

NON SMOKING SECTION

ONE LAST ONE
2 CALM MY NERVES
I CAN CONTINUE SMOKING!
BUT WHAT GOOD IS THAT GONNA DO?



TRANSMUTATION.SE

If guilt gives you anxiety it means that you process the guilt. Which makes it exist. You can do that forever.

Or you can diminish the guilt by not running from it, not being scared of it. And instead meeting the guilt with a spiritual counter weight. Which is freedom. Focus on the emotion as much as possible with a positive feeling whilst smiling and repeating 'I am free'.

It's not easy, so make it fun! You better.

Do right for yourself. Nobody is guilty for loving/liking/living. What you need is to condescend & degrade guilt. Which can only be done with positivity.

Difficult with stress. And also with a disbelief in the negative feeling ever to completely vanish. Praise God!
You need to. But don't have to.

But, God is Love - A.K.A : All free

Given.

The smile will be more effortless in time when the resistance is gone. You don't do anything about darkness, you just bring on the light. Thanks Joel! I did not believe in that. Now I do 🍷💖 I love you & I love my life

And I'm not sorry for that 😊💖

(But just so you know, that's how dark it was.. but when you do the work it brings you to a level where you finally understand better emotionally getting rid of resistance)

'I am free' with a negative feeling is not 'Say it like you mean it!'

The heart is about the size of your fist. But only resembles that in self defense. From self.. you get it? Self love. Why stress that in doubt. Makes for a world of hurt.

And is the reason behind all wars..

Created by "strong" men smoking cigarettes and drinking coffe. Something you do in need & to trigger more rational thinking.

I know from experience.

All you need is love. And that's OK.

When you realize that you stop fighting.

So self realization is kinda & pretty like literally important and so on as to go on.

It's either that or focusing all our power into building a time machine. That takes us back to 1955 and stops the birth of my mother. So I would not be in need of anything. But then again I would not exist.

I forgive her. It was a terrible mistake. What I've struggled with is her & my fathers lack of participation in the game. All in fear of true self. Not humble before God. Which would have made everything different for me and my sister.

But then again again!

I would not have created all of this 🤔

And for that I thank God.

11:31 January 7th, 2025. Christmas Day.

If we all follow that? We will not do things for the wrong reasons. And not be in opposition either. It's interplanetary. Not religions or traditional. The is universal. If you disagree it's truly time to just shut da fuck up.

It's about perfect precision.

Somebody not owing life anything does not light a cigarette in anxiety solution. But can enjoy one if they so choose. It's not the end of the world.

All of this was created under pressure. From a world who values money over love. And judges themselves for it. Simple as that. Because why? We all know. But fail to trust.

In fucking God for fuck sake!

Which is errthang! Includation da fuckation money!!! Hold Love God da highest!

Don't create guilt. Like even for a swear word. It means heavy! Like I fuckin meant it.

That ain't no curse. Unless you make it that.

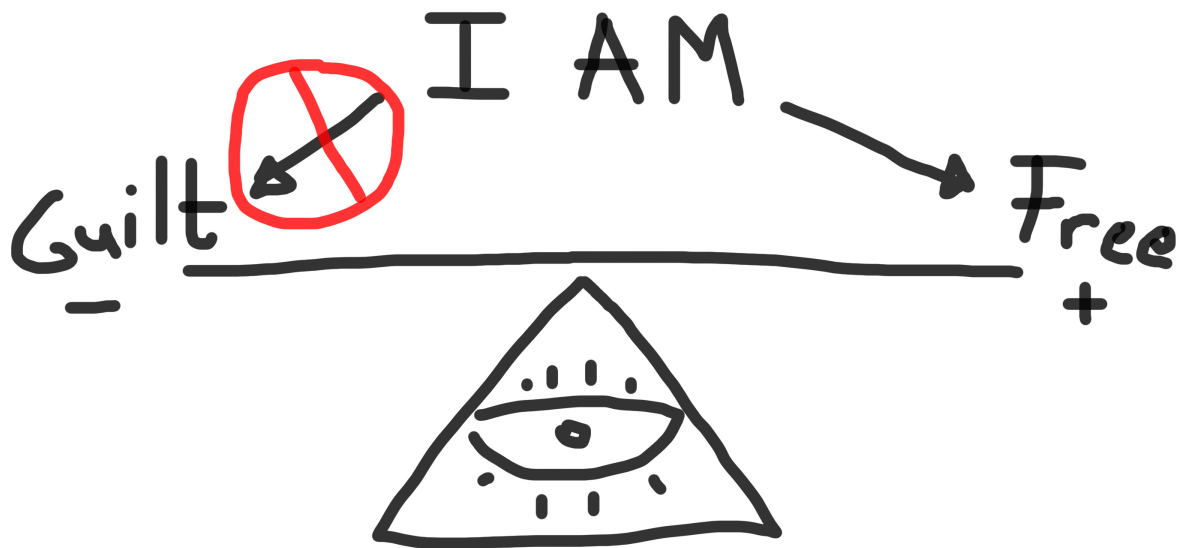
Try the opposite. Make it fun. It's just words.

Again, when don't work at and entertain what we do NOT want. I take care of me.

You take care now. Of you.

It's all energy.

Anne Murray - What about me



**THE SUBCONSCIOUS MIND IS HABITUAL AND LITERAL.
SO A STATEMENT LIKE 'I AM GUILT FREE' MAKES FOR TOTAL CONFUSION.
IT'S A QUESTION OF PRIORITY. IN RELATION TO SOMETHING NON-JUDGEMENTAL.
WHICH HOLDS NO QUESTION. CANNOT.**

AND THEREFOR PUTS A HOLD ON WHAT WE PRIOROTIZE AS TO NOT WISH TO KEEP.

'I AM FREE' BRINGS ON DA RUCKUS.

**WHEN THE FEELIN' AIN'T THERE.
'CAUSE IT'Z ALL DAT MATTERS YET IS SPIRITUAL.
FEELING FREE GIVES YOU FREEDOM.**

**SIMPLE AS DAT.
SORRY ASS VICTIM PAYS THEY OWN CONSEQUENCE.
GOING AGAINST GOING FORWARD IN LIFE.
HOLDING ON TO DEBT IN NEGATIVE SELF PERCEPTION.
'CAUSE THIS IS THE LOVE THEY KNOW.**

- FOREIGNER

GET ACQUAINTED OR ACCOUNTED.

THE MAIN ISSUE IN MY LIFE GROWING UP
WHICH MADE ME NOT GROW UP WAS
THIS:

I WAS MADE TO FEEL GUILTY IN ORDER TO LEARN TO BE GRATEFUL
JUST LIKE MY PARENTS LEARNED FROM THEIR PARENTS

'YOU BE HAPPY AND JOYFUL NOW! YA HEAR!!!'

PANIC, FRUSTRATION

FROM NOT BEING ABLE TO GIVE WHAT THEY DID NOT HAVE

WE CAN ALL FORGIVE THAT

FROM SIMPLE UNDERSTANDING

BUT MOST IMPORTANTLY

DO SOMETHING ABOUT IT

LEARN AND DON'T PASS ON THE TORCH AIN'T LIT NAH MEAN.

NAH SAYIN'..

YA FEEL ME?

BEST EXPRESSION IN THE ENTIRE MULTI COSMOS!

YA FEEL ME.. 

AND YOU THOUGHT IT WAS ALL ABOUT THE DREADS AND BEADS N SHIT..

THAT'S AIGHT..

SPIRITUAL MEANS EMOTIONAL

(FYI..)

AT ONE POINT GIVEN MY EXPERIENCES AS A KID I SLEPT ONE NIGHT WITH A
CRYSTAL IN MY ASS. I THOUGHT IT MIGHT DO ME SOME GOOD.

IT JUST GOT COVERED IN SHIT.

JUST SAYIN'..

I TRY SHIT!

BUT I DON'T EAT IT!

YA FEEL ME!