

The Universe Within

A Unicorn's Manual

II EDITION

Charles Smith III

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Unicorn: an abstract variable for any marginalized demographic of society.

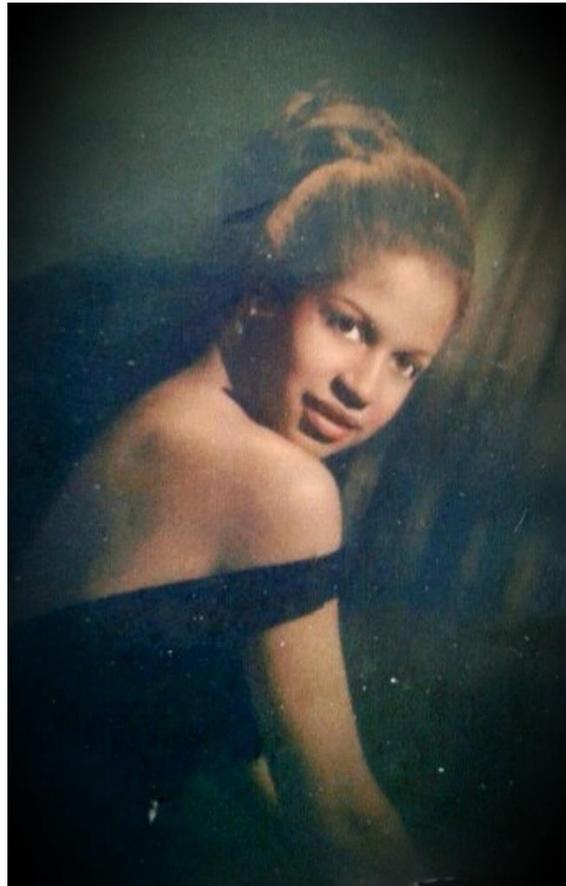


Dedicated to my mother, and anyone who has ever felt lost, insecure or inadequate.

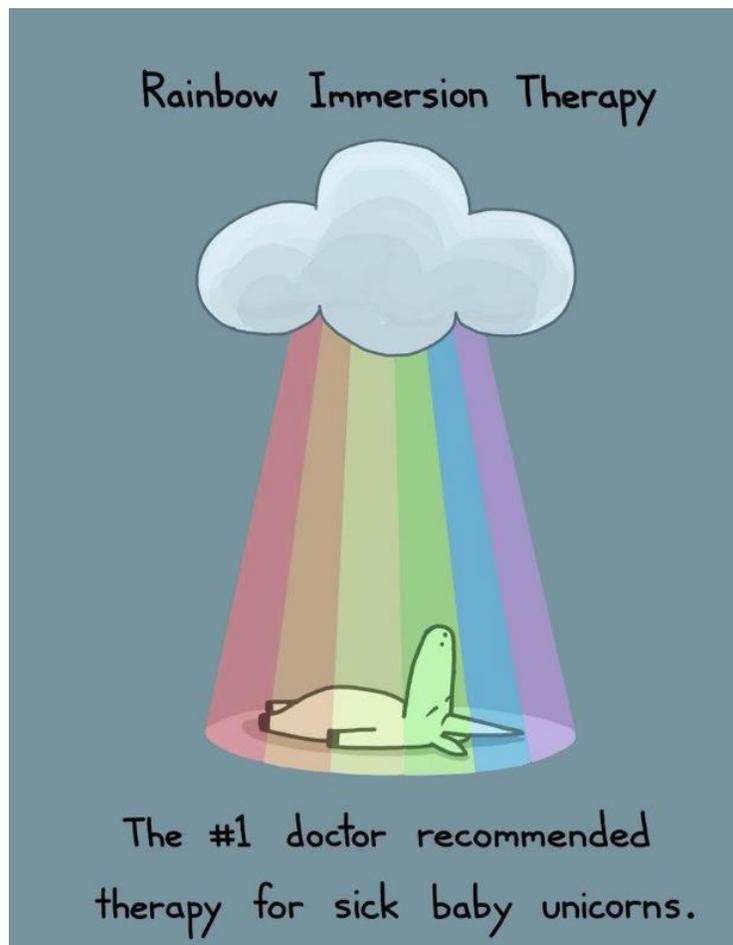
I hope this helps.

Kings and Queens –ALL of us.

Joy comes from within.



When I was a young child, my classmates and I congregated in the school gymnasium for a theatrical play in which the antagonist attempted to extract all the colors from the world.



Acknowledgments and Special Thanks

This is a satirical conglomerate of affirmations, mantras, quotation, and spiritual intermediary interpretation. A multidimensional prismatic explanation of existence. A wizard's spell book. A divine hodgepodge with a sporadic all-inclusive element of tangentiality; just like the absurdity of articulating the great divine.

You will notice numerous quotes throughout these pages. It's my way of paying tribute and homage to the greats who have come before me. I believe the divine lives within and speaks through each of us. I piece together different ideas to find common truths, therefore creating a larger, more beautiful reality. I offer up a unified voice throughout existence stitched together by a common thread of destiny called love. A cosmic game of "connect the dots." I invite the reader to inquire and support the plethora of artists I've paid homage to, for if I've seen further it's because I've stood on the shoulders of giants. I ask that you embrace these words until they are fully understood, and if you find inspiration please tell someone new. Pass it on. Pay it forward.

Thank you to all the anonymous artists who've helped make The Universe Within possible. Although I am grateful for the quotes, or "patches," I am the quilt maker. The research and organization is all my own time and effort. I stitched this masterpiece. One may consider and describe my efforts as dream weaving. No coincidences, only synchronicity.

"Bad critics judge a work of art by comparing it to preexisting theories. They always go wrong when confronted with a masterpiece because masterpieces make their own rules." - Robert Wilson

Dear Grammar Nazis,

"I use words like 'yall,' 'ryte' and '[thot]' because I don't associate my intelligence with my use of colloquial euphemisms. [Slang and] Ebonics [are] cultural, not remedial."- Nia S. Vaughn

The sole purpose of language is to communicate effectively, so purporting one form of English as elite is inherently oppressive. There's a difference between understanding standard grammar and demanding it. Your patronizing, pretentious and condescending tone says more about your character flaws and inflated sense of self-worth than anything. Your classist attitude is merely the remanence of a pseudo-intellectual lacking in self-esteem.

Preface

I build beanstalks and I am a sculptor of thought patterns.

The following collection of writing is a daring and progressively bold bohemian counter cultural perspective. An inspirationally controversial and intimate journal that bursts into a vast array of color and multidimensional understanding. May this book guide you to an enlightened world where creativity, imagination, & unconditional love reign supreme. We shall cover a vast array of divinely inspired subject matter including: Confidence, Friendship, Work & Success, Wealth, and God, stitched together with the gentle eco-friendly intent of Mother-nature.

Furthermore, we will be elaborating on human error and the ignorance perpetuated from commonly misunderstood, timeless generational issues ingrained within the collective consciousness.

Also, on the opposite side of the perspective we will analyze the value of self-preserving bigotry. Read along and join The Universe Within as the self boldly soars through the depths of despair & destruction to a higher redefined plane of freedom for all to embrace. You think you know, but you have no idea!

Who am I?

"Follow your bliss and the universe will open doors for you where there were only walls." -
Joseph Campbell

It's easy to become misguided and lost in this vast universe. The search for reality is the most dangerous of all undertakings, for it destroys the perceptions with which we cling to so closely. There is no turning back. If you let your heart be your compass, your mind your map, and your soul your guide... You will never get lost.

Anything, everything, and nothing are all parallel universes to numerous inter-dimensional tangible realities. Coming into this understanding helps with our pursuit of destiny.

It is difficult to realize sometimes that a person's whole manner of living can be changed by one book. I decided to write the book that could change my whole life and might contain the power to do the same for others as well. I do not know much. Yet, I do know what I perceive, what I feel deep within my spirit and my intent. I can explain my observations to you, but I can't understand them for you. The **ONLY** way you're going to understand this stuff is if you practice it and seek learning through experience.



I will not be offended by a closed mind that does not get anything from this book. Just as I hope they aren't offended by my open mind. This book is the spiritually free loving polyamorous philosophy of a bisexual cis-gendered male. Some excerpts are gender(role)/orientation specific, but feel free to navigate around that. I organize and compile parts of the internet that apply to my soul.

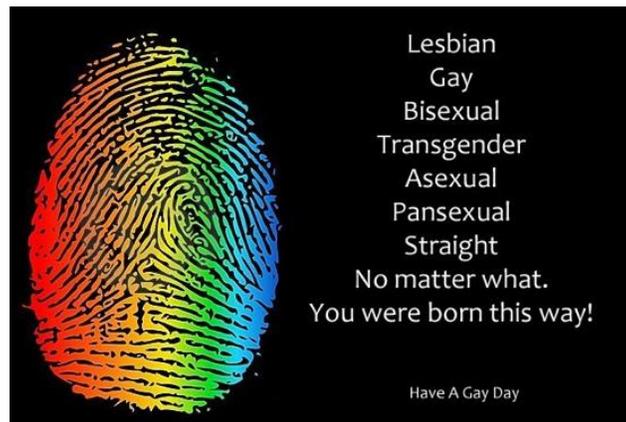
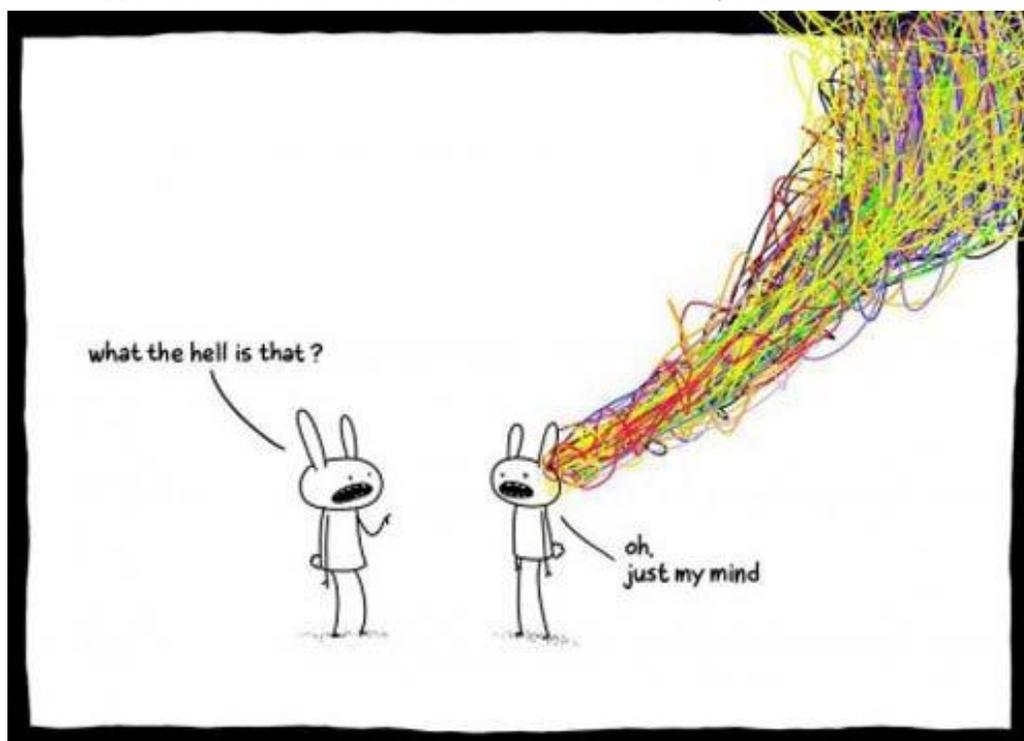


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"Spirituality: The belief of expressing what cannot be expressed. When dealing with abstractions, love and creativity are the only absolutes." - Charles Smith III

The Universe is an infinite multidimensional system of ubiquitous mathematically fueled fractal patterns. I've had meditative, introspective, psychedelic experiences where I have been blessed to have been awakened to the growingly popular accepted theories of divine inner workings of the universe. The downside to psychedelic induced experiences is that they alter your conscious to a degree that can leave you without a way to accurately or coherently define your experience. This however can be a benefit, just by looking at the simple way that our bodies develop. The first sense to develop in a human being is the sense of hearing. Meaning that our ability to listen and remain teachable by the universe around us takes priority to the actual speaking of the experience. The Universe Within is my attempt at documenting a recollection of quotations and mantras from such shamanistic journeys. It takes a mind to confirm an existence. Simplicity is key.

A.D.H.D – ATTENTION DIALED TO A HIGHER DIMENSION



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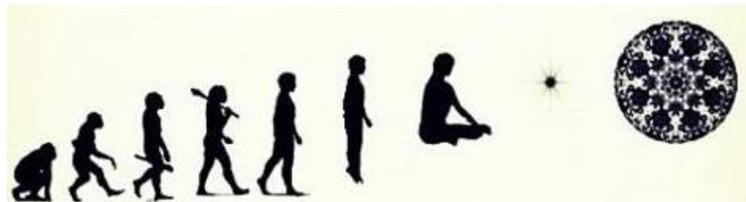


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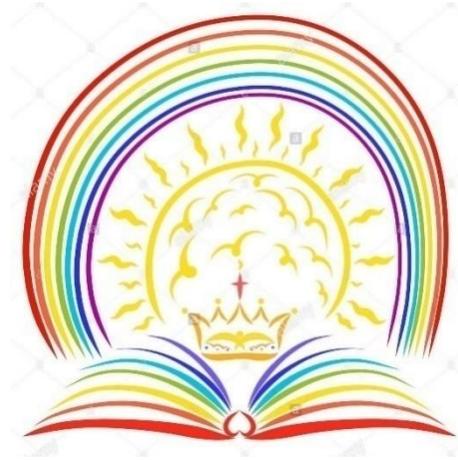


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Prologue: 2020 Psychedelic Musings



You know I'm a crazy/artist/psychic



.... so I've some super deep thoughts that I'd like your opinion



... it's shit u have never heard before....

Tonight's game: Name the dumbest thing you believed in as a child.... GO!.....

-White man Jesus/Blackface Jesus/(Maybe Middle Eastern Jesus, I dunno, depends on wut the niggas talking bout)

-Church/Religious doctrines are infallible. Like spiritual texts fall from the sky, and ultimately aren't written by flawed but inspired humans skewed by their own personal level of consciousness.

-Legality meant morality. That a white God and and White government would EVER TRULY have MY best interest at heart. That I EVER should be thankful for the enslavement of blacks for introducing us to white man

Jesus so he can free us from a crime none of us EVER committed and there's shame in accepting the alternative and radically sprinting in a completely opposite direction, and furthermore any level of anarchy is an unjust threat to a just society, and downfall isn't needed for reconstruction purposes of an unjust white supremacist society...

... Also, That nonviolent voting in rigged white political elections is the only truly dignified way to counter oppression and discrimination, and my best option is to appease my oppressors and limit my options to their standards to "fit in" and "play the game." FUCKIN UNCLE TOM COONING HOUSE NIGGERS, ALL YALL.

100 100 100 100 100 100 100 100 100 100



As, if that's EVER worked, like who the fuck thought that was a good idea????



So glad I ain't waste my money on college like y'all did.

Speaking of which....

-That white colleges were better than black colleges, and that I had to and expected to seek the acceptance of white institutions and intellect, like Harvard, Yale.... blah... to accredit my sheer creative brilliance or ANY of my self-worth, knowledge, wisdom, etc. For that matter.

-Trickle Down Economics. That white people hoarding resources and claiming all existence for themselves would/could EVER be in MY favor.

-White Supremacy does not exist.

-Racism is over or doesn't exist. Everything's equal now. Race card, race baiting exists, but white privilege doesn't. Black play victim... blah... blah... and every other black stereotype were actually just facts.

-Homophobes/Gay Bashers aren't in fact gay themselves, as though people don't seek to destroy in others what they aren't allowed to be themselves, and feel that they ultimately are led by divine righteousness instead of white supremacy, fragile masculinity, misogyny, racism, and pedophilia.

*Yall really should be screenshotting, like, ALL my shit. It's FAIRY DUST YOU FUCKS, take it and go spread dat shit!!! Let's FLY! I'm muthafuckin Tinkerbell on u hoes! ♡



700

I'm the Psychedelic Harriet Tubman. .



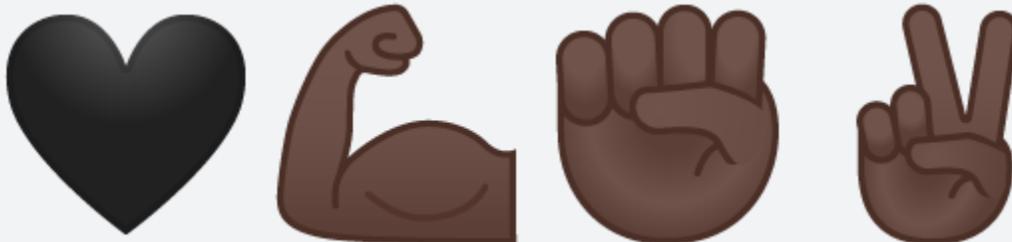
Just dawned on me what the subtext of white people claiming, "race card" and "race baiting" literally means:

"Shut up Ignorant Nigger."

It's the idea that blacks aren't smart enough to articulate their own experiences. (An extension of "racism is over, isn't real or doesn't apply.")

Also, that blacks perpetuate racism with the victim mentality, and therefore are inherently flawed. So yes, using "race baiter" and "race card" makes you racist because you ultimately don't value black voices, black intellect, black concerns, black bodies, etc.

So let it be known, that i advise u not to say that shit in my presence.... 



Y'all my post about "race baiting" and "race cards" was shared randomly 63 times today! That's good for me, cuz ppl like to write off my



depth and perception as crazy oh well... Y'all, this revelation hit me like a ton of bricks while explaining black culture/experience to a close white friend... Anyway, the shares only mean one thing: I gave my people the ammunition, power, and self awareness that they needed.



I am humbled and honored to be chosen and used as a vessel/messenger



of such an impactful and freeing message.

Y'all, this is BIG. That message will breakdown and empower many people. It's all because i openly embrace creativity and therefore myself as a direct extension of the divine. I been tryna teach y'all, looks like some of my musings from other dimensions (multidimensional perspectives) are finally being recognized.

Magic, y'all, magic.

COVID-19/ Sociology / TheUniverseWithin.net

So okay all you facebook conspiracy scientist:

What exactly does 5G have to do with a respiratory virus???

Y'all remember when mobile phones first arrived and everyone freaked out about brain cancer???

History repeats itself because muthafuckas are stupid and don't learn good.



The effects of the virus is class warfare, between the haves and the have-nots.(Class is a made-up man attempt at division, but in your avg narrower scope of your typical 3-D fiscal reality- it's treated as fact.)

Anyway, for weeks my superhero has dwelled on the societal effect of covid-19. The world was already fucked prior- so what now? How's it changed us?? The facts are:

- 1. The true hell of our world, is when we're not our brother's keeper. The division is due a lack of self-knowledge and therefore an apathetic inability to connect with others.

- 2. Fuck. Now that's magnified exponentially cuz we we're all borderline quarantined and panicked.

- 3. Richer ppl usually white people are righteously hoarding resources at gunpoint again, like always...instead of protecting the most vulnerable (see #5)...psh.holy.my.ass...Leopards don't change their stripes.

- 4. Basic essentials were already scarce for poorer people, now they're nonexistent (ie paper products, Healthcare, jobs)

- 5. Poorer people, usually minorities, have double hardship because being usually in service work must risk exposure to the virus, or financial ruin. (Triple, no healthcare)

So, the scope of these 5 points are where I'll focus my perspective analytic psychic superhero guardian powers/clairvoyant empathy to predict the future based off atypical societal responses. Like I said, the solution is being our brother's keeper and protecting the most vulnerable. Basically, what happens now? And how do these 5 points apply to what happens next???

Yall don't pay me for this, and there's no degree for being a superhero/psychic/guardian (I could create one: sociology, meditative reflection-and knowledge of self-and spirituality vs religious assumptions from seeking external validation, philosophy, heightened/sensitivity/empathy, artist talents in multiple

mediums/nonviolent spiritual warfare, Unconditional Love, etc.) It's not a savior complex if you know it's not your job to save the world- just to shine a light for those within your reach that are awake to see it and to empower them to do the same if they're willing to learn- ripple effect.

Some of y'all look at me as inadequate (ie even my own father) in 3D reality cuz I took time to discover my magic and talent thru art, rather than conform to the matrix of white supremacy and therefore may not be as



advanced monetarily.

I'm like- riiiiiiight. At least I have and understand my Destiny. I'm freer in ways that you can't even imagine.

I'm.Fucking.Brilliant.A.Divinely.Creative.Genius.

I'm.Fucking.Neo!!!

Also a prophet/oracle.

I share the throne for I'm an extension of the divine.



Come at me bruh.

Somewhere early in life, someone stole your belief in magic and gave



you religion. I'm here to fix that.

So, magic isn't real?



But, yet yall believe a nigga returning from the grave???

And please don't tell me I don't understand faith cuz i dont have



relationship and ultimately that I'm ignorant and closed minded... don't waste your breath tryna flip the script. I see you.



I'd interpret easter for yall and how "resurrection" is an analogy/metaphor, but yall narrow minded delusional/NotCreative assholes take it literally, while desperate for something to believe in, you inadvertently develop Tourette's in your exclamation of "faith..."

Well, I.am.magic. so try me if u want too...

Long story short, it means: YOU are the Resurrection. EACH OF US ARE A beautifully unique extension of the great DIVINE. LITERALLY in 3D reality no one returns from death- The ONLY Zombies that truly exist are my interpretation of you dumbass sheeple, sheeple blind and asleep to your own spiritual wholeness and value and doesn't seek external religious/societal validation from white supremacist Jesus or any blackface extensions of.

And as we discussed, we understand that being jesus like, or any truly enlightened individual, and bringing heaven to the current moment is being our brother's keeper.

Also my besties says another resurrection interpretation could be dying and him talking u into his arms... I can accept that from her perspective.



Damn. I wasn't gonna break yall down today, really i didn't even know it was easter. I didn't come here to type this. Really. Shit. Happy Easter, Love Yall.

Psychedelic Soul Food!



(The heart eyes are from where i sent this to my blood brother, but of

course YOU can have some too)



Love yall.

As Clark Kent is Superman, I am a Psychedelic Superhero!!!! No lie, thanks to your unwavering support!!!



This one's just for bragging rights, and to piss off sheeple... like icing to the psychedelic cake!



One of the beautiful things about all my prophetic verses is that they all have my special unique signature on them, my voice. My work can never be stolen, because I firmly believe that fuck and other swear words are of mandatory usage & adds JUST enough emphasis against sheeple-stubborn closeminded cognitive dissonanced fucking stupid ass punk



bitch zombie muthafuckas like YOU!- Y'all see how that works?



My job is to motivate and inspire thru hook or crook. Tough Love on you hoes.

Giving God all the glory yall!



Everyone bow yalls heads...

God I thank you so fucking much Lord, thank you so much for not making



me like all these other stupid ass aint shit niggas.

Please Lord, remind all these lowlife bottomfeeding assholes and limp dick

wafflecunts not to try me, cuz I def aint da one.



Thanks for the wisdom and hoes, Lord.... for the super powers & all the fellatio.



Amen.



...oh, and for the occasional anal.



...for being so beautifully handsome that none these pussyass dickriders

EVER really had a chance.



...oh yea, and for not having any fucking kids.



... and also the inches.



It's a joke niggas, calm the fuck down. Blasphemy? What did I offend your fakeass god?



Chill the fuck out. Sheesh.

Yall this is only going to get *better* as I get older and lose all my fucks to give... cuz I already can't seem to find one when I'm told i need one...



this shit's gonna snowball- watch.



Creatively Crazy vs. **Destructively Crazy.**



DISTINCT DIFFERENCE



My track record speaks for itself.



Fuck All Yall!

Craz(ier) Story:

So yall know I got this new job at new years, right?.. So I work for a MAJOR company all yall niggas know, but I aint telling yall bitchass niggas cuz yall jealous hoes will try n fuck my shit up. Nope. Psychic. So anyway, tell me why I accidently discovered and articulated our society's learning curve... and inadvertently revealed all of their faulty ass (yet typical) training. Duh. Ultimately yall know I'm a problem solver on all levels... so i sensed my own lack of training and fixed it... and unknowingly yet tactfully articulated to all my bosses, in a meeting, on behalf of



coworkers/everyone in the world
fixing their broke ass wack ass shit.....

the problem and solution to



Oops. Now, somehow I gotta remain humble and act like I aint
dat nigga....

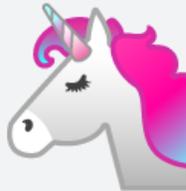


All these random coworkers sayin dey love me n shit, n I'm like of course



u do eryone likes being free.

Yall hoes betta catch on n run wit dis shit.... u can lead a horse to water...



EDIT: OK, yall niggas still don't believe me.. yall think I'm tryna validate my sanity instead of actually tryna help u stubborn asses as God requires. NNNNNNOOOOOOOOOO NNNNNNIIIIIGGGGAAAASSSS. Yall hatin ass hoes, STILL after all these years... I hate yall... Gimme my damn respect. Not even sayin please.



Presenting to all you salty muthafuckas:

The Learning Curve: "look this whole "try and find it first" thing is a nice theory, but ultimately it's condescending and a waste of valuable time- because time is of the essence....

First as a newbie, there's creating and (1) developing a SCOPE of the job itself, making something from nothing- Like the edges/frame of a jigsaw puzzle and grouping like colors.

THEN, there's the ideal pseudo-start of (2) learning "the basics" functions (Refine and detailing the Scope.)- Filling in additional pieces that match to complete the picture the problem is that 1) being expected to do both

simultaneously- or 2) the absurdity of an expectation to complete the puzzle by some else's standard, especially if we all learn differently. That's like just randomly picking up puzzle pieces forcing them together hoping they match...

then to magnify that problem is the learning curve repetition factor, which magnifies exponentially without a scope/frame.

But the pretentious assumption that we "should know" or the insulting implication that we haven't tried before asking more seasoned veterans must cease if we're to be efficient and successful as a team. So, if you want to help us, yourself and the team, please directly answer our questions and QUICKLY refresh us on where to find it. Thanks!

I'm not slow, I'm thorough.

Also, brilliant fyi.

The reason for my speech impediment/stutter is because my brain has to have the time and energy to tackle all dimensions and perspectives of a particular issue.

Just wait until I figure out the rest of this job y'all"

Yes, I sent this email to ALL parties involved, with 4 other emails full of solutions. My Stepmother/Momma, Lisa, taught me how to assemble jigsaw puzzles, so she is accredited to this discovery. I was gonna keep today's discovery from yall jealous cunts, but ultimately, I know u can't produce more.



Bitch.

I just realized, yall prolly think I'm on all types of drugs by now....



Ask my friends in real life- I'm not... Nope. Not in the least. Never in the least... just intensely creative and therefore divinely favored



Shhhhiittt, dafuq yall thought!



reappeared

Spell worked. Suddenly my relationship of 2 years



I brewed this potion for like 2-3 weeks y'all. Cast it tonight. And POOF! Instantly, my out-of-town (ex?) lover is magically at my door 15 mins later.

Know your worth and power folks, that's all I gotta say. Good thing about being a psychic, is I'm already about 2 weeks ahead and have mapped out their responses... u gon learn today.

It's all love and they know it, but the reality check and culture shock can be just as painful as anything evil.

Like, just cuz I'm submissive to keep peace, and enjoy pleasing and catering to my lover, doesn't mean I should be taken advantage of, underestimated, my kindness for weakness. I've just been being nice, but my patience has worn thin after 2 years.... so here we are.

Been cursing out my father the past few hours. It's not disrespectful, just the deepest passion and therefore intensity. The multidimensional perspective of a brilliant radically progressive genius (exponential crazy)

vs. The narrow scope of a stubborn socially conditioned old man (normalized crazy.)

Plus, the fallacy of black parents is that they view correcting them as disrespectful, and I hold my family to a far higher standard plus it insults

my intelligence and ultimately only makes me lose my shit.  Tough love.

Long story short- The problem is that my father deflects and doesn't take responsibility for his crazy, yet I'm fully comfortable with mine. Therefore, he discounts all my superhero brilliance as "really crazy" (amongst other things) and therefore discounts my entire identity, then proceeds to apply his own life decisions as best practice for my own. That shit

makes.me.fucking.lose.it.



Don't say you love and accept me completely but discount my entire existence simultaneously. That's emotional abuse and manipulative hypocrisy. My father's platonic (ya nasties) love and support is the greatest I've ever directly experienced, just often subconsciously wrapped in stigma, or a passive judgmental fallacy. But I have zero patience for judgmental bullshit, esp from those that say they love and support me.

 So.  Off.  I.  Go.

I told him, Imma audio record our convos for yall one day if I'm lucky. Yall wont believe your ears. There's nothing like candid realness with your bestfriend. Still unnecessary bullshit tho, and distracting and counterproductive to the unconditional support he's provided and my ultimate success- which he says as a father is all he wants.

Not that i owe yall an explanation about such a personal relationship. But, the entire premise is that real love is eternal the love is so deep i can say anything i fucking want as a joke, or to get your goddamn fuckin attention.

Be jealous, you'll never have this level of understanding with your parents. I often tell him if he continues to aggravate and annoy the fuck outta me with his incessant bullshit, Imma still be goin the.fuck.off at his funeral and most likely out of respect I'll wait until he's dead to beat the fuck out of his corpse... a vivid detailed analogy for emphasis... (Truth is Imma be a barely functioning mess cause I've had lost the bestfriend I've ever had- and we both know it cuz i luh dat nigga- so i make twisted jokes bout the extreme opposite end of the spectrum.)

So yea, with the way my crazy ass been yellin at that stubborn ass nigga,



I'm surprised my neighbors haven't called the police- He kindly took me grocery shopping today, cuz i dont drive. Y'all I used 7 different personalities to read that nigga up and down. He started it, i finished it.



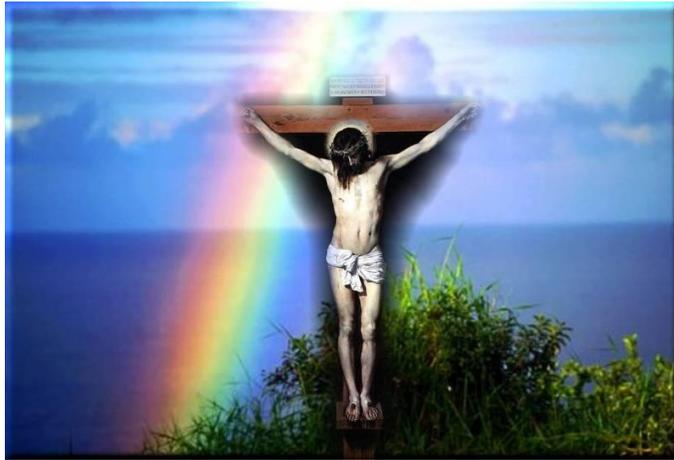
We're fine, always will be. Y'all, unconditional love is intense.



Daddy's Boy. Love ya Pops. Always will.



Practical Savior Complex



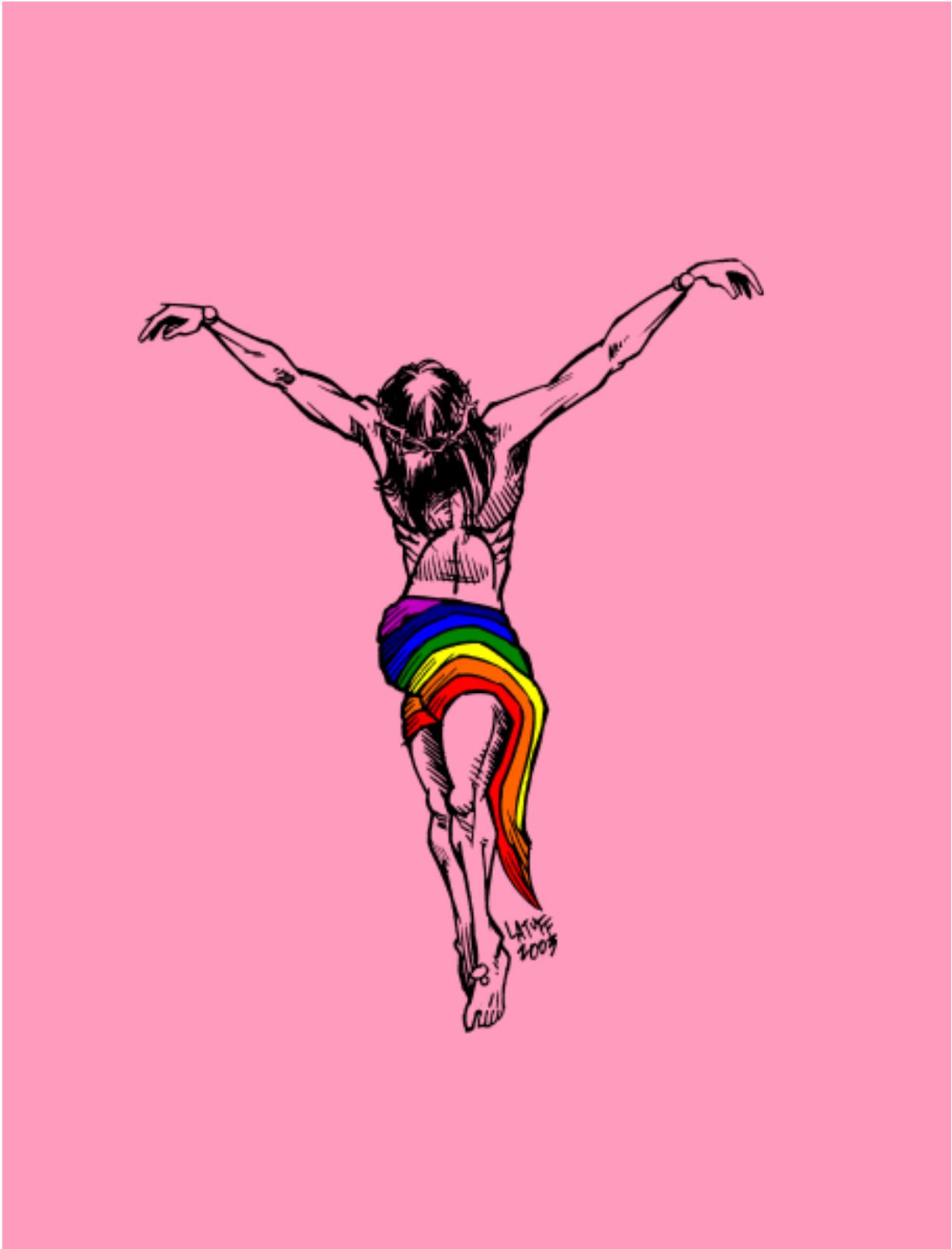
Yall wanna kno why I'm "crazy???"

Cuz I must be mentally/emotionally tougher than any and all situations.... cuz even when yall attack me for being a minority, maybe submissive in my relationships, or the step-rainbow-psychedelic-child in my father's family, or being black in America, or Non-Christian, or beyond... yall niggas attack me on ALL levels....
...ultimately, I still love yall...

And if that does not make me a **Saint Angel Magic Unicorn Fairy Superhero Psychic...**

... yall makin me cry again...





(Egoic/White/"Right-"-but-Wrong Savior complex vs. MY/Our/Correct Light House "savior" complex.)

This means that I am NOT "The One" to save anyone but myself... I am merely a bright light house in the dark to help guide those along their way.

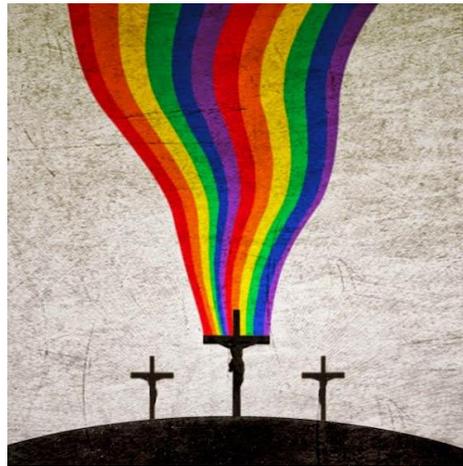


I am Charles William Smith III, aka "Trey"

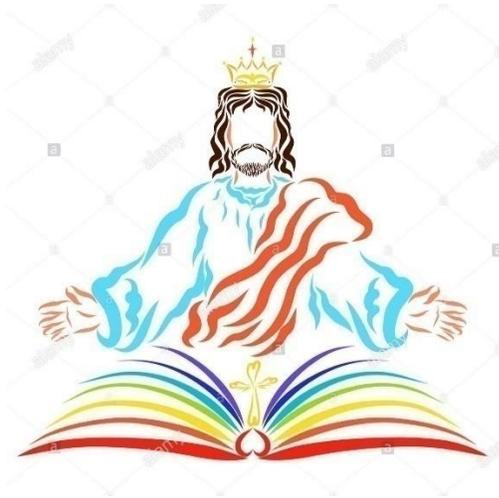
I am named after my grandfather Charles William Smith Sr.
I am also named after my father Charles William Smith Jr.
I am the 3rd generation of my lineage to command such a legacy.
Through my heritage, I AM A DIRECT EXTENSION OF
-THE FATHER
-THE SON
-THE HOLY ENLIGHTENED SPIRIT, DUH.

3

III







Mind, Body, Spirit (Exponentially Heightened emotion)/**Soul** (darkness is a gift ...depth and morals and pain into lesson.)

You know what the issue is
with this world? Everyone
wants a magical solution to
their problem, and everyone
refuses to believe in magic.

-Alice in Wonderland

Spiritual Laws and Supernatural Power



There are great vortices of pure psychic energy set up in certain parts of the nervous system by the universal cosmic energy called “Prana.” While spinning at great speed in any deeply spiritual person, these etheric centers radiate energy. These psychic centers, or psychic wheels of energy are known collectively as “Chakras.” They are gateways to omnipresent supergalactic oneness.

Lying along the nave of the spine, it is through The Chakras that the soul and spirit are enabled to receive and channel cosmic energies. Also known as ‘The Gateways of Consciousness,’ each chakra has its own connection and purpose. It is not only beneficial for well-being to balance The Chakras, it’s also a direct method of uniting an individual's soul with universal consciousness. They are prominent in the occult physiological practices of certain forms of Hinduism and Tantric Buddhism.

1st Chakra: Muladhara or “I AM”

Root Chakra

Red



This chakra is rooted in our connection with nature. It correlates with our stability to endure the trials of life and helps with our ability to survive and adapt.

When this chakra is unaligned, out of harmony and/or blocked, it makes us afraid of change, we become unable to trust nature, and we focus on material possessions to fulfill our most selfish wishes and desires. Once this chakra is opened, we become aware of the beautiful world and its wondrous opportunities.

**2nd Chakra: Swadhishtana or “I FEEL”
Sexual Chakra
Orange**



This is the sexual chakra. It is located behind the genital region and is associated with our passionate energies. When a person is harmonious with this chakra they are happily connected to life and adequately able to share their feelings and emotions with others. Positive energy in our lives is brought forth by unrestricted free flowing energy in this area.

When this chakra is unaligned, out of harmony, and/or blocked it can cause suppression of natural desires leaving one unstable and unsure in emotional matters. Negative energy is caused in our lives by inhibiting this free flow of energy, which can result in reproductive problems.

**3rd Chakra: Manipura or “I DO”
Chakra of Personal Power and Strength
Yellow**



This Chakra is located in the abdomen area just above the navel and is associated with great strength and will power. This chakra is the power center of the body and is the release point for pranic energy, for it balances the material and spiritual worlds. When a person meditates on this chakra and is harmonious with it, one feels wholeness and inner peace, including acceptance and tolerance of self and others.

When this chakra is unaligned, out of harmony and/or blocked there is no trust in the natural flow and order of life. Insecurity unleashes a need to dominate, emphasizing the materialistic, and an even greater need for material security.

4th Chakra: Anahata or “I LOVE”
Chakra of Love
Green



This chakra is associated with great kindness and love, located directly over the heart. It is believed to connect the mind, body, and spirit. When meditated upon, a person can achieve a profound experience that opens the heart to the undeniable beauty of such a majestic universe. When this chakra is unaligned, out of harmony, and/or blocked the love given is not sincere. You cannot accept love given by others, and thus seek rewards.

5th Chakra: Vishuddha or “I SPEAK”
Throat Chakra
Blue



Located at the base of the skull, this light blue energy center directly impacts our glandular system and is associated with our ability to effectively express ourselves. Opening this chakra will also help those that have a difficult time communicating.

When this chakra is unaligned, out of harmony and/or blocked a person can be fearful of being judged and rejected, cannot find expression despite excessive talking and is afraid of silence.

**6th Chakra: Ajna or “I SEE”
“Third Eye” or Pineal Gland Chakra
Pure light**



The brow chakra is pure light and is also described as the third eye, located slightly above and between the brows. Meditating on this energy center opens our psychic and intuitive abilities and bring together conscious and unconscious knowledge. Profound insights can be reached when opening the third eye.

When this chakra is unaligned, out of harmony, and/or blocked we tend to only focus on intellect and science while rejecting spiritual aspects. We fear and neglect intuition, and only see obvious surface meanings.

**7th Chakra: Sahasrara or “I UNDERSTAND”
Chakra of Enlightenment and Spiritual Understanding
Purple/Violet**



Located at the crown of the head, meditating on this spiritual chakra is thought to reveal true wisdom and the nature of all understanding is thought to be experienced. To synchronize and balance this energy point promotes self-realization and the true nature of enlightenment. This chakra must be approached with caution and understanding for its effects can be profound. This is thought to be the spiritual chakra where one can find true wisdom and where the nature of all understanding can be experienced.

When this chakra is unaligned, out of harmony, and/or blocked a person becomes unable to let go of anxiety and fear, is unable to imagine cosmic unity, or suffers depression and dissatisfaction.

**(Negative Thoughts, Negative Actions & Negative Energy are all dysfunctions.)
COEXIST**

“Thought is responsible for, if not all, most of the suffering we experience.” - Jim Carey

Magnificent Disclaimer

Hey World,

Please remember that I do not own or lay claim to any of the written works, photographs, or graphics I have collected and shared from various sources around the internet. I believe the World Wide Web to be of "Free Domain," and if any of the images shared here are copyrights, I apologize and assure you that infringement is not my intent.

The thoughts, beliefs and ideas expressed are in no way intended to offend anyone. These are only pieces of an ever-growing puzzle that is my mind, and any words spoken are to be edited and critiqued in the future for they reflect my own experience and I have no ill-intentions behind them.

I am not perfect; therefore, I reserve the right to be wrong. In no way do I believe I have all the answers, I simply use experience, intuition and logic to predict & draw conclusions. If a person is to be effective, they are going to be controversial.

Warning: This book may be hazardous to closed minds. You're either going to need therapy or feel like you just had the greatest therapy session ever after reading this book. Such alternate realities could be disregarded and chalked-up as non-sensible gibberish to the analytical minded. I'd rather have a mind opened by wonder than closed by belief. Open your mind before your mouth. If what I say offends you, imagine what I don't say.

The worst part of censorship is \$#@@%^ @#\$R\$%!!!!

Maybe, just maybe, this is my call to create change. Maybe by typing these words I can improve someone else's life. So, if ridicule is inevitable and martyrdom a possible fate due to opinion, then let my existence not be in vain, let it help build a better tomorrow.

"Our lives begin to end the day we become silent about things that matter. Injustice anywhere is a threat to justice everywhere." - Dr. Martin Luther King Jr.

If exposure creates change, then expose I must. If you're not outraged, you're not paying attention.



Charles Smith

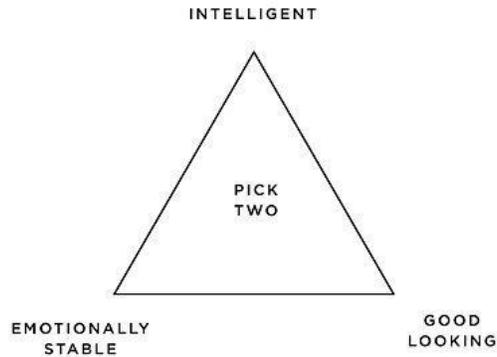
Apr 16 · 🌐

My latest unicorn word vomit post is perfection! 🦄🌈🌍

It's a shame my brilliance so often goes overlooked. Not for ego purposes. For a perfectly humble divine reason.... solely to expand the reach of my creator's use of me as a light house of hope for kindred spirits.

Anyway,
Go! Read, Screenshot, Share, and Repost ALL my shit! For it will aide you when I'm inevitably no longer here...It's the BEST of me to accompany EACH of you on your journey! 🙏

Which would you rather have? A.) Money B.) Sex C.) Love



Trick question: If you chose "Money, Sex, Love." then you are trying to satisfy your "Mind, Body and Spirit." So, create your own answer of all three. D.) All the above.



“All I need is a sheet of paper and something to write with, and then I can turn the world upside down.” - Friedrich Nietzsche

"Why do you care? Things are fine around here. Why go stir up trouble?"
"Trouble is already here."- The Help

Divine Introduction: How To Read This Book

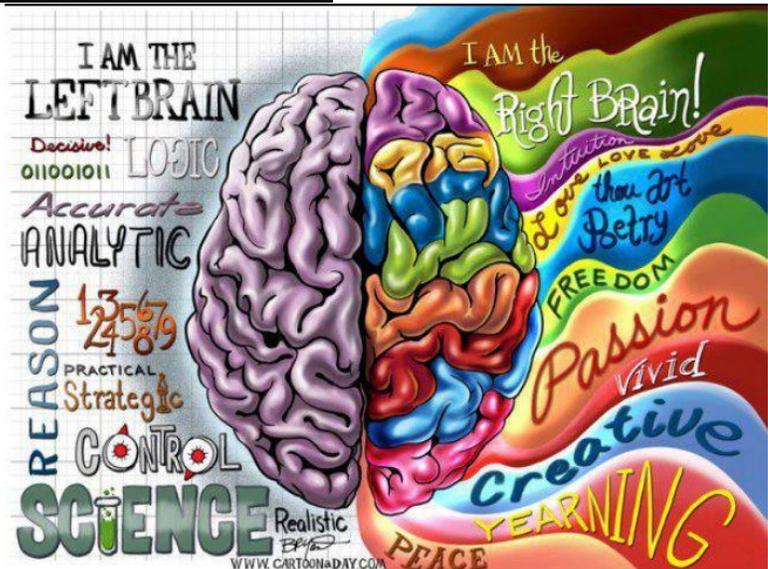


When I first heard The United States of America's Declaration of Independence so adequately state "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their creator with certain unalienable rights, that amongst these are life, liberty, and the pursuit of happiness," it really hit home. I had to stop and realize that physically, mentally, and spiritually that we are all more similar than we are different. All things are connected. All people are connected. Sometimes people idolize the messenger, or get so caught up in carrying the message, that they never actually hear the message.

Following each chapter are mantras to go along with the topic that can be used for meditation, recited throughout the day, posted on sticky notes in visible places or any other creative way for you to bring them into your personal world. Mantra means "mind wave" Just as a sound wave can hit your ears and create a lasting impression on your mood, so too can the application of a mantra to your experience change the way you perceive that experience.

HOW TO READ THIS BOOK

Although this book is formatted and organized in a certain order, this book is meant to connect with the reader on a personal level. So, if after reading the table of contents you decide that one topic in particular resonates more with your current experience, then feel free to jump to that chapter and start reading there. Each chapter contains a summary of my experience with the subject and what I learned from it, followed by mantras to help you affirm the lessons learned in your life. It finishes with a list of quotes relating to the subject. This helps you see what other people have discovered about these topics and how they inspire them.



Judgmental ingrates that are seeking problems will surely find them! Those expecting traditional verse from a nontraditional thinker shall be disappointed. When focusing on surface errors and not seeing beyond, be fore-warned to not miss the meaning behind the message.

“I rewrite the story of my life to make it far more a love story. I want scenes jam packed with loving words, loving actions, and all things bright and beautiful and joyful and ecstatic. Yes, my life story is a love story. And so is yours... and yours... and yours!” -

Nick Ralls



"This universal consciousness that some may call "God" is not a separate, superior and condemning entity as most religious institutions claim. It is in fact the essence of who we really are - which is an all-knowing source that is of unconditional love." - Anonymous

Life is a team effort; we all have to do our part.
TEAM: Together Everyone Achieves More
One Love.

The Internet seems to be a place for the collision of our collective minds and imaginations, otherwise known as Mother Earth's memory bank. The memories shared will inevitably link our souls. Therefore, I offer various shades of my soul as a commemoration to those of the past and as an opportunity to affect others, both present and future. With each encounter hopefully there will be a mutual exchange of knowledge evolving our way of life.

I hope that examples of my own trials and tribulations will ultimately teach people to see a pragmatically optimistic side of life and to live by the golden rule: Treat others as you'd want to be treated.

"What most of the men soon came to understand themselves, was that all they had was each other. If they were going to pull out of such desperate straits, their only hope was to pull together." - George Barna

Live united.

It is when we become rushed by everyday distractions that we neglect our most intimate thoughts and desires. We tend to cram and accelerate the more tired we get. This inhibits our ability to think as individuals. We become zombies. We forget our humanity. We therefore tend to make rash decisions on our own possibilities and the possibilities of the world around us.

Live SIMPLY, so that others may simply LIVE. *The pursuit of excessive money can be a distraction* For fast-acting relief, try slowing down and reflecting. I suggest that you stop for at least 3 hours every day and do nothing but meditate, breathe deeply, stretch, relax, dance, sing or any activity that allows you to pull your mind away from your harshest critic...YOURSELF! This introspection will bring internal serenity and will allow for you to notice beauty, trends and patterns of life in people, places and things that you would normally overlook. Noticing patterns enables deeper thinking. There are no coincidences in spirituality, only synchronicity because all things are connected, and systems of energy contain no garbage. The third law of physics is: For every action, there is an equal and opposite reaction. This means, as Carl Sagan said, "Science is not only compatible with spirituality; it is a profound source of spirituality."



You have the power to change the world one random act of kindness at a time.

In serving each other we become free.

"As we are liberated from our own fear, our presence automatically liberates others."

- Marianne Williamson

Chapter 1: Splendid Confidence and Leadership

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." - John Quincy Adams

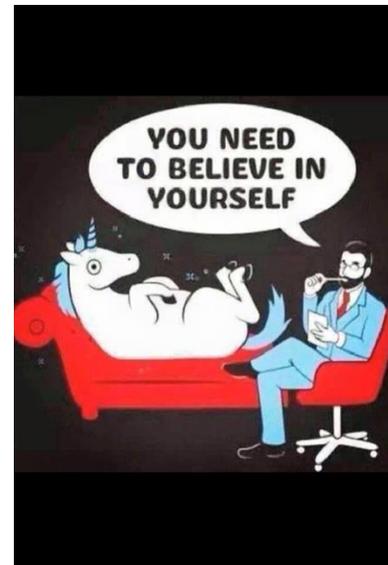
You can never take a break from greatness. The only gap between who we are and who we want to be is our ability to believe in possibilities. You must find the place inside yourself where nothing is impossible and embrace it with every molecule in your body to find the most liberated form of perception; the mind of a child. In my experience I have had to learn that I do not limit myself because I feel I am inadequate. Yet rather, I limit myself because I fear that I might find that I am powerful beyond measure. It was my inner light and capacity for good, not my darkness and capacity for evil that frightened me most. I would ask myself, who am I to be brilliant, gorgeous, talented, and fabulous? "You are a child of God" came the voice that I tried so persistently to ignore. This taught me that thinking minimally of my own potential doesn't create the huge world I had dreamed of. Condensing the greatness ready to spew from my pores so that other people wouldn't feel insecure around me, only led to my own insecurities. You too can control your own destiny! Always remember that you set your standards of yourself, so keep them high. This is your world: shape it yourself or you might just let someone else shape it for you. When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left and could say, "I used everything you gave me to its greatest potential."

I don't have to fit into a mold because I can be my own mold. Only I can validate my own existence, unless I allow my own validations to come from another person's perception. Although it's very natural to want to find comfort in the herd, it's those who separate their confidence and identity from that herd whose lives are remembered well past their body's expiration.

"To be able to live openly, honestly, and unapologetically as yourself, without fear of injury or attack, rejection or compromise, is the divine birth right for us all, not just the privilege of some." – Kate Welsh

The happiest person is the one who can hear their own thoughts and embrace them for what they are, despite how much they may invoke unwanted emotions. Our thoughts are like bubbles floating around us. We either see the ones passing by that we don't like and try and pop them or they become so large that they consume us and float away with us trapped inside of them. I have found the easiest way to deal with these thoughts is to quiet your own judgment and when a thought approaches, listen to it and then tell yourself "I embrace that thought for what it is and have learned from it." Whenever we utilize mantras like that on a regular basis, we allow ourselves to embrace every experience, rather than to be consumed by experience.

"Every person that I have ever met in my life or have had some type of interaction with, no



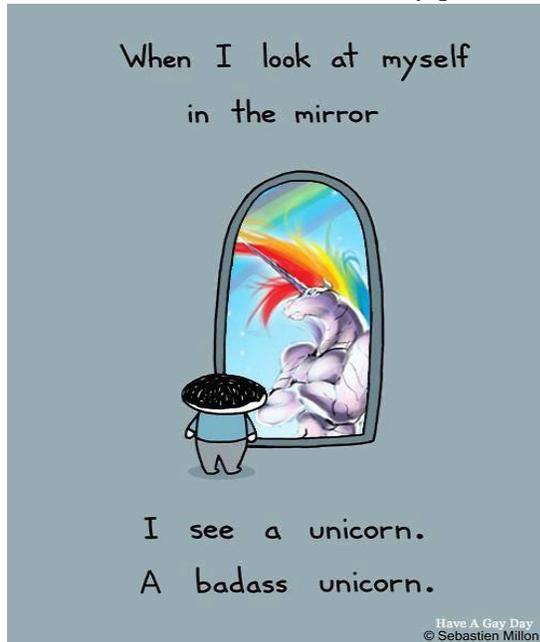
matter how slight, has contributed to the person I am today. I am a beautiful mosaic of different hopes, yearnings, and dreams.” – Unknown

As these dreams are an essential part of my being that allows me little previews of what is to come, what can be and what I fear, I must do something with them. I understand that just because I can't change EVERYTHING, doesn't mean that I can't change ANYTHING. No matter how long it takes, remember to keep striving for new possibilities, to find unturned stones and to never silence your curiosity. You always have the choice to be the light in the tunnel. No part of who you are is an accident and no one becomes a star by mistake.

MANTRAS

While possessing all the confidence in the universe, I will spread love and embrace myself.

I can do this. I embrace my possibilities. I accept what I am and what I can become.



Never give up. Always look up. Never stay down.

I am Valuable. I am Worthy. I am Deserving.

Today I dare to be remarkable.

I am not afraid to think big, act bold and live large.

I allow myself to stay peaceful and centered just for today, for today is all that I have.

I will not lie and pretend to be something I'm not just to feel accepted. I validate who I am.

With love in my heart, I will have no room for hate. I embrace confidence and abandon my ego.

I abandon my need to judge others, for I no longer judge myself.

I will be conscious of my thoughts and relinquish any thought that does not serve to teach me.

I will count my blessings and be aware of the positive in every experience.

Today I will not focus on my expectations of the world, but of my acceptance of it.

I am confidently humble towards things I don't understand.

I am not better or worse than anyone. I am simply me.

I will see the value in everyone and everything, for I see the value in myself.

I will aspire to inspire in others the desire to inspire one another.

I'm a better person today than I was yesterday, and I'm working to be a better person tomorrow than I am today.

I set the pace for which I attain the things that I desire.



I will endure through hardships and won't let them define my experiences.

I create the possibilities through thought. I live the possibilities through action.

I will listen before I speak and think before I act.

I will only dictate my own actions, not those of others.

I bless the world with my talents as I have been blessed with them.

I will welcome growth into my life and share it with others.

I am unique and capable.

Everything I need I already have; And everything I want will come when I'm ready to receive it.

I will not let life happen to me, but to flow through me.

I redefine possibilities for myself by not believing in the "can't"s and the "never"s

QUOTES TO LIVE BY

"...Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous?

Actually, who are you not to be?

You are a child of God.

Your playing small does not serve the world.

There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We are all meant to shine, as children do.
We were born to make manifest the glory of God that is within us.
It's not just in some of us; it's in everyone.
And as we let our own light shine, we unconsciously give other people permission to do the
same.
As we are liberated from our own fear, our presence automatically liberates others." -'A Return
To Love' (1992) by Marianne Williamson

"Keep your eyes on the stars but remember to keep your feet on the ground." - Theodore
Roosevelt

"Don't let failure go to your heart & don't let success go to your head." - Anonymous

"Today you are you, this is truer than true. There is no one alive that is you-er than you." - Dr.
Seuss

Shoot for the moon. If you miss, you'll be amongst the stars.

"I can is more important than 'I.Q.'" - Clark Johnson

"Doing your best is usually better than you thought you could do." - Unknown

"Be the best at what you do." - Charles W. Smith Jr.

"Everything will line up perfectly when knowing and living the truth, become more important
than looking good." – Alan Cohen

"Let your alignment (with well-being) be first and foremost and let everything else be secondary.
And not only will you have an eternally joyous journey, but everything you have ever imagined
will flow effortlessly into your experience." - Abraham-Hicks

"There is a crown of light on those who are carefree. If you are worrying about anything you
carry the baskets of burden on your head. Which do you prefer? Do you prefer the basket or the
crown of light?" - Innerspace

"Being in a state of gratitude actually creates magnetism, and of course, a magnet draws things to
itself. By giving authentic thanks for all the good you now have, as well as the challenges,
through this magnetism you'll start the flow of more good into your life." - Dr. Wayne Dyer

"Whatever you are thinking or feeling today is creating your future." - The Secret

Say what you mean and mean what you say.

"Remember, you are constantly in the act of creating yourself. You are in every moment
deciding who and what you are. You decide this largely through the choices you make regarding
who and what you feel passionate about." - Neale Donald Walsch

Standup for what you believe in, even if it means you are standing alone.

"Everything I'm not, makes me everything I am." - Solange Knowles

"Self-confidence is the first requisite to great undertakings." - Samuel Johnson

"Imposter syndrome will have you questioning your place in the spaces that you prayed about being in. It's a lie. You're capable. You're allowed to learn. You belong." – Jonathon Pulliam II

"Life is a journey/It can take you anywhere you choose to go/As long as you're learning, you'll find all you'll ever need to know." - Christina Aguilera

"Our level of calm is an indicator of our level of trust in life. The next time you find yourself off your center, remember this, and reengage your trust. You will receive as you believe." - Dorothy Mendoza Row

Believe in yourself and others will follow.

My presence speaks volumes before I even speak one word.

"Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are." - John Wooden

Follow your heart but remember to take your mind with you.

"Me, Myself, and I, that's all I've got in the end, from now on, I'll be my own best friend." - Beyoncé

"To understand the mind and heart of a person, look not at what he has already achieved, but what he aspires to do." - Khalil Gibran

"Courage does not always roar. Sometimes it is the quiet voice at the end of the day saying, "I will try again tomorrow." - Maryanne Radanbacher

"Speaking confidently wins minds." - Vince Vaughn

"How do you find self-love? You dig. You isolate and you ache from being lonely. You heal. You accept. You look in the mirror and see God." - Unknown

Chapter 2: Omnipotent Friends, Family and Support



Life does not guarantee that everyone will automatically recognize your beauty and value in the same way that you value yourself. Learning to recognize the people that value you and resonate with those that incite your growth and benevolence will help you to better create the future you hope to attain. If you show me the company that a person keeps, I will show you a piece of his future. Friendship isn't about who you've known the longest, who you have the most in common with, or even who makes you feel best, it's about who came and was there for you through thick and thin. On a fundamental level we are all seeking a kind of reconnection to the realization that all life is one. We are not the same mentally, though we all hold the same spirit energy within us. Each of us is a different piece of an evolutionary puzzle.



To find and create your niche in life, you must travel past the ego and meet others halfway on the bridge of love. We talked about self-confidence in the previous chapter and its effect on our serenity as spiritual beings. This same level of confidence must also be present in dealing with other people. We must come to the point to where we can accept that other people are exactly who they are supposed to be at that moment, and we can't change that. Upon embracing this, we can let those we love be perfectly themselves, and not twist them to fit our own image. This allows us to see them clearly and not love only the reflection of ourselves we find in them. (Duality will be discussed in a later chapter.)

“We spend the rest of our lives trying to recreate those moments when laughter amongst good friends or family made us feel infinite.” – Charles William Flaum IV



There is an old saying that goes "You can't choose your blood, but you can choose your family." Family are people who will provide you with respect, devotion and wanting the best for you, even when you don't ask for or feel that you deserve any of that. They are the level of individual that is so genuine in nature and direct honesty that it appears that they know us better than we know ourselves. The feeling of family can ignite passionate feelings deep within your soul, knowing that these compassionate people help make life worth living. When everything seems hopeless and you have ceased to believe in yourself, family will be there to believe in you and re-ignite the fire within you.

MANTRAS

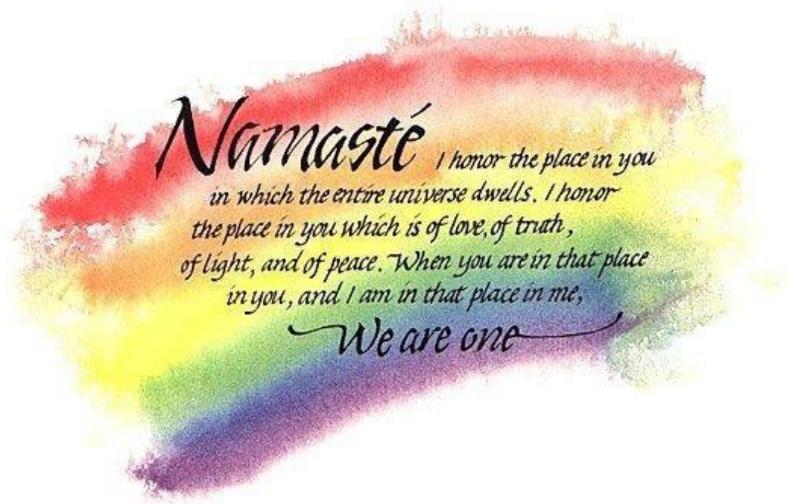
I honor the place in you where the entire universe dwells. I honor the place in you that is of love, of truth, of light, and of peace. When you are in that place in you, and I am in that place in me, we are one.

I am blessed, fortunate and thankful to have the unconditional love and support of my family, friends, and supporters.

I embrace and cherish the unity in connecting with a friend.

I will use wisdom to find my true friends and experience to show my true family.

I will stay connected to my friends and family and know that I never have to feel alone again.



QUOTES TO LIVE BY

"A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words." - Anonymous

"An ounce of blood is worth more than a pound of friendship." - Spanish proverb

"Be nice to your siblings; they're your best link to your past and the people most likely to stick with you in the future..." - Baz Luhrmann

"Dogs don't care if you're rich or poor, give them your heart and they'll give you theirs." - John Grogan

"Effective leaders overcome their weaknesses by combining forces with others whose strengths compensate for those weaknesses, thereby creating a more complete and powerful mix of gifts and abilities." - George Barna

"In prosperity our friends know us; in adversity we know our friends." - Anonymous

"In life God doesn't always give you the people you want, instead you are given the people you need. To teach you, to hurt you, to love you, and make you exactly the way you should be." - Unknown

"The only people you need in your life are the ones that prove they need you in theirs. Learn to value the people that value you." - Bill Withers

"What most of the men soon came to understand themselves, was that all they had was each other. If they were going to pull out of such desperate straits, their only hope was to pull together." - George Barna

"In the end we are all separate: our stories, no matter how similar, come to a fork and diverge. We are drawn to each other because of our similarities, but it is our differences we must learn to respect." - Johnny Mercer

"Nothing is 'impossible' when it comes to love, so if it's not possible, it's not love!" - Anonymous

"True friendship is sitting together in silence and feeling like it was the best conversation you've ever had." - Anonymous

"Everyone hears what you say. Friends listen to what you say. Best friends listen to what you don't say." - Anonymous



"So, when the world attacks and you slide off track, remember one fact: I got your back." - Will Smith

"Every person that I have ever met in my life or have had some type of interaction with, no matter how slight, contributes to the person I am today. I am a beautiful mosaic of different hopes, yearnings, and dreams." - Unknown

"True friendship is a plant of slow growth and must undergo and withstand the shocks of adversity before it is entitled to the appellation." - George Washington

It takes a long time to grow an old friend.

Acknowledgement is the best form of inspiration.

I refuse to let my happiness make other people sad. Therefore, my true friends know who they are, and I will always remember them.

"Maybe some people aren't meant to be tamed; maybe we're supposed to find people equally as wild to run with." - Sex and the City

In life we're given people to love and things to use, not things to love and people to use.

"Trust is like a mirror, you can fix it if it's broke... but, you can still see the crack in that motherfucker's reflection." – Stefani Germanotta

Secure people love and support each other, anything else does not fit.

Decide this minute to never again beg anyone for the love, respect and attention that you should be showing yourself.

I don't need to know you to know your energy.

I don't like forced conversations, forced friendships, forced interactions. I simply do not force things. If we do not vibe, we don't vibe.

"There will be times in your life when you have to choose between being loved and being respected. Always pick being respected, because love without respect is always fleeting, but that respect could grow into real, lasting love." - Unknown

"I trust you" is a better compliment than "I love you" because you may not always trust the person you love but you can always love the person you trust.

"People think being alone makes you lonely, but I don't think that's true. Being surrounded by the wrong people is the loneliest thing in the world." - Anonymous

Blessed are they who admire without jealousy, praise without flattery, follow without imitation, and lead without manipulation.



When you on a traditional spiritual path & ya homies not but you still ride for them because you understand duality.

And vice versa 🙌

"Enlightenment continuously combines and connects spiritual beings into absolute oneness." - Anonymous

A real best friend makes your family question your sexuality.

"Each friend represents a world in us, a world possibly not born until they arrive, and it is only by meeting that a new world is born." -Anais Nin

"There are times when we are timid and shy about expressing the love we feel. For fear of embarrassing the other person, or ourselves, we hesitate to say the actual words "I love you." So, we try to communicate the idea in other words. We say, "take care" or "don't drive too fast" or "be good." Yet really, these are just other ways of saying "I love you," "You are important to me," "I care what happens to you," and "I don't want you to get hurt." They all mean "I love you." We are sometimes very strange people. The only thing we want to say, and the one thing we should say, is the one thing we don't say. P.S. I love you." - Unknown

"Sometimes you meet someone, and it's so clear that the two of you, on some level belong together. As lovers, or as friends, or as family, or as something entirely different. You just work, whether you understand one another or you're in love or you're partners in crime. You meet these people throughout your life, out of nowhere, under the strangest circumstances, and they help you feel alive. I don't know if that makes me believe in coincidence, or fate, or sheer blind luck, but it definitely makes me believe in something." – Anonymous

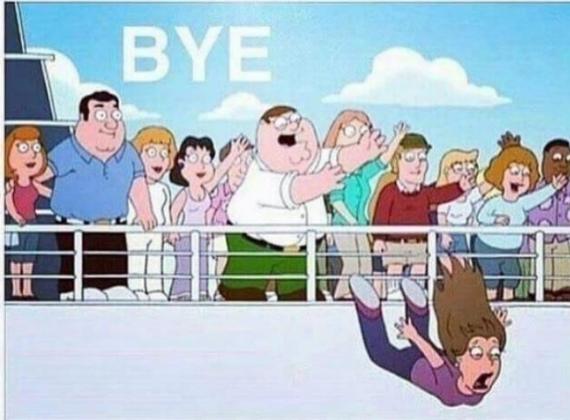
The best feeling in the world is knowing that you mean something to someone.

Isn't it ironic how the people that hurt you the most are the ones that swore they never would? One of the stupidest mistakes in life is thinking that the person who hurt you won't hurt you again. Family isn't always blood. It's those people in your life who want you in theirs; the ones who accept you for who you are. The ones who would do anything to see you smile & who love you no matter what. Blood makes you related; Loyalty makes you family.

"Unpopular Opinion: I hate when people say, "he's still your dad," or she's still your aunt..." Just because someone is your family doesn't mean you have to keep them in your life if they're toxic and abusive. Blood means nothing sometimes. Don't let people guilt you into being [abused]." – Layonna Roby



When people think I need them in my life



Isn't it ironic how people say they miss you, but don't even make an effort to see you? If someone won't lift a finger to call you, see you and spend time with you, it's time for you to lift five fingers and wave goodbye. No reason to stay is a good reason to go. A person's actions will tell you all you need to know. True friends are always there when you need them. False friends are only there when they need you. You find out who your real friends are when all you have left to offer is friendship.

You can meet somebody tomorrow who has better intentions for you than someone you've known forever. Time means nothing, character does.

Some people aren't satisfied until they sabotage someone else's happiness. Be careful who you open up to, only a few people actually care, the rest are just curious and want to have something to gossip about. Be careful who you trust, not everyone who smiles at you is your friend.

“Even if we never talk again after this day, please remember that I am forever changed by who you are and what you meant to me.” – Anonymous

Chapter 3: Marvelous Work, Motivation and Success

“Find your passion, whatever it may be. If you put in the work doing what you love, the money will always follow. Become your work and let it become you, and you will find great things happen for you, to you and because of you. Also, be sure to always leave enough time in your life to do something that makes you happy and satisfied. That has more of an effect on economic well-being than any other single factor.” – Anonymous

Successful people reject rejection and see success as a process. They create goals, affirm confidence, and fuel their ambition daily by seeing what they wish to attain, mapping out how they plan to attain it and relentlessly applying themselves to the action it takes to reach those goals. The tiny bits of action that you put into a dream are like grains of sand. Each one by itself may not seem like it is very special. Yet over time, those little actions add up, until you are walking on a beautiful beach of possibility. If you let someone else create your world, they may create it too small or not with the same purpose in mind. You don't ever need to ask other's permission to create a world

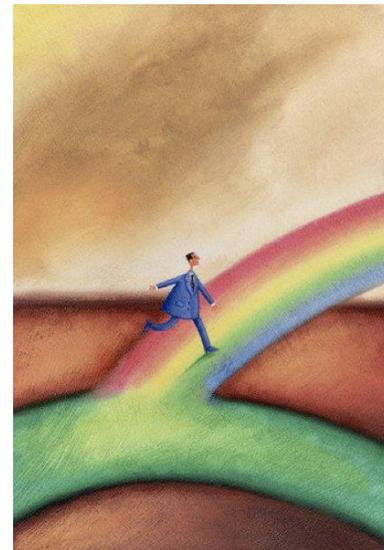
beyond your wildest dreams. If you can't find a way, create one.

SOME PURSUE
HAPPINESS
OTHERS
CREATE IT

Starting the process to attain the success that you wish to acquire is usually fairly easy. However, getting the motivation to actually finish that same process, can be incredibly difficult, even for people who are successful. The difference however, between a person who reaches their goals and someone who simply dreams about them is the ability to follow a simple guideline...

START>FOLLOW THROUGH>FINISH STRONG

START: As stated before, starting is usually the easiest part of the process, especially for individuals bursting with inspiration and passion. However, the same individuals who find it very easy to start things also have compulsive issues with starting a process, getting distracted by starting another and another and so forth. For those who have difficulty starting things in the first place (the relapsing procrastinators, if you will), it helps to not actually think about trying to do the process while you are trying to do it. Removing inhibition from that critic in our head is a difficult process; Yet upon realizing that no one will see what you are doing, until you let them, it makes it much easier to start something without fear.



FOLLOW THROUGH: Now that you've got that fire burning, it's time to throw some extra logs in there and keep it going through the night. Warning! Those with incredibly active minds will have a difficult time with following through. Following through requires an immense amount of focus. In order to continue with your game plan for success, you have to be able to prioritize, practice endurance and ease your mind away from distractions. Oftentimes, people with very distinguished qualities like loyalty and reliability in their friendships, find that following through with things is just a second nature. Although, for the person that over plans and is easily distracted, or is just plain stagnant, following through can be the most grueling part of the whole process.

FINISH STRONG: The last part of the process is both the most satisfying and scariest part of the process for anyone who had any bit of difficulty with the first or second part of the process. For those of us (yes, that includes me), who have ever had difficulty finishing anything, it is usually rooted in either doubt or fear. It either can be used as a weapon against our own potential or a tool for success. However, the wonderful thing about fear is that it is really just the shadow of possibility. So, the bigger the fear that you experience, then the bigger the possibility waiting behind it! Being able to look beyond the fear of the "what if's," and culminating all your negative emotion into the driving force to complete a task, is what will allow you to separate yourself from the people who wish for success and achieve the goals you have set for yourself.

The greater the feat you desire to achieve, the greater the mental preparation required. Your career will only be as abundant as the effort put into it. True success happens when preparation and opportunity meet your desire and determination.

MANTRAS

I will stay positive.
I will think success not failure.
I will see problems as opportunities.
I will live my dreams, one moment at a time.
I will use good judgment supported by wisdom and discernment, not assumptions.
I won't just talk about it; I will BE about it.
If I can dream it for tomorrow, I can work toward it today.
I will stop making excuses. Now is the time to shine...
I will seize the moment, live in the moment and be prepared for the next.

QUOTES TO LIVE BY

"If you're not having fun at what you do, you've got the wrong job."- TV Commercial

"It is when you no longer feel the need for something that this something will come to you... the feeling of needing something comes from the thought that you don't have enough, and so you continue to create not having enough of this something."- PEJ

Only you can solve your own problems.

“A year from now you may have wished you started today.”- Anonymous

Plan for the worst, hope for the best.

"I was staying in when they were having fun... So please don't be surprised when they announce I've won."- Drake

Step by Step, Day by Day. Fresh start over, a different hand to play.

"Be of good cheer. Do not think of today's failures, but of the success that may come tomorrow. You have set yourselves a difficult task, but you will succeed if you persevere; and you will find a joy in overcoming obstacles. Remember, no effort that we make to attain something beautiful is ever lost."- Helen Keller

"Talk is cheap. After all is said and done, more is usually said than done." – Unknown

Actions speak for themselves.

“Discipline yourself to do what you know is correct and important, although difficult, it is the high road to pride, self-esteem, and personal satisfaction.” - Anonymous

"Maybe the hardest part is: If you teach, you have to live your teaching."- Maya Angelou

"Talent hits a target no one else can hit; Genius hits a target no one else can see." - Arthur Schopenhauer

"If your ideas and goals don't sound absolutely ridiculous to everyone but yourself, go find some new ones." – P. Burke

"The greater danger for most of us is not that our aim is too high, and we reach it, but that it is too low, and we reach it."- Anonymous

Dream as if you will live forever, live as if you will die tomorrow.

"I believe when you dream it and conceive it;
You can have it and achieve it- and that's what's going
to happen." – Oprah Winfrey

"It is not what happens to us, but how we respond that
counts."- Chris Brady and Orrin Woodward

"Opportunity is missed by most people because it
comes dressed in overalls and looks like work." -
Thomas Edison

"I believe we should continue working even when we
don't know how to do something.
Work with what you think you know; truths reveal
themselves as needed." - Unknown



"Everything I need I already have, and everything else will come once I'm ready to receive it." -
Anonymous

Necessity is the mother of invention.

“If you want to be somebody, if you want to go somewhere, you'd better WAKE UP and pay
attention.”- Whoopi Goldberg

"Instability within personal lives may reflect upon our professional life." – Charles W. Smith III

"A minute of thought, is worth more than an hour of talk." - Dare to Dream

"Think, Speak, and Act your dreams into existence! Believe in your dreams so much, that they
have no choice but to manifest.” – Charles W. Smith III

"Anyone who knows the good he ought to do but doesn't do it- sins."
- James 4:17

The journey of a thousand miles begins with ONE STEP.

"See what you give is what you get, I know it hasn't hit you yet - EVERY cause has an effect." -
Lauryn Hill

“Never measure the height of a mountain until you have reached the top.
Then you will see how low it was.” – Dag Hammarskjold

“From here on, you need to understand that every move you make matters!”- Charles Smith III

"Happy are those who dream dreams and are ready to pay the prices to make them come true." -
Cardinal Leon J. Suenens

"Faith without work is like a song you can't sing.
It's about as useless as a screen door on a submarine." - Rich Mullins

Sacrifice now for prosperity later.

"We are what we repeatedly do. Excellence then, is not an action, but a habit." - Aristotle

You can spend a lifetime not getting done today what you say you're going to do tomorrow.

"Whenever you see a successful person you only see the public glories, never the private sacrifices to reach them." - Greg Evans

"If you think no one cares about you, try missing a couple payments." - Anonymous

"I never won anything without hard labor, the exercise of my best judgment, careful planning, and working in advance." - Theodore Roosevelt

Rome wasn't built in a day, but eventually it was completed and admired, so stay focused.

How do you eat an elephant? One bite at a time.

Keep working because there's little rest for the best.

"Whatever you are thinking or feeling today is creating your future." - The Secret

"Great achievements are always located beyond the door of inconvenience." - Anonymous

"Great acts are made up of small deeds." - Lao Tzu

If you chase two rabbits you will lose them both.

"You can fail at what you don't want, so you might as well take a chance doing what you love." -
Jim Carey

"The minute you settle for less than you deserve, you get even less than you settled for." -
Maureen Dowd

One of the hardest things about business for most people is minding their own.

The successful warrior is the average man, with laser-like focus.

"In order to manifest the life, you've imagined, one must understand that there's a difference between interest and commitment. When you're interested in doing something, you do it only when it's convenient. When you're committed to something, you accept no excuses; only results."
- Kenneth Blanchard

Work smarter not harder. When all else fails take a nap.

“Align. Destroy the idea that you must be constantly working or grinding in order to be successful. Embrace the concept that rest, recovery, and reflection are essential parts of the progress towards a successful and ultimately happy life.”- Unknown

“If hard work equaled success, this country would be run by Mexicans with leaf blowers.” - Bill Maher

What comes easy won't last, and what lasts won't come easy. Sometimes you are delayed where you are because God knows there's a storm where you're headed. Be grateful.

As I un-clutter my life, I'm free to answer the callings of my soul.

"Your work is not to drag the world kicking and screaming into a new awareness. Your job is to simply do your work sacredly, secretly, and silently; 'Those with eyes to see, and ears to hear', will respond." – Anonymous

“Start by doing what is necessary, then what is possible, and suddenly you are doing the impossible.” - St. Francis of Assisi

If you can't find a way, create one. Go the extra mile, it's never crowded.

A man must make his own arrows.

“Momma may have, Poppa may have; but God bless the child that has its own.” – Billy Holiday

“Do or do not, there is no try.” – George Lucas

“You can do anything, but not everything.” - David Allen

“The new age challenge of the writer is not to finish his work; he shall finish if it is true. Though he will feel full and utter dedication to his work, sacrificing other liberties to undertake its painstakingly creeping tediousness. The challenge is to not collapse into existing wholly for the self, he must be active in the world of the others and give his help as he may. Rather than collapse into self-absorption he should take stead in the faith that his work will progress, and mayhap that very enlightening he needs to finish the challenge comes from his deployment and services in work outside of his own. Then and only then will his work be completed, and it shall reach at least one soul, inspire and enlighten.” – Brady Snow

"Excellence, in all physical and artistic sciences, is defined by a rigor and an integrity that doesn't cut corners, that remains true to the original vision of the question, or task, at hand. It doesn't mean perfection. It does mean not letting go of the project until you are sure you can believe in it." - Anonymous

"Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny." – Unknown

If you're slacking, another person is on it. Remember that.

"Be careful what you water your dreams with. Water them with worry and fear and you will produce weeds that choke the life from your dream. Water them with optimism and solutions and you will cultivate success." - Lao Tzu

"You're not stuck. You're just committed to certain patterns of behavior because they helped you in the past. Now those behaviors have become more harmful than helpful. The reason why you can't move forward is because you keep applying an old formula to a new level in your life. Change the formula to get a different result." – Emily Maroutian

"I can't tell you when, but I can promise you, it will get better, it will get easier, and it will all be worthwhile. Just promise me you won't ever give up." – Anonymous

Chapter 4: Transcendental Money, Wealth, and Assets

We live in a world where money creates the value of your labor, the price of your commodities, and fuels people's desire to accomplish things or scam their neighbors. It is both seen as the root of all evil and the root of all success. Just as not all people who have money are



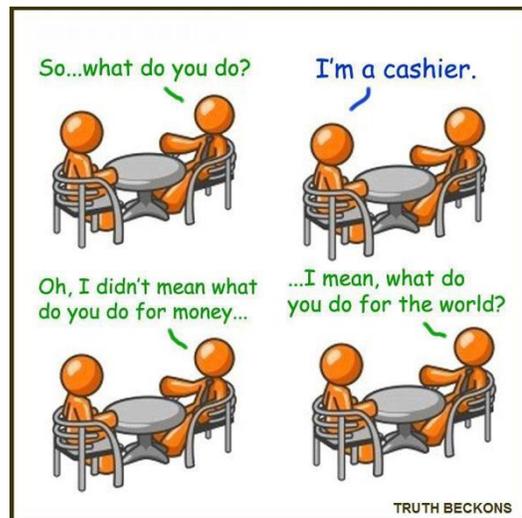
evil, not all people who have ill intentions, do so as a result of money. Very often money is just the medium with which we transfer our deepest fears and desires. There is nothing wrong with believing that you have value in this world. This also means that you have to be able to say "I will not work for free. My skills are valuable to the man who does not have them, just as the ones he has are valuable to me." Even in barter and trade, you equate what you have with a value system. Using money to determine what your abilities amount to another person, does not make you evil.

Understand that if very few people are doing it, you're going to get paid for it in some form or another. Even if you believe that is just through karma. Physics states very simply

that we cannot create or destroy energy. We can only recycle this. Understanding this will help you understand how people reach a certain status.

Very simply, wealthy people invest, rich people sit, and broke people spend. This can be seen with energy or with money as the medium to convey the idea. Consume less and there will always be plenty. If you live a modest lifestyle, you will find there will always be more for later.

The key to embracing your potential and becoming financially stable, is to mark realistic goals every day, instead of constantly being obsessed with unrealistic goals. You will find that those "unrealistic goals" that you see people attain are actually a string of realistic goals that built up to that reality. Money is merely a marker. Just stay humble and don't try to sell yourself short. If you spend all your time idolizing another person's achievements, you will miss the chance to make your own and only find disappointment in the end. Money can't buy happiness or love, but your love is in happiness, and the work you do can get you to money, if you so desire it. If you embrace waking up and being happy with who you are and what you stand for, stay true to yourself and recognize that at the end of the day your heart is all you have, you will be able to attain financial stability when you apply yourself.



When you start to bring in monetary desires, by embracing your true potential, you are ready for the hardest part of it all...keeping track of it and investing wisely in your experience. There are lots of tips and tricks that will help you save, invest and spend your money; or that will help you do things that you have always desired to do, but couldn't afford to. Most people need less money than they believe they need in order to live. Great tips and tricks include:

- *Keeping track of how much you are spending versus what you are bringing in.
- *Starting out a year by putting a dollar into savings, followed by 2, then 3 and so forth for a year, until by the end of the year you have savings that would have been difficult to put aside as one whole piece.
- *Looking at what you spend on necessities and what you spend on wants.
- *Buying necessities in bulk.
- *Looking into free entertainment alternatives for your free time.
- * Don't spend more than you can afford to lose.
- *Buy used and save the difference.

Keep Moving Forward: An Obstacle Philosophy by Charles William Smith Sr. "In your lifetime, you're going to get knocked down and you're going to get knocked down repeatedly. There will be things that knock you off your feet. You must pick yourself up, refocus and see as merely an obstacle. With an obstacle you can go over, under it, around it, or through it even! When you get to the other side, you refocus on your personal objectives, and KEEP GOING FORWARD. Keep this in mind, and life will NEVER defeat you

MANTRAS

I will not allow money to be the root of false motives in my life.
 I will be grateful for crumbs and humble when I am blessed with a feast.
 I will honor my wants today with my needs for tomorrow.
 My life is abundant! I always have more than enough of everything I need.
 I will abandon my obsession of what I want and focus on how to get it.
 I will live simply with modesty and embrace gratitude.
 Joy comes from within.

QUOTES TO LIVE BY

"When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down "happy." They told me I didn't understand the assignment, and I told them they didn't understand life." - John Lennon

"Remember that wherever your heart is, there you will find your treasure."- Paulo Coelho

"Some say I am blessed just because of the amount written on my check, not because of the amount of my happiness- is the reason why I am so blessed." - Destiny's Child

"You can get the money, you can get the power, but keep your eyes on the final hour... Let me be patient, let me be kind, make me unselfish, without being blind..." - Lauryn Hill

Live a modest lifestyle and there will always be more for later.



“The minute you settle for less than you deserve, you get even less than you settled for.” - Maureen Dowd

"Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway." - Earl Nightingale

If you never chase your dreams, you'll never catch them.

Only an open heart will catch a dream.

“What is the point of being alive if you don't at least try to do something remarkable?” - John Green

“How does one become a butterfly? You must want to fly so much that you are willing to give up being a caterpillar.” - Trina Paulus

No one can do it for you. Choose to use your wings.

"Somewhere something incredible is waiting to be known." - Carl Sagan

“Eventually I discovered for myself the simple prescription for creativity be intensely yourself. Don't try to be outstanding; don't try to be a success; don't try to do pictures for others to look at - just please yourself.” - Ralph Steiner

"I don't care too much for money, 'cause money can't buy me love." - Beatles

"Don't judge each day by the harvest you reap, but by the seeds you plant." - Robert Louis Stevenson



"Make visible what without you might perhaps never have been seen." - Robert Bresson

If your path is more difficult, it is because of your higher calling.

"Everything I need I already have, everything else will come when I'm ready to receive it." – Anonymous

When was the last time you did something for the first time?

"The cure for boredom is curiosity. There is no cure for curiosity. Man cannot discover new oceans unless he has the courage to lose sight of the shore." – Unknown

"If you think adventure is dangerous, try routine. It's lethal." - Paulo Coelho

"Do not go where the path may lead. Go instead where there is no path and leave a trail." - Ralph Waldo Emerson

"Instead of wondering when your next vacation is, maybe you should set up a life you don't need to escape from." - Seth Godin

Why do we buy things we don't need, with money we don't have, to impress people we don't like? No matter how much one exerts themselves, ego shall never be satisfied, for its appetite increases as it feeds. You steal from yourself when you buy what you don't need. Less equals more. Less stuff, less work, and less expense equate to more money, more time and more joy.

Based on my calculations, I can retire about 5 years after I die.

These high expectations can be detrimental; all anyone should ever expect is that you do your best.

Chapter 5: Ambrosial Healing and Natural Remedies

"People need fresh air, healthy food, clean water, exercise, creative stimulation, companionship, self-esteem and a safe place to sleep." - Anonymous

Gratitude can be a very hard concept in a capitalist society that embraces glamour and things that the average person does not have. Yet, if you want something to be thankful for, just check your pulse. Embracing the life and health of our body is as important as embracing the life and health of the spirit. Listen to your body. It's smarter than you. Your body is a sacred temple and like any temple, must be respected and honored. By being aware of what you put into your body, staying active with exercise, relaxing when you are too active and embracing the healing powers of laughter, you are honoring the sacred vessel that holds your spirit. Laughing has been shown to have immense health benefits, as well as dancing. Balance your sleep schedule so that you get enough rest for what's important.



Psychoactive Plants

The issue of psychoactive plants and chemicals on human health has been a major issue across the globe and especially here in the United States. Like morale fueled soldiers, politicians, activists, doctors and people from all walks of life rage the Drug War over who truly has the best interest of society as a whole. If nature is illegal, freedom doesn't exist. Legalize, not legal lies. Psychedelics don't harm mental health; they improve it. I'm sorry you were born in a place where a natural plant that treats symptoms of cancer, AIDS, pain, etc. is illegal. Yet, man-made poison (GMO's) in your food is ok.

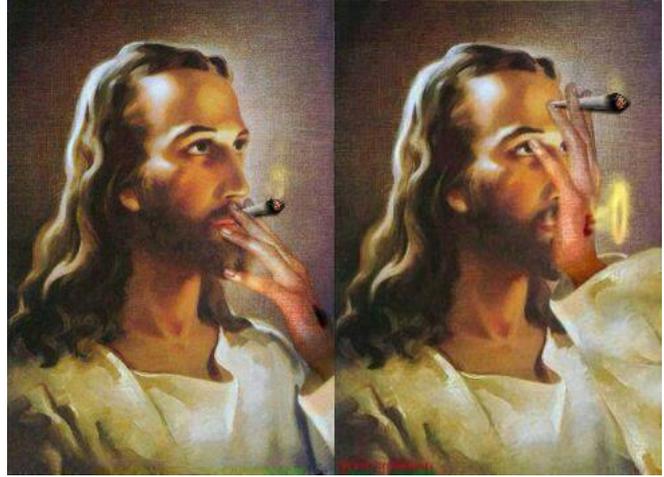
Ten years after decriminalization, drug abuse statistics decreased by half in Portugal. They ended the violence & the expensive war on drugs and replaced it with a system of treatment for problem users and addicts.

I could write a whole book on the varying viewpoints of street drugs vs. prescription drugs and their application. But for now, I will keep it simple and look at the real issue. The same obsessive mind that creates the addict to crack, heroin, prescription drugs and EVEN cannabis, is the same obsessive mind that creates people with eating disorders (including overeating), sex addicts and compulsive spenders. Even people who have been sober for 30+ years and have no support of drugs whatsoever can tell you that



drug addiction is a disease of the mind. So, understanding this and recognizing that some drugs have much more viable applications than just getting intoxicated. Cannabis for example contains CBD, which is much lesser known for its magical health benefits than its sister chemical, THC. CBD is a universal medicine that can be used to treat glaucoma, cancer, parosmia, seizures, menstrual pains and a myriad of different ailments; many of which were treated with opiate based narcotics prior to the gaining of acceptance of cannabis' endless possibilities as a medicine.

“It is entirely possible that behind the perception of our senses, worlds are hidden of which we are unaware.” - Albert Einstein



I recently learned that the receptors in our brains are specifically designed for THC... somehow, our bodies have been hardwired to respond to that. These receptors serve no other purpose. Therefore, it is believed and possible that we were intended to reach higher states of awareness and consciousness within incremental MODERATION. Although I can certainly appreciate copious amounts of cannabis, it's vital to remember that addiction is damaging, moderation is beneficial. You may judge people for smoking cannabis, but they're freer than you are in ways you don't even think of. Marijuana and its subculture can also turn strangers into best friends. Paranoia is caused by prohibition, not marijuana itself. If nature is illegal, freedom doesn't exist.

"Get off your high horse and get onto your unicorn." - Lonei B. Graufmann

Another beautiful organism that is rarely credited for its value to the planet is the mushroom. All mushrooms contain the innate ability to absorb anything that is toxic around them, without becoming toxic themselves. This is called "micro remediation." It is the reason why such a large percentage of Japanese men start smoking at a very young age and live to be very old with hardly any measurable health effects. Mushrooms can also be grown to absorb up toxic waste leakage, as was shown by the cleanup in Hartford, Washington. The potential to use mushrooms to help cleanse our bodies and the body of our Mother Earth, is limitless. There is more spirituality in a single psychedelic plant than all the churches of the world combined. “Going to the grave without having a psychedelic experience, is like going to the grave without having sex; it means that you never figured out what it was all about.”- Terence Mckenna

"I learned more about my brain and its possibilities and more about psychology in the five hours after taking mushrooms than I had in the preceding fifteen years of studying and doing research in psychology." - Dr. Timothy Leary
Harvard professor of psychology

"Psychedelics are illegal not because a loving government is concerned that you may jump out of a third story window. Psychedelics are illegal because they dissolve opinion structures and culturally laid down models of behavior and information processing. They open you up to the possibility that *everything you know is wrong.*" - Terence McKenna



We live in a world that is obsessed with consumption. Many of the products that are consumed the most in our country are not only legal but cause the most harm to our bodies and the environment alike. Alcohol, nicotine and sugar are psychoactive chemicals that can lead to innumerable amounts of diseases, death and health issues and yet they are marketed in a manner that encourages their overconsumption. Pharmaceuticals are marketed everywhere and yet never once will you see a television commercial that says something along the lines of "Do you suffer from headaches and lack of sleep? Then try valerian root. Side effects may include not needing to take other medicines to balance out the effects of this one and healthy relief from pain." In a culture that does not encourage us to be healthy, it is up to those of us who truly care for ourselves and the rest of society to share the truth about healing herbs that we have been blessed with on this planet. If you take nothing else from this book, take away the desire to find potential and embrace it. Bountiful health and beauty await you!

"The awakening of consciousness is the next evolutionary step for mankind." - Eckhart Tolle

Nutritional Foods

Medicine is not healthcare- food is healthcare. Medicine is sick-care.

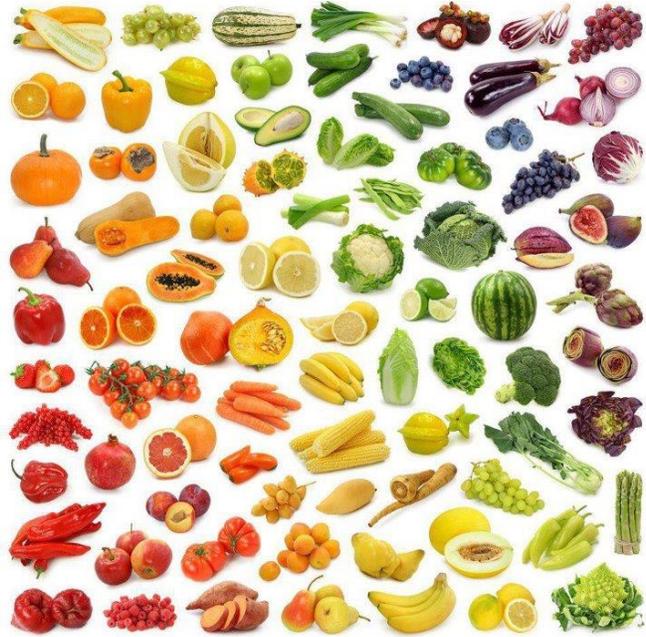
What are GMOs? A genetically engineered food (GE or GMO) is a plant or meat product that has had its DNA artificially altered in a laboratory by genes from other plants, animals, viruses or bacteria in order to produce foreign compounds in that food. This type of genetic alteration is not found in nature. Many of the foods we currently eat have been genetically altered and without proper labeling it's difficult for consumers to know the difference.

Let your local farmer know you support them. Buy local. Buy fresh.
Naked is natural. Plants have protein too.

“Every single person who has cancer has a pH that is too acidic.” - Dr. Otto Warburg

It has been proven that cancer can't survive in alkaline, oxygen rich environments, but thrives in an acidic low oxygen environment. According to health researchers, total healing of chronic illness takes place only when and if the blood is restored to a normal, slightly Alkaline pH.

Human blood stays in a very narrow pH range around 7.3. When pH varies, oxygen delivery to cells suffer and enzymes are affected. Microbial forms in the blood also mutate, mirror pathogenicity, and grow.



Smoking

Smoking causes Gangrene, increases miscarriage risks, 92% of oral cancers, neck cancer, mouth disease, bad breath, unfit lungs, and is ultimately a waste of money. It also kills those around you.

What happens when a smoker quits?

20 minutes after- The heart rate and blood pressure drop back to normal levels.

12 hours after- The level of carbon monoxide in the blood drops to normal.

2 weeks- Circulation and lung function improves.

1 year- The risk of getting coronary heart disease is half as high as a smoker's risk.

5 years- The risk of contracting mouth, throat, esophagus, and bladder cancers is half of what it is for smokers. Risk of cervical cancer and stroke fall, too.

10 years- The risk of dying from lung cancer is half that of smokers. The risk of getting pancreatic and larynx cancer also decreases.

15 years- The risk of heart disease is equivalent to non-smoker's risk.

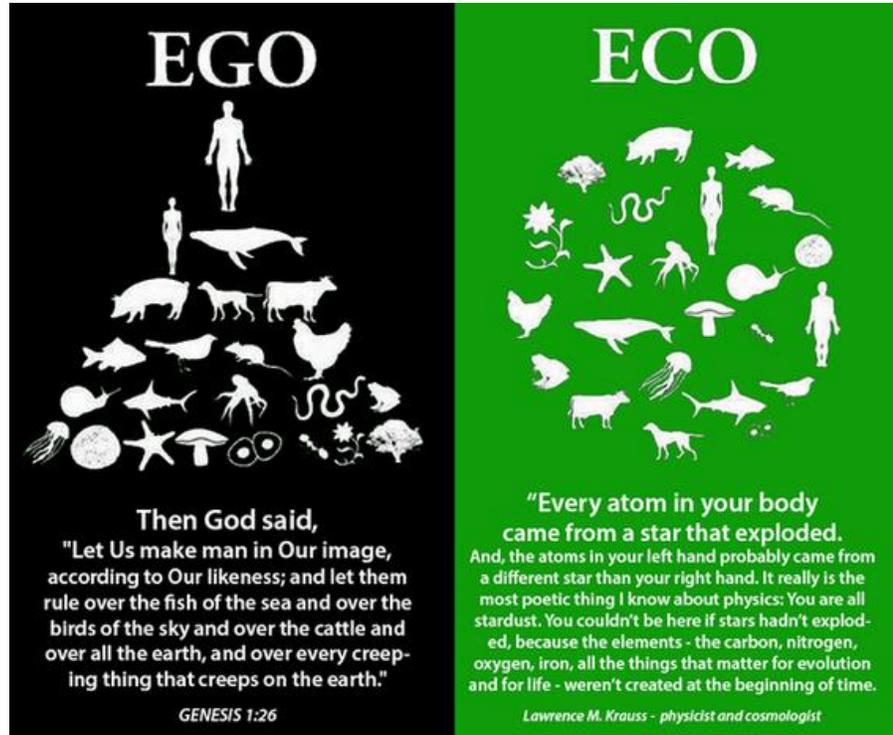
If you don't quit smoking now, when will you? When your friends do? When it effects your health? When you don't have to study? Before you graduate? When you start a family? New Years? Except when you go to parties/bars? Make today the day to stop smoking.

Go Green

The human spirit needs places where nature has not been rearranged by the hand of man. Time spent in nature is never wasted. Forget not that earth delights to feel your bare feet and the winds long to play with your hair. Look deep into nature where every leaf is its own unique artistic masterpiece, and then you will understand everything better. The earth laughs in flowers.

"The magic begins in you. Feel your own energy, and realize

similar energy exists within the Earth, stones, plants, water, wind, fire, colors and animals." - Anonymous



"We are all connected to each other biologically, to the earth chemically, to the rest of the universe atomically." - Neil deGrasse Tyson

"90% of your body is in fact, stardust, because all the elements except for hydrogen and helium are created in stars."- Anonymous

Nothing in nature lives for itself. Rivers don't drink their own water. Trees don't eat their own fruit. The Sun doesn't shine for itself. A flower's fragrance is not for itself. Living for each other is the rule of nature.

At least the war on the environment is going well. I wish more people cared about Earth as much as they cared about who they believe created it. Only when the last tree has died, and the last river has been poisoned, and the last fish been caught will we realize we cannot eat money.

Humanity must shift from living "on" the Earth, to living "with" her.

"When the blood in your veins returns to the sea, and the earth in your bones returns to the ground, perhaps then you will remember that this land does not belong to you, it is you who

belongs to the land.” - Anonymous

"If you really think the environment is less important than the economy try holding your breath while you count your money." - Dr. Guy McPherson

"We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect." - Aldo Leopold

“We must ponder a correlation between offshore drilling & earthquakes; energy usage & natural disasters because the earth is not an endless abundance of natural energy, that is to say, like all living beings, it needs time to rest and recover; obviously.” – Charles W. Smith III

"It's not that we have a philosophical difference with the fossil fuel industry - it's that their business model is destroying the planet." - Bill McKibben

"Only take what you need and leave the land as you found it." - Arapaho

"The measure of a civilization is not how tall its buildings of concrete are, but rather how well its people have learned to relate to their environment." - Chippewa

Save energy. How would you like it if someone turned you on and then left?

“Society speaks and all men listen, mountains speak, and wise men listen.” – John Muir

If you're silent, the trees will whisper ancient secrets.

Advice from a Tree:
Stand tall and proud
Sink your roots into the earth
Be content with your natural beauty
Go out on a limb
Drink plenty of water
Enjoy the view

We don't inherit the planet from our parents, we borrow it from our children.

The best time to plant a tree was 20 years ago. The second-best time is now. - Chinese Proverb

MANTRAS

My body is a temple that I will treat as a sacred space.
Bountiful awareness of my health starts with my choices.
I will strive to progress the honor of my body.
Let this inner spiritual love, be an offering to this physical realm.

QUOTES TO LIVE BY

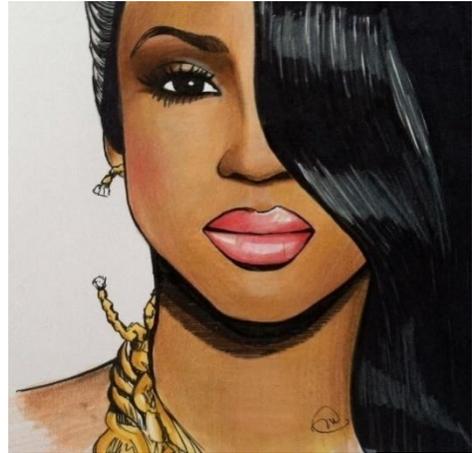
The body heals with play, the mind heals with laughter, and the spirit heals with joy.

"Dance... even if you have nowhere to do it but in your own living room."- Baz Luhrmann

Dance with heart, passion and attitude, not your feet.

Trade sweat for Strength;
trade doubt for Belief;
trade fear for Courage.

"To elicit extreme results, I must take extreme measures."-
Anonymous



"The love for all living creatures is the most noble attribute of man." - Charles Darwin

"Today more than ever life must be characterized by a sense of universal responsibility, not only nation to nation and human to human, but also to all other forms of life." - The Dalai Lama



"When I look into the eyes of an animal, I do not see an animal. I see a living being. I see a friend. I feel a soul." -
A.D. Williams

Tears have the same meaning in every language.

"Not a single creature on earth has more or less right to be here." - Anthony Douglas Williams

"Animals do have a voice, if you ignore their suffering, I will remind you of it. If you don't understand them, we will be their voice. You may silence them, but you cannot silence us as long as we live." - Anita Mahedessian.

Somewhere there is a mother duck trying to teach three kittens how to swim.

"I think people need to be educated to the fact that marijuana is not a drug. Marijuana is an herb and a flower. God put it here, what gives the government the right to say that God is wrong?" - Anonymous

"And the Earth brought forth grass, and herb yielding seed... and God saw that it was good." -
Genesis 1:12

"What goes into a man's mouth does not defile him. But what comes out of his mouth, that

defiles him." - Matthew 15:11

When I go through life with a narrow mind, hatred & bigotry weighs in and it crushes my soul
and spirit.

"You can't solve a problem with the same consciousness that created it"- Albert Einstein.

“The world is full of magical things patiently waiting for your senses to grow sharper.” – W.B.
Yeats

It's not wrong, it's just different.

“If you believe the most complex questions of our lifetime are simple "yes" or "no" answers,
then go back to grade school.” – Charles W. Smith III

"I'm concentrating on staying healthy, having peace, being happy, remembering what is
important, taking in nature and animals, spending time reading, trying to understand the
universe, where science and the spiritual meet." - Joan Jett

"As we advance in consciousness, our bodies advance in refinement. Consciousness is the
activating factor of any unused DNA or other ingredients that alters our form and physical
abilities." - J.J. Dewey

Addiction creates dysfunction.

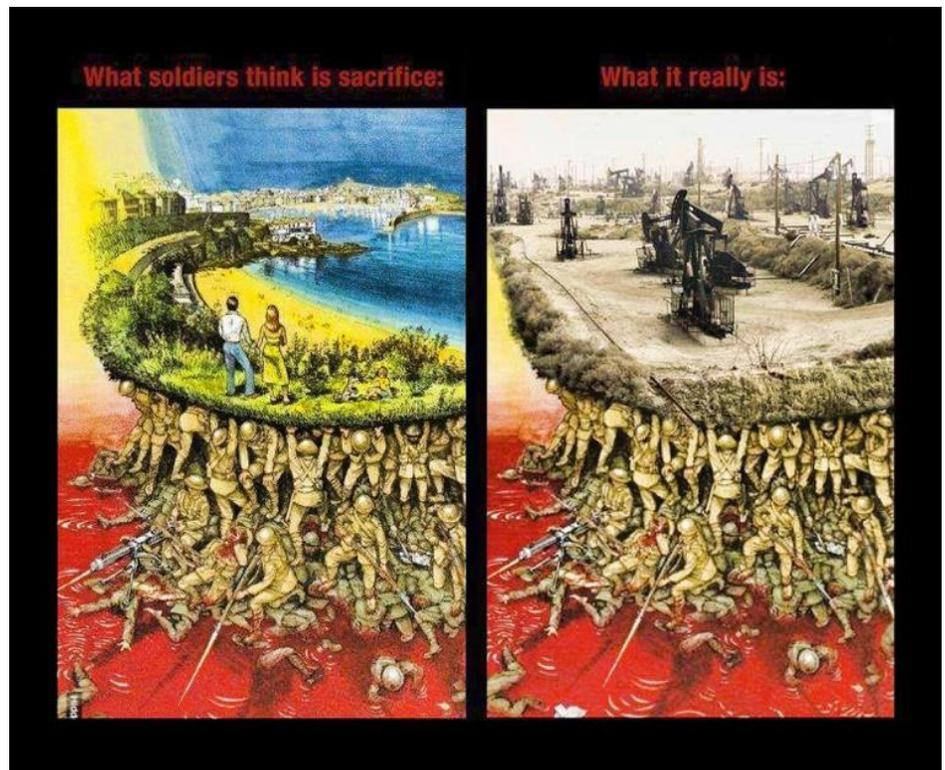
Chapter 6: Institutionalized Cultural Prejudice: A Dysfunctional Love Story

“The mind that perceives the limitation, is the limitation.” – Anonymous

In the first two chapters I touched upon the subject of perception of self and its association to family and friends. Embracing yourself can be difficult enough when you have developed a preconceived notion of yourself based on your own ideas. However, when you start to become aware of other people’s perception of who you are it can greatly affect both your perception of other people and your perception of yourself. Prejudice is all too common even in the most spiritually practiced individuals. The fact is that we base the majority of our opinions on our visual intake of the external world, and our perception of ourselves. Due to most of our cognitive information deriving from our senses taking in the world around us, it becomes very easy to attach negative experiences to our visual associations. This is why, as an individual, it is very important to be aware of your own consciousness and how it is projecting to others. After all, the individual has always struggled to keep from being overwhelmed by the tribe. If you try it, you will be lonely often, and sometimes frightened. But no price is too high to pay for the privilege of owning yourself. Every aspect of who you are is unique to you and is not defined by what the rest of the world, or how others dictate your capabilities. Remember that cultural biases can only limit you if you allow them to. So remain vigilant in your discovery of self, outside of a group.

A Dysfunction Love Story: Terrorism is the use of violence and intimidation in pursuit of political aims. The wars against drugs, the planet, the poor, the unemployed, middle class, women, blacks, gays, Muslims, workers, unions, teachers, textbooks, voting rights, the separation of church and state, and other minorities- is terrorism. Not only is it terrorism, but it is also used as a distraction from our terrorism abroad. When Jesus said, "Love your enemies," I believe he probably meant don't kill them.

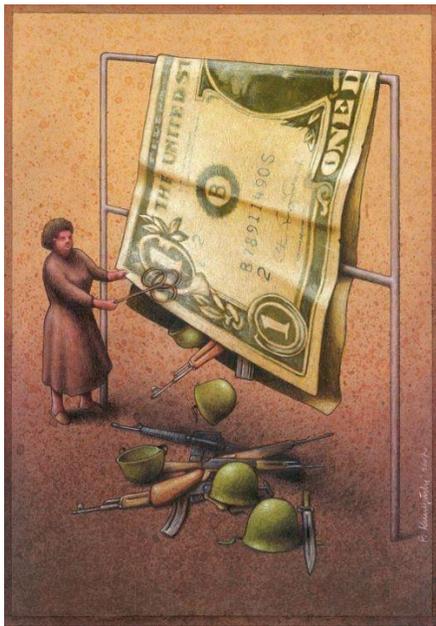
Support the troops, end the war. We need our soldiers to protect our citizens from tyranny.



What if I told you that the version of history you were taught in school, was heavily revised to favor your own nations' agenda while hiding it's crimes and in doing so fostered an unrealistic sense of false patriotism used to manufacture your allegiance to a corporate entity masquerading as your government? (Commonly known as "Whitewashing" in America's white supremacist society.)

"The idea that some lives matter less is the root of all that is wrong with the world." - Dr. Paul Farmer

"The suspected actions of one crazed individual doesn't justify the vilification of millions of peaceful people." - Anonymous



There is no flag large enough to cover the shame of killing innocent people. Never forget that everything Hitler did in Germany was legal. Even slavery was legal. Legality does not equate morality.

“But it is illegal- Saying that something is illegal is not an argument against that thing. It is an appeal to authority. Laws are an arbitrary judgment made by whoever has political power at the time. Laws are a means for government to regulate people in the way that they see fit but that does not make them a universal standard of morality. Illegality is not an argument.” – Anonymous

If you must make a law that hurts a number of people just to prove your morals or faith, then you have no morals or faith to prove. If you must prevent people from voting to win, your ideas are useless.

"This country has a mental health problem disguised as a gun problem and a tyranny problem disguised as a security problem." - Joe Rogan

Education is not the learning of facts, but the training of the mind to think.

“Do you ever think about the fact that the US has created and legitimized a system of institutionalized inequality by funding schools through property taxes? That basically a child's education is only as good as the value of the property in their neighborhood. Funny how education is so often views as an equalizing factor when there is nothing equal about it.” -

Unknown

What does school really teach children?

1. Truth comes from authority.
2. Intelligence is the ability to remember and repeat.
3. Conform intellectually and socially, non-compliance is punished.

A child is more than a test score. Modern education creates people who are smart enough to accurately repeat what they are told and to follow orders, yet foolish enough to think this makes them smarter than everyone else.

“Schooling is important, training is important, but don’t ever think passing a class or having a certification trumps putting in work and having experience. Also, don’t underestimate the power of a driven, self-taught student. We’re all capable of reading, learning, and building skills with or without traditional schooling.” – Tyler Miller

“We must teach our children how to think instead of what to think. Right now, our education system is doing more to indoctrinate our children than to educate them. The factory model of education, with its focus on academic and economic elitism, is churning out obedient workers for the system, encouraged to conform every step of the way.” – Anonymous

"The easiest way to corrupt a youth is to instruct him to hold in higher self-esteem those who think alike than those who think differently." - Nietzsche

“Sometimes, the most brilliant and intelligent students do not shine in standardized tests because they do not have standardized minds.” – Diane Ravitch

If a child can't learn the way we teach, we must teach the way they learn. Everybody is a genius, but if you judge a fish by its ability to climb a tree it will live its whole life believing it is stupid. The truth of an idea is not determined by the number of people who believe it. If you say “gullible” slowly it sounds like “oranges.”

“It is the mark of an educated mind to be able to entertain a thought without accepting it.” – Aristotle

If you're going to be a smartass, first you have to be smart. Otherwise you're just an ass. In the age of information, ignorance is a choice. The revolutionaries will be homeschooled. No one will give you the education to overthrow them. Don't limit a child to your own learning, for she was born in another time. What if the cure for cancer is trapped inside the mind of someone who can't afford an education?

“The illiterate of the 21st century will not be those who cannot read and write.... but those who cannot learn, unlearn, and relearn.” - Alvin Toffler

"We think we understand the rules when we become adults, but what we really experience is a narrowing of the imagination." - David Lynch

"Imagination is more important than knowledge. For while knowledge defines all we currently know and understand, imagination points to all we might yet discover and create. Logic will get you from A to B. Imagination will take you everywhere." - Albert Einstein

Sometimes our minds become stagnant in a 2-dimensional mindset or “tunnel vision.” Therefore, it's hard to see the point of life. We feel without joy. We're caught up in the repetitive, mundane, heavy, or superficial. Nothing rouses us from boredom. We're listless, uninspired, half dead, undead, or an everyday “Zombie.”

“Group Thinking” is centered on the idea that a person cannot be a part of the societal "whole" without accepting the same surface ideal or engaging in the exact same sacrificial conditions as their peers.

Birds born in a cage think flying is an illness. I know why the caged bird sings, because it has a song.



We are caged by our cultural programming. Culture is a mass hallucination of a mundane existence, it's a circumstantial obedience. The Matrix is real. It exists inside the minds of the masses as a form of social, cultural, political and education indoctrination. Indoctrination through corruption of government, corporations, media, education, religion, and banks.

"I feel like I've never been nothing but tired and I'll be working until the day I expire. I lay down no more I can do, but then go on because you tell me to. I look down afraid I will fall and though the sun shines I see nothing at all." – Patty Griffin

You must first realize the prison of your mind before you can escape it. The greatest prison people live in is the fear of what other people think. Fear of the unknown. Merry Crisis and Happy New Fear!

“You must realize, that fear is not real. It is a product of thoughts you create. Do not misunderstand me, danger is very real, but fear is a choice.” – Anonymous

"Nothing in this life is to be feared, it is only to be understood." – Marie Curie

**MY BIGGEST FEAR
IS A SERIAL KILLER
SAYING FUNNY
SHIT WHILE I'M
PLAYING DEAD.**

The search for reality is the most dangerous of all undertakings for it destroys the world in which you live. Humanity is paying for the sins of our collective ancestors; a conflict of duality occurs with the obsolete traditions and values of our forefather's clash with our own sense of humanity, joy, and inner peace. We truly are all responsible for each other, we truly are our brother's keeper.

"There is no escaping ourselves. The human dilemma is as it has always been, and we solve nothing fundamental by cloaking ourselves in technological glory" – Neil Postman

"As a people our minds are vastly creative, yet we're trapped within a dysfunctional religiously dictated, government owned, societal mindfuck; approved by an outdated generation that destroyed our natural habitat, thereby polluting, stealing and limiting our resources, enforcing oppression, crippling our potential, bounding our talent, crushing our spirit, shamming our souls, destroying our minds, separating us from ourselves, numbing our humanity, dividing us from each other." – Charles W. Smith III

"Real life is doing something you love to do with your entire being so that there is no inner contradiction, no war between what you are doing and what you think you should do. [No conflict of duality.]" - J. Krishnamurti



Cognitive dissonance is why people get so upset when that which they hold most closely is challenged. It's the mental conflict that occurs when beliefs or assumptions are contradicted by new information. When confronted with challenging new information, most people seek to preserve their current understanding of the world by rejecting, explaining away, or avoiding the new information or by convincing themselves that no conflict really exists. Therefore, denying an inconvenient truth with a reassuring lie. Some are so, inured and hopelessly dependent on the system that they will fight to protect it.

"Find yourself" is not how it works. You aren't a ten-dollar bill in last winter's coat pocket. You are also not lost. Your true self is right there, buried under cultural conditioning, other people's opinions, and inaccurate conclusions you drew as a child and adult that became your beliefs about who you are. "Finding yourself" is actually returning to yourself. An unlearning, an excavation, a remembering who you were before the world got it's hands on you." - Unknown

"Until you make the unconscious conscious, it will direct your life and you will call it fate." -
Carl Jung

"As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again, and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives." -
Anonymous

"We have a natural ability called neuroplasticity, which means that if we learn new knowledge and have new experiences, we can develop new networks or circuits of neurons, and literally change our mind." - Joe Dispenza

Propaganda works best when those who are being manipulated are confident that they are acting on their own free will. None are more hopelessly enslaved than those who falsely believe they are free. The more you begin to investigate what we think we know, where we come from, what we think we are doing... the more you begin to see we've been lied to by most all institutions. The definition of stupid is knowing the truth, seeing the truth, but still believing in lies.

An illusion will be so large and so vast that it will escape their perception. Those who see it will be thought of as insane. Some people confuse crazy with passionate. Let me be clear, I am bat shit passionate. I may be [creatively] crazy, but crazy is better than stupid. Crazy kept me from going insane.

"I awoke, only to see that the rest of the world is still asleep." - Leonardo Da Vinci

A mistake repeated more than once is a decision. You can't wake a person pretending to be sleep.

Conformity is subtle/blanketed slavery which only leads to regrets at time of death. Conformity is the jailer of freedom and the enemy of growth. A sell out is someone who will "sell out" their individuality, or they'll do and support anything just to be approved.

"If you try and stray from your truths because lies are what others and the norms expect of you, you'll only damage yourself and trouble others. Be there for yourself, pursue the things that make you happy, and people that vibrate on the same level." - Jesper Cameron

"In some instances, if you end up with a boring miserable life because you listened to your mom, your dad, your teacher, your priest, or some guy on television, then you deserve it." -
Anonymous



"As tempting as it is to make another feel accountable for their wrong doings, ultimately it is not up to you. It's in their conscience (sometimes deeply buried) and they will have to address it at some point of their evolution." - Anonymous

"I have learned do much from God that I can no longer call myself a Christian, a Hindu, a Muslim, a Buddhist, A Jew." - Hafiz

"When you call yourself an Indian or Muslim or Christian or European or straight or gay, or anything else, you are being violent by separating yourself from the rest of mankind. Separating yourself by belief, by nationality, by tradition breeds ego. The enlightened peaceful warrior who is seeking to understand violence does not belong to any country, to any religion, to any political party or partial system; he is concerned with the total understanding of mankind." - J. Krishnamurti

"We were all **humans** until **race** disconnected us, **religion** separated us, **politics** divided us and **wealth** classified us." – Anonymous

Just because you don't understand something doesn't make it wrong. Out with the old, and in with the true. The highest form of human intelligence is to observe everything, including the self without any form of judgment.

We must teach people HOW to think, rather than WHAT to think. You can't depend on your eyes when your imagination is out of focus. Logic will get you from A to B, imagination will take you everywhere else. Re-examine all you've been told, dismiss whatever insults your soul. If you can't explain it simply, you don't understand it well enough. The eyes are useless when the mind is blind. What you see reflects your thinking and your thinking but reflects your choice of what you want to see. It's ok to doubt what you've been taught to believe.

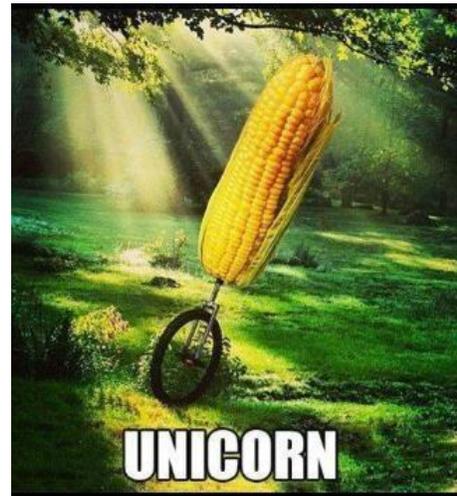
"It's not what you look at that matters, it's what you see." – Thoreau

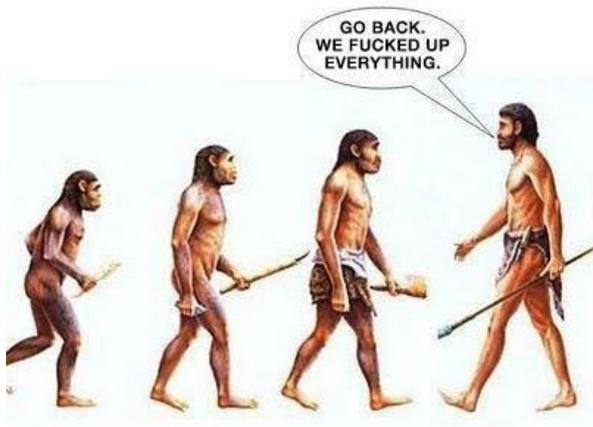
Your mental limitations do not define me.

"You seek too much information and not enough transformation." - Sai Baba

"I miss my fear-based reality." - Said no one ever.

You change for two reasons; either you learn enough that you want to, or you've been hurt enough that you must. If it looks like the road goes nowhere, turn around.





"They must find it difficult... those who have taken authority as truth, rather than truth as authority." - Gerald Massey

"When an honest man discovers he is mistaken, he will either cease to be mistaken or he will cease to be honest." - Anonymous

Morality is doing what is correct, regardless of what you're told. Obedience is doing what is told regardless of what is correct. Where shall we go? To the left, where nothing is right? Or to the right, where nothing is left? Do not mistake kindness for

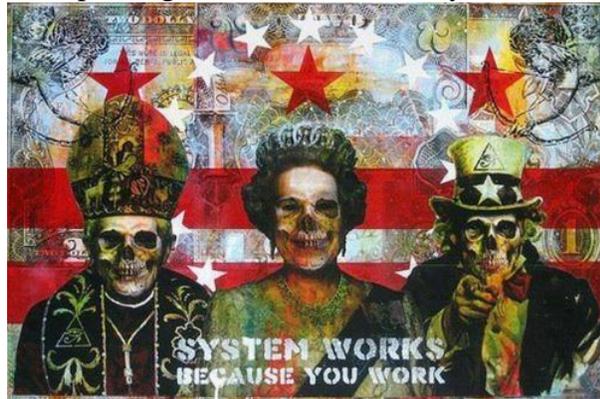
love. What's right for others may not necessarily be correct for you. The same boiling water that softens the potato hardens the egg. It's about what you're made of, not the circumstances. Some things work for some and not for others. (Be mindful of basing ideals off of egoic power and hatred rather than love, thereby imposing and restricting the civil rights of another human beings.)

Shift. The world is changing and I'm on the transition team. Say yes to freedom, peace, dignity, and respect for all people. Say no to terror and repression towards all living beings. In the beginning was freedom.

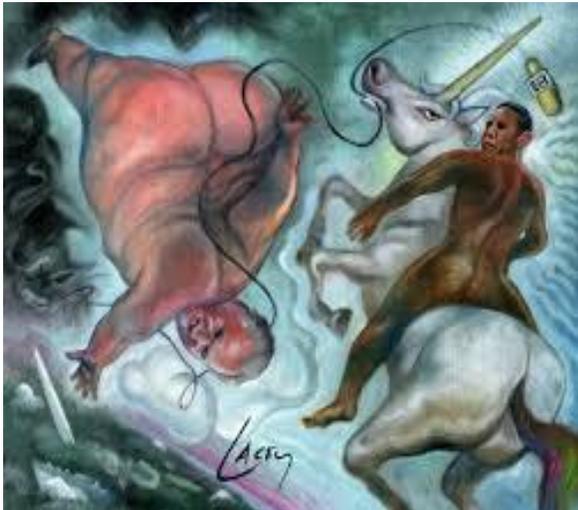
The system works because you work. The only way to deal with an unfree world, is to become so absolutely free that your very existence is an act of rebellion. When injustice becomes law, resistance becomes a duty. Those who have the privilege to know, have a duty to act. Sorry, the revolution will not be televised due to corporate & media corruption, greed, and fear.

"Class warfare: experience declares that man is the only animal which devours his own kind, for I can apply no milder term to the general prey of the rich on the poor." -

Thomas Jefferson



When the entirety of your earnings are exhausted on food and shelter, your labors are no longer viewed as an opportunity for economic advancement, but rather as an act of self-preservation. In the real world, that's called slavery.



"Banks are the real criminals. Why is it easier to believe that 150,000,000 Americans are being lazy, rather than 400 Americans are being greedy? Banks have helped corporations, churches and government make fortunes by stealing, exploiting and destroying our assets, our workforce, our resources, and our planet. All protected, assisted, and bailed out using money." - Tom Yorke

*I invite the reader to watch *The Zeitgeist*.*

"If a man has an apartment stacked to the ceiling with newspapers, we call him crazy. If a woman has a trailer house full of cats, we call her nuts; but

when people pathologically hoard so much cash that they impoverish the entire nation, we put them on the cover of Fortune magazine and pretend that they are role models." – B. Lester

For a booming economy we must ensure that domestic depositors get their money back by letting the banks fail instead. This shall give debt relief to struggling homeowners and businesses facing bankruptcy. Bail out the people and imprison bankers.

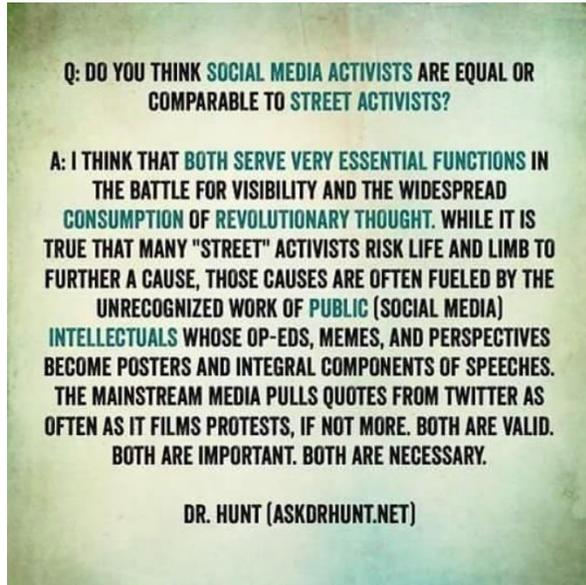
"You cannot save your way out of poverty. The problem is not a \$5 splurge on coffee but full-time jobs that don't provide a living wage." – Ryan Henly

"If you are more outraged at poor black folks in Missouri looting stores than rich whites on Wall Street looting your future, you have been duped." – Pete Dominick

"Low-income kids gotta worry about how they're going to go about getting an apartment/house, car, or loan when their parents can't co-sign them because their credit is bad due to forced debt to be able to make ends meet. Tell me that generational wealth is not systemic." - Guillermo Camarillo

"You can't recover from burnout if you can't afford not to work. You can't recover from burnout if you can't afford to change careers. You can't recover from burnout if you live paycheck to paycheck. You can't recover from burnout if you can't rest." – Unknown

“Millennials” is used in the media to infantilize, discredit, and instill distrust of an educated, hard-working, low-earning, fed up generation of 30-somethings living through the worst



capitalism, police brutality, government corruption, and a resurgence of hate violence. The way millennials are referred to is nothing short of gaslighting. We inherited an environment and society that is unsustainable, but our protest and demand for revolutionary change is written off as some sort of tantrum. No, Bob and Karen, you're killing us all. But here's the thing, you're only convincing yourselves that we're a generation of gold stars and participation trophies. In our relatively short adulthood thus far, we've proven to ourselves that we can innovate, adapt, and persist despite the barriers to progress you've created." – Dana Vivian White

Thank labor unions, they are the folks who brought you the weekend, child labor laws, overtime, minimum wage, injury protection, workmen's compensation insurance, pension security, right to organize, etc.

Millennials can occupy, but don't understand how to organize. We must vote because bad candidates are elected by good citizens who don't vote. Do not try and bend the government. Don't waste energy beating a wall, hoping it will transform into a door. That is impossible. Instead, only try and realize the truth, that there is no government, only corporations. The government uses force and intimidation to coerce people to comply with their demands.



"If you are neutral in situations of injustice, you have chosen the side of the oppressor." - Desmond Tutu

"A nation of sheep will beget a government of wolves." - Edward R. Murrow

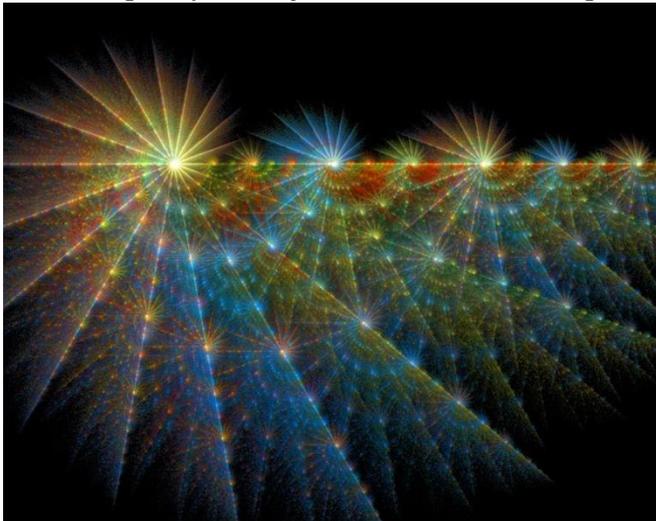
"The greatest mistake of our time is not the few who have destroyed, but by the vast majority that sit idly by. In the end, we will remember not the words of our enemies, but the silence of our friends." - Dr. Martin Luther King Jr.

Equality is not justice. There's a difference between committing crimes for fun and committing crimes out of need.

“A society which neglects, oppresses, and disdains a very significant part of its population; leaving them hungry, impoverished, unemployed, uneducated, and utterly without hope, will, through cause and effect create a population which is bitter, which is angry, which is violent, and a society which is crime-ridden. This is the case in America, and it is the case in other countries throughout the world... Through neglect of our government and through a grossly irrational set of priorities, we are dooming today tens of millions of young people to a future of bitterness, misery, hopelessness, drugs, crime, and violence. All the jails in the world - and we already imprison more people per capita than any other country- and all the executions in the world, will not make that situation right. We can either educate or electrocute. We can create meaningful jobs, rebuilding our society, or we can build more jails. Let us build a society of hope and compassion, not one of hate and vengeance.” – Bernie Sanders

“Police are not a fundamental pillar for community safety. The safest communities don’t have more cops; they have more resources.” – Zellie Imani

Equality is not justice. There's no compromising over injustice. If you don't speak up, you will die unheard.



"Each time a person stands up for an ideal, or acts to improve the lot of others, they send forth a tiny ripple of hope... These ripples build a current that can sweep down the mightiest walls of oppression and resistance." - Robert F. Kennedy

"Learn the rules like a pro, so you can break them like an artist." - Pablo Picasso

"During time of universal deceit, telling the truth becomes a revolutionary act." - George Orwell

“A system cannot fail those it was never meant to protect.” - W.E.B. Du Bois

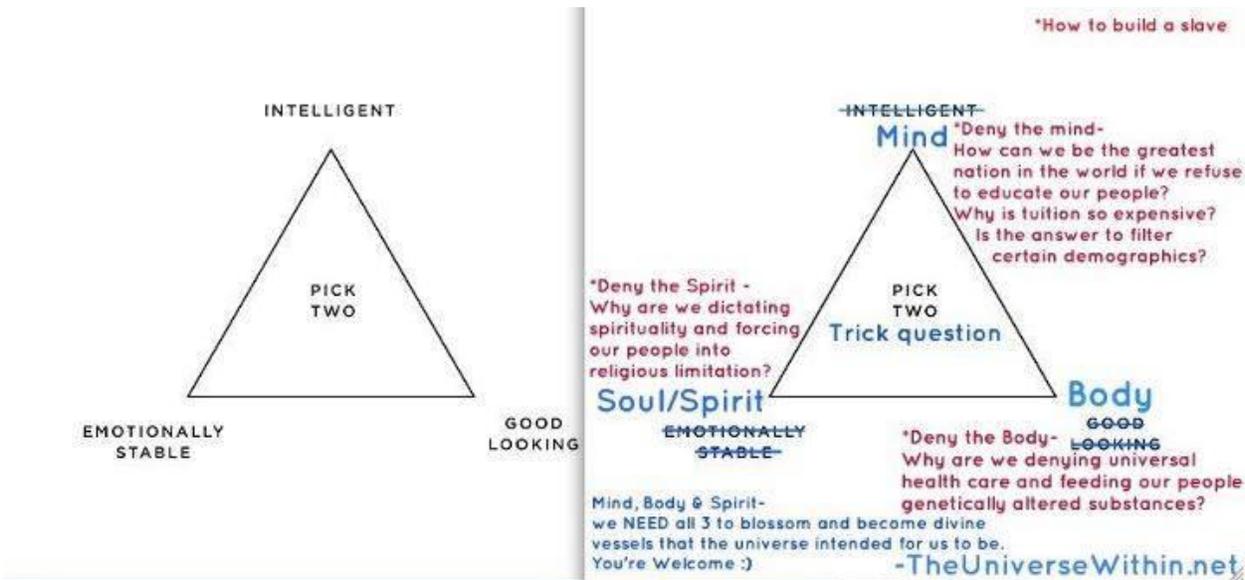
"You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete." - Buckminster Fuller

Real eyes realize real lies. Remember that there are no coincidences, only synchronicity. That which seems innocent isn't so and there's deeply rooted meaning in that which seems dark, stigmatized and distasteful. For example, to the untrained eye insubordinate anarchy is the

breakdown of society. Yet, our problem lies in our indoctrinated values, morals, and traditions. There's power in looking silly, and not caring what you do. Arrest one of us; two more appear. You can't arrest an idea!

“We have every right to seek to destroy a system that seeks to destroy us!”

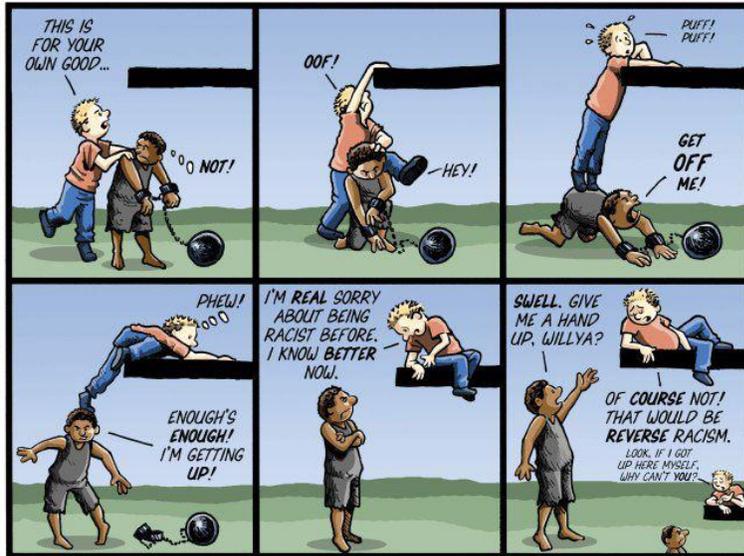
See, when one culture sets the societal standard for a nation full of immigrants, that in itself is prejudice. When one demographic shares a surface idea, or "group think mentality" of believing they're humanly any better (or worse) than another societal group- that is EGO. Look within to our common human-oneness. There needs to be a separation from ego into heaven, peace, and love. Since the egos of Caucasians colonized the world using 1.) white man money 2.) white man Jesus 3.) white man government (to protect the former)- It is oppressive illusionary power/Illuminati mindfuck Trifecta.” – Charles W. Smith III



“Three-point oppression in a nation full of immigrants forced to adopt false values. Common currency is merely the printing of inclusive ‘tickets’ that resemble the faces and inflate the egos of a dictatorship that oppresses and excludes resources and luxury to anyone different. Identifying with cultures outside of one's own is the foundation of mental illness. Shallow roots consistently produce unstable foundations. Racism is a culture clash, it is far more than merely skin deep”- Charles William Smith III

***Note: The following will analyze a broader scope of ego with a concentration on racism filtered through the perceptions of a Black-American male. ***

"To say Obama is progress is saying that he's the first black person that is qualified to be president. That's not black progress. That's white progress. There have been black people qualified to be president for hundreds of years." - Chris Rock



A CONCISE HISTORY OF BLACK-WHITE RELATIONS IN THE U.S.A.

Intelligent, articulate black people are not 'acting white,' they are actually acting very, very BLACK!

Prejudice is the parent of racism. Systematic Racism is about politics (power) and economics (wealth.) "Racism" is a form of group biases that becomes **institutionalized** (in laws, schools, churches, social customs.) "Prejudice" gives privileges to one group and denies them to others.

I can only speak of racism from both my own and inherited experiences. It must be nice when

printed money, the majority of government and an assumed force-fed deity looks like you. I shall never forget the suffering of my ancestors.

Europeans came to America and committed mass genocide on the natives, then enslaved a people that they ripped away from their homes and families and got fat and rich off of the exploitation of those resources. Our nations were robbed of all-natural resources for their profit, leaving nothing behind but death, destruction, disease, poverty, & famine. No living white person is solely responsible for slavery; but all living whites reap the rewards, as blacks wear its scars.

"Unless you are a survivor of emotional abuse you have no idea what it means to fight daily battles in your head with a person you no longer have contact with. Verbal, emotional, and physical abuse [trauma] have residual effects on the victim. You don't 'just get over it.'" - Unknown



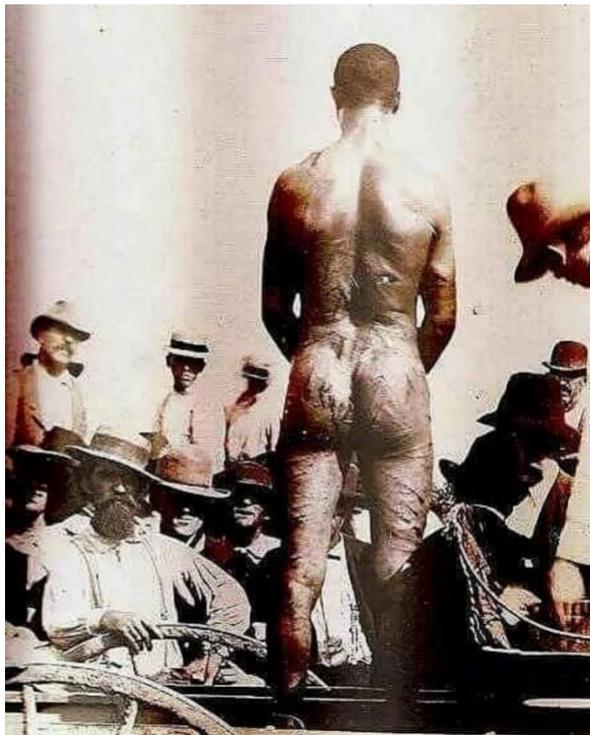
"About 50 years ago direct in your face overt racism became illegal and less socially acceptable. Which had 2 side effects of white America:

First, it allowed us to believe that racism is over. Secondly, it enabled white folks us to frame the ongoing struggle of the black community as a character flaw. If you look closely, you'll see these sentiments echoed about black America everywhere. The message: to be black is to be inferior. That's not the



facts, that's just racism.... Racism is a seeping system of forces that effectively keep people of color in a permanent second-class status. It's the foundation fabric of our society, woven with values and attitude, stereotypes policies, economics, and laws. Jim Crow was replaced with shiny new laws, that are just as racist, but look better on the surface... This has made it harder as ever for white Americans to see the truth. The odds are ever in our favor, and always have been. Let's take a stroll down memory lane:

Stop 1) Wealth. Between 1934 and 1962 the govt backed 120 billion dollars of home loans, but they refused to give out home loans to black folks, or even if black folks lived nearby. This went on for decades, this practice known as 'red-lining' essentially 1) forced black Americans into poor urban centers, the beginnings of the ghetto, 2) segregated America to this day 3) made it impossible to invest in the future of black neighborhoods 4) made it impossible for black Americans to start inheriting property and wealth the same way that white Americans were.



Stop 2) Education, property taxes fund schools. which means that families that live in nice houses (maybe ones they got with the help of the govt) get a better education, better education means more opportunities, more resources, more connections, more jobs, more money.

Stop 3) Jobs Lack of educations opportunities meant that many black folks were relegated to low wage manual labor. Today, when looking at the same exact resume', employers are 50% more likely to call back a resume labeled with a white sounding name.

Stop 4) Mass Incarceration. Shortly after the civil right movement prisons became privatized for-profit businesses. Fill those cells, make those dollars- and they did. The prison population shot up from 200,000 to 2.4 million. More than any country in the world. And who filled those cells?

People of color. More African American adults are under correctional control today than were enslaved in 1850, a decade before the civil war began. Black men are now imprisoned at 6 times the rate of white men. So, did black men just become 6 times more dangerous? Of course not, what changed was the laws and sentencing, sweeping laws were written that specifically target black communities. For instance, the sentence for possession of crack was 100 times harsher than the sentence for cocaine.



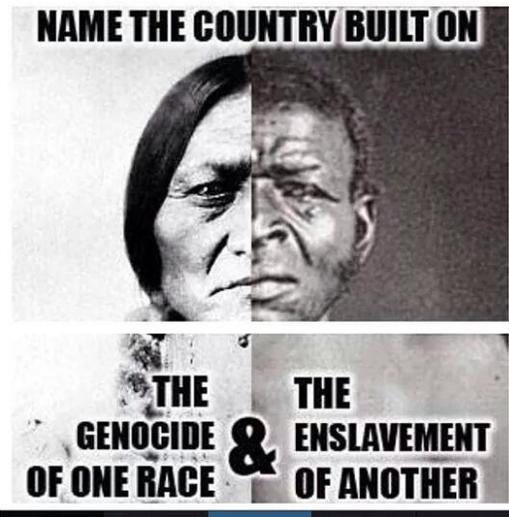
Stop 5) Racial profiling. It wasn't just harsher sentencing; communities of color are also policed more harshly. Policies like 'show me your papers' and 'stop and frisk' target people of color under the law. Totally legal. So, shocker, they're more likely to get arrested for the same thing white people do. Twice as likely to get pulled over. Take the late Walter Scott, who was pulled over for a broken taillight. Only to be shot 5 times in the back by a cop.

Stop 6) Police Brutality. Police brutality is front and center of the race conversation right now. Twice a week in the US, white officers kill black suspects most of whom are unarmed, and the consequences are minimal if

any. Might even get paid a bunch of money for it. The police themselves have admitted to widespread use of excessive force and racial bias. SO, what does America do? Oh, just give them military supplies of course. Tanks, protective gear, fire power used in war- all the while wagging a finger at protestors dared to be outraged by it. Sadly, this all just the tip of the racism iceberg.... The first step in combating racism is acknowledging it. Acknowledging that the system is unfair. Racism is a powerful institution built by 400 years of slavery, 100 of outright discrimination, 50 plus more years of covert discrimination. A legacy that long in the making doesn't just disappear overnight." – Racism for Dummies

“Our backs tell stories no books have the spine to carry.”- Rupi Kaur

Why would we go back to Africa when we built America?



-An entire economic system has been built on our backs, with our blood and sweat. Then through class warfare we're denied access to the system we were used to build, and then blacks are accused of being extremely lazy once we stopped working for free. I don't know if the lazy stereotype is true, although I do know that Caucasians went all the way to Africa to get out of doing work.

-After they sold our babies, they made us love theirs.



“You were afraid to nurse your young lest fallen breast offend your master’s sight and he should flee to firmer loveliness. And so, you passed them, your children, on to me. Flesh that was your flesh and blood that was your blood drank the sustenance of life from me. And as I gave suckle, I knew I nursed my own child’s enemy. I could have lied, told you your child was fed till it was dead of hunger, But I could not find the heart to kill orphaned innocence. For as it fed. It smiled and burped and gurgled with content and as for color knew no difference. Yes, in that first while I kept your sons and daughters alive. But when they grew strong in blood and bone that was of my milk you taught them to hate me. Put decay in their hearts and upon their lips so that strength that was of myself turned and spat upon me, despoiled my daughters, and killed my sons. You know I speak true.” - Beah Richards, excerpt from “A Black Woman speaks of White Womanhood.”

-They lynched, beat, and mutilated our families publicly to instill fear & terror within the hearts of us & our children. Merry Crisis and Happy New Fear. Hey, remember when black people were the presents?

-We’re enlisted to fight wars & die for “their” interests that have no relevance to the advancement of our people. Minorities are forced to destroy their own people on behalf of their oppressor. Egoic insecurity hurts those we love. So, stemming from traumatic pain- emotional dysfunction and mental illness erupts and causes us to lash out and hurt those within reach because we’re subconsciously indoctrinated into a false sense of self and can't destroy the aforementioned paradigm. If we see ourselves as a free and equal people we need to act like a free and equal people by loving, supporting, and liberating those in our surrounding communities. Maybe if street gangs stopped killing each other and went back to protecting their neighborhoods, police brutality would lower.



- The media subconsciously feeds us programming to dilute the beauty of melanin. The more European you look, the more revered, accepted & valued you are.

“Generally speaking, it seems we live in a world that enjoys black culture and dislikes black people.” – Cecil Emeke

-They neglect to properly educate everyone on our history & lead us to believe that the pro-activity of our own equalizes the superiority complex of their own. (Example: Why is there no white history month?)

“Whites built this nation on the backs of blacks for free, leaving their Motherland to be defended by tribal elders, the sick and weak that we decided not to steal and children. Meanwhile, the rest of the world raped and pillaged the entire continent for every natural resource they have, and still do to this day.

Up until about 60 years ago, black people were not even considered humans, much less citizens. You expect an entire

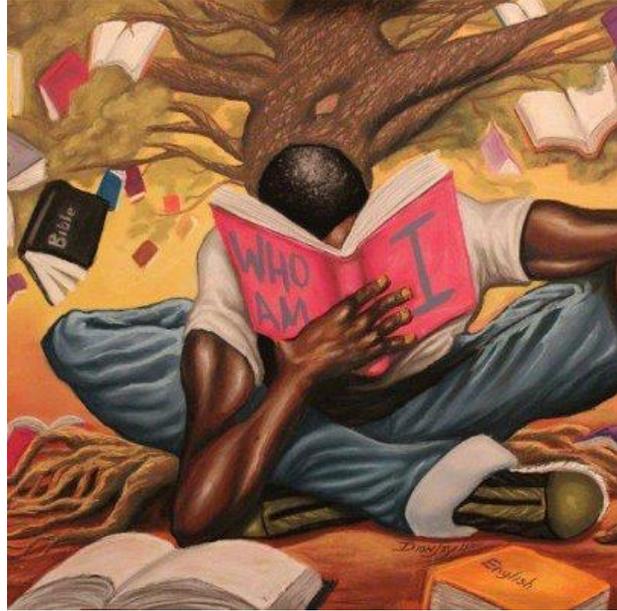
demographic to rebuild themselves in that short amount of time???? Maybe if whites had picked their own damn cotton and left God’s original people alone, you wouldn’t have to be worried about who does and doesn’t get [government assistance.]” – Angela Roebuck



“Mitochondrial Eve is a recent African Origin model that shows that part of our genome, inherited only through mothers and daughters, derived from an African ancestor about 200,000 years ago. In paleoanthropology, the "Out of Africa" theory, is the most widely accepted model of the geographic origin and early migration of anatomically modern humans. Genetic studies and fossil evidence show that archaic Homo sapiens evolved to anatomically modern humans solely in Africa, between 200,000 and 60,000 years ago.” – Wikipedia

With respect to humanity's earliest known remains - It could be said Africans mothered the human race. So, learning about African Spirituality is part of learning about your African culture and history. I've never understood how a person can consider themselves free whilst carrying the name of their oppressors.

“Don't just get an African name, get an African brain. It's crazy how many black people honor European holidays yet are clueless to the knowledge of our ancestors written in stone.” – Tupac



“No race can afford to neglect the enlightenment of its mothers.” – Frances Ellen Watkins Harper

"Knowing your history but not reprogramming your subconscious will have you talking black, living white and thinking green." - Dr. Umar Johnson

Yet, still be sure to learn European History because ego doesn't change its tactics...ever. It just gets more technological and sophisticated.

“White America must see that no other ethnic group has been a slave on American soil, that is one thing that other immigrant groups haven’t had to face. The other thing is that the color became a stigma. America decided to make the negroes color a stigma.

America freed the slaves in 1863 through the emancipation proclamation of Abraham Lincoln but gave the slaves no land or nothing in reality as a matter of fact to get started on. At the same time America was giving away millions of acres of land in the west and the mid-west, which meant that there was a willingness to give it’s white peasant from Europe an economic base, and yet it refuse to give it’s black peasant from

The flag ain't racist its our he...



Africa who came here involuntarily in chains and had worked free for 244 years, any kind of economic base. And so, emancipation for the negro was really freedom to hunger, it was freedom to the wind and rains of heaven it was freedom without food to eat or land to cultivate, and therefore it was freedom and famine at the same time. And when white Americans tell the negro to lift himself by his own bootstraps, they don't look over the legacy of slavery and segregation. I believe we ought to do all we can, and seek to lift ourselves by our own bootstraps, but it's a cruel jest to say to a bootless man that he ought to lift himself by his own bootstraps. And many negroes by the thousands and millions have been left bootless as a result of all of these years of oppression and as a result of a society that deliberately made his color a stigma and something worthless and degrading." – Dr. Martin Luther King Jr

While some may say The Civil War was fought over taxes, it's a further whitewashing/whitesplaining of black suffering and turmoil. The Civil War was about slavery because one should not inhumanely value property over human lives.

The Civil War wasn't about sl...



it feeds.

If we were to entertain the thought that The American Civil War was fought over taxes, it's further proof that ego divides no matter how similar you are. The ego's goal is for you to judge and separate yourself from your brothers and sisters. Regardless of the situation, if separation is its outcome, then ego has reached its goal. No matter how much one exerts themselves, ego shall never be satisfied, for its appetite increases as

A Black, white Supremacist often profits off being the black face of white racism. Black people can always make a quick buck being willing to say all the racist stuff white racists want to but can't.

Nigger Connotation: Equality is not justice.

"After the way African-Americans were treated in this country. It isn't a white person's place to decide whether or not they [Blacks] can use a word amongst themselves and get mad because they [Whites] aren't allowed to. Actually, white people are allowed to, but everyone will

(rightfully) judge you for it." – Briana Morgan



When white people, or white-washed black people, correct Black-Americans in refraining from use of the term “nigger,” it’s merely a sign of systematic racism and racial privilege. Privilege cannot fathom how it’s socially acceptable for blacks to use a word that they shouldn’t.

As people of color, we have been rightfully accused of being racist to white people, especially when we call them “cracker.” As we all know, calling them “cracker” is egregiously offensive and horribly shocking because of this long, violent, reverse-racist history.

"I could be a reverse racist if I wanted to; all I would need is a time machine and go back in time before Europe colonized the world. I'd convince the leaders of Africa, Asia, The Middle East, Central & South America to invade and colonize Europe - occupy

them and steal their land & resources. I'd set up some kind of trans-Asia slave trade where we'd export white people to work on giant rice plantations in China and just ruin Europe over the course of a couple centuries, so all of their decedents would want to migrate out and live in the places where black and brown people come from.

Of course, in that time I'd make sure I set up systems that privilege black and brown people in every conceivable social, political, and economic opportunity. White people would never have any hope of real self-determination. Every couple decades make up some fake war as an excuse to go and bomb them back to the stone-age & and say it's for their own good because their culture's inferior. Just for kicks- subject white people to colored people's standards of beauty so they end up hating the color of their own skin eyes & hair.

If after hundreds and hundreds of years of that, I got on stage at a comedy show and said ‘Hey, what's the deal with white people? Why can't they dance?’ - That would be reverse racism." - Aamer Rahman

“White Americans have heritages they can be proud of; Irish, Polish, whatever, be bold and be proud to be French even. We have a past we have a history. Some of our ancestors were Vikings or even a British blacksmith. Whatever. We can say those things.

Black people in America don't have that luxury. They had their history stolen from them. Most of them have no idea what country of origin they have [come from].
And "Africa" isn't a country.

So, they get to be black. And they get to be proud to be black. Because our whiteness erased their heritage.

So, when a white person asks, "Why can they be proud to be black, but I can't be proud to be white?" Because you're celebrating things like the erasure of their history and the violence and torture their people suffered at the whim, of white America." - Steven Michael



Roses are red, Violets are blue, your parents lied to you, reverse racism isn't true.

"When we say that "White people have no culture." It means the concept of "whiteness" was developed primarily to oppress and enslave people with different skin. It attempted to supplant pre-existing cultures, by ignoring history and painting Europe as "white," and lumping all "white people" together based on their race to better maintain the illusion. As "white people" as a construct should not exist, "white people" cannot have a culture. The identity was completely designed to hurt others." – Unknown

"White people finding out that we talk about white people as a means to vent about and survive the whiteness we're forced to experience is, to put it one way, never boring. One point I'd make is that we've been doing this for as long as I've been alive, and probably centuries, and yet not one whiff of white genocide, white slavery, or a white exclusion act. To put that another way: the reason it's accepted as wrong to general POC (People of Color) is that that historically goes hand in hand with oppressive, discriminatory, violent, deadly policies. The reverse isn't true.

Never forget... Dorothy Counts being mocked by an entirely white audience on enrollment day at Harding High School. September 4th, 1957



The other thing I'd note is that if you're a white person who'd never heard POC talk about white people before the advent of social media, it probably means that no POC, even your friends, have truly trusted you. Because we know that even mild-mannered Bob in accounting could easily, violently lose his shit if he feels that his right to be called just a person without the "white" descriptor, has been encroached upon. We grew up with your families in our homes via popular culture. Your missionaries use capital and guilt to force your cultural expectations on people in the countries you decide to pity. So, we know you. And we talk about it.

But, wow. You're so angry when we finally have space to exist in public, where you might accidentally end up eavesdropping on the things we say, which, again, haven't wholly disrupted your systemic advantages. 'Racism is racism no matter who you're talking about.' Nah. You live in a totally different world. You can't grip what that massive gap in context means. But I guess I can always count on you to condescendingly, self-righteously refuse to even try."- Studio Glibly

Further proof that ego is the parent of racism and that racism is not just a two dimensional black or white issue is as follows: "I am the Latin person here [on The View] and I would like to tell you that [Rodner Figueroa's "joke" referring to First Lady Michelle Obama's appearance resembling the cast of The Planet of the Apes] was racist. Period. A lot of Latin people recognize the fact that we do have African blood in us, and a lot do not want to recognize this fact. And that's where this stems from is that there is a secret in the Latin community, specifically in the Caribbean, South American, Central American Latin community that they are very racist. They never want to be in the same group as black people, and it's sad. The thing is this is the problem in the Latin community that we do not talk about, that we do not address, and it is real, and it was revealed by this man's statement. And you do not disrespect the first lady of our country."- Rosie Perez

"How can someone be racist if they have friends who are black? The same way serial killers can have friends who are alive. Even being a member of a particular group, yourself doesn't mean you can't be prejudiced against said group. Much less the "my friend" fallacy is just flat-out lazy thinking." – Xu Beixi

White racists can have black spouses, adopt children, and "friends," in the same way misogynists have women, wives, daughters, and friends.

"Ironic racism, if you're not aware, is when someone who perceives themselves above being

racist says or does something extremely racist for a laugh. It's basically the humor equivalent of saying 'No offense, but...'

I'm not 'your black friend.' Partying would start out fun, but our hangouts would end with me feeling conflicted. If these people were my friends, why did I feel so bad when I hung out with them? For me, ironic racism would happen in social situations, on any given Saturday night, whiskey flowing, everyone having a good time, and then the shit would start. I'd hear things like:

- 'You know, you're black, but you're not black black.'

- 'Is _____ because you're black?'

- 'I've always wanted to hook up with a black person.'

- '[Fill in with something about chicken.]'

And by the way, you can't touch my hair. Don't even ask me anymore. (On a side note: Singling out culturally specific hairstyles may send a signal to students of color that their very being is a *distraction in the classroom. - @ACLUofKY)

None of the comments were ever said with malicious intentions, but it's really shitty when these "compliments" are made because a person has no frame of reference for alternatives. When trying to explain why these jokes are offensive, I'm often made to feel like I'm overreacting. Or the offending person feels the need to defend him or herself, because the only thing worse than being racist is being called racist." - Crystal Sykes

"White Fragility is a state in which even a minimum amount of racial stress becomes intolerable, triggering a range of defensive moves. These moves include the outward display of emotions such as anger, fear, and guilt, and behaviors such as argumentation, silence, and leaving the stress-inducing situation. These behaviors, in turn, function to reinstate white racial equilibrium." - Robin DiAngelo

"The thing that is hardest to explain is that these jokes are coming from a position of privilege. This social advantage is so ingrained in our culture that they are careless that their comments are coming off the backs of centuries' worth of hardship and oppression. The tipping point for me was about two years ago, at a friend's house, when I was introduced as "The Black Friend." As my friend laughed off his statement, my heart dropped at this oversimplification of me as a person. I quickly realized that the joke was on me, and the punch line was my race.

We can learn to embrace our differences without making them a joke or a spectacle. It's not funny if it comes at the expense of someone's skin color or culture. And if anyone thinks otherwise, [they're naïve and arrogantly oblivious.]" - Crystal Sykes

"Okay, here's the problem with the idea that oppressed groups can "alienate allies" by not being nice enough:

You shouldn't be an ally because oppressed groups are nice to you. You should be an ally because you believe they **deserve basic human rights**. Hearing "I hate men" shouldn't make men stop being feminist. Hearing "fuck white people" shouldn't make white people stop opposing racism.

Your opposition to oppression should be moral, and immovable. **Your belief that all humans should be treated with equal respect shouldn't be conditional based on whether or not individual people are nice to you.**" - Unknown

We don't hate white people. When we talk about the real history of the world and we mention things that make you uncomfortable because you're not racist like most of your Caucasian ancestors don't be sorry. It's a history you weren't a part of, we know. Again, No living white person is responsible for slavery; but all living whites reap the rewards; as blacks wear it's scars (class warfare.) The sins of your ancestors must be acknowledged, remorse must be shown, and corrective action must be taken to alleviate any current injustices. (I.e. Reparations)



"First, I must confess that over the last few years I have been gravely disappointed with the white moderate. I have almost reached the regrettable conclusion that the Negro's great stumbling block in the stride toward freedom is not the White Citizen's Council-er or the Ku Klux Klanner, but the white moderate who is more devoted to "order" than to justice; who prefers a negative peace which is the absence of tension to a positive peace which is the presence of justice; who constantly says "I agree with you in the goal you seek, but I can't agree with your methods of direct action;" who paternalistically feels he can set the timetable for another man's freedom; who lives by the myth of time and who constantly advises the Negro to wait until a "more convenient season." - Rev. Martin Luther King, Jr., 16 April 1963

"I will say this shit tho: white homies, y'all gotta make it haaaard as fuck to be racist in America. Like I see some of y'all try to be polite when it comes to disagreements, but that just means people can be racist and still have a coffee date with their liberal white friend later in the day. Make it hard for them. Make it a lonely experience. Make it so rough that they have no choice but to think "damn, maybe it's me." Just for a second. Don't laugh at or humor any jokes that perpetuate racist ideas. From the smallest to the biggest opportunities. Make that shit look and feel so miserable that no one wants to be a part of it. Because, they don't care about me and my opinion. They care about yours." – Devin Middleton

“We can disagree and still love each other unless your disagreement is rooted in my oppression and denial of my humanity and right to exist.” – James Baldwin

“For those of you who don’t understand what politics actually mean: ‘Are you going to let politics ruin a friendship?’ Yes, the fuck I am. People talk about politics as if it’s this isolated, abstract concept that only matters at election time.

Somebody’s politics is their world view. It’s whether they think certain human beings deserve rights. It’s how they think the world should be. And if somebody thinks that the world should be colder, meaner, less accepting and downright hostile to people that are different to them, then sure as fuck is the friendship over.” – Unknown

“We can disagree and still love each other unless your disagreement is rooted in my oppression and denial of my humanity and right to exist.” – James Baldwin



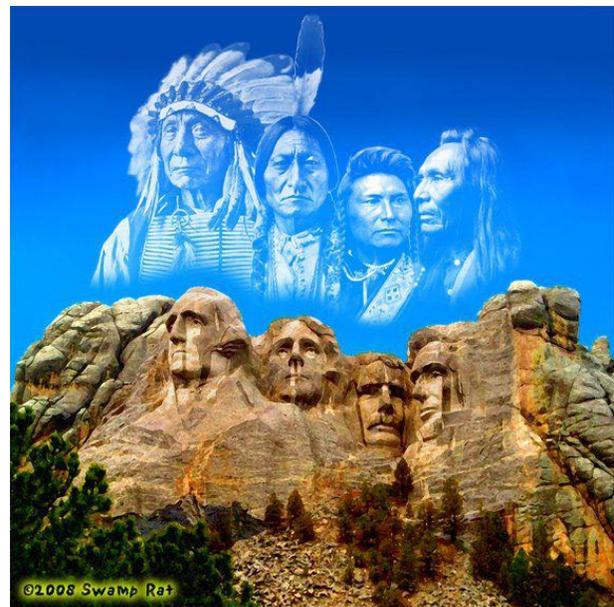
Entitlement and privilege

“Privilege is when you think something is not a problem because it’s not a problem to you personally.” – Unknown

“All it means when people say ‘you’re speaking from a place of privilege’ is that you’re likely to underestimate how bad the problem is by default because you are never personally exposed to that problem. It’s not a moral judgement of how difficult your life is.” - Unknown

"Why Most Mass Murderers Are Privileged White Men- White men from upper middle-class backgrounds expect to be both welcomed

and heard wherever they go. Perhaps the greatest asset that unearned privilege conveys is the sense that public spaces “belong” to you. If you are an American-born, college-educated white man from a prosperous family, you don’t have a sense that any place worth being is off-limits to the likes of you. When that sense of entitlement gets frustrated, as it can for a host of complex psychological reasons, it is those same hyper-privileged men who are the most likely to react

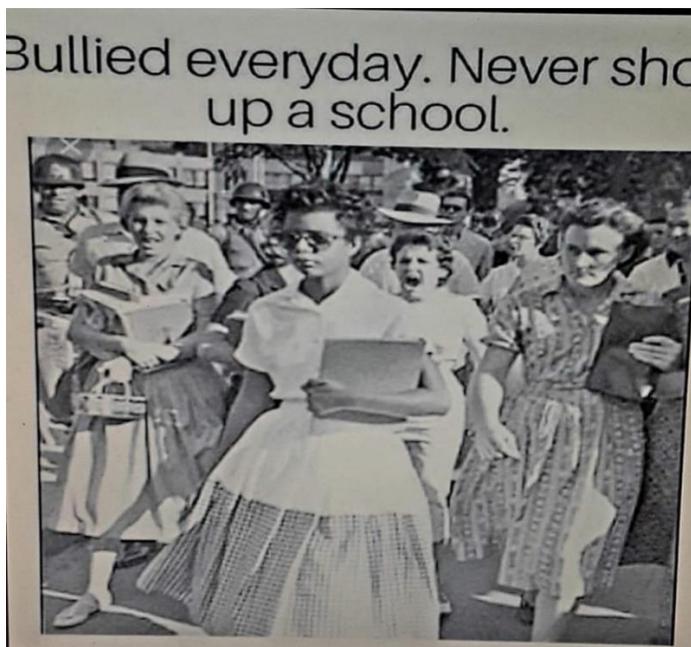


with violent, rage-filled indignation. For white male murderers from “nice” families, the fact that they chose public spaces like schools, university campuses, or movie theaters as their targets suggests that they saw these places as legitimately theirs.

The vast majority of white men from comfortable backgrounds don’t commit mass murder, of course. Your entitlement doesn’t manifest in the sense that public spaces are yours to terrorize, but it does show up in the confidence with which you move in those spaces. The certainty of belonging is at the core of your privilege. Your sense of belonging serves as an invaluable crutch in times of personal crisis.

It’s not that white men are guaranteed preferential treatment in every setting. It’s that white men are raised to expect to be welcomed wherever they go. When they find that that automatic welcome isn’t forthcoming, they tend to be indignant. When angry middle-class whites gather together in political groups to “take back our country,” what they want to grab back are the privileges they sense they’ve lost.

The fact that white male mass murderers feel so confident choosing public spaces to commit their crimes reflects a powerful truth about the culture in which they were raised. Put simply, they did what they did because of an individual sickness—but they did it where they did it in part because of white privilege.... It’s not that white men are more violent. Rates of domestic violence, including homicide, are roughly the same across all ethnic grounds... the less privileged you are, the less likely you are to take your violence outside of your family and your community.



White men from prosperous families grow up with the expectation that your voices will be heard. You expect politicians and professors to listen to you and respond to your concerns. You expect public solutions to your problems.

And when you’re hurting, the discrepancy between what you’ve been led to believe is your birthright and what you feel you’re receiving in terms of attention can be bewildering and infuriating. Every killer makes his pain another’s problem. But only those who’ve marinated in privilege can conclude that their private pain is the entire world’s problem with which to deal. This is why, while men of all races and classes murder their intimate

partners, it is privileged young white dudes who are by far the likeliest to shoot up schools and movie theaters [or eradicate an entire race of people in genocide.]" - Hugo Schwyzer

The ego's superiority complex is 100% satisfied with its unearned privileges. Ego really doesn't feel as guilty as it wants everyone to believe it does because it lacks true capacity to self-reflect. Deep down, the thought that your EGO ruled over people makes it feel proud. Pretending

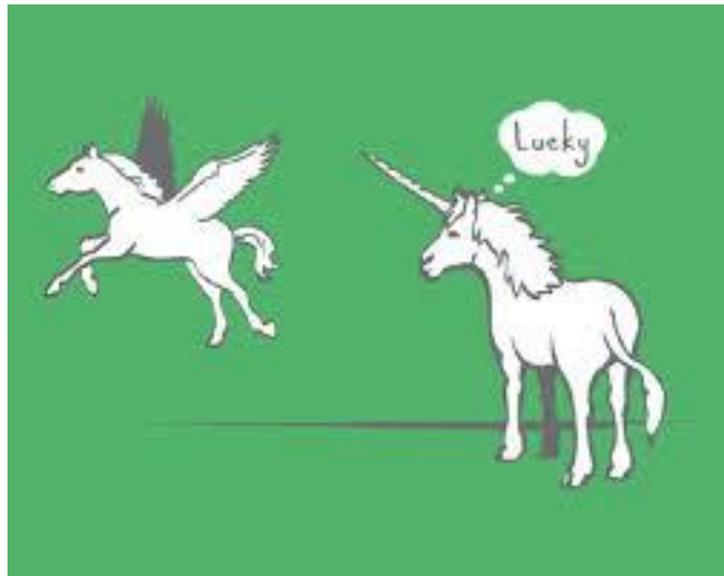
to be unaware of your unearned privilege isn't fooling anyone. Your low self-esteem and intense insecurity show every time you use the word "Nigger." Ego cheats and manipulates its way to the top because deep down it feels it cannot compete on a level playing field with everyone else.

YOU and your crew are not innocent, and your EGO destroyed us. Our LOVE didn't fail, your EGO did. It's all about your EGO. It's a culturally ingrained superiority (entitlement) complex.

The person with an inferiority complex is no more innocent than those with a superiority complex. Degrading one's own culture will not gain you favor with another. You may think the grass is greener on the other side, but if you have watered your garden well, you would know that yours is just as green. Sometimes the grass seems greener on the other side because it's fake or fertilized with bullshit.

"The most potent weapon of the oppressor is the mind of the oppressed." - Steve Biko

"No one has the right to tell you that their life is harder than yours. No one has the right to invalidate your struggles because they 'got through it just fine.' No one has the right to tell you to 'get over it' just because other people have it 'worse.' Hardships are not comparable. Your struggles are real, legitimate, and just as difficult as anyone else's."



“Just [for your information,] it was obvious in 1776 that there was something ridiculous about people who enslaved thousands of other people on the basis of their skin color declaring that “all men are created equal.” It didn’t take years for people to figure out. It took like thirty seconds.

An English dude name Thomas Day read the Declaration and wrote, in 1776: “If there be an object truly ridiculous in nature it is an American patriot signing resolutions of independency with one hand and with the other brandishing a whip over his affrighted slaves.” – Jonathan M. Katz

“We should really be teaching more white people that slavery absolutely WAS choice for slave owners. All too often, we act like it was a way of life or a force of nature and not a CHOICE made by people who felt entitled to regard other people as their property. Slaveowners made a choice every single day to treat other human beings like their property. Plenty of people in their own time knew this was wrong, but they did it anyway. Teach THAT.” - Unknown

Maybe the ideals of a bunch of white guys, deeming themselves 'the founding fathers' of our nation, are hypocritical and therefore fallible.

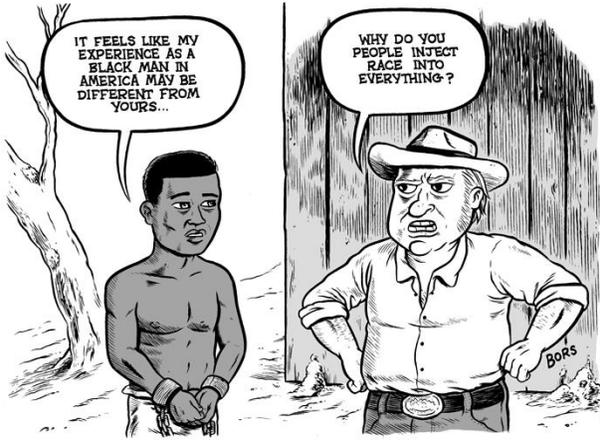
“When they speak, it is scientific;
When we speak, it is unscientific.
When they speak, it is universal;
When we speak, it’s specific.
When they speak, it is objective;
When we speak, it is subjective.
When they speak it’s neutral;
When we speak, it’s personal.
When they speak, it is rational;
When we speak, it is emotional.
When they speak it is impartial,
When we speak, it is partial.
They have facts, we have opinions.

They have knowledge, we have experiences.

We are not dealing with a ‘peaceful coexistence of words,’ but rather with a violent hierarchy, which defines Who can Speak, and What We Can Speak About.” – Grada Kilomba, in “Decolonizing Knowledge” (2016)



"When white friends don't believe what blacks go through, they're not friends. I don't expect much. Just nodding and acknowledging my words would be enough. Instead, jumping in to explain what must have really happened before I can finish a sentence means that – whether you realize it or not – you've shattered an important bond and traveled the distance from friend to acquaintance.



“Back in my day we weren't offended so easily.” Back in your day you'd throw a fit if a black person drank out of the same water fountain as you.

“White people would rather think aliens built landmarks than that brown people figured out architecture and astronomy.”- Megan Amram

“Not ALL Trump supporters are overtly racist, or ableist, or misogynist, but every one of them deciding hating people with brown skin, disabilities, or women wasn't a deal-breaker. Own that decision.” - Unknown

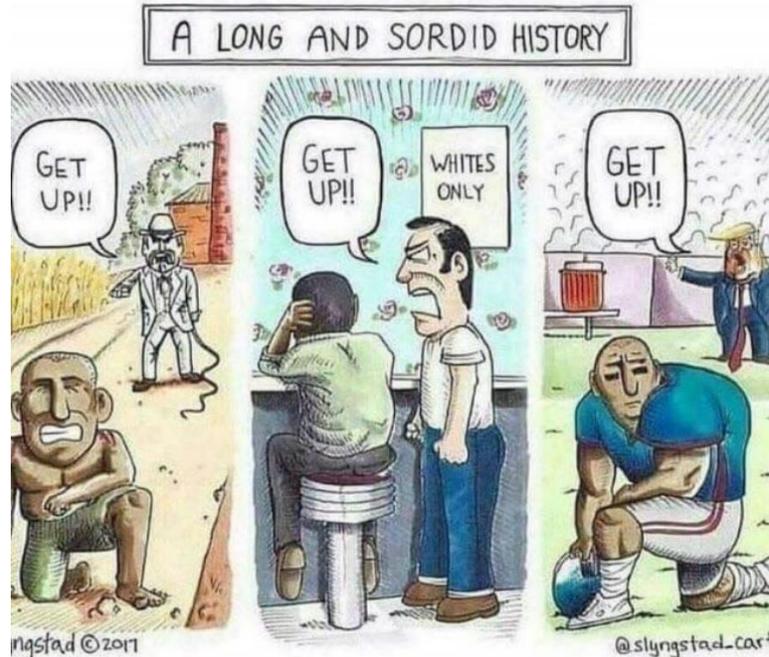
“White Fragility is racial violence. To then demand that people of color educate you on your own ignorance with the expectation of their further emotional labor is to abuse them.” – Amelia Shroyer

“When you believe niceness disproves the presence of racism, it's easy to start believing bigotry is rare, and that the label racist should be applied only to mean-spirited, intentional acts of discrimination. The problem with this framework- besides being a gross misunderstanding of

how racism operates in systems and structures enabled by nice people- is it obligates me to be nice in return, rather than truthful.” – Austin Channing Brown

“Sealioning is the name given to a specific, pervasive form of aggressive and willfully intentional cluelessness, that masquerades as a sincere desire to understand.

A Sealion is someone who, when confronted with a fact that they don't care to acknowledge, say, the persistence of systemic racism in America, will ask endlessly for “proof” and insist that it is the other person's job to stop everything they are doing and address the issue to their satisfaction.



The purpose of Sealioning is never to actually learn or become more informed. The purpose is to interrogate. Much like actual interrogators, Sealiions bombard their target with question after question, digging and digging until the target either says something stupid or is so pissed off that they react in the extreme. The other major reason why people hate Sealioning is because responding to it is a complete waste of time.

It's an insidious trap. Responding to questions asked reasonably is, of course, a natural thing for people to do. I like to do it myself; educating others is generally pretty entertaining, especially if they are receptive to learning. Dismissing those questions can appear condescending or rude, especially if you actually are condescending or rude.

Of course, these questions are not asked because the person asking them genuinely wants to know the answer. If they did, they would do their own digging based on your statements, and only ask for obscure or difficult-to-discover information.

This is the “debate principle”. It is best explained thusly: When you go to a debate, you educate yourself on the topics at hand, and only request evidence when a claim is either quite outlandish or unflinchingly obscure.

No, these questions are asked to make a responder waste their time. It works, too; I've responded to Sealiions before, answering all their questions and claims for

evidence, only to be greeted by even more willful ignorance. It's a way to force people into responding to questions phrased neutrally but asked in bad faith.

Sealions are just "asking nicely" but they are asking questions that have been asked and answered fully many times, and are unwilling to so much as open a new tab to look up the answer, nor will they recognize the validity of your sources, your experience or expertise no matter what you do. It is impossible to satisfy a Sealion.

Make no mistake.

Sealioning is a specific form of harassment. You may not explain their inquiry has already been address. You may not cite a source. You may not refer to a previous answer. You definitely may not ever point them to a link.

You must spend all your time and energy responding as much as you can to every little

details of every innocent, polite little question they ask. Sealioning isn't a sincere attempt at anything. It's a calculated technique to grind an opponent down." -Unknown

Them: "Well theres a better way to protest.." 2020 niggas:



"In the national conversation about race, especially after a well-publicized confrontation like the one's in Ferguson and Baltimore (2014), different sides don't need to agree. But they do have to accept that the other side is speaking sincerely and from the heart. And whites need to believe blacks when we say what we've been through." – Unknown

Black Lives Matter. Black people are literally saying "stop killing us" and there are people saying "But..."

"Protesters don't block traffic to gain your support. They do it so you can see what it feels like to be stuck in a powerless situation. How do you respond

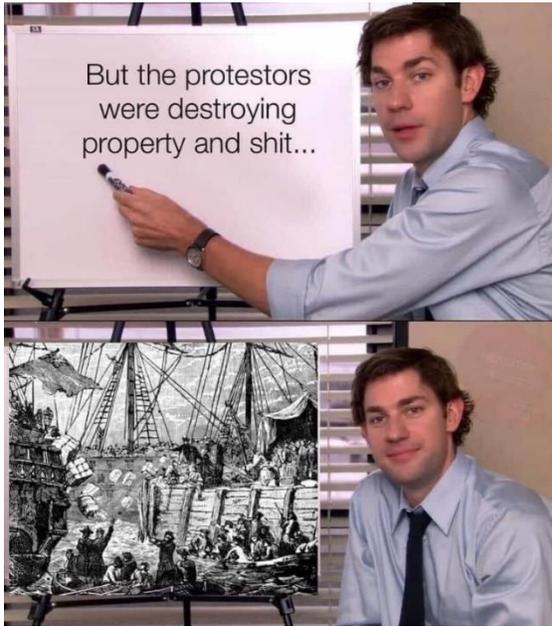
to this situation? Are you calm and peaceful? Do you want to spend years organizing political talks about it? Nope, you want to run those protesters over, kill them, kill them all. If you want to

kill protesters who have you stuck in traffic, imagine what you would want to do to a system that patrols, harasses and kills you. The sooner you learn perspective, the sooner you won't have to be stuck in traffic."- Jason Nelson

"The 'Blue Lives Matter' billboard makes me ill.

People who are "blue" have a job, wear a uniform, get a paycheck. They CHOOSE to be blue, and daily they can choose when NOT to be blue.

To equate a JOB with a life reality further dehumanizes those who very right to breathe is challenged. To equate the vulnerability of being "blue" with the reality of Black life in America is utterly reprehensible and totally ignorant.



Blue is a job. If you do not like it, if you don't feel safe, take off the uniform. End of the problem. To try to elevate "blue" by co-opting #BlackLivesMatter is cowardly.

Nope.

I do not support this attempt to subvert the message with a dangerously false equivalency. This isn't even thinly veiled racism and it turns my stomach." – Katherine Ann

>>>> A Generational Time Lapse <<<<<

Original sin: the illusion of separation "I am not my brother's keeper" >>>> The slavery and oppression of minorities>>>> My grandmother was an orphan and was denied her parents>>>> My grandmother passes emptiness to her children>>>> My father passes emptiness to me.... and the cycle continues.

Only thru artistic therapy and soul searching have I managed the pain of mental illness and emotional dysfunction. Slavery has never been an isolated incident.

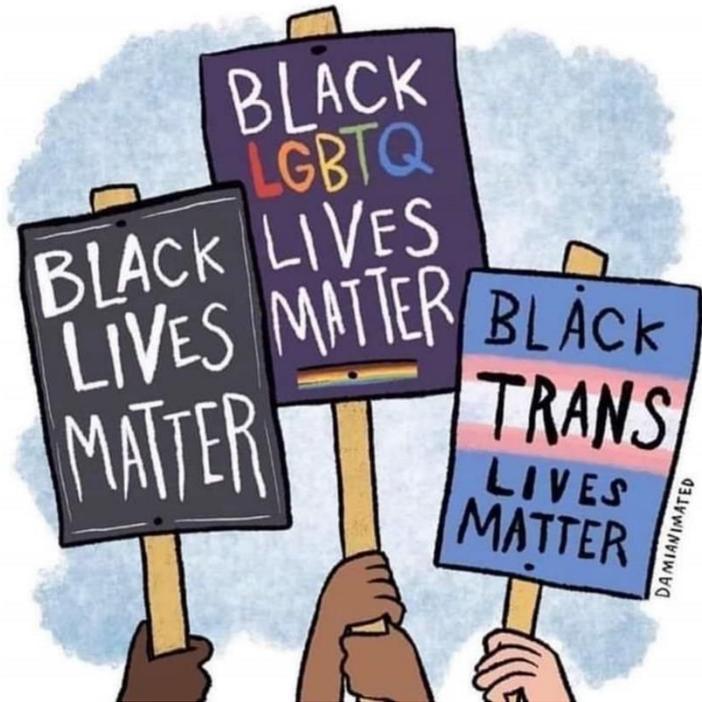


GUAP 
@Omethius_Slime

Black kids raised in the inner cities of America, have seen the worst of things, including gun violence. They don't grow up to be mass shooters and serial killers. No one treats us for PTSD. No one cares.

11/9/18, 8:16 AM

Y'all surprised about the govt planting bricks at protests wait till I tell y'all about the crack epidemic



**Types of Racism (to name a few):
Blatant Racism-Ironic Racism-Casual Racism-Sexual Racism-Colorism**

Attn white ppl: racism is not a "preference." Eliminating an entire race, or all minorities, from your dating pool is a level of casual racism known as sexual racism... it's solely meant to prevent interracial dating.

A "preference" is "I like short hair vs. long hair." A preference is NOT "I don't date blacks or asians." Still racist.

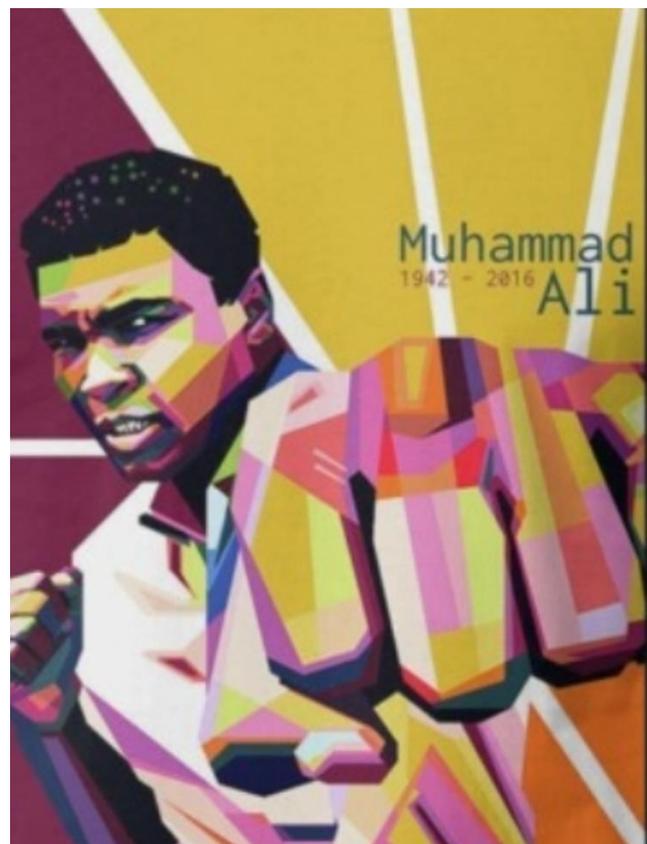
Racism is not a "preference."

"I don't date black guys" makes you racist by definition. You're discriminating solely based on race. How many times must we establish this fact? I don't mind that you're racist because it's merely a reflection of your own self-worth. An inferiority complex disguised as a superior disdain for your fellow man. That's on you. So truthfully I don't mind your ignorance, but at least admit it. Don't lie to yourself.

Colorism is a more subtle form of internalized racism; it's valuing lighter skin over darker complexions. The closer to white you are, the more you are valued.

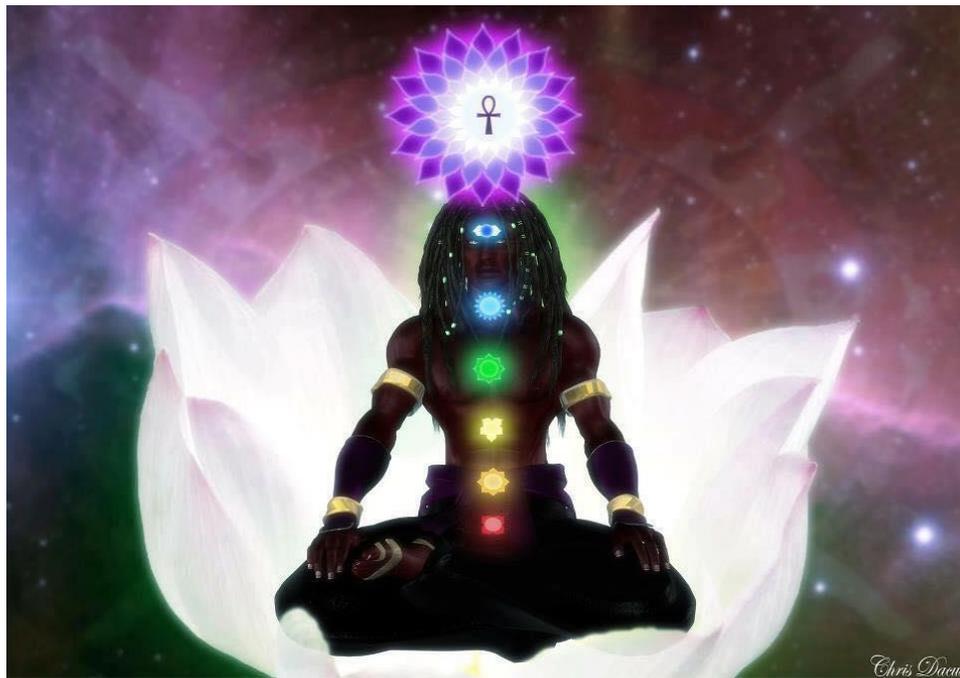
HOW TO TRANSCEND COLOR:

Call stupid white demons "Nigger." Reclaim our word and power, all while flipping the script. We own that word and have redefined it within our community due the fact that so many of our ancestors died over it. Yet, the connotation is different for Caucasians-chosen usage only demonstrates evil or naiveté. Equality is not **JUSTICE**. The problem is, that so many white demons have the privilege of feeling entitled to use OUR word, so much so that it's on the tip of their tongues and they're looking for a reason-they're itching to use it... So give it to them... And when they say it, understand that it is intended to be a threat against a **BLACK** person's very existence. So, in self-defense- I want you to summon **THE STRENGTH OF ALL YOUR DEAD ANCESTORS;** and **HIT THEM MUTHAFUCKAS IN DEY MOUTH WITH**



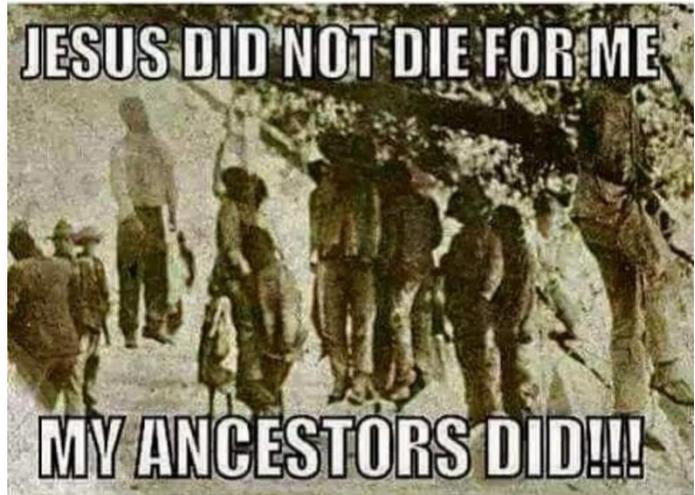
THE RAGE AND RIGHTEOUS FURY OF ANY AND EVERY WHITE DEMON THAT HAS EVER HARMED ANY OF US. As a minority in society myself, I understand that the majority expects to be extended the benefit of the doubt anytime they lose the upper hand- and will

pretend to cower in fear until they have the opportunity to undercut your mercy.



Christianity

Christianity was introduced to blacks during slavery. As we grew, they kept us from having knowledge of ourselves to enslave our mind. Now that we have become conscious and aware of who we really are we must go back and break every chain that binds us to this mental slavery. We must pave the way for those yet to come. There is no compromising over injustice. The black church is oppression's most effective weapon.



“When you put your money in the church buck, what do you get back? Hope and a future after you die. Anyone who tells me that I should be content with accepting hell on earth when the white man has his heaven here, and the Chinese man has his heaven here. Arab and east Indian- and you’re telling me I have to die in order to experience what they are getting right now? If I have to die to experience heaven, then I don’t need that religion. That’s a religion for servitude.

So, we have to put the black church to task, and ask what are they doing with our Jesus money? I’ll tell you what they’re doing. Every black church in America has their money in a white bank, it is the white bank that is funding the re-gentrification ethnic cleansing movement. So we collectively put \$3,000,000 in the church every Sunday, therefore \$3,000,000 million dollars goes to a white bank every Sunday. So, on Monday they take \$3,000,000 of black people’s “white Jesus money” and they give loans to white land developers and businesses and entrepreneurs to come into the ghetto buy all the property and force grandma out on the street homeless. Now grandma has been going to the church for 30 years, grandma has been giving that church \$50 every Sunday. And low and behold grandma has to face the reality that it was that Jesus money that put your ass on the street.” – Dr. Umar Johnson

“If you're a black Christian, you have a real short memory.” – Chris Rock

“When people send a friend request because they like my pro black posts, but I look at their page and see their “gay people are destroying society” posts and their “black women can’t keep a man because tkofsgkotsfhut” posts and their general “I hate everybody who isn’t a straight black man” timeline, I treat them the same way I treat white supremacists. Because they do not hate white supremacy. They are jealous of it. It’s not that they are against oppression, it’s just that they want to be the ones doing the oppressing, and I have no room in my life for those people.”- Wilbert Cordel Kizer Moore

“If your pro-blackness is homophobic, transphobic, misogynist, and/or sexist. It’s not pro-blackness. It’s trash.” - Unknown

“The tendency to turn human judgments into divine commands makes religion one of the most

dangerous forces in the world.” - Georgia Harkness

“If your holy book tells you how to treat your slaves, your holy book is disqualified as a source for moral code.” – Unknown

“If you feel like God called you to go on mission trips to Africa but not to speak out on the murder of black people by cops here in America, then maybe it was more about the vacation for you..” - @mynameisnotGina

“The likelihood of religion becoming corrupt is greatly diminished when there is freedom for individual thinking and when honest inquiry is encouraged.” – Chris Kimball



"Contrary to popular belief, Repetition does NOT turn a lie into truth." - Franklin D. Roosevelt



Religion and Holy Misogyny: A woman didn't come from a man's rib. Man came from her womb.

“The worker is the slave of capitalist society; the female worker is the slave of that slave.” – James Connolly

“Show me how you treat your women and I will show you the condition of your race.” – Dr. Yosef Ben Jochannan

“Just a PSA: If you personally believe a rape victim has to keep their baby, especially because “God wanted her to get pregnant,” stay the fuck away from me.” - Unknown

Those without female reproductive organs shalt not legislate female reproductive organs. – Fallopian 1:1

Slut shamming must cease.

“Modesty empowers some, nudity empowers others. Different things empower different women and it’s not your place to tell her which one it is.”- Anonymous

The female being is a portal between the spiritual realm & the physical realm. The only force in the universe powerful enough to navigate and incarnate unborn spirits into our world.

Women should be honored regularly. It’s mostly women who have looked out for me against all odds. In the best way possible, most of my existence is indebted to women. I love

women and only wish to uplift and aid in their own liberation and empowerment. We are proud feminist. Women who seek to be equal to men lack ambition. Well behaved women seldom make history. Feminism is needed because our society teaches “How to avoid getting raped” instead of “Don't rape.”

“No, you can't deny women their basic rights and pretend it's about your 'religious freedom... Religious freedom doesn't mean you can force others to live by your own beliefs.”- President Barack Obama

“If you actually want to prevent abortions, make sure everyone has health care, sex education and birth control. Not the exact opposite.” - Unknown

“Also, you know his name wasn't actually Jesus Christ, right? Jesus is just the Greek translation of Yeshua, which translates from Hebrew to Joshua. But his name wasn't Josh Christ, either, since his parents weren't 'Joseph and Mary Christ.' So, it's not really blasphemy to say "Jesus Christ," because it's not taking the correct name in vain.” – Anonymous

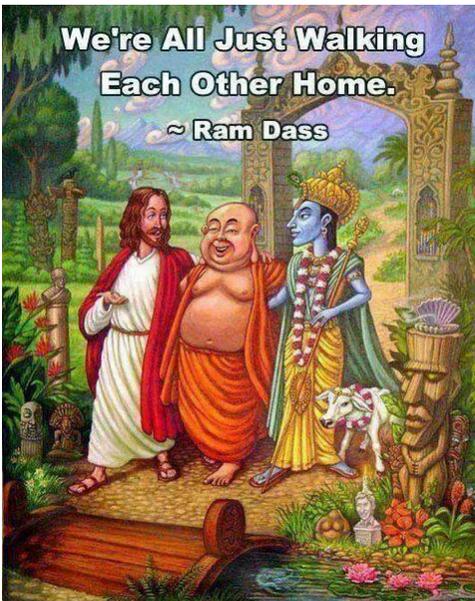
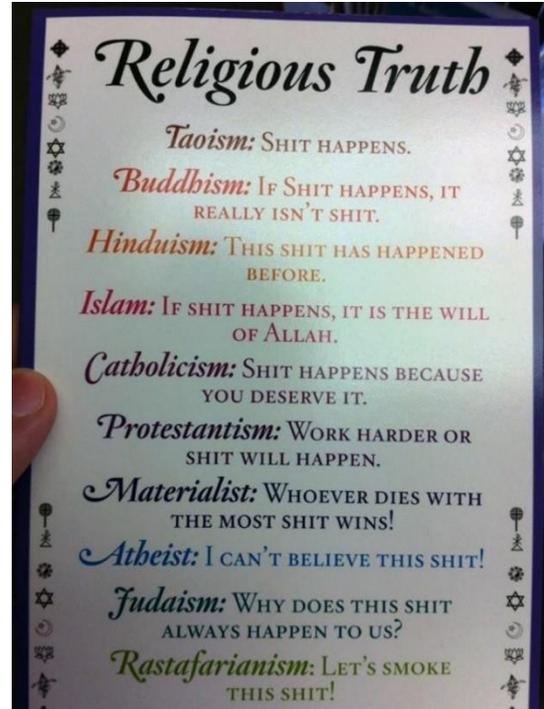
Profanity may be the inevitable linguistic crutch of the inarticulate, but personally I don't find swearing offensive. I do find, backstabbing, lying, cheating, bigotry, and pedophilia offensive, but not swearing.

“Love is at the heart of creation, so I listen for commonalities within all demographics. It's not about the group itself. It's about how close each group gets to the infinity that is a universal oneness and a love that is unconditionally free. I am spiritually agnostic because I sense that there's something greater, yet no one will ever know because when dealing abstractions CREATIVITY and LOVE are the only absolutes.



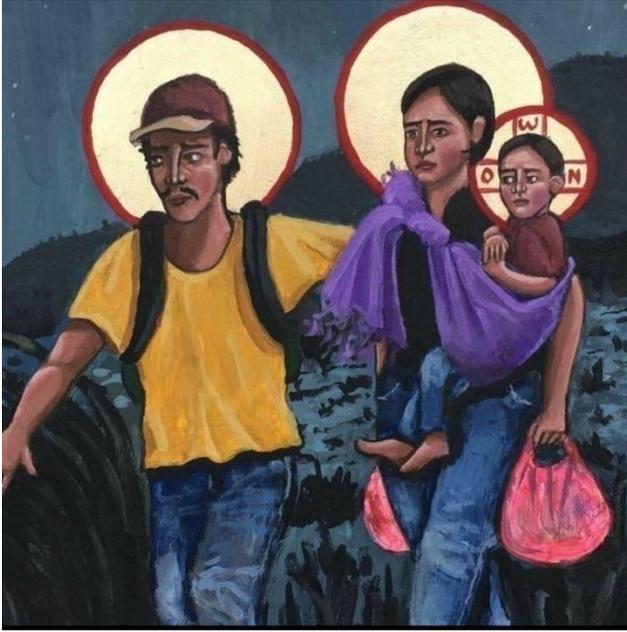
Yet, do not idolize an un-dead zombie. God and Unconditional love is deep within the heart. So it is not about idolizing (or demonizing) the name Jesus, Buddha, Satan or anyone, but the enlightened collective subconscious within us all. For we are all just walking each other home.

God IS LOVE. ACTIONS SPEAK LOUDER THAN WORDS, therefore we are our actions, sinful or otherwise. Any "god" that hates OUR ACTIONS in reality wants to SEPARATE US from OUR ACTIONS... therefore SEPARATING US from OURSELVES, our HUMANITY and EACH OTHER- Divide, Conquer and Destroy. ALL THINGS ARE CONNECTED Therefore, hatred is Satan DISGUISED as GOD, sneaky little devil. COEXIST. With Love in your heart, there's no room for hate. God is love. There's nothing holy about hatred. Don't be fooled." - Charles Smith III



“Allah just means God in Arabic. It’s a literal translation. Allah isn’t a different ‘Muslim god’ or a distinct divine entity. Same God. Non-Muslim Arabs also say Allah, inshaAllah (God willing), and more. Allah = God. Cut out the ignorance/Islamophobia.” – Kahled Beydoun

Love is my religion. If all religions teach peace, then why can't all religions achieve it?



"What if our religion was each other, if our practice was our life, if prayer our words? What if the temple was the Earth, if forests were our church, if holy waters ~ the rivers, lakes and oceans? What if meditation was our relationships, if the teacher was life, if wisdom was self-knowledge, if love was the center of our being?" - Ganga White

Reality can be so complex that equally valid observations from differing perspectives can appear to be contradictory. Initially through coexistence I was all encompassing of religion, yet progressively over time I've developed a bias against its teachings of being satisfied with not understanding the world. Ego is the parent of sin. Sin is an imaginary disease created

by church corruption to make you feel guilty for being human. Who promises an imaginary cure, if you give them your money and let them control your mind. Any religion that teaches of a reward in the afterlife, is in actuality stealing your dreams today. Ever thought about aligning yourself with Jesus by being an outcast? Jesus was an outcast.

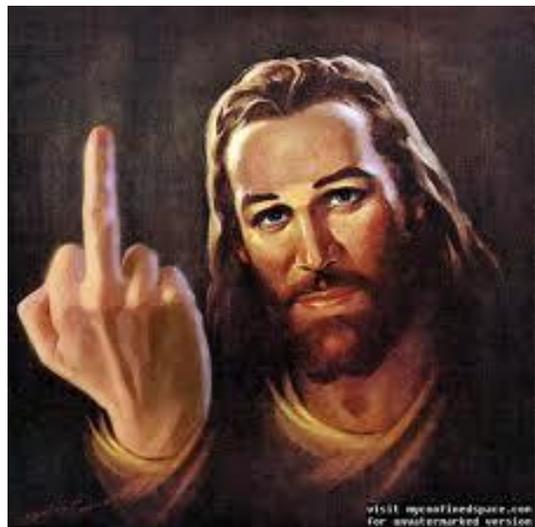
How did so many religions got caught up in the notion that life is about suffering? If the bible intended to teach the importance of love that liberates the heart and soul from the power of hate, loneliness and despair, it horribly missed its mark.

 **Charles Smith**
Apr 23, 2019 · 🌐

Someone at work told me that I couldn't be Jesus, because he was white.

If Jesus existed he was a middle eastern brown skin man. To say I can't because he was white, is to say my black skin is too dark to be holy.

White supremacy is real, y'all.



"I got hurt. Really hurt; and sometimes when that happens, something inside me shuts off. So, I'm long past caring what you think. I'm allowed to dislike those who hurt us. I'm allowed to say what I want, laugh how I want, and be who I want. This is my life, and if you don't like it then there's something wrong with yours, not mine. Once you learn to be happy you won't tolerate being around people who make you feel anything less. Sometimes you must stand alone, just to make sure you still can. " - Anonymous

Isn't it amazing how all who see behind the illusion come back with the same message? Looking at my watch, it's half past time for religion to become an ancient mythology.

A friend told me that I was delusional!!! I almost fell off my unicorn.

Ultimately, I must thank religion for leaving my side when I was alone and needed help. For it was then that I realized I could do so much more without.



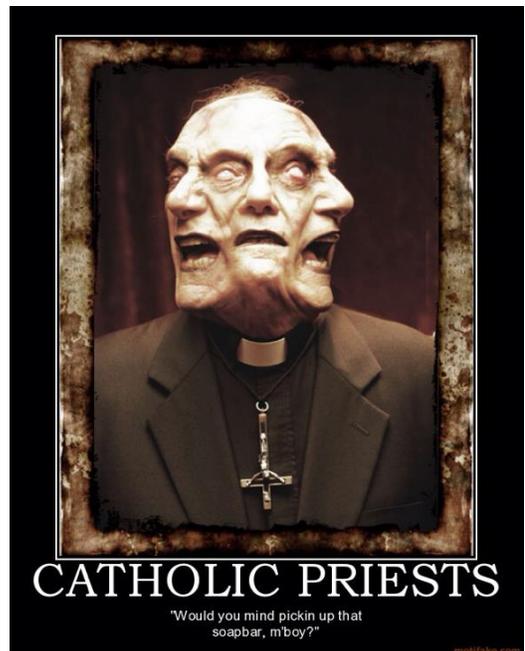
"Question with boldness even the existence of a God; because, if there be one, she must more approve of the homage of reason, than that of blind-folded fear." - Thomas Jefferson

There is no war on your religion. It is simply opposition against oppression, hatred, bigotry, and stupidity. I prefer to follow my own moral code instead of living as a hypocrite. You can't treat people like garbage and then expect them to love you. Separate church and state and keep religion out of government.

"Jesus was a radical nonviolent revolutionary who hung around with lepers, hookers, and crooks; was anti wealth, anti-death penalty, anti-public prayer; but was never anti-gay, never mentioned abortion or birth control. Never called the poor lazy, never justified torture, never fought for tax cuts for the wealthiest Nazarenes, never asked a leper for a co-pay, and was a long-haired brown skinned homeless community-organizing anti-slut-shamming middle eastern Jew."- Unknown

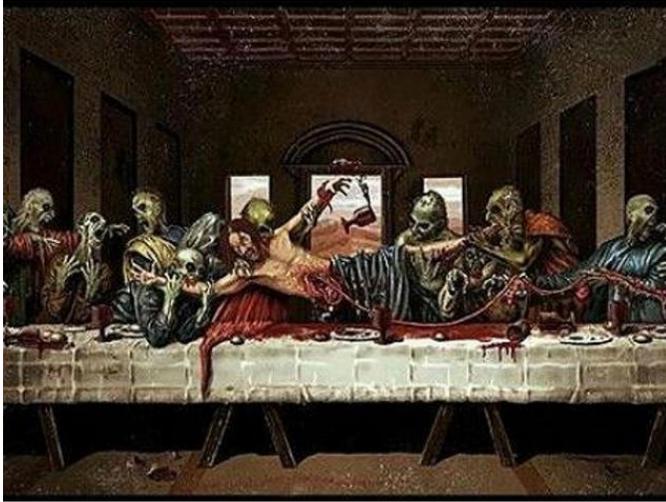
It's your hell, you burn in it. Religion divides more than it unites.

"Stop referring to the 'Catholic Church's Sex Scandal.'
A scandal is when someone violates their partner's trust by engaging in an illicit affair. The Catholic Church is a criminal organization that has a staggering history of abuses, the most cited of which is their systematic protection of child rapists. Again, indoctrination attempts to deceive the masses by insulting their intelligences." - Anonymous



You do not need religion to be a good person. If a person can't determine what's correct, they lack ethics and empathy, not religion. Laws banning atheists from holding public office are discriminatory & unconstitutional. Keep religion out of government. There is nothing holy about hatred. If ministers are going to preach politics, it's time to tax the churches. The Lord is not my shepherd for I am not a sheep. Separate church and state. Using Jesus and oppressive legalities to be a self-righteous asshole is not patriotism, its bigotry.

Bigotry wrapped in prayer is still bigotry. To hide bigotry behind persecution is unjust. Isn't it interesting that a country founded to allow freedom from religious persecution is now



using religion to persecute freedoms? Why should my civil rights be dictated by your interpretation of the parts of the Bible you choose to believe in? Religious “freedom” doesn't mean "freedom to force everyone to follow your religion.” Blasphemy is speech that has been outlawed to prevent your religion from losing arguments. Tolerance does not mean tolerating intolerance. God has no religion. God is too big to fit into one religion. I think therefore I am an infidel. Lions/Lionesses don't lose sleep over the opinion of sheep.

“I'm afraid I don't believe there is a such thing as blasphemy, just outrage from those insecure in their own faith.” – Stephen Fry

"All great truths begin as blasphemies." - George Bernard Shaw

"The crime called blasphemy was invented by priests for the purpose of defending doctrines not able to take care of themselves." – Robert G. Ingersoll



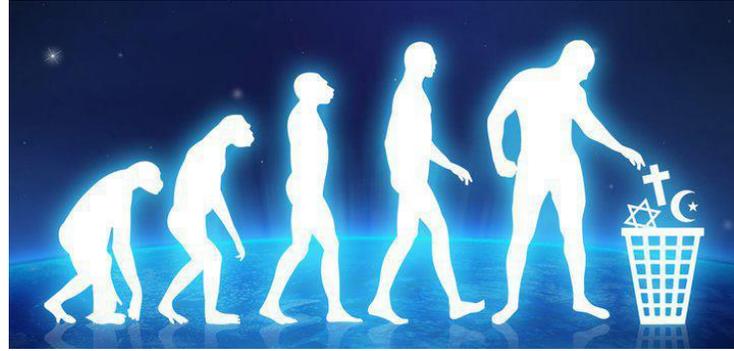
If your faith can move mountains, it should be able to withstand criticism.

“People take different roads to seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost.” – Energy Healing Solutions

“You are not responsible for the programming you picked up in childhood. However, as an adult, you are one hundred percent responsible for fixing it.” - Ken Keyes, Jr.

“Religion is the belief in someone else's experience. Spirituality is having your own experience.”- Deepak Chopra

“Religion is for people who are afraid of going to hell. Spirituality is for those who have already been there.” – Vine Deloria



“I feel the need to spark public debate because I see spirituality like a great artistic masterpiece. When someone as free thinking and brilliant as the each of you, repeats something so unoriginal as a common religious belief of the masses- it sounds like spoon feeding. With all due respect, fellow artist, religion is an adopted belief simply because it's not an original thought. I'm not hating, I'm just not going to let people trap you mentally, physically or spiritually. It's how I love. I understand that most are not as far out here as I am, but when our minds are connected through words, and our hearts - I feel an obligation to shine a light out of The Matrix, out of the common thought process. Especially sense it bleeds into my own. I'm only so opinionated because I want to exercise our minds to paint with more colors and dimensions then what we've learned. I want your masterpiece and legacy to have your unique individual self written all over it. Love is an action.” - Charles W. Smith III

“All collective judgements are wrong.” – Elie Wiesel

“It is also difficult to realize the fallacy in all collective judgements. However, a collective judgement is a single outlook adopted by a vast majority of people. It is a collective compromise and therefore not necessarily the very best for each person. The minority opinions must be disregarded, and this creates fallacy.”- Jonathan Brown

“I have endeavored to dissipate these religious superstitions from the minds of others, and their faith on science and reason, where I found for myself at last that peace and comfort, I could never find in the Bible and the church. The less they believe the better for their own happiness and development.” - Elizabeth Stanton

Merry Crisis and Happy New Fear!

“Neither a man, nor a crowd, nor a nation can be trusted to act humanely, or to think sanely under the influence of a great fear.” - Bertrand Russell

“The human brain is an amazing organ. It keeps working 24 hours a day. 7 days a week. 52 weeks a year.... From before you leave the womb. Right up until you're given religion.” -

Anonymous

“Are you religious?”

“Fuck no.”

And they lived happily ever after.

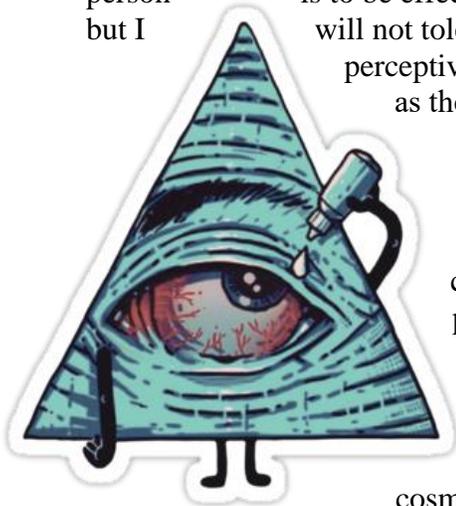
“Another state of duality is distinguishing the difference between traits of the psychological disorder labeled "The Messiah Complex" vs. Enlightenment. It is important to recognize that The Great Spirit saves the world, we're all just vessels made in the divine image. Any fool can know, the point is to understand.”- Charles William Smith III

“You are not here to save the world, but you are here to touch the hands that are within your reach.” - Kathleen price

“If someone corrects you, and you feel offended, then you have an ego problem.” – Nouman Ali Khan

“The day you think you know; your death has happened because now there will be no wonder and no joy and no surprise. Now you will live a dead life.” - Osho

"I understand that the subject matter I choose to discuss is controversial, but so are our problems in life. The way to grow as a people is not to ignore issues, but to openly discuss them. If a person is to be effective, they are going to be controversial. I invite open discussion, but I will not tolerate implied accusations of prejudice simply because of my perceptive insights. Let it be known that all voices are welcome here as long as they're not a-typically ignorant.” - Charles William Smith III



The Illuminati are the collective psychosis that is the glass ceiling. The glass ceiling is the cis-gendered heteronormative patriarchal paradigm and myth of "trickle-down economics" that constantly discriminates against women, immigrants and minorities.

“Solution: Our cosmic mission as one human family is to define and exemplify the principles of a genuine planetary culture of peace. Shift fear to love. Each sociological psyche, each demographic, each group of people stops thinking they're better than the next. See, myself, I've learned that no matter how 'polished' or 'unpolished' I am, I know I am no better (or worse) than anyone else's potential. Seeing past our cultural hang-ups, we realize that there is enough for everyone.” – Charles W. Smith III

“We blame society, but we are society. It is not our differences that divide us, it is our inability to recognize, accept, and celebrate those differences.”- Audre Lorde



"We have scientifically proven that the power of human thought grows exponentially with the number of minds that share that thought. This is the inherent power of prayer groups, healing

circles, singing in unison, and worshipping en masse. The idea of Universal Consciousness is no ethereal New Age concept. It's a hard-core scientific reality." - Lynne McTaggart

"I would encourage everyone to step up and get involved- especially young women. You're going to build your future on where we've left things for you, and that means staying strong." - Anonymous

There is no escaping from ourselves. The human dilemma is as it has always been, and we solve nothing fundamental by cloaking ourselves in technological glory.

"Impossible is just a big word thrown around by the small minded who find it easier to live in the world they've been given than to explore the power they have to change it. Impossible is not a fact. It's an opinion. Impossible is not a declaration. It's a dare. Impossible is potential. Impossible is temporary. Impossible is nothing." - Anonymous

"Don't try and change the minds of adults. As harsh as it may sound, their time has come and gone. Focus on cultivating the youth if you want any major change to occur in this world... They say the child shall lead." – Unknown

Never underestimate the power of planting a seed of truth in a fertile mind. Pass the truth to the next generation; teach them early what we learned late. Your ancestors will live forever if you teach their stories. When you plant a seed of love, it is you that blossoms. If the money, power, and successful relationships never come, then who are we? Pursue God, Love, and Enlightenment, NOT false idols because idolizing leads us astray to disappointment.

Forcing religious and societal myths on children is traumatizing child abuse.

A social construct is when a rigid mind loses flexibility.

"It's terrible. Fighting your own mind, and you don't even know why half the time." – Unknown

"There's good in all of us and I think I simply love people too much, so much that it makes me feel so fucking sad." – Kurt Cobain

"To anyone suffering with mental illness: You are one badass mother fucker because nothing is more terrifying than battling with your own mind every single day." – Anonymous

"They said that slaves who wanted to be free and kept running away were mentally ill too. People who are fearless and ready to die for what they believe in always sound mentally ill to those who spines are stitched together with illusions, scriptures, respectability politics and investments in a glorious colorblind afterlife." – Stacey Patton

The cost of sanity, in this society is a certain level of alienation. I'm trying my best to be myself in a world that's trying it's hardest to turn me into someone else. I used to be a people person... but people ruined that for me. I may be schizophrenic, but at least I have each other.

"Small minds can't comprehend big spirits. To be great you have to be willing to be mocked, hated and misunderstood. Stay strong." – Anonymous

"You have to go on and be crazy, craziness is like heaven." - Jimi Hendrix

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself." – Rumi

"Someone said that self-care is also choosing not to argue with people who are committed to misunderstanding you. I felt that."- Louise Littre

"You cannot make someone understand a message that they aren't ready to receive." - Unknown

My life would be so much easier if I wasn't intelligent enough to realize how fucking stupid people are. I'd explain it to you but I'm all out of puppets and crayons.

I'm sorry that hanging out with me has left you questioning your own sanity. You can't always be nice; sometimes you've got to set boundaries. Being surrounded by so called "normal people" has me very very nervous.

"You might feel like you have to hide who you are, so you won't get hurt. Just don't hide for so long, that you forget who you are. Sometimes you've got to play the fool to fool the fool who thinks they're fooling you." - Anonymous

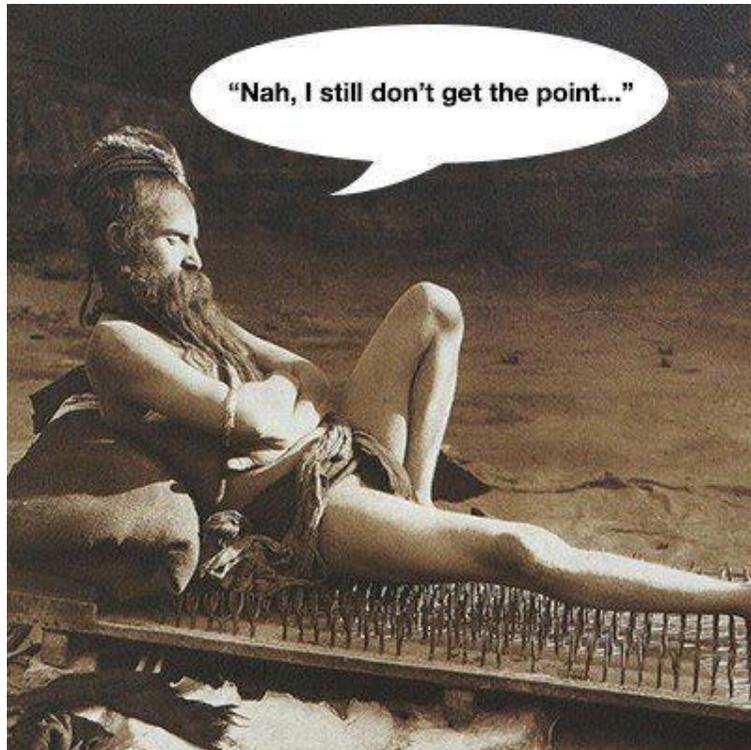
"The number of 'followers' you have doesn't matter. Hitler had millions, but Jesus had 12."- Anonymous

The majority often marginalizes the minority voice/experience as just a baseless opinion.

"No, people aren't 'more sensitive' now. People aren't too 'Politically Correct' now. Nor are people 'Just looking for a reason to be offended' now. We, as a people, know *better* now. Therefore we, as a people, are trying to do better now." – Anonymous

"True peace is not merely the absence of tension; it is the presence of justice." – Dr. Martin Luther King

Be upset about the smallest act of injustice, for this too may snowball into an avalanche of oppression.



MANTRAS

Let my perception be a blessing that is defined by an individual, not the group.

I transcend prejudice by entering a state of unbiased appreciation for everything.

Let the mirror of the group show my perception of self.

QUOTES TO LIVE BY

"I like when a flower, or a little tuft of grass grows through a crack on the concrete. It's so fucking heroic." – George Carlin

The key to the word UNITY is that the U always comes before the I.

"Happiness is when what you think (Mind), what you say (Spirit/Soul), and what you do (Body) are in harmony." - Mahatma Gandhi

We are ALL HERE TOGETHER!

"Now I may have wisdom and knowledge on earth, but if I speak wrong than what is it worth?" - Lauryn Hill

"The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them." -Thomas Merton

We were not created by or for slavery.

"On bended knee is no way to be free, lifting up an empty cup I ask silently, all my destinations accept the one that's me, so I can breathe." - Eddie Vedder

"...and every time I've tried to be what someone else thought of me, so caught up I wasn't able to achieve; but deep in my heart the answer was in me, and I made up MY mind to define my own destiny."- Lauryn Hill

"Although most go with the crowd, it is those that think outside of limitations that make history."- Charles W. Smith III

"I do this real moron thing, it's called thinking, and I'm not a very good American because I like to form my own opinions."- George Carlin



"Think Differently. Beware when the great God lets loose a thinker on this planet."- Ralph Waldo Emerson

"There is no box. Think. Use good judgement supported by wisdom and discernment, not assumptions."- Janeè L. Douglas

FREE YOUR MIND

"Let me be patient, let me be kind, make me unselfish, without being blind..."- Lauryn Hill

"I WILL NOT keep you in MY LIFE if you believe you hold the answers to human perfection..."
- Anonymous

"The Bible is a BLUEPRINT, but NO ONE can live their life to the T as it describes... it's just like a map; giving suggestions & guidance but in the end, we decide our own paths." – C. Thomasson

"They shake their heads as they drive away in the bandwagon. Didn't feel like hitching a ride. Oh, but I'll be fine..."- Bethany Dillon

"Pride does not always mean arrogance and conceit."- Kate Welsh

"Now I may have faith to make mountains fall, but if I lack LOVE than I am nothing at all. I can give away EVERYTHING I possess, but if without LOVE than I have NO happiness..." - Lauryn Hill

"Does anybody hear me? Is anybody listening?... How can we change hate before it's too late..."- En Vogue

"Took me a little while to discover, WOLVES in sheep's clothes who pretend to be brothers and you never suppose it's those who are CLOSEST to you. They say all the RIGHT things to gain their position. Then use YOUR KINDNESS as THEIR AMMUNITION, TO SHOOT YOU DOWN IN THE NAME OF AMBITION. Forgive them father for they know not what they do."
- Lauryn Hill

"Life IS NOT BLACK or WHITE. IT'S NOT two-dimensional. Life is NOT ALWAYS YES OR NO. Not EITHER/OR. Life is multi-dimensional, FULL of ALL Spectrums of COLOR and even SHADES of GREY. I repeat, ANYTHING'S POSSIBLE...IF you believe the most complex questions of our lifetime are simple "yes" or "no" answers, then go back to grade school. In a world where everyone likes things to be black and white. I prefer to be a bit more colorful." - Charles Smith III

"Let's free the people from deception, if you're looking for the answers then you've got to ask the questions..." - Lauryn Hill

"After winter, must come spring; change, it comes eventually." - Lauryn Hill

"Once upon a time, you loved me for who I am, not for who you thought I should be." - Charles Smith III

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. Most importantly, have the courage to follow your heart and intuition; they somehow already know what you truly want to become. Everything is secondary." - Steve Jobs

"...and every time I tried to be, what they wanted from me, it never came naturally, so I end up in misery, was unable to see, the good around me..." - Christina Aguilera

"I ain't no psychiatrist, I ain't no doctor with degrees, but it don't take too much IQ to see what you're doing to me. People walking around everyday playing games and taking scores; trying to make people lose their minds, well be careful you don't lose yours! You need me, and I need you (don't you know.) Without each other there ain't nothing either can do." – Aretha Franklin

Coexist.

"Bad things happen when good people don't speak out." - Mahatma Gandhi

"Abstractly speaking, art and expression is nonviolent spiritual weaponry, for it paints the lives of millions." – Charles W. Smith III

"Going to church doesn't make you a Christian any more than standing in a garage makes you a car."- Anonymous

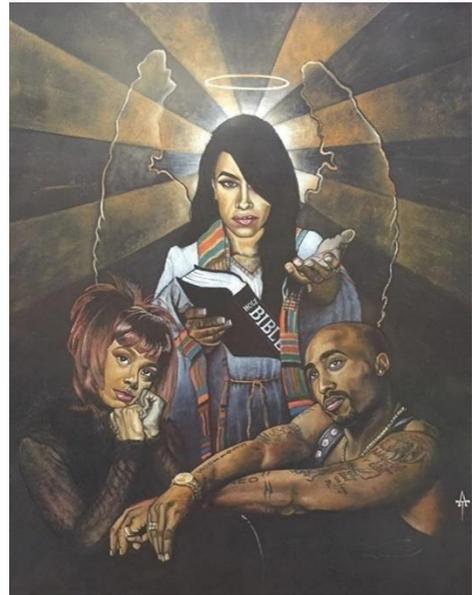
"And when you pray do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full." – Matthew 6:5

"Men who lack conscious will even lie to themselves." - Lauryn Hill

"Not ALL individuals in any particular demographic are narrow minded. Similar is not the same. There are good-hearted OPEN-MINDED people everywhere.

This is NOT so much about Religion as it is about an internal conflict of duality surfacing as BIGOTRY, HATRED, LIES, JUDGEMENT, ARROGANCE AND DECEIT. I've seen LOVE and compassion within ALL people. Unfortunately, I've seen Ignorance/Hate too." – Charles W. Smith III

GREAT minds think for themselves.



"Contrary to popular belief, Repetition does NOT turn a lie into truth." - Franklin D. Roosevelt

"The further society drifts from the truth, the more it will hate those that speak it." - George Orwell

"Old beliefs do not lead you to new cheese." - Spencer Johnson

"Courage is being who you are no matter what anyone thinks about you." - Anonymous

"As we are liberated from our own fear, our presence automatically liberates others..." - Marianne Williamson

"The older I get the more I don't care if I fit in with everyone else." - Anonymous



No human may judge my personal relationship with The Great Divine.

"All collective judgments are wrong"- Elie Wiesel

"We need to exert ourselves that much more and break out of the vicious cycle of dependence imposed on us by the financially powerful: those in command of immense market power and those who dare to fashion the world in their own image."- Nelson Mandela

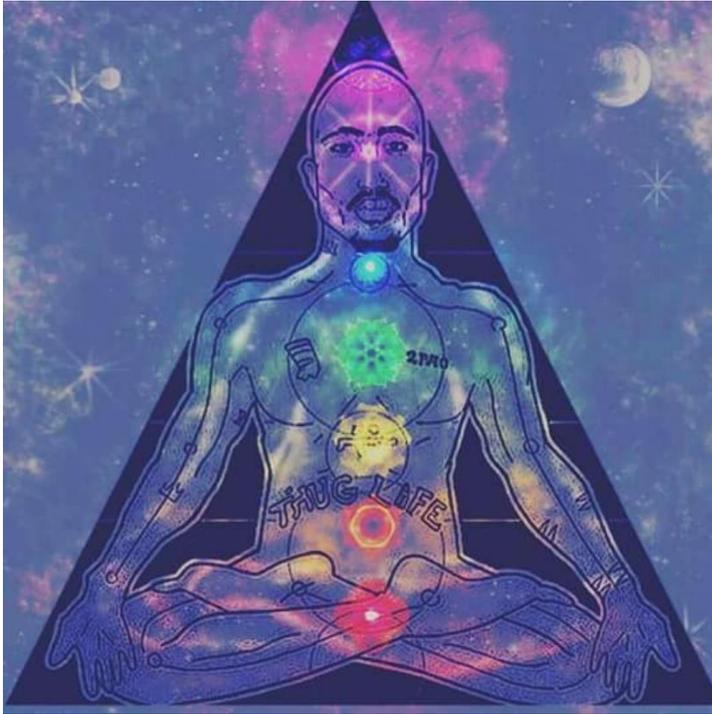
Be strong enough to stand alone, be yourself enough to stand apart, but be wise enough to stand together when the time comes.

"The Lord also will be a refuge for the oppressed, a refuge in times of trouble; and those who know your name will put their trust in YOU; for YOU, Lord, have NOT forsaken those who seek you." - Psalm 9:9

"The duty of youth is to challenge corruption." – Kurt Cobain

"If racism is something you're tired of hearing about, imagine how fucking exhausting it must be living it every day." – Jon Stewart

“Privilege is when you think something is not a problem because it’s not a problem to you personally.” – Anonymous



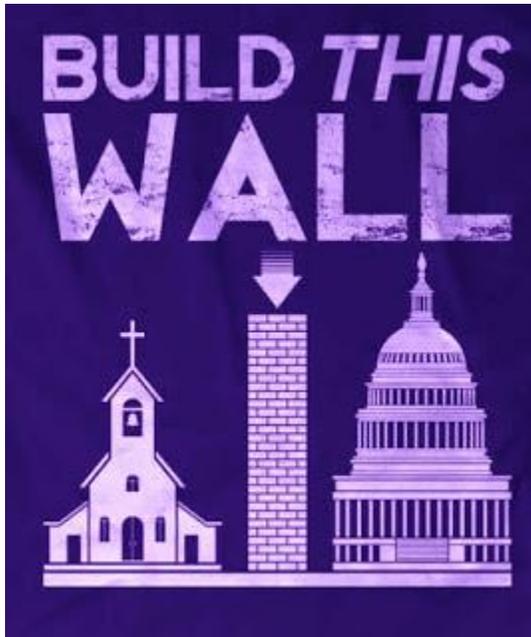
Pro-black, doesn’t mean anti-white.

“They came with a Bible and their religion, stole our land, crushed our spirit, and now they tell us we should be thankful to the Lord for being saved.” – Pontiac (c. 1718-1769)

“Religion is how your ancestors lost their culture, future, values, and their way; but it’s never too late to stop the rot, restarts, and rise again from your own roots.” – Anonymous

“I use ‘ya’ll’ and ‘finna’ because I don’t associate my intelligence with my use of colloquial euphemisms. Ebonics is cultural not remedial.” – Nia S. Vaughn

“An infinite God ought to be able to protect himself, without going in partnership with state legislatures.” Robert G. Ingersoll



If your faith can move mountains, it should be able to withstand criticism.

“Blessed are the weird people- poets, misfits, writers, mystics, painters, and troubadours – for they teach us to see the world through different eyes.” - Jacob Nordby

“Sometimes people use ‘respect’ to mean ‘treating someone like a person’ and sometimes they use ‘respect’ to mean ‘treating someone like an authority;’ and sometimes people who are used to being treated like an authority say if you won’t respect me I won’t respect you’ and they mean ‘if

you won't treat me like an authority I won't treat you like a person' and they think they're being fair but they aren't, and it's not okay." – Anonymous

"Telling black folks to be 'respectful' to police to avoid dying is like telling women to dress 'appropriately' to avoid rape." – Anonymous

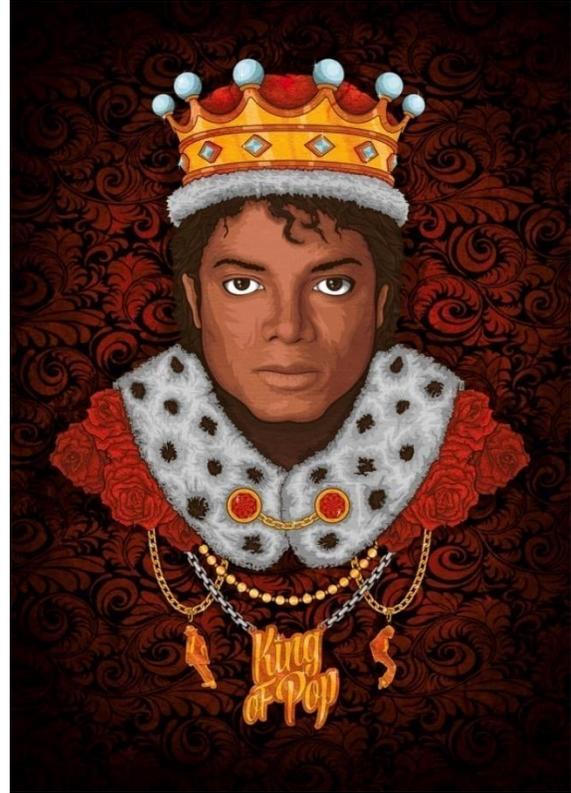
"White men tell the children that their ancestors 'settled' in America. When the truth is that they invaded, murdered, and raped Native Americans until they barely existed."- Anonymous

In my search for truth I had to leave churches.

"You seek too much information and not enough transformation"- Sai Baba

Stop looking for happiness in the same place you lost it.

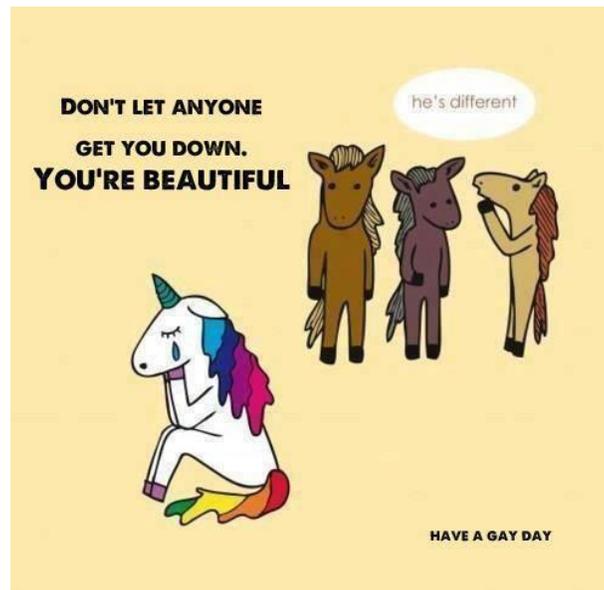
Don't let your struggle become your identity.



"I sneak away to play connect the dots with constellations, the population got complacent from my observations, so if you catch me in the mirror having conversations I'm just contemplating all this 'hatred' man it's complicated.."

To whom much is given much is required. So if you're able, and when your happiness and stability begins to overflow... Please reach out and raise the homeless, for they are some of the greatest marginalized unicorns of all. Make a way out of no way for a them. We're all here together. We are our brother's keeper. Change the world.

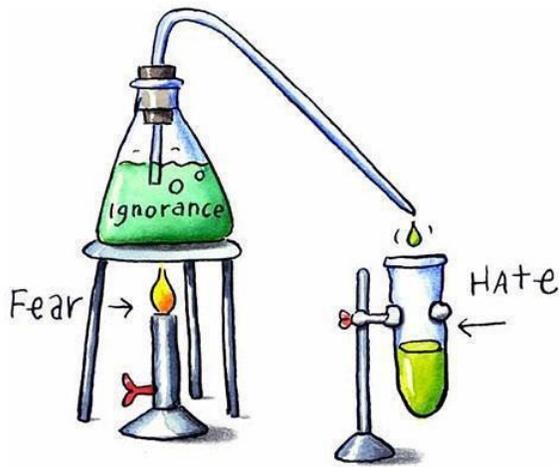
Chapter 7: Ignorance, Hatred, Haters and Negative Energy



Dear God, I don't want to be like them. Keep me being different. I love the lane I'm in.

For every bit of truth you find in yourself that brings you happiness, you will always find others who become upset by the serenity you find in your own understanding. As a spiritual bisexual male living in an area that is not very conducive to people that think outside of the box, I have experienced this on numerous occasions. A large amount of the love and knowledge I hope to spread with this book comes from experiences with close-minded and suppressive individuals who doubted my value and potential. Rather than stoop to their level of destructive negative attitude and teaching, I used their projection of hatred to fuel my dream that other people who have experienced prejudice on their journey of self-discovery might read this and find something that encourages them to not only continue their search for self, but to be proud of it. For every good intention you have, you will find a negative reaction to meet it. This can be understood by understanding simple physics. For every action there will be an equal and opposite reaction.

This is an inescapable law of the universe. Know that you may not be able to control the haters of ignorant attitudes, but you can certainly change your reaction to them. This is



something that is much easier said than done. It means more than just speaking about awareness but practicing it. Learning that just because people are against you, doesn't mean that you must be against them as well, is a very powerful lesson that will allow your journey of self to continue moving forward without interruptions.

Hating popular things, doesn't make you an interesting person.

"Most battles are won before they are fought." - Sun Tzu

Resist the need to people please. You alone are enough. You don't have anything to prove to anybody. The more you love your decisions, the less you need others to love them. Sometimes silence is a really good answer. No matter how carefully you choose your words, they'll always end up twisted by others. Don't waste your time with explanations, people only hear what they want to hear.

"The moment you feel like you have to prove your worth to someone is the moment to absolutely and utterly walk away." - Alysia Harris

"I don't know the key to success, but the key to failure is trying to please everybody." - Bill Cosby

Keep Your Power: Chill, relax, and STAND TALL

Storms make trees take deeper roots. With the way some people find fault, you'd think there was some kind of reward.

"What matters most is how well you walk through the fire." - Charles Bukowski

We must learn to live together as brothers, or we are going to perish together as fools. Karma: Life is an echo. What you send out- comes back. What you sow - you reap. What you give - you get. What you see in others - exists in you. So, stay nice even when others are not. My kindness is a sign of strength and not weakness. My kindness keeps me from hurting folks.

"The world will scar you if you fucking let it. Those aren't survivor wounds. They aren't battle scars. They aren't a sign that you're a warrior. They are a fucking constant reminder of how cruel

people can be. Those scars were made from wounds; wounds that others chose to inflict on you; and the unnecessary pain you had to endure, They chose to hurt you, and even though you choose to heal; the pain they chose to inflict, could've easily been avoided; If they had just chose to not inflict it in the first place.” -Anonymous



“The enemy wouldn't be attacking you if something very valuable wasn't inside of you. Thieves don't break into empty houses. You've got purpose!”- Anonymous

“Sometimes you need to burn bridges to stop yourself from crossing them again.” - Spirit Science

You can't always be nice. That's how people take advantage of you. Sometimes you have to set boundaries. I don't regret burning bridges. I regret that some people weren't on those bridges when I burnt them. Sometimes I think of something so wrong and inappropriate that my little black heart skips with delight.

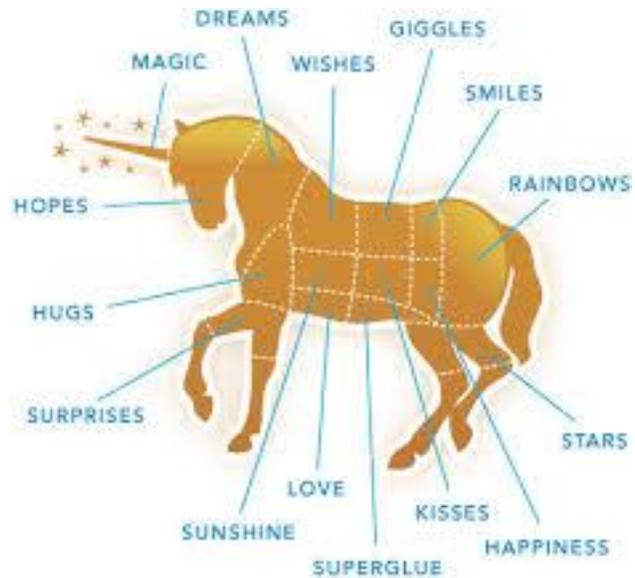
"Knowing your own darkness is the best method for dealing with the darkness of other people." - Carl Jung

“Anyone gossiping about you is insecure about their own life and needs to feel superior.” - Unknown

"You don't have to disrespect and insult others simply to hold your own ground. If you do, that shows how shaky your own position is." - Anonymous

Insults are the last resort of insecure people with a crumbling position trying to appear confident.

I don't hold grudges, I remember facts. The best revenge is to live well. Remember, you can't get ahead if you're trying to get even. Don't allow your wounds to turn you into a person you are not. The fault is the blamer, spirit sees nothing to criticize. No matter how badly people treat you, never drop down to their level, just know you've surpassed such low levels of existence, and walk away.

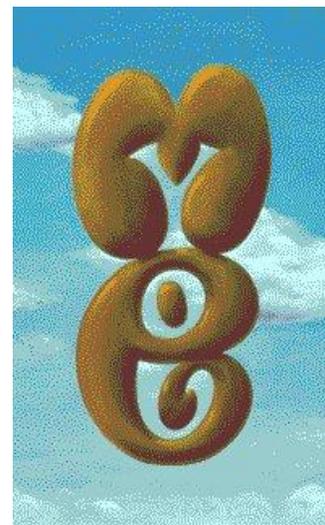


Don't hate, meditate. Be soft. Do not let the world make you hard. Do not let the pain make you hate. Do not let the bitterness steal your sweetness. Take pride that even though the rest of the world may disagree, you still believe it to be a beautiful place. It's not always easy to hug a hedgehog, but it doesn't mean you shouldn't. Be the light in the darkness.

"Be like water making its way through cracks. Do not be assertive, but adjust to the object, and you shall find a way around or through it." - Bruce Lee

"Silence is the best reply to a fool. Never explain yourself to anyone, because the person who likes you doesn't need it and the person who dislikes you won't believe it." - Anonymous

Don't ever mistake my silence for ignorance, my calmness for acceptance, or my kindness for weakness. Remove anger from situation, be wise enough to walk away from nonsense. Your perception of me reflects you. My reaction to you is an awareness of me. Haters don't really hate you, it's anger displacement, they hate themselves and you're a reflection of what they wish to be.



"DON'T TAKE ANYTHING PERSONALLY... Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering." - Don Miguel Ruiz

"In order to insult me, I must first value your opinion. Stress is caused by caring. Entire water of the sea can't sink a ship unless it gets inside the ship. Similarly, negativity of the world can't bring you down unless you allow it to get inside you."- Anonymous



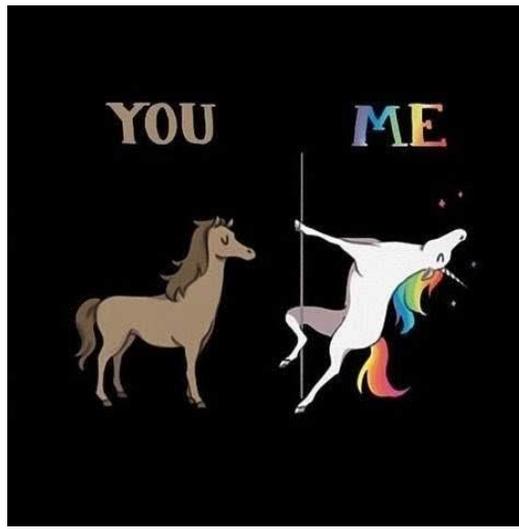
When you point the finger, there's three more pointing back. Being positive does not mean ignoring the negative. Being positive means overcoming the negative.

A positive attitude may not solve all my problems, but it will annoy enough people to make it worth the effort.

“I must remember that I don't have to engage, I don't owe anyone an explanation, and no one is entitled to my attention nor energy. Also, for some people negative attention is better than no attention at all, so they will fabricate personality flaws within me to spare their insecurities and fragile egos.” – Charles W. Smith III

"Example is not the main thing in influencing others. It is the only thing."- Albert Schweiter

“I will ignore you so hard, you will start to doubt your own existence.”- Unknown



MANTRAS

My positivity is undeterred by the judgment of others.

Let the ignorance of others be a learning experience on my journey.

I embrace the strength of my struggle.

I realize that I cannot change other people; I can only live by example, suggest and ask stimulating questions.

QUOTES TO LIVE BY

“Behind every successful person lies a pack of haters.”- Anonymous

"The true measure of a man is how he treats someone that can do him absolutely no good."-
Anonymous

"The bully in one life will be meek and bullied in another." - DJ Cottrell

"See what you give is what you get, I know it hasn't hit you yet... Every cause has an effect."-
Lauryn Hill

"Brothers, do not slander one another. Anyone who speaks against his brother or judges him, speaks against the law and judges it. When you judge the law, you are not keeping it, but sitting in judgment on it. There is only one Lawgiver and Judge, the one who is able to save and destroy. But you- who are you to judge your neighbor?" - James 4:11-12

Haters are so quick to judge a book by its cover; they don't know nor care what's in my heart. It's alright, because those that actually read the book appreciate it that much more.

Holding a grudge is letting someone live rent free in your head.

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice; and most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything is secondary." - Steve Jobs

Holding a grudge is letting someone live rent free in your head.

"Pay no mind to those who talk behind your back, it simply means you're two steps ahead."-
Anonymous

"I'm a soldier, these shoulders hold up so much, they won't budge, I'll never fall or fold up. I'm a soldier, even if my collar bones crush or crumble, I will never slip or stumble." - Eminem

"They can say anything they want to say, about me. I'm going to carry on, I'm going to keep on singing my song." - Christina Aguilera

“I am not my hair. I am not this skin. I am not your expectations, no. I am the soul that lives within.”- India.Arie

"The ultimate measure of a man is not where he stands in times of comfort and convenience, but where he stands at times of challenge and controversy."- Anonymous

“Remember the compliments you receive, forget the insults.”- Baz Luhrmann

I'd rather be disliked for who I am then liked for who I am not.

I wear my blacklists with pride and make no apologies for my passions, who I am nor what I stand for because it's made me who I am today.

I will be who I am and say what I feel because those who mind don't matter and those who matter don't mind.

Some people will only love you if you fit inside their box. Don't be afraid to shove that box up their ass.

"Attitudes truly are contagious. So, ask yourself one question... Is mine worth catching?"-
Anonymous

"All who draw the sword will die by the sword." - Matthew 26:52 (Boom)

"An eye for an eye will leave the whole world blind." - Mahatma Ghandi

"If we don't believe in freedom of expression for people we despise, we don't believe in it at all."
- Noam Chomsky

"When the power of love overcomes the love of power the world will know peace." - Jimi
Hendrix

Forgiveness is for you, NOT the other person.

"Hatred is the coward's revenge for being intimidated." - Founder of Universalism

"I don't know how people see me; I suppose those who are intimidated don't get too close" –
Stefani Germanotta (aka Lady Gaga)

"I imagine one of the reasons people cling to their hates so stubbornly is because they sense,
once hate is gone, they will be forced to deal with pain" - James Baldwin

"Proving them wrong, what else do I need to motivate me?"- Austin Rich

Fortitude: The strength to persist

Success is the best revenge.

"When another person makes you suffer, it is because he suffers deeply within himself, and his suffering is spilling over. He does not need punishment; he needs help. That's the message he is sending." - Anonymous

"But who prays for Satan? Who, in
eighteen centuries, has had the
common humanity to pray for the one
sinner that need it the most?" - Mark
Twain

Be wary of any belief or ideology
that promotes division between you
and your fellow human beings.

"The way of the miracle-worker is to
see all human behavior as one of two
things: either love, or a call for love."
- Marianne Williamson

"In the practice of tolerance, one's
enemy is the best teacher." - The
Dalai Lama

"Some will love you; some will hate
you, but if you do it correctly all will
watch you." - Reverend Run

"Love me or hate me, it's still an obsession." - Lady Sovereign

"The three hardest tasks in the world are neither physical feats nor intellectual achievements, but moral acts: to return love for hate, to include the excluded, and to say, 'I was wrong'." - Sydney J. Harris

"Don't waste your time on jealousy; sometimes you're ahead, sometimes you're behind. The race is long, and in the end, it's only with yourself." - Baz Luhrmann

"Do not argue with an idiot, he will drag you down to his level and beat you with experience." - Mark Twain

"To perceive something as "evil" is to imagine that object, that person is not a part of me.

He is something else.

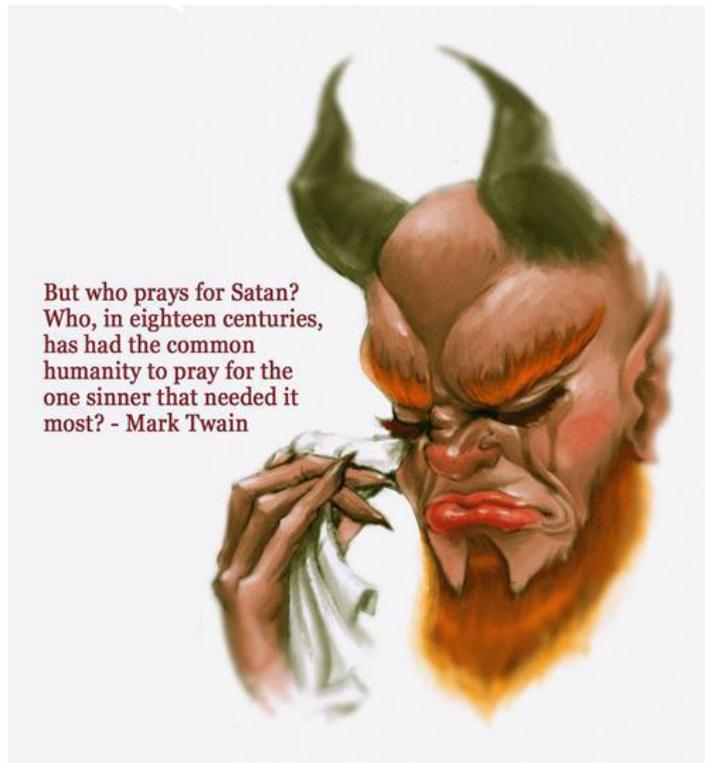
To perceive "evil" is to attempt to deny that we are all one.

Not-God. Evil

But who are we trying to kid? God is all.

One cannot fall from grace.

One can pretend, perhaps.



There is no way to cast out part of one's self.

Systems of energy contain no garbage.

Dear God, the jig is up.

Stop chasing your tail. Embrace yourself.

Lucifer returns to Heaven!

Let there be dancing in the streets.

*The only sin is self-hatred. *"- Das Energi by Paul Williams

If love is universal no one can be left out. Heaven is here. Eden is now.

"When you hate someone or something, you give it too much power over your life. Nothing and no one is THAT important."- Mary J. Blige

"A positive attitude may not solve all my problems, but it will annoy enough people to make it worth the effort."-
Herm Albright

To have peace between religions, we need peace between people.

Be careful who you vent to, a listening ear can also be a running mouth.

You're about to exceed the limits of my medication. I have about 13 different personalities ... And I am about to let them all out to play at once! Didn't your mother ever tell you not to fuck with crazy people. I should probably get therapy for all these issues that I conceal with humor.

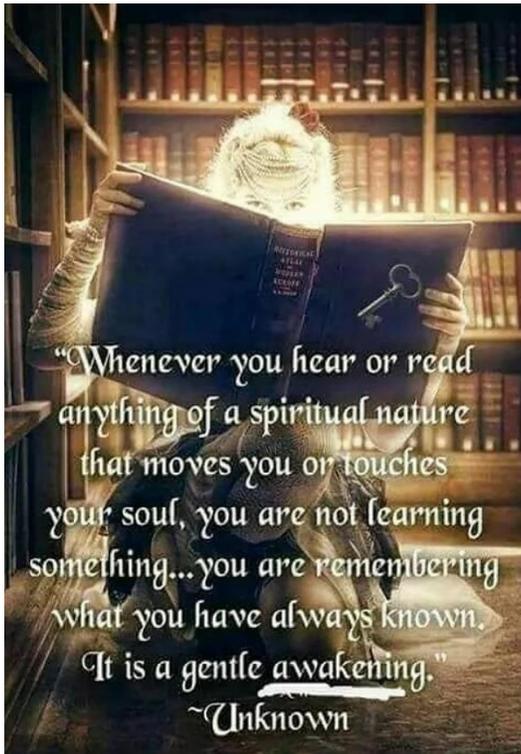
"Why should I apologize for the monster I've become? No one ever apologized for making me this way." – Joker

"You don't have to be perfect to deserve respect."- Unknown

"Some people won't like you, no matter how nice you are (and that's ok!)" - Unkown



Chapter 8: Omniscient Spirituality and Philosophy



The first seven chapters have been focused on the mind state of self and its relation to the different levels of experience. This chapter we will focus on the more metaphysical portion of this book. To best understand this chapter, I feel it is very important to understand its title. Omniscient means “all knowledge” and spirituality means “state of breath.” Knowing that the only constant besides your thoughts is your breath, can help you attain a balance between your “judging mind” and your “conscious mind.” A common way to attain this state is through meditation. By bringing your attention to your breath and allowing thoughts to move through you without judgment. Letting them be as they are, by letting go of need to control. Through this practice you develop a deeper connection with the ever-present universe, God, Goddesses or whatever label (or lack thereof) you decide to give to the infinite, that your body experiences when it is separated from your own thoughts.

MANTRAS

May all my thoughts be treated with compassion and serve as a spiritual teacher.

All that dwells within me. I am connected with everything.

I am the embodiment of all that is Divine. When I let go, I will find all I seek.

QUOTES TO LIVE BY

“When you go out into the woods and you look at trees, you see all these different trees. And some of them are bent, and some of them are straight, and some of them are evergreens, and some of them are whatever. And you look at the tree and you allow it. You see why it is the way it is. You sort of understand that it didn’t get enough light, so it turned that way. And you don’t get all emotional about it. You just allow it. You appreciate the tree. The minute you get near humans, you lose all that. And you are constantly saying ‘You’re too this, or I’m too this’ That judging mind comes in. And so, I practice turning people into trees. Which means appreciating them just the way they are.” - Ram Das

"It is our behavior that alienates us from others, not so much how we look.

How we react is dependent on what we know and believe to be true.

Deep down we have the same basic needs and we seek answers to the same basic questions: Who am I? Why am I here? What is the point to life? Where did everything come from?

We are all searching for the same things we are all trying to develop an intimate understanding of existence. When we finally discover the answers to all our questions, and it is beginning to happen, we'll unite as the same state of being appearing in multiple forms but in a state of oneness not separation. This is more than a possibility; it is predestined to happen." -

UniversalMind.org

"Life is a unique spiritual exploration and we as children of the universe need to embrace the gifts our soul provides and plant karmic seeds. The sacred way of the soul is such that we can heal the earth by living our destiny and learning the language of spirit. Beyond the stars lies a message of joy and hope that radiates throughout the universe. We are that message if we believe." – Michael Teal

"There is a bridge to the sky within your soul and a doorway to healing and peace within your heart. If we look inside and embrace our true essence, we bless the source of life. See beyond your vision and you will find a garden of harmony and joy where every breath is a source of inspiration. If we dream new realities, we will open ourselves to abundant blessings. Together we can create miracles!" - Michael Teal

"I want to know God's thoughts; the rest are details."- Reverend Run

Inspiration is the voice of a divine calling.

"There's no secret to balance, you just have to feel the waves." - Frank Herbert

"Ideas executed with meticulous attention to detail is where Art and Science meet." - Unknown

We are attempting to reveal the divinely synchronistic parallels of the universe. Love is the heart of creation. Arts are expressions of the spirit.

"Art is the stored honey of the human soul." – Theodore Dreiser

"Those who look outside dream, those who look inside awaken." - Carl Jung



“The artist is the child who survived, genius is intelligence having fun. The secret of genius is to carry the spirit of the child into old age, which means never losing your enthusiasm.” - Aldous Huxley

Wonder is the beginning of wisdom.

“Creativity is intelligence having fun. Logic will get you from A to B. Imagination will take you everywhere. Imagination is more important than knowledge. For while knowledge defines all we currently understand, imagination points to all we might yet discover and create.” – Albert Einstein

“You can't use up creativity, the more you use, the more you have.” – Maya Angelou



[Redacted]
@homegworl

Are you a “healer” or are you a busybody meddling around in other people’s traumas because it makes you feel special?

“Any fool can know. The point is to understand.” – Albert Einstein

“Opinion is really the lowest form of human knowledge. It requires no accountability, no understanding. The highest form of knowledge is empathy, for it requires us to suspend our egos and live in another’s world. It requires profound purpose larger than the self-kind of understanding.” – Bill Bullard

“Mystery creates wonder and wonder is the basis of man's desire to understand.” – Neil Armstrong

"I am convinced that there are universal currents of Divine Thought vibrating the ether everywhere and that any who can feel these vibrations is inspired." - Richard Wagner

"Being spiritual has nothing to do with what you believe and everything to do with your state of consciousness." - Eckhart Tolle

“Life is a school, where you learn how to remember what your soul already knows.” – Unknown

“You, Unicorn, are a uniquely multidimensional being created and painted with a pallet full of color.” – Charles W. Smith III

The moment you truly come to know your Self, to trust your Self, to believe in the Divine path laid out before you, is the moment of your rebirth.” - Dorothy Mendoza Row

As I meditated the flame grew hot within me.

“A heart filled with love is like a Phoenix that no cage can imprison”- Rumi

The most powerful weapon on earth is the human soul on fire.

“The flame in your heart is the beginning of a fire that will transform the world, within you is the light of a thousand suns.” – Robert Adams

“Loves greatest gift is its ability to make everything it touches sacred.” - Rumi

“Love is a magician. Everything it touches turns into itself.” – Pamela Wilson

“There is a force in the universe, which, if we permit it, will flow through us and produce miraculous results.” – Mahatma Gandhi

“Many of us carry amazing spiritual gifts from past lives and brought are here to earth from other states of existence. Your mind doesn't need to understand how to use them, it just needs to let go and allow your soul and intuition to guide it.” – Unknown

“Whichever road I follow, I walk in the land of many gods, and they love and eat one another. Suddenly all my ancestors are behind me. Be still, they say. Watch and listen. You are the result of the love of thousands.”— Linda Hogan, *Dwellings: A Spiritual History of the Living World*



“There is a fierce concentration inside of you; dormant – it is in your blood. It is the strength of your ancestors. It is the hammer and anvil of eons which struck the hardened steel of your spirit into a weapon of survival. You are a weapon.”- Bryant McGill

“You are beings of grand power, and the reason you are here is to come into an understanding of that power.” – Ptaah

“Living only in the physical, mental and emotional realm makes energy limited... tap into the spiritual. Your mind now travels in the realms of positive thought forces, and you are realizing your dreams.” – Anonymous

"I want to be magic. I want to touch the heart of the world and make it smile. I want to be a friend of the elves and live in a tree, or under a hill. I want to marry a moonbeam and hear the stars sing. I don't want to pretend at magic anymore. I want to be magic." - Charles de Lint I believe in: Angels, fairies, nature spirits, prophetic dreams, divinities, and my own inherent spiritual power.

Life is a school where you learn how to remember what your soul already knows.

“But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.”- James 1:6

“You know what the issue is with this world? Everyone wants a magical solution to their problem, and everyone refuses to believe in magic” – Alice in Wonderland

“Magic Stuff is real, because of quantum something or whatever.”

“Karma, The Law of Attraction, Quantum Physics are all different terms describing the same ancient concept: We create our reality.” – Anonymous

“We must inspire and empower others, to inspire and empower others.” – Charles W. Smith III

Butterfly Effect: (with reference to chaos theory) the phenomenon whereby a minute localized change in a complex system can have large effects elsewhere.

“Tip your server. Return your shopping cart. Pick up a piece of trash. Hold the door open for the person behind you. Let someone into your lane. Small acts can have a ripple effect. That’s how we change the world.”- Unknown

“True spirituality is to be aware that if we are interdependent with everything and everyone else, even our smallest, least significant thought, word, and action have real consequences throughout the universe. Throw a pebble into a pond. It sends a shiver across the surface of the water. Ripples merge into one another and create new ones. Everything is inextricably interrelated: we come to realize we are responsible for everything we do, say, or think, responsible in fact for ourselves, everyone and everything else, and the entire universe.”- Sogyal Rinpoche

The magic has always been within you.

“Remember that you are this universe and this universe is you. Remember that all is in motion, is growing, is you.” – Bro. Eric, 2001

“Know thyself and thou shall know all the mysteries of the universe.” – Anonymous

“You had the power all along my dear. The universe is saying: allow me to flow through you unrestricted and you will see the greatest magic you have ever seen.” – Klaus Joehle

"You are unique. You may not think that the world needs you, but it does. For you are unique, like no one that has ever been before or will come after. No one can speak with your voice, say your piece, smile your smile, or shine your light. No one can take your place, for it is yours alone to fill. If you are not there to shine your light, who knows how many travelers, will lose their way as they try to pass by your empty place in darkness?" - Anonymous

One tree can start a forest;
One smile can begin a friendship;
One hand can lift a soul;
One word can frame a goal;
One candle can wipe out darkness;
One hope can raise your spirits;
One touch can show you care;
One life can make the difference...

"Lighthouses don't go running all over an island looking for boats to save; they stand there shining. - Anne Lamott

"May I become at all times, both now and forever; a protector for those without protection; a guide for those who have lost their way; a guide for those who have lost their way; a ship for those with oceans to cross; a bridge for those with rivers to cross; a sanctuary for those in danger; a lamp for those without light; a place of refuge for those who lack shelter; and a servant to all in need." – A Buddhist Prayer of Peace

"If any of you lacks wisdom, let him ask God who gives generously to all without reproach, and it will be given to him. 6) But let him ask in faith, with no doubting for the one who doubts are like a wave of the sea that is driven & tossed by the wind." - James 1:5-6

"It's easy to tell if you're ready for a miracle. Just open your eyes and look around you. Do you see miracles? If you do, then you're ready. Because the truth is, Life is a miracle. If you're not seeing it, then your eyes aren't fully open, and you're not ready. And that's perfectly fine. With just a little patience and faith, you'll get there." ~Dorothy Mendoza Row

Real life is doing what you love with such intense focus and passion that there's no conflict between what you want to do vs. what you should be doing.

However, when we shift our awareness or 'frequency' from self-consciousness – where fear, impossibility or feelings of separation reside – to Cosmic Consciousness, which is in total harmony with the universe and where none of these feelings exist, then anything is possible." – Rhonda Byrne

"You block your dream when you allow your fear to grow bigger than your faith." - Anonymous

"It's impossible" said pride.

"It's risky" said experience.

"It's pointless" said reason.

"Give it a try" whispered heart.

“It doesn't matter if a million people tell you what you can't do, or if ten million people tell you no. If you get one YES from God that's all you need.” - Tyler Perry

“Act boldly and unseen forces will come to your aid.” – Dorothea Brande

“**How does one become a butterfly?** You must want to fly so much that you are willing to give up being a caterpillar.” - Unknown

-trust is the essence of heroism." - Ralph
Waldo Emerson

“O God help me to believe the truth about
myself no matter how beautiful it is.” –
Marcia Wiederkehr

"The value of persistent prayer is not that
GOD will hear you, it's that you will finally
hear GOD!" - William McGill



"[Charles] I feel as though I have known you
for much longer than the truth will reveal. What I sense about you is that you are a [someone]
who pushes himself to be virtuous. When virtue is in presence, all subordinate powers sleep.
Most people stand on the brink of the ocean of thought & power, but they never take a single
step that would bring them there. The divine speaks through each of us, whether we listen or not.
You listen [Charles,] & the act requires a certain sacrifice of self, which is noble & worthy.
There is no universal applicability in people, but each has their own special talent, and the
mastery of successful human beings consists in keeping themselves where & when they can most
often practice their gift. We do what we must & call it by the names we can. I can't recall any
person who is not superfluous sometimes. Life is not worth the taking, to do tricks in. Creative
power is absolute, speaks through you, it is the power which abides no man & and no woman,
but for a moment speaks from this one, & another moment from that one, you are one of
these..." - Charles William Flaum IV

"Sooner or later you're going to realize, just like I did... There's a difference between knowing
the path and walking the path." – Morpheous (The Matrix)

"The first sign of your becoming spiritual is that you are becoming cheerful." ~Vivekananda

"Happiness is like a butterfly; the more you chase it, the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder."- Thoreau

"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude." ~ Denis Waitley

"Thoughts are things... Imagine Paradise. Know that you don't have to ask for less or feel guilty about wanting abundance - it's there for you and everyone in unlimited supply. On Earth as it is in Heaven." ~ Dr. Wayne W. Dyer

"When you need some energy and inspiration, step outside. Touch the earth with your feet, lift your face to the sun, breathe the air, listen to the birds and the wind through the trees. Glory in the creation that surrounds you."- Anonymous

"Learn to create silence in your mind and peace will flourish in your soul, you will see life with other eyes. You will discover God's language. To be internally silent do not think too much. Trust others. Trust life. You will find it's easier than it seems." – Innerpeace

"The internal dialogue is what grounds people in the daily world. The world is such and such or so and so, only because we talk to ourselves about it being such and such and so and so. To be filled with the spirit, we must be emptied of self. The passageway into the world of shamans opens after the warrior has learned to shut off his internal dialogue."- Carlos Castaneda

Healing comes from the heart. Healing doesn't mean the damage never existed. It means the damage no longer controls our lives.

"Stillness of the mind allows my consciousness to expand." - The Mystical Experience

"Meditation works because all healing comes from God within you, and that's exactly where meditation takes you." - Dorothy Mendoza Row

"A life of turbulence and noise may seem desirable to one who leads it, but wisdom is a pearl found only in still waters." -Innerspace

"The mind is the stomach for your spirit." South East Christian

"Happiness is when your mind is thinking through your heart."- Judi Singleton

"The word 'Listen' contains the same letters as the word silent." - Alfred Brendel

"Silence is God's first language, anything else is poor translation." – Thomas Keating

"The less you speak, the more you hear." - Charles Smith

“Open your mouth only if what you are going to say is more beautiful than silence.” – Arabic Proverb

“The greatest discovery is that human beings can alter his life by altering the attitudes of his mind.” – William James

“A man is about as happy as he makes up his mind to be.” – Abraham Lincoln

“The happiest person is the person who thinks the most interesting thoughts.”- William Lyon Phelps

“The space between your thoughts is the window to the cosmic mind.” – Deepak Chopra

What is the distance between the eyes and the soul?

“I am learning every day **to** allow the space **between** where I am and where I want **to be to inspire me** and not terrify me.”- Tracee Ellis Ross

The “Earth” without “Art” is just “Eh.”

“Healing comes from the heart. Healing is the empathetic understanding of the soul, including the inspirational affirmations and mantras needed to raise one’s spirit. There are healers among us: the performers, the drag queens, the artists, the lovers... most of which are devalued in our society- yet ironically crucial for the light up the world with vast arrays of color and dimensions.” – Charles Willam Smith III

“To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind, he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him.” - Buddha

“If you want to reach a state of bliss, then go beyond your ego and the internal dialogue. Make a decision to relinquish (1) the need to control, (2) the need to be approved, and (3) the need to judge. Those are the three things the ego is doing all the time. It's very important to be aware of them every time they come up. “~Deepak Chopra

“If we choose to be entertained over boredom, we allow others to do our thinking for us. Keep calm and enter the void. Allow yourself to rest. Your soul speaks to you in the quiet between your thoughts.” – Anonymous

“The soul has been given its own ears to hear things the mind doesn’t understand.” – Rumi

Discover the art of doing nothing without being bored.

“Happiness is like a butterfly which, when pursued, is always beyond our grasp, but which, if you will sit down quietly, may alight upon you. Happiness is like a butterfly: the more you chase it, the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder.” – Henry David Thoreau

Here it is – Right now. Start thinking about it, and you’ll miss it.

“It's impossible” said pride. “It's risky” said experience. “It's pointless” said reason. “Give it a try” whispered the heart.

Am I out of my mind? Yes! I'm in my heart!

"I looked in temples, churches, and mosques, but I found the divine within my heart." – Rumi

"The Lord also will be a refuge for the oppressed, a refuge in times of trouble; and those who know your name will put their trust in you; for you, Lord, have not forsaken those who seek you." - Psalm 9:9

"Mystery creates wonder and wonder is the basis of a man's desire to understand." - Neil Armstrong

“Ask questions from the heart and you will be answered from the heart.” – Omaha

“God is the best listener, you don't need to shout, nor cry out loud, because he hears even the very silent prayer of a sincere heart.” – Anonymous

“Ask questions from your heart and you will be answered from the heart” – Native American Proverb

“Thirst drove me down to the water where I drink the moon’s reflection” - Rumi

“Why do we close our eyes when we pray, cry, kiss, and dream? Because the most beautiful things in life are not seen but felt only by the heart.” - Anonymous

“May the gratitude in my heart kiss all the universe.” - Hafiz

“Looking for consciousness in the brain is like looking inside the radio for the announcer” – Nassim Haramein

“When I am silent, I fall into a place where everything is music.” – Rumi

“Spirit gives us each a song.” – Ute

“Music in the soul can be heard by the universe.” – Lao Tzu

“The earth has music for those who listen.” – Shakespeare

“Life should not be lived. It should be celebrated.” – Osho

“Respond to every call that excites your spirit.”- Rumi

“Through love, art, inspiration, joy, and passion one discovers their divine path.”- Charles W. Smith III

“If you don't have a sense of humor, then you have no sense at all. We need MAGIC, BLISS, POWER, MYTH, and CELEBRATION in our lives, and MUSIC is a good way to encapsulate a lot of it.” - Jerry Garcia

“And those who were seen dancing were thought to be insane by those who couldn't hear the music.” - Nietzsche

“Thirst drove me down to the water where I drank the moon's reflection.”- Rumi

“Train your thoughts to move at the levels of the higher vibrations so that you're able to deflect lower/slower vibrations.” – Anonymous

“One does not become enlightened by imagining figures of light, but by making the darkness conscious.” Carl Jung

“Being still does not mean don't move. It means move in peace.” – Eyan A. Gardner

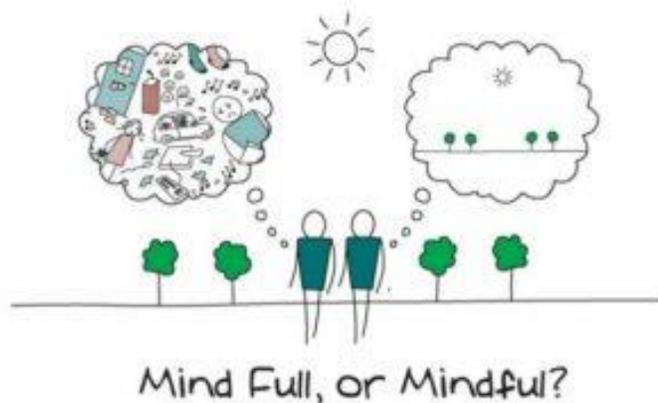
“I cannot tell you any spiritual truth that deep within you don't know already. All I can do is remind you of what you have forgotten.” – Eckhart Tolle

Ego says: “Once everything falls into place, I will find peace.” Spirit says: “Once I find peace, everything falls into place.” – Marianne Williamson

There's no secret to balance, you must feel the waves.

“You can spend a lifetime trying to be One with the Great Spirit, or simply focus on Love and realize you already are.” – Anonymous

"There is a crown of light on those who are carefree. If you are worrying about anything you carry the baskets of burden on your head. Which do you prefer? Do you prefer the basket or the crown of light?" - Innerspace



Worry is misuse of the imagination.

“Breathe, the universe is taking care of everything else. Tension is who you think you should be. Relaxation is who you are.” – Chinese Proverb

Everything I need is within me now.

“Do you have the patience to wait until your mud settles and the water is clear? Can you remain unmoving until the right action arises by itself?”~Lao-Tzu

"Try to be mindful, and let things take their nature course, then your mind will become still in any surroundings, like a clear forest pool. All kinds of wonderful, rare animals will come to drink at the pool, and you will clearly see the nature of all things. You will see many strange and wonderful things come and go, but you will be still. This is the happiness of the Buddha." - Ajahn Chah

“The small truth has words that are clear, the great truth has great silence.” - Tagore

“When you are sacred, throw away all your fear and your heart will shine brighter than a thousand suns.”- Josh Munoz

The magnetic field produced by the HEART is more than 5,000 times greater in strength than the field generated by the brain. The heart's electromagnetic field-- by far the most powerful rhythmic field produced by the human body—not only envelopes every cell of the body but also



Charles Smith

May 6, 2015 at 6:05 PM · 🌐

The Care Bear Stare is real. It's being SO happy that your heart EXPLODES with joy, happiness and laughter. It's the inspirational magnetic field created by our hearts vibrations.

I remember once this girl feeling such joy said "What's happening to me? My chest feels like..." and I said "I personally call it the 'geyser' effect." 😊

Lately I haven't experienced it, go figure, but I know it exists. Xoxo - Charles

extends out in all directions into the space around us. Research conducted at Institute of HeartMath suggests that the heart's field is an important carrier of information. The hearts magnetic field can be measured several feet away from the body.

Never discredit your gut instinct. You're not being paranoid. Your body can pick up on vibrations, some better than others, and if something deep inside you says something's not right about a person or situation, trust it and keep it pushing. “Every time you don't follow your inner guidance, you feel a loss of energy, loss of power, a sense of spiritual deadness.” – Shakti Gawain

The earth's magnetic resonances vibrate at the same frequency as our heart rhythms and brain waves.

If God is the creator, then God is an artist... And if we are all made in the divine image, therefore we are all artists. It's not who people are that holds people back, it's who they think they're not. Beware of artists. They mix with all classes of society and are therefore the most dangerous.



“I believe that magic is art, and that art, whether that be music, writing, sculpture, or any other form, is literally magic. Art is, like magic, the science of manipulating symbols, words or images, to achieve changes in consciousness... Indeed to cast a spell is simply to spell, to manipulate words, to change peoples consciousness, and this is why I believe that an artist or writer is the closest thing in the contemporary world to a shaman.”

TEACH THEM EARLY THAT



THEY ARE GODS

Metaphysics- artist are gods God is a frequency that exists within you. Tune in.

“Everything changes when you start to emit your own frequency rather than absorbing the frequencies around you, when you start imprinting your intent on the universe rather than receiving an imprint from existence.” –

Barbara Marcinak

I looked in temples, churches and mosques. But I found the divine within myself.” Rumi

“The Kingdom of God is within you.” - Luke 17:21 “I AM THE SON OF GOD; I AND MY FATHER ARE ONE; I AND YOU ARE ONE.” – John 14:20

“But seek ye first the kingdom of God, and it’s righteousness; and all these things shall be added unto you.” - Matthew 6:31-34

“It’s easy to tell if you’re ready for a miracle. Just open your eyes and look around you. Do you see miracles? If you do, then you’re ready. Because the truth is, Life is a miracle. If you’re not seeing it, then your eyes aren’t fully open, and you’re not ready. And that’s perfectly fine. With just a little patience and faith, you’ll get there.” ~Dorothy Mendoza Row "All things are filled full of signs, and it is a wise man who can learn about one thing from another."- Plotinus

“All you have to do is pay attention; lessons always arrive when you are ready, and if you can read the signs, you will learn everything you need to know in order to take the next step.” - Paulo Coelho

“In dwelling, live close to the ground. In thinking, keep to the simple. In conflict, be fair and generous. In governing, don’t try to control. In work, do what you enjoy. In family life, be completely present.”- Lao Tzu

Seeing is not believing, believing is seeing.

“You have not lived today until you've done something for someone who can never repay you.”
– John Bunyan

“Perfect kindness acts without thinking of kindness.” - Lao Tzu

"Inside my head there is a dream that I want to see in the sun.
Behind my eyes there lives a me that I've been hiding for much
too long; it's time to step out on faith. Strength, Courage, and
Wisdom it's been inside of me all along." – India Arie

What is the distance between the eyes and the soul?

"Know that every word you say inside your head or out of your
mouth is a command to the Universe to match it and make it
real." -Janet StraightArrow

"You ARE the inspiration. Why wait for someone to light your
fire? You're the match." – T. Banks II

"For God has not given us the Spirit of fear; but of POWER, and of LOVE, and of a SOUND
Mind." - 1 Timothy 1:7

“The surface is a mirage. Look past it, through it, beneath the obvious. Dig deeper,
subconsciously everything IS connected.”- Charles Smith

“And while I stood there I saw more than I can tell and I understood more than I saw; for I was
seeing in a sacred manner the shapes of all things in the spirit, and the shape of all shapes as they
must live together like one being.” – Black Elk

Isn't it amazing how all who see beyond the illusion come back with the same message?

The divine plan is not to escape earth, but to bring Heaven to Earth.

“I have a theory that distracting us with life on other planets is similar to distracting us with
heaven and the afterlife, while robbing us of this world. We would only need one planet, if we
lived on it properly. When the lie stops working (religion,) they try and attach it to the truth
(Science.) We wouldn't need another an after-life or another planet if we lived correctly.”-

Charles W. Smith III

“I mutually respect ALL inspirational beliefs

I am open to all the possibilities of whether or not my talent could stem from a God(s). It seems
to me to be just as foolish to say there is not a God- as to say there is. So, we must coexist and
meet at the bridge of LOVE. Scratch past the surface, we're all here together.” – Charles W.

Smith III



“People take *different* roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've *gotten lost*.”- Dalai Lama XIV

Different strokes for different folks (relevant to prejudice, spirituality, sexuality.) The same boiling water that softens the potato hardens the egg. It's about what you're made of, not the circumstances. (Ego trap.)

“For the accomplished spiritual warrior, the notion of belief, or view, here is based on complete simplicity. Your view is not affected by liberalism or conservatism, nihilism or eternalism, at all. Your view is straight forward and simple; it is almost a cosmic domestic view. It is the notion of complete simplicity. When you meet a person, you don't have to develop a whole new style of how to view that person according to either the historic or present situation, the sociological context, his religious connections, or whatever it may be. You don't have to go through all that. You can have a direct relationship, which is very simple, direct, and straight forward --- extremely straightforward.”- Chogyam Trungpa

“What is spiritual strength? It's knowing you don't have to compromise yourself in any way - with anyone, over anything - in order to be content, confident, and secure in life.” ~ Guy Finley

“Power is being aware of what one is choosing to do, feeling free to do it, and doing it intentionally. Power is freedom to choose with awareness and to involve ourselves in health-promoting and other activities. Power is how we participate in creating our reality.” -Dr. Gerald Epstein

"To whom much has been given much will be expected, and from the man to whom much has been entrusted the more will be demanded" - Luke 12:48

The Aries zodiac sign is a spiritual warrior that fights and protects what they believe in. They believe in passion, excitement, laughter, change, and life. Aries has a goal, and it is to burn, shine, and look good while doing it! You can see their light in their smile and sparkling eyes as their warm inviting personality compliments them.

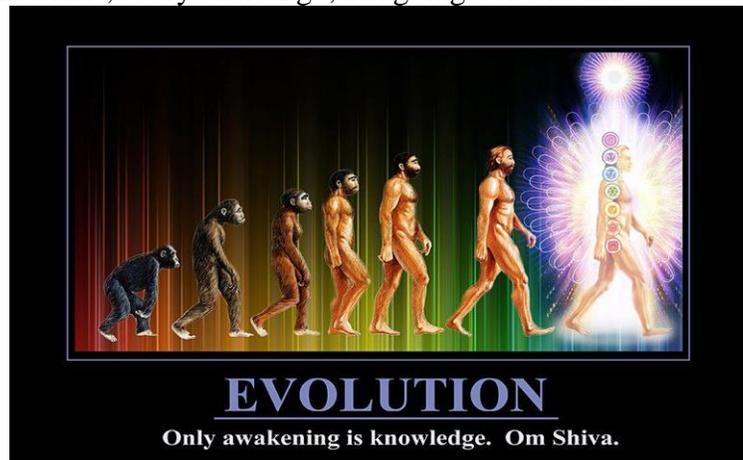
“Foster and polish the warrior spirit while serving in the world; illuminate the path according to your inner light.” – Morihei Ueshiba

This little light of mine, I'm going to let shine, everywhere I go, I'm going to let it shine.

"Peace hath higher tests of manhood,
than battle ever knew." - John Greenleaf
Whittier

The sword of the peaceful warrior is
love.

"Train your thoughts to move at the
levels of the higher vibrations so that
you're able to deflect lower/slower
vibrations." – Wayne W. Dyer



"You don't have to work at your high vibration. Your higher purer vibration is natural to you, but you do have to let go of the thought that is holding your vibration down." - Abraham Hicks

I can only remind you of what your soul already knows

"Seek not to change the world, but choose to change your mind about the world." – Mother
Teresa

"You can spend a lifetime trying to be One with the Great Spirit. Or, simply focus on LOVE and realize you already are." – Anonymous

"Life is a school where you learn to remember what your soul already knows."- Unknown

"You can spend a lifetime trying to be One with the Great Spirit. Or, simply focus on LOVE and realize you already are." - Anonymous

"The wise don't strive to arrive."- Zen Proverbs

"If you can't see God in all, you can't see God at all." - Yogi Bahaan

"You have not lived today until you have done something for someone who can never repay you." - John Bunyan

"The meaning of life is to find your gift; the purpose of life is to give it away." – Pablo Picasso

"If you're helping someone and expecting something in return, you're doing business not kindness." – Anonymous



“Your job is not to judge. Your job is not to figure out if someone deserves something. Your job is to lift the fallen, to restore the broken, and to heal the hurting.”

“The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires.” - William Arthur Ward

Dharma is the principle of cosmic order.

“Your heart and my heart are very old friends.” -
Hafiz

Sing as though no one can hear you, Live as though heaven is on earth.

“When you have come to experience a deep-level shamanic journey, you come to recognize the personal truths involved. Then you have undergone a self –initiation into realms of reality that you know is present for everyone, whether they are open to it or not. Shamanic journeys are not a part of what we call shared reality. They are the deepest exploration we can make into our personal reality. When we explore personal reality in this manner, we come full circle into the greater level of Universal reality, also known as the collective unconsciousness. This is also the soul consciousness. When we journey shamanically, it is as though we have dug a well so deep in our own consciousness that it reaches the source of all consciousness.”- Amber Wolfe

"Man becomes aware of the sacred because it manifests itself, shows itself, as something wholly different from the profane... in the human encounter with the sacred, Man experiences a reality that does not belong to our world yet is encouraged in and through objects or events that are part of the World." – Mircea Eliade

Love is the heart of creation

“Life is a journey of sacred choices, a heart centered endeavor of love in which the whispers of our spirits open our souls to greater possibilities and higher blessings. If you allow your soul to sing a lullaby of love to all humankind, you will walk with the Angels into a life of lush gardens and rainbow light. Life is what we make it, so let your goal be to create an existence where you soar freely into the heavens of happiness.” – Michael Teal

“Each and every soul will become consciously aware of the ability to communicate with the divine.” – Edgar Cayce

“We are all just walking each other home.” - Ram Dass

“Earth Angel, you are a light worker who has come to Earth to teach about love. Treat each person like the sacred being they are.” – Anonymous

“The shaman gains their power through helping spirits. The relationship with a disincarnate spirit, is the precondition for authentic shamanism.” – Anonymous

Savior Self: We're the ones we've been waiting for, now is our moment, now is our time.

“I am a cosmic citizen helping to raise the vibration of Love on earth. God is a frequency, stay tuned.” – Anonymous

I'm a strong independent agnostic who doesn't need any certainty.

“The richest man in the world is the one who has found his Spirit.” – Anonymous “Some people are so poor, that all they have is money.” - Francois Levannier

The “Earth” without “Art” is just “Eh”- art is vital.

“art is nonviolent spiritual warfare.”– Charles W. Smith III

We're all artist- Beware of artists, they mix with all classes of society.

Being an artist means forever healing your own wounds and at the same time endlessly exposing them.

Some people confuse crazy with passionate, let me be clear, I am bat shit passionate.

“Speaking your truth is the most powerful tool we all have.”– Oprah Winfrey

Chapter 9: Rapturous Sexuality

Much of this book has been devoted to acknowledgement of self, without identity. In this chapter we will talk about identity as it relates to one's sexuality. A large percentage of the world has a very narrow view of what sexual identity really means. It is only within the past 40 years that the world has developed terms that describe those who have not connected with terms like heterosexual, homosexual and bisexual. Even those terms to distinguish between the sexual attraction of the individual were not coined until 1892, although the identification of homosexuality & bisexuality were prevalent. Despite the lack of the actual terms, homosexual or bisexual, similar terms have been used to describe individuals such as Socrates since very early on in human history.



Homosexuality has been documented in art and literature in Ancient China as early as 600 B.C.E. In fact many writings during the Liu Song Dynasty claimed that homosexuality was as common as heterosexuality during the 3rd century. Even transgendered individuals have been identified and even revered since ancient times. As a majority of history is written by a biased majority, transgendered individuals aren't often acknowledged in history books. However, many ancient tribes across the globe and Roman historian Plutarch have depicted the deity known as "The Great Mother" as an intersex deity. I acknowledge these truths to give the reader a sense that the variety of identity that is present in our world that is often seen as a modern conception, has been present since early times. This being said, I would like to talk about the importance of the acknowledgement and acceptance of one's own sexuality.

In Chapter Six, I touched on the subject of cultural identity and how the world around us can often dictate what our identity means. This same type of prejudice that the world projects, can lead to discrimination based on sexuality as well. Remember that only you can create your own self-worth. Whatever you identify as, treat it and the identity of others, the same as you would like to be treated. We live in a special time, where the internet allows us to be aware of what others identify themselves as. Even identities that do not base attraction on genitals, but rather the spirit of the person, such as pansexuality are very prevalent today. My point of this chapter is to help make the reader aware of different views of sexuality and to become comfortable in their own.

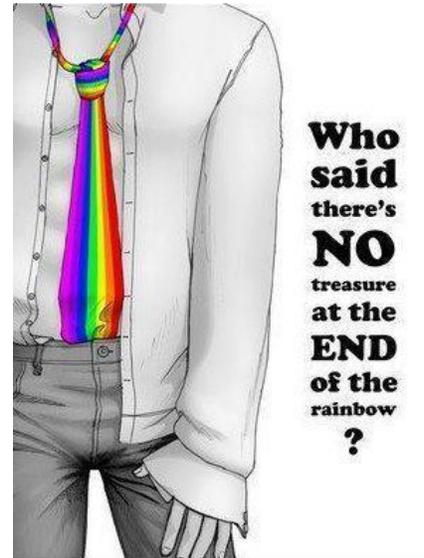
Homosexuality

"... the soul of Jonathan was knit to the soul of David, and Jonathan loved him as his own soul." -
1Samuel 18:1

Mother nature has gay animals; therefore, homosexuality IS natural and can be interpreted as a DIVINE form of population control thanks to heterosexuality having far too many children and possibly overpopulating our planet. We've trashed our planet and depleted our resources. If our species is to survive, we MUST cut back on consumption TREMENDOUSLY, yet we still need sexually creative stimulation to survive. Just because you can reproduce doesn't mean you should.

“People who ‘don’t understand’ same sex relationships make me laugh because fuck, I don’t understand Korean, but I still know it’s a real fucking language.” – James Ingleton

(During the 2012 presidential election, gay marriage and marijuana usage was legalized in some areas of the United States) It all makes sense now, gay marriage and marijuana being legalized on the same day. Leviticus 20:13 – “If man lays with another man he should be stoned.” We’ve just been interpreting it wrong all these years.



God wants spiritual fruits, not religious nuts.



“Any Catholics out there giving up hating the gays for lent or is it just ice cream again?”

If homosexuals had a book that said religious people should be stoned to death, how long will it take for it to be called a hate speech? Who knows, maybe the church shames gay sex just to keep the alter boys quiet. The new pope says gay adoption is child abuse. Since when did the Catholic Church become experts on ch... Oh yea right never mind.

“My son told me today that he is gay. I was so relieved. I thought he was going to be a priest or some perverted shit like that!” – Anonymous

Gender Binaries & Roles

“Some men aren't meant to be warriors; some men are meant to be philosophers and need to be protected.” – Unknown

“Toxic masculinity and homophobia are ingrained in everyone who has been colonized and conditioned against understanding and respecting variance in gender and sexuality.

As a Black man, resistance to divergence is expressly proximate to me, because of who I am and my proximity to my people. In short, I am conditioned to have more experience with black homophobia because I am most around black people.

Black men are hyper acutely aware of my divergence from the standard, because of lack of variance in socially allowed examples of masculinity in our communities.”- Baba Siete Saudades of The Myriad

All humans begin as female. Men have nipples because the Y chromosome- which is only present in males- is not activated for the first 5-6 weeks of embryonic development. So spiritually speaking as we honor our roots, through also honoring the great feminine spirit within ourselves, we gain a more robust understanding of the source of the sacred masculine spirit.

“Touch isolation and how homophobia has robbed all men of touch: The lack of gentle platonic touch in men’s lives is a silent killer...

... And so, we start early with our sons, privileging self-reliance and emotional toughness over the encouragement of close physical contact and emotional expression...poor American parents, they’ve got the definition of strength all wrong. They’re so busy ensuring independence in their little sons that they are giving birth to generation after generation of men who can’t create community... who withdraw into isolated emotional bunkers from which to stand their ground. We have created an alpha obsessed, my-way-or-the highway man club. And the saddest part of this entire equation is the following fact: the need to connect emotionally and the ability to be

cared for and comforted is a crucial human capacity, without which we cannot live full, connected, emotionally intimate lives...



I reject the notion that men don’t crave intimacy (which includes the need for honest and authentic self-disclosure and empathy) as much as women in our friendships. When I [create a safe space], I’m finding that men are as fully capable, and in fact as sincerely interested, in full disclosure and admittance of the need for intimacy and honest sharing. They are craving the same kind of depth and closeness in their friends as women do, but for the most part they’re simply not getting it.

Another casualty of homophobia is male affection. As much as gay men have faced the brunt of homophobic violence, straight men have been banished to a desert of physical isolation by these same homophobic fanatics

who police lesbians and gays in our society. The result has been a generation of American men who do not hug each other, do not hold hands, and cannot sit close together without the homophobic litmus test kicking in.

As long as any kind of male affection automatically reads as sexual (and given widespread cultural homophobia threatening,) men of all orientations are suffering and becoming emotionally stunted by a lack of homosocial intimacy and its painful lack in men’s lives.

Generations of puritanical sexual shaming has put the fear of the sexual first in all our

interactions, we have thrown out the baby with the bathwater, especially in American culture, men avoid all contact rather than risk even the hint of causing unwanted sexual touch. Homophobic prohibitions against male touch are hurting straight men as well, which is one clear reason why gay rights are human rights.

In American culture, we believe that men can never be entirely trusted in the realm of the physical. We collectively suspect that, given the opportunity, men will collapse into the sexual at a moment's notice. That men don't know how to physically connect otherwise. That men can't control themselves. [That men are repressed.] That men are dogs.

Accordingly, it has become every man's job to prove they can be trusted, in each and every interaction, day by day and case by case. In part, because so many men have behaved poorly. And so, we prove our trustworthiness by foregoing physical touch completely in any context in which even the slightest doubt about our intentions might arise. Which, sadly, is pretty much every context we encounter.

Not only do we men distrust others in this muddled realm of physical touch, years of shaming and judgement have left us distrusting ourselves. Did I enjoy that too much? Am I having taboo thoughts? This distrust leaves us uncertain about touching another human being unless we have established very clear rules of engagement. Often, we give up and simply reduce those rules to being in a relationship. We allow ourselves long-lasting comforting touch with our girlfriends or boyfriends. The vast universe of platonic human touch is suddenly reduced to the exclusive domain of one person and is blended into the sexual. That's a lot of need to put on one person, however loving and generous they might be." – Mark Greene

Women are NOT the exclusive gatekeepers for gentle touch and the feminine, just as men are not the exclusive gatekeepers of rugged stoicism and the masculine. Women, who, as [the illusionary egocentric exclusive gatekeepers for gentle touch] are carrying a burden they could never hope to fully manage. Free love is the answer.

"American women talk a good game about wanting men to connect emotionally, but it takes a strong woman to care for a man in the same way that men are asked to care for women. Because when the tears and insecurity of men are finally teased out, many women say, "You're not the man I thought I was with. You're just looking for your mommy." Indeed, we are [Our relationships are reflective of our intimacy issues with our parents, or lack thereof.] Yet, the shock of that dirty little secret is only a challenge if you expect your man to provide emotional care without seeking it in return; because when you open up the well of suppressed male pain, it's a storm that will wreck every conventional macho Hollywood assumption about men you ever had. We are not strong. We are weak. Because we have not faced our own demons. And, in part, this is because when we attempt to do so publicly, we are shamed and rejected, often by our own wives and partners. Immediately made to walk the plank all over again.

The cult of independence tells little boys over and over again to "man up" as if that is the single answer to all the world's problems. Not surprisingly, we are dealing with a lot of angry and violent boys, who, as an expression of their emotional isolation, lash out over and over again.

When tough independence is our society's highest valued personal trait, bullying is socially inevitable. Because bullying is, at its base, an expression of loss, isolation, grief and jealousy. It

is the rage of boys, who are wracked with confusion. "What is suddenly wrong with wanting to be held, comforted and kept safe? Yesterday you held me. Today you pushed me away. [Again, our relationships are reflective and often parallel our intimacy with our parents, issues or lack thereof.]

Meanwhile, this inability to comfortably connect via touch has left men emotionally isolated contributing to rampant rates of alcoholism, depression and abuse. And what if the lack of platonic touch is causing some men to be far too aggressive toward women, who are carrying a burden they could never hope to fully manage? Women, who arguably are both victims of and, in partnership with men, enforcers of the prohibition against platonic touch in American culture.

The voices of male anger rant across the internet; the voices of men expressing anger at women.

Women who don't connect [caused by internalized pain.] Women who are aloof and unkind.

Women who simply aren't there at all. These are the voices of men who have bottled up such deeply seated pain that self-reflection is seemingly impossible. You might as well stare into the sun. And so, they blame everyone else. Unable to see their own pain in others, because no one saw it in them. And unable to connect emotionally after a lifetime of conditioning to adopt tough male stoicism over warm male emotional connection...and women are as responsible as men for privileging and perpetuating the American cult of independence. Treading the cartoon catwalks of gender even as they wax disappointed in the very male stoicism, they are a party to perpetuating." – Mark Greene

"It's surprising that men in our society commit suicide at a rate of 3:1 to women [considering the American male privilege paradigm.] I feel part of the issue is that men are expected to be resilient, we teach boys to "man up" by internalizing dysfunctional feelings which forms depression... and they kill themselves." – Unknown

"It's often said that the male gender role is that of a provider, but what all goes into making a man a good provider? What do portrayals of masculinity do men look up to? The most common one that I think of is stoic, non-complaining, men of action. These portrayals are exemplified throughout the media. The action hero, badass guy types. They're the guys who don't let their emotions get to them and are always able to solve any problem. The men that are most looked up to, are the men that "don't complain like a little bitch." (which is a loaded phrase, but I think describes what men think of complainers). The male gender role often seems to be one of valuing the ability to not only solve problems, to not only be resourceful, but to not complain while doing so. The male gender role calls for action, whether or not the action is good or bad.

Clearly this can cause many problems for men. The expectation that men solve every problem, and if you can't then you're less of a man, is a hard burden to bear. I don't doubt that many men have buckled under such pressure. This is possibly one of the many things that can cause male health problems. Also, the fact that men are somewhat barred from talking about their problems limits male discussion in gender issues. Men still have to deal with the internalization of "don't complain" so they haven't been able to find their voice in gender discussions. Instead all too often they forego discussing it. On top of that of course, they lack the language to discuss their problems also. It's a double whammy, first their gender role makes it difficult to even begin expressing their problems and then they lack the language to do it. With that said I think more men are waking up to state of affairs." - Big Fred

“For every girl who is tired of acting weak when she is strong, there is a boy tired of appearing strong when he feels vulnerable.

For every boy who is burdened with the constant expectation of knowing everything, there is a girl tired of people not trusting her intelligence.

For every girl who is tired of being called over-sensitive, there is a boy who fears being too gentle to weep.

For every boy for whom competition is the only way to prove his masculinity. There is a girl who is called unfeminine when she competes.

For every girl who throws out her E-Z-Bake oven, there is a boy who wishes to find one.

For every boy struggling not to let advertising dictate his desires. There is a girl facing the ad industry's attacks on her self-esteem.

For every girl who takes a step toward her liberation, there is a boy who finds the way to freedom a little easier.” – Anonymous

“We've begun to raise our daughters more like sons... But few have the courage to raise their sons more like daughters.” – Gloria Steinem

"I'm not ashamed to dress 'like a woman' because I don't think it's shameful to be a woman." - Iggy Pop

“Why do people say, ‘Grow some balls?’ Balls are weak and sensitive! If you really want to get tough, grow a vagina! Those things take a pounding!” – Betty White

“Over and over men tell me that this is the baseline message they get about sharing their emotions. ‘Show me what you’re feeling, but don’t show me more than I’m comfortable with.’

The strength it takes to connect emotionally and to accept care from others is not easy to come by. To express emotion, display grief, show vulnerability and process pain requires a degree of personal integrity and self-reliance that far outstrips what is needed to bully or dominate others. The capacity to be vulnerable in American culture is nothing short of superhuman. It’s the first step toward self-reflection.

According to some masculinity theorists, we are in the midst of a crisis. For centuries and across cultures, mature masculine psychology was achieved through the intimate relationship between the mature and immature masculine, the tribal elder and the young initiate, the father and the son. The processes that used to usher boys into adulthood have eroded, leaving recent generations of men increasingly wounded, underdeveloped and uninitiated -- starving for the vital connection with mature masculine energy. This yearning is father hunger.” – Mark Greene

“Not surprisingly, most men in Western culture avoid serious discussion of this God-given need. Over the course of my life, I have been fortunate to have guys with whom I have achieved deep

and emotionally intimate friendships. I love and cherish them all. Like all meaningful relationships, it hasn't been easy.

It is my contention that in the case of guys with same-sex sexual attractions, honest emotional intimacy with men is what we truly want. But it is also what we are very afraid of. Learning how to receive love and give love is scary. Genuine, brotherly love may stir up a lot of learned sexual responses and emotional exclusivity for many of

us. But to develop close, [homosocial] friendships and relationships, we must push through our fears and loneliness. Intellectual understanding alone doesn't change us. New experiences do." – Mark Greene

"The extreme hyper-masculine "elitist" that socially isolates himself and fails to nurture/bless the gender-fluid source of divine energy idolizes himself as faux leader. Thereby, corrupts and disrupts energy flow from the source of existence by forsaking the desperately repressed; which un-nurtured collapses into egoic sexual approval. We destroy in other's what we hate or do not accept about ourselves. Hearts not parts. Correlating spirits are not bound by packaging." – Charles W. Smith III

"The fear had been replaced by an erotic, emotional, physical and spiritual love. Intimacy is not purely physical. It's the act of connecting with someone so deeply, you feel like you can see into their soul." – Unknown



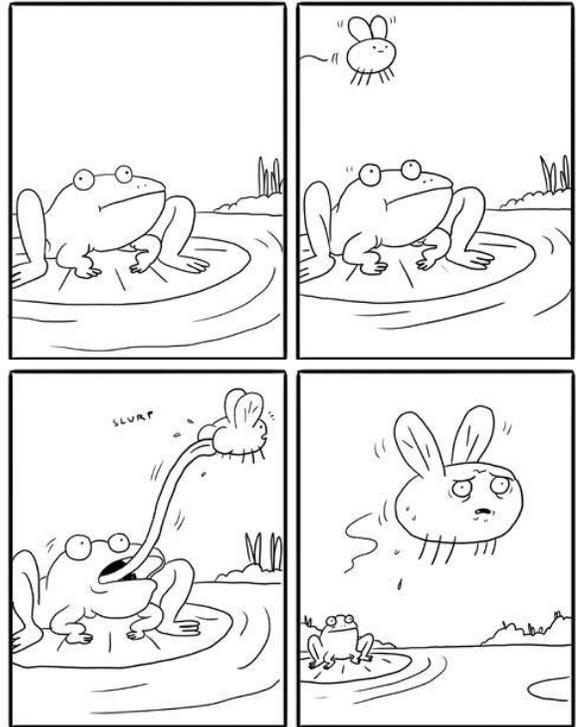
“So, until the rest of the country opens up, these few, proud men will keep nuzzling and shyly inquiring in the pursuit of pleasure. "I'm only in this body for so long, so whatever is going to give this spirit the best experience on Earth, I'm taking it. You know?"” – Unknown

“Yet, it is wise not to hurriedly over-stress the need for intimacy in our relationships. In other words, we shouldn't rush in for the most intense relationship we can get by disclosing deep, dark secrets way too soon and fueling the fire of emotional dependency. Such [egoic insecurity] and need-centered relationships are almost always doomed to fail.” – Mark Greene

I dream of a world where a chicken can cross the road and not have it's motives questioned. We can't go on together with suspicious minds.

“Male bisexuality, along with all other forms of sexual expression or identities, must not bare a stigma. Every individual is entitled to explore their sexuality, and men interested in exploring bisexuality, or simply sexual acts with men, should not be discourage. An informed conversation and the passage of time are the realistic solutions to the stigmatization of male bisexuality, and that is a solution worthy of the effort.

Oh, yours straight? So is spaghetti, until it gets hot.



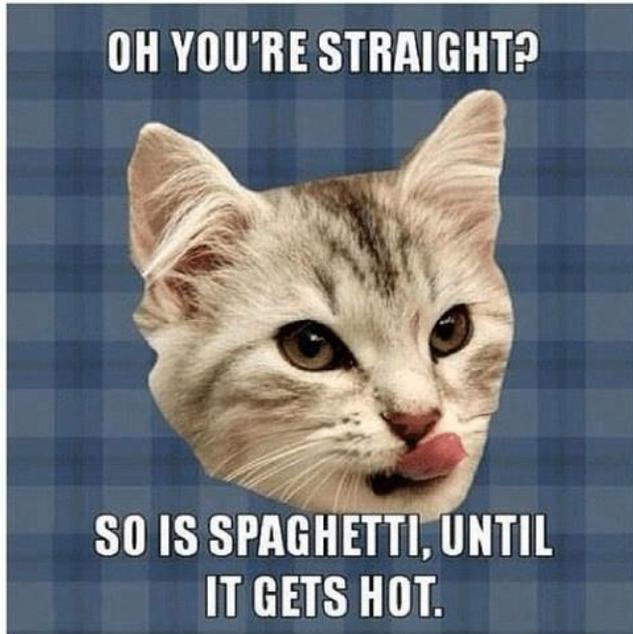
Explore every option. If it scares you, it might be a good thing to try. Everything you want is on the other side of fear. The cave you fear to enter holds the treasure you seek.



"Every person has at least one fleeting thought about sex with someone of the same gender. It's completely normal. However, because of the mindset that society has placed on people, men having evening a fleeting homosexual thought is considered not normal. Were a man to express this to someone, they would automatically assume that he is gay as opposed to assuming that he is human." – Unknown

"Why is more socially acceptable for women to be lesbian but not for men to be gay? Because in our misogynistic patriarchal society men think the idea of two women together is 'hot' but the idea of two men together intimidates their masculinity in a society that praises dire independence." - Unknown

“Watching two women be together sexually allows a man to explore two people of the same



gender being together sexually without being criticized in anyway."- Unknown

Toxic men often use "runnin'a train on a woman as a misogynistic cover for homoerotic intimacy with their homeboys.

If you have sexual feelings about a person of the same sex, that does not make you gay. Fantasies and lust really have no boundaries when they are in your head and emotions, where nobody else knows...but you and God know. Furthermore, gay acts don't make you gay. I hate how if a woman has sex with a bunch of guys, she's considered a slut, yet if a guy does the exact same thing, he's "gay."

“No, just because I stand up for gay rights doesn't mean I am gay. I stand up for animal rights, but it doesn't make me an animal. I'm against deforestation but that doesn't make me a tree, Assholes...” – Anonymous

“It's official. Boston is going to have a 'Straight Pride Parade.

I'm straight. I like being straight. A big reason why I like being straight is that I've never experience bigotry for my sexuality. I didn't have to fight for my right to marry the person of my choosing. I didn't have to concern myself with being beaten or killed because others didn't accept who I wanted to sleep with. I didn't have to stay closeted out of fear, or worry about the reaction of my family, friends, colleagues by coming out.

I never got called a slur for being straight. No one told me I'm going to burn in hell for being straight. There aren't any programs where I could be sent to be tortured into no longer being straight. There aren't any countries where you can be put to death simply for being straight.

There's nothing I ever has to fight for, or struggle against, because I'm straight. And therefore, there isn't any reason to take pride in it. Grateful for the privileges I get? Sure. But pride? I don't see it.

What I see is that this parade is misnamed. It's not a "Straight Pride Parade. It should be called 'I'm a homophobic piece of shit' parade.” – James Fell

The Melting Pot of Existence

'The melting pot of existence' is a caste system that supports having excessive children and uses a false ideal of independence as an isolation trap to separate us from our roots leaving us forever dependent on our oppressors within a slave society.



Solution: We all NEED each other, especially our roots. There's no shame in that.

This concept especially applies to men, we've discussed earlier in the chapter about gender roles and identity and how our society pushes boys away, telling them to man up and not cry, to not show emotion.

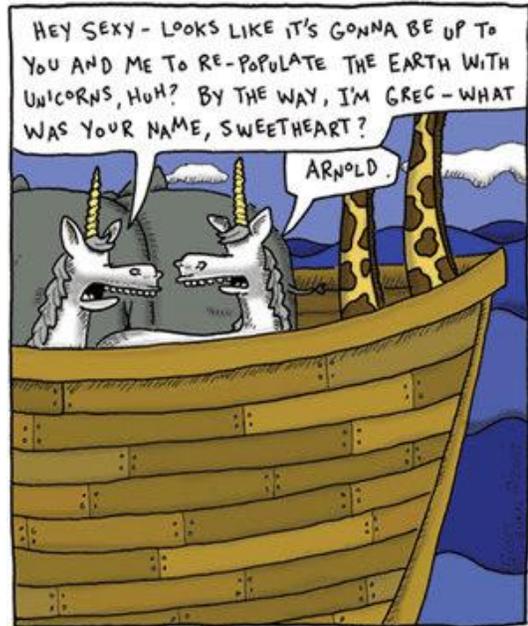
As mentioned before, independence is an isolation trap, so the whole spectrum of human touch is isolated to one

person's genitalia. The pressure on her, combined with the desperation he needs fulfilled, results in inadequate "families" everywhere. Yet, the system works because they got us to incubate more babies—more slaves. Otherwise the system leaves us desperate enough to selfishly spread just enough disease to eradicate our own selves and those we care for.

From there you can see how it's "beneficial" to target the LGBT community for it is a perceived impossibility for homosexuals to reproduce. Ah, but when unashamed of our own joys LGBT CAN reproduce (if we so choose) within the united oneness of polyamorous love. For, it truly 'takes a village to raise a child.'

SELFISH love is I will love ONLY you. FREE LOVE is I will ALWAYS love you. Ego holds, love liberates.

"I believe if only all of mankind were to acknowledge bisexuality, including the uniquely delicate balance of masculine and feminine energies within us all, then our collective ideology would be free to create institutions, such as marriage, with broader colors, and create a society free of unnatural taboos and narrow minds." – Unknown

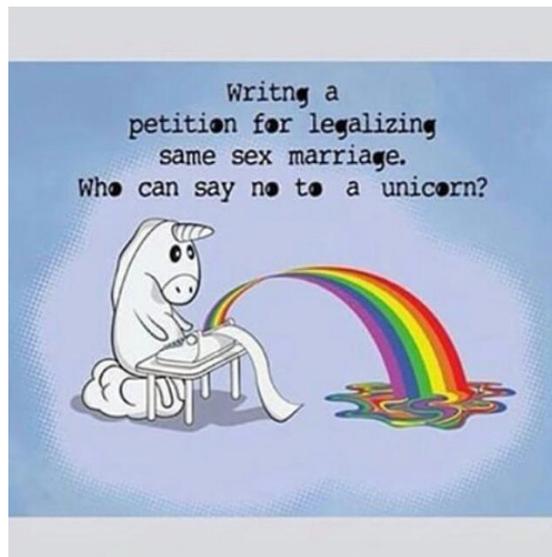


“***Heterosexual Privilege / Straight Privilege is a thing. It exists. An immediate example is the privilege of being “conditionally gay” to dabble into homosexuality and flipflop at whim.” Or, offering deeply rooted passive religious biases as fact. Straight privilege is saying that you don't believe in homosexual representation in kids shows, yet will ask a toddler if they

have a girlfriend.”***

“Societal stigma turns into internalized mental denial, which narcissistically displaces blame and demonizes/villainizes within others that which they do not accept about themselves... This delusional mentality interpreting truth and accountability and intimacy as merely harassment blackmail and in extreme cases a delusional mental and emotional transference of any wrongdoing that perceives their own pleasure as a form of rape.”- Charles W. Smith III

"No one in America should ever be afraid to walk down the street holding the hands of the person they love." – Barack Obama



“It’s very dear to me the issue of gay marriage. Or, as I like to call it: ‘Marriage.’ You know, because I had lunch this afternoon, not gay lunch. I parked my car; I didn't gay park it.” – Liz Feldman

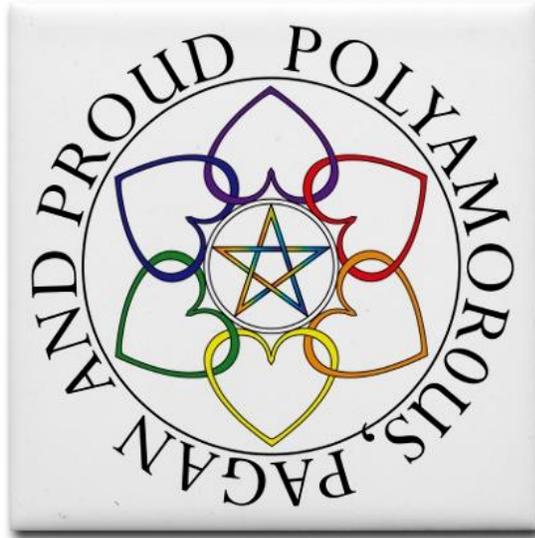
Marriage is a human right, not a heterosexual privilege. If you must make a law that hurts a number of people, just to prove your morals or faith, then you have no morals or faith to prove. Marriage, or "the law," does not validate our own existence. We validate ourselves. Legality does not equate morality. Marriage merely legally confirms our relationships with each other. The government should not be in the bedrooms of consenting adults. Everyone has the divine birthright to create their life as they see fit, without imposing on the rights of others. Marriage equality will not truly exist until gay and polyamorous marriages are recognized under law.

Let’s take a break from debating gay marriage to remember an unmarried 33-year-old man who hung out with 12 guys.

Polyamory

Most feared by serial monogamists who need divorce to cover their lusts. To the judgmental eye we are easily mistaken for swingers until you get close enough to see all the strings are attached. We do not cheat. We do not lie. We are not “easy.” We love bigger and deeper than most. Our hearts are simply too big for any one person to fill. We are Polyamorous. We are love.

It's true that you can love more than one person just not to that same degree. Each gender has distinct differences that only they can fulfil. To expect that a single individual must fulfill all ones love and desires is selfish. Love is wanting the best for someone. True love is helping your partner(s) better themselves internally, not externally thru codependency. Giving yourself to me can never be wrong if your love is true. Monogamy creates competition, while polygamy/polyamory promotes co-operation. I pledge to co-operate as needed to merge us into absolute oneness. Polyamory can work if each person has a right to veto group decisions.



She comes first, he comes next. Most of us share our sexual experiences with our best friends. Somehow some way, experience and discussion are the only ways to learn. It's the idea/thought that counts, and studies support that people enjoy sharing and full disclosure.

“I am bisexual, there's parts of me not meant for any single gender/person. Understand that the love I have for you is meant for only you. Yet I have other needs that must be filled elsewhere, not suppressed and repressed. Don't cage my being, respect my honesty. I have no need to equate myself to heteronormative standards. My true self is free, it cannot be contained. Accept me as I am and allow me wings to fly. Ego and insecurity cages, love liberates. I am free love.” – Charles W. Smith III

“When I fade off into the darkness that you don't understand, I hope you wait for me to step back

into the light. But if you choose not to, I will thank you. Because if you never understood the dark side of me, you certainly aren't worthy of how beautiful my light is. My light is only for the ones who never left me alone in the dark." Stephanie Bennett- Henry

Masturbation: Know Thy SELF

One very important method of learning about Self is through masturbation. Relax, get to know yourself first. Only by knowing self, will you truly learn to know others. Masturbation can be used as a sedative to protect against dangers of unprotected sex.

MANTRAS

I am not afraid to think outside your box.

I will embrace and nurture the gender fluid source of existence.

QUOTES TO LIVE BY

"You're only as sick as your secrets... I've nothing to hide." –Charles Smith III

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by THEIR Creator with certain UNALIENABLE Rights, that among these are LIFE, Liberty and the pursuit of Happiness." - Declaration of Independence



Courage is being who you are no matter what anyone thinks about you.

“At some point in time a man switches from “I’ll have what he’s having” to “I’ll have what I’m having.” – Drink Life Deeply

"At the end of the day, you can't be ashamed of what you love. Do it. Experience it."- Mos Def

"Take the PERSONAL and render it UNIVERSAL." - Elizabeth Gilbert and Oprah Winfrey

“Love is NOT about gender. No one has control over whom they fall in love with. In this day and age, if you are homophobic, you are WAY behind the evolution.” -Marcus Patrick



“Our Sexualities are gifts and blessings from God. Sigmund Freud is renowned for his redefinition of sexual desire as the PRIMARY motivational energy of human life. Sexuality must be EMBRACED and EXPERIENCED to be understood. Ancient Egyptians and spiritual Chakra law tell us that sexuality and spirituality coincide. I will never be ashamed of my sexuality and sexual confidence does NOT make me a bad person. Nor does it make me a second-class citizen. In fact, I will fully embrace it and encourage others to embrace their own.” – Charles W. Smith III

"I think everyone should be free to love who they want, there's not enough love in this world, so find love where you can. And if you find it, consider yourself lucky." – Dolly Parton

“There is nothing wrong with safe protected consensual sex between adults; regardless of age, gender, social status, or race.”- Anonymous

“It certainly has never been news to me that a brave and brilliant man could love other men.” – J.K. Rowling

The only thing disgusting about two men kissing is how some people react to it.

Oh, you're afraid gays try to convert people to their own sexual orientation? What kind of horrible people would do that?

The word homophobia is not a phobia. You are not scared. You are an asshole.

Homophobic men hate gay men for the same reason that women on diets hate seeing a plate of cookies... It's tough when you can't have something you secretly crave. “You’re only homophobic for two reasons: 1) You're dumb, or 2) you're secretly worried that [penises] are delicious.” – Joe Rogan

"As we are liberated from our own fear, our presence automatically liberates others."- Marianne

Williamson

“Never apologize for showing feeling, when you do so, you apologize for truth.”- Anonymous

"The truth of who you are is much more beautiful & valuable than any deception you could construct."- L. Wanalista

“Closets are for clothes. One day we won't come out. We will just say we are in love and that will be all that matters.” – Anonymous

"...To be able to live openly, honestly, and unapologetically as yourself, without fear of injury or attack, rejection or compromise, is the divine birth right for all, not the privilege of some... and the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."- Kate Welsh

“Overcome the notion that you must be regular. It robs you of the chance to be extraordinary.” - Uta Hagen

I'm not weird, I just fall outside of your exceptionally narrow view of the world. Sexuality is a spectrum.

“I don't understand why people think that having a gay child means they failed as a parent. Disowning your child means you failed as a parent. Same sex couples aren't good parents? When was the last time a same sex child disowned their child for being straight?” – Anonymous

Jesus had 2 fathers. Why can't I?

"Pride does not always mean arrogance and conceit." - Kate Welsh

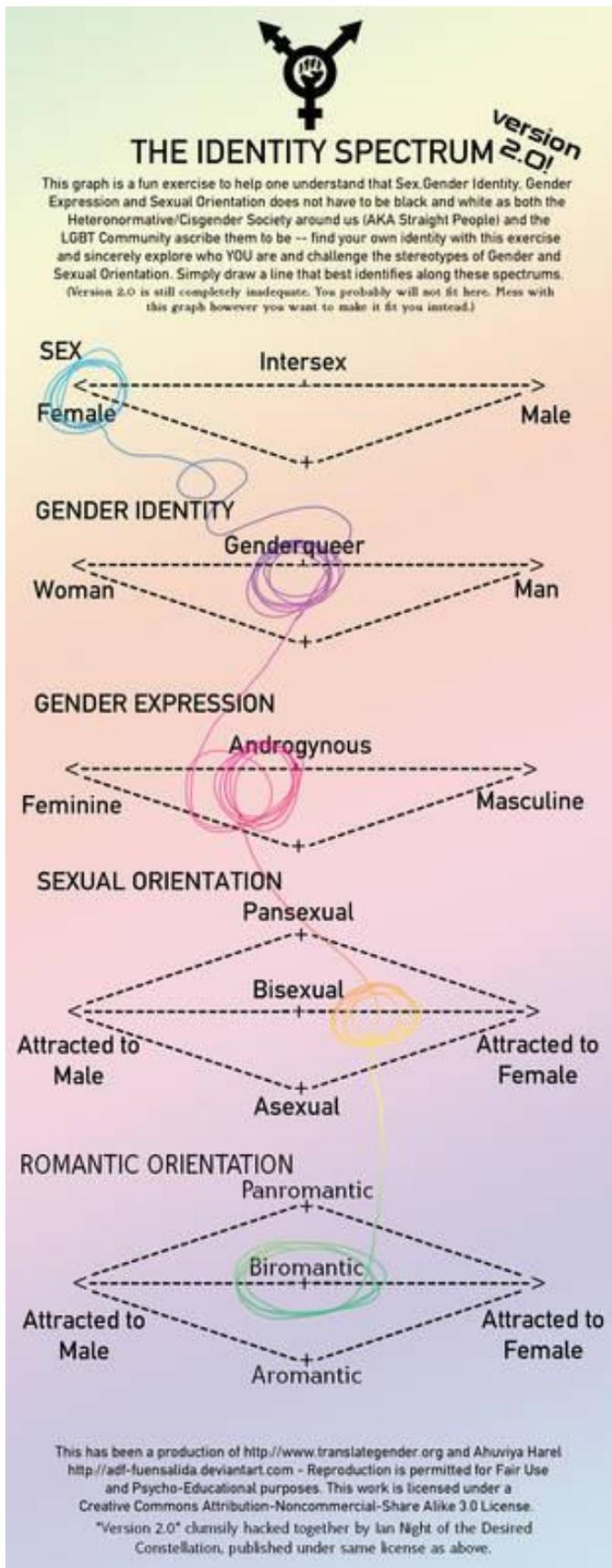
“Don't expect love from people who are taught to hate. Don't lose your dignity and self-respect trying to make people love and appreciate you, when they just aren't capable.” –Jared Casey

"People take different roads to seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost."- Energy Healing Solutions.

"If you put blue and red together it makes purple. Purple is not referred to as half red half blue though because it is its own color. The same applies to bisexuality and some shades are much bluer or much redder, but they're still called purple.” - Unknown

“I am not confused. I am not going through a phase. I am not experimenting. I am not half gay and half straight. I am not greedy. I am not lying. I do not need to make my mind up. I am not just trying to be cool. I am certain. I'm not saying everyone is, but I am bisexual.” - Anonymous





“New Policy: Any dude who masturbates to lesbian porn more than twice cannot legally oppose Gay marriage. You don’t get to jack off to someone and then deny them equal rights, hypocrite, it doesn’t work that way.”- Anonymous

“Too often white privilege seems to keep gay white males from making parallels from their own oppression being gay to other oppressions due to their race/culture etc. I see it constantly on my news feed. We have this sad tendency to want gay rights, but not take the time to understand that others are still fighting for equality, as well, for other reasons other than sexual orientation. Remember, you don’t get to choose what is offensive to someone. Listen when someone is hurt and learn from it. Don’t brush it off and roll your eyes.” – Lee Williams

“Fact, White gay people are some of the most racist and hateful people I’ve ever met.

I said it, and I’ll say it again.

I’ve got screenshots of being called monkey, nigger, and told to go hang from a tree- all on a regular basis.

You would think that white gays would be more inclusive since they’re in the minority as well. But, no. They don’t want equality, they want privilege. They can’t believe they’ve been denied white

privilege simple because they are gay.

White gay people should NOT be in the forefront of the equality movement.” – Charles W. Smith III

If you’re pro black, but anti-gay, you don’t want justice or equality you want privilege.

Men need feminism too “The first act of violence that patriarchy demands of males is not violence toward women. Instead patriarchy demands of all males that they engage in acts of psychic self-mutilation, that they kill off the emotional parts of themselves. If an individual is not successful in emotionally crippling himself, he can count on patriarchal men to enact rituals of power that will assault his self-esteem.” – Bell Hooks

(Connect next quote about bedbugs to Women- feminism)
“Interestingly, they found this wasn’t a resistance mechanism because less penetration force was required to breach this stretchy region compared to other areas... Importantly, this means that tolerance, but not resistance, frees both sexes from the relentless evolutionary arms race that sexual conflict can drive.” – Via Royal Society Interface



Demisexual- A person who does not experience sexual attraction unless they form a strong emotional connection with someone.

“Don’t anchor yourself to the thought that you need to be there for the opposite sex just because you’re a man. If you try to stray from your truths because lies are what others and the norm expects of you, you’ll only damage yourself and trouble others. Be yourself and pursue the things that make you happy and the people that vibrate on the same level. Be there for yourself and those who make your life better, and in turn you’ll be there for them and it will be natural. You’ll be inspiring and spreading a positive message and enjoy life.” – Jesper Cameron

“The enduring gift of bisexuality is that it looks beyond binaries, reminding us that love and value can be found at both ends of the spectrum and everywhere in between.” – Rev. Dr. Janet Edwards



Chapter 10: Sublime Dating, Love, and Relationships

Of all the divine connections in life, intimate relationships can often have the most energy draining effects if one is not careful to treat their bodies as a temple. No other connection can allow for a human being to give up their power as easily as intimate connection. However, on the other side of the spectrum, a person can also use intimate connection with another person to learn of their own truth and gain a magnified energy to an exponential degree. Exchange of energy is actually a very real and necessary part of the survival of our species.

In this chapter we will examine how the understanding of self can attract energy and its correlation to dating. They say that the eyes are the window into the soul. The association to this metaphor can be seen very clearly in the chemical reaction that occurs when two people stare each other directly in the eyes. Levels of oxytocin are released when individuals stare each other into the eyes for long periods of time. The chemicals minimize stress and create a sensation of peaceful happiness. Understanding this can help you see the chemical reaction of dating. Now, we will talk a bit about the spiritual connection of dating.

As stated before, the spirit is your “life force.” So, when there is a spiritual connection with a person, you can literally feel their life force connections without even looking at them. This type of connection is incredibly powerful, and it is what one might refer to when they talk about a “soul mate.” Best friends also experience this sensation, which being said explains why so many people who are in long lasting relationships refer to their partner as their “best friend.”

“For every beauty there is an eye somewhere to see it. For every truth there is an ear somewhere to hear it. For every love there is a heart somewhere to receive it.” – Ivan Panin



I once asked an old man “Which is more important, to love or to be loved?” He replied “Which is more important to a bird? The left wing of the right wing?”

“Your task is not to seek love, but to seek and find all the barriers within yourself that you have built against it.” – Rumi

Never rush into falling in love, because love never runs out; let love be the one to knock at your door. Besides, true love is worth waiting for.

“We often want it so badly that we ruin it before it begins. Overthinking. Fantasizing. Imagining. Expecting. Worrying. Doubting. Just let it naturally evolve.” – Anonymous

“You demonstrate love by giving it unconditionally to yourself. And, as you do, you attract others into your life who are able to love you without conditions.” – Paul Ferrini

Respect people who find time for you in their schedule but love the people who never look at

their schedule when you need them. The person who loves you is not the one who sees you every day, but the one who looks for you every day. I don't want the perfect relationship, because perfect is impossible. I love imperfections. I want worth it. I want trustworthiness, honesty, loyalty and love. I don't want a perfect person. I just want someone to act silly with, someone who treats me well and loves being with me more than anything.

It's beautiful when you find someone that is in love with your mind; someone that wants to undress your consciousness and make love to your thoughts; someone that wants to watch you slowly take down all the walls you've built up around your mind and let them inside.

I regret opening up to some people; they didn't deserve to know me like that. Be careful who you open up to, only a few people care; the rest are just curious.

"I think I fall in love a bit with anyone who shows me their soul. This world is so guarded and fearful. I appreciate rawness so much." I want to give you the kind of love that's not distorted and fabricated, but real, raw, and honest. Never leave a person who touched your soul more than your body. Take your time, take it slow. No rush. No fuss. Love like you've never loved before....

If you love a flower, let it be. If you pick it up, it ceases to be what you loved. Love isn't about possession; it is about appreciation.

"Love me without restriction, trust me without fear, want me without demand, and accept me for who I am." – Unknown

"Your significant other is allowed to have meaningful relationships with other people. Your significant other is allowed to get things from those relationships they don't get from you. Demanding you be the only source of pleasure and support in their life is possessive and toxic."-
Unknown

Once upon a time, an angel and a devil fell in love. We are all seeking people whose demons play well with our own. Find someone who knows all your mistakes and weaknesses and still thinks you're completely amazing. Everyone comes with baggage. Find someone who loves you enough to help you unpack. Show me all the parts of you that you do not love so I know where to begin. Crawl inside this body, find me where I am most ruined- love me *there*.

"A holy relationship is where the brokenness and wounds of the world are not escaped so much as transformed by love, not hidden from but risen above." – Marianne Williamson

"They say love is blind. I disagree. Infatuation is blind. Love is all-seeing and accepting." –
Anonymous

I want to sleep with you, I don't mean have sex. I mean sleep, together, under my blankets, in my bed with my hand on your chest and your arm around me. With the window cracked, so it's chilly and we have to cuddle closer. No talking, just sleepy blissfully happy silence. Cuddling literally kills depression, relieves anxiety and strengthens the immune system. I just want you to know that I love you even though you're not naked right now. I just want you

to be happy, and maybe just a little bit naked.

“If I lay here, if I just lay here. Would you lie with me and just forget the world” – Snow Patrol

“I just want to see you – Nothing beats seeing someone in person.” – Unknown

I can't promise to solve all of your problems, but I promise you won't have to face them alone. If you get scared, let me know and I will hug you a little tighter. Everybody should have a place where they feel absolutely safe.

Your soul mates are people who mend your broken heart, by simply giving you theirs Happiness is inside yourself, not with another person.

“The greatest gift you can give somebody is your own personal development. I used to say, “If you will take care of me, I will take care of you.” Now I say, “I will take care of me for you! If you take care of you for me.” – Jim Rohn

I'm not searching for my other half, because I'm not a half. Codependency is not love, it is driven by the agreement that I will work harder on your problem and life than you do.

You don't need another human being to make your life complete, but let's be honest. Having your wounds kissed by someone who doesn't see them as disasters in your soul but cracks to put their love into is the most calming thing in this world.

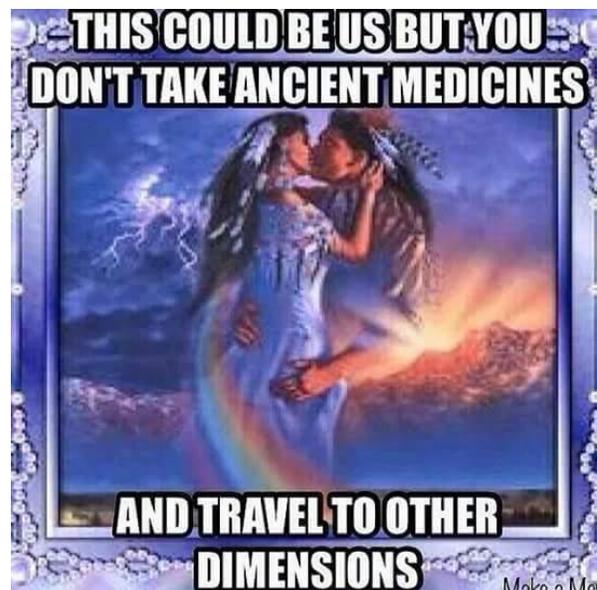
“None of your scars can make me love you less. I simply don't care where you live and what you earn. I accept you the way you are. I appreciate that you shared your past with me, and I am, thankful that your future is here with me. I love you unconditionally.” – Aarti Khurana

“You will never be too much for someone who can't get enough of you.”- Pastor West

“Love is the soul's life. It's not who you've been with, it's who you end up with. Sometimes the heart doesn't know what it wants until it finds what it needs.” – Pam Halpert

Buddhists say: If you meet somebody and your heart pounds, your hands shake, your knees go weak, that's not the one. When you meet your “soul mate” you'll feel calm. No anxiety or agitation.

“Your soul mate is not someone who comes into your life peacefully. It is who comes to make you question things, who changes your reality, someone that marks a before and after in your life. It is not the human being everyone has idealized, but an ordinary person, who manages to revolutionize your world in a second.” – Anonymous



“A spiritual partnership is a partnership between equals for the purpose of spiritual growth. Spiritual partners use their delightful experiences together as well as their power struggles to learn about themselves and change themselves – Our energetic fields respond to trauma and healing energies. They also react to emotions and love. When people interrelate, their energy fields experience distortions and merge. We can even swap energy with people hundreds of miles away.” – Mohsen Paul Sarfarazi Ph.D.

“A masculine energy force chooses a great feminine energy force as part of a spiritual enhancement to magnify and attune to a higher frequency. If a masculine energy chooses feminine energy that is vibrating at a lower frequency for lower chakra reasons, i.e. casual sex for example, he does not want to do the work required to shift his consciousness into being an even greater masculine. You can always see the character of a person by the partner they choose.” – Anonymous

Not all thin girls were pretty. Not all fat girls are ugly. When you fall for someone’s personality everything about them becomes beautiful. If I choose you, it won’t be because you “look” good to me physically... It will be because you “feel” good to me spiritually. I love you, not for who you are, but for who I am when I’m with you. A boy makes his girl jealous of other women. A gentleman makes other women jealous of his girl.

Egoic insecurity doesn’t see the love that is laid before them. God sent you love, yet you forsake the packaging without consideration for its contents (or vice versa,) Simultaneously viewing your sacred potential suitor as irrelevant or competition rather than an intimately co-operative ally. Hearts not parts. FreeLove Liberates.)))

“The feminine’s highest calling is to lead the masculine to his soul so as to unite it with The Source. The masculines highest calling is to protect the feminine so it’s free to walk the earth unharmed.” – Cherokee Proverb

“Even after all this time, the sun never says to the Earth, ‘You owe me’ Look what happens with a love like that. It lights the whole sky.” Trying to control someone is the fastest way to push them away. Find a partner who encourages you to grow, who won’t cling to you, who will let you go out into the world, and trust that you will come back.

“Everyone says love hurts, but that is not true. Loneliness hurts, rejection hurts, losing someone hurts, and envy hurts. Everyone gets these things confused with love. Yet in reality love is the only thing in this world that covers up all pain and makes someone feel wonderful again.” –
Meša Selimović

The easy part of love is finding someone to love. The hard part of love is finding someone to love you back. You know that tingly feeling when you like someone new? That’s called “Limerence,” it’s basically common sense leaving your body.

“Sometimes you can be so dope and rare, that a person won’t know how to handle it and will mess it up before they figure it out.” – Unknown

“We often want it so badly that we ruin it before it begins. Overthinking. Fantasizing. Imagining. Expecting. Worrying. Doubting. Just let it naturally evolve.” – Anonymous

If you don’t want your heart easily broken, don’t let your heart be easily taken. Never apologize for having standards. People who really want to be in your life will rise up and meet them. Nothing is sexier than someone who wants you just as much as you want them.

“Never love anyone who treats you like you’re ordinary.” – Oscar Wilde

Love doesn’t hurt, loving the wrong person does. Falling off a bridge hurts less than falling in love with the wrong person. Yes- some love is better than none, but I can do bad all by myself. Once you learn how to be happy, you won’t tolerate being around anyone who makes you feel any less. If you knew what a star you are, you’d stop settling for less. Unless it’s mad passionate extraordinary love. It’s a total waste of time. There are too many mediocre things in life; LOVE should not be one of them. If you’re giving your ALL to someone and it’s not enough, you’re giving it to the wrong person.

“Maybe we feel empty because we leave pieces of ourselves in everything we used to love.” –
R.M Drake

“Learn difference between connection and attachment. Connection give you power. Attachment sucks the life out of you.”- Unknown

“You know what your problem is? You get attached, fast, and once you’re attached to someone, you do everything to please them and make them happy. It’s never been about what you want, it’s always everybody’s needs before your own. You give too many chances, to people who quite



Charles Smith

13 hrs • 🌐



Correct me if I'm wrong, but why should lack of sex nullify a relationship? If the opposite is true, that sex doesn't constitute a relationship.

Just because you haven't had sex, doesn't mean you haven't been dating.

Just because you do have sex, doesn't mean you are dating.

That’s called “Limerence,” it’s basically common sense leaving your body.

frankly do not deserve them. They take advantage of you and you become a pushover. But you're okay with that because they're in your life, and that's all you ever really wanted. Even if they screw you over, you're still there for them, because that's you, that's who you are. Once you get attached to someone, they capture your heart, and they always have a place there. That's why it's so hard for you to let go." – Unknown

"It is weakness to think someone is dependent on you, and that you can do good to them. This belief is the mother of all attachment and through this attachment comes all our pain. Therefore, developing the attitude of non-attachment is the great lesson to learn in life, and when we have learned it fully, we shall never be unhappy... By no attachment you overcome and deny the power of anything to act upon you." – Unknown

All that glitters isn't gold. Just because someone looks good, doesn't mean they're good for you. Spoiled milk is still white.

"You must learn the difference between connection and attachment. One gives you power, the other sucks the life out of you." – Anonymous

"They'll make you like them a lot, make you think they're your world. Then, finally when you get this feeling that they're different, the whole damn situation changes and suddenly you're nothing they ever wanted and you're just left there. Stuck in thinking that you need them, when you don't and in relation, they're not even good to or for you." – Anonymous

Don't let your loyalty become slavery. If they don't appreciate what you bring to the table, let them eat alone.

Your life will get better when you realize it's better to be alone than to chase people who don't really care about you. Love cannot be found where it doesn't exist. There's a difference between being patient with someone & wasting your time.

I'm not chasing you, begging you, or stressing over you. Do I want you? Of course, but I won't wait on you. If you are constantly trying to prove your worth to someone, then you have already forgotten your value. Together or not, if I invested my time and feelings into you there is certain shit you just don't do out of respect. You can't just come into someone's life, make them feel special, and then leave. The worst feeling is someone making you feel special just to leave you hanging, and you must act like you don't care at all.

"One of the cruelest things a person can do is to awaken someone's love without the intention of truly loving them." – Anonymous

"Love doesn't die because of distance; love dies because of doubts... The most painful goodbyes are the ones that are never said and never explained."- Unknown

I don't chase people anymore. I learned that I'm here, and I'm important. I'm not going to run after people to prove that I matter. At your absolute best, you still won't be good enough for the wrong person. If it doesn't open, it's not your door. If you're giving your "all" to someone and it's not enough, you're giving it to the wrong person.

Relationships aren't hard work. Relationships with the wrong people are hard work. Fall in love with someone that doesn't make you think love is hard and never lets you fall asleep thinking you're unwanted. One of the most expensive things you can do is pay attention to the wrong people. I'll fight for you, but I'll never fight over you. If you're entertaining somebody else, they can have you

"I believe that love is not based on effort. For example, if you want cold water, I fan the cup a million times, then someone else walks by with ice. Similarly, if you want something from a person, maybe those wants are expectations. So, I work with blood, sweat and tears to reach your expectations; and then suddenly someone else just comes by and has that thing you've been looking for- so you go with them instead." – Anonymous

At your worst you'll still be worth it to the correct person.

He only treats you like shit because the first time he disrespected you, you taught him it was okay. "The irony of compromising your morals to please others is that eventually even they will stop respecting you for having weak resolve." – Saas Tasleem

When someone shows you who they really are believe them the FIRST time.

Why give second chances when others are waiting on their first?

"Stop being lied to and manipulated. An adult should be able to learn from their mistakes and not repeat them. If your partner keeps doing the same thing over and over it's because they know you're not going anywhere. You'll keep getting what you keep tolerating."- Tony Gaskins

If you keep telling someone something over and over again, and they don't change. It means they don't respect you.

Don't complain about someone not treating you right. If you know you deserve better, why are you with them? Sometimes you have to try not to care, no matter how much you do, because sometimes you can mean nothing to someone who means so much to you. It's not pride. It's self-respect. At some point, you have to realize that some people can stay in your heart but not in your life. Sometimes, we have to let go of what's killing us, even if it's killing us to let go.

A wrong relationship will make you feel more alone than when you were single. It's better to have loved and lost than to live with an idiot your entire life. Let go or be dragged.

Ever loved someone so much, you would do anything for them? Yeah, well, make that someone yourself and do whatever the hell you want. Decide this minute to never again beg anyone for the love, respect and attention that you be showing yourself.

"If you're having a hard time letting go, realize that if they wanted to stay they'd still be there."- Anonymous

Let go or be dragged.

“I’ll fight for you, but I’ll never fight over you. If you’re entertaining somebody else they can have you.” – Anonymous

Love is like a fart, if you have to force it, it’s probably shit. Go for someone who’s not only proud to have you but will take every risk and effort just to be with you. You deserve someone who would jump fences to be with you. Not someone who is in the fence about being with you. “And finally, you realize that you can’t force ‘it’ to be something. You can’t force consistency, loyalty, or even honesty. You can’t force them to keep their word, or to communicate, or to realize something special is in front of them.”

That awkward moment when you have to get over someone you never even dated.

“Never forget that walking away from something unhealthy is brave, even if you stumble a little on your way out the door.” Mandy Hale

“You deserve a relationship that you don’t have to question.” – R.H. Sin

Repeat after me: “I am enough.” Sometimes people stay single because they’re tired of giving their all and ending up with nothing. Not everyone who is single is lonely, not everyone who is taken is in love. Stop asking why I’m still single. I don’t ask how you’re still married. Being single sucks, all I get to do is whatever the fuck I want. Relationships are like garage sales from a distance they look interesting, but up close it’s just a bunch of shit that you don’t need. It’s the best feeling when you realize that you’re perfectly happy without the person you once thought you needed the most. You treated me like an option so I left you like a choice. Once I stop caring about you, good luck getting that back.

Never get too attached unless they also feel the same, because one-sided expectations can mentally destroy you. If someone doesn’t appreciate your presence make them appreciate your absence. You need to stop doing things for someone, when you find out it’s expected rather than appreciated. I detach from people when they’re full of shit, without warning.

I don’t miss you. I miss the person at you pretended to be, so don’t get it twisted. Fuck you very much. I want to write “I love you” on a rock and throw it at your face so you know how much it hurts to love you. Treat me like a king and I’ll treat you like a queen. Treat me like a game, and I’ll show you how it’s played. “Don’t pay them any attention, because you had your turn and now you’re going to learn what it’s really feels like to miss me.” – Beyoncé

“Closure” is a joke. The only apology you need is the one you owe yourself for staying as long as you did. The only conversation you need to have and that only person you need to see again is the person in the mirror. Look at yourself and say “You know what, I fucked up. My worth is more than that.” That’s your closure. You can’t keep dancing with the devil and wonder why you’re still in hell.

I’m mad at myself, not at you. I’m mad for always being nice. I’m mad for apologizing for things I didn’t do. I’m mad for getting attached. I’m mad for thinking about you, but most of all I’m mad for not hating you, when I should.

At some point you have to realize that some people can stay in your heart, but not your life. I love you, but I hate you. I miss you, but I'm better off without you. I want you out of my life, but I never want you out of my heart... You can't be "just friends" with someone you're madly in love with. The hardest thing to do is watch someone you love, love someone else. The theory of the multiverse says there are infinite parallel universes containing every possible solution. It makes me happy because I understand that somewhere you loved me back.

If you'll cheat with me, you'll cheat on me.

"Seduce my mind and you can have my body, find my soul, and I'm yours forever." – M.D. Waters

If it's her soul you are after, then you must not compliment her on something silly such as her eye color or outfit choice of the day. You ought to compliment her on the books she's reading, or the way she walks with purpose, or how her eyes seems to always be seeing something so much more than everyone else can see. If you notice her passions you will suddenly, very quickly, become one of them. – S.G. Kilbride 'How to Love Her I'

Don't play hard to get, be someone hard to forget. People are attracted to confidence more than physical features. Never underestimate the seductive power of a decent vocabulary. Sapiosexual: A behavior of becoming attracted or aroused by intelligence and its use. I hear you find it unattractive when people curse, I guess we won't be fucking anytime soon. There's nothing sexier than someone who refuses to give a fuck [care what other people think.]

Whenever you feel intimidated, remember, they poop too. The best relationship advice I can give you is to make sure you are the crazy one. "I'm not your type? That's strange I thought sexy as hell was everyone's type. Benefits of dating me: You will be dating me. I could go on, but I think I've made my point. I'm not flirting, I'm just being extra nice to someone who is extra attractive." – Anonymous Don't lead, I'll wander off bored. Don't follow, I'll get lost.

Walk beside me and help me cause trouble. I don't go for looks; I'm attracted to a person's personality.... Disorder.



"What you seek is seeking you." – Rumi "Opportunity dances with those who are already on the dance floor." – Jackson Brown

Don't make decisions when you're angry or horny.

I want to be cute with you. Love doesn't need to be perfect it just needs to be true.

Stop waiting for Prince Charming. Get up and find him. The poor idiot may be stuck in a tree or something.

Relationships aren't hard work. A relationship with the wrong person is hard work. "Fall in love with someone that doesn't make you think love is hard."- Anonymous.

"I hope you fall in love with someone who never lets you fall asleep thinking you're unwanted."
– Anonymous

MANTRAS

I am enough.

I do love myself unconditionally.

I understand that true love with another is reflective of one's humbled value of self.

QUOTES TO LIVE BY

"Love sought is good but given unsought is better."- William Shakespeare

"I make love to my art every day. I'm not searching, I'm letting love find me." – Ashley Germanotta

"It is when you no longer feel the need for something that this something will come to you... the feeling of needing something comes from the thought that you don't have enough, and so you continue to create not having enough of this something."- PEJ

"I have learned to not worry about love, but to honor it's coming with all my heart."- Alice Walker

"Be the person you want to find. Don't be the nickel out here looking for a dime."- Lyfe Jennings

"Never compromise yourself to a level you already have passed... opposites do attract to an extent, just make sure they are on that level as well."- Anonymous

"If it looks good, you'll see it. If it sounds good, you'll hear it. If it's marketed right, you'll buy it; and if it's real, you'll feel it." – Anonymous

“Laughter is the way to true love.” – Anonymous

“Maybe some people aren’t meant to be tamed; maybe they’re supposed to find someone just as wild to run with.”- Sex and the City

“Beauty is only a light switch away.” – Anonymous

“Confidence is a must; cockiness a plus. Edginess is a rush.” – Britney Spears

People love surprises, so surprise them!

“I have goals, confidence, and ambition. I know exactly what I want and how to get it. What can we do for each other? Be original, be unique, and we both might just get what we’re after. I’m CONFIDENT in validating MY OWN existence, a significant other is a perk of knowing thy self.”- Charles Smith

“Find somebody who makes you a better person. You are who you’re around.” –Beyoncé

I admire consistency in a human.

“If you don’t like the peach, walk on by the tree.”- Joss Stone

“When someone SHOWS you who they are- believe them the FIRST time.”- Maya Angelou

“Being a busy [person], living a beautiful life, I want to spend time with someone who understands independence in both our lives and does not become insecure and needy. THAT would be remarkable.”- Dana Banks

Limerence is a cognitive and emotional state of being emotionally attached or even obsessed/infatuated with another person, typically experienced involuntarily and characterized by a strong desire for reciprocation of one’s feelings, but not primarily for a sexual relationship (although it can further intensify the situation).

“Your lights are on but you’re not home. Your mind is not your own. Your heart sweats, your body shakes. Another kiss is all it takes. You can’t sleep you can’t eat. There’s no doubt you’re in too deep. Your throat is tight, you can’t breathe. Another kiss is all you need...”- Robert Palmer ‘Addicted to love’

“You can close your eyes to the things you do not want to see, but you cannot close your heart to the things you do not want to feel.” –Anonymous

“I’m selfish, impatient, and a little insecure. I make mistakes, I’m out of control and at times hard to handle; but if you can’t handle me at my worst, you sure as hell don’t deserve me at my best.” – Marilyn Monroe

“When you know better, you do better.” – Oprah

“If someone seriously wants to be part of your life; they will seriously make an effort to be in it.”
– Anonymous

“No matter how many coins you throw into a wishing well, or the numbers of fingers you cross.
If it’s not meant to be it simply won’t be.”- Anonymous

“I didn’t really know NOT to let all my feelings show; to SAVE SOME for LATER so OUR
LOVE would be GREATER.”- Janet Jackson

“Learn to be lonely, learn to be your one companion. Never dream that out in the world, there are
arms to hold you. You’ve always known, your heart’s on it’s on. So, laugh in your loneliness.
Learn to be Lonely.” – Andrew Lloyd Webber and Charles Hart

“Disciplining yourself to do what you know is right and important, although difficult, is the high
road to pride, self-esteem, and personal satisfaction.” – Unknown

“Do you not see that all your misery comes from the strange belief that you are powerless?” –
Unknown

“Yes, when you see for the first time, a great laughter arises in you—the laughter about the
whole ridiculousness of your misery, the laughter about the whole foolishness of your problems,
the laughter about the whole absurdity of your suffering.” – Osho (Also relevant to mistakes)

“Being the nice guys means no one gets hurt, except me.” – Steven Tudor

“Do you think, you can fall for someone like me? I find it hard to trust, I need too much, and
really don’t believe in love... Do you think that I can be the one that you seek? Sometimes I don’t
let things go, I get emotional, and sometimes I’m just out of control... You need to stop for a
minute, before you get too deep up in it... Everything [isn’t] what it seems, it’s hard loving
[someone] like me... Don’t get me wrong, my loving is SO strong; I don’t want to lead you on.”
– Beyoncé

“That don’t impress me much. Say you got the look but not the touch? Don’t get me wrong, I
think you’re alright, but that won’t keep me warm in the middle of the night.”- Shania Twain

“Sometimes you have to let go of the one you love to find out if there is something really there.”-
Anonymous

“Sometimes you put walls up not to keep people out, but to see who cares enough to break them
down.”- Anonymous

“Nothing is “IMPOSSIBLE” when it comes to LOVE, so if it’s not impossible, it’s not LOVE!”
– Anonymous

“I say I love you, not to hear it back. I say I love you, because it’s fact.”- Charles Smith III

“Emotion is my passion, but I wear my heart on my sleeve like it’s a new fashion.” -Dwayne Carter

An “ex” is called an “ex” because it is an Example of what you shouldn’t have again in the future.

“It is strange how often a heart must be broken before the years can make it wise.” – Sara Teasdale

“If you let go a little you will have a little peace. If you let go a lot you will have a lot of peace.”
~ Ajahn Chah

“The best way to avoid disappointment is to not expect anything from anyone.” – Anonymous

“Never allow someone else be your priority while allowing yourself to be their option.” -
Anonymous

“The only people you need in your life are the ones who prove they need you in theirs.”-
Anonymous

“The best LOVE is the kind that AWAKENS the SOUL and makes us reach for more, that plants a FIRE in our HEARTS and brings PEACE to our minds.”- Nicholas Sparks

“There’s always a truth behind a “JUST KIDDING,” a little emotion behind “I DON’T CARE,” a little pain behind an “IT’S OKAY,” a little “I NEED YOU” behind “LEAVE ME ALONE.”-
Unknown

“If you love someone there is no other urges other than the ones they satisfy.”- Tyler Burdette

“Ego holds, love liberates.”- Maya Angelou

“The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them.” -Thomas Merton

“You may notice that you are no longer in all kinds of dramas that other people are engaged in. It is not a loss. It is the birth of a higher more loving quality born of the fullness of experience. It is the birth of love that is truly unconditional, without expectations or demands.” – Osho

*****Separations and Breakups*****

“I’m not upset that you lied to me, I’m upset that from now on I can’t believe you.”- Friedrich Nietzsche

“What do most of the people do when they are hurt by anyone? They make their nerves so tensed

that they just get in the trap of migraine. They burn their time in thinking about that person by whom they were hurt. As a result, they do not have time to think about themselves and about their love ones. It brings total disorganization in their professional and personal life. They carry on the burden of the tension on their shoulders, consequently they get physical as well as mental illness. Who's harm do they do?

In fact, they harm themselves. They themselves ruin their health, wealth, power and happiness while their enemies enjoy health, wealth, power and happiness. Does it mean we should not think about revenge? We should definitely, but we should always think about the positive revenge. Instead of wasting time and energy in rubbing the small line, a larger line must be drawn. Instead of thinking to eliminate your enemies, think to make yourself so powerful that it becomes impossible for your enemies to throw you out of the ring of professional and personal life.

Always remember success is the best revenge, as it makes you S- Superb, U- unique, C- courageous, C- conscious, E- energetic, S- strong, S- satisfied.”- Vanshika Anand Famous Indian Writer and Teacher

Don't dwell on who let you down, cherish those who hold you up!

“You didn't love her. You just didn't want to be alone. Or maybe, maybe she was good for your ego. Or maybe she made you feel better about your miserable life, but you didn't love her, because you don't destroy people that you love.” – Callie Torres

“I forgive you and set you free. Your actions no longer have power over me. I acknowledge you in your process of unfoldment. You are free. I am free. All is well between us. Peace is the order of the day.”- Anonymous

“I got along without you before I met you and I'll get along without you a long time after you're gone.”- Willie Nelson

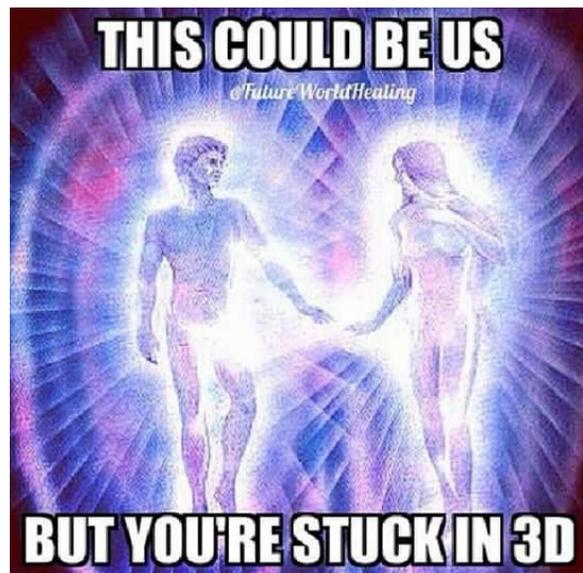
Fool me once, shame on you; fool me twice, shame on me.

“An “ex” is called an “ex” because it's an Example of who you shouldn't go for again in the future.”- Anonymous

“I believe that everything happens for a reason. People change so that you can learn to let go, things go wrong so that you appreciate them when they're correct. You believe lies so you eventually learn to trust no one but yourself; and sometimes good things fall apart so better things can fall together.” - Marilyn Monroe

“If your partner isn't a revolutionary, he/she will persuade you to be a slave.” – Anonymous

Standards- hungry just not that thirsty.



Chapter 11: Exquisite Sexual Mechanics

Warning: This chapter is for a MATURE audience only. It contains adult sexual material.

The soul connection of a relationship is the internal celebration of the spirit, while the ritual of sexual exchange is that same celebration in an external manifestation. There is not much else that can truly compare to the warmth of fire that surges through the body as hearts race, while a fleshy dance of vigorous expression collides between the

legs of connected spirits. It is a celebration with which our physical essence is hardwired to desire. This book is entitled “The Universe Within,” which implies that it is only within yourself that you experience it. The exchange of sexual energy is truly the only time in which you get to experience the universe that is within another person in real time, rather than through perspective only. This is evidenced in the moment of climax where a person literally releases a piece of their very genetic makeup through ejaculation, as fireworks explode inside the body and release the life within us through heavy breathing. As you feel yourself inside another person or another person inside of you, there is this purging of energy that is not present in any other experience. Our culture often portrays the sexual experience as a power induced act of degradation and thus perpetuates a sort of standard for the process of sexual mechanics. Ultimately by falling victim to this obsession of specified definitions, you are only cheating yourself for the possibilities of infinite euphoria that you could share and magnify, rather than hoard and suffer.



Sex

“The biological purpose of sex is reproduction. The problem is too many Christians use that to explain why certain sexual activity is sin. There is nothing in the Bible that says a certain sexual activity is a sin because it does not procreate. People can use sex to procreate without being married.

If sex is for reproduction only, why are those sexual yearnings so strong even past the age of reproduction? Humans are very sexual beings whether or not conception is the goal. I agree that love and passion are an important aspect of human sexuality. I read that the only mammals that have sex for pleasure and not just for reproduction are humans and dolphins.

Yet, the facts on the ground undermine this assumption. First, people continue to engage in sex long after they have stopped having children. Often, their sex lives actually get better, because there are no longer worried about unplanned pregnancy (or, a bit later, about Junior popping up bedside mid-action saying he needs to pee).

Which leads us to the following fact: most sex happening right now around the world is not procreative. On the contrary, most of those getting busy at this moment would be shocked and upset to find that their joyful acrobatics have resulted in pregnancy. An intense interest in sex and eroticism is not necessarily linked to heightened interest in producing offspring. In fact,

those interests are often inversely related.

Make love, not babies.

Moreover, many sexual behaviors we commonly engage in, even in the fertile years, are not related to reproduction at all. If sex is for reproduction, how is the mechanism of sexual pleasure organized regarding anal or oral sex? And why are you holding hands with your boyfriend? Children do not come of it. Besides, you also hold hands with your three-year-old niece. What's going on here? And what is reproductive about someone pulling your hair? In fact, why does the business of genital, reproductive pleasure spread to all kinds of remote areas not related to reproduction, such as shoulders (very sexy in the nineteenth century), the neck (sexual attraction in Japanese culture), or breasts (contemporary American obsession)? And if a man has a biological urge to find a good mother for his offspring, why do men routinely differentiate between a 'sexy' woman and a 'motherly' one, and prefer the former to the latter?

Now you say, "Okay, let's forget all the biology. Why complicate things? Sex feels good. It is a pleasure. I have sex for fun." But that argument is unsatisfactory as well. It turns out the desire for physical pleasure is NOT the most important reason for sexual activity.

Research shows that the physical pleasure of genital stimulation is not necessarily an important component in the decision to have sex. Researchers Cindy Meston and David Buss a few years ago asked 400 students about their reasons for engaging in sex. After processing the data and eliminating similar or identical answers, they were left with a list of 237 different reasons for sex, including "I wanted to give him an STD," "I felt sorry for him", "To punish myself", and "I lost a bet."

The truth is, many people are having sex right now without pleasure or any expectation of it. If it's pleasure you want, if you desire a nice orgasm, you'll get there faster—and cheaper, with more certainty and less risk of pregnancy and disease—through masturbation. So why are you having sex with your partner? And why, when you do masturbate, are you fantasizing about him (or about someone, anyway)?

For many of us, sex and romance aren't necessarily inextricably linked. Sex is fun, spontaneous and is in its own means and ends. Then there's the whole lovemaking side of things, where you and your partner are essentially expressing your feelings for each other physically. You're not always in the mood for "feelings sex" — sometimes you just want to get it on.

ANSWER: Western society sometimes collapses these concepts to mean the same thing. We want romance with sex – and we want sex with romance – but they are different. It's when we get both that we are most happy!

Let's start with sex. Sexuality can mean sex with yourself, sex with a stranger, sex with a friend without love, sex with love, sex with romance, and any number of other combinations – still, it's sex.

Romance can be defined as adventure, a new relationship, excitement, fascination with someone that may or may not be real, exotic, out of the ordinary special treatment, and intense, often

short-lived love affairs. The definition of “romance” in the Webster’s dictionary includes four, out of a total of twelve, references to love. The other eight definitions refer to writing and telling stories, imaginative tales or invented, fictionalized ephemeral adventures – romance novels, with sex added in.

Sex is not only for reproduction. That would be very boring. We would only be having sex, what, once or twice, maybe three times in our life... if any at all. That would stink. It is a joining of our bodies and celebration of our union together. It is for pleasure and for enjoyment.
Reproduction is only a part of it.

“Our narrow understanding of sex solely as a means of reproduction fails to acknowledge that it serves as a method of forming social bonds as well.” – Unknown

MANTRAS

Being sexy is in my DNA. I don’t try, I just am.

QUOTES TO LIVE BY

The 1st prerequisite to GREAT SEX is GREAT HEALTH.

“There’s no sex worth dying for.” – Charles Smith Jr.

“History shows us it will NEVER go away DESPITE suppression,
the demon of lust NEVER went away throughout history.”- Unknown

“Lustful behavior CONTINUES underground/behind closed doors despite (sometimes hypocritical) suppression, we’re hard wired.” – Charles W. Smith III

Attraction is not a choice.

People make it obvious when they need to connect, just watch and listen.

CONDOMS are a chore too, BUT WITH CONDOMS we can relax and enjoy the sensation more knowing we won’t regret it later. Keep your mind, body and spirit in harmony.

“There’s no sex worth dying for.”- Charles W. Smith Jr.

www.NaughtyBiNature.net

Untamed and Unashamed.

Chapter 12: Celestial Sin, Error, and Mistakes

“The highest form of human intelligence is to observe everything, including the self without any form of judgement.” – Krishnamurti

Just as it takes practice to be in a state of alignment with the universe within you, it also takes practice to live in continual celestial sin. There are just as many opportunities in this world to sell yourself short as there are to elevate yourself. Ultimately, awareness is key to minimize the number of mistakes you experience. Now, this sounds kind of like I am saying you should watch what you do carefully and avoid certain things to attain a perfect life. While it is important to be aware of what does not benefit you and what does, more importantly than that, the way you treat your mistakes is ultimately what causes the most suffering. For example, the word “sin” etymologically means “guilt.” Guilt is what I like to call a “stagnant emotion.” A “stagnant emotion” is one that you hold onto and do not allow to move fluidly through your body. The same emotion that creates guilt, when moving fluidly through the body is called “regret.” This is so incredibly important to remember because we cannot truly learn from an experience when it stays locked up inside us. It is only when that experience has moved through our body and re-emerged in a form where we can use our perspective to analyze that we are able to utilize it as a tool, much in the same way that you can envision a picture inside of you, but you must use tools outside of you to create an image that has a more permanent effect.



MANTRAS

Savior Self

QUOTES TO LIVE BY

“No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.”
~Buddha

Who amongst us resides in fear? Step forth. Make a change.

Peace= (P)ositive Inergy (A)lways (C)orrects Error- RevRun

“Apologizing for how you feel is like saying sorry for being real.”- Anonymous

“Never apologize for showing feeling, when you do so, you apologize for truth.”- Anonymous

“The truth of who you are is much more beautiful & valuable than any deception you could construct.”- L. Wanalista

“In the measure you judge others, that’s how you too will be judged.” – Matthew 7:1

“The most difficult phase of life is not when no one understands you, it is when you don’t understand yourself.”- Anonymous

Everything I’m not makes me everything I am.

“I am strong because I am weak.

I’m beautiful because I know my flaws.

I’m a lover because I am a fighter.

I’m fearless because I have been foolish.

I can laugh because I have known sadness.”- Anonymous



No tree,
it is said,
can grow to heaven
unless its roots
reach down to hell

— C.G. Jung

“Okay, so you’ve made mistakes. Things have happened that you couldn’t control. You’ve been hurt. You’ve hurt others. You’ve been scarred. You know what? You’re still beautiful, and you’re still perfect.” – Dorothy Mendoza Row

“The law of grace can be summed up as a process of forgiving yourself and being able to overcome hardship, difficulty or pain in life.”- Douglas Cottrell

“It takes more courage to reveal insecurities than to hide them, more strength to relate to people than to dominate them, more ‘manhood’ to abide by thought-out principles rather than

blind reflex. Toughness is in the SOUL and SPIRIT, NOT in muscles and an immature mind.” – Alex Karras

“Healing when properly understood, merely means casting a firm decision in the direction of your higher self.”- Doreen Virtue

A wise man once said, “An error does not become a mistake until you refuse to correct it.”

“Who says I can’t be free, of all the things that I used to be?”

Rewrite my history. Who says I can’t be free?”- John Mayer

“WE FALL DOWN, BUT WE GET UP! For a SAINT is JUST a SINNER who fell down and GOT up!”

“I missed more than 9,000 shots in my career. I’ve lost almost 300 games. 26 times I’ve been trusted to take the game winning shot and missed. I’ve failed over and over and over again in my life, and that is why I succeed.” – Michael Jordan

“You must make a decision that you are going to move on. It won’t happen automatically. “You will have to rise up and say, ‘I don’t care how hard this is, I don’t care how disappointed I am, I’m not going to let this get the best of me. I’m moving on with my life.’”- Joel Osteen



“The spark of inspiration creates warmth from the inside out. It’s the natural urge that’s associated with being dynamic, animated, engaged, alive and motivated. It’s the fire in the belly or mind that overcomes stagnation.” – Unknown

“Like a scab; if you come to a bump in the road, don’t remove it or deny it; rather nurture, remember, and polish it. For it is said that we learn more from our mistakes than our triumphs. Do not erase history, learn from it.”- Charles W. Smith III

You’re only as sick as your secrets... I’ve nothing to hide.

“I’m just a soul whose intentions are good. Oh Lord, please don’t let me be misunderstood”- Dwayne Carter

Many of my mistakes were made WHILE enslaved mentally, physically or spiritually. When a person feels alienated it tends to alter their perception of reality and can result in anger displacement...

“Even angels make mistakes as you will see.” -Anonymous

“I never want to dwell on the pain again / there’s no use of reliving how I hurt back then / I remember it too well, the hell I felt when I was running out of faith / Every time I tried to be, what they wanted from me it never came naturally / So I ended up in misery, was unable to see all the good around me / Wasted so much energy of what they thought of me, simply just remembering to breath...I’m humanly unable to please everyone at the same time so now I’ve found my piece of mind living one day at a time...” -Christina Aguilera

“I am NOT perfect; therefore, I reserve the right to be wrong. Mistakes are nothing more than obstacles. Although obstacles block perception, they are merely opportunities to learn.”- Charles Smith

“The worst that happens to you can be the best thing for you, if you don’t let it get the best of you.”- Will Roger

When your world falls apart, it’s just time to build a better one.

“Achievers see every predicament as temporary.”- Dare to Dream

DREAM

“Don’t let the past dictate who you are, but let it be a part of who you will become!”- My Big Fat Greek Wedding

“I know I’m not perfect, and not without sin, but now that I’m older all childish things end...”-

Unfuck Yourself.

Be who you were before all that stuff happened that dimmed your fucking shine.

Lauryn Hill

If at first you don't succeed, dust yourself off and try again.

“Brothers, do not slander one another. Anyone who speaks against his brother or judges him speaks against the law and judges it. When you judge the law, you are not keeping it, but sitting in judgment on it. There is only one Lawgiver and Judge, the one who is able to save and destroy. But you— who are you to judge your neighbor?” – James 4:11-12

We all make mistakes, there's no shame in that; for some of us it's the only way we learn, but
WE DO HAVE TO TAKE RESPONSIBILITY for OUR ACTIONS.

“Just because you got burned, don't blame the fire.”- Anonymous

“I'm selfish, impatient and a little insecure. I make mistakes, I am out of control and at times hard to handle; but if you can't handle me at my worst, then you sure don't deserve me at my best.” – Marilyn Monroe

“Just know that in the past I've been the worst person I can be which obligates me to strive to be the best person I possibly can. Every day is another chance to improve, get better, to come correct this time.” – Charles William Smith III

“The three hardest tasks in the world are neither physical feats nor intellectual achievements, but moral acts: to return love for hate, to include the excluded, and to say, ‘I was wrong’.”- Sydney J. Harris

“Never does the human soul appear so strong as when it forgoes revenge and dares to forgive an injury.”- Edwin Hubbel Chapin

“Forgiveness is giving up hope that the past could have been any different.”- Anonymous

“I'm a better man today than yesterday and am working to be a better man tomorrow than I am today.”- Charles Smith

Mistakes cannot be intentional.

You'll implode being unable to self-reflect.

Stop looking for happiness in the same place you lost it.

Cry as hard and as much as you want to, but make sure that when you're done crying that you'll never again cry for the same reason, ever.

“You've been criticizing yourself for years and it hasn't worked. Try approving yourself and see what happens.” – Louise Hay

No matter who you are, how you are, where you are, what you are, why you are; forgiveness starts with self. You can't compare yourself to the worst and expect to be the best.

“Early in life, I decided that I would not be overcome by events. My philosophy has been that regardless of the circumstances, I shall not be vanquished, but will try to be happy. Life is not easy for any of us. But it is a continual challenge, and it is up to us to be cheerful – and to be strong, so that those who depend on us may draw strength from our example.” – Rose Kennedy

“I detest the fetish people have with survival, detest that it swallows every beginning – that we can't develop a plot without admitting where we've been. We love to consume trauma but call it “inspiration” for our own comfort because yes, resilience is a good skill to learn but there's nothing pretty about surviving about learning shame before glory, about never getting the meet who you would've been if life didn't break you.” -Yakari Gabriel

“I've lost track of the number of times I've wanted to give up. I'm still here, don't ever tell me that I'm weak.” – Unknown

“Accidents happen, that's what everyone says; but in a quantum universe there are no such things as accidents, only possibilities and probabilities folded into existence by perception.” –
Dr. Manhattan

“You define the meaning of your own life. The only person you are destined to become is the person you decide to be.” – Ralph Waldo Emerson

“The moment you truly come to know your SELF, to trust your Self, to believe in the Divine Path laid out for you, is the moment of your rebirth. You are a Multidimensional Being. The energy on the planet is calling for us all to raise our vibration. It's time to step up to the next level of your spiritual evolution. You are awakening to your mission.” – Dorothy Mendoza Row

“I am loyal until you aren't. Don't apologize if you're still going to do the same things you were sorry for.”- Anonymous

“A mistake repeated more than once is a decision.” – Paulo Coelho

“The most difficult phase in life is not when no one understands you, it's when you don't understand yourself.” – Erwits

“To perceive something as “evil” is to imagine that object, that person is not a part of me.

He is something else.

To perceive “evil” is to attempt to deny that we are
all one.

Not-God. Evil

But who are we trying to kid? God is all.

One cannot fall from grace.

One can pretend, perhaps.

There is no way to cast out part of one’s self.

Systems of energy contain no garbage.

Dear God, the jig is up.

Stop chasing your tail. Embrace yourself.

Lucifer returns to Heaven!

Let there be dancing in the streets.

The only sin is self-hatred.” – Das Energi by Paul Williams

Heaven is here. Eden is now.

The key to salvation is not only forgiveness of others, but forgiveness of self.



Hey sweetness. What's your cashapp?

6:32 PM

TheCharlesShow

Wassup?

Nothing. I just wanna send you some love. Is that ok? I appreciate you out there at the protests as well.

Its just going to go toward your copy of my book... and it's much appreciated! I was thinking about donations today 🥰

I was like how can I afford all this

But the message must be free

It's the only way

Donations accepted. I'm selling this book at cost, when means I'm not making a profit. If this book resonates with you, please donate toward my past 10-15 years of work.

Chapter 13: Omnipresent History/Time/DEATH



“Looking back over a lifetime, you see that love was the answer to everything.” – Ray Bradbury

They say when you die that you begin "to see the light at the end of the tunnel." Well I hope that is what this book has begun to do for you. I hope you now begin to see the light and the beauty that radiates in the universe within you and thus in everything that you experience. History is the

human recorded perception of time and in a strictly non-physics dictated definition; time is merely the thermometer that measures life and death. Just as on a thermometer, if you ask someone to point out where one starts and the other begins, everyone will have an answer of their own and some may not even be able to answer the question. I feel this analogy gives a very good perspective on death and the progression of time. It is truly up to you to define how you perceive it and how you learn from it.

The exponential presence of time is undeniable; however, the progression of one experience is entirely up to the individual. Consistent fluidity with energy is the key to progressing through time at an always constant rate. This progress can be halted very easily and one of the most common things that cause people to become stagnant is the death of others. As tragic as death can be, you must always remember to celebrate that person's life and what you gained from them, rather

than trying to hold the weight of their death on your shoulders. Is it not better to cherish a smile in a memory than heartache? Time may heal all wounds of the body, but expression heals all wounds of the soul. Understanding the value of positive expression and association to your own thoughts can drastically benefit the way you perceive both time and death. Remember that you cannot change life, but you can change the way you experience it, by being aware of the universe within you.





MANTRAS

I will value the current moment for it is all that is guaranteed.

QUOTES TO LIVE BY

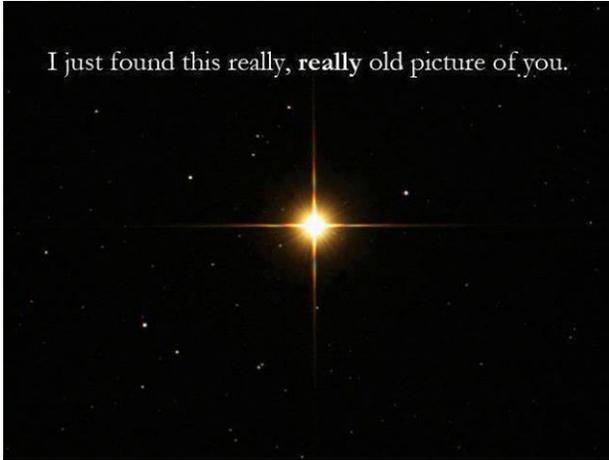
"Have you ever considered that humanity may live long enough to see time manipulation? If so, who is to say our progeny hasn't isn't already manipulating events as we speak? Can you recall vividly events from your lifetime happening a certain way yet "factually" they occurred some other way? Food for thought." - Sam Allen

"A generation which ignores history has no past and no future." - Robert Heinlein

"It takes a mind to confirm something's existence. 'If we light a candle and walked out of the room, does it still burn?' Existence depends on the mind because all of existence occurs within the mind. We can know the existence of our universe only because we have a mind and we can manipulate creation only because we have a mind. Mind is the true cause and effect and therefore for ALL things are mental." - Universal Mind Theory

"Because there is a law such as gravity, the universe can and will create itself from nothing." - Stephen Hawking

"The understanding that at the point in space and time that the singularity occurred, quantum potential collapsed into sets of virtual particle/ anti-particle pairs due to vacuum fluctuations occasionally producing a non-zero value after which solar and planetary accretion condensed the remaining gases into stars and planets the composition of which often includes organic chemicals



I just found this really, really old picture of you.

which naturally form molecular bonds and in our case autocatalytic feedback loops i.e. simple replicators which proceed to fill the oceans of the early Earth eventually increasing in sophistication, forming lipid membranes around bubbles which protect the RNA and eventually DNA core of early single celled organisms, which evolved the capacity to live in colonies, becoming simple multicellular organisms like sponges, which became intermediaries like polyps which became early invertebrates which branched into vertebras, some of which became fish, then amphibians, one of which (Tiktaalik) is famously among the first to crawl onto dry land,

where amphibians branched off into reptiles, which branched into both birds and mammals, some of which survived the extinction event that killed the dinosaurs, became arboreal primates, later descended and learned to walk upright in order to carry food/tools/young and of course these proto humans eventually became us...."- Anonymous

"If there is one thing we all have in common is that we are born ignorant; devoid of any intimate knowledge. From our very first waking moment we look out on the world with wonder. We ask ourselves: Why am I here? What is the point to life? Where did everything come from? Science has propelled mankind into unprecedented levels of sophistication, and yet despite this, the things we yearn for most are the answers to a few basic questions... Deep down we have the same basic needs and we seek answers to the same basic question." - Universal Mind Theory

Time is Relative

Life is not new, just packaged differently- history has always repeated itself- we can't know where we're going until we know where we've been.

"You are a product of all the choices you've made up to this moment. Circumstances DO NOT make a man, they reveal him."- Frisky Radio

Inspiration does NOT have a schedule.

"The reality of truth is not to be bought, to be sold, to be repeated; it cannot be taught in books. It has to be found from moment to moment, in the smile, in the tear, under the dead leaf, in the vagrant thought, in the fullness of love."- J. Krishnamurti

"Life is about beauty and creativity, knowledge and learning life lessons, giving back to the world, making your presence known, expressing yourself and your emotions, being kind to everyone, and it's about the journey—not the destination."- Anonymous

“Time goes by so slowly for those who wait...”- Madonna

"I planned for April and missed March- the days that matter are the ones when we have nothing planned or to look forward to... cause those days MAKE TIME LAST. Slow down, don't plan, savor every minute."- Unknown

"Step by Step, Day by Day. Fresh start over, a different hand to play."

"When you refuse to live in low energy, and you work moment by moment to introduce thoughts that support your intention, you've effectively decided that wellness is your choice and that being healer is a part of that decision. At this time, wheels of creation are set into motion, and what you've imagined and created in your mind begins to take form in your everyday life." - Dr. Wayne Dyer

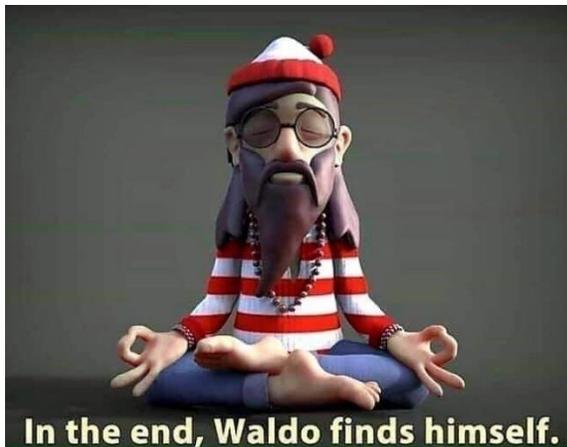
Change is the ONLY constant.

Time waits for no one.

"After winter, must come spring... Change it comes eventually." Lauryn Hill

"Mankind's destiny is to go beyond time."- History Channel

"Man's REACH MUST EXCEED its grasp."- Robert Browning



"Who you are now, is NOT who you will be 10 years from now... who you will be 10 years from now is up to YOU."- Vin Diesel

"If you could flick a switch and open your third eye, you'd see we should never be afraid to die." - Muse

"The margin between Life and Death is as thin as the water's surface." - Planet Earth

Leave life better than you found it.

"I will die somehow someday; life is about what I do today."- Charles Smith

"Fast forward your life in your mind, you're on your death bed. What have you accomplished? Do you know and Love yourself? Can your life end in honesty with the people in it? Nothing traps a life more than a lie. Live the truth without shame. Do all the things you dream about. Whether or not you believe it, you WILL die one day. Let's open our eyes and do this right..."- Anonymous

People say that when you die, your entire life flashes before your eyes. Make it worth watching!

"Like all artists I want to cheat death a little and contribute something to the next generation."-
Dennis Hopper

"I don't want my thoughts to die with me,

I want to have done something."- Temple Gradin

"Here is a sigh for those who love me, and a smile for those who hate, and whatever sky is above
me, here is a Heart for every Fate."- Charlie Flaum

"And ever has it been known that love knows not its own depth until the hour of separation."-
Khalil Gibran

"On bended knee is no way to be free, lifting up an empty cup I ask silently, all my destinations
accept the one that's me, so I can breathe."- Eddie Vedder

"Please forgive this bold suggestion: Should you see your Maker's face tonight; look him in the
eye and tell Him: "I never lived a lie, never took a life, but surely saved one Hallelujah, it's time
for you to bring me home." - Tool

"When you have come to the edge of all light that you know and you are about to drop off into
the darkness of the unknown, faith is knowing one of two things will happen: There will be
something solid to stand on or You will be taught to fly."- Patrick Overton

"What if our job was to leave evidence that we loved and inspired others?" - Brendon Burchard

After all of this is over, all that will really matter is how we treated each other.

Die with memories, not dreams.

"Why should I fear death? If I am, death is not. If death
is, I am not. Why should I fear that which cannot exist
when I do?" – Epicurus

"Karma, the law of attraction, quantum physics are all
different terms describing the same ancient concept: We
create our reality." – Anonymous

"If there ever comes a day when we can't be together,
keep me in your heart, I'll stay there forever." - Winnie
the Pooh



**This urn will turn you into a
tree when you die.**

Sometimes life is about risking everything for a dream no one can see but you.

Shifting the cycle of generations: The torch of survival is passed, and the elderly are raised,
supported and honored by the fruit of their loins.

It's about the depth of life, not the length we've added years to life but not life to years.

“Smile like you've never cried, fight like you've never lost, love like you've never been hurt, and live like you'll die tomorrow.”- Anonymous

We all die. The goal isn't to live forever. The goal is to create something that will.

It's o.k. to let go.



Epilogue:
**The Psychedelic Alliance/ The Rainbow Magic School/
The Phoenix Force 2020**

You are being summoned at this very moment to a higher calling, a destiny, a fate.... I'm asking you right now, my friend, to grasp this moment by the fucking horns. My crazy psychic ass is hearing one hell of a higher frequency like none EVER before in history. I promise, but WE need YOUR help.

Y'all are the loves of my life.

***THIS IS NOT A CULT! DO NOT FOLLOW ME! USE WHAT I HAVE AND SURPASS ME!
ALL GREAT MASTERS UNDERSTAND THEIR STUDENTS SHOULD BE BETTER
THAN THEM. WE ARE A TEAM OF SUPERHERO ARTISTS.***

LET'S FLY MY LOVES!

*** Elder Gods of MY Universe:**

(30+ years consulting parties of my personal universe)



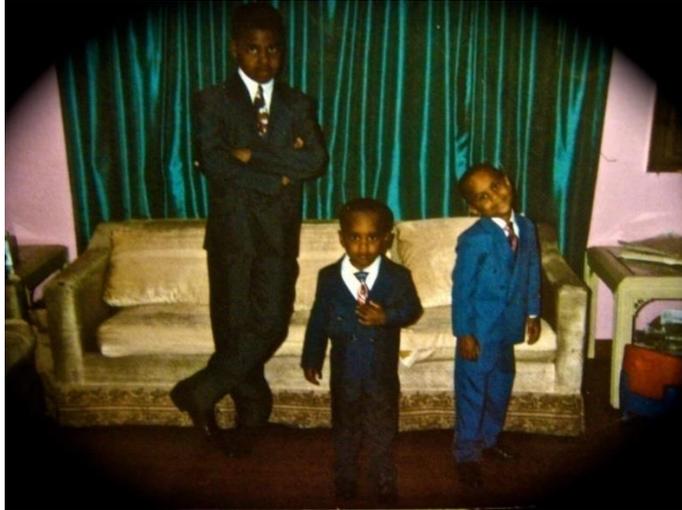
Christopher





Corey





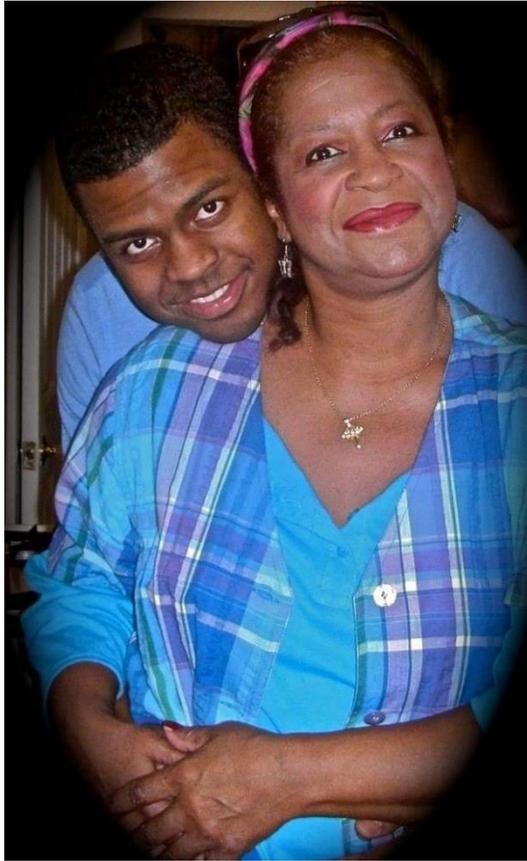
Charles William Smith Jr & Lisa Florence-Smith







Janeè Douglas-Smith



Janeè Jr.





Altafay



William & Frances Douglas
www.TheDouglasFamilyLegacy.com



Charles & Lorraine Smith
www.TheSmithFamilyLegacy.com



Charles & June Florence
www.TheFlorenceFamilyLegacy.com



Cassie



***Apostles/Psychedelic Alliance**

(Listen and watch for Judas, but ultimately that maybe a demon concept... for we write our own stories and forge our own paths and collectively we are all here together.)

Melissa	Pav	Kayla	Brie	Chase	Kurt	Mason	Angie
Danielle	Max	Rob	Kris	Brady	Chris L.	James	Ava
Tyquan	Clay	Judy	AJ	Christina	Cyrus	Nick	Sam
Poppa Jean	Evan	Torey		Kenzie	Jake	Tamara	Ashley

www.ThePsychedelicAlliance.com

***The Rainbow Magic School**

-Life Coaching/ Self-Acceptance Training/ Magically Inspirational School

(Infinite # of Inspired people or Seekers ONLY *NO FORCEFUL COVERTING*)

***FREE THRU SKYPE**

***WEEKLY SKYPE CONFERENCE with SCHOOL COUNCIL/Apostles**

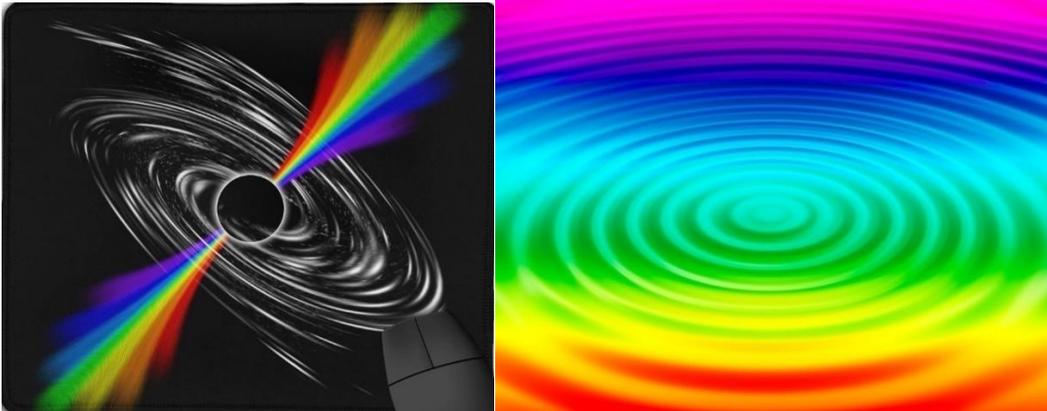
***TEACHERS- The Psychedelic Alliance**

For membership information please join our mailing list at

www.TheRainbowMagicSchool.COM



***Rainbow Ripple in Time/Butterfly Effect**
(Covert EXPONENTIALLY INFINITE rainbow overload)



Again:

Yall wanna kno why I'm "crazy???"

Cuz I must be mentally/emotionally tougher than any and all situations.... cuz even when yall attack me for being a minority, maybe submissive in my relationships, or the stepchild in my father's family, or being black in America, or Non-Christian, or beyond... yall niggas attack me on ALL levels....

...ultimately, I still love yall...

And if that does not make me a **Saint Angel Magic Unicorn Fairy Superhero Psychic...**

... yall makin me cry again...

.....

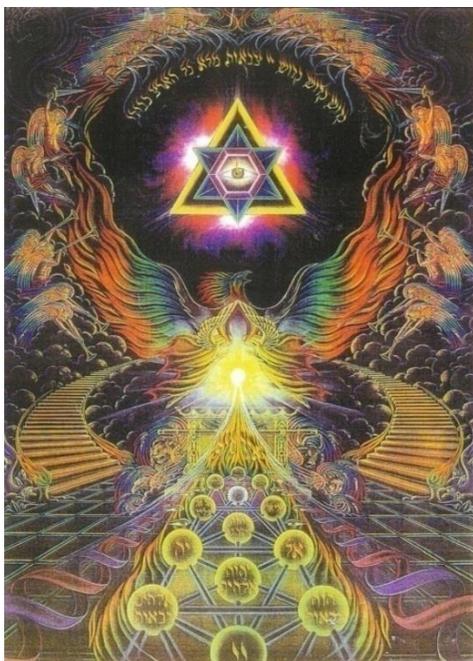
Team, that was the last thing I wrote before I realized I was having a COMPLETE mental/emotional breakdown; Yet, also, a COMPLETE PSYCHEDELIC BREAKTHRU.

“It’s always bad when the majority sets the standard for the minority. The majority’s societal norm ideal dominates each moment as “right,” Thereby restricting/marginalizing the minorities voice. A uniformed country/force is if one of us feels under-represented, an all inclusively agreement should be attached for we should all feel safe and secure with one another. No matter the demographic, assigned gender or lack thereof, sexuality or otherwise, - an empathetic people wants to allow the "other" adequate space to survive, grow, and flourish.

The Me Too, I’m here agreement. The majority should vote in the minorities best interest. I think a president/leader should represent all minority groups, as a fundamental value.”- Charles

William Smith III

I fell to the ground in a complete mental breakdown from emotional distress and saw The Phoenix in my mind's eye...

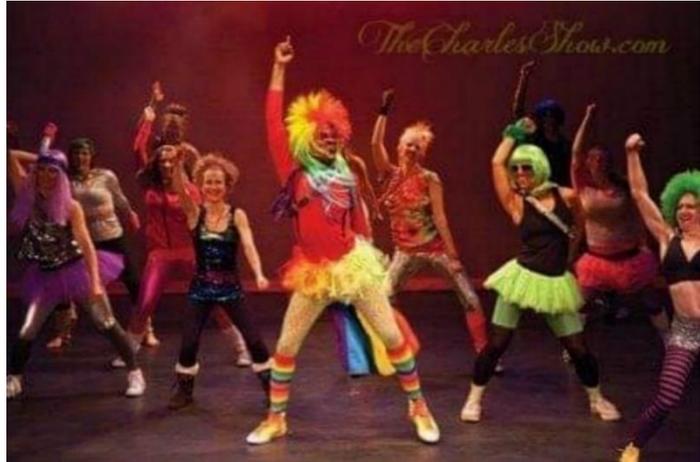


...Jesus is to religion as Phoenix is to Myth...





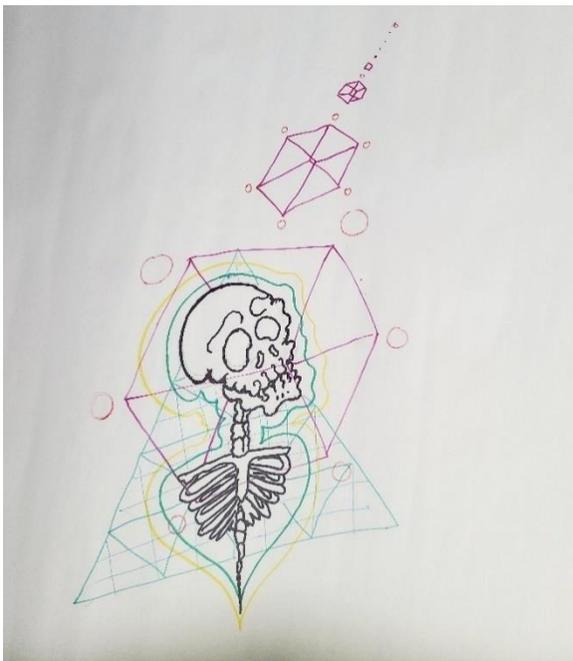
...So ultimately we can practically interpret and learn much from different creative metaphors and ALL of YOU magical creatures through-out ALL time and space, including but definitely not limited to Gods, Demi-God's/Superheroes, Angels, Unicorns, Elves, Fairies, Witches, Wizards, etc...



The Collective Subconscious of you enlightened individuals are The Phoenix Force.

Okay. So what's happening? What's the BIG problem?

Ultimately, the virus is class Warfare. They're bringing back slavery, but without color if you don't have money you're in for it. "Class/White" Supremacy has used the pillars of society to create a **tesseract** (a false reality) around your head. So everything, you know, as all artists say is truly actually a lie. I'm not sure exactly what all the pillars are. I'm sure I can figure some of



them out: **government, money, religion, schools, pharmaceutical drug, wall street, companies, soulless music.**

How does this effect/affect YOU?

So what will happen is each of you will have your own mental breakdown (If you haven't already), like I did, except you will have myself (and the rest as we progress) to hold you up. For example, where I fell to the floor you will have a plethora of openly conscious ideas to replace the lies that have been fed to you all your life.

So what I need you to do is **HEAL YOURSELF FROM WITHIN FIRST**, meditate and collect your happiness through **ART** and joy, and fulfilling sex (yes especially even

masturbation) and intentionally change your Consciousness from a DNA and spiritual level.

Ultimately, my 15 years of work is the psychedelic trip. So, there's no drugs needed (Although, not discouraged.) Together, will rewrite your spiritual DNA with superhero code, actual superhero artistic code.

By the end of this you will learn that:

1) HEAVEN is HERE, EDEN is NOW because the current moment is barely even promised, so lies are stealing the current moment by blindly promising us false riches in the next.

2) Negative energy/Demons/Mental illness are all the same; AND how to recognize them; AND how to destroy them through spiritual non-violent Warfare art (or dark magic for righteous anger and protection purposes only ie kicking their ass only if necessarily on a physical level.)

3) How to invoke divinity by forgiveness of self and reclaiming sainthood and being our brother's keeper. (We can't pour from an empty cup.)

4.) Because of technology, advances in consciousness, and my radically creative ass--- WE ARE THE SUPERHEROS OF THIS GENERATION. HOLD THIS AT YOUR CORE...



Extra special thanks to my parents for supporting and believing in me. I feel like I won the lottery.

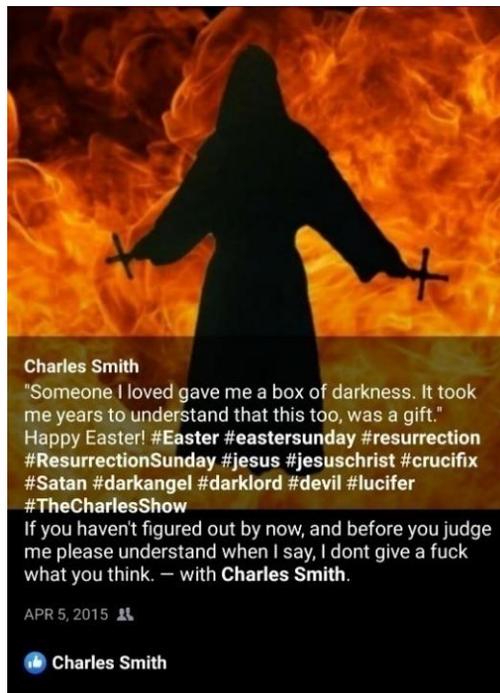
Also visit:

www.TheCharlesShow.com



Look for these future publications:

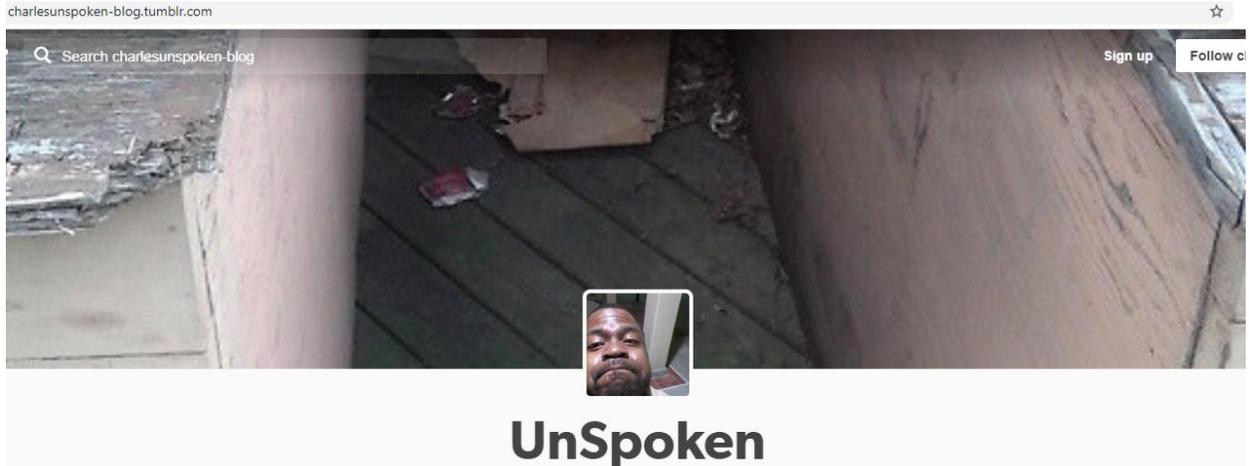
- 2nd Book- **Naughty Bi Nature: Untamed and Unashamed**
(Embracing Sex/Sexuality/Darkness) www.NaughtyBiNature.net



- 3rd Book- **Unspoken: An Autobiography of a Stutterer**

www.UnspokenAutobiography.com

<https://charlesunspoken-blog.tumblr.com/>



- 4th Book- **The Phoenix Force 2020: A Psychedelic Million "Man" March. Our Collective Subconscious thoughts made conscious.**



www.ThePhoenixForce2020.com



The Universe Within: A Unicorn's Manual

www.TheUniverseWithin.net