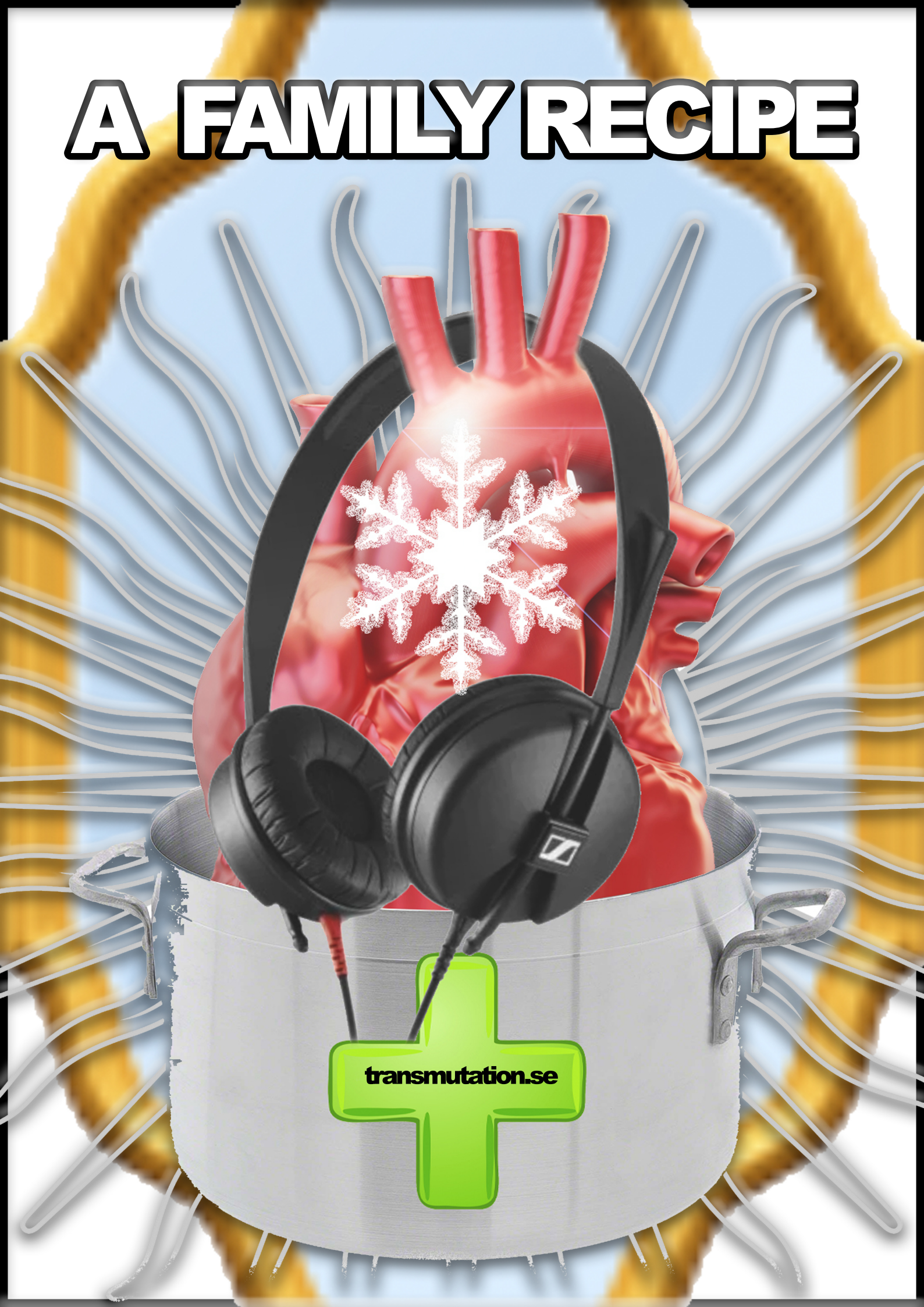


A FAMILY RECIPE



transmutation.se

A great family recipe:

Let life happen and make good choices.

What that means is not to evaluate everything happening all the time. That's actually judging. And what is a fundamental part of evaluation is value. Either good or bad. Positive or negative. Worthy or unworthy.

With a mind that is ego and doesn't understand itself which takes everything personal it will be a constant evaluation of life.

When coming from a background that has impressed with subconscious with being bad it makes for everything to be depressed.

A lot of guilt pressing down. Not enjoying oneself which is life. A.K.A - Depressed.

A root problem of not feeling worthy which makes for difficulties of experiencing gratitude.

A lot of outside work to make you look good as to feel good when everything is a misconception of how life works. Which is all about the inside out.

Apply this to yourself and you'll be able to apply the same when cooking your kids to perfection. Which they already are.

Try to be more divine. Which is to be more equanimous and appreciative. They kids learning is not a stamp of failure for you as a parent. Stop thinking about yourself.

Perhaps stop thinking all together and then you'll actually enjoy yourself.

It's hard to experience something for what it is and evaluate it at the same time. I would actually say that's impossible because the presence is gone. What is actually going on is an oscillation between the two.

Trying to appreciate and trying to make a judgement.

That's very demanding, confusing. And not enjoyable. Thus life goes to waste.

Call that loving Gumbo?

And you aren't aware of the shit you keep adding to the family dinner.

We are not here to achieve a bunch of stuff.
That's a messed up school. We are here to love.

Life can be on trial walking the streets.
In constant judgement.

Do that enough and you'll make your ribcage into a prison for your heart.
Eventually becoming a reality reflecting your own unworthiness as your actions
leads to destructive consequences.

The most destructive thing a human being can experience is being imprisoned
against their own will. Because the will is initially free. Not judged. Not
incarcerated.

Just like love. Just like the will to live.

What makes for a negative judgement is jealousy.

What makes for a positive appreciation is inspiration.

No matter what you experience as you wish for everything to be good for all.

*** If the gumbo begins to boil like a volcano please lower the temperature which
will reduce the pressure. Don't hit the pot with a baseball bat. In other words:

Talk about everything as a unique emotional experience. And have the mutual
intention of letting love and truth win. Which nobody can ever own = Humility

Your human value is connected to your voice. And that is all about expression
which prevents pressure and eventually frustration. To let it all out before it
becomes a mess. From the outside in.

God let go of all creation and gave it to us.
We can do the same thing.
Without a bunch of control.

A more feminine society. Not female.

But emotionally understanding.

What is feminine is relaxed. What is masculine is tensed. It's not difficult to see?

What makes for a world of love.

I never grew up with two parents. I never grew up with one neither. I grew up with a
traumatized child trying to lead the way in a mature costume. That could have
been different if humility and connection to God was present which always goes
hand in hand. Humble is not something you can become. It's all about relating.

And that makes for a relationship. With yourself, and with others.

YOU CAN'T FAKE ANYTHING.
WITH PEOPLE BEING FAKE, YES.
BUT WITH SOUL. NAH.

Kids always feel truth. Kids are closer to soul.

But they are forced to accept what the role model is communicating.

If that is stated to be love but isn't?

The kid begins to self-destruct.

As a double standard is being impressed on the subconscious making the kid live
in a constant oscillation between to poles.

Truth and lie.

Is that something we should drug and define as broken do you think? Or can you
see the root cause as you hurt the branches?