

NATURAL ENERGY THINK



SHUT OUT ALL THE BULL

THE NO-VOICE IS JUST AN ECHO OF THE PAST
SO REPEAT SOMETHING NEW!
AND THAT WILL EVENTUALLY
REVERBERATE THE FUTURE



Feeling Good = Feeling God = It's all Good!

Everything in this universe is about attraction. When you feel good about yourself you attract more experiences that you perceive as good. So when you do good and also affirm yourself to be a good human being good things happen. When you do fantastic things and affirm yourself to be a fantastic and amazing human being, well.. Fantastic and amazing things happen! That's why circumstances doesn't matter. Because you can make it happen despite obstacles as long as you do what you feel is right (what's good) and affirm that you are.

But it becomes a difficult task when you aren't doing any good or affirming that you are. It takes a lot of energy to believe in something that lacks potential. That's why confidence is so important. You have to be the one that can see your own potential. You have to coach yourself! In a sense you are the one that makes you feel good. That makes you feel fantastic and that makes you feel amazing! You make yourself strong by affirming what God says about you. What is true about you and where you are right now.

You have come this far and just for that you are fantastic and amazing! And you are worthy of the whole world just for being you! And everything is available and will open up for you as you believe that YOU ARE FANTASTIC! THAT YOU ARE AMAZING! So what better way then to tell yourself this all the time! With confidence!

Raise your fist up in the air and say with confidence:

I AM FANTASTIC! I AM AMAZING!
ALL I DO IS FANTASTIC! ALL I DO IS AMAZING!

Feel that inside your heart! If you had a coach that you believed in that looked you in the eyes and told you that with absolute conviction of your success you'd soak that up like a sponge! And that's who you gotta be in relation to yourself. You gotta make yourself feel good. Then you make yourself feel great. Then you make yourself feel fantastic and you make yourself feel amazing! That's life. That's creation.

The timeless and none specific affirmation is so powerful! Like:

I AM FANTASTIC! I AM AMAZING!
ALL I DO IS FANTASTIC! ALL I DO IS AMAZING!
ONLY GOOD THINGS HAPPEN TO ME!
EVERYTHING WORKS OUT FOR ME!
EVERYTHING GET'S BETTER AND BETTER!
THANK YOU GOD! I TRUST YOU GOD!

And you drop the **what** and the **when** or the **how**.

Just leave that to God.

And you continue to create and do good.

And you allow the good to come to you as you have given up what that must be.
We all have dreams but maybe they aren't exactly what we want.

And God knows what's best for us.

So trust that.

And when you feel insecure again about the **what** and the **when** or the **how** you repeat these timeless and none specific affirmations again with strong energy.
And continue to do and feel good about your own life again.

Your life is a mirror of your inner world. When you feel grateful and appreciative you love things outside of you. And you feel grateful for them.

Which all makes you feel very good. Because you are in love.
Now you just want to give love! You just want to give yourself to love!

Maybe it doesn't matter so much anymore what you do? Just as long as you can give love as much as possible? To be the one telling others that:

YOU ARE FANTASTIC! YOU ARE AMAZING! ALL YOU DO IS FANTASTIC! ALL YOU DO IS AMAZING! I BELIEVE IN YOU! I SEE YOUR POTENTIAL AND I AM SURE OF YOUR SUCCESS AS LONG AS YOU BELIEVE IN YOURSELF!

I WANT TO SUPPORT YOU!

Can you see how support happens as you believe in yourself?

Can you see how universal connections and attractions happens as we connect ourselves from within as we believe in ourselves?

When you show up to life a bit up on your toes with enthusiasm and drive to create something good which naturally means to make people feel good you will be supported! You will become an inspiration to drive others because of your energy!

And you can't be that for anyone else if you aren't being that in relation to yourself.

And as you are supportive in relation to others you also support yourself. That's the magic and beauty in being positive! It generates more!

Just like this very moment if you read those affirmations with strong energy as you raise your hands above your head again! Hahaha! You generated some more of that self support! It makes you feel good don't it? Yeah!!!

I just said 'em again!
Felt great!

And I did them again only I brought a mirror and looked myself in the eyes raising my hands above my head stating all with strong energy!

Now I recorded a video of those statements.

I will rest in my couch for an hour or so and repeat the video!

It becomes very difficult to have destructive and negative thoughts as you listen to yourself stating all positive.

I am gonna continue with this video until I got to sleep today. The time now is 14:43. I go to bed at around 22:00 perhaps. I can still do other things. Just have this in the background preventing me from thinking anything else about myself.

Maybe I'll do some drawings! That was a long time ago!
And maybe do some exercise? Get strong in mind and body at the same time!

Whatever makes me feel bad is a thought of something that has happened or not happened yet. So I'll just listen to these timeless affirmations and let that go.

Feeling Good = Feeling God.

Well. Good is all good. And God just gives and gives.

But you gotta receive.

And that's you being connected to God.

And the best way is feeling good.

It's all good.

It's all Love.

I am also running meditation music 999 Hz at low volume in the background.

I AM FANTASTIC! I AM AMAZING!
ALL I DO IS FANTASTIC! ALL I DO IS AMAZING!
ONLY GOOD THINGS HAPPEN TO ME!
EVERYTHING WORKS OUT FOR ME!
EVERYTHING GET'S BETTER AND BETTER!
THANK YOU GOD! I TRUST YOU GOD!

It also helps to look into my eyes on the video stating all these affirmations in confidence because the digital representation is just as real as I am sitting here.

The subconscious really doesn't know the difference.

The subconscious mind accepts everything as true. It just has to be impressed which means to get programmed over time with the same impression. Keep stating what you want and eventually it becomes an impression.

And a manifestation of that will inevitable occur.

Whatever that becomes.

I am gonna give this video a go for as much time as I can for a week. Why not? It makes me feel good. And that's what I'm looking for! Hey!

I am using the QuickTime Player on my MacBook as this app has a repeat function.
But I think VLC and other media player has this as well.

And on my iPhone I can use the slideshow function and repeat it when I'm out
having a walk in the woods or something.

The main objective here is to not get my judgemental mind a single chance at all
with interfering with what I desire.

I will drown it out with this instead.

One feeling that rises up inside me after this 1,5 hours now is excitement around
what will happen next? Like an adventure and a mystery..

That's a great feeling!

A great feeling in my chest! Don't get excited and waste this energy downstairs if
you catch my drift. Stay in your heart! What you want is your hearts desire!

Well then you gotta use all the energy there right 😊

So what am I supposed to do when I am in the shower?

I state it myself without any technology of coarse!

This is something you could call heartsturbation.

You pleasure yourself with love at the place of love.

To feel more love and receive more love.

Just stay in your chest as you hear or say the affirmations!

Collect credit in your heart!

Add to your own sense of value!

It helps to smile!

I AM FANTASTIC! I AM AMAZING!
ALL I DO IS FANTASTIC! ALL I DO IS AMAZING!
ONLY GOOD THINGS HAPPEN TO ME!
EVERYTHING WORKS OUT FOR ME!
EVERYTHING GET'S BETTER AND BETTER!
THANK YOU GOD! I TRUST YOU GOD!

Wow!

Thank you! All of that feels so good!

It feels great actually!

Going on 2 hours now and let me tell ya! I can't think destructively in relation to myself. Haha it's like a.. yeah I have trouble creating those thoughts! I mean.. Why would I think something like that? When I try to think destructive anyway, my vision gets cut off and I can't see it thru.

OMG..

I feel that this is such a must for someone who's had thoughts of opposite affirmations a long time. Like I have.

My mind has condemned and judged me as worthless and crap all day everyday for years. And despite what I've done I could not absorb it. The darkness was just too great inside me. It swallowed everything and left me empty.

This is what someone like me needs. Not to let the guard down until you are stable enough. Not a damn pill! I am not consuming anything natural or chemical to alter my serotonin or dopamine etc.

Whenever my mind wants to wander off and think about the **what**, the **when** & the **how**? The voice grabs my attention again and that makes me feel good.

I only get to 'I wond..' And then I listen to myself in the recording again.

There is about 2 seconds between each loop. So no time to think.

I coming up on three hours now and I am sitting on the toilet writing just now.

I think I will have myself a warm bath. And leave the computer running this while I get more relaxed.

I AM FANTASTIC! I AM AMAZING!
ALL I DO IS FANTASTIC! ALL I DO IS AMAZING!
ONLY GOOD THINGS HAPPEN TO ME!
EVERYTHING WORKS OUT FOR ME!
EVERYTHING GET'S BETTER AND BETTER!
THANK YOU GOD! I TRUST YOU GOD!

My mind without this is just incredible self-destruction most of the time. Bullying and judging whatever I create or do.

Right now I haven't had a destructive thought for close to 3 hours.

I just had a thought that brought me down instantly despite the affirmation video rolling.

I thought about my mother.

The main source of all my destruction.

But has become my main source of difficulty in my life without her.

She never acknowledged me by showing me love as she could not show herself love. So she acknowledged everything that was wrong about me as she was very judgemental in relation to herself and that is what I continued with as I got older.

I just followed my training that all.

Now I don't blame anyone but understand that I need to acknowledge and love myself. I need to show myself love. I need to be constructive in my own self-talk.

Flip the script basically.

I will never receive my mothers love, and I have to let that go as she doesn't take the responsibility to love herself. So how could she ever acknowledge me? You cannot give what you do not have.

This is all me in relation to me.

To be the coach, the support and biggest fan and create my own success.

Which is ultimately to feel great about myself all in love.

The rest will work out.

I need to polish my mirror of love as it's been messy for years.

That's all.

We cannot get rid of darkness by focusing on the darkness.

We get rid of the darkness by focusing on the light.

And the image will clear up by itself.

Don't touch that mess as in relation to anything. Just let it clear up with your positive affirmation Windex.

I just removed a picture of her I had in my living room. No resentment but I need to move on and I cannot afford to get reminded. I would love a nice relationship with her but I cannot give to a source that doesn't return the love.

That's a black hole.

She never writes to me and never calls me. All she thinks about is herself.

So I'll let her do that then.

I need to take care of myself.

I need to rebuild myself and become strong mentally and physically.

Whom doesn't support me in doing that becomes a dead weight. Honestly.

I need support. Drag me down? And I'll say goodbye.

Just like a suicide more or less.

Drag yourself down? And you'll eventually say goodbye.

So it's so important to support and raise yourself!

It can be heavy and demanding as it is doing that coming from the bottom. So connecting with anyone that doesn't support you will only postpone your success or even destroy it. But that's on you.

You decide where your energy is being invested!

I invested so much in my mother for years because I thought she would come the a realization but she has no interest in that. She wants to remain a victim.

That's her immaturity and I can't do anything about that.

Anyone who doesn't support someone working hard to get back on their feet are stuck in what happened to them. They remain a victim despite their success.

Nobody is asked to carry a burden or do a job for somebody else? It is support we're talking about her. Just a call or a letter with constructive and positive words.

Like:

YOU ARE FANTASTIC! YOU ARE AMAZING! ALL YOU DO IS FANTASTIC! ALL YOU DO US AMAZING! I BELIEVE IN YOU! I SEE YOUR POTENTIAL AND I AM SURE OF YOUR SUCCESS AS LONG AS YOU BELIEVE IN YOURSELF!

I WANT TO SUPPORT YOU!

But..

You cannot give this to anyone when you're all consumed in your role of being a victim. As you cannot support yourself. You cannot give what you do not have.

You see it's not actually the words that impresses the subconscious.

It's the general feeling they evoke when you state them.

It's what they say about you that makes you feel great that impresses the subconscious.

The subconscious is abstract and divine. No creation.

What you make of inspiration becomes words as you interpret what you feel.

You listen to your intuition.

And create inside your mind.

Like a word. An idea. Something you create outside of yourself.

Something being manifested.

From nothing. As in non-material.

But all spiritual.

From Love.

That's why a strong energy and confident expression together with uplifting music for instance makes a stronger impression. Not because it's louder but because it evokes more emotion that creates that impression.

A wonderful thing and indicator that things are happening in a very positive way is what happened just now: I laid down in bed on my spike mat and my weighted blanket and just relaxed. I played the video on repeat from my phone using headphones. And in the slideshow I chose a violin/guitar track that's very nice.

And my dreams of love come again!

Just overwhelming love in beautiful scenarios. I was sobbing in gratitude as I was asked by Lauren Daigle to make music with her! And I said that this would be like being asked to finish the Mona-Lisa for me! Wow! My heart makes summersaults in there. Squeaky note Lauren XOXO.

And I thank God so much for it! Even though it hasn't happened or perhaps won't become a reality I am still so grateful for that vision and the emotions it gave me.

And I speak that out loud.

I say thank you God over and over!

My eyes fill up with tears and I just feel so much love and joy inside my chest.

And that's success! This is what makes for more to come whatever that is!

Maybe you'll get invited to go on a blimp ride and you'll get gas poisoning that makes you laugh uncontrollably right as the blimp explodes and kills you completely blissful?

Wouldn't that be lovely! 🥰

You never know what's gonna happen!

These kinds of thoughts and humorous visions are often a part of being a little high or drunk. Something that makes you relax and stop worry for a while.

I have not consumed anything like that now. But I am going on the.. let's see...

I think.. soon 6th hour of this now.

As you might have guessed I ain't watching TV all the time.

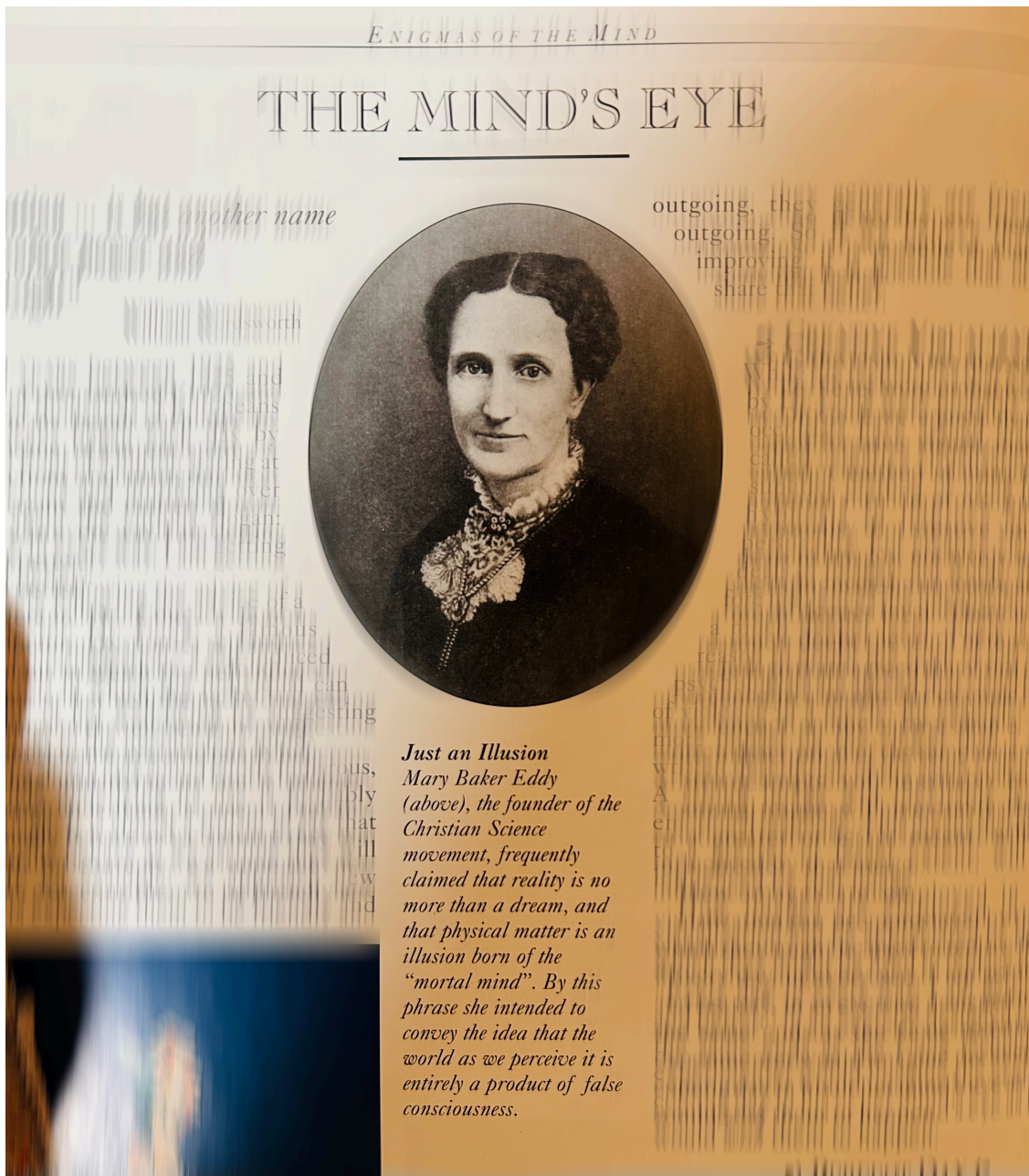
I don't own a TV actually.

I write and make music. I cook and I take walks. Sometimes I visit people or talk to people outside. And I shower and take baths pretty often.

But mostly I write.

Sometimes I watch some Futurama on my laptop.

I have no internet. I have no social media apps. I upload on YouTube but I borrow the library's WiFi when I do that. I don't feel like I need that in my pocket actually. Could be nice at home but I don't mind the walk and fresh air so..



I don't remember if I included this in any of my writing on transmutation.se but check that out. That's it folks. You create it. You allow and accept, or you change.

Yourself.

You might think that this takes incredibly long with much effort given I've struggled with this for the most of my life?

Well..

To be honest. I have not been as dedicated before like the last 2-3 years. That's the truth. And most of you doesn't have such deep resistance within you. Most people will be able to change faster with dedication. I know that.

There is no difference between learning how to play the guitar and something else. That's also a subconscious impression. Everything is..

Just do it frequently enough and it becomes a reality.

I have dreamt of playing the role of the transmutation.se dude.

The come from nothing and become great!

For me and for you as a role model!

And also share everything along the way in an authentic expression.

For free.

That's what I wanted to do!

And know I've done it!

Transmutation is a fantastic site, it's amazing.
Everything is fantastic and amazing on there.
All good things making it all better and better.
Instructions on how to work things out.
In gratitude to God.

I AM FANTASTIC! I AM AMAZING!
ALL I DO IS FANTASTIC! ALL I DO IS AMAZING!
ONLY GOOD THINGS HAPPEN TO ME!
EVERYTHING WORKS OUT FOR ME!
EVERYTHING GET'S BETTER AND BETTER!

!!!THANK YOU GOD!!!

I am transmutation.se
It's me right there.

That's how wonderful and loving I am!
I just gotta relax a bit now and soak that up.

So I will continue with:

I AM FANTASTIC! I AM AMAZING!
ALL I DO IS FANTASTIC! ALL I DO IS AMAZING!
ONLY GOOD THINGS HAPPEN TO ME!
EVERYTHING WORKS OUT FOR ME!
EVERYTHING GET'S BETTER AND BETTER!

!THANK YOU SWEET GOD THANK YOU SWEET LOVE!

Perhaps I'll develop some sort of mental disturbance so if somebody tries to remove my headphones I'll just stab 'em! Who knows?

That's the adventure!



I AM FANTASTIC! I AM AMAZING!
ALL I DO IS FANTASTIC! ALL I DO IS AMAZING!
ONLY GOOD THINGS HAPPEN TO ME!
EVERYTHING WORKS OUT FOR ME!
EVERYTHING GET'S BETTER AND BETTER!

!STAB!

Nah I would never do that I am just being abstract.
Not everyone knows how do be that. Some are very literal in their imagination.
They see all as black and white and cannot create cartoons within themselves.

But there is help you can get with a mind like that.

From nature. Completely harmless.

Just take it easy.

And you will become more humorous which will give you a richer life.

Literally!

Hahahahaha...

Yeah.

God was been very clear about my destiny for many years now. And I believe it. I just can't see where it could ever start or begin to take form. And that's impossible. That's what I need to drop completely and listen to my own words together with great music as I say:

I AM FANTASTIC! I AM AMAZING!
ALL I DO IS FANTASTIC! ALL I DO IS AMAZING!
ONLY GOOD THINGS HAPPEN TO ME!
EVERYTHING WORKS OUT FOR ME!
EVERYTHING GET'S BETTER AND BETTER!
!THANK YOU GOD I TRUST YOU!

You know what?

You cannot receive the new as you hold on to the old.

It's like selling a house but wishing you could still live there.

When you pray for guidance and assistance you are asking your subconscious for information to understand where you currently are in order to come closer to the point where you let go of that past.

That's the sum of all.

So that's what you were looking for all the time.

In order to "leave the keys in the hands of the new owners" and move forward completely unassociated emotionally with what has been in terms of justifications.

All forgiven and all dropped.

And now embracing the new.

In other words.

Moving on!

What if I get to even meet Lauren Daigle!?

Wow!

😘!Such a Cutie!😘

I remember reading that article about her giving up religion. And that PICTURE! OMG! Just like a picture I would fall in love with as a 9-10 year old. Haha like I am because I fell in love with it! Pff... Ha!

She is so wonderful I feel.

She's helped me along the way so much!
I used to have internet and Spotify. I listened to her A LOT!

I wonder what she's doing now? Maybe she's got kids n stuff?

I think she's 32 if I'm not mistaken.

Imagine having a nice evening talking to her about everything she's experienced!

Wow.

!Sweetheart 3000!

What's that song again..

You say? I think so?

I have a hard time remembering it right now as I am listing to myself support myself to some violins and guitar. Hehe.

But I remember it being a bit like:

I AM FANTASTIC! I AM AMAZING!
ALL I DO IS FANTASTIC! ALL I DO IS AMAZING!
ONLY GOOD THINGS HAPPEN TO ME!
EVERYTHING WORKS OUT FOR ME!
EVERYTHING GET'S BETTER AND BETTER!
!THANK YOU GOD I TRUST YOU!

!POW!

Dreams & Visions are previews of life's coming attractions came to mind just now.

We'll see 😊

😊 Thank you God either way! It was lovely! 😊

I haven't been using emojis for a while now in my writings.

That's also a reflection of how you feel.

When you feel a lot of love inside you it just becomes reflected in what you create!

And I feel great right now 😊

All high and drunk on my own supply.

Talking to your right now my imaginary friends.

💕 And I love you 💕

I wish you get to read this in the future.

And I hope it will help you!

It's gonna be around 9 hours of this recording and music today before I go to sleep. Maybe I will leave it on with low volume over the night as well.

You see transmutation.se is what it is now.

And I am in a state where this is natural for me.

So I follow that guidance. I follow my path.

I just looked at the video and into my own eyes again. I am a cutie as well I feel 😊

I am a very beautiful guy. I am a very kind and compassionate guy. I am.

Just gotta remind myself about all that.

💕 !And I am now! 💕

Most of all I am WORTHY!

I AM WORTHY OF SO MUCH MORE IN LIFE!

I AM GRATEFUL FOR EVERYTHING I HAVE AND WHERE I AM BUT I REALLY WANT MORE! AND I WANNA GIVE MORE! I WANNA SHARE MORE!

!SO GOD!

!PLEASE GIVE ME A REFLECTION OF ALL OF THAT PLEASE!

!THANK YOU GOD!

I am making a cover for this..
Haha it's the worst ever..



The title and stuff is kool and I like that old picture of me when I was 15. But yeah.. haha it's missing like everything. Or maybe I need to sleep on it? It's so square!! I think I need to cut of my head and skip that background.

YEAH!

It's coming along now I love it!

Do you know who I think of when I do these covers?

NOBODY!

Haha nobody.

I DO WHAT FEELS GREAT FOR ME.

I create for my own pleasure!

But I would be very happy if you happen to like it!

HAHAH!

I just thought of something when looking at my own picture. It's from Scary Movie when Brenda is flirting with that guy in 'The Village' scene whatever..

And he says: Sometimes my tongue wiggles beyond my ability to control it..

Haha that's funny.

That's me.

The cover is almost done now. It's great I feel.



Yeah I'm done.

I won't show it here?? I mean it's the cover..

You know what..?

I AM FANTASTIC! I AM AMAZING!
ALL I DO IS FANTASTIC! ALL I DO IS AMAZING!
ONLY GOOD THINGS HAPPEN TO ME!
EVERYTHING WORKS OUT FOR ME!
EVERYTHING GET'S BETTER AND BETTER!
!THANK YOU GOD I TRUST YOU!

I AM FANTASTIC! I AM AMAZING!
ALL I DO IS FANTASTIC! ALL I DO IS AMAZING!
ONLY GOOD THINGS HAPPEN TO ME!
EVERYTHING WORKS OUT FOR ME!
EVERYTHING GET'S BETTER AND BETTER!
!THANK YOU GOD I TRUST YOU!

I AM FANTASTIC! I AM AMAZING!
ALL I DO IS FANTASTIC! ALL I DO IS AMAZING!
ONLY GOOD THINGS HAPPEN TO ME!
EVERYTHING WORKS OUT FOR ME!
EVERYTHING GET'S BETTER AND BETTER!
!THANK YOU GOD I TRUST YOU!

**I AM FANTASTIC! I AM AMAZING!
ALL I DO IS FANTASTIC! ALL I DO IS AMAZING!
ONLY GOOD THINGS HAPPEN TO ME!
EVERYTHING WORKS OUT FOR ME!
EVERYTHING GET'S BETTER AND BETTER!
!THANK YOU GOD I TRUST YOU!**

!!!!!!YEAH!!!!!!

22:04 now

Gonna hit the sack..

But I ain't tired haha..

Gonna keep listening and dreaming until.. I don't know 😊

I love you!

I wish you a loving perception of yourself just for being you.

It's possible.

You just gotta want that enough.

And understand what it brings.

Then you'll get on it!

When you see the 🥕

Old habits are stubborn.

But you'll love that functionality when you've flipped it.

Then you'll celebrate those convictions and never want them to leave instead.

And they won't as long as you keep caring for yourself and others.

YOU ARE FANTASTIC! YOU ARE AMAZING!
ALL YOU DO IS FANTASTIC! ALL YOU DO IS AMAZING!
ONLY GOOD THINGS HAPPEN FOR YOU!
EVERYTHING WORKS OUT FOR YOU!
EVERYTHING GET'S BETTER AND BETTER!
!THANK GOD AND TRUST GOD!

Hello!

02:54

I woke up and was full of doubt so I am listening again.

I actually think that my heart hurting makes my mind create reasons and thoughts of doubt. It rationalizes the pain. That's protection I guess.

Informing me what it believes is self harm and let's me know like that.

I wish for a life with more loving connections.

I wish for a life with lots of love.

I love love.

I'm gonna go lay down again and maybe get a little sleepy again.

What if I would do children's TV for the whole family?

Like educational in relation to the laws of the universe and how a human experience functions. That would be so beautiful! All with silly humour and offering yourself a bit. Just like life.

A little squeaky here and there.

A little laugh and a little tear.

Seems mostly directed towards the parent.

It's hard for kids to learn from a role model that doesn't lead with example.

That's all talk and a big bunch of fear.

Why trust that?

Kids aren't idiots.

I know the name of the show!

This is how I feel

Because it's expressive and you share your emotions but also educational as in how it all works!

Beautiful!

And I thank God for it.
I was God given.

How do I know that? Well.. I didn't think of a name at all to begin with.

I just saw the show in front of me with guests and all sorts of things.

And it just came.

That's how you receive.

Everything you do and create is educational. You can just be more or less clear of the fact that it is. Which is all about you being more or less clear of who you are and your human experience.

And that's life in a nutshell.

It's 08:49 now. I am having a cup of coffee and a bun I baked. After this I am going out for a walk listening to the recording. And I will enjoy myself just for being me.

The feeling I have right now is something I remember having without any recording or music when I was younger. I'm returning back to innocence.

Enigma - I love 🥰 U - Coffee, bun & tears of joy

Just imagine that my journey of learning to love myself comes from a very loving mother whom had no idea of what that is. And gave it all to me.

What was I supposed to believe?

It was my mom.

Continuous subconscious impressions.

I actually didn't have a choice.

Yet people like Dolores Cannon say we choose our parents as we script our own destiny before we arrive here. So maybe I did?

It's like designing a gym for yourself. And that kind of resistance was necessary for me or else I wouldn't learn and become what my destiny prescribed.

Makes sense!

So thank you for that!

Thank you God!

Thank you for everything!

Thank you for all that makes me realize love more! Love is truth. Truth is life.

Life is living.

I am alive.

Thank you!

