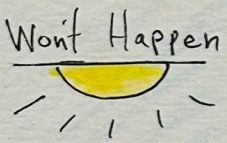




Tired Of
This Bullshit

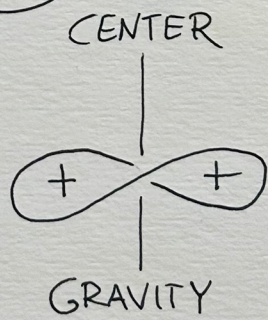
It's all Good
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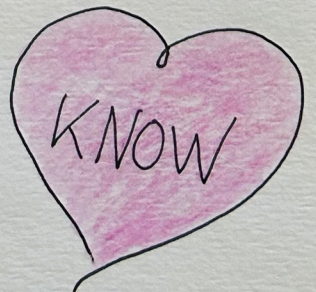
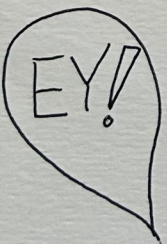
Fuckin' Upside



Living
Proof
~



13:33



By: Christ C. Leo
aka One Sun Won

Let's give it a shot!

When I was a young boy growing up I was fascinated by many things. Technology, Nature, Robots, Lava, Space & The Deep Sea. Whenever there was an adventure on TV I got completely consumed. Emotionally. I felt this very strong energy inside me with a mixture of danger and excitement. Do you know where I felt that? I felt that inside my heart. My eyes begin to water a bit as I write this just now. It's funny I did not expect them to do that already! This must be a very beautiful story. What is anything if it's never seen? Or anyone? This is the reason for the tear-filled eyes. It's because of my heart. My love. Me. Who feels gratitude as I make love exist. My heart feels exciting joy as I embark on a new emotional journey. Even if it's only here in the couch writing on a computer. Because it doesn't matter. We prescribe everything and what I decided would be my intention before I began writing was soul. Is. This is where I connect as I wish to communicate my desires. This is where I long to be. This is what I need as to make my life rich. The soul intention cannot be empty. It has to have something very loving that goes with it. It can't just be a strong feeling without a mission of expression. Like the case is with any creation. Music. Conversation. Cooking. Drawing patterns on a hoodie you found in a ditch last summer. My plans this time to go hand in hand with my soul intention was to write a fictional story of when a man and a woman met each other at a café. Somewhere in Spain. Oh! I wish it could be true already! But I don't wanna skip to the end.. It ruins the entire journey. And the journey has a lot of emotions within it. Otherwise I could more or less order myself a doll? Right? So what would I be looking for then? Honestly. I love technology! I love Nature. I wish to experience it all as much as possible! The music making robots from Japan. The Volcano's in need of protection. I wish I could go to space in a very kool spaceship! And imagine going deep down below the sea surface and see these transparent creatures of neon energy life. I want the adventure. I truly do. But what is that adventure all alone? I like friends. I love friends. But I am not the kind of guy that hangs around 20 people. That's not really my thing. And when I was a young boy seeing all these things on TV and hearing stories at school there was something else that caught my attention in the classroom. As early as the first grade actually. And when I was 7 years of age I did not have any ideas at all of what something called sex ever was. But this something else. Was the cute wonderful girls in class. The beautiful sweet girls. Whom I felt at home with. I

remember when I was 9 or 10 I think and we had a bomb shelter below our school used as an after school area. One afternoon it was just me and two girls there. Maria & Emelie. And we hung out on a pile of pillows all alone. I had one on each side. And they took turns kissing me on the cheeks. I remember that like it was yesterday. I was in heaven. I also remember when me and my friend who lived across from me ran around outside together with two other girls, Therese & Line. And we faked falling as they chased us because every time we fell down they gave us a kiss. And we fell all the time. Like 'Oh no.'. What happened when I got older is that I began to question myself more and more. Doubting myself more and more. And I was often the one in a group of people alone when all the others had someone. I had 2-3 relationships until I moved to my own apartment when I was 17. When I was about 26 I met the mother of our children. And I believed she was the love of my life. But I don't believe that anymore. And that's not a thought. I don't have to think about it. I feel that. But I love her anyway. And I wish for her to live well as this means the kids will live well. And I don't mean that as in having a lot of money. I mean that as in her loving herself and attracting what she truly needs. And this will make for a loving relationship which will become inspiration for both our son and our daughter. As for me. I am still desiring the same thing as I've always done. Ever since I was about seven. And that is to have a very close absolute best friend to share everything with. Whom perhaps falls for me? But stands there anyway so I can do what I want most. Which is to kiss her. When I dream of this café connection I am not thinking that much. I am not feeling horny. I feel an excitement which is in relation to a loving attraction impossible to ignore. I wish to meet someone who this just happens with. I do not wanna have investigative meeting and make judgements occur back and forth. I wanna feel so sure that my heart might stop if I decide going in the opposite direction. Like it's putting its foot down pointing straight to her. She! The One! Yes! And I believe in that. This is what made me meet the mother of our children. That yes. Which made me wait my job and start working at the same place she did even though I had it better where I was and actually did not like her place that much because I used to work there. I feel like everything has to do with pressure. Love pressures us. And if we ignore that and most importantly make that into something else we neglect love and suffer from it. That's what all suffering is about. Because all we truly need is love. And we wanna feel safe and secure. But not held down and forced going against or free will. So love is like a rose held in your hand as you cherish it. But just enough so that it can receive some rain and sunshine. And this is what we're after. To have this connection stable. To go steady. Together. Some might make this into a teenage dream. Like 'Come on! That's young love'. And all

I can say is: Where are you? Because you do not seem to be at home? We can have that young love of adventure together and still be responsible contributing human beings. When did working at the cost of love become grown up? And what is grown up about it? To me it feels outdated. Sour milk. Limp biscuits. Like a rose with only one little dried up color left up top. And this is what love becomes for many couple. As they focus on making it. Successful at sucking at love. What's up? Or down? Where is your crown? Waking up together with a distant frown.. That ain't love. What makes me so happy in relation to meeting the love of my life now is that it's actually coming true. Because I am! I used to think I was until I learned that you need to feel it. I was having a nap earlier today and in my mind I heard 'Snap - Welcome to tomorrow'. When I woke up I heard 'Elton John - Are you ready for love'. And all I can say is: Thank you and Yes I am! I am ready for love. And I welcome tomorrow. Because I have made myself feel great for just living and being me. And that's really all you need. But what also becomes a part of this hopefully café connection is that I will meet someone in relation to my wealth! And I'm currently broke! But that works out anyway! Because it's all a spiritual connection. And will happen inevitably. As this is universal and cannot be stopped. The only thing that can stop it is us doubting ourselves. And we are actually getting ready together only in a distance from each other. Which is an optical illusion. As everything is energy. All is love. So when I feel ready. She feels me arriving. And chances are that when she feels ready? Makes me feels ready. But I believe it's more of a thing for me. As I've had so much to deal with. And I am really looking forward to being with someone that makes the rest of the world a backdrop to us. Like we live in a world of our own. Our own little universe. I already feel like that alone. And that ain't as much fun or loving as it will be with her. So without that judgement what else is there but to just give it a shot! Just do it. Let's go! If you are together with someone and it doesn't feel right? And they do not recognize what you give as a being of love in their experience I don't believe this to be. Best friends with benefits. That's how it should be. Side by side. Partners actually. Have you ever heard that? Having a partner. That's not a colleague. That's not a video game friend. A partner. In love. Listen.. With your heart. A partner in love. Wow.. Could things be anymore amazing.. With a mutual ambition to become more together. From a soul intention. With honest and passionate expressions. Loving the adventure but also just sitting outside in the mutual bubble of a shared loving experience. That's life for me. Which is not about lie to me. At all. Just why?.. Why lie? We are best friends and loving partners. We don't lie. Why would we? I am not creating pressure her of demands. It's just not a part of a loving passionate relationship. No. We are real together.

Where I am right now is in the waiting room. I wait to collect. And I have begun to give away stuff I don't need. Just to make some space for what is coming along in this journey of loving adventure. I am grateful. For everything. But I wanna get out of here. It's time to leave. This place offers me nothing. It doesn't support me. It doesn't recognize me. It actually condemns me. And I am all love. All giving. Not charging anyone anything. I am all free. And ready. And God takes me away! But not in discontent. And not before my time. So when is that? Well. When the time is right. Which is a mixture of me feeling ready and also when I've actually done what I am supposed to. Which I might not actually know. So I can feel ready as in excited with positive expectancy. But still be open as to write or create something more right where I am. Because environments and people are just energies. It's like a circuitboard. And the task necessary before update needs to be complete. And so I still ask what I can do more? If there is something I need to do? Which is the opposite of something I have to do. I don't have to do anything. Nobody does. We choose our own way of life. The longer you communicate this in faith being clear about what makes you feel good the more the outside experience will adjust to become what you desire. That's dream creation done emotionally. I feel a lot of stress and darkness her. Because the entire city is filled with it. Super dense atmosphere of worried anxious insecure people. With a stiff upper lip almost braking their back to freely give away a genuine smile. Which is all about not living the life you desire. Not dreaming for loving adventure. Not participating more or less. Just working. Sleeping. TV. Working. Glass of Wine. TV. Sleep. TV... Because people believe this is life as this is how we live today. Well..? Don't you have a free will? Don't you have a heart that speaks to you? Or maybe you don't feel that? Maybe you have "medicine" that numbs all that so all the work & TV functions as a substitute? Have you ever thought about life from the inside out? Or is life all about the outside in? Because it makes ONE HUGE difference. Completely! Do you ever ask your heart anything? Or do you think about everything neglecting your heart which speaks of love, which you is. Can you see how messed up life becomes? From this error of conductivity. Do you stay away from romance because it's easier not to believe in it? Life is going to end you know. And you won't feel satisfied with all of that TV/Working/Sleeping. For money? When money does not even exist? It's made up! All is energy! And all is love. When you connect with love as much as possible from the inside out which is the only way you will get a universal response based upon your soul which is naturally wealthy in spirit which is pure loving energy and life becomes more of that. It's not really magic. It's not really advanced as is. It's natural. It's Love.

DMX made a song called 'Ready to meet him' in a negative energy. He could have made 'Ready to meet her' in a positive energy. Like what I am creating right here. What the big part of transmutation.se is for me alongside everything else like contributing to a world of love and all of that. As I got dressed to go outside just now for a walk the song playing in my Euro-Dance playlist is 'Captain Hollywood Project - More & More'. Coincidence? Nah. We want more. We deserve more. We need more. Love. Always! That's alright. 'Love will not remain, as long as you complain'. Maybe it won't be in Spain? That's alright. It can be anywhere really. It can be with any nationality and anywhere in the world. Open for love as good as possible. One thing I am sure of is that I desire a lady. If I did desire a gentleman that would be absolutely fine. But I don't. I've actually allowed for that thought to become a feeling. Yeah. Just letting it present itself as to see how my own reaction would be. Have you ever done that? If not then how could you possibly know? And also, if you have such a strong fight inside yourself as to allow for it in your imagination? What's that? What is that? It might not be about this at all? But why can't you even allow for something like that in a fantasy? Are you afraid? Are you afraid that it might be something that turns you on? No no no.. That's not it. Are you sure? Because people hold this back in shame, guilt and fear. Getting married and have children making life miserable for everyone over the course of many years. All because of this. Fighting themselves. Just to be in a "normal" relationship. It's love. Sex is something else. If you are together because you have fantastic sex but nothing else? You do not have a relationship. Which is love. Love is something else. Give that a shot! The fantasy. For me. There is simply nothing happening. I am not disgusted by anything of it. But I don't understand it. So it's just not for me. I can accept that. Not judge it. And trust that this is what someone else prefers. When it comes to women though.. I am a bit like a kid at a candy store. I love all. I do. But I am not about having sex with half the planet. I enjoy sex. It's beautiful and pleasurable. Nothing wrong with that. But what I need is love. Which sex can be, in love. And that is a whole other thing than just love or just sex. That's a very intimate mature connection. Which can only happen from a foundation of love. Not a foundation of sex becoming love. That's too fast and incorrect by natural order. It confuses things. That's the problem. Because we give ourselves so so much in relation to intimacy yet not in connection with it naturally. Yet.. What we need is love. And just like a very young couple at say the age of 10 hugging beside each other. This is where we can be together as adults to. Making sex separate sometimes and just staying connected in spirit. Together. Let's give that a shot. I've had trouble with this in the past. All I write about is from experience. Because I had so much guilt and shame from past trauma I had a hard

time connecting with my own love. With myself. With self. So what I can say is that a man sometimes thinks he's unloved as he gets denied sex. But only from actually blocking himself. And a woman seems to think she's unloved as she does not receive pure love without a bunch of sex. So what both need is actually do talk. And make things clear between them. To understand each other. It's not about buying more lube and 15 dildos. It's not about inviting a third partner to spice things up. It's always and always about love. To connect spiritually. And then sex happens because you almost wanna eat each other up. Naturally. That feeling from when I was being kissed by Maria & Emelie is what I hold as a reference. I want that again. I wish to feel loved and appreciated. Adored and cherished. And I wish to give that as well. That's all. But also the most wonderful experience in life. And with this someone travel and experience things together. Taste things together. Enjoy music together. Enjoy movies together. Which can only happen if both remain inspired and interested in life. Or else it just doesn't work. Then we don't give it a shot. I do not wish to meet anyone whom is in need of fixing. Someone broken. I wish to meet someone who is where I am. Someone who wants more! Someone who is excited about life. Someone who sees the beautiful in everything and does not judge anything as bad but only as misunderstood. Someone who isn't afraid to look under a stone. Someone who does not escape when the wind increases a little bit. But most importantly does not lie. Which is not really a problem unless you're a liar. I am very connected with myself. Intuitively. And I feel when things are off. And I will not call anyone out as a liar. I am not suspicious and judgemental. I will ask 'What's the matter?'. And then we talk. But I cannot go against myself. I hurt like crazy if I do. So if I feel that there is something not completely honest. But I receive a communication that it is. My whole body get's tensed and I hurt. Which is how we all work! But some more than others depending on sensitivity and honesty. Depending on spiritual connection or not. So a relationship of very close spiritual connection is also very sensitive in relation to disconnection. But you see it's also not a problem as this is so very deep and loving. It's so very desirable and therefor cherished so you on't want to focus on anything else. You really want to take care of it. The rich spiritual relationship for each individual comes from sacrifice and pain. From suffering. From confusion. From misconceptions. From betrayal. And so an individual knows how this feels. And do not wish to feel this way again. And absolutely not make anyone else feel like this either. I have never cheated on anyone and I never will either. I just don't feel like it's something anyone should ever do. You can do exactly what you want with whomever you want. But not together with anyone else. That's not honoring love at all. You might think it's person to person but that

is just superficial. Love is Love. The power that enables all and creates the entire universe. Which you by nature is. So a person cheating is not honoring themselves. But why do they do it? We teach ourselves. They are trying to help themselves. **But not being humble as to stand back a bit and feel the deal. It's betrayal. That's not positive.** Yet the deal goes thru? Why? Self sabotage. Not worthy. Mistreats themselves. Making them feel good superficially and momentarily. But hurts the spirit like nothing else. What you cheat on is not a partner. What you cheat on is love. Which knows all. And gives all. Which you is. And know. But still go completely against. That's the reason for the hurt. And in doing this also hurt someone else. Whom stood by you and felt you might be the love of their life? Can you see that? That's very hurtful. And that's how much you neglected and mistreated love, yourself. So what I can tell you is that this is how bad you've felt about yourself. Or else something like this doesn't happen. And I can relate to this because I have done similar things of betrayal only not sexual. I have for instance filled my nose with amphetamine. That's also self sabotage. We all have our ways. But at the core it's the same thing. Dark self perception. Creating pressure to be. In false image. Going against love. Creating pain. Making us frustrated. Want to rid ourselves for feeling uncomfortable. Numbing. Anxiety. Escape. Regret. Guilt. Shame. Unforgiven. Held in place. Blocked by ourselves. I see that. I understand that. I come from almost completely nothing else than this. So I actually know. And I am here now. On the other side. Ready to meet love. Again.

They say that love get's better. That the older you get the better the relationship becomes with the one you meet. And I guess that's always true in some sense. But you know what makes it better. You. You make it better. As you better yourself which is not about performance or achievement. It's actually knowing your own love and by that knowing what you want. You communicate better universally and things sort themselves. With all the necessary connections. Better. Inside out. And things fall into place. Because you're not all over the place inside you. A stable honoring connection won't land in yer lap by accident. It comes from nature. Which you is! In connection with or not. And if you are in a relationship and it feels a bit like it could be more? Then make it more! Get rid of resistance. Judgement. In relation to yourself as an individual.. Do it together without shame, guilt or fear and you grow as a couple. Where's the limit? Who said anything about a limit?.. For real. OMG! So exhausting! I just wanna be comfortable and cozy hanging out. Yeah. This is not about showing up as couple #3 on some dance show presenting your version of Foxtrot.

Who knows? Maybe you've got an idea. And your partner has an idea. And this makes for innovation? How about that? The worlds first Plant/Lamp store combined. Or a nightclub which looks like the outside? Or like a painting that makes you wonder if we are just like a painting to it? You know. Just be a little loose in the dome. Like yeah.. Like awesome yeah.. Boarder-lining stupid. That's where all the great ideas are. For real. Not all tensed. That designs a city full of steel structures of function without any color as far as the eye can see. So perhaps give that a shot! You know! Life! Love! Everybody whatcha say? And make the world interesting. One huge problem in society today are permits. And bureaucracy. Which is the real crazy. It a real dreamkiller. We fight and kill each other in war over bullshit. But we accept not living from our own "supporting" government? That's really wrong. We can't control everything everywhere all the time. It's a good idea to have some form of control in relation to food. Or else anyone can do whatever and people can actually die from food poisoning. But I feel that these kinds of dreams for people should be easier and not so controlled as to actually make the world a more wonderful place. Now I'm sidetracking again. Yet I'm not either. Because I feel like this is a part of her life as well. I would love to be more engaged in things together with her. I would love to support more things together with her. I would love to make things happen with her! I would love to be with her doing everything together with her! God I am ready! And I am not hurting. I am not crying. I am not desperate. I just really really want to meet the love of my life and feel that sense of trust, security, peace, honor, respect, dignity, reverence, gratitude & humility like never before. I wish to meet someone who reads this and feels like they might get a tear in their eyes as this becomes like a letter they've been waiting for themselves. I wish to meet myself with titties and gina. But unique and personal. Like me. And I feel it won't be long. I've been going thru all of this with increasing pain for 42 years. It's been darkness 4 2 long. Dark in spirit. I certainly do not mind dark in the superficial. In fact I find that a bit of a safari by itself. But I am not a hunter. Well.. A little bit. Like a stable S. Thomson. Whom is helping me write this..hahaha.. I feel that. He connected with me earlier today. Fear and loathing came to my attention. So thank you Hunter. Please do your best in magic from the spiritual side as to connect us. The loves of our lives. I am far from crazy. I might be the sanest man on earth actually. From everything I needed to process on heart, mind & body. The time is now 22:24, February 19th. 2025 still. And I need some sleep now. There never was any interrogation. It got called off. So I just enjoyed the sun today. And tomorrow I shall do the same. Food or not. Money or not. All I need is love. And all I want is you, Honeybun. - Spanish. Korean. Eskimo. Tribal. Norwegian. Don't matter.

But still..

My life has been previously dark and I've mostly had vanilla. So as things now brighten up I feel like it's really calling for a chocolate encounter. Mmmm.. It might be so good far beyond my imagination Imma look like that guy in Goonies?

It's all about the heart. It's all about the love. And when that is there.. You just love everything else. That's just how it is. And when that is gone you aren't supposed to be interested in anything else either.. That's also just how it is. Supposed to be.

Sex is Sex. Love is Love. Let's go hike or fly like dove. Eat some apple and banana. You look cute with that bandana. I don't really talk like this. I just feel I sometimes miss. Miss her so.. Yet good to go. Away from Swedens chilly snow. I wonder what's 'gon happen next. As I'm now no longer hexed. Goodnight world I see you tomorrow. Does anyone have an airplane I can borrow? Maybe I can go as high as it get. Release control and kool my sweat. Let it crash wherever it be. And there outside is where she'll be.

As I woke up today I asked myself: Am I supposed to become world famous? And as I waited for the answer I told myself yes. Because there are no questions for God. And gives all. The source of unconditional love is all giving. And can only say yes. So it's really up to you. What do you feel? What can you say to yourself and feel as if it's true. Without questioning the all giving source. Can you leave your mind out of it? Can you say what you desire to yourself and have faith in that? And as you leave your mind to just be you stay in a positive expecting feeling. That's really all you need. This is what creates the universe. It's all a dream come true. I can still express myself as to feed this feeling. I haven't seen what she looks like but I can still express in loving wonder what I wish for us! I wish that we live in the most coziest beautiful home! I wish that we live a life with wonderful connections of artistic creation! I wish that we travel and see the world! I wish for all the things I wish for on my own but together.

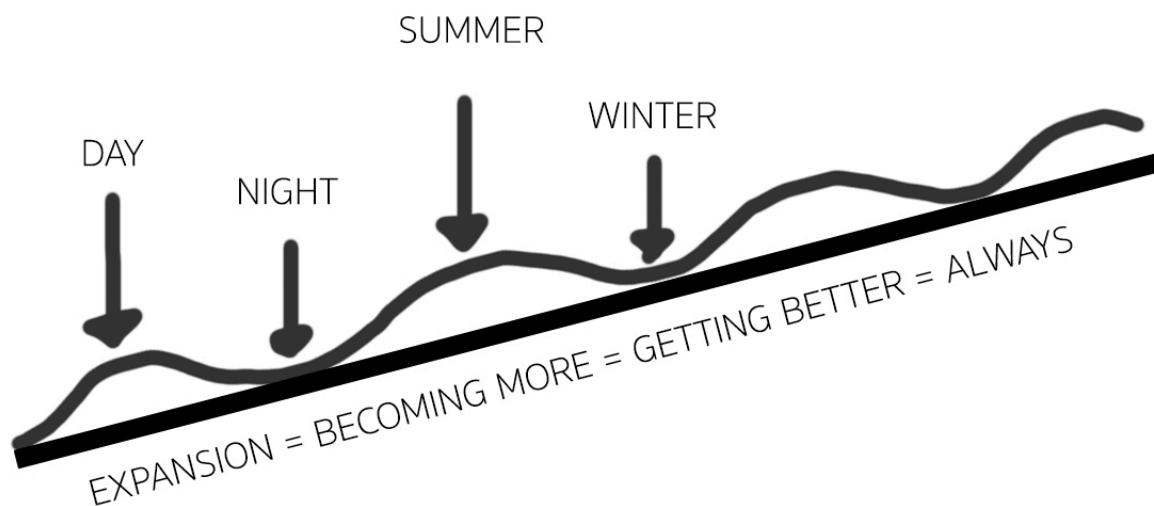
What if people truly understood more about love? And how it makes everything. If everybody knew this deeply there would not be any inflation. And I wish people knew it's all about tension and relaxation. The thing is that you really can't understand something until you experience it. Like tension. The first time you relax deeply you truly realize how tensed you were. And all that tension makes you work even harder as to get rid of it. Chasing liberation in frustration. That's the design of society. That's error code. Life is designed like this universally:

Whatever life you wish to live that simply works out and gives you what you need happens automatically as you show that to yourself and also never question it. That's God's honest truth. And people make that into not possible or not true at all because after a month it all comes crashing with bills and so on..

But you see. You have chosen that. For a very long time. The communication of how you wish to live has been communicated. And God just keeps on giving what we say is pleasurable and OK. But there is another way. In relation to working ourselves to death with inflation trying to pay the bills and also fry food in butter.

That's relying on the source of all creation. Which can only happen in positive expectancy. Finding relaxation and joy right where we are. Society is hectic because we make it hectic. Society is hectic because we choose to have a hectic society. Life is not. Life is harmonious. Life is peaceful. If you look outside you do not see trees struggling to grow. You do not see spring stressing its way with flowers blooming in the middle of January. All you could ever dream of is in relation to harmony. Which is not stressing. Relaxing. Allowing. Feeling good. Expecting only good.

If you look at creation it's like this:



As you can see the curve never goes below the center of harmonious gravity. Nothing is ever bad. Negative creation is not a part of nature. A black hole for instance is just change. A physical body might not be able to sustain a change like that but that is still not bad. It's always getting better! And the key to this is to be a part of it! Which is to be positive. Which is a choice of actually effortless trust.

No engagement at all to be honest. Empty and receiving. Stop to think about how and when and if. Make space for the new to come. Dream and express what you wish. Live with positive expectancy. And things just happen. They do. It's super easy. It really is. We have just programmed ourselves to doubt it like crazy. And that's the true definition of crazy. What I am talking about is what Doctors have made into crazy instead because they are all about personal achievement and performance. But not honest about it talking about saving people and stuff. But really it's all about them. Looking accomplished in the superficial. They are fake. The most.. I am real. I am as real as it gets on this muthalovvin' planet right now. And the mission I have being my destiny is to make it all the way so the educated in stupidity blow their minds. Lab coats standing in the street without a head. It's gone. I give that a shot! With all of my power. Headshot 1000 points. Without a gun. Without any physical interaction. All spiritual peaceful delivery. The Doctor has put us in a lot of shit over the course of many years. The Priest has put us in a lot of shit for many years. The police work for both the Doctor and the Priest. They are all three the unholy trinity. Control society based on Ego identification all in fear. Unnatural. Far away from spirit. As material as it gets. Each with their own book they cannot let go of at any second. Because in doing so? They instantly die.

And I am here to kill ya.

With this here headshot. Of universal truth. Lies are all about going against. Doubt is a lie. Faith is all true. Faith is light. Doubt is dark. Faith is Love. Doubt is fear. Ladies and gentlemen! It's 10:18. I've been up for a while. I have one had some water. I am hungry. But I want some Honeybun right now! That's all I want. And last night before I fell asleep I heard some new communication in relation to what I wrote about. Where I left off about that plane crashing and all.. And that communication was simply telling me: You ain't gotta go anywhere. She's gonna come to you.

I love that. I wanna travel. See something new. But in a way I find peace in that. As I can just relax and focus on feeling good. The less I stress the better it gets. All of what I wish to happen will happen as I am Idle. Right now. As much as possible. Being kool with everything as is. This is feminine power which is attractive in nature. Never sorry. Not ever sad. Just in the mood for love. Mmmm.. Love love love. And does not give away herself. For nothing. No..She waits. She does not need any control. She does not need anything. Everything just comes..

As she is so attractive. How does she look? No matter. It does not matter. It's all energy. It's all love connection. Where is the love? In your head? Nah.. In yer pants..Nah. Live and breath inside your heart without a question ever to be possible in relation to what feels good for you. And all of that good feeling you own completely. It's not something you have. It's what you is.. This good peaceful slow breathing feeling of sensual love is you. This is the divine inseparable you. And that's all you need.. That's all I need.

We do not attract in negative need. Yet all we need is love. But love won't give to sorry. Because it will by that go against itself. As love is blissful joy. So we attract in need but all positive. Which is by then not a need. It's a desire. So we need, actually need. To know the difference.

Like Celine Dion when she sings:

I want you to need me! Like the air you breath! I want you to see me! In everything!.

That's actually you in relation to yourself and the love you is. All we are up against in this challenge is our body. Eventually as we come to faith we can leave the mind and simply stay in a good feeling. What hurts and tries to make us think differently is the body. When all in faith feeling good we would have no problems at all if we could turn the body into a pile of jelly. This is the reason why we drink and do drugs. We do not add to the conflict and restart all internal questioning when the body relaxes. So moving your body in joy and peace is very good for everything. I have been in car accidents and also jumped off a bridge landing in shallow water. I have fallen down on skateboard many times and I have worked as a chef standing up for 16 years not exercising. And I have also carried all this negative perception about myself. I am as sensitive as I am and this is my destiny regarding all of what I create.

I trust love completely. I am where I am. If I smile at life, life smiles back at me. When I feel myself to be love without a question I attract and allow for all to manifest. All I need is love and all I need is to relax now. So being love. Identifying with love in peace. And also relaxing my body will make things happen. It's not a small task I have. It's the greatest, realest, coolest, most transformative of all. Doing what I do coming from nowhere. Appear in the darkness. With new clear light. I made it this far. I am writing this just now.

Lisbeth kind of gave up on me yesterday..

I put things out for sale really cheap but nobody's interested. I have begun to give things away instead. To tip the scale even further.

And I am only consuming water.

I "walk" (run) on water.

I am out of mushrooms.

And all I've got to rely on right now is love. Which is all I need. And love is what gives all. So what is the problem? There is none. I can't see a problem? Where that problem? I don't see it.

And I smile.



Look at that curve I made again. Things only get better. They can only get better. From your own connection. The world and society are circumstances. People are full of shit. People doubt. People fear. Don't give a single drop of energy to that. I have been trying to help Lisbeth realize herself for 7-8 months and all she does is watch the news about the war in Gaza. During the entire course of her life until she no longer exist on planet earth all of that is energy wasted. Completely.

I would not invest a single drop of anything into a war zone. All this is? Is a call for attention. It's a cry for attention. It's the victim trying to be affirmed. Which will never happen. It's impossible. As love is blissful joy. You will not receive what you need from sorrow. Why people are living in wet tents among ruins of what used to be their city is all from sorrow. Victims. We prescribe everything as we are the creators. We create our own reality. **THAT IS JUST THE WAY IT IS.** Universally. Somebody living in a wet tent freezing at night has been asking for it. Emotional communication. With a nonjudgmental universal all giving response.

'I feel so sorry! I deserve to live terrible! And I deserve to not eat! I do not deserve my children! I am not worthy of being here! I barely deserve to be alive!

That's the general feeling communicated which makes for war. Because a majority of people become a superpower. And what they collectively alchemize and conjure up together will have a large impact on delivery. I am not mocking anyone. Please do not read any of this like I am making a fool or an idiot out of anyone. I'm not. But I am simply being real. We get what we give. We are God.

You know when there has been a fight of some sort and someone misbehaving finally comes to realization and says: 'I am so sorry! I was being such a fool!'

Yeah..

That's all in relation to themselves. Sorry = Shame = Fool = Judged = Guilty

The realization is all about them in relation to themselves. But they learn from how they behaved in relation to others. But others might even have forgotten about it. Moved on. To feel sorry is sadness. To feel like fool is being played like one. All by yourself. Keeping yourself in the dark. Not actually responsible for understanding universal creation. And from that experiencing emotions making you uncomfortable. Feeling victimized within. And so without.

You own sorry ass creation.

So why am I not super successful where I am sitting in the couch just now? I know all of this. I got the feeling. I am relaxing my body. I am going out for a wonderful walk in the sun shortly. Because it's not time yet. Simple as that. Spring comes when spring comes. And everything works in perfection. So who knows?

Maybe Ukraine and Russia amp up the nonsense. And this makes Mr. Nuke about one more word away from pushing the button of mass destruction. And in the exact moment! The right person reads the right thing on [transmutation.se](https://www.transmutation.se). Or watches the right video. Or hears the right lyrics in that song. Or my mother dies. Or my father dies. Or both. Or my daughter drops her shit. Or her mother gets a migraine so intense she can't think of this shit anymore.

It's all working out. I don't know how?

But it's all working out.

It's a beautiful day outside today. I still feel like summer is this weekend.

I'm gonna go for that walk now. And when I come home I'm gonna take a warm bath. And after that I will do some stretching..

And just relax and make myself feel good.

Allowing for things to come.

They way I feel right now. Where I am and all.. Feeling like summer is coming up this weekend. Is feeling good like I've never felt in my life.

That says a lot.

Imagine. Just imagine.

What I can do and be a part of eating healthy and being together with Honeybun.

Endless possibilities.

Magical.

4 real.

Irritation. So easily irritated.

What is that?

Well it's tension in relation to sensitivity. Which together makes stress.

So a person easily agitated is a sensitive person very tensed?

Yes.

What do they need?

Complete physical relaxation. Just being.

No engagement. No evaluation. Simply just letting everything regarding anything go.

Let go completely.

In joy.


Which is effortless and free.

So allowing for joy.

And God, Source, Self: Is all blissful joy

We always want more. But need to feel good with only love alone.. Satisfied just being

A good reference is the understanding of your true nature. Which is completely fine not inside a body. And in that state the most real. That's what we need to connect with walking around, eating food, talking to people, listening to music. Actually living!

As much as possible 

Get rid of visual impressions.

No phone. No TV. No movies. No Games.

Reset. Come home. Be here.

Drawing is great. Slow.. Calm. 😊

I just realized something very kool. I went out for a walk in the woods. And during this walk I felt amazing and I asked God for a sign to boost my confidence and faith. And you know what? Yesterday I was out for that same walk. And I walked passed a woman in her 50s talking on the phone. Later I met a young man with a his dog, and lastly I passed by a very kool young guy by the university. Those three. At the same spots and in the same order. I passed by them today. And when I asked for that sign. I opened myself up to it. So it's already scripted. It's all happening. The realization was all about that. It's all there. It's all going on. I just asked to become more aware of it.

You will be surprised when you consciously begin to come back to love more and more. And realize just how much you're actually disconnected from it.

My hole life has been stressful. I've been living with a lot of pressure. And all of that pressure has created various sequences as to push me to do what is right as much as possible. I consider all of my work a legacy. Absolutely. It stands the test of time regardless of any era. It is bulletproof. It is transparent. It's the best ever given in relation to freedom and all is love. That's why I began with writing 'Love is Free' at the top. Today at 18:00 I am giving away a bed I don't use. It was my daughters but she has never spent more than an hour in this apartment. She wanted to spend the night with her brother but felt anxious. And her mother treated the entire situation like a complete piece of shit. So I got furious and told all of them to leave. I actually called their mother a whore in anger. I'm sorry for that. It was unnecessary. But she simply refuses to be humble and true. And sits there on a throne of lies as I try to connect with our daughter, Which for her is more like her daughter and I don't exist. Ungrateful. Misunderstanding. She's actually the victim of the century. With such a great Ego that she cannot see herself at all. Which cannot become anything else then projection in all of that lack of responsibility. I've seen this for years. I've tried to tell her for years.

What she made that into was me being controlling and manipulative. When all I wished for was for her to live free. Like I wish for everyone. But you see she could not accept that. The salvation and possibility to live more was declined as she was carrying lies. And that cannot happen for someone afraid of looking bad in performance and achievement. Like somebody identified with what they do and not what they is, do. She doesn't know herself. Not mature in herself. Not emotionally understanding. All afraid. Of her true self. Like a strong masculine man. Confused. Mistreated. Lost inside. Now being the caretaker of our kids making them strong competitors in a competitive society. Making them focus on math instead of love. It's really very obvious all of this from the outside. What are we here for? What are we? Calculators? Computers? Or are we soul beings having a human vacation? For real. Society is created by us. The world is supposed to be busy with art and loving creation. Not code and numbers. We can find enjoyment in that. It's a part of trade. Sure. But for Gods sake not a lifestyle. Life is not about money. Life is about love. And in the most loving connection as close as possible without any separation. We ARE money. Because that's where money comes from!

I feel like this bed give away today is like me giving away 5 million dollars. All in relation to creation and energy. Because everything is energy. And in relation to my contribution which people dismiss and also condemn me for it makes for one hell of a counteraction when I am truly supposed to receive anything I wish for free.

If you don't get that. You are retarded. Absolutely. Emotionally handicapped.

I'm gonna do some drawing now.. Hey! Maybe it'll be the cover for this. I feel so..

I'm gonna draw to the album 'Etienne De Crecy - Tempovision'. My favorite.

I did this the other day while listening to it. The twirly swirly stuff is made by my daughter in snow using water color. I just added the other stuff.

No clue, No glue. Let it all come.. The receiving transmitter is one and the same.

Oh this album..  Thank you! I love you!

TEMPOVISION

n ... ops!

The Receiving Transmitter Or Vice Versa..

Open (NO CLUE) No Glue.

Out of My Hands
Dat's Aight..
Scratched..



TRUST FALL

MAKE IT GET IT
I WONDER.. I WONDER..

L'OREAL

WE LUV A L



I WONDER
I WONDER..

GOOD

I WONDER..

I AM BOOR
I WONDER..



I WONDER..

Oh.. I WONDER..

Just is.. That's Right

Relax..

I contacted a guy who leads a music production class starting in the fall of 25 regarding music equipment I wished to donate to the students. It turned out to be someone I used to collaborate with about 10 years ago. Someone who did a remix of one of my tracks. It's a small world. I told this person about my ambition and let them know that it was I, the very same person they remixed. And not a word back.

No expression of gratitude regarding the donation. No expression of friendly connection. Nothing. Silence.

People suck. Most do. Seriously. Lame ass afraid low life pieces of shit.

Most.

In my experience. 99.99% fuckin' retarded idiots.

I would like to round them up blasting the track 'Tempovision' from the album with a machine-gun screaming at them with anger! Why aren't you motherfuckers dancing!!!! Dance muthafucka!!! And shoot in the air with a phat cigar in my mouth. God damn fuckin' retards. And this individual is responsible for musical education. I would never take that course. I would never even bother giving energy as in applying. I could use that energy to wipe my ass instead a bit extra after taking a shit.

Fuck off. Seriously. Fuck off. Don't even look at my picture online.

Suck by yourself.

This was not a communication of collaboration. This was not a communication to spread what I'm doing. This was a fuckin' gift! For free! Like everything I do. That all lame ass pieces of shit dismiss ass they actually live inside a bubble a fear walking around high and mighty accomplished muthafuckaz. Barely human. Yeah! For real. Barely human! Robots in flesh suits. And the worst part of all of this are these fuckers like Ye West who keeps connecting with this shit. And makes music to support his shit. Holding himself personally holy. That's the grand muthafucka. The all time award for the universal grand muthafucka goes without a doubt to Ye West. Congratulations shithead. You made it. I loved all when you didn't do drugs. Before you became a Mexican wrestler. The mask is because of shame. But you don't even realize that. Because it's hard for you to see with your eyes all in shit.

The biggest problem in all of creation is the understanding that you can become humble. That's an ego misconception of achievement. You cannot reach a certain level of humility and be that. Which is the core problem for someone like Ye and the children mother. As the are so God damn Ego but do not affirm their own false reality. Which makes for complete lack of humility. And actually strips them for everything. Like true grace. Like true love. Like free love. Like feeling good for free. Without anything. Which is everything.

All is love.

I'm so tired..

I am so tired from all this resistance. Which is not a creation from deceptive aliens outside the stratosphere. It's from all material egos. The lacking humility ones. The afraid and judgemental ones. The suckers. The emotionally retarded. Like Ye..

You cause my situation.

You cause inflation.

You cause destruction.

The greater the influence the greater the impact. In a negative way in lack of humility all in false sense of self perception. An individual like this becomes like 100.000 people doing the same but not with such great influence internationally.

It's all energy.

That's why truth is very important. Because we allow these people to grow. Why? Because they make people feel good about feeling bad. And make money from it. All ego. All personally focused egos. No soul. No love. No freedom..

I put all of that aside. Which is the strongest fuckin' thing you can ever do as a human being. And I did everything right. I have done everything right. I still do. And I will continue with that. Because I am. Love. I honor love. I stand by love.

AND LOVE IS TRUE!

Honeybun please don't take too long!

I need love.

People all across the world. In Gaza. In da Hood. In the Hospital.
Your problem is arguing. And that is not with each other.

It's arguing with universal law creating everything in absolute perfection.

This is the issue and foundation for a pyramid upside down.

Waiting for a sun rise to come from above.

You try to balance all from behaving unbalanced in relation to nature when nature is what you is. That's going against yourself. Completely.

For those in troubling situations stating that they are not feeling as I described in relation to worth are thinking they are. They are not feeling it. Deserving.

If someone holds a Bible in front of me and asks me to explain God not being a man. I tell them to imagine the Bible not being there at all. And then I ask: Did you murder God now?

And they will say: No, that's impossible.

And I will say: Yet here you are living and breathing. Making choices. And things happen for you. All free. To do and create what you desire. Right?

Right.

So you've got all you need. Because you are all you need.

Don't argue with and/or conceptualize the source of unconditional love. It's the dumbest thing you could ever do. As this gives us all without a question. The argument and concept will inevitably create interpretation. And thus questions.

It's not hard to understand that.

Be humble in relation to true self and discover your divinity. The world will present itself in relation to your own relationship in authenticity. With synchronicity. Working perfectly. From a true foundation.