

# STRESSED

The Pressure.

The Force.

Do you ever feel you have to go on? Do you ever feel like you have to live. It is a choice. Do you wanna live or do you wanna end your human existence. If you feel like you wish to end your existence life is obviously hard. Which is all tension. It's all pressure. To conform to a society which does not focus on love. What makes me feel pressured as to live making the experience uncomfortable is the obligation to stick around. Who has designed this? Who is entertaining this? I have. I am. Why? Because I struggle finding peace in being accepted for who I am. Without acceptance how can there be value? So you might think I am acting ungrateful for living? All these questions. All of them in relation to what is supposed to be as an idea of where I am supposed to be. But in reality.. I am right where I am supposed to be. I've got financial dept. I do not have any contact with my kids. Why? There are multiple reasons and opinions regarding this. But the foundational truth about them all is not feeling appreciated. Which has nothing to do with anyone else. And so I stress to perform. I wish for validation. I wish to clear my history. I wish to take care of the contradictory energy holding us all back. It's not easy to feel worthy when there are circumstances speaking against it. So you affirm the opposite. You begin to work for light. Which inevitably will bring the universal opposition. Darkness. If you decide to pursue setting the record straight you will encounter resistance. So to feel good as of right now could I simply give up my quest? I wish I could. What is tormenting me and pushing me to almost loose my mind and potentially loose my life is not giving up on truth. But all of my conduct is contradictory if full of stress. It's the same story all day every day. Pain in my body. Tension making it difficult to breathe. Sorrow comes to my heart. I allow for the sorrow to be felt without justification and afterwards I feel redeemed. But I can't go on like this forever. 42 years now of heavy resistance. Of things getting more and more pressurized. More challenging. When is that crest coming? Colors begin to look the same. Food begins to taste the same. Music has similar impact. I begin to loose care. Is this good? To just don't care about anything? Maybe it is? Maybe not caring yet not complaining is the key? Being the observer. Not participating as in evaluating anything. Just going with the flow. It is what it is. It will be what it will be. - Should I give up on love?

Should I give up on love as to give love a chance? Do you feel me? Just give it all up. Let go of all expectations. Not saying never. Not entertaining any form of derogatory defeat. Simply just letting go. When I was a kid waking up during summer time I got dressed and took a bike ride. Now I put on some shorts and walk out on the balcony to find and smoke a cigarette but. That's quite a difference. Because I am so tired. It's all about energy. If I had the energy I would be more enthusiastic and motivated naturally. Maybe I need to act my age? And what is that? Getting comfortable with not much happening? Learn to enjoy life just as it is?

I like to have fun. Do you like to have fun? Can you have a good time not feeling worthy of it? Can you give yourself a good time? I've had trouble with this all my life so far. If I have to go on.. The I would have to do everything as well. But I don't have to do anything. I don't have to stick around. I don't have to live. There is no obligation to stay. You don't have to be here if you don't want to. But I want to.

I feel like sadness in 'Inside Out'. But I don't wanna be her. I wanna be Joy! Every kind of workplace I have been working at in the past has been so fascinating and fun for me for about a month. I get tired of the same kind of thing over and over. It sickens me. I get so fuckin' bored. The same conversations. The same jokes. The same production. The same hours. The same everything. No development. I can't stand that. So what is that? Is that the workplace? Or is that me? I can't stand my own stagnation. I wanna become more and more. I wanna be a part of something the grows and expands. (Don't even try to make that into a sexual joke). The world today as I see it is retarded. For me.. Not much is happening. I saw a documentary yesterday about turbine engines being placed underneath the sea to utilize current of tides or whatever for harnessing electricity. I am not impressed. What is all this power providing? Shopping malls. TV's. Street lights on everywhere during the night. Business signs. It's just such a waste. If I had infinite amounts of money and a little house maybe I would enjoy myself I think. Or maybe not? Maybe I'd sit there for a while and eventually just kill myself. People are not connecting. This does not mean to be in the same area sharing small talk. Humanity just keeps working and consuming and working and consuming. For what? Don't you ever feel you wanna be a part of something great? Some would say 'That's dangerous thinking, stay grounded'. So what about innovation then? Someone has to be a little crazy? It's all about security. The one getting hired is secure. They know what they do. They do not question themselves. They are confident. Skilled. Yet humble as to listen and keep learning. We need innovation. Or else shit gets boring. What stands between this happening or not? Bravery. To be brave and do what you do. To believe in what you can provide. To create a business. I can't do that.

Because I don't want to. I don't want to create a business because business ain't my thing. I am not interested. At all. I enjoy money. I enjoy possibilities. But I am not about business. I am a creator. I love to inspire. I like to be real. You don't have to believe your idea. You just have to believe yourself. When you believe yourself you believe your idea. Look at that they lined up. Sync. I believe the idea that [transmutation.se](http://transmutation.se) will become world famous and generate possibilities for me which includes money and creative satisfaction. I believe that [transmutation.se](http://transmutation.se) will present what I am as who I aspire to be as to make a difference for my children in a way that my parents never did.

But I can't stress that. You don't stress what you believe in. If I believe in myself and what I have created then I must rest assured. Just trusting that it will happen. Letting it go.. And allowing for love to make it happen.

I am not looking for a grand prize of achievement to make me eternally happy. I just wish to initiate what will generate more things to happen. I don't like the feeling of being stuck. I love development. But not stressful. A stressed development will break. That's just how it is. I know this from experience. I have behaved like a moron. But then again if your perspective is grand together with your sensitivity you feel and see potential. And this gets you frustrated. And this increases the pressure. And before you know it you are full of stress! And from all that tension you might act in ways you truly did not want.

And you loose..

I don't wanna loose anymore now. I've lost it all. From self sabotage as to learn my ways. I feel like I've learn a great deal. And I wish for another chance. Like the retarded genius I am.

To be a part of something great. For love. For good.

And I will. You all will. In a good spirit. Which takes you there.

If you choose to play nice. Giving. Loving. Understanding. Forgiving. Allowing. Trusting. Freeing.

Be love as much as you can. And love supports you. Good things happen to good people. Which is what you affirm yourself. Do not seek outside validation. Be you. Be true. Feel worthy. Feel deserving. Trust love. Work for love. And love takes you away from all that boredom..