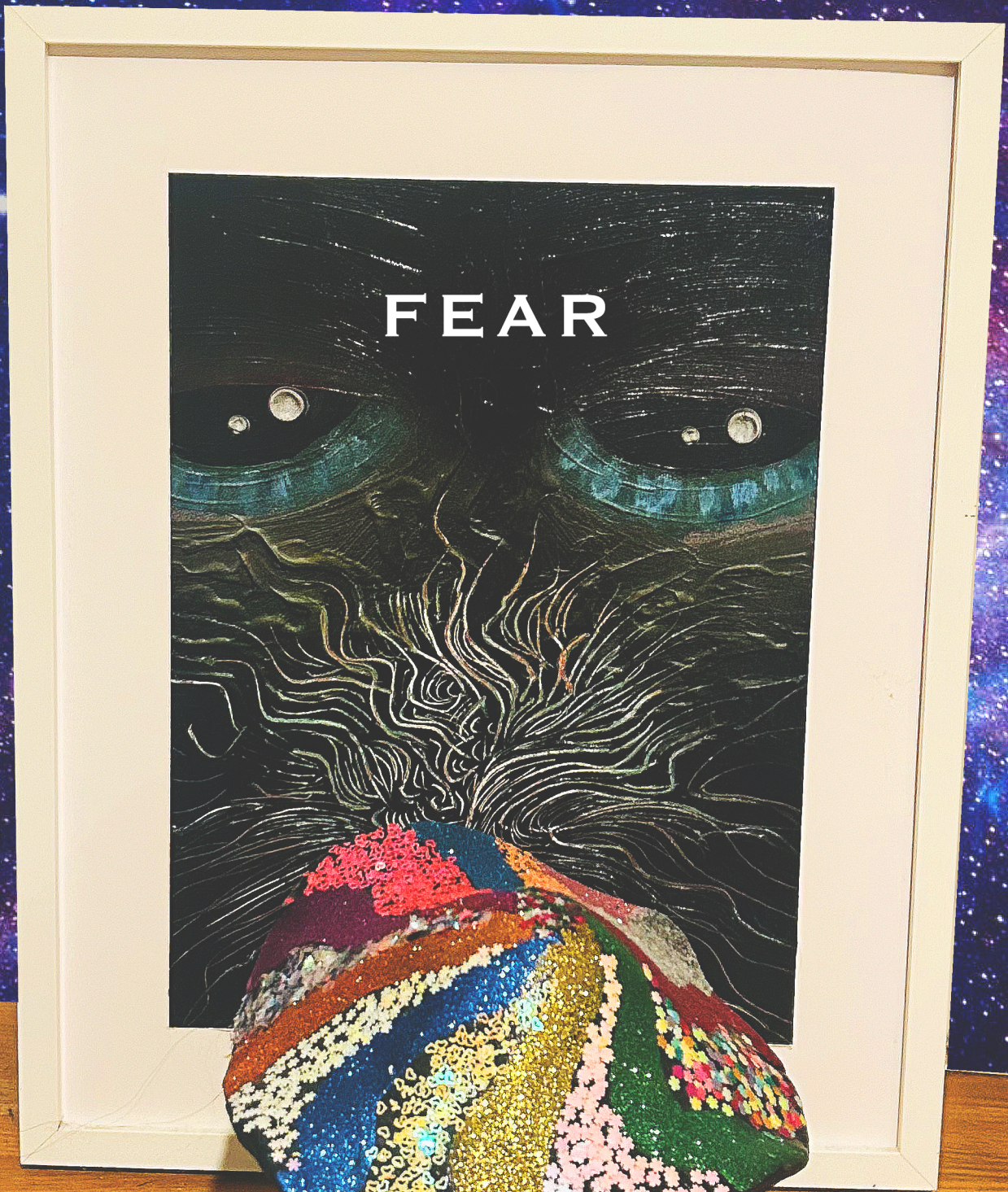


LOVE



GROWTH

PSYLOCYBIN

Is not a drug.

Drugs are created.

This is natural.

And in nature we can trust.

Dimethyltryptamine. DMT for short. Is a hormone existing in you that gets activated by psilocybin. This hormone creates a distance from our conscious mind. Our cognition. So to explain that as well as I can it's just like when you die. You know the stories of life flashing before one's eyes all at once as they are about to die? That's what this is. But you won't die. There is actually no possible way to die. You can only leave your body. So why is psilocybin helpful and what does it do? And most importantly how to use it?

Well. It's like in Super Mario. He eats mushrooms and grows bigger. And this is possible as when the cognition (the conscious mind) capable of judging is put to rest as it opens up for everything else which is all about the subconscious mind. The rational mind is just a small part of you. Like 5%. Which holds your personality which might not be in alignment with your true self, the rest of you as a human being. The remaining 95%.

The rational mind, the cognition, the conscious mind protects you from accessing this all open without this assistance. It protects you from hurt. As within the subconscious mind is truth. And this makes you aware. From that awareness you realize your ways. Of actions & behavior which stems from a subconscious conviction of either against yourself or for yourself. And from those convictions you act. As to make sense of life.

Which evidently is not working at all for a murderer, a heroin addict or something of that destructive nature. So what is needed is to change your self perception. And this can be done by becoming aware. The more aware you make yourself the more you get the possibility to change. For the better. And not fighting yourself which is a product and becomes a self sabotaging behavior identified with the rational mind, the cognition, the conscious mind. Which is not who you are. It's who you are. And who you are can always change. For the better. So what happens as you consume psilocybin? The control in fear of true self goes into hibernation more or less depending on dosage. And this is equivalent to the layers of understanding about your own conductivity. Why you actually behave like you do? So consuming a very large dose will become like receiving the entire universe all at once but you still might sexually abuse yourself or continue to do drugs as to numb the hurt.

So what good did that make? You felt completely free and distanced from your judgemental mind for a bit but you will return and still not comprehend that much more as to why you self sabotage your own life.

So consuming psilocybin is not to experience wonderful colors and enhance music. It will! But that's not the point. The point in using this is all about a peaceful introspection of self inquiry. And documenting what you find out about yourself as all the suppressed emotions of contradiction to a good life will become presented.

You can use music and look at colors and get an idea of how tensed you are in self judgement as this brake putting the cognition at rest for some time gives you a more true representation of how things are supposed to be experienced as you accept, love and support yourself.

You can also use music as to create understanding. Because everything is energy in motion. Which is vibration. And makes for different kinds of music of various emotional communication. So an idea is to listen to music and get a feel for what it actually creates in you. Because this is the most powerful consumption you consume. And when you think about it. Talking to someone experiencing a certain kind of emotion from them is like the music they put out in the given context. What I recommend is mostly this:

When the peak effect has dropped a bit say things loud to yourself like:

I am beautiful
I am good enough
I am worthy
I am deserving
I love myself
I support myself
I trust myself

And you will get a very honest reply back from your subconscious telling you if you agree to this or not. If it doesn't feel like you truly mean all those things which are supposed to be a given without and judgemental questions? You've got a self perception adjustment in need. You can also try to say things like:

I am bad.
I am worthless.
I am ugly.
I don't deserve.
I hate myself.
I doubt myself.

And you will also feel with a highlight on feel people. What those powerful words actually do to you. You cannot say them without affecting yourself emotionally. And this goes for all the time not only when consuming psilocybin. But as the cognition is put to rest you will get a very clear representation of how much it affects you.

This is also possible eating something very unhealthy VS something nutritious. You will get a very clear indication in your entire body whether this is doing you good or not. There's nothing wrong with some chocolate or a piece of cake now and then. But not all the time. Try eating Avocado and a fresh Lime for instance. You can actually feel how good it is.

Everything is about self perception. Which can be true or false. That's honest living or lying. Which does not necessarily mean that you lie to people or steal. It's all inside out and what you affirm in relation to yourself as in something with a negative vibration/emotion is a lie. Everything that is positive is true.

And that has nothing to do with any achievement or performance. It's all self perception. Of self love. Of actually having a clear subconscious mind filled with truth about you as a being of truth. Because love is pure. And you are a being of love.

It's all like receiving what you need. And what you need is something that comes to you as you are humble and open. Trusting nature. Which can happen without psilocybin. In fact! The intent is all about this. You can't be "ON" mushrooms. It's not possible. And what you don't affirm yet might feel in all positivity as you've consumed mushrooms will not be a part of your everyday life without them. What they tell you is the truth. It's a truth serum.

What you do about that later is still up to you.

I have not consumed mushrooms for quite some time now. I don't feel as if I need it? I am connected and receive what I need anyway. As I communicate with true self. With self. With God. Source. And all is given in relation to what I need as in exactly where I am in relation to my own comprehension of love. It's all about understanding.

Some people have been thru trauma. And their cognition blocks them from the hurt harder than for others. I am one of those people. I've consumed psilocybin about 350 times. And I have documented a lot about it. I've understood a great deal for some time now. But it becomes useless if I don't affirm and change as to actually learn and do something with the guidance given.

You can visit a therapist and they can point out objectively what you need to change as to develop and grow as a human being. You can agree with that and perhaps cry as you realize your own self neglect. But then go do all the sabotaging shit again. That's up to you.

So why would you continue doing that?

Because someone like that does not do the job of self correction. With is never judgement. It's neglecting judgement instead. And affirming what they need. Which is self love telling them all of what is true about them. This is needed just as you are. Affirming what you is. And stop with all the diss.

Be true to yourself!

And from this comes creation. You create as to make things comprehensible all in relation to yourself. From your unique perspective as a unique being of love. So whatever you create will be in the line of who you truly are more and more as you honestly get to know the real you.

But what is hard is tiring your boat in the direction of land lost at sea without any guidelines or lighthouse to steer at. And this is mainly what mushrooms do. They give you a reference point which you might forget sometimes if you continue to judge yourself and this makes you wanna consume mushrooms again. So you see you cannot be hooked on them per say. The only thing your hooked on is the only thing you need.

Which is love..

And if you continue to neglect that you hurt from self sabotage and wish to feel this way again. So perhaps you drink too much. Or you are constantly on some form of drug prescribed by someone who does not know all of this at all. If they did they would tell you all of this. And perhaps share their experience as they've tried it for themselves. Trusting nature that is. Learning more about themselves and being able to give from a true perspective of actually having something to give which is needed.

It's like mushrooms is not the answer. But is as well. You feel me?

It's needed sometimes. Very much so..

And the best result when helping someone go thru and create understanding with psilocybin is doing it yourself. Perhaps not the same amount? But to be more connected if you doubt God, Love, Yourself. In all humility. Just do that.

It doesn't hurt any organs. It's not a buzz like alcohol. No hang over.

What sometimes happens is a slight headache from processing and crying. Which happens anyway when you go they things held up inside you.

The best outcome is to be in a safe, calm, trusting environment. Not disturbed. With not so much things to make for a whole lot of interpretation. Like a rave becomes in complete opposition to this. What you are looking for is not a high? This is natural medicine. Of best possible true self connection ability.

I experienced the light. Completely. Eyes shut underneath a blanket and all white light for 4 hours. Very humbling I wish to tell you. That's the ego being called for its bluff. Because this is not who you is. This is something I worked up to. And one day felt ready for. And so I did 7 grams of psilocybin B+ that day. From that experience I have not been able to detour from destiny. Because I know too much about it to do so without feeling complete neglect of what I specifically am supposed to be doing.

You can add to that if you like? You can do 10 grams. But what this creates is complete distance from cognition. Which holds your personality. The human aspect.

And you will become for a brief moment completely timeless and free of material identity. All spirit. Free in space. You might even be able to look at yourself from the outside as your body is laying there resting.

And that's a kool experience. But listen.

If you've got sever trauma. From abuse. And you go at this like this thinking the more the better? You might return all spaced out and perhaps not return at all? I cannot guarantee this won't happen. So it's not a fun ride like a toy. It is to be treated with respect and caution.

I named this piece THE-EMPTY. Because it sounds like DMT. But also because that's what you is. All free spirit of unconditional love. Non-conceptual. So in essence you are actually not..

I'm not gonna write anymore now.

STOP.

Did that feel weird? Did that feel off? Why would I do that?..

Why would you?

Because this is what people do. They stop developing. They come to a certain point and call it completely done. I've been "DONE" with transmutation a few times (I thought).. But that's never been in being done as I am. I've just been in a lot of pain giving all of this which has drained me. Leaving me empty as a human being. Of love. You can only give so much. But I ain't never done. I don't stop in the middle like I did up there in that text.

So..

..Actually not material at all. All spirit. But in that material emptiness completely full. Of self. Not yourself. That's your personality. The current whatever right now. But full of all pure unconditional love. What you is!

So empty yet full. Complete actually. Equipped yet not holding.

Free of negative charge which something material becomes in relation to something which isn't a thing but all spiritual living free forever. But tested as in challenged having a human experience. Byt you. Contracted before you come here. Where you made a promise to yourself all in joy that you would make the most of it. Of life.

And when we go against that in judgement we hold. And thus prevent.

Not being aware of this at all? Might require some natural assistance. Mushrooms.

I think I've written this somewhere before but let's go again.

Imagine your cognition and conscious mind is the driver seat of a car with you as a person in it. You have all the control. You control everything. But if you are destructive you could drive that car off a cliff right? So it depends on how you honestly feel about yourself? In this car there is a kind of taxicab wall between you and the backseat. And the backseat is a convertible. So open to everything. This is your subconscious mind. When you consume a certain amount of psilocybin you lower that wall but stay in the driver seat not so much bothered by any control. Increase the dosage and the wall is not there anymore at all. You are completely open to the universe. Which is all of what you is and you gain access to what you need. More so with the judgements preventing this from the rational mind all in protection. So the 10 grams I wrote about earlier is the equivalent to: What is a car? What is anything? I just am. So it this explanation I hope you get the idea of the cognitive conscious mind actually needed as to make sense of what you receive. Or else what's the point. Just float in space and return to what was? That's not very constructive? It's hahaha...yeah. Like booking a meeting with a therapist of great wisdom and skill showing up in a respirator. That ain't gonna work.

You get it? :D Wheeled in there just gone. On Neptune or sum..

So this ain't no drug.

But like everything it can be treated like it. Misuse.

Alcohol has great effect very similar to this in a small amount. It numbs cognition and allows for things to come forward that you need to understand. The problem is that it makes you stupid at the same time. As it numbs but not leaving intact. Like mushrooms do. That's why you get a clear picture. As in contrast to alcohol that puts you on a sidewalk covered in mayo with kebab all over your pants crying about your childhood and how mean dad was or how mom never said she loved you.

I don't wanna condescend but it just fact. I've been there many times,

I used to numb myself continuously for about 17 years. Before I stopped with everything for about 14 years. I was not consuming anything other than food then. And candy..

But!

I never did get anywhere past a certain point which has a hold of strong self judgement in relation to what I experienced before I had a developed enough cognition to differentiate between who I was and what was done to me. Leaving me with a subconscious impression feeling guilty as I identified with this being perhaps done by myself.

So after these 14 years or so I began with mushrooms as they were advertised nowhere. I found my way to them online. And for every experience I came closer and closer. To what is nothing to be found..

What you eventually understand is that you need yourself. All in love.

You need to affirm and change as to reflect who you truly is. And this is still what I do everyday. And I create to support it. Like writing this. To give the world a greater understanding about existence. Creation. Dreaming. And manifestation. Which life is a continuous thing of.. Have you ever experience a strobe light? When it flashes ever so often and you move your hand it looks chopped up? Like a slow frame rate not capable of staying in real time as we perceive it. This is your life experience. But at a very high speed of intervals between on and off given light and dark. So the frame rate is not possible to see. Which makes the presentation seem real! But it's really a simulation. And in this simulation you get the choice to change your self perception which is a dimmer of the light in relation to the dark. So the frame rate is constant. It's the same. But you can dim this more or less. Which makes colors, music, food, people, nature more or less vibrant. As you make yourself low in frequency. Which is super good! If you need to sleep. As a human being. Which means to rest your cognition and just be without conscious awareness. But in relation to life this makes for a complete off if you wish to sleep forever. And that's a suicide which is a presentation of a completely self chosen and affirmed false sense of self.

So it's kinda important not to lie to yourself. And it's kinda important not to blame as in project on others. As this will make for that hold. Of judgement. Preventing the light. Hold it tight? Real strong? And it will cost you life. Let it go! As in understand and forgive! And you receive the life you've dreamed of.

So we all make this existence.

From doing us right. Or not.

Individually.

Because spirit is non-conceptual and cannot hold anything material. Which you is. So you and me are forever connected. And when you come to a certain point like where I am now which cannot be compared you are very aware emotionally and physically when you meet others people. And from those emotions and sensations you are able in peace and presence to feel what is going on inside of them all in relation to their own perceived self worth. Which is the core foundation in need of being correct as to receive life. So when this is compromised in relation to a held judgement makes for an experience universally responded by your true self. As to assist you. Not punish you.

So..

I wanna wrap this up now. I've already covered this many times now. Mushrooms are nothing to be afraid of. A dark trip is non-existent for the one understanding what needs to be understood. If a dark self perception is dominating your experience you need to become aware of that. And that's what some call dark as in evil or dangerous.

Don't over do it like someone feeling buzzed on 1 beer thinking that 10 must be fantastic. It doesn't work like that.

You cannot stress development. You might learn and understand a great deal by doing it but will be missing crucial pieces in the middle. So let's say you understand a bit from what has happen for you as everything does to create your destiny. And then you max out and learn so much further in development to what you actually need. Will become like you understand 1,2,3,8,9.

What you want as to make for something becoming without more confusion is receiving what you need in a healthy orderly fashion. Just like life anyway. I know it's not timeline based! It's more abstract and we put things together from all sorts of angles and perspectives. But don't push that is what I'm saying. Stress does not fix anything. If you wanna self realize yourself with high doses in 3 months then we'll be using you as an example as they wheel you to that therapist spaced out on Neptune.

Mushrooms is the answer to peace on earth. As relating to truth is. When used properly. With a soul intention of getting to know your true self. Self, Soul. God, Love.

So I hope this helps.

I am sure it will.

For the one not afraid and judgemental.

And I am available on: leo@transmutation.se

If there is something you need me for.

What it all comes down to is feeling proud for doing the right thing. And I needed to do this in order to feel that. All in relation to how I have perceived myself emotionally in contrast to this. All I've ever wanted was to accept, praise, and love myself. For the One I AM. And perhaps have career in music or film. Which I love.

That could easily have happened. If I was not given so much negative impressions speaking against me that I needed to sort out for myself.

But then again.. I would not have created all of what I've created?

Which for me is the most important and beautiful piece of art in the history of the world. And I did that! Yey me! My personality is not that important in relation to it. It's more about the contribution. Of making things clear for as many as possible in the most awakening fashion I could deliver as in a creation done by me.

Some might say that it's not for them?

The entire website is about world peace. And a little bit about me.

The music is not about my Ego. It's about soul.

Stop judging if this is the case for you. Get me out of the picture as you make yourself aware and take responsibility for spirit. Which is ours. And assist in setting love free. Not ever holding any self judgment because it can't. But is being forced to by a lot of people making love into something which it isn't. And never will be.

Love is free. Completely. And all spiritual. Not material. There is no paradise after life. You will return to the infinite sea of unconditional love. That's it. And be aware if it. Because you cannot die. But you as a body and all you can eat and experience will not tag along for that journey.

That's all human. Living on Earth. A lovely place of color, tastes, music, emotions, visions, connection, hugs, kisses, stories, respirators, therapists, and candy.

Love for worldwide prez ya'll. I gotta nap.

Good morning!

I felt like adding some more as I woke up. It's now the next day.

You see everything is all about tension and relaxation. When you hold on to judgement your cognitive mind is tensed. And when it relaxes you open up to everything else. The tension is fear of truth. It's the darkness afraid of light. That's why I did the cover like I did. Often times we are scared of the light because it's not familiar. And by nature we fear what we cannot see and do not know. Because for a material human being (which is the cognition along with the body) there cannot exist anything which does not exist. Yet it does. It's actually what truly does exist forever. You just can't see it. You feel it. You feel it to be true and to be real. So that's what a spiritual connection is. What that connection is all about is trust. Because when you trust it you become it. And when you become it you are authentic. When you are authentic you receive what is coming for you. And what's coming for us which we do not see can be frightening. There's no protection from that. But you see it's all love so it's the contrary to anything you'd ever wanna protect yourself from. It's your salvation. It's freedom and flow. It's all love.

The rational mind, the cognition, the mind is in defense of salvation. Not knowing what it is. Staying rigid and firm as to protect us from freedom thinking it's the same as dying. It can do so tremendously much which is the cause of eventually a suicide. It protects us from our true selves with death. That's how little the mind (the intellect) comprehends about ultimate reality. Everything else is intelligence. And this is also known as God, Spirit, Source. Which you in authenticity is. Which is 1000% reliable.

Which is always there. And helps you as you communicate with it. Because in doing so you as a personality which the mind having a human experience relate in humility and from that access what you need. If this order of things wasn't designed like this then the mind would succeed and kill all. Because the intelligence is a collection of feeling. It's just all complete euphoric bliss. Non-conceptual, nonjudgemental & unconditional love. Which you is. By true nature. Self. Authentically. The mind in opposition to this hold tight in disbelief. Doubt. So you see how important it is to develop faith. Which can only come from great inspiration as you communicate and connect with it more. Affirming it to be real. And thou shall receive. A belief is just a thought that we continue to think. And when you affirm and believe you infuse your subconscious mind with more and more belief. It's just like anything else. If you teach yourself more and more about Lama's. Eventually you know all about Lama's. It's programming. All in a unique and personal relationship between you having a unique experience and God. So a book all about this will be a rendition and interpretation crated by someone else. Not God. It's inspired by God but never created as to be compatible with everyone and there is not way at all it will have a certainty of 100% accuracy because of the human beings developing it from their unique perspective.

So in essence you can write your own Bibel or whatever. And this is what I've done. Keeping it as real as I can. Without any connections to anything else then the universal laws that create the entire universe. Like I said 1000% reliable. All for you. All in you. All you. All you need is love. All you is, is love. You might not believe that?

So making yourself believe in that develops into faith in self. Faith in Soul. Faith in God. Faith in Love. To guide you. To provide you. To assist you. To support you. To make you. As you decide to become it.

All what happens in your life is a universal response given to you without any judgement as a reflection of the general state of feeling you continuously maintain. Anyone can make themselves feel inspired and excited. But with resistance it becomes demanding. And it will leave you drained and in difficulty feeling this way again. And that's heaven and hell. Blind faith in positive expectancy and Blind fear in negative doubt. Jojo experience. Some call this bi-polar disorder. That's a definition created by people believing in disease. People whom cannot do anything about it and creates this as to support it. What else are they gonna do? Well.. They can learn about this. But unfortunately they are not humble. They do not trust in God. Perhaps does not believe in God. In love. They see it all as material. And work to support a material dysfunction only existing in lack of humility.

To be able to say: I don't know. I wish to learn more about love. Makes you receive what you actually need. Because all is love. And when you state what you want instead of what you absolutely do not wish you are communicating the right way.

A relaxation keeping cognition intact but not defensive is the best way to learn. Which is what I would define as actually being humble. And mushrooms give us this. This is the function of psilocybin. What makes for change is change. We cannot continue to do the same thing everyday. We need to ask what we can do today as to transform. We need to be humble before God. And have a relationship with what we is.

Which affirms it.
Strengthens it in belief.
Makes for faith.

And makes you feel positive and expecting in a light fashion regarding all kinds of circumstances. Which becomes your general state of feeling that you communicate to the universe, God, Self, Soul which gives you a reflection of that no questions asked.

Which means that as you transform and create yourself as to align with what you is. You become your true self in relation to self. Using yourself (the mind) instead of it using you leading you to darkness. You lead yourself into the light instead but not actually leaving your human experience. Instead enhancing it. All from your own responsible conduct of nonjudgemental & all positive connection. That's faith!

Keeping your focus and thus attention (your energy) in your heart leaving the mind alone yet using your mind as to engage a general positive statement like: Everything is working out for me and all is perfect. Whilst feeling good about it. With a little excitement about what the future will bring, most of the time. Do this and good things come. Things resolve and sort themselves as you continue to do this. And be grateful for whatever comes. Which is your ticket to receive more to be grateful for. You get what you give. Energy response.

Whenever there are no apparent signs or things happening is also part of planetary positions. Like full or new moon. Full moon is for introspection and allows for things to come to the surface and new moon is for creation. All the planets affect everything and this becomes astronomical seasons for growth. These are the news you need to be aware of. As it affects you greatly. All for you greater good. Never in opposition.

What comes forth as something painful is for you to become aware of and understand. When you do you forgive and release.

Life is always becoming more so it's a good thing to be a part of that and not in self opposition. Someone who's struggling in life is struggling with all of this. Trying to make sense in holding on. But holding on is the reason nothing makes sense. It's a judgement. And for God there is no such thing. So in essence this becomes diabolic behavior. Which prevents flow with the risk of stopping it completely when affirm all the way. So it's clear to see what happens as you affirm all the way in the other direction! Things will get brighter and brighter! Eventually putting you in the spotlight where flashing light might make you have difficulty seeing the people celebrating you instead. With your hands stretched out all in gratitude for finally making it. As a celebrity? Maybe? Or perhaps just loving life. And feeling good. Staring into the sun with those arms stretched out thanking God that you are alive. With tears of joy! That's success right there. And whatever you do as in whatever you are passionate about will be a part of that as well as this is a part of your life. It's all connected and goes hand in hand.

You are the dreamer! You are the creator! And in true authentic nature you are Love!

Which makes everything and anything possible. So it's a God idea to connect with your true self. And dream. And create. And make yourself. Nobody can do this for you. But you can assist yourself by keeping the company of people that support you. That believe your visions. That see the drive and excitement about you as you wish to pursue your calling, your destiny.

People of the opposite nature are full of doubt. And they will drain you. But they are also catalysts in a positive manner if you use them as fuel to strengthen yourself. It depends on how you choose to see that. You can prove them wrong. Not in opposition as in destroying them. But in a sense yes as you blind them with becoming. You become a source of inspiration! Perhaps such a great one that they'll have no other choice anymore then to simply ask for your guidance. As you did it! And they wanna do that too. This is how the world of love goes around. All inspiration. All loving creation. All trusting and receiving from you giving yourself.

People not understanding their own destiny and challenge give up. But you are supposed to give in. And embrace & honor your challenge. Then you are on your path. The path of love. Listening to your heart. Connecting with intuition. And all is given. Don't stress. God speed. Perfect timing. All in relation to everyone else. We are all one. And the events that follow will be perfect as in relation to what everyone needs.

THE DARK "TRIP"

The subconscious mind is impressed with either truth or lie. It's impressed with what is positive speaking for you or against you. If someone experiences a "Dark Trip" is simply because they've got a majority of negative impressions inside their subconscious mind. Like a dot of light in darkness. Like a tiny little star on the vastness of empty space. So as one who consumes mushrooms experience this they are simply being made aware of just how much contradiction they have which is affirmed false sense of self. So in meeting that instead of judging it you make the light shine away the darkness. And that tiny little star will grow and occupy all that dark empty space with everything you are. Making you become a bright big shiny star! All from the inside out from understanding, forgiveness, release and positive affirmation.

We are all stars walking around on planet earth. Some are humble some are not. The dark star is the one lacking humility. The identified Ego. The light star is the one humble before God - True self. Identified Soul. Correctly affirm in true nature.

So there is no terror to experience like mushrooms being evil sometimes or whatever you make into. It's simply what you carry in all honestly within you. Take someone who's sexually abused 3 people for instance. And also robbed a bank. Plus cheated on the one person they tried to have a relationship with? This is affirmation of false sense of self deluxe. And will have to face up with no possibility to escape when consuming a truth serum. So they might be frightened and see visions before their very eyes of distortion and destruction. Blood from the walls perhaps or predatorily animals attacking them. But it's all an illusion. It's the mind trying to communicate what's up. For real. And just like any dream it will be presented like this. Because consuming mushrooms with an intact yet not in defense cognition will be like a waking dream. The subconscious mind, God, Love, Source. Which enables all, is a dream. Life is a dream. I for one this Thursday, January 30th felt a strong difficulty trying to find doubt regarding my situation. That's a lot of positive affirmations with emotional dedication getting rid of resistance as to come to a state like that. Which is possible for anyone. Everyone is a star. There's no difference between us at all. We are the same. Spiritual being. Only with a unique expression which makes for a unique experience. And also unique circumstances in relation to that unique perception. So who knows best? You do. When you relate instead of escape your predicament and destiny. Consuming mushrooms with the ambition to get to know love more will make things "worse" as in making you aware. And that will be painful as you will be presented with what is actually going on. This is supposed to lead to a state of nonjudgemental release without any vengeance. In other words forgiveness. And in doing so we have the opportunity to feel these emotions of neglect which now are completely personal. And as they now don't have any attachment they are allow to be felt as to leave us. And we make our inner environment free. Free of charge. Negative that is. And without effort as resistance is gone we are all of a sudden Full of charge. Positive that is. And this is our natural state of just being. In love. Inside of ourselves. Without any achievement or performance. Just in love with love as we is love for just being. Connected spiritually without any contradiction. And the trip and dream continues without any need to consume anything. As life is a reflection of our own self perception now bright, positive, light. Instead of the opposite. Healed.