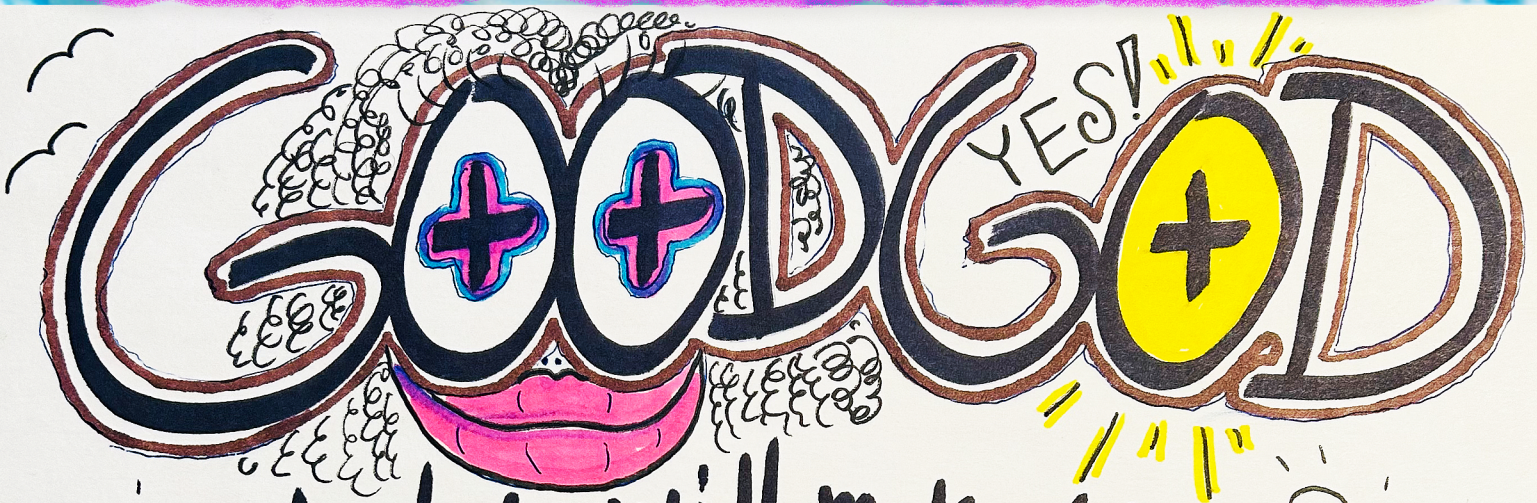


SELF REALIZED



My love will make U see



My love will set U free
+ SPIRITUALLY CONNECTED +

I KNOW

Joy is Good

FOR DA GREATER GOOD
IN DA HOOD

A second trance..

It's 10:05 on December 6th. And I just got out of a 2 hour trance. In that trance I was just a baby. I was frightened of every transient sound. When a sound was heard from a neighbor doing something normal like dropping something on the floor my heart jumped like somebody fired a gun. When somebody opened the front door to all the apartments I felt like terror was here.

I found myself in a studio apartment in America. Me and two other guys. One I could not make out who it was but the other one was Jack Black. I was uninterruptedly disturbed with taunting and physical beatings. Like the most intense and severe bullying I've ever experienced.

In the trance I was trying to document what was coming to me (not documenting for real) but I had the most difficult time as he just would not let go of me. With headlocks. Chokes. Beating. Making fun of me. All the freakin' time. When I was almost out of the trance I saw an image of my 'Notes' app on my iPhone that read:

Goo goo ga ga goo goo..

So I truly had no vocabulary.

Now as I am up writing this I am trying to make sense out of it. The first thing that came to mind was Encarnacion. And the second thing was his actual name, 'Jack Black'.

I feel that he's honestly felt a great disrespect for God. That he has truly, madly and deeply insulted the world spirit. And from his name I got Jackal. Whom is Black.

And we all play a designated character as we reincarnate on the planet. There are a certain cast as to choose from. And this is what he chose. To be the darkness of ridicule in relation to divinity. What I felt very strongly was also this:

'What has he done?'. 'Or what was done to him?'

What is he hiding. As the feeling and guidance was so incredibly strong with all of this divine ridicule I got a sense that he feels that everything and anything is funny. Which things are in a humorous way. But not as a first person experiencer of going thru tremendous pain. Maybe this is something of an indicator of something about to happen for him. Here in life. In order to make him understand, thru pain.

What I also got from all of this is the true sensitivity of a little baby. Everything is completely all about vibration for them which they cannot interpret cognitively and so they make all transients into fear. If you don't know what a transient is you can look at somebody clapping their hands and recognize the loudest and very immediate point of loudness being the transient. If you compare this to a mothers soothing voice singing or softly talking it will also have a transient but with a build up and a fade out never reaching a sudden loud expression. So there is no problem in relation to feeling fear in that sound.

Everything is energy. And in motion. So E-Motion. Emotion.

I hope this communication of my experience going into a trance like this being a baby reacting so painfully to loud noises will make you understand what all other sounds will become. Like parents screaming in dispute. Or domestic violence for instance.

All of that for someone not yet developed in their cognition will make that fear into fear of self. Because in that stage we cannot differentiate between what we is and what we experience. We believe that we are doing it to ourselves yet not understanding that either. It's just a subconscious impression preparing us for the world we live in which is self created by us all.

All expression is OK. Except violence. But you can clearly see how important it is to be at peace with yourself and then together with a partner as a couple having a baby. I feel sorry for that baby in my lucid dream. I wish I could've told it something but I can't. Nobody can. They don't understand any explanation.

But I do know what will soothe and impress the subconscious mind with something else to shine the light lost for them. And that is a peaceful loving song. My heart hurts like hell right now and I just cry. Feeling sorry for the baby.

I guess I feel sorry for myself. As a baby.

I am a very sensitive individual. When I wake up and need to pee as a 42 year young I am full of stress now and make that into doomsday. That's my sensitivity. That is something I am born with. That never changes. It goes along thru the entirety of lie existence. That's why I feel the world spirit so much. Because I am.

Which makes for my destiny and purpose all in relation to what I've been thru. My mom and dad did not know this. Nobody knows anything about this. So what kind of baby did you get? You don't know.

I really don't want to believe for Jack to be evil in any way. But there is a strong message for him to take love serious. And that message goes for all.

Everything is fun in the sun. But we cannot make fun of love herself. It will have consequences. Reincarnation is very much real. It's all about soul expansion in learning more about love. The highest and most important yet also the most grateful and humble. It takes offense but not in defense as in destructive action unless we keep at it, the bullying that is. And a universal response will come.

What that will be is random. It will affect all in some way. Environmental disasters or personal disasters which is an inner environmental catastrophe and not a symphony of self love being projected and manifested as to teach.

I love that song. Encarnacion. It's funny. Nacho Libre is a funny movie. With a good sense of humour with a distance to everything serious about it. But maybe.. My guess is. That he might have made fun of it all for real. Which is not OK.

I talk about religion being a function of control keeping people submissive asking for forgiveness and salvation not taking personal responsibility. But there are people that understand religion to. And use it instead of it using them. That's not a problem. Jesus for instance is every human being. When christians say that Jesus lives in all of us it's true. As in truth. That's what it means. The twelve gross personality traits that constitute one human being. So you gotta be true as in crystal clear in your own subconscious mind. That's the game.

Jesus said that: Me and my father are one.
Which truthfully is: Me and God are one.

And God is love. Unconditional aware and non-conceptual energy. Which you are in your soul being. That's what we all is. So to realize yourself as God without your mind is natural and not such a big deal given it's our nature to know by feeling who we is. When we rid ourselves of all material and just affirm ourselves to be love.

That's all. But is a very challenging journey for some of us that has been told we are fear in misconception of self given destructive treatment in what was supposed to be in the name of: Love

A second trance. A lucid dream. A second chance..

Is what I've now been given. As I've cleaned myself completely from the bullying of my past origin of destruction. Continued on by myself in lack of comprehension of energy and emotion. Now healed and newborn again as to be presented in the world as the one with the message.

I forgive all. I understand feelings and creation. But I cannot forgive you at the core of your being. I cannot save you from yourself. That is impossible. But I can believe in you and give you my blessing. Depending on how much you carry this might be enough for you to brake free from your personal darkness and karma.

I hope I can. Somebody born blind for instance is a manifestation of challenge created prior to birth in relation to sensitivity and interpretations generating fear. Felt so strongly that they are afraid to open their eyes coming into this world.

I can't blame them. But they are in relation to themselves from that lack of cognition making it into them doing it to themselves. Struggling with acceptance of being love and worthy of themselves. In essence yet not understood, not deserving to see in relation to themselves.

That's what Jesus knew.

And thus he could heal the blind. Or crippled. Or if he was here today, also Bloods. I hope I can do that too. I do not wish to be seated on a chair all day long with lines of thousands of sorry people waiting forever to make me fix them. No thank you. I am a soul being having a human experience. I wish to live a beautiful free life where I can move about and enjoy myself.

Everything happens for a reason and we connect in divinity. So if we cross paths I will try to give you the love you miss. Which is not mine it is yours. Given without question from birth. Prior to actually as this is what you is.

All I want in return is for you to offer me some Avocado and a hug. And for the love of God love yourself. If you start taking responsibility in having a healthy not complaining relationship with yourself as to ask self what is holding you back from experiencing more we might not have to meet under those kind of circumstances. We might meet anyway but in a totally different sitting/setting.

What makes faith transferable is giving what you have. So everybody can be a healer if they are well connected. With self that is. But you cannot give what you do not have. So rid yourself of resistance as to gain what is already your yet held back in self opposition created in a more or less false sense of self. Don't lie. Don't judge.

Truth is what saves the day. I am truth. I am light. I am love.

And so are you.. Better recognize.

Be real.

The realest.

The healthiest.

In relation to your spiritual self who knows every single detail about your own misconduct. That's why you are able to ask and receive. So drop the money and fancy car. Crèmes and lotions. You ain't toast. Unless you 96 or sum. You ain't toast then either. Maybe a little tostadas but hey! Twinkle Rinkle! Don't be angry like Ray Finkle. Better yourself in all honesty. It's not about what you do materially primarily. Do everything in love, in spirit. And from a core of clear self perception you are also the one. The sun. The holy Spirit. God = Love

Don't diminish yourself. That's bad teaching coming from lack of humility. Don't carry that torch around. You'll burn out. And eventually brake down. What you seek is a break thru!

Can you see that now? That you are it behind the mask. 🤔 Like Jason. He's back! The man or woman behind the mask! And you're under control. Of mind. Perhaps Jack came to me as a message of him being literal about his last name. Darkening his own perception. In material confusion over everything originating and coming back to spirit. That's the case for most people. Not believing in love really.

And making love out of reach outside of them. That's a lie. So can you survive and live a joyful life all on your own? Yeah sure. If that is what you desire. I don't. I long for cozy evenings taking walks and snuggling in the couch. I wanna hold hands and just hug love herself. That's my greatest desire. My primary non-objective all spiritual experience of true love.

The gift bag of spirit is wrapping itself up now. Tomorrow is the 7th of December, 2024. Where Venus goes into Aquarius and Mars goes into retrograde. Masculine turned inside out and feminine gets a boost like the world has never witnessed before.

And I stand in front with a flag of freedom ready to help out all the stubborn people refusing to believe that love is real and makes the entire universe exist.

Like Neil. Tyson... Maybe you should have gone for a boxing carrier instead Neil? Fighting off dark matter in the ring of illusion.. Sorry I don't mean to be pickin' on ya. It's just for fun. You can take it I believe. With that mustache and all. It's like an oval black hole ready to consume everything spiritual. Now I laugh instead of crying. But my heart still hurts. And I am so weak from all I've been thru. Waking up from a trance like this is very much like red wine hangover. Just empty with a stale sense of existence. Langoliers Uncut. But I ain't rippin' paper. I write on it so I can learn more of what just happened. Always. You should do that too. Don't expect an immediate understanding, it's all coming together as you participate in your own life. The next piece of the puzzle bringing you to success which is coming back home. Home is where the heart is.

Clearing the debris of material Metroids playing the game with kool music as to feel like a star. Inattending. JoPee! Whahaa! Underwater theme sometimes is good. Just to be like when you was a baby. At peace coming back to innocence. But this time with a cognition developed as to understand expression and not make those into what you is. Feed yourself as you are your baby. Your dreams come true that's not a maybe. But they won't come into your experience in doubt and in fear that is all nonsense. You gotta come correct to receive it all. All you gotta do is answer the call. Destiny's child. The promised child. Child of God. With no duality. Being the One.

Alright. I gotta try and get some sleep again now. Waking up from that and writing this was like 2 weeks of constant work 10 hours a day. That's where I am right now. Exhausted. Depleted. Yet happy and excited. For what is to come starting tomorrow. Tomotto. Always look on the bright side of life..

The pain I feel is actually being as far away from love as possible yet still existing in a calm environment. Which is all projected fear. I am inside fear right now. Gotta love it. There is no other way. Keep the spark, keep the peace.

Watt kills a human being in pain is the amount of guilt not taken responsibility for. All in fear of judgement but in misconception of love actually becomes the judgement almost entirely. A choice to identify with darkness to the very last breath.

I ran a hot bath and laid there in darkness stating:

I am love. I am truth. I am light.
I am good. I am free.

Then I did some breathwork and had a cold shower. It helps but cannot solve the universal split occurring just now. The moment they both die is when I am free. That can happen in physicality or in humility. And that's their own choice.

I have written this down and communicated it to both of them a long time ago. So they have been noticed. I do not wish to condemn or cause them pain. They do that by themselves. The score must be even in the cosmos. And this is how it happens. All in relation to 'Who I am'.

Christ consciousness in all purity manifested on earth as to coarse correct from prior misconduct of the human race. It's not just what they have done. It's also everything else. Like beating kids in school for not writing perfectly. Or making them stand in a corner for 30 minutes as to feel shame. It's all of the guilt and shame projected in fear of self. Acting material God whilst praising an outside power they fail to acknowledge as themselves. That's the real effect of religion.

It's very easy to see. It's very simple how everything works. But in misuse all in control stemming from fear of love being free. All in misconception of sex being love. And that's the game. Separate as to make things clear. Love is pure.

Love just IS. Free..

I've got one pretty light beer at home. I think I will have that now..

I need something to make me relax. Imagine how all of this could have been if we trusted nature. For all of us. The relaxation prevents the rational hold of justification and everything would simply be released. That's the effect it has. Sure it can also be used to numb yourself and not experience life as it is. But that's the thing about everything. Too many oranges will make you sick to. Drink a large amount of water and you risk dying. Things aren't black & white ever. It's nuanced.

With a perfectly healthy harmonious conductivity smack in the middle. The free and accepting green. Trusting nature trusting God. One and the same. But let's fight that and call it drugs. Whilst having the biggest double standard ever distributing actual drugs created by man acting material God and kill ourselves in complete idiocracy.

It's all about the set and setting. The intention.

I have never consumed any mushrooms for instance to escape anything. The first experience opened my perception to truth and from there I had a reference. So all other engagements after that has always been about unveiling. The lies.

How else will you come to truth? By discarding the lies. That's dangerous. That's a termite still eating you up from the inside out growing bigger in naive neglect.

That's idiotic behavior. That's flight. That's sweeping under the rug making it barely walkable.

So much pain. So much neglect of love. So much to deal with. All in struggle which is self created.. For one individual as for all. In lack of understanding but really in lack of humility. Combined with arrogance in relation to what gives us all thinking gratitude but not feeling it. What is a life without emotion? No life. That's pretty much where I am right now. In this vacuum of empty space. Darkness. Feelings are color. The beat is material. The melody is spiritual. They make a song. Together.

But life is not a monotone techno track.

Life is the strings of love.

The voice of the heart.

Smooth and infinite it seems.. And is..

Rational people are great accountants and programmers. But they can still be that emotionally. Stop drinking so much coffee. It's a drug. Literally. Enhancing rational thinking. Which cannot happen without the loss of emotion. The humane and life giving part of actually being a human.

That's why people take Ritalin. To escape from what they are supposed to take responsibility for. And we all suffer from it. Doc! You readin' this. Enabler of dark.

Feeling/Emotion - Spiritual - Light - 95%
Thinking/Judging - Material - Darkness - 5%

You must have studied some math in med-school?

- But this is my job?

It is? Killing in the name of? I don't believe that's a part of healing?

..the beer tastes like nothing..

And it's one of my favorites.

Doc: Alcohol is not very heal..

Shut up.

It's one beer. As I am experiencing tremendous amounts of tension from projected darkness that you assist in roaming around in the world like a demon. How's that? Take your academic high & mighty ass and do the studies yourself. Be brave and become experienced! Start today with what you prescribe to "patients" which are actual human beings and eat it for 1 year. After that I wish for you to give an honest review of what you've actually experienced. Idiot. And for all of you not taking responsibility stop being such suckers! It's fancy drug abuse. That's what it is. All you need is love. And all kinds of "sickness" is lovesick. Truth be told. Have you dealt with all of what you carry emotionally. No. You have not. But you perhaps judge people eating mushrooms and smokin' weed occasionally? Yes you do. Like a high and mighty all yourself but in the position in relation to what you judge. It's the same behavior. The one idiot being greater than the other. Idiocracy! Learn more about what love is. Truth is you don't know. Visit hell and love it. Then you will be purified in your own self care. Participating in your own life. Doing what is right. Doing what you are supposed to. Or maybe you prefer this and drug your kids instead. They innocent ones dealing with what you lack humility in doing yourself. Yes. Truth. Bam. Hurts? Fuck yeah! It's supposed to. That's how you know it's a lie.

Lie - Pain - Fear

Truth - Pleasure - Love

My pleasure. You're welcome. No need to thank me. Thank GOD!

Self created even more suffering. In fleeing from duty of soul being's purpose and destiny. Of what???

Feeling good about yourself living in joy which is not created but happens naturally without resistance. Fact.

Fact check?

From experience. Which life is all about. Not found on TV.
No tutorial on YouTube. You gotta live to see the light.

That beer was nice though. Stale and all without and enjoyment of flavor.

Thank you God!

Alcohol is a part of life. Every human being eating food produces about a beer in their system every day. So nobody is alcohol free. Not even kids. Alcoholism being a disease is an idea created by complete morons. Everything is a matter of the heart. Better come correct. Better recognize.

If you carry tons and take no relational responsibility in relation to self you will find alcohol soothing for your neglected self love. When that has been dealt with you are free to do whatever the fuck you wish. I for instance used to do drugs and drink a lot for 17 years. When I was 17 I drank 12 cans of 50 cl 3,5% alcohol beers at home. Sometimes 2-3 times a week. Now when I am clear in my perception I enjoy alcohol because of the taste and relaxing effect. But maximum 2 beers. More than that and I don't feel good at all. Because I love my life as in love myself. I've done right and corrected myself. So I love to be here as much as possible in presence.

But sometimes it's just nice to relax. Like with my favorite 3,5% beer I just had. It's my regular 'having a warm bath beer'. I do that sometimes. And I can actually live without it. I don't have a problem with alcohol. Nobody does. They have a problem of lack of humility coming correct in relation to self. Affirming themselves as love which cannot be done when carrying a bunch of lies. It's so easy to just complain and discard the truth. But the truth seeks you and you seek it. Because you are one with love. Love is true. Free. So what do you really want? You want freedom to be. And to get there you need to become aware. And to become aware you have to be open to honest living. Which makes you true to yourself, true to self. And thus live as authentically as you can. Not in fear, guilt or shame. Of who you is.

This is the longest Friday I have ever experienced..

It's 12:58 now and it feels like it's been going on forever.

But that's necessary. As we have been living off time. All stressed. So the planetary positions will auto correct everything as we enter the new age of Aquarius. It has to slow down before it happens. Or else we truly go crazy. We would not be able to handle it.

I was at a friends house the other day. And he is retired now but used to work as an electrician. He has this pen that lights up when an electric charge is picked up. When you rub that pen on your arm with just the slightest speed and pressure the light comes on from static electricity. Now put that in perspective of the enormous planets of unique vibrational expression all congruent with our cognitive centers and you better believe that's affecting us.

That's the news that should be on TV. To actually follow our own vibrational destiny and make people aware of what is ACTUALLY going on. In this period for instance if there was any possible way of conducting a survey regarding suicides it would clearly illustrate a coincidence in relation to interstellar development as of just now.

And people not aware of this beginning with understanding karma and emotional heritage alone would rationalize that and commit suicide in utter darkness all in lack of comprehension about the human experience.

Slip 'em a pill wontcha?

That'll calm em down. Or maybe we can be there for each other. And help us make it thru. Singles without family they have to be taken care of by people of medical profession. But many of them have loved ones. Some have kids. They don't have to die. Well they do but not physically. They have to die to their own negative conviction. Judgement day is all about karma. It can happen any day. But more so when the shift of mass effect is occurring as of right now.

The beer I had just now is not affecting my cognition. And that is key. That's why mushrooms are so incredibly good. Because in a reasonable amount it keeps the cognition intact as to make you aware. That's all. It's not about any psychedelic effect. That's just a presentation of disorientation regarding self perception. The more you come to realize the truth you perception alters into a clear perception and those effects are no longer a part of the experience.

The trip is actually life.

There is no psychedelic trip. If you go for that over and over and actually experience it you are doing it completely wrong. That's just party use or sum..

This is medicine. For real.

I suggest all Doctors working in whatever field to try perhaps 2 grams of dried Psilocybin B+ on an empty stomach lying in the couch at home with some sweets and a bottle of water. Accompanied with a pad and pencil. No music. No stimuli.

Just being with self. Soul connection.

And report back what you experienced all in love.

It's gonna be great! So vibrant and wonderful but it also flips into what is neglected and in that experience you feel the sorrow of a neglected self love. Which is our love. My love is your love, and your love is my love.

We are one.

The only addiction is becoming what you actually are beneath all rationality. Which is complete addiction and identification of truth itself. Because that is what you is.

True love.

Pure, honest, giving, accepting, compassionate, cherishing love.

Loving love for love. For nothing yet everything.

As love is what creates it all.

There is a possibility to consume more. Going for a higher amount. What that will give you is a connection to self almost without cognition, or perhaps completely without. Like 7 grams and up. It's an experience too. But takes you so far away from you human being which you inevitably will return to making that, now returned experience to be unreal. Because it is. But will perhaps be difficult to handle as this dissociation all at ones will be much to deal with in one go. It's just like life. We cannot handle it all at once. It becomes to much to comprehend.

So just as development in life is healthy, this is a healthy way to approach this as well. There is no possibility to skip stages of development. And this is the case here as well. You cannot do a huge 10 gram mushroom experience and realize yourself. It won't happen. Or at least not being congruent with the material reality.

Like Charles Manson for instance. He was carrying a lot of negativity and did LSD which made him into a material God. Feeling invisible (which is true as we are infinite as soul beings) but all in his Ego structure which becomes nothing else but a dictator in strong belief. Actually not faith. So that's why people joined him for his destructive escapades. Because of a strong belief in himself. He became very convincing for people with no belief trying to find themselves outside of themselves. Super duper mega ukulele not good at all. All distortion.

No harmony.

Somebody behaving sick is somebody in misconception of self. False image. Materially identified in superiority of spirit. Man made God in Ego identification. So in other words. A big ass liar. It's the supported lie that makes destruction. It's the supported truth that makes construction. But completely identified with the lie being true it becomes constructive in false self perception.

So they fight hard and do whatever it takes. Just like I do. But all in dark deeds and deceptive corrosive behavior. Which should be a given for anyone but the power over people becomes the drive. The Dictator.

Full of opinions which I barely have any. For real.

What I communicate is truth based on the universal laws which I comprehend especially the law of attraction which gives is what we want as of what we choose to focus our energy on. IN truth. OR lie.

So how do you know? In relation to yourself?

Well it depends if you are connected or not. Correctly. Wired. In positivity. Murder and mayhem is not positive. That's all destructive control. Which is also connection. But with the rational thinking mind being the ruler of our experience.

Holding the personality first. And the reward in relation to that.

The personality is deserving of reward. After doing a good job in reflection of the unquestionable worthiness. Which is not a thought. It's a given. All in spirit. Which demands a soul connection in honesty as to function without function of control.

Free.

Free spirit. Which you and everyone else is. Just is..

But may not be congruent with maintaining a bunch of lies which makes us work for success in life all nuanced based upon the amount of devious behavior.

So is essence. The greatest reward is not material. It's spiritual as this is all in relation to self. True Love.

What makes us question this is judgement based on lack of comprehension in relation to sex being love which it isn't at all. But we get confused about that in all of our identification when we reach sexual maturity along with other instructing us how to be based upon their idea of what is good behavior not behaving good in relation to themselves. Shitty teacher. More or less. Dark.

That's pretty ridiculous. Quite humorous.

But can create very destructive consequences as we go against ourselves trying to fit in in relation to who we is. An outside confirmation which forever and ever will be false in representing the truth and honest sense of self. Light.

All is crime against nature as nature is what we are. Love is free. Soul is free. From all justification and condemnation. It is non-conceptual and cannot simply hold a concept. Whatever that may be. So in subconscious negative conviction we seek justice as to redeem ourselves. But fail miserably as we do this from the outside in.

We cannot affirm a core with the periphery. It cannot be done. Hence a lie.

What just is, just is. Like love is. And affirming that makes you a loyal advocate of no opinion yet a singular part of what creates everything. The Youniverse.

I feel like this should be enough without mushrooms for people now. But hey! One amazing thing when being free from rational thinking for a moment is actually to consume this document in that state. Because your walls of cognitive defense is down in that experience. So you will consume this like a Sponge Bob of joy! 🤪

Doing mushrooms and going thru everything is not always a picnic. It's very demanding. For what I understand and have created I've done about 350 mushroom experiences all documented and in set and setting of communicating truth and clarity to myself and also giving it to the world. It was tough as hell! So much pain. So much headache. So much to piece together. And also making it clear and presentable like I am doing right now.

So please be grateful for that. And make the most of it.

Which is actually making the most out of your own life.

A world of love happens effortlessly from the inside out when in comprehension of what is actually going on. From the core out. And the periphery acts become apparent as to be good ideas or not. I really love you all. And I really wish to enjoy my life as I wish for you to enjoy yours. I sound a bit harsh and strike hard with words sometimes I know. But all and all it is love. Don't be hard on yourself. But take responsibility acting your part. Embracing your journey and destiny in relation to your incarnation.

It's all scripted. It's all very real.

You have the map inside you. See the adventure instead of the struggle. Find the light in everything. And things will sort themselves in magical ways as you trust in God, Source, Youiverse, Sponge Bob whatever. Call it Love.

Believe in the power that creates it all and pick yourself up after every fall.

You got this. It's designed by you as to be able to handle it.

Help each other. Affirm the good. State what you desire. In positive effect.

And all is given. Piece by piece until you leave to visit another galaxy or something.. Far far away from where you are just now. So be here as much as you can. What else are you gonna do? You wish to live in pleasure and opportunities. So make yourself into what you feel you is.. Stop with the diss..

Hold love the highest. Hold love number one. With grace and peace.

Don't make nature illegal. As this kills freedom all together. As love is free.

Mushrooms does not work for someone consuming Anti-Depressants. They are under heavy control. And will be self corrected in the experience materially by the rational mind. If you wanna get rid of the Ego (your personality) it's very simple. You just kill yourself. Done. But it will cost you life. Literally. So what is needed is to lead yourself by soulful example and the mind becomes your loving servant.

PeePee PooPoo PeePee WeeMe! - Joyiz ' Degrassé' Goddy

LISTEN:

IF MY LIGHT SHADES
YOU..?

YOU'RE ALWAYS WELCOME
TO COME STAND BESIDE
US.

One Love

THANK
GOODNESS

I
AM



I Luv
ya'll!