of negative conceptions within yourself. Get rid of resistance.

The Joy and The Happiness is here and now!
Just be that!

Smile and feel love in your heart for no reason at all!

And join the circus.

Which is life.

Where people push their limits and do so much crazy shit just to be seen and accepted by themselves.

What you are doing wrong all the time is what you feel it is.

So do what's right for yourself.

If you want to give yourself a great and loving experience you are worthy of that.

There is no reason to feel guilty over that.

But for some that aren't feeling worthy of their own life it becomes a problem.
It's a false and unstable foundation.

Give yourself as much love as you can and never feel guilty about it which means that you feel worthy about it!

Guilt is negative. Worth is positive.

Negative is sad. Positive is Happy.

Death is sad. Life is Happy.

So do what makes you happy and feel good about doing it!

That's the recipe for success!

Love = True

Positive all the way!

All the love I feel inside that I wish I could give to everyone else is the love I feel for myself. I am generating it and feeling it in relation to myself first.

And that makes me feel so good about myself!

Some might say: Oh He's so full of himself!

Yes I am!

I am so full of self-love which all in my heart and not my head.

I am just in love within myself.

People who react that way and say something like: Oh He's so full of himself!

Are people that don't know what love is. And they live mostly inside their head.

All in judgement.

And have a hard time showing themselves love because it makes them feel guilt.

Which stems from not being grateful for who they are and for having a life.

Which is all conditioning from growing up that they still maintain.

And wish for me to become real?????

Hahaha...

As in living a lie?

That's not true. That's not real.

That's not love.

Get it right sugar.

And take care of yourself.

And learn to love yourself.

Why did 2pac die at 25?

He asked for it.

Did he wish for a different life full of joy and healthy living?

Not really.

Hands on heart.

He might have dreamt about that but it wasn't a priority of what he held in consciousness.

What you dream of and hold in consciousness is what becomes materialized over time. That's just the way it is. Some things never change.

And for him it was himself.

He was a martyr.

Hands on heart.

Although an interstellar expression of love like a beautiful supernova.

But never affirmed himself to feel that inside himself.

Stuck in a stereotype.

The main stereotype we get stuck in is our own family heritage.

I have walked in the footsteps of my mother & father like crazy!!!
But I am understanding why and I'm doing something about it. I am not like them which is to continue blaming and condemning others. I will not identify with being the victim of my circumstances. I want to evolve and become what I am destined to be. Which is the same for everyone! The most authentic expression of who you are completely independent and free from your destructive and negative heritage.

To be true. To be in love. To be love.

To be free!

So you see that we always get what we ask for!

On a continuous basis! All the time. We receive more as to understand how to let go and receive the new. Everything is a gift and never a punishment.

Whatever you receive as an emotional challenge is a gift!

Because it takes you thru the shit and out clean on the other side.

So pray pray pray pray!

Just keep on praying!

What you affirm to be good in relation to yourself will become a reality and make you feel good. As you do this often you will feel great!

And as you feel great you will send that out!

And the universe will respond giving you what you've dreamed of in relation to what is the absolute best for you! Because the universe, God, the power of love knows this like you wouldn't believe.

Such insight that is connected to everything for the greater good for everyone and not just you as a couple. That's how good of a matchmaker God is!

!WOW!

Thank you God for everything!

Thank you God for leading me and showing me what's right!

Thank you God for all that you say of me!

I am so worthy!

I am so fantastic!

I am so amazing!

I am such a lovely guy!

I am so kind and compassionate!

I am so beautiful! I am so pretty!

Everything gets better and better!

Everything is good! All is Good! All is God!

I have never felt OK with becoming a man.

I still don't wanna become a man.

I don't like to become anything.

I don't like to grow up.

So what is that all about?

I am an emotionally responsible guy with great insight and maturity in relation to compassion and desire to make the world a better place.

But I do not wish to be done.

Any kind of stagnant identification is forever a lie.

We wish to continue evolve and become more all the time.

So any stereotype defining the opposite will become unnatural and rigid.

I believe that's the case for many men and women who change their physical appearance. They wish to evolve but aren't brave enough to do so spiritually. Maybe they wish to share love with whomever physically and think they need to decide whether that homo or bi.

There is no such thing.

You just be with whoever you want. And maybe you'll be in a closer relationship with a guy for a year and after that a girl for 2 years?

Just be open spiritually and don't make such a big deal out of everything. Maybe you are looking to deepen everything spiritual and the physical part becomes something in the distance as you do?

A couple having a deep and close relationship do other things you know.

They aren't just having sex all the time.

The ones that does that are actually having a superficial relationship.

But it's nice to get close and have a cozy time together.

I would suggest to have a deep spiritual relationship if you want something of value. Something that gives you so much more in return.

Just like the spiritually deep relationship you have with yourself.

With God.

In prayer and connection.

Filling your heart.

And sharing that with other people.

To tell someone they have very beautiful eyes means a lot.

But to tell someone they have such a beautiful voice and soul is invaluable.

The rich soul comes from experience.

So much love.

We all want to give so much love! And sometimes that gets confused with giving and having a lot of sex. Do that exclusively and you'll unfortunately empty your heart. Literally. Your fortune is you.

The love you keep and value above all.

That you don't just give away like that.

Especially when you worked on yourself and prayed so much to return to
innocence inside your heart. That love is so much more valuable
because you've truly earned it.

The love that was free all along.
That you was robbed of.

With you as an unaware accomplice.

Now coming clean.

To be free in love again.

A second chance.

Truly something to cherish!

THANK YOU GOD!

Everybody deserves a second chance.

If you do like **ABBA** and take it.

You gotta take the chance.

Take the chance to change. To transform and to let go.
To receive the new. That you deserve and that will be something even
better as you've become better.

The more true you've become in relation to yourself?
Oh how wonderful the reflection!

What can we learn from this when all things come together?
Don't take anything for granted. Do the opposite!

Which is to be grateful. Always.

That's what successful people living with lots of love and opportunities do. That's what they smoke all day long! That's what they drink!
That's what they inject! That's the pill tha..

OK! You get it! 😊

Hahahaha!

I have been under the influence of a lot of things during the years.
And NOTHING beats being high on your own supply because it's true.

It's so true!

You can feel great and happy on any kind of substance but it's amazing to feel the same by your own ability.

And as a bonus you can accomplish things as well.

No matter what insight you receive from being very relaxed by any type of substance you still have to be positive and grateful when living without them.

Or else you're a junkie.

No matter what you are consuming.
That's the truth.

You can become happy and brave by yourself. When you support yourself and ask for help. Everything you need is inside you.

You just gotta trust that.

You gotta have faith in God.

And a glass of wine is consumed for completely different reasons.

But the world truly has to stop this nonsense about making things that grow naturally illegal.

That's the most idiotic thing ever.

It helps people.

Alcohol destroys families and is behind almost all destructive things in the world.

If you trace things back? There is most likely alcohol in there somewhere that caused trauma as the one acting in frustration had no control over themselves.

We need to heal and we need to relax. Alcohol is NOT the answer.

Because cognition is numbed and nobody learns and/or remembers anything.

To be relaxed and to express yourself without any shame, guilt, fear while having your cognition intact heals you.

Not that hard to see why.

That's what shrooms do for instance.

But you cannot become somebody who is "On mushrooms" hahahaha no... That's just.. It doesn't work like that.

What you're looking for is to be more open.
What that means is open for whatever without judgement.
And you'll receive what is best for you.

To be open is to live inside your heart. Your healed and untainted heart.
True and clear but with a few scars.

It's so funny how I write now!

The 'Behind the scenes' on the website are mostly what you would call trip reports.

And then I've just continued but without mushrooms.
Like just now. I just ate a bun and had a zip of coffee.

You never go on any trip with mushrooms.

You just become aware that you're always on one!

Haha that's it.

And I express and write about that.

Where I am. How I feel.

And I share that to whomever is interested in something humane and loving. Tonight I am gonna wait until about 20:30 I think.

Then I'm gonna ride my bike downtown and listen to people being brave at the Karaoke Bar. I am completely broke. And I will not drink or anything at all.

That's complete crazy for some people.

Haha not for me.

I love life.

I just wanna smile in admiration and get a tear in my eye listening to people that sometimes sound like Janis Joplin but can't seem to understand that themselves.

And struggle at some job. Pfff...

GUESS HOW MANY TIMES I HAVE SMOKED WEED?

.....

ONCE!

HAHA WHEN I WAS 14.

Today I was out and nearly swam across a lake. Like half.

Have you ever done that?

It's an amazing feeling!

It feels amazing to live and enjoy nature.

Like enjoying other people in admiration.

Just like loving a beautiful tree or a beautiful flower.

I don't need to put the flower in my butt or drill a hole in the tree and
lube it?

Hahahaha.. I can just stay in love.

Just love.

Heart heart heart!

Love yourself! And you'll love the world.

I see the weather is turning cloudy and windy outside..
Exciting! I'll go anyway. Why not?

I could miss out on the next Aretha Franklin!

What I am supposed to do otherwise.

Go to bed?

I can do that tomorrow.

It's Saturday night.

Tomorrow I'm gonna go swim the same distance again. Unless there is thunder and lightning. Not such a great idea then..

And that would be so hard if I was hungover from having "so much fun" ..

I can have fun anyway.

If I feel a bit stiff I can have 1 beer and that's all I need.

Or two depending on how long I'm staying.

But 10-12? Why you consume that much is because you wish to come to a level of relaxation which enables you to talk to others or dance perhaps. Maybe you wanna sing?

And after 10-12 beers we all know what a great singer with exquisite dance moves you become! Hahaha!

And what a delight to talk to!!!
Just nonstop wisdom and adventure!

!WoW!

I am putting on a raincoat.

...hahaha I just scrolled up to see what the topic of this was again.

I wanna refer back to what I am going on about just now..

You get what you give!

I am happy and positive by my own ability.
And I am living life!

I am going out!

And I am treating myself!

Without any destructive behavior.

Wanting to give admiration to others.

And have a good time.

Just to feel good.

And to be in love.

For me.

By myself.



That's somebody I would like to meet.

Someone who loves themselves.

Someone who goes out just like that.

And whatever happens happens.

Just from treating themselves with love.

The girl going on her 9th beer with almost one boob peeping out
singing a ballad sounding like a dying cat is not her.

Sometimes I wish I could just walk around with a mirror showing people
their own face..

Not at the bar now.. But just in general.

99% of all people around here look like the sky is falling.

Despite what they're doing.

They could be out for a walk. Maybe they are out running. Standing in
line to buy groceries. Showing their tickets at the movies.

Just a big WORRY on that otherwise beautiful face.

That's a prayer.

You get what you give.

You attract and perceive the world as a place where there is so much to
fear and worry about. And thus it becomes dominant in your experience.

You create that.

Change the way you look at something and that something changes.

Like the entire world.

Like all of your life.

I feel that people full of worry are full of performance anxiety.

All consumed with how they are being perceived by others.

How am I looking and performing now in the eyes of others?

Somebody who thinks about themselves in relation to how they are being perceived by others all the time is immature and self-absorbed.

Ego.

A teenager mentality.

Just like a teenager walking around wondering if their pants are absolutely perfect on top of their shoe or whatnot.

That's people that cannot relax and just be who they are.

But they are really nice with a smile on their face after 5-6 beers!

I'm like that without any beers.

And so people look at me like I should have a straight jacket on!

That's so unfamiliar for them.

Today as I went downtown to go to the library there was an older woman with her dog sitting at a bench in the sun.

I smiled at her and said hello!

She did not change facial expression at all.

Just completely ambivalent and said nothing.

Like I was mentally ill.

That's projection.

That's fear.

Fear of being relaxed and social with just about anyone.

Maybe she thought I was instigation something more physical? Or maybe she thought a guy with colorful clothes and a general healthy appearance with a pink backpack wanted to steal her dog?

All judgement.. All fear.

All closed up.

Maybe she'd ask me to sit down and have a chat after 8 beers?

Probably.

I wonder what I'm gonna wear.

I'm thinking maybe jeans with cuts on the knees.

Maybe some koolt-shirt?

My necklaces and my rings?

Maybe glasses today?


I'll take pictures and add right here!

When I went to the Karaoke Bar the last time I went by bus.
And on the bus ride home I cried because I went home alone.

But I don't think I will do that today.

I am coming further in loving myself.

I wish to have someone next to me but I need to be strong by myself.

Not in such a need. Just a strong desire of love 

Anything that takes away cognition will (as shorty says in Scary Movie):

Fuck up yo' career.

Care for yourself.

And that's a great Career.

Because you are a great caring person in relation to yourself.

Making yourself feeling great. And you'll live a great life.

That's a career!

WHAT JOB DO THEY DO?

Does that matter?

They take care of themselves to feel great and live in happiness and joy!

What a great career choice!

Bam!

I believe in such love and appreciation for themselves that they drop all worry regarding if they fit a stereotype or not? If there are living up to all the expectations and performance demands of others.

They are so in love within themselves.

Bring that to school for career day!

What does you mother/father do?

They are professional lovers! They love themselves very much and just want to share that with others! They also wish to teach others how they can feel and do the same!

Wow that's beautiful!

How much money are they making from doing all of that?

Nothin'!

But they happy and in luv anyway!
So errthangz gon' work out!

For you and for me and the entire human race!

!BECAUSE GOD IS GOOD!

Everybody is a writer do you realize that?

We write inside our own minds and prescribe our own future.

Yeah!

We are scriptwriters all of us.

And we are actors all of us.

And we choose the main score of music all of us.

Every single choice you make is an audition, tryout, casting, role assignment, directing, producing, scoring, editing, experiencing and critiquing.

It's all you.

And you get to choose everything!

What kind of movie it is. What kind of music goes with that. What the camera focuses on the most. How the main character behaves and wishes to be portrait. You edit when you feel that something isn't for you and experience it all as it happens all at once.

But the most important part is perhaps the critic.

That should always be in celebration and deliver what is constructive as to make the movie greater. Never ever point to anything derogatory in relation to identity. Just an object and loving indication of an adjustment needed before the shot. The critic should be a coach. That wishes nothing but success. So perhaps it's the best idea ever to combine the critic and the producer? I feel so. Which becomes all about loving support and admiration. To see potential and raise to the heavens!

What an admiral! A general state of positivism!

I can sway away sometimes but I know what I'm talking about.
I am always in the same ballpark even though the field morphed a bit.

And before you know it I straighten it out again and return to love.

That's what I do when I write.

That's what I do with myself.

Only I used to morph shit like a psychedelic fractal in relation to what
was actually going on. And I am not talking about being under the
influence.

Everything I've done has been about me.

I've sent love letters to girls that where about me.

I have laid in bed dreaming and stating beautiful things about girls I find
beautiful.

I still think the are, I still love to write.

But I was trying to make myself feel good about myself.

That's the main reason why I did that.

I was longing for someone so incredibly much all in sorrow and
brokenhearted but that was all from lacking self-love.

You don't want to find someone in sorrow?

You are two broken hearts for Christ Sake!

You need to heal and then you'll meet someone in happiness and joy!

But most are unfamiliar with that and believe that sorrow is love???

In Sweden it's very common.

We have indoctrinated ourselves with that in pop culture.

Famous Swedish pop musicians have been singing melancholy music for years about love in sorrow and despair.

That's not love.

That's a fuckin victim.

Somebody hurt.

So heal before you start a relationship.

You need to be in love with yourself first. So mend that relationship before you share another bottle of wine a bury a dead bird or sum shit and have flimsy melancholy sex on a balcony.

I have been in need of love so much but that is beginning to change!
And I say this in all humility but I feel that love needs me!

I am such an asset in my development and experience!

I am so valuable with all of my insights coming from my life's journey.

I want love!

Absolutely!

I love love!

Like nothing else!

But I am beginning to feel more and more about love as in what I can give. What I can give to others in sharing what I know in my special way.

I talked to a girl I met yesterday out for a walk and I got in to universe talking like I usually do.. And I said to her that I know this now like spreading butter on a sandwich.

And I do!

That's amazing.

And I've learned and developed as I got all that knowledge. It all goes hand in hand. And I wanted to simplify it and share it so I did.

Why not be interested in talking to me!?

That's crazy!!!

To not recognize and take advantage of my sacrifice using me for a greater understanding and a greater good would be absolutely nuts!

Unless..

They cannot see the genius.

And that might take a special someone.

That's where God comes in.

God makes these things happen.

That's where you gotta back off and let God do the work..

And let it all happen.. Or just act on that special inspiration that's just right for all of this..

And that Ladies and Gentleman!

Cannot be received all in panic and worry.

That's like a feather coming down ever so slow from the sky about to land perfectly in your hands.

But you are busy acting like a blow up sales doll outside the car dealership!

You miss it.

And on that feather might be a name written:

the-right-one@email-now.com

Or maybe you'll receive that e-mail in your inbox from that someone.

I am so tired!

Haha I could just go to sleep right now.

But imma head on down there anyway.. I might only stay for an hour but it doesn't matter. Maybe someone wants to buy me a soda? I would love a Fanta to be honest.

I'm gonna lay down now for half an hour and just breathe with focus on my heart with my eyes closed.

It's wonderful to be able to do that and just feel love. Not from anything or because of this and that or something.. Just feel love. As it is..

And every once in a while I say quietly inside my mind.. I love you 

You are a gift to humanity just as your life is a gift to you.

When you care for life.

When you care 4 luv.

That's my Job.

That's my career.

That's my career day all day.

I get payed all the time. I breathe.
I see. I hear. I taste. I smell. I live.

I love.

Thank you God.

Thank you for giving my a chance to live. I'm sorry I didn't treat that
chance well the first half. But I didn't know any better.
I was struggling to understand.

Let's make the most of the time I have left.

Now that I am best friends with you.

It's 02:53 now.. I just woke up.

I when to the Karaoke Bar.

But there was just 3 dudes there.

One I've met before who's a huge liar. He called me over and I really didn't wanna spend any time with him but I thought I'd give him another chance. He was there with a friend and I sat down next to him.

That guy said with intense energy after shaking my hand that all the music in this place sucks! I just grabbed my bag and moved to another table. I didn't say anything I just moved.

I decided to take a walk outside the city for about an hour and come back to see if the place had filled up a bit?

When I stood downstairs packing away my headphones a group of men came to go in. To enter the Karaoke Bar you need to go up 2 sets of stairs of about 10 steps each. And two of those guys was in such negative expression over this. Both where very over weight.

When I came back up again there was some more people there this time. All male. All drunk. All glossy eyes without any focus.

Nobody was singing.

So I went home again.

I really don't like the drinking culture.

It's stupid. And from the outside it's all like neanderthals pissing themselves in the face.

So what are you supposed to do then? Where do you go to spend time with people on a Saturday night? Why aren't there any spots with different ambitions in relation to social interactions and having fun.

Well they aren't generating any money.

And a place like a Karaoke Bar would last about a week.

Because the main reason people go to a bar is not to get drunk.

The main reason is because they want to interact and sing, they wanna dance and have a good time. But they are so incredibly afraid of doing that so they must get hammered.

Well we gotta start somewhere..

I am not sticking around to sing for a bunch of self-retarded monkeys.

I sang a bit in the bar with the bartender for like a minute.

I don't have any problems with expressing myself anymore.

Because I do it.

That's what you're looking for in developing as a human being.

Prayer helps.

You talk out loud and express yourself.

Singing in the shower helps.

You express yourself perhaps in prayer with more emotions.

This guy who's a huge liar is someone who cannot hit the beat and doesn't nail a tone. But he's all that. And the beers go down all thru the night and somehow he gets better?

Why he is there at all is because he wants to confess.

He wants to become true.

That's why he's there.

The false image of him hitting the notes and rhythm is something he wishes could become true.

Because he feels that all of that is inside him.

But he's afraid.

He's full of fear.

And so he lies. To manufacture a reality of what he longs for in his heart.

What is that really?

Fear of love.

Fear of truth.

Fear of becoming emotional.

Fear of becoming grateful.

I was helping out at this place giving food to the homeless a while ago. And there was a younger guy who came there and ate for the same low cost as people without much money do. But he was really ungrateful about it and not very polite. In fact he sat down and was expected to be served as he wanted breakfast.

That was him.

The same Karaoke Bar guy.

Everybody's got there luggage. But you gotta face the music. If everything is offbeat and not a single note is right you have to begin to express yourself truthfully in relation to yourself.

When I write this I think about myself.

What do I need to do right now to express myself more truthfully in
relation to myself.

I really wanna go to America.

I really wanna be a part of truth and help out in the land of dreams.

I really wanna be with people that believe in God in a healthy way.

I wanna live in a society that smiles to each other.

That helps each other.

That helps others to help themselves.

That's real help. That's service.

That's service to God.

In the name of love.

Truthfully.

That's how I express myself to myself and how I wish to make the world.

I wish I wish I wish for my dream to come true.

To be invited to America and meet my heroes. To meet people of love
and of soul.

And you know what?

For the guy at the Karaoke Bar!

Because before I left last night he came up to me all drunk and asked how I was doing. And I placed a soft hand on the side of his shoulder and said:

I'm sorry but I do not wish to socialize with you.

It's a bar. People are drunk.

He was drunk.

There was just not a suitable atmosphere to explain why.

But I don't hate. I feel the pain.

And what if I could become a source of inspiration for him that makes him blossom into someone that I get inspired by?

Wow!

So amazing.

What if all these people judging me as crazy gets a little jolt of electricity inside their hearts of reality as I get acknowledged for being a loving guy that wants the best for everyone.

It's not about fame in that sense.

I wish for a better world.

A world of truth and expression.

A world of love.

A dream coming true is something that cannot happen if you never dream about it.

And it won't help keeping it bottled up inside.

And it will certainly not help as you aren't creating anything that isn't supporting your own dream.

I dream all day long!

I express it out loud to God and I write about it!

I create so much that supports my dream!

What can go wrong?

I just continue to pray. I continue to create. I continue to believe. I continue to ask for guidance and inspiration and I am living with gratitude and positive expectations for my dream to come true!

I've had so many dreams and vision of everything coming true for years!
For many many years!

Pray, Create, Believe!

Affirm Affirm Affirm!

God first! Love first!

Greater Good First!

Everybody's best and a world of love in heart & mind!

That's the same as what God wants!

What could go wrong?

Please God I ask you again to make my wish come true.

Thank you for all the guidance and thank you for all the inspiration.

Thank you for giving me strength and thank your for helping me
understand and to grow.

Thank you God for everything I receive, for everything I have received
and everything I will receive.

Thank you God for my life and the opportunity to life this life as great as
I can and cherish each moment with as much presence as I can.

Thank you God for always making everything alright.

Thank you God for all the Love.

Thank you God for errthang.

I love you!

I am beautiful!

I am fantastic!

I am amazing!

I am Good! I am Great!

I am worthy of more!

I am yours God!

I am yours!

Take me away to the promised land!

Take me away to the land of the free!

**Please Dear God almighty
source of all creation and the
universal power of Love!**



Make my wish come true..



I'm all Good God!