

I Can Only Speak For Myself

When you've been abused as a child you will have trouble giving yourself love as you feel ashamed and guilty as you've been charged with the greatest amount of negative energy possible. So you live a life in guilt.

And as you want to have sex when you become sexually mature it will become a guilt trip. As this is in the core and primitive foundation of who you perceive yourself to be everything else will also become saturated with guilt.

Until you learn why you self-sabotage your life and see where all of this comes from.

You might ask yourself as your reading this since it is very common that people that have been sexually abused also sexually abuse as they get older?

And yes that is true. People like me do that in order to understand where they come from so they can become true as they change and become realized within.

So in a sexual context. What have I done?

Well. I have had about 7 romantic relationships in my life. I was born in August 1982. I've had about 2-3 one night stands. I don't like that.

But during these romantic relationships where I wanted to be a loving guy I had troubles with all of my guilt and also the impression that sex & love was the same thing.

So the consequences of that became situations when me and my partner was cuddling in bed and she just wanted to cuddle. And for me that became that she didn't want me. As in I am not good enough and worthy coming from my misconception mentioned above all full of guilt. And that hurt.

So I nagged and nagged and was like: C'mon let's do it. Just a quicky. And eventually sometimes she said yes. I am guilty of that. I did that.

If that seems trivial to you? You are insensitive and cut off from a grander perspective which includes emotional understanding and loving boundaries.

Which means that you truly don't know the difference between sex and love.

And you do not receive what you are worthy of thus you take what is rightfully yours in relation to another living and loving human being.

I am not feeling guilty over this anymore.

I have forgiven myself because I did not understand what I was doing at the time.

But I see where it all comes from right now as I am writing this July 1st 2024.

Along the way I have created more situations that created more and more guilt inside me like treating people disrespectfully and behaving jealous towards them without celebration of what they are all about. I did this because it all reflected back at me and my achievements and how I felt about myself.

Which is all a lessons.

To see things for what they are and to make a conscious change about it.

It doesn't have to become more and more destructive.

That's actually you failing to understand lesson one of perhaps 500?

And you can't learn shit if you're all about them doing stuff to you and it's so unfair.

What was your part in everything happening. Where do you come from?

And what can you make of IT?

Can you find a greater emotional understanding and make IT right?

Yes you can!

If you make the choice. It's gonna hurt. Like hell if you perceive yourself to be there. But you will come out! Not as anything sexual..What?

You will come out as yourself all clean! And beautiful! And worthy!

Because you feel yourself to be in all honesty speaking what is right and good about yourself.

I made the choice to better myself in order to make things better.

How on Gods green earth is that supposed to happen otherwise?

You can only speak for yourself. So do that in a positive attitude. And do positive things. While ridding yourself of negative convictions. And go thru IT!

You only get one shot! Do not miss your chance to blow! 'Cause opportunities comes once in a lifetime and time does not exist. The time is now and the wind of change is at your disposal if you decide to flow with it and not against it.

Everything is a subconscious conviction of either something positive or negative. Why carry the burden of irresponsibility impressed inside you.

Let them be immature and die which way they choose.

Don't doubt yourself as you script your own reality.

And go for the win! Which is for a greater good and not only for yourself.

That's all about you being the destructive parent that cannot give love so you only give a bunch of toys all the time. That is soul killing.

So don't kill yourself please. Unless it is to die to your negative convictions.

Then I'll gladly help you to die and cry with you along the way.

You are clean. You are true. You are beautiful.

You just have to tell yourself that. And kill the opposition with a rusty screwdriver inside the mechanics holding you hostage inside your own mind. I would like to say that I wish to be your lube in that. And I just did. But please understand that it's humour. That's what made me not kill myself. Not to accept, but to laugh at IT.

As IT dies in the hell fire.

And you come up from the ashes.

Holding on to the funny costume.

Because it might come in handy.

At a big party or sum..

In celebration.

Of your success.

I thank everyone. Even they ones that hurt me most.

As they have been teachers in my life to understand how to do things better.

We can only change what we are aware of.

And they brought that to my attention.

So I used it to mold myself later on in life.

And for that I am grateful.