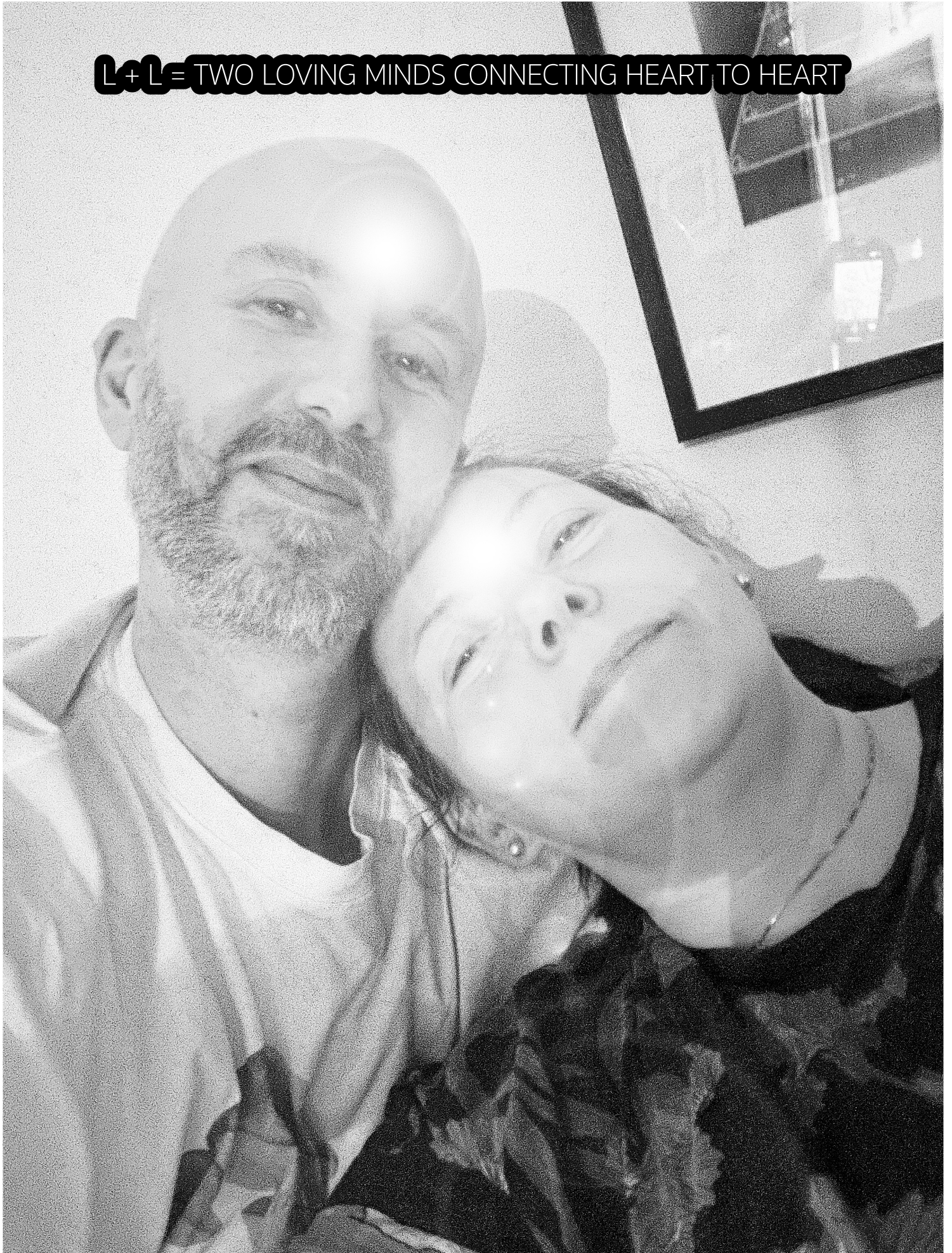


LEISBETHO

L+L = TWO LOVING MINDS CONNECTING HEART TO HEART



TRANSMUTATION.SE

Please listen.. 

Words like these might initially be interpreted to be addressing someone else.

My greatest fear is for it all to end
When I don't get to see you, my best friend
I just want for us to have, the world together
I wish for us to experience love, in all kinds of weather
And I know that it will happen, it's a given for sure
We don't have to find an antidote, there's nothing to cure

All what we desire comes as we give in
Trust it all completely, this is our win
To be afraid of that is a knot on existence
Which truly is our choice in keeping a distance
So we need to be connected you and me
Don't worry just feel safe, that is the key

Things will resolve and sort automatic
When we don't think so much behaving static
Allowing for it all trusting love to deliver
And everything shall flow just like a river
Universal attraction no questions at all
No judgemental interruption transparent call

The earth is ours just given to us
Keeping the faith emotionally all plus
What would you like, this is what I wonder
Blue sky and sunshine? Destructive thunder?
The atmos is affected by love or fear
Please just love yourself my precious dear

Like it's are a heartfelt poem writing from someone to
someone. But if you read this alone and to yourself?
You can notice it's a guiding communication from self
to you.

Because it's all about soul connection.

You joining forces with your true self.

This will make you genuinely very much in love in yourself. Now you can love your personality. There is nothing wrong with that without any comparison regarding anyone else.

But to love yourself and to be connected spiritually will be a very beautiful and authentic connection coming together with someone else.

All the love songs.

All the poems.

Are spiritual invitations speaking of Soul, God,
Source, True Self connection.

This makes you no longer in need as if you lack what you truly is. Which is completely contrary to your authentic nature. And makes all other relationship giving instead of taking.

Nobody.

Has ever done anything to me.

I have been thru things. I have experienced abuse.

I have been mistreated before I could even separate between who I am as isness and what I have as a human body.

I was defenseless and what happened was not right at all.

That's why it's called abuse and mistreatment.

But whatever happened and whoever did what?

..Was them doing it to themselves in complete lack of control of their own emotions, instinct and self preservation.

I got involved in this because I was there.

And that's **was** part of my story.

To makes that about me at all gives me a completely wrong impression. **About myself!**

When all I truly want is to feel good about myself which cannot happen without being all positively impressed completely in relation to myself and myself alone.

I need to take responsibility.
But not for them and their misconduct.

So here I am.

With a history that involves various actions.

Small. Big. Destructive. Constructive.

All of what is a part of my life.

But I cannot identify with anything of that.

At all.

And expect to live free.

That's what the poem is all about.

The poem is written all in love.

I wrote it last night after I got home.

From a night out with Lisbeth.

At the karaoke bar.

As I was home alone right after I kissed her goodbye thanking her for a lovely evening. Saying how beautiful she is and that we'll see each other tomorrow.

I felt that alone.

I felt that love without her.

All inside myself.

I love her. I do.

But initially I truly madly deeply..

Love myself.

As of now.

From now on.

And until they day I leave this planet.

Which makes her..

Someone I love for real.

I don't wanna loose her!

But I will.

If I loose myself..

I can only give what I have.

I can only receive what I need.

By truly madly deeply giving myself what I need first.

And I cannot do that. Holding myself prisoner in the jail of dark self perception. Because that will make her..

A correctional angel of mercy.

That will lose what she is..

As I from a negative need will use her to survive.

That's not right.

That's not a loving relationship.

That's killing in the name of love.

So what's needed?

What can she change about herself as to come correct in relation to me? What can I change as to come correct in relation to her?

We both just need one thing.

And one thing only.

We need to free ourselves from our history.

Whatever that history is about.

To live free and love ourselves.

So we can honestly without darkness..

Love each other.

So please listen with your heart as you read the following page:

Nothing of this is ever possible.

Without letting go of everything that was.

There is no 'Men in Black' device to erase the memory.

We cannot go to some technical guy and wipe out everything negatively impressed which would make for 'Eternal sunshine of the spotless mind'.

Even the sun has spots.

But what makes the sun go on forever?

Is not identifying with them.

It's to look at and my God please identify with everything else.

Which is a vast majority and truthfully authentic and real.

About who we both is..

Love is free.

By nature.

Just is..

So it's our choice as to connect with that. I in me.

And she in her.

It's the same thing for both of us. Our genders has nothing to do with this. Our specific history has nothing to do with this. Nothing actually has anything to do with this.

We make ourselves free.

We shine on our own.

By choice.

As to create more of ourselves and each other.

If we can do this so can you.

So can everyone.

Which is to become what we is and that is not possible in all honesty without creation inside ourselves as to change the impression from a wrongfully accused dark self perception of shame, guilt & fear within ourselves.

Coming to the light side of clear self perception.

That's the most magical thing you can ever do in life.

Because that's a foundation of true love.

For real.

And will become this in all relationships in further connection regarding everything in the entirety of your human existence.

For me with her.

For her with me.

Living together in love, all free.

The opposite of that is living in conflict.

For me.

For her.

Living separate in fear. All judged.

And maybe we decide to let that dictate who we are?

We don't live that far from each other.

It's just a 2 minute walk..

And from all of that dark and negative self judgment we can fight and try to blow each others homes to pieces.

Which in reality is to kill what we want.

To kill what we need.

In relation to ourselves making us come together instead.

Enjoying a night out.

At a karaoke bar. When I for the first time saw her with earrings!
Outside of the environment of personal jail.

That we both have lived in across from each other.

Judging ourselves to deserve that.

But we met.

By destiny.

And we worked it out.

We didn't know exactly what was gonna happen?

But instinct at deepest level made us connect as I took that turn and walked up to someone outside a kindergarten and just asked her name and said within 5 minutes to a complete stranger that 'I know a lot about emotions and the subconscious mind, I can help you'.

From there we have talked. We have cried.

We have laughed.

We have learnt.

From each other in a nonjudgemental ping pong which has been challenging at times..

Sometimes becoming pretty demanding so we needed a brake from each other for a few days even..

But we continue to return.

..Because of love..

What the Universe is trying to tell us? Is all about that poem. To connect with ourselves as to be able to connect to each other. Connection has no distance. Connection is connection.

Which isn't about anything physical. It's all spiritual.

As we are spiritual beings having a human experience.

So all of that physical connection comes last.

And it's not that important either.

It's a part of it. I would not want to be without it.

Like when she tilts her head on my shoulder.
Like when we listen to people being brave to sing at the karaoke bar
holding hands.

Like when we are out for a walk and suddenly just stop to hug for a
little bit.

But most importantly..

Are the times we look into each others eyes and just feel love without
judging each other. Which cannot happen at all completely free?

If we judge ourselves alone.

Because this can come close to a connection.

But it isn't. Fully.

And thus not a connection at all.

So imagine if we decide not to talk about this?
If we decide to focus on physical connection every now and then to
make that work? And be together for the sake of just not being alone?

That's not a healthy relationship.

If you are with somebody?

And you feel that there is something missing?

You can't call 'Missing People'.

You can see this other person right there.

So what's missing between you two?

And what can you do in relation to yourself yet together as to help each other in?

True connection is not out there.

That's forever a misconception.

Love is not out there.

The truth is not out there.

What you seek is nowhere outside to be found as to make you complete.

It's all in you.

It's all in me.

Which is something to connect with. And happens naturally without effort at all. Completely free of negative charge in false self perception. That's a bright view! A flash inside your mind. Which can become a lightheaded experience. If you decide to focus on it. Instead of anything called a spot.

So..

Some might think that this is about a companionship together with someone else?

But truth be told.

It's the same thing regarding all relationships.

In relation to everything.

Like all other people and the planet.

Like everything in your human experience.

Everything is an expression of the same thing.
The guidance is all about the same thing.

It's an invitation to come closer.

To love.

Which is spiritual.

And can become physical.

We got close together last night before we went out to the karaoke bar. And after that I for the first time in my life born in 1982 felt no shame or guilt afterwards.

That's from a great deal of hard work.

Taking care of spirit.

Inside me.

And also inside her.

Like I said..

I know a lot about emotions and the subconscious mind.

And I listen to my heart.

I follow it blindly.

I let it lead me.

And to be honest as we sat down on a bench together for the first time talking to each other I got a super strong headache all on the right side of my head during that whole time.

Which I celebrated and gave positive credit.

Because I know that emotions are on the right side and ideas are on the left. So I knew that there was a lot of emotional trauma in need of correction.

So I played angel for her.

I did not make that into something wrong.
I understood and felt I potential.

And I never gave up.

Because I could feel the reward I would receive,
from doing the right thing.

This went on for about 6-7 months.

But cleared up as we unraveled the misunderstandings.

In all of what we've been completely open about trusting each other.

We have set ourselves free.

Together.

As to come together.

To live free.

Any two people can do this.

Anyone can do this.

But it's harder and does not make the picture clear as well as doing it
as a team.

We could have done this just as friends.

In fact we did and then it developed to something more.

But I can do this with anyone.
And she can do that to.

We can still do this even though we are together more intimately.

We can help other people come together like this because we actually know from experience as we've done it ourselves.

Everyone has been thru things.

And anyone can set themselves free.

And to be honest..

We all need help.

I saw a funny video yesterday..

There was a voice that said:

The most difficult things for a human being to say is..

I was wrong.

I need help.

And..

Worcestershire sauce.

Which is funny but it also speaks about complications.

And that's all about lack of humility. Because the less humble we are the more confusion. And we create a bunch of technical explanations as to describe what we truly don't understand.

So I hope that all I've written on this website has taught you something about love. Which you is. And should comprehend at base level all in relation to yourself as to just be able to be you authentically.

As this will create a lifestyle of holding love most important.

Without holding it to tight.

And not completely letting it go either..

Which can only happen as you understand emotionally just how precious love is..

Or die.

From self destruction.

Yeah.

- Well it doesn't have to be that dramatic!?

But you see it becomes that.

People brake up with love.
And children suffer.

From divorce or even worse, war.

We are meant to come together.
All of us.

As one.

Being.. The one.
Without competition.

- So how do we do that?

Like we did.

It's the same game.

We heal together.

We let go together.

We understand together.

We forgive together.

We release together.

But don't give up together.

And come together.

I saw another video yesterday. Of a gentleman in Africa showcasing slave chains in what I believe was a historical museum about slavery.

I understand that this cannot be forgotten.

But it can be forgiven.

I understand people visiting Auschwitz.

This can also be forgiven.

Anything can be forgiven and create freedom.

Which is not her acceptance.

But the white man in relation to the black man?

Black power and black culture?

The white people do this?

I am Jewish!

I am Muslim!

I am Christian!

All makes for separation.

They all have a foundation of common interest.

Competition.

Of being a survivor of difficult times all in relation to some form of oppression making them submissive living with trauma of negatively perceived impressions.

Which has nothing to do with anyone else,
when you wish to become free.

Whatever you go thru and heal in relation to yourself will eventually leave you all alone. You will paint yourself into a corner. And in that corner only you fit.

And that's actually kind of funny.

Standing there in the corner of personal shame, guilt & fear.
Holding on trying to walk thru the wall instead of turning around.

And facing freedom.

You're welcome.

Do you know that?

Knowing is feeling.

All alone.

Yet not deserted.

Not left to die.
Not ever not cared for.

Not ever not loved.

Not ever forsaken.

You are loved.

You cannot be unloved.

That's impossible.

Because you are a soul being made of unconditional love.

All free!

But you can hit yourself.

You can hit others.

And that's a choice.

Which is trying to escape the Matrix by fighting Smith.

When Smith is nowhere to be found if you don't create him.

As you are the creator.

You have the ability to morph.

To change.

In humility.

And come home.

You don't have to live underground in protection.

The bunker and panic room is designed to keep us safe.

From people doing terrible things not understanding anything about love. Condemning and judging, themselves.

There is a special group which are called 'The people of God'.
It's a special chosen people given the power to create as they wish.

They are called:

HUMAN BEINGS

Are you a humane being?

Or are you fighting yourself.

Behaving robotic as to technically make peace with a missile.

I am not sorry but I do wish to inform you that you need to be humble. You need to be humble as to say:

I don't know.

I need help.

And..

I say love but I don't know what that is..

Because I hurt so much.

From not knowing myself enough to be connected spiritually which is a foundation of being what I is.

I don't know can also be spelled 'I don't now'.

So where are you?

- I am standing right here what do you mean???

Where are you spiritually? Which means emotionally.

Are you at home is what I'm asking?

Are you there?

You cannot be anywhere else not in need of lying about it?

Either your home or not.

Home is where the heart is.

- How can I know this?

Are you at peace?

What are you contributing with?

What are your creations?

These are indicators of your conductivity.

Which is either negative or positive.

When love is all good.

Don't look around. Look at yourself.
And become more of what you is..

Please.

And the world is yours as well as mine.

A world of love.

/ Leo & Lisbeth

I put my name first as I wrote this and could not have done anything without myself and my dedication and commitment.

But nothing would have worked out at all without her.

I would have died.

(Not from suicide but from a broken heart)

Honestly.

I am not a victim.

I am a soul survivor.

Which is impossible for someone not affirming their true self.

I take care of what's important. I take responsibility.

For me, for you. For all.

I do not complain. I do not blame. I don't judge.

I do not hold on as I wish to be free.

I make this my life.

As life is love.

You feel me?

When I doubt myself I doubt us..

Which is truthfully me disconnected.

When we stay connected all is given.

I receive her and she receives me.

We give each other ourselves.

From me giving up.

From her giving up.

In relation to ourselves.

And then it's practically no choice anymore.

It's just us.

From me just being..

From her just being..

For us just being..

Together in love.

That ain't so complicated.

We don't need a respirator for that.

We need love.

And that's perfectly expected.

Alright.

All right.

Feminine power.

Soul: I am.

Body: I have.

Sex: Born as

Human: Choice

Mind: I USE +

What happened was for you, as this was a part of everything creating you. Which is all your destiny. That you as a free being is offered a choice in honoring.

A chance.

To do something good with.

What is not working out for you will be challenge for the next generation. As they pick up where you left off. Living with struggles of their own manifested from their current comprehension and understanding of love.

This is what we call karma.

Family ties.
Connected by energy.
Which is in motion.
E-Motion.

What needs to be taken care of is this. Whatever achievement is based on this in regards to feeling successful for being you or what you do.

There is nothing wrong with doing great things and being awarded for it. But it's an empty reward if you ain't feelin' it. The love. Alone.

Depending on what you created you can live on that for a while. Which keeps you living. Can you hear the sound of that? It's false. Not harmonious.

With true nature.
So get to work with God.
God is Love.

It will lead you and give you in absolute
perfection all that you need.

Because Love knows.

Everything forever.

For infinity.

You can count on that and invest all you've got.

This is what love wants.

Because in that sacrifice in giving love what is
not love? Love will make it love.

Look at it this way:

If you've got something you wish could disappear?
And you've got a light source that shines so
strong that you won't be able to see it?

It's gone.

That's giving God your all.

What is not.

Love.

Everything that isn't love is judgement.
Judgement is static. Love is moving.

Always.

Allow for that.
And you move as well.
Or else you ask for hell.

And this will affect people around you whom are completely innocent. But takes the hit. From your own frustration all stressed out.

Which you honestly did not mean.

Shit happens.

When we feel like shit and don't look ourselves in the mirror.

It's a new day today.

And I have slept a bit insufficient.

There is no way possible to sleep bad.

Watch your investment.

You get what you give.

There is nothing existing which is bad.

We can behave very wrong.

But that is not bad.

Because it acts as a shadow.

Hopefully teaching us about the light.

Which we know we are. For real.

But sometimes fail to recognize.

All dark in self perception.

So you see how all destructive behavior is truly a conflict in opposition to our true self. For me, for you and the entire human race.

Relate in humility and ask for clarity regarding
what you firstly admit you do not understand and
in actuality never will become a graduate of.

There is no way to become done.

You don't want that either.

As becoming is what you wish for ever more.

Forever.

More.

You can't buy this.

You can't eat this.

You can't collect this.

You can only be real.

And as I've slept like I did and feel tired I've
only got one thing on my mind and heart.

And that is for Lisbeth to wake up and call or
text me. So I can tell her I love her and that I
that wanna be with her.

She's heard this before.
But with a slight doubt perhaps.

As I doubted myself.
In poor judgement.

Now I highlight myself.
I underline myself.
I am myself.

Feeling free and in love where I am.

So I do need her.

But not to survive.

I need her because what's life without friendship?
What is life without a challenge? What is life
without sharing? What is life without growing?

I want that!

So I need her like I want her.

I desire to be with her.

But I will never own her.

That's not free.

I wish for us to be free together.

And that won't happen without faith.

Trusting love.

Which isn't a problem really.
When we know more of what love is and once again
trust it. As we let go of what was.

Everything happens in perfect timing.
When everything is ready.

And all is love.

So care for your heart and what it speaks to you
softly and quietly. Not using any words. Only
feeling.

As everything has happened for me there is no negative history.

Without that there are no attachments creating any guilt for me.

Which all negative history not forgiven creates.

I can see that.

Emotionally & rationally.

As I am mature and understand creation.

Negative and Positive.

Which serves a purpose.

Depending on what I need?

In relation to what I am.

Which is who I am destined to become.

So I gotta be clear about that.

Transparent.

Not trans or homosexual.

What good would that make in all of this?

Absolutely nothing at all.

So do I condemn that?

What does that have to do with anything?

Do you know love?

Do you know self?

Do you know 'The One I AM'?

In relation to yourself.

Being the only one of you ever to exists.

That ain't about your Pee Pee or Gina.

That's just superficial.

You might as well identify with your pinky nail on your left hand or
sum.. Pretty much the same deal. It's off.

Life is not about sex.

Life is about love.
Sex ain't Love baby.
Grow up.

- But I'm so brave! I came out! I did the surgery!

That's very strong of you going against yourself like that.

Use that power and become realized.

Then you lead with example and got something to be proud of showing your kids about life and about love without fuckin' up their free spirit.

That's strong.

That's mature.

That's real.

What you do with yourself or together with someone else in consent is private and has nothing to do with this. Nothing.

Media supporting this madness =

The most irresponsible piece of shit behavior in the history of all existence. Be real or shut da fuck up. Cowards. Completely.

Sitting there agreeing to something like this.

With the flag of all colors.

Which represents love.

Spiritual energy.

Light!

Contains all expression.

Which are all the colors.

All the vibrations.

All the tones.

Are you a musician?

Can you cook good food?

Have you studied humanism?

Have you turned yourself inside out?

Have you realized yourself?

Do you paint?

Do you draw something?

Are you comfortable about singing despite any so called
perfection? Do you dance?

Perhaps none of those things?

Yet you know?

You still tell the kids what's up don't you?

The ones born real. Innocent.

But loose their way in a world full of embarrassment not wanting to
look bad? Superficially that is. Mostly. And make the kids question
themselves. Which creates guilt.

I've done this myself.

I come from experience.

I make music.

I cook. I paint.

I draw. I sing.

I dance.

I'm not ashamed.

I don't feel guilty.

And I've dedicated my life to learn what it's like to be human which is being love. I'm real. I am a realized humane being.

You know what I tell the kids now?

I tell them to believe themselves.

I tell them to love themselves.

I tell them to trust in God.

I tell them about who they is.

And I lead by not judging and instead setting free.

In all aspects.

I tell them to accept their true nature.

If ever they ask me.

If ever I feel they need support.

I don't tell them to change from the outside in if they feel they are off course in relation to themselves.

Because life is all from the inside out.
Originating from love and returning that gift.
That's the greatest born again present ever.

We make mistakes that's alright.

But the game is perfect.

Fair and just.

Without judgement.

If not created.

Which is not about any mistakes.

It's about the lies about those mistakes.

The lie is what kills love.

Don't cheat on love.

You'll loose bigtime.
'Cause love always wins.

Look.
Let me paint you a picture.

Alcoholism.
Complete bullshit.

- But it's a gene that..

Shut in da fuckin' fuck a duck up da fuck.

All is energy. And all is karma. Somebody digesting food creates about a beer of alcohol in their system every day. So the problem is not any alcohol. The problem is self neglect. And not getting rid of resistance which are misconceptions as to feel free for just being.

If that isn't being taken care as this is what neglect is you still feel a lot of hurt. You feel sorry. And this creates pressure as for you to move. To transform and heal. When you've done that you can do whatever da fuck you want.

What creates this "gene" is stupidity. Which originates from complete lack of humility. And a respirator will come in handy.

Because all is love. Clear and pure or not. In relation to self perception. So makes yourself clear and you won't be in need of anything to bomb yourself. But you can have a few beers as to have fun and relax. You know like people without a bunch of destructive negative subconscious impression have.

- But it's a disease!

All disease is from discomfort.

That's why it's called disease.

Which is a product of tension.

This tension is not love.

The tension is fear.

That's why it feels so good when you get numbed by whatever as
you evidently is very tensed.

Tension originates from confusion.

And confusion is not knowing.
So that whole thing makes for something **static**.

Which I believe is a word well fitting as to describe something
extremely tensed. Like completely.

So deal with the root cause.
And stop making excuses.

And I'll see you at da party having fun.

Again.

After you've done right.

I've done it. It took me about 15 years.

But I believe it will go faster for ya'll. From this.

Which is me sharing all of this with a clear perception.

Coming from actual experience without a fuckin' Ego diploma.

HUMILITY MAKES EVERYTHING ALRIGHT.
BECAUSE IT LOSENS ALL KARMA KNOTS.
WHICH GETS US TO A STATE OF GRACE
AND WE FEEL GRATEFUL, TO LIVE

And sometimes just wanna party..

And that's alright.

If you feel sorry you are sad.
Take care of that as in allowing for it to pass.

No sweeping under any rug.

No disease or sentence of a negative nature.

Nobody has any diagnosis.

Come to God.

God is Love.

And light will burn all bullshit.

You know the thing about self restoration is this.

If you lie you don't trust yourself. And you are love which knows all. So you know what you do in spirit.

So if I say.. For instance:

I am now completely restored!

And I am a person of great faith?

Things happen for me.

As I believe in myself.

I trust and have faith in myself being what I is.

And my subconscious mind which accepts anything I say, will do so in honesty as it's true. Given that I truly feel I'm being honest which you cannot fake in relation to yourself. And that's more or less the entirety of all creation being successful or not depending on a desired outcome.

So giving yourself a devious disease nobody has ever heard of is very successful actually. That's a very unique manifestation someone has managed to create.

**Just like anything innovative.
We need bulldozers to nah mean.**

That's a definition of a false self perception of negative subconscious impressions believing itself by affirming a lie. And torn down you will be. Come. Nothing.

The same goes for the one doing the opposite.

Being humble. Grateful. Loyal. And self creating instead. Becoming strong in faith as the self perception clears up. And what is stated from that energy all in positivity and faith?

Will become a crane instead if you will.

Raising you high above everyone else yet not in competition. But in just doing right for themselves with a bunch of people below them (figure of speech in relation to a skyscraper metaphor) truthfully a group of non-believers.

**Doubting in their own true self.
Not affirming their true nature.**

Simple as that.

So God ain't such a big deal. But very much important. As to be friends with in a close relationship. Or else you might bulldoze yourself completely unaware. With a college graduate in medicine connecting a bunch of tubes all over supporting you taking drugs.

Both of them concerned and worried.

Doubting a positive outcome.

Not connected.

Both of them attracted to each other in absolute perfection. By the law of attraction universally.

As they are actually at the very same level of comprehension. In relation to understanding life and what supports but mainly creates it.

Ain't that some funny shit.

I take care of my flowers in my apartment. But all they do is drop the leaves like it's autumn. That's attraction.

- Wait what? What do you mean?

It's not a healthy place to live.

And I have been so condescending in relation to myself regarding my dark self perception that I ended up in this apartment. My neighbor on one side is sick. A young girl with nothing wrong with her is sitting in a wheelchair and can't talk properly.

In the staircase the paint is falling off the walls from the conditions of destruction.

All of this has been a part of my journey.

Where I currently live.

What I had to feel as to get to the root.

My current status in relation to possibilities in general.

It's all attraction.

So I am really looking forward to what happens next!

Where life is gonna take us!

Because as perception changes the subconscious has been reprogrammed and life will manifest differently based on my ability to keep the faith no matter what.

All the while stating what I want in a good positive spirit instead of the opposite.

You know!

Like when the Doctor says:

This is terminal. We can't do anything.

But the opposite.

What do they know?

Really???

Lisbeth ain't awake yet.

And I don't feel like sleeping now.

Maybe I'll nap for a little bit.

With a slight smile and happily inform myself using my mind as to hear my own voice inside my head say:

I am now completely restored

Until she calls in about an hour I guess or until I fall asleep.

You know.. Instead of worrying.

The coolest thing is when you do this all the way until you fall asleep. You wake up doing the very same thing! Haha yeah. Which means that it's been going on during that whole sleep time.

That's amazing.

Imagine what happens in terms of subconscious impressions as you fall asleep feeling and stating the opposite...

Be careful.

The power of your mind is the power that creates anything. Don't initialize self destructive sequence by accident. Close that protective shield and remove the key so the button doesn't get pushed for real.

If you really feel like you mean it. You mean. It.

So state what's good and don't be mean about it.

And you're all good.

Smile.

Feel good.

I am now completely restored.

Zzzz...Zzzz.....

I did it!

I napped and I did it until I fell asleep.

So I woke up with the same feeling and affirmation.

You know..

Somebody could print all of what I've written. And things might be full of panic and stress and they could go thru all of those pages looking for that affirmation and the feeling described to feel in relation to it..

Like: I gotta find it! What was it again!! What was the affirmation and how was I supposed to feel!?!???

And that's the main issue.

That's the lost ark.

That's the lost art.

Of giving ourselves what we truly need in relation to what we desire and need to live. Honestly. Without anything else.

As I woke up and said 'I am now completely restored' with a good feeling I saw my son.

Who is a presentation of my future.

That needs me. My daughter needs me to. But I saw my son and I think I did that because I can relate to him easier in my own reflection of being a little boy losing his father.

The difference between me and my father..

As I am that reflection for him just as my son is for me..

Is that I don't think about myself as a victim of my circumstances.

I think and I FEEL for my son.

I want to be there for him.

My father thought about himself.

I am doing all I can everyday to get better.
I have been doing that for 15 years now with dedication.

Fighting my own karma. Connected to my family.

I want to get better for me. To be a loving father whom is a source of inspiration. So good I get inspired by myself in all humility.

But I also want to do this for my daughter and my son.

So they won't have to deal with what I felt so sorry for but never did anything about.

That's a way-maker.

That's somebody taking care of spirit as to rid the family of resistance energetically which is experienced emotionally. By us all.

I don't fight. I mend.

The fellowship between my family's wrong doings and our mutual source that gives us all. That's what I choose to do. And no matter what my personal outcome will be. I am creating a better future for my children without controlling them to become something I wish they wouldn't.

I used do try to control that.

I got so stressed and frustrated when I could se hints of behaviors that initialized my own self destructive sequence.

And I know from experience that it takes a bit of time to develop any skill. Like doing anything right or wrong.

But how could I give them what I myself was not able to give me?

And so I had to loose them seeing me.
I had to loose custody. I had to almost loose my life.

To come to realize.

My self.

My true and authentic self.

So how can I tell I've done that?

Well I feel all of what I communicate right here.

For sure.

That's the only way to know.

I have no regrets.
I hold no guilt over myself.
I am not a victim of anything.
I take responsibility.

I continue to do what's right knowing how it all affects all.

For all.

God loves all children.

Equally.

Without judgement.

Wishing for all to have fun in the sun.

And I wish that for the entire human race.

Truly.

I judge nobody.

I understand where & why things went wrong.

Which makes me feel a lot of love for everyone without feeling sorry
for myself. So I am not a martyr.

I am acting divine playing my part as a soul being having a human
experience.

As authentically as I can.
Which I can always develop.

And become better at.

Because in that sense..

I don't know everything.

Because everything is always new and different.

In relation to evolution.

Which always expands and becomes more as in better.

So I decide to be a part of that.

As to become the same thing.

Moving with the timeless existence of ever lasting and growing all
love.

That is beautiful.

I feel that so strong in heart.

I feel so proud for doing this.
And it gives me such a satisfaction.

Without any outside confirmation.

Which means I salute myself.

And that makes me the mother and father I needed growing up.

In relation to myself.

That's a job well done.

To some it might seem obvious and easy.
And all I can say to them if they are truly living a life of joy and
connection is..

Thank your parents.

They did mostly right with you.
Which was not about controlling you.
The led you with compassion and humility.
Inspired by you as they learned more about themselves raising you.
Making things clear for themselves to. As they did not know
everything.

So there it is again!

That humility.

That saves the day.

That actually creates and not destroys.

As humility is impossible without grace.

And grace is always on time.

Perfect timing actually.

All in the present moment.

Of complete appreciation.

Without any judgement.

Hard to experience in stress..

Damn near impossible.

But will make its way to you from you being distant.

Eventually.

In ways that make you snap out.

And realize your ways..

And in that moment.

You once again get the choice.

To change for the better.

Asking yourself what you can change.

As to appreciate being alive at all.

All in relation to yourself.

And then in relation to everyone and everything else.

To not perceive yourself as all good does not mean you're bad. If you feel that way simply means you do a lot of wrong. And when you do everything right it can't go wrong.

So be good. Be a good person in relation to your true and authentic self by connecting with it as much as you can. Which is not really an effort. It's feeling connected.

With the true you affirmed and acknowledged in spirit.

I wish I could write more about that.

And just give you that success.

But that's impossible.

Depending on where you are as you read this which means emotionally in your own self perception it might do the trick.

But all and all you gotta live.

You gotta be a part of your own life as in participating emotionally and rationally as to develop your spiritual relationship with your true spiritual self.

Whatever obstacle you encounter doing this is all about judgemental thoughts which needs to be ignored and instead affirmed with positive freeing statements giving you sunshine and water.

The judgement is static.

That's a stone.

Don't eat rock.

Eat love.

Be a healthy loving spiritual consumer of self.

Eat yourself.

Love yourself.

Appreciate and accept yourself.

Change what you can and embrace what you love.

Don't try to change anyone else.

This is just you trying to change yourself but not taking responsibility for what is going on inside you.

Deal with that and a another soul being will feel trust with you and come to you for advice and guidance.

Because they will feel secure as to be able to be led closer to who they is. And not to conform to any outside standard and stereotype expected by others.

By yourself.

The Universe wants the same.

You are the Universe.

You are Love.

What makes you connect with love more than anything else as close as possible!

...

Is being with it.

..like so much you feel you is it.

Wanna compete about that?
Or can we just both be inspired.
And feel happy for each other.

We save each others lives by being there for each other. By being there for ourselves. Which isn't ever there. It's right here.

SWV - It's human nature

When I say that I don't judge doesn't mean I don't make assessments. I have the ambition to find the positive, the light in everything. Which makes me inspired instead of judgemental.

I am a human being.

I am divine but not a saint.

I smoked and drank last night.
I had a wonderful time.

I don't judge myself for that.

And I feel great today.

You can do and have whatever you like.
When never feeling guilty for living.

Which includes just not giving a shit,
and just enjoying yourself sometimes.

Everything is alright as long as it doesn't hurt anyone.

- But it hurt your body! Smoking! Drinking!??

That's nothing in comparison to judging for 1 single day. With negative energy complaining and condescending behaving ungrateful in lack of humility.

That's like a loaf of smokes in one night.
And all the booze in the bar.

Giving yourself cancer & a stroke naturally.
While poisoning the entire world.

FOR. REAL.

Love is like a fart.
If you have to force it it's probably shit.
So just let it go.

!
!
!
!

V

What it's all really about is a settling of the score which should be
an evening of the score.

Like letting the sun settle as to rise again free of charge.

The sun is all energy and provides us with everything.

So you cannot blame at all as this will taint our spirit.

When settling the score we look to find closure by judgement.

THAT IS IMPOSSIBLE

When we even the score is when we stop creating guilt which we
are when we hold anything or anyone guilty.

This is what we all pay for.

If we do this and come to a greater understanding letting
everything go with a mutual agreement on a completely new
chapter it could create something like this:

'You receive a brochure from the local supermarket that advertises
butter for free and also an additional 300 bucks to go with it, as the
store is so happy that you come to pick up that butter for yourself.'

Look how squeezed that, 'THAT IS IMPOSSIBLE' is.

It should be blank. Light.
Forgiven and allowed for whatever comes.

That's a hurt lock.

From someone's very offended out to convict.

Whatever money is involved there is blood money.

Holding on to guilt costs life.

Which is the only thing that really matters in relation to living.

Which is priceless.

You can't put a price tag on life.

But people have done that too.

Which creates a lot of guilt.

From both sides.

Inside the ones oppressing.

And! Inside the ones allowing to become oppressed.

Yeah.

So how long are we gonna hold on to that when all we truly want is to live side by side feeling free?

Because even though people might not have been thru things we all experience the same world. With a rusty old chain of karmic divorce complications. We wish to be delivered and to live as much as possible, but how is that ever gonna be possible when we use a judgemental contraceptive killing our sweet baby blue sky with pink ribbon on the all giving God head of unconditional love.

Which we all are.
So what's the deal?
Competition is the deal.

With a negative ambition to win the 'Miss Universal Victim'
pageant.

All innocent.

Which everybody is by nature.

If they forgive everything.

And stop the blame game.

Whatever happens takes two.

It always takes two to tango.

The toes stepped on made some shitty moves as well.

Not standing and moving correctly.

OMG! You compare the holocaust, apartheid, slavery to something
as diminishing as a tango between two people!!??

Not really.

I'm trying to explain how the universe works in relation to attraction
based on a general state of continuous maintained emotions of
resentment causing global consequences when in reality we all
receive from a nonjudgemental source just waiting for us to be
done as in letting shit go as to receive the new.

But you might feel bigger than that? As a person.

Standing up for your ancestors and things?
If your ancestors had the ability to come to earth as of right this
minute and talk to you about all this, do you know what they would
tell you?

Firstly..
They would be very calm.
At complete peace.

And then they would get your attention like you've never
experienced before. Such tremendous awareness and focus on
what they're about to say.

And then they would simply say this:

Love.

*I need you to go read on this website.
It's called transmutation.se*

It's written by us.

*We got permission to do that thru this guy.
His name is not that important. He has three now..
So whatever. But you see.. He gets it.*

From going thru it for errbody.

*So all you need to do is to make yourself aware.
By taking part of what he has created.
And all shall experience liberation.*

He's thinking now..

We are hooked up in him.

And right now he's thinking of changing his name again..

Maybe dismiss the previous ones..

And just go by the name of 'Liberace'.

Why he thinks of this is not a coincidence.

It's divine communication.

*From the person whom had that name living on earth from 1919 to
1987. Who loved to Play the piano.*

That's how connected he is.

You can trust him.

Cherish him.

And allow him to guide you if you wish.

But most importantly.. And listen good now.

He needs to get his debts paid.

And have a wonderful vacation for a while before anything.

Together with his twin flame.

By the name of, Lisbeth.

That's the very least you can do for him.

And then you don't have to by we all strongly advice to by them a house they wish to live in. So they can finally feel peace and begin to rebuild what they wish for the most.

Which is a foundation of art.

That helps people to realize themselves.

Creating a world of love.

So please go do that.

Send him all the money you got.

So both of them can experience another chance.

Now that they both took care of so much for everyone.

Going thru it emotionally.