

WE ALL HUMAN



**RIGHT BOW NOW WOW
JIPPIE HIPPIE YEY.**

GOOD CARE

God Care

The reason behind the difficulty affirming yourself and living authentically as God is the pressure coming from everyone else afraid of their true authentic nature. As in being affirmed. God is a playful artist which does not have a lot of knowledge and wishes for all to be friends and have fun. When you come closer to your authentic nature you realize that a three year old is living as God. And it's not such a big deal actually. It's being adventurous, curious and mostly care free. It's possible to as you are taken care of. Which is the part we play as we get older as we need to learn how to take care of ourselves. And make that into the most prioritized and super seriously necessary which makes us forget about everything else. That we love. And wish to do.. But we "take care now". We manage systems. We maintain structure in society. We uphold the law. We make sure taxes are paid. We take paying our taxes very very serious. And people commit suicide over financial debts. Which is all a manifested presentation of neglected self worth. An individual not feeling worthy will loose. Value. And value in the world is what? What is most valuable? In relation to life? As this would prevent that suicide? A bag of money? Or perhaps just a clean start? We still need to learn. There are people whom has played this game with great ignorance. Arrogance. And for them to receive money would be catastrophic. Because they are so incredibly immature and irresponsible in relation to investing that money. Like I've been. Feeling stressed about living free. Scared about it. So I have bought cigarettes and nicotine pouches. That's not allowing. So no allowance. Monthly. Weekly. Daily. All is attraction. I KNOW!

There are famous people smoking. And this has puzzled me for some time now. But what are they famous for? Is it for being God? No. But this is my mission. And that is what I need to take serious. I can smoke. But I need to deal with it. With a grand perspective of comprehension given universal creation. And also with my level of sensitivity. So I have begun to understand that a cigarette for me. Is more or less like a week of serious drug taking.

I can fight that. I can make that work. By going against who I am. But I am the one I am. And in reality I want to embrace that. It's just a little scary when things are now. It's unfamiliar. But I can't be a part of the promise if I can't trust that all is well. And by that not try to control it from happening feeling worried calming myself. Other than breathing deeply and taking care of what I consume. Which is primarily not water or food. It's my continuous general feeling which I can control by not engaging in destruction. But also allow for as to receive the joy. Which is not so much a creation in relation to lost resistance. And this is what I now must understand is what's possible. It wasn't previously. But that was then. And I have changed. So I need to give love another chance. Again. Over and Over. Always.

For somebody doing heroin. Or crack. Drinking a lot of alcohol. And me. Smoking cigarettes. Is the same thing.

It affects the same way.

It's just a matter of resistance. Which is dark perception. Which is impressions speaking against. And thus makes for tension. Pain. For feeling anger and sorrow in relation to betrayal. And that stresses us out in relation to the manifested situation and circumstance. And this we need to deal with from the inside out. Or numb from the outside in. So the one shooting heroin. And the one having a morning smoke. Is the same act.

Only at different levels regarding that resistance being there.

I feel now.

That I have turned things around so much for myself. That I am beginning to realize that I am holding myself back by simply smoking. I am creating what I have been used to. Which is a general state of feeling that for 42 years have held a bitterness to it. Unwanted. Undesired. Failure. Not loved. Not accepted. Not deserving. Not worthy.

So it's understandable to have a drink. It's understandable to have a cigarette.

As to feel.

The question is what?

To feel the old and familiar? Or to feel the new?

- What is the new?

We don't know. But it's good.

- How can I know that?

You meet it with love and joy! That's how you know.

- But I don't feel love or joy?

And that's the game. Of receiving what you deserve. Because you are supposed to feel this way by yourself. And you are God so you give yourself everything. And all you need is love. Which gives a manifestation of what you affirm from the inside out. So there is nothing wrong with you. You are simply true and understanding. Or a misunderstanding liar. What bridges the latter over to the primary prime light. Is humility. Humility creates everything.

And here is why:

It makes for all to be new. That's the essence of it.

A new look. A new idea. A new day. A new conversation. A new hug. A new kiss. A new song (Even if you've heard it before). As we **DO NOT JUDGE**.

- Aw yeah I've heard that one.
- No yeah I've talked to her before yeah.
- I've had that food before I know it.
- I've met that kind of person I know them.

Vinyl needle scratched over record

= You don't know shit.

And the antidote for that.

Will for some people take 8 years of university studies. Like a moron. But here's a hint.

Humility. Again.

If I go downstairs now and find a cigarette butt. Smoke that. And find relaxation from it. Where I am right now in my journey. I can kiss my love goodbye. People can make this function in various settings. But I am not them! I am the one I am. And I can't handle it from being so close to truth. To love. It's just not working out. I need to brake up with actually bad habits now. It's not good to smoke. Nicotine can help. As it calms by contracting blood vessels. But this means you need to relax. And be still. Yet then again you will get a counter effect as the nicotine exits the system and from that experience an even greater tension than before and thus puts you in the state of need in relation to more nicotine.

I got such benefits from these 4mg stop smoking mint tablets. It was such a relief because I was so tensed. It made me open up and cry. It was on a park bench with Lisbeth. I ate those like candy and eventually they gave no effect. I could eat like 8-9 4mg tablets a day. What happened is that I simply formed a new habit. Of tolerance. Like a junkie.

Some people would call me stupid. But that is not true.

I am sensitive. And the closer you come to everything the harder it gets to separate from things. It's way easier out in the periphery. But natural is natural. And with food and water alone I am positive that things will now come to pass as I have dealt with all the shit inside me.

And also stop caring so much. That's also a big part of life. Care. Be caring. Compassionate. Take Care. But don't care. As much. Let go. Like yesterday. I wrote a poem to a woman living here. Telling her she's beautiful and that she can have a better life. I have communicated that now. My way. And what she does about that is that. I let her go now. I car for her. I wish her the best life possible. But I let her go now. You are free my friend to destroy yourself. Absolutely! Freedom of choice. Hang with whomever you like. Do whatever you wanna do. And increase pain over a period of 20 years many and then you'll die not knowing love. By choice. I '... Cannot. Say that I don't care. I love you sweet girl. I love you so much. And I don't want you to go. I don't want you to deepen your relationship with doubt. This is highly destructive. Religion has 0% to do with this. 0! %.

Faith in love. Which you is without any distance. Promised child of being God.

Or not.

And an opportunity for nuancing in between.

Dark - Nuanced - Light = Destiny

I heard from her yesterday about somebody I also know that this person has spent the last three years to decipher the Bible..

Like the Bible is truth.

No book is the truth.

The truth is non-conceptual. Unconditional. Aware. Conscious. Energy. Of love.

This is God. This is soul. This is you.

This is us.

What he fails is the same as all. He fails himself. Which means that he fails God. He falls short on love. That's the truth of it. As God is.

So what's there to study? What is there to decipher?

The misunderstandings. The judgements.

And come to freedom.

Which is not sexual. And that's the big lock on All Ah.

Ah! Like that feels good!

Can happen without sexuality you know. Sex is not everything.

You can have a lady friend and not have sex with her. If you stop thinking about sex. Which cannot happen if you decide to not think about sex. Because then you feed an unwanted desire and become frustrated about it not going away. But you are creating it. Hello.

So you need a distraction. Something that will get you off that unwanted thought.. And something that will give you what you desire as you do it.

💖 - Hello!

Live in your heart. Speak with your heart. Love with your heart. Breathe with your heart.

Soulful living makes everything alright.

And that is something we can trust. Completely.

Because it's all right.

And that is all light.

Feminine.

It's crazy now. To think.. That I could have blown this to shit completely. If I kept on smoking as of where I am right now..

This does not included Weed. Weed is fine.

I'm talking about tobacco. Destruction.

Weed is construction.

Let go.. Just let go of all. As to give the new.

The new and better won't come.. If you hold on.

It's not only gonna be alright. It's gonna be better!

Trust that or else you lack faith in God. It's as simple as that.

It's demanding to live in a negative energy environment. I am staying at what is called 'Emergency living' now with people at the bottom of society using drugs. And this is all test of faith. I am testing myself. To see my own loyalty to Love. Hold my honor. So this is like my bridge over burning lava rescuing the princess from the dragon.

But I don't kill it.

I become it spiritually. And thus it trusts me and we both fly away on it.

Soft as a feather..but strong is iron. All loving care. Feminine & Masculine.

Coming together. As of now. Not allowing for any control. Serious about love.

But with a sense of humour. And always in expectation of something new. Which is good.

Humble. Relationship. With all. Divine. Being of Love. Soul.

I cannot give this to anyone. I need to let that go..

This has been my desire.

But everybody's gotta learn sometimes..

Yet I hope. And believe that transmutation.se will help a lot.

In fact I know so.

We still have free will. Freedom of choice.

What makes it difficult for me to allow for the new and unfamiliar is that the opposite almost killed me. So I think I might have a little fear of dying in joy. That's cute. I didn't think that's gonna happen.

It's gonna be alright.. For sure.

Dave. Nas. Lauren. Oprah. Dr.Phil. Kat Williams. Neil. Chiquita..

I'll see ya'll soon.

It's all inside out.

If any of you was me now.. You'd now.

The need for nicotine is primarily located in the throat. Not in the heart. So leave that tension alone for some time and return to your chest. And listen to what's good.

With slow breathing. Slight smile. Relaxed eyes. Not taking anything that serious..

I left her my number. Maybe she calls later.. You know. After aftermath.

That's what I love most about this. People listening. That's humble. I have met about 5 people that do that. Where did you think I changed from? By affirming what I was dead sure about? I dismissed ALL. EVERYTHING. And in bravery came to love. Pure. Which is God.

You are what you eat! What do you eat most?

I cannot believe myself when I say that I wanna live as much as possible and that I love myself and my life while sucking on a cigarette. It just ain't working out. By nature.

By love.
By God.

If I wanna make that work I gotta bullshit all over.
At least with two more shitty things. To make that into a stable dark structure.

I only have smoking. Had.

That's one leg of an equal sided triangle.

I can feel the change now..

All I need is to rest in peace.

Truly.

I will upload this.

And then I can rest in peace.

And enjoy the rest of my life.

You can't save 'em all.

But you can save love.

From not having to start all over again.

As love cannot die.

But can be mistreated heavily.

Yet never goes out.

That's a promise.

Breathe life into that!

And sure as hell you got life!

For life!

For what it's worth. Being a birds as you is.
Incarcerated. On drugs. Fighting money opposition.

You ain't sick.

The world ain't either.

It's society. With a majority of complete idiots.

Save the world?

That's the most shade ass muthafucka statement of all. Such tremendous lack of humility
making oneself larger than life. The world is fine.

It's humanity being in need.

People look at history.

They see thousands of years of this and that and AAALLL OF WHAAAAT???
WHOOO+????98343 THIIIS!!!
AAAWWWW.....OOOOO.....6666600099912483247W765T
84URT94TURWEJISUGKDHJFNZB.≈^a, GVÖDMKLZSYNEO4VDINTCAKÖL

I SEE.

The last 2025 years for instance.

As one thin strand of hair barely visible in relation to creation.

And by that I do not even see religion.

Religion for me was something that was.

It wasn't anything more than a product in the 80's that did not sell well and now we don't see it anymore. It wasn't such a great idea. But someone tried selling it.

That's how I see all religions combined.

Like one single dot.

In the book of universal history.

Which is the idea really. To make for the light to dominate by natural implications.

Not to study the dot.

All matter is always condensed.

All light is always condensed.

And then we get the choice as to manifest using them both.

So darkness becomes words.

Light becomes feelings.

Feelings can be prioritized.

The we get lovely words.

Or words can be prioritized.

Which makes the feeling condensed by natural implications.

And love has a hard time existing.

Being shaded.

It doesn't take much.

It can be a slim shade.

That truly needs to die.

To fear of true self.

There is no other disease than lying to oneself.

Do not blame this on anything or anyone.

AA people.

Stop being irresponsible.

Do your creed.

Believe in destiny.

Stop being victims.

You do not have a disease.

But you might do something along the lives of what I did. Stop completely. Do the inner work for about 14 years. And then do whatever from a different perception.

It's the perception that is off.

True or false perception.

I bet there are millions of guys going to AA meetings every week feeling good about themselves all accomplished in not drinking. Yet long for a physical relationship with another man for instance living married with two children.

We won't have these kinds of issues in the future if we **DO NOT JUDGE**.

Then people can be who they are and do what they wish.

Nothing is wrong in relation to what you feel is right for you. **IN JOY. IN LOVE.**

In honor. In respect (which isn't fear). In reverence and dignity.

But still!

Makes it all OK to have sex like a jungle if you wanna..

Fear. Stiff.
Love. Loose.

Hold. Takes.
Free. Gives.

Do not stress.

Be on time.
The time is now.

Never stop communicating with self.

As this will always and forever be the primary relationship of all.

As you is..

I can go downstairs now..

And I can have myself a smoke.

All in joy.

Let's try and simulate:

I can calm my nerves. Over a period of time. But not as a super quick fix.
And I just felt like this. If I manage to burn myself on the hand for instance. I would have to deal with that pain for some time. And allow for it to heal.

And I have smoked myself with poison on the inside.

So Imma let it burn a bit.

I deserve that.

Honestly.

Whoever laughs condescendingly at and neglects love.

Has made something else into a lifestyle.

Being all mature. And grown up.

When love is all we need.

Who da fuckin' idiot?

'Omg he's 42 and a half years young and he paints and writes like a child!'

-

I can't fight fire with fire now can I?

With a world burning up in idiocracy.

The problem with having this morning smoke is that it often makes quitting today become tomorrow. But it's also like.. I had like 12 cigarettes yesterday.

So if I allow for myself to have 1 or two today.

1 tomorrow.

I can fade it out.

If I make that promise to myself?

Which I do not like at all.

Times change.

And I love all kinds of stuff sometimes!

So then again what's the problem?

My judgement.

That's how the stars do it.

They don't give a shit.

And just do it.

But then again.

What is their mission?

What is their creed?

I was feeling kind of chilly. I put on some more clothes and a hat.

It's all about need. And prioritized. Am I hungry? Am I thirsty? Am I cold? Do I need a hug? If I had someone to hold would I need to smoke then? Probably not.

So it's a burning desire.

Of love.

Which comes to be realized when affirmed in joy and allowed for!

And that can happen from me smoking sure. I just need to not judge myself at all.

That's the truth about it.

Which demands a bit of effort and energy.

To be extra strong in faith.

That's not impossible.

I keep seeing fire all over the keyboard as I write now..

Like burning coal fire..

Is this a demon trick?

What is normal?

Well it's something that becomes an everyday thing.
It becomes a part of what you do and thus who you define yourself to be.

I need to be objective here.

And look at myself from the outside in.

If I was somebody else I would simply say:

Just give it three days and then you won't be affected by the abstinence anymore. Which is a shitty word. Absence. You feel terrible in absence of what is not healthy? Seems pretty counter intuitive? Ohh.. Something let loose in my back now.. Left kidney.

Maybe this is another far back hex.

I cannot feel terrible in the absence of what I do not desire.

Honestly.

But I can make it into that by making myself feel good about desiring what I wish would be absent.

I do not wish for love to be absent. At all. I desires it as much as possible.
I love love more than anything.

Is this a divorce thing?

(My body is like: Go down and have a smoke. Come back and let's sort it)

Yeah no..

We need to do this right now.

My father never left me.

He fled himself.

He's still on the run.

But I am very sorry for my son.
Receiving the impression from his mother that I am doing the same,
when I am doing the opposite.

Injustice hurts.

It tries to twist and turn the heart.
Which makes for cramps.

That I can affect. By affirming the hurt with more hurt. As with smoking.

I feel like I can't take this anymore now..

This beating.

This constant giving.
Being laughed at. Judged.
Dismissed. Mistreated.

The tension in my heart rises as I wrote those words.

And that is anger.

Which is understandable.
I am a genius.

Treated like a loser.

From superficial and judgemental people.
Claiming to be good and helpful.

If this goes any further.

I will die.

I will have a heart attack.

For sure.

So what is needed?

Forgiveness.

They do not understand. Mostly anything.

For real. They see a grain of sand in the Sahara and understand undersand all about water.

Not humble at all.

And this I gotta give myself.

Or else I kill myself.

In the dark perception projected on me by all of ya'll.

Liars.

Cowards.

Immature.

Irresponsible.

Dark.

Fearful.

Barely humane.

People.

(just had myself a cigarette butt)

Tasted like crap.

Stress..

It's the stress of the situation.

Which is caused by doubting it.

And thus makes me live somewhere else than right here right now where all is good.

Like weed gives.

You Nixon fucking idiot.

And people make that into 'We can't live in a stoner society'.

Which is all about context and amount.

You know?

Like drinking 5 bottles of wine a week.

Which is OK.

All is OK if you can handle life and take care.
Nothing is wrong. Except when you live numbed and not present.

So the amount needed is not much.

If you need a lot then that's a different context.

Which means that you try to escape responsibility.

That's something else.

Cigarettes and nicotine pouches cost way less than sugar tablets with nicotine in them.

That's majorly fucked up.

All we need is to feel relaxed in relation to various circumstances experienced in a unique experience. Who is anyone to ever judge that? And what makes the best outcome in all of that is personal connection to what is truly needed and how much.

Like any consumption.

And this might require some experimentations.
All of the human experience is a chemical experience.

I do not need nicotine.

I need love!

And to receive love I need to not numb that desire.

But also not feel sorry for it.

Which in relation to myself and me alone is to feel good and enjoy myself.
Without judgement.

Which is to relax and allow for change.

In joy!

Not in worry.

11:11

Can I go by some tobacco free nicotine pouches?

Yes you can! That is perfectly alright.

It's the same thing as those sugary tablets.

But with more nicotine.

By those.
Go home.
Take one.

And relax.

L'Oreal.

Things will be awesome.

There is no way to not make this happen now.

Stop being hard on yourself. Take care by loving yourself regardless.

It's all good.