

I CAN'T WAIT!

To have so much fun!

Says no-one with a lot of guilt, shame & fear.

Yet they say:

I CAN'T WAIT!

The one who's rid themselves of guilt, shame & fear are living with good and even great expectations!

The one with guilt, shame & fear is also living with great expectations.

But not so great at all.

It's very hard to expect great things and be in a state of 'I can't wait to have so much fun!' When you're sad.

So you need to cry.

And when you cry you express yourself about what you are feeling sadness for.

I was in a state of 'I can't wait to have so much fun!', just an hour ago that turned into me feeling sad and I felt like I needed to cry. So what I did was not to fake a smile even more and get out of my sadness. Nah..

I let it out.

I got in the shower and I welcomed the emotion and expressed myself.

I cried and I said:

I miss you my children. Everything's going to get better. All my dreams come true and soon we will all be together again.

After I did that, I felt:

I can't wait to have so much fun!

Again 😊

The fear for success is so demanding when you think about performance. Like those expectations. Forget it. It will work out then.

To be in a state of: I just wanna die! I can't wait!

Is all about getting thru. Getting thru IT.

So you can't get over IT.

You have to go thru IT.

And you don't need to be a super computer to realize that this involves experience. As in experiencing the emotion to acknowledge yourself in that state.

Or else you deny yourself and try to force yourself into being obedient in relation to becoming happy? Whipped to success! It ain't gonna work.

That only works with cream.

But U da pie.

Babycake.

Express what the emotion tells you in relation to how it makes you feel. It is something that has its origin in how something made you feel.

A situation, a circumstance, a trauma, misunderstanding, an act of frustration.

That you were a part of. That involved other perhaps.

But they are not hanging from the hook of pain that you hang from?

If that becomes your conviction you will never be free.

You need to free yourself.

And let it all out.

Because shit comes out the opposite end of where you consume food. But emotions in low vibration need to come out upstairs. You feel me?

Like:

This is some bullshit!

To keep quiet only kills you.

Expression is the key you gotta ventilate your heart.
The season to be mean is at its end a brand new start.

The state I was in before I cried in the shower and as I returned to the state of positive and great expectations afterwards so fast is because I have gone thru that many many times before.

It was all the same.

Only I cried for about 5 months in the shower.

That's how much sadness had to come out.

That's how much I needed to express myself then.

You know what has always made me feel better ever since I was a little kid.

Tropical Juice.

It's like I'm drinking the sun or sum.

It's a fun juice!

Liquid Safari!

Haha..

I can't wait to go on a safari!

You know what I would absolutely love?

And this makes me cry now.

I would love to visit a place where a male lion is having some observations done laying on a table half asleep and hug it. And just follow the breath of that lion.

Together with my children and their mother.

That's a very loving and great expectation that involves crying.

But these tears are different.

These are tears of joy.

And check this out:

Now we make the most of this situation and we put sneakers and the lion feet. And we put on some lipstick around its mouth. And then will add some eyeshadow. And take pictures with that lion. And then we show it to all the other lions he friends with. And the can't understand shit. But to us it's funny as hell!

And now I still have the tears on my face but I turned those into joy!

It's actually a real mix to be honest!

I miss my kids and I feel so grateful and I'm happy all at the same time!

And all of that feel great.

It makes me feel great as a human being.

It makes me feel human.

It makes my life worth living.

The more I feel.

I know the cover has a tiger on it!

There are no striped lions.

Well at least not before I spray paint 'em.



The photo is a screenshot from 'Disney's - Tigers on the rise'.

I truly madly deeply recommend you watch that.

And how art can make such a difference as animals are stupid as shit.

But they lovin'.

Just like I am.

And I'm not smart really.

I just feel so much that the universe has no other option than to adore me.

Like I adore myself.

For always being as loving as I can.

Wow what a big ego?

He only think about himself!

Said the idiot.

But you know what?

I know that you just misunderstood me. So I forgive you.

Perhaps you wuz just a bit jealous?

But you are loving too!

Just be that!

I know men that take great pride in never crying for anything.

One of those men is someone who lives close to me.

He is very sick.

All is a matter of the heart.

And this is why he is committing suicide.

Only slowly and in pride of "being strong".

(He drinks a lot of coffee but says he doesn't)

(Coffee triggers logic and turns off emotions, lying is not being true)

What makes you weaker should be an indication of something going very wrong?

If you trust in God. God is Love.

Water is life.

Add some to your face my friend.

And not fake, like from the shower.

From within.

Also I wish to recommend 'Planet Earth III' from BBC.

It's absolutely astonishing. What I loved most about it was the episode with the monkeys stealing and trading. Genius!

What you are looking for in everything that you do is to feel good about yourself.

And that is doing good but also feeling good about doing it.

Feel Good.

Feel More.

And your dream will become a Feel Good movie.

A Feelm.

Feel Love. God is Love.

Feel God.

Why not be God?

Why not be Love.

And you will feel great!

But not larger than life.

That behaving like 'A God'.

A Good? What's a Good? That's a lie.

And it won't make you feel good. It will only make you feel superior.

Which is not humble at all.

You'll thank yourself as you feel good. As you feel God.

As you feel Love.

A+ is something else. That's something positive.

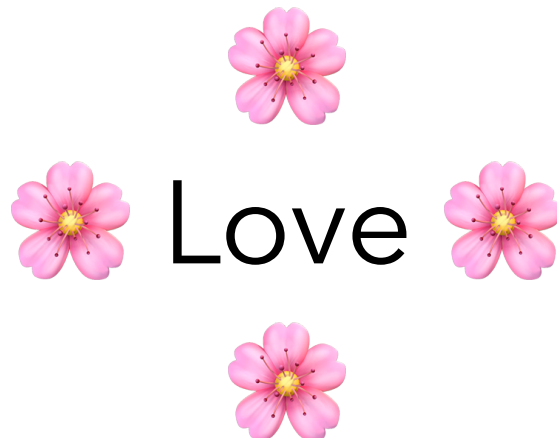
To express gratitude is to make you feel grateful.

So if you are giving thanks but aren't feeling grateful? What's the point?

If you aren't feeling love what's the point?

Why live?

So what is the most valuable thing in the world? In all of your human experience and existence on the planet?



I love you! Take care now!

// Leo De Janeiro 🌴

This is God in everything you do!

In just total amazement!

