

REGULATE



TRANSMUTATION.SE



REGULATE

You are relative to almost everything in your human experience.

You are relative to me, and I am relative to you. You are also relative to your hand, and you are also relative to your feet. You are relative to your thoughts and you are relative to your feelings. There is a separation between you and every other thing in your human experience. Yet you are experiencing all of these things. You are aware of their existence and you are aware of a certain expression they express. The hand doesn't express being a foot. And the foot doesn't express being a hand. You are not expressing being me, and I am not expressing being you. My thoughts come and go and so does my feelings. They are not expressing who I am. But if we believe that all of these things that we are relative too are who we are we have to regulate ourselves continuously in relation to them. That becomes a life of struggle as we live in constant fluctuation affirming ourselves with something temporary and therefore false.

We can find joy in that as we affirm ourselves in others when others make us feel good. We can find joy in affirming ourselves as we look at our hands and feet and think they are beautiful. We can find joy as we think beautiful things inside our mind which creates loving emotions. But all of these goes away and we are left just being.

If we are in a state of just being and not feeling any joy or feeling good about ourselves as nobody else is affirming us and we might not feel physically beautiful we are only left with our own thoughts and emotions that should give us the joy and good feeling but are currently making us feel the opposite? We are living without self love.

But at the core of who we are without anything to relate to we are pure loving energy. All loving and appreciative awareness. That is God. That is soul and the nucleus of all creation. That is pure inspiration.

I began writing this as I woke up from a nap. Before I fell asleep I was feeling a lot of love and appreciation within me. And I said to myself that 'I am good enough' &

'I love myself just for being me'. But when I woke up I felt empty and my heart is hurting.

I wondered where the love has gone? I was feeling so good just an hour ago?

I laid down and focused on my breath inside my heart and started stating the same words again. And I just felt such a strong longing to have a beautiful girl laying beside me who looks at me with love and I would let my fingers go thru her hair.

I feel so alone and truly want someone in my life to feel affection and to admire. Someone I can keep telling how beautiful hands she's got. And how wonderful her feet is. Someone I can share thoughts and emotions with but most of all just feel pure love with as we share timelessness together in just being.

I can't regulate that.

I can only suffocate that.

And as I suffocate that within me I suffocate myself.

So what is the problem?

My core should be just fine. It cannot be damaged? Or am I hurting deep in my soul as I have a hard time feeling love and appreciation for myself.

Where does that come from?

Well. That all comes from my subconscious.

And I can do fantastic things! And can create beautiful creations! But there is something that I subconsciously relate to that keeps me feeling unloved and unappreciated. So no matter what I do or create it will only be a temporary satisfaction as my subconscious relative will return to tell me the opposite of what makes me feel good about myself for just being me.

We are all relative to each other. And so we are all relatives. What makes me feel bad is something relative to me within myself. Something that has made an impression on me stating things that aren't good. And thus those impressions are not good for me. So why listen to them? Why listen to a relative that is speaking against you feeling good about yourself?

The answer to that is how long that has been going on and how strong that impression is inside you.

What you yourself continued to state in relation to who you believe yourself to be as this was impressed on you by a stronger relative.

But the impression are negative? And they make me feel bad?

That's because the impression made by that stronger relative whom was all negative but you perceived that as positive because they where supposed to be caring and loving in relation to you. Something you took for granted as they where your caregivers.

But that is not care. That is not care at all. That is actually bullying.

So you now continue to bully yourself as you keep accepting and listening to these bullying impression made from a bully and not a caregiver.

The one who was supposed to love you that you saw as love & light itself. Was actually fear & darkness.

So they dimmed your light as it was hurtful for them.

So they hurt you.

To creative equanimity. To achieve harmony in the environment that was completely out of love. To make themselves feel better in relation to you as you where naturally loving and appreciative for just being you.

You never questioned that. But now, all you do is question that.

So what you carry and struggle with is actually the family heritage of darkness and negativity. Which you need to disconnect from in order to be free.

You wish to live in freedom and not condemnation so you have to become independent. You have to stand on your own two beautiful feet and admire your beautiful hands. You need to think and feel loving and appreciative expressions about yourself now.

You have to become true in relation to your own relativity. You have to return to innocence and soul where you are pure loving awareness.

And you need to change the record within you. You have to change the manuscript full of negative affirmation into all positive ones.

I do this as much as I can.

Why I felt love and appreciation before I fell asleep and experienced the opposite as I woke up is because I was unconscious.

And my subconscious convictions of darkness came back as I let my guard down.

I feel cold and tensed.

And that is a manifestation of fear within me. Closing its icy grip around my whole world. Judgement day.

What I want is Independence Day.

And for that to happen I gotta be methodical. I gotta be Method Man. And use my methods of positivity as I impress my subconscious with what is true about myself again.

And I also need to fight against the "aliens" that wish to dominate my world. My destructive thoughts that makes me feel bad. But the "aliens" aren't real. They only exist inside me because of a negative relative telling me they are.

But they are the reptiles. They are the cold blood.

I am a loving human being. Warm blood & a heart of gold.

All I want is to be able to relax and that day will come. But first the intruders must die. Or else the child prodigy will.

Everything in this world is relative in relation to what you are familiar with. What kind of family you come from will have made an impression on you that either makes you see all the good or all the bad. So you might come from a family that looks human. But on the inside they where aliens.

They where aliens to Truth.

They where aliens to God.

They where aliens to Love.

And could have made the choice to be more methodical in there conduct in relation to themselves which would have made them a loving relative to me.

Then I wouldn't have to live under these constant regulations.

I could just be me.

Independence Day is anyway now.

I just don't know what date or time.

But I sense it getting closer as the alien attacks are less frequent.

My methods are working.

The methods I got from others who I see ass role models. And that's a bunch!

I consider them family. As they make me more familiar inside myself even though I've never met them.

Because they are loving and appreciative in relation to themselves and share this with the rest of the world.

I use these methods as a laser killing the aliens. But they built the weapon of mass construction. They are called the soul family. And I just wish to meet them so much.

Because we speak the same language.

And that is love.

That's a language that has no words. That's a language that is being communicated with a look of admiration and perhaps fingers going thru my hair which I don't have.

But I get the sensation anyway.

Because I feel that here in the couch just dreaming about it.

Two three days ago I was sitting outside the library using their WiFi again and a woman passed by me on a scooter. One of these "City-Get-Around" ones.

And she looked at me with such sweet eyes and I said hello.

She said hello back to me and the sound of her voice was like a year of love in relation to where I am right now.

I wish I could play that back just as it was.

But that memory has faded. Everything does.. Every thing eventually dies.

And that makes me feel good in relation to what I carry inside me that makes me feel bad.

That will eventually die too.

The reason it's sticking around so much is for my own protection. And that was the "love & care" I received growing up. All control to keep me safe. Not to make me feel bad? But it did as this wasn't care at all. It was fear of losing me and fear or me getting hurt.

And all of that in such magnitude and strength that is made me fear and hurt myself.

But you cannot give what you do not have. And you cannot give what is right when you refuse to be humble in relation to what that actually is.

So I was given the family recipe for destruction.

I was spoon-fed with poison that had the label 'All Love' on the bottle.

I was robbed of my youth. Just as they where robbed of theirs.

My grandmother's name was Aline. That's a beautiful feminine name I feel.

And she and her siblings fled from Estonia. As the Russians shot her sister in the shoulder and dogs were chasing them.

My grandmother was very caring. But in her own subconscious conviction unaware that inside herself she wasn't Aline. She was Alien.

Not familiar with what is constructive and what is destructive.

So she gave what she knew was love to her daughter who later became my mother.

Both me and mom love Motown music.

Both me and mom wants to give so much love.

But I have received a great deal of poison from her in her lack of humility and unfamiliarity about soul.

About truth.

About God.

About Love.

So I can continue to judge and condemn her?

Or I can become the caregiver in relation to myself.

It's an ugly job to begin with as the alien attacks are not a pretty site. A lot of mayhem inside me living in judgment days.

But as I relate. I regulate. And I come closer and closer with a strong Will!

And eventually I will not have killed Smith. But I will have become the master that Smith admires and feels safe with. And he'll stop bullying me in order to get my attention before I damage myself beyond repair. When you die in the Matrix you die for real. So you can't fight the Matrix. The Matrix is designed to keep you alive. Smith, The Matrix, The Ego is not supposed to be the master but instead the humble servant. So you need to come correct within yourself. And stop this constant regulation in relation to what isn't really you.

And come back to soul. Come back to love. Come back to God.

Over and over and over..

And keep stating what God says about you which is that you are beautiful and adored for just being you.

Just like when you where born.

Before you got attacked in "the name of love".

The main regulation is to demolish everything conceived about what you thought love was. And begin to build a new foundation that is based on truth.

A construct built upon lies has to be maintained constantly or else it falls apart.

That's what the pyramids are showing us in their simplicity. A true and solid foundation will hold everything for thousands of years. Only the facade will wither over time. So the construct based on lies has to fall. It has to break.

You have to break.

And begin to rebuild yourself in relation to what you've learned is truth and love.

And the spoon feeding now is your own positive affirmation with strong expression that will impress your subconscious with actual love and not poison.

The label on that bottle can eventually be taken of and placed permanently across your heart.

It doesn't even have to state anything in words. It can simply be one big plus sign that symbolizes all the things the God says about you.

As you stand firm with your arms stretched out in faith you will not get nailed to anything destructive and painful. But you need to sacrifice who you thought you where to become who you truly are.

And those open arms are not in surrender to die physically. They are open to receive all of Gods love. Because you are worth it. You always was and always will

be. You just didn't feel that within yourself being all busy killing aliens and having judgmental discussions with Smith all day long.

That's demanding!

And makes a human being extremely tensed and worried about how things are gonna work out being at war with yourself in relation to a general that wants the best for you but cannot understand emotions.

So you need to show yourself the way.

Not force yourself.

Show yourself love.

Show yourself to salvation. Take the road of redemption and forgive yourself for carrying the family burden and become familiar with the power of all creation.

And use that power which is at your disposal. For all good.

For all kindness.

Work for God.

All day everyday.

Despite what you are doing.

And you shall receive more of what you truly desire in life.

Which is peace of mind and gratitude for having a human experience.

All in love and affection in relation to yourself that you can't wait to give to others.

As you now are a giver of truth that sets them free and makes for their life to be one of an independent one. Free from the wars inside. All in peace.

All in love.

With oneself.

God makes it all alright.

As you give yourself to God.

We sometimes neglect the simple things.

And we struggle in advanced technology.

Like a respirator keeping us alive.

My uncle, my mothers brother did that.

And eventually he died.

He did not die from his injuries.

He did because he was at war.

Within himself.

He could have come to peace before he died.

If he came to God.

In the simplicity of prayer.

In all humility.

That's how God works. Unconditional love doesn't intervene and step on any toes.

You have to take that step. And all shall be given.

As you feel worthy of God's love.

That's not so difficult. That's actually pure genius.

Mashallah, Alhamdulillah & Amen to that.

What makes it all so difficult in being human?

Is that letting your fingers feel thru the hair of someone else might not necessarily be on top of the head.

And that is very beautiful and very loving.

BIG SEPARATION

But that can also be in the same place where no hair has yet matured.
And that is completely fucked up.

When somebody thinks they are mature and knows what love is by default.

That is not a sure thing.

And that becomes extremely destructive.

SEX & LOVE IS NOT THE SAME THING.

YOU CANNOT
SATISFY YOUR
NEED FOR LOVE
BY HAVING SEX.
THAT IS ABUSE OF
LOVE. DESPITE
YOUR AGE AND
CURRENT
RELATIONSHIP.

PLEASE KNOW WHAT LOVE IS. BEFORE YOU HAVE KIDS.

You don't have to sexually abuse the child. But if you aren't separating sex and love?

You will not be able to connect with your children fully.

As intimacy becomes one and the same regardless of age and maturity.

All children seek intimacy and affection or else they die inside. Just like any adult does.

Soul connection in each individual connects us in love together.

Completely without any sexuality.

Sex is the next step in coming as close as possible in a mature and loving way. All from soul intention, thoughts and emotions to physical manifestation. Not the other way around.

Children are not designed to fill a gap in your own lack of love.

That's an empty cup being filled with blood of the innocent.

This is what makes for a superficial human being that satisfy their need in materialism.

As they fail the acknowledge themselves for who they truly are.

Which is pure love.

Viral verilete not virus.

The focus on sex in the world right now is the equivalent of having sex in front of the children in the living room as pornography is completely open on the internet where the kids are spending most of their time.

Sexual Ed?

More like humanity dead.

Please come correct.