

NEGROKISSES



I FEEL LIKE GIVING UP AGAIN

This is my feeling right now at this moment as I start to write.
And I celebrate myself immediately just for opening the computer and starting with
this document.

Don't stay inside your head.

Why am I feeling this way? Let's check in with God.

My personality. My human being. My body.
Feels like giving up.

I am. Soul. Is all joy.

So what's up?

I..

(Start crying)

My body hurts. And I doubt myself again.

Why?

Because I am not getting anywhere.

Where do you need to go?

I don't know. To a better place.

Have you felt good about yourself right where you are now?

Yes I have.

So some other place can be wonderful but you've felt good alone right here anyway?

Yes I have.

So what is the problem?

The body.

If I did not have a body I would not have this problem.

I can't get rid of the body.

I can but I will die.

What do you need?

I need love.

Can you give that to yourself?

I can.

Last night I listened to 20 songs I made and felt wonderful about myself.

Can you feel that way without any creation?

I have.

Sometimes.

Is it possible to feel love in relation to yourself without achievement & performance?

Yes. In the feminine.

Just as is.

I wanna meet a wonderful, loving, kind, compassionate, kool, funny, creative woman.

Can you connect with her feeling bad about yourself?

No.

Maybe you need to feel satisfied up to this point then?

I know! I know I am supposed to feel good about what I have created.

I know I can trust love. I know everything comes. I know I deserve.

I know I am a kind loving human being. Whom is compassionate, kool, funny and creative. It's just these fucking tensions! This God damn body. Slow like a fucking snail in comprehension. Get up to speed for fuck sake. It's like we burn on the fire once and hold on for 42 years. I know I've been thru stuff and some go way back when I was just a child but fuckin' ey! Let tha fuck go!

If I had no connection to any other human being right now. If I did not have children.

If I did not have parents. If I did not have a sister. I'd have no problem at all!

Why?

Why? I'll tell you da fuck why.

Because all I do is fucking glorious love! All I do is truth and universal harmony!
All I fuckin' do is to being us all together and themz muthafuckaz keep trying to
destroy me by cutting me off. My mother? Fuck off. My father? Fuck off. My sister?
Fuck off? Easy. Just fuck da fuck off.

The mother of OUR children.

That's more difficult.

As I wanna stay connected and see the kids.
Who wants to let go of everything and..?

I was gonna say disown..

Maybe we're on to something here?

Hmm...

I don't own the children.
Neither does she.

The children are not mine.
I am their biological father yes.
But they are not mine. As in owning them.

A large part of transmutation has become proof.
Proof of my existence. Of being a good guy.
A loving generous human being.

I feel like I can't take this anymore...

This fuckin' mistreatment.

I met an elderly man outside a few days ago. I've talked to him some other times. The
time before this time I told him I had nothing to eat. As I met him this time he said
with a very condescending tone: So no jobs are good enough for you? And I told him I
have worked 8 years, 7 days a week day and night doing what nobody does. But what
is needed the most. The greatest effort of all. And he said: Well you can't take the
world upon your shoulders? And I said: That's what everybody says and look what that
is creating?

After that he started talking about personal achievements at his work. He went on and
on and in the middle of it I just raised my hand waving goodbye and I turned around
and walked away. It's not easy to comprehend everything and continue on in a world
where humanity is working against itself. Like idiots.

I am a hard worker.

I've always been.

And I've been pushing myself with all my resistance which is so much more than the average person. And I am a sensitive human being whom does not function well with stress and negativity. Which the world is very much about.

Fast pace! Get the job done! Next! Next! Next!

And then retire and die.

What happened?

"I can't remember? I was stressed."

Does it sound like a wonderful experience?

No.

If I kill myself it won't be in sorrow.

It will be in anger.

It will be in fury.

My body holds a lot of anger.

Anger is not peace.

Anger is the cause for war.
For uprising against.

Which is SUPER FUCKIN' NATURAL AND TOTALLY OK.

When your own family fucks you for being a good loving human being.

It's PERFECTLY ALRIGHT.

So in this regard.

I am ready to leave it all.
Including the children.

Because it's necessary.
As to move on.

I need to let go of everything.

I am their biological father. I have been trying to come in contact with them. I wish to see them. But their mother cuts me off.

She makes that choice for me. And for them.

She feels she has that right.

Above all three of us.

Such a loving mother..

I can go to court. I can start something like that..

But I don't feel like I should fight for my children being a loving human being?

I'm sorry son. I'm sorry my daughter.

But I let you go completely now.

And I hope your mother will find someone you connect with better than you ever connected with together with me. If I had no family I'd had no problems. And all because I love you so much. And I don't wanna say goodbye.

But I have to..

I need to let you go.

Completely.

I just cried so hard..

If you love someone let them go..

If they love you they'll come back..

In a sense it feels like I'm letting go of myself.
And to be honest as I write that sentence I feel that it's true.

I need to let go of myself and allow for my return.
I need to let go of what was in order to allow for the new to come.

I love my children so much!

I love THE children so much..

I am their father. But they aren't mine.

I cannot be free as I own another life.

That won't happen.

And I help them by setting them free from within myself.

I can only own my own love.

And rightfully should.

As to connect with all I need.

I've slept about 8 hours.

I woke up feeling good and well rested for about 5 min.

Then all of this started.

I could have had a bunch of beers?

I could have snorted something?

I could have emailed people in resentment?

I could have injured myself?

I could have killed myself?

But I did this.

I try to find the why.

All from my core intention.

My soul intention.

Which is to be free.

When these feelings started making me write this I began stating inside myself:

I am free

I am love

I am light

There's nothing more you can do?

Give what gives.

Last night before I fell asleep I was on Oprah.

And it was so much fun!

And I actually got the show to give the audience popcorn during the whole thing!

Why not!?

This is a movie!

The most spectacular!

A wonderful magical life.
That I have created with soul power.

I am so hungry right now and I am freezing!

I often feel like this when tension drops.
When I get it out..

No schrooms for this.

This is all me.

With schrooms it's all me too, just a little more connected.

The one "getting high" on schrooms does not understand much..

That's just how it is.. Listen to what's happening.

I saw this clip from 'Psyched Substance' yesterday with people tripping at a festival or whatever. And life is a trip. Acid and schrooms just connect you with truth. Like the woman in the clip who said she loved looking in a mirror on Acid. Because that's the only time she felt beautiful as she is.

If you look at that clip (it's in my list on YouTube) you can clearly see that she is a beautiful woman! What Acid does is to make her cognition relaxed and drop the self judgement. But not numbing her getting her intoxicated which makes her actually experience herself in acceptance.

That's lovely.

She uses Acid correctly there.
Learning to naturally love herself.

And that's exactly where I am right now as well!

I wish to connect with a loving, compassionate, beautiful woman. Someone creative and fun. And that's how I gotta feel about myself. I gotta accept myself but also admire myself without arrogance.

That's perfectly alright.

Feeling good about myself.

I don't feel like giving up again now..

I feel like breakfast.
But I ain't got none.

So water it is and I'll keep dreaming with wonder and positivity.

It's all coming.

Like 'New Kids On The Block'.

'Step by step! Oh Baby! Gonna get to you girl!'

That kind of spirit!

It's more about letting go than achieving.
We still need to create and make ourselves.

But the hold is the resistance. The past is..

So we gotta let it go.

And as things are like they are?

I might see the children when they are in their 20's..

Their mother is probably feeling successful doing everything by herself.
And that's how she is. All about performance and achievement.

Who needs love?

And that's what I can learn from as well.
To not be such a sucker for it.

Because that's all about a negative need.

All we need is love. And to need it we shall.

In joy!

I need love and that's alright!

With a smile feeling good about myself!

That's the ticket connecting me with her!

I can connect with some other girl..
From a state of negative need of love.

And that's a reflection of myself.

But I don't want that.

I don't want a sorry as lover.

They joy, the freedom, the love.

Is right here right now always.

Without resistance.

And everything is energy. So having a family not supporting you? Cut them off.

A body that keeps on hurting? Do what you can. I move. I stretch. But to be honest many times it tend to get worse and I beleive their are some pinched nerves making this such a problem.

But I am sure I can get some help with that in the future. With some acupuncture or whatever..

Without resistance we can't help but to look forward to life. Because it doesn't become such a drag. Naturally! Everything works out from this. Because all is a universal non-judgemental and unconditional response of the general state of feeling that you communicate. And things happen. All in relation to what you dream about if you choose to create in relation to your dream. Allowing is non-effort.

That's faith.

Dream are previews of life's coming attractions.

Like me at Oprah last night.

All of that just came to me.

It was like a movie and I could not turn it off.
I feel asleep watching my vision.

Oh.. I would love some nice eggs and some toast with avocado.
Green tea with honey and oat milk high fat. Some yogurt with seeds and raisins.
Maybe some oatmeal porridge with maple syrup and a little lions mane in it.

Then I would love a walk in the woods with all that good energy.
Coming home again.. And eating lunch. A pasta dish I saw an Italian mother do on Instagram. She had these shell pastas. Really big ones. Which she boiled for a little while. Made a cheese and herb mixture filled those shells. Putting them all together covering them with tomatoes and grated cheese. Baking it all in the oven like a lasagna. Oh man! That's crack! I'll shoot that food in my arm.

Then I'd maybe have a little nap. Maybe a cup of tea again with some dark chocolate.

And miss you..

Because I don't wanna nap alone.

I don't wanna eat breakfast alone either.

I love alone time. I need that. For sure.

But I would love to share my life with someone anyway.

But if I had the money right now I would still do all of that alone.
For myself. I love myself. I love my life.

I love love!

And people are like: 'You don't shoot crack'..

Turned off. Always evaluating. Always judging. Always seeking to find the errors and the mistakes. All misbehaving in relation to themselves. Living with strong egos and neglected hearts.

Whom I can learn from a bit..

Learning more about how not to be.
So thank you!

Everything you need comes to you as you ask for it.

What I went thru this morning on February 25th, 2025.

Is what I got from choosing to participate.

I felt like giving up.

But I didn't.

What I write her is real.

Everything I've written is real. My life. Going thru it all.
That's not fiction. Not made up as the give a selling story.

It is what it is.

NO! I did not misspell 'What I write her is real'.

Because all of this is for her.

What da fuck am I gonna do eating raisins all by myself and then die?

Taking walks and enjoying a fuckin' tree again and again not having someone to nap
with?

What I said to myself before I opened the computer and start to write this was:

'All I want is to be with the love of my life'.

When we stay with what we want it comes. What you desire most is in your heart. So stay there. And what keeps you feeling undeserving is all about resistance. So let go of all that ever was. What you create is destined to be a success as you affirm yourself as a complete success before anyone else. You don't need anyone to affirm yourself.

But you still don't dismiss other people like you don't need anyone.

You can affirm yourself as a success and still need other people. Sitting all alone feeling like the Emperor of the Universe without someone to nap with eating nothing, about to be homeless, is not really that great.

I am not cocky like that. I am not a peacock guy. But I know what I have created. And I know how clear and good it is in relation to awareness which is of highest value in relation to transformation and becoming. Leading to the making.

It's all just matter of time.

Before the world catches up.

As I am about 150 years ahead.

Everything comes in connection.

Without a gap.

Full circle.

All worthy.

All deserving.

All good.

All love.

Self affirmed.

Not holding on to anything.

Free.

And there you go.

All from your own relationship with your self.
True self. Which is God. And is naturally all giving without judgement.
No questions asked. Delivers right away. In perfect timing.

The timing? Is all about your connection.

But it's also in relation to the universal point of near fatality.

That's why I go thru it like this.
Because I am.

I experience the total fall of humanity yet hold the key inside myself being the one.
Everything will be alright. The new age is upon us. It's inevitable. But it doesn't have
to include me. I can make it all happen this minute by jumping from a bridge.

But that's incredibly foolish as I am right at the finish line.

I can feel that.

There are no problems.

No errors.

No mistakes.

In the perfect plan.

Down to the very last detail.

Tack Gösta.

Jag känner honom nu.

I feel him now.

I see his smile.. His calm.
His love.

And he is very proud of me.

We are the universe. We carry it all in our hearts.

I would love to see 'Jönssonligan' the originals subtitled and experienced by the world. They are all masterpieces. And could have been if the creators dreamt of it happening. That's how we do it.

We dream. We create. We support. We believe. We allow.

What do you dream of? How big?

I made the choice to dream as big as possible.
I've been instructed to do so. Dream big they day!

And so I did. (Morgan Freeman voice)

Haha!
Crazy? Not really.
No not really.

Are you doing none of this?

That's crazy!

You know what?

I had a vision last night of me coming on stage to talk to Oprah and meet the audience. The music of 'New Kids On The Block' was playing.. Step by step! And as I sat down and the audience stopped clapping Oprah welcomed me.

And I replied loud as hell:

Wuzzup Muthafucka! (Like Eddie Murphy : Facka)

Last night I laughed at that.
I was just so unexpected.

But now I don't find that as funny anymore.

It will be a great honor.

Truthfully.

I saw myself with like 50's classic leather shoes. Like Frank Sinatra style. They have those in my city. Incredibly nice. With a nice suit wearing a new hat and a bowtie.

I don't like ties.

I mean I like when things are in balance but not as in getting even.

It's not a competition.

I like fun.

I have like a bathtub full of signs telling me all of this is gonna happen if each sign is one single ice cube. There is just so much speaking for my dream to come true. And most importantly I feel it. It feel it real good. The transitions right now is all bout letting go. I can hold on. But from that not be able to make it for next years event of universal manifestation. I won't survive another year. So I let go! Of all.

Spring comes again. Are you ready for that. Have you done what you are supposed to? Or are you feeling under the weather? It's your choice. If you don't have a computer or even a piece of paper or a pen? You can always talk to self as is.

The number one thing about all successful people historically.

Has been them communicating to themselves.

You have a personality which is necessary as to experience being human.
But you are soul which is conscious aware non-judgemental energy of love.

As this is your authentic nature.

Cannot die.

Never born.

Infinite.

Which you cannot fool.

And makes you suffer thinking you can.

So you gotta make yourself feel good.

By affirming what you is, end with all the diss.

And letting go of all that ever was.

To allow for the all new to come.

I am a sweet generous loving guy.

I love music, food, nature, you.

I love love.

I've tried to bring things down a notch.

By not making everything so superficially perfect.

When you listen to my music you can hear that I am able to sing. But I also don't care
so much and wanna give some relaxed fun about it.

I can make more serious music.

But I will never be professional.

I just try to become a better human being.

As this is why I'm here.

And that's a balancing act of being good and brave.
But not so serious about it you can't use the funk to walk the tightrope.

There's a difference feeling hungry in joy or in sorrow.

I am so hungry right now!

But in joy.

If I keep that joy right where I am just now?

I connect with my deepest desire.

I focus on love.

There are no problems for love.
Ever.

Love makes everything and anything happen.

Just like that!

That's positive expectancy. That's trust. That's faith.

The transition is right now.

It's about two more days.

Then we go the new moon in Pisces.
I think it was 01:34 AM CET.

Things will inevitably happen.

People not aware of this and not participating they might feel so pressured and condemned they commit suicide these days. So it's very important that we educate ourselves about universal law and creation. Which is annual and goes with the seasons in relation to planetary positioning.

We all need to die.
But we can't.

So what's the deal? Drop what was.
That's a fair loving deal.
Godly one might say.

God says so. I am.

We fold under pressure.

For a reason.

And all is love.

We get what we give.

So what is your focus?

And not only what is your objective in most prized manifestation..

But what about your ability to focus?

Can you look at a dot for 1 second.

Yes you can.

Can you train yourself without force to look at it for 2 seconds.

Yes you can.

The you have just demonstrated to yourself that you can evolve.
That you can become. That you can transform. The previous level of focus only
looking at the dot for 1 second has now be transmuted. And the new version of you
able to focus on the dot for 2 seconds is now created.

This is how it is regarding everything.

You have the ability to transform.

And this happens with focused dedication on what you truly want.

And you help yourself with just the exact amount of what you need as to make for a
personal effort and also self support. It's perfectly designed. By you for you.

So you can trust that.

And identify with it.

Completely.

A complete identification without separation can only be God.
Which is pure unconditional and non-judgemental all giving love.

So it's a done deal.

Unless you give up. Which does not occur with a suicide.
It occurs with you dropping the relationship with self.
And instead trussing the mind and body.

Which both are liars.

Because the think and feel.

But they don't know.

God knows.
Soul, Self, Source.
The Universe.
Spirit.

Love.

Knows.

For infinity.

For each time I reconnect and ask why? I become stronger in faith.
Because I make it ever so much more obvious and clear for myself.

And things happen.

You will not receive what you are not ready for.
By your self. From you self.

So make yourself ready.
By participating in the game.

It's a dating game for Christ sake!

It's a world of love for Gods sake!

Which you can be active or passive in.

OH! This lunch place..

I would love to eat there today.

It often has 3 dishes and on Fridays they've got dessert.

Fantastic!

And it's located in a building called 'Innovation Park'.

Best in town! Super great food. And the most loving guy (chef) behind the register.

You know what!

After writing all of this and letting emotions go I really feel like going out for a walk in joy today. Not as in it being good for me and I need to move my body and get fresh air.

I really want to!

I've felt this way before.
But not that often.

What more can you ask for? Really.

But to enjoy the day.

Regardless.

It's just that feeling that everything is gonna be alright.

Everything is getting better.

And spring love shall come again.

Sometimes I wear my Tibetan multi pattern/color jacket as it makes me feel good.
Sometimes I wear it as revolution. It depends on where I am in relation to true.

Which is my authentic nature.

And not any opinion.

So lying.

Is not affirming true nature.

And makes for lying in deceptive creation.

Like Trump and stuff.

He's more material than spiritual.
By choice. As to achieve and perform in relation to his standard.
Which is all about his youth. Which made him into a competitor.
Instead of a collaborator. Now joining forces with Elon.
Going against the Mexicans.

Sounds like 1945 if you ask me?

And who was really responsible for that?

The Jews.

For making themselves so special in ego.

And attracts the very same thing.

As to learn.

The Mexicans and Trump are both hard workers.
But become competitors as they cannot see their own reflection of true self neglecting
it. Making God out there. And "my soul".

Double error.

Unnatural X2.

And history repeats itself slightly better as the universe expands but what we refuse to
comprehend we will get a second chance as to learn.

It's not racism.
It's not antisemitic.

Things things does not exist without someone claiming to be SO MUCH MORE than
everybody else. Which is all Ego and not ever soul. Unholy in fact.

The most religious is the least spiritual.
Ideology / Free Love

Condemned by themselves in grief of not being accepted as the best above all others.

That's the reality.

Sorry to be alive.

And murder comes.

As you ask for it.

Gratitude is not crying in sorrow.
Humility is not staining firm in convictions making you do that?
This is not rocket science.
Yet ELON IS ON WITH IT!

FUCKIN' IDIOT.

Alright.

Time for this wonderful walk.

The sun is coming thru today.

Lovely day.

That's a great song..

When I wake in the morning love.. And the sunlight hurts me eyes..

OK.

See ya!

// Leo