

# I just get more and more tensed

I am not experiencing any love.

My heart and back in increasing in tension.

My forehead is all tensed.

The weather outside is wonderful.

I have no care.

I receive no inspiration. I have no desire to be creative.

I know I can end this if I consume some alcohol, some nicotine or something else that relaxes the nervous system.

But what is it that I carry?

What is it that makes me increase in tension?

There must be something deep down inside that keeps my energy from flowing.

I feel like when things are fun there is a strong will.

When there is a strong will there is a lot of energy.

I feel so drained.

I feel so tired.

I feel exhaustion from thinking about doing my dishes.

When I close my eyes and dream of what I desire the most?

All I see is myself sleeping together with someone on the couch.

Not sexual but having a nap.

A deep rest.

Deep deep relaxation in comforting and loving arms.

I'm not sure that I've ever felt that?

Most arms are busy, and have a lot of things they must to do.

That's not fun.

To feel forced all the time.

To feel an urgent must to make things happen.

That's murder.

That's killing.

So what am I looking for then? Because we have to relate back to ourselves as we investigate problematics and do some troubleshooting internally.

We don't have to do anything in relation to relax and feel good about ourselves.

And I do that nowadays for the most part.

So maybe this is just the tension from all that work put in that is settling down.

As I find peace and give clearance to relax. Telling myself that I've done a great job. Telling myself that I am great and fantastic just for being who I am.

Letting go of history, accepting and appreciating myself.

For just being.

I am looking to just be together with a very loving, accepting, non-judgemental, relax and kool friend. But to be honest I am bored of being by myself.

Everything is relaxation and tension.

That love and fear.

That faith and doubt.

That's grey or inspired.

That's fun or pain.

All what the nervous system creates from perception.

And perception is listening to subconscious convictions.

And those are trauma that can become something else.

And over time they will have changed.

And over that period of time you will have changed.

Because everything is connected.

And you've flipped the script.

And you become someone you thought you were and let go of someone you thought you were.

Because it's all a mental construct.

And all a choice.

So why not make that choice in relation to what you feel that you are and want to do. And then you begin to change. And allow change to take place. Accepting what is, so that it may be, in order to let it go and embrace the new.

I borrowed an electric guitar today that sounds great to me. I'm gonna try and learn some chords and embrace something new about myself and let what I've done flourish now for a bit. With one beer. 🍺

Alcohol numbs the brain which is fine in moderation.

But as it gets dumber and dumber it believes that the original relaxation and satisfaction will increase as the amount of alcohol increases.

That is just so incredibly false.

You just get more and more stupid.

Alcohol is fine.

Nobody is alcohol free.

Take this information to a AA meeting and watch all hell brake loose:

From your everyday consumption of food the metabolism creates alcohol as a part of the process of digestion.

About the equivalent of one beer per day I beleive.

AA.AA.AA.AA.AA.AA.AA!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Hahaha suckers.

It has never been about the whatever?

It's all a matter of context.

Why?

Alcoholism is nonexistent. And there for not a god damn disease. The disease about it is all about negative energy and trauma that hasn't been dealt with.

Deal with that and come to a greater understanding and you can do whatever you want.

Because you are now free from resistance and can enjoy a drink, a beer or a whiskey without feeling ecstatic about it in relation to your otherwise depressed world of ignorance to why you feel depressed.

Become true.

Get rid of bullshit and you are free.

To do what you want and enjoy life.

I am not having a panic attack after my beer. I will get some relaxation from it and it tastes great. And I will fiddle with a guitar for a while and then pray to God thanking for a beautiful day and doze off to sleep.

There are other ways of finding relaxation.

That doesn't require anything else other than yourself actually. That's being together with someone you feel safe and secure with. And just relax and hang with them.

Like a human being that is accepting and loving 🥰

They seem harder and harder to find.

I found one yesterday!

She was sitting on a bench waiting for the bus.

I know her from work in the past.

When I sat down next to her I felt peace.  
I felt like I was totally OK just for being who I am.

I carried that with me all the way to sleep that day.

And today I went to where she works, which is about 1  
minute from where I live.

And I asked if she would like to become friends and  
hang someday? And maybe have a glass of wine and  
talk about life?

I texted her about 10 times today.

And eventually I said:

Wouldn't it be fantastic if we could just stop texting and  
see each other over a glass of wine and talk!

And maybe we will? I hope so.

Because I cherish her so much.

Because she accepted me and did not judge me as I sat down next to her. She made me feel like I as good for just being who I am.

That is someone I would like to give everything to.

Someone who deserves it.

Because she understands from experience.

And treats people with love and a sense of worth.

Like I like to think I do.

So I would love for us to be friends.

I cry now. I feel love & joy now.

And I look outside and see the sun coming thru the  
branches of a tree. It's about to set for today.

And I think to myself..

What a wonderful world.

Thank you.



..hey..

I just thought of something funny.

What if I learn how to knit?

And I go and watch The Lakers vs Hoyas for example  
while knitting during the game.

And everybody's like: That's a bit weird what's he doing?

And when the game is over I get to come down and  
greet all the players and shit. And I pull out a knife and  
slice the All Star forward deep across the leg.

And help to mend the wound with my knitting.

That's what it was for!

If that ain't thoughtful and helping I don't know what is?

Service to God.

At the NBA's.

That's love right there.

Good morning.

Life's big question.

How do you live a happy life?

The answer:

You feel good about yourself.

## Why is that difficult for some?

Because they've been so mistreated and continued to mistreat themselves so they have to make something internationally positive in contrast to how they've felt negatively.

Good vs Bad.

Do they really have to do this?

Or could they just acknowledge everything that is good and wonderful about themselves? In joy, acceptance and celebration for who they are?

I feel like that is enough.

Sounds a lot like something that could have been a loving way to treat them from the beginning don't you feel?

And then they'd live a happy life!  
And perhaps do something internationally all in joy and celebration.

But then again we won't learn about how all the small things can over time completely ruin everything.

If we aren't sensitive and careful with each other.

So why walk on eggshells always thinking about whether you said the right thing or not?

When you can just be positive and loving towards yourself and to others.

The world moves too fast and is focused on shit. The information highway has become garbage.

That's why I don't want to do anymore YouTube videos. I wanna be real. Authentic and non-scripted.

Like life is supposed to be.

Where we accept ourselves and celebrate ourselves. For being perfect just the way we are.

For being good enough.

I've wanted the world to tell me I'm a great guy. Because I find that hard to do myself.

I know how to do it.

I know how to acknowledge myself and give myself love. It's just that my previous treatment weighs heavy inside me.

Telling me that I am bad.

So each morning I question my life existence.

And I need to rebuild everything each day.

Who I truly am, what I am worth, how I look, how I am towards others, what I give

All those things that are true about me

All that is beautiful about me

High expectations should be in joy.  
Not in a rescue mission preventing a fatal outcome.

What it comes down to is,

Do I believe in myself or not?

And the answer to that is.

Sometimes..

When I am relaxed and don't feel so much pressure.

I believe I can do and be anything.

No problem.

So why am I doing all of this that creates such  
tremendous pressure?

Because I have to.

It's my calling.

I am guided and led to create what I have created.

And I sacrifice myself for the greater good.

Everybody is taking a step away from me.

And that is to make everything ready.

For the bomb.  
Which will kill all darkness.  
I hope I live to see it!

Gonna hit the shower now.

And sing some affirmations that are positive in  
relation to myself and my life.

*'Oh! Think twice.  
'Cause it's another day for you and me in paradise'.*



Often times I'm in the shower for a long while. Because it's comforting. And I am somewhat free from everything as I stay there.

I ended with a cold shower and just got dressed and walked out.

The world was unreal.

It still kinda is.

Because I am unreal.  
I hardly exist.

Nobody calls me. Nobody writes me. Nobody visits me.

And I struggle with self-worth?

Can you see how demanding that becomes?

Is this really all my own reflection?

I don't think so.

It must be the guilt and shame inside others that makes them keep away from me.  
From the wrong they've done that they project on me.

I do what's right everyday. I create more to help humanity everyday.

I am truth. I am light. I am love.

They are too but maintaining negative energy in lack of humility.

Everybody wants and needs love. So why are we fighting then?  
To prove something? So when that has been proven then what?

Superiority? That's always a lie.  
God is the only Supreme.  
Soul supremacy.

All love.

All I've created has been on the fumes of my soul fire.

I've done it alone without any support.

**!Just imagine what I can do with support!**

That's how great and truly amazing I am.

I am.

That's how great and truly amazing:

**I AM**

To live in fantasy league seems crazy. But you can't do anything else.  
Everything is a holographic high definition representation of energy expressed in  
various frequencies.

It's so incredibly good that we experience biology.



This whole existence is digital.  
Mathmathical.

But in organic biology we experience emotions. Or at least we are supposed to.  
That's what makes for a human experience.

Complete ecstasy?

Pff...

Ask any fine dining chef and they'll tell you how much they long for something simple and soulful after working with the most expansive ingredients for a long time.

Ask any composer who writes a symphony how they feel when a 7 year old child plays an instrument with passion.

If that brings you to tears. For the simple soulful composition of either one of those then that's gratitude you feel. That's love you feel.

That's home grown ecstasy.

You don't want everything at once.

And you don't want to live your life as if everything expensive and exclusive in terms of financial value will make for a great life experience.

I would like to hold someone's hand.  
That is a part of someone's soul.

That I value tremendously.

And for me is the most exclusive.

You can't buy that.

Money can't buy you love. It cannot buy you happiness.  
But it's a reflection of worth. From the inside out.

It's a tool as we use it to invest in what we value.  
To have more of it. We acknowledge love.

Today I just lost it and texted this woman I spoke of that I met on the bench that works 1 minute away from me.

And I just told her that I am very lonely.

And I don't believe sex is love.

And that I wish to hug her.

And that I wish to spend time together and talk about life over a glass of wine.

And I also said that this doesn't mean that we move in together. It doesn't mean anything like that. We can just be close friends that make life more loving for each other instead of just work work work.

I'm gonna have breakfast now (11:52)

And then I'm gonna rest. Because I have no energy.  
I have tried to manufacture it. I am not lazy and not a quitter.

But I am just so tired!

I just want to receive some love back.

I need love.

There is a tremendous amount of expression in something loving connected to an international abrupt smack in the face. Like me dying in relation to what I've done.

But I can do so much more! I want to do so much more!  
I just gotta come in to the stream of soul supremacy.

Where all the love is.

Every time I write and upload I give without return.

When I talk about my desire for love with someone and it doesn't get answered I  
give without return.

So what am I supposed to do then?

Just keep to myself.

Well.. That's a no brainer.

Literally.

If that's the case then good bye.

Good bye world if that's the case.

Because although there are skies so blue, and green green grass.

It still a shitty world coming from human beings that have no idea what love is.

Anyone can get tough and focus on getting the work done!

And forget about love. Suppress love.

..You go ahead and do that robot by choice..

Me and my love is leaving.

Today is Sweden's National Day.

Many stores are open.

Just go home.

Just do it together and just go home.

No protest and no aggression.

Just don't give a shit in showing up on this day where everyone is supposed to be free. If they decide to fire all of you or find someone who's responsible that they wish to kill over their own lack of humanity well..

Do you think you need to protest for human rights and donate half your salary for a good cause? When you are enabling this a a worker going to work and as a consumer shopping on this particular day.

YOU.

Create this world. In what you accept and invest in.  
In comfortability but on the expense of freedom.

The world used to be less stressful and more at peace. Not that long ago actually.

When stores where closed on weekends and cellphones was not in everyones pockets. When people actually interacted with each other and shared life in emotional connections.

This is easy to see but hard to change when you lie all about the heroin you've got in your pocket.

The laptop that makes you fall on your bike.

The laptop that makes you miss what your child says as you need to check your e-mail. That leaves them unseen and empty looking for love in technology instead.

Just like you.

You can learn from each other.

If you turn off the screen and listen to some music and paint.

That might become very painful for you.

To listen to some soft music.

And paint with your kids.

**!!!BECOMES PAINFUL!!!**

There is only one answer and reason behind that.

YOU ARE ADDICTED.

YOU ARE A JUNKIE.

YOU ARE AN ADDICT.

I have such an urge! I have such a drive that is all about running as fast as I can  
towards the arms of love!

Or to kill myself.

It's the same drive.

It's the same courage.

Everything is one.

It's just a matter of choice.

I am very clear in my communications about what I wish for.  
But maybe God has another plan. What do I know?

All I want is love.

It's June 6th today. And I feel like the summer has come to an end.  
I feel like there is just about a week or so left and then it's time for a new school year. I don't feel summer coming on at all.

I feel like the world is coming to an end.

And that is always a good thing. It's all good.

It's all a part of Gods great plan. Everything is always going according to plan. What need to come to the surface will do so and what effect that will have it will have. And whatever action follows this will be absolutely necessary in relation to where we are.

That's just the way it is.

Fight that and you'll die.

So accent that and go along with it.

When I had my one beer yesterday and the alcohol (3,5%) was in my blood stream I was laying in bed and I thought of her. The 1 minute away woman..

And I just spoke out softly as I went over her entire body and I said:

You have such beautiful eyes  
You have the cutest ears  
You have the most beautiful hair  
I just love your smile  
How wonderful hands you've got  
And I just love your feet  
I love your eyebrows  
I adore your eyelashes  
I love your presence  
I love your soul  
I love you

And I saw her in front of me the whole time. But when I did it I also received it. Because I received what I gave. Maybe in some way I was talking to myself? I mean I was alone and I was talking to myself haha.. Just change hair too beard and we're spot on.



I can't live a life alone where I only acknowledge myself.

That's not a life.

Makes me wanna go up to the store right now and get myself one more of those  
beers..

Just to make me relax and feel good about myself.

Maybe I will.

The pain will be here tomorrow anyway it's always the same.

Because..

*I'm all out of your love.  
I want you beside me.  
Your hand in my hand.  
Believed for you so long.*

Yeah a beer it is..

And maybe I'll just fall asleep.

That would be great.

To let time pass.

In this summer ending before it has even begun.

I am not gloomy. I truly ain't. I am positive. I am just tired and all out of love.

I spoke to a music teacher the other day. The students practiced in church as they  
planned to perform 'Lana Del Rey - Summer something gloomy'..

We're all in this together.

It's all about love.