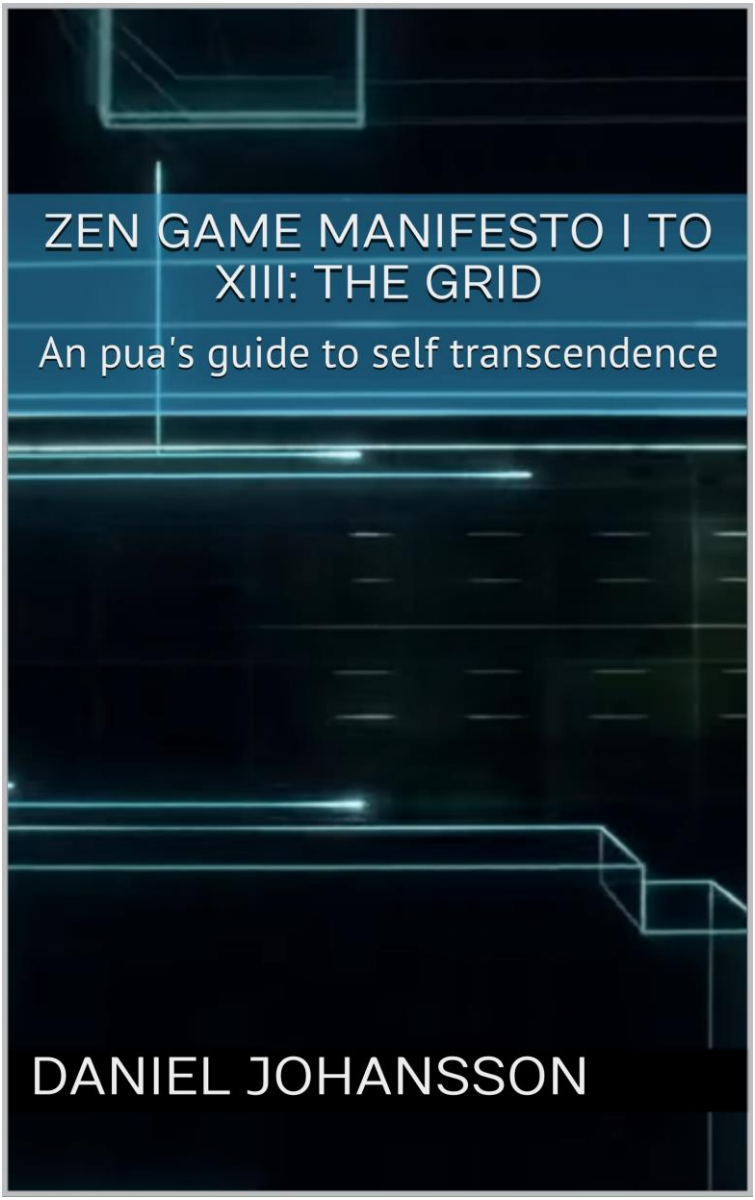

ZEN GAME MANIFESTO I TO XIII: THE GRID
An pua's guide to self transcendence
DANIEL JOHANSSON

Zen game manifesto: The grid

Author Daniel Johansson

www.zengamemanifesto.com

Foreword

This book is a self-help book to find self-esteem happiness and love. During the autumn of 2013 I hit the worst depression of my life. I have been thru many before but nothing like this, I was thinking about taking my life. But instead I made the decision to make this something great. Armed with tools of self-help and psychological test's I started to work on helping others on dealing with life crisis and depression as well as finding love or success in dating. This book has been read by many people that have had these problems and I can say with great joy that it worked as well for them as it did for me. Not only did they got a greater sense of who they were they also defeated anxiety, depression and got the tools needed to deal with the issues life hands out. This book is meant to be read several times, something's can be hard to understand but the second time around you might take notice of different new things.

Thanks

I want to personally thank the coaches from Real Social Dynamics on all that they have taught me, special thanks to Jeff.

Without his lessons on 10’000 hours to mastery my little brother’s band “Knockin lost john” would not have been. I also want to thank Alex personally because without his theory I would not have found myself again. (http://alexsocial.com/)

To Iva for all the support I have proven so many times I did not deserve.

To Moa.

To Moby, the best cat in the world.

I also want to thank all the people that have been fucking with me, without you I would never have given birth to this book.

Preface

When you read this book you going to find yourself getting tired a lot of the time, a lot of information will do that to you just rest and meditate. It is at most importance that if you find a word that you don’t understand that you look it up. The semantics of the words I use is a building block to the information you take in. From time to time things seems to be unclear, it will get clearer as you read on. The book is written in 13 parts each part is built up on to the next, that is why there is some hmm, inconsistency or contradictions. But that is how humans grow and evolve.

What I have done with the book Zen game manifesto is to model people like Alan Watts, Eckhart Tolle, Ken

Wilber's spiritual dynamics, Nikola Tesla, lessons learned from Swedish military, Stockholm's university, system science with social psychology. 100 books distilled down to 200 pages and allot of lessons learned from the coaches of Real Social dynamics and therapeutic lessons from NLP.

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Spiritual manifesto Vol. I

The ladder.

I have decided to write down the biggest thing I learned 8 years in the game. When I first stared of with the game I stumble over a site called ladder theory, that everything is based on the preposition that everything comes down to money and looks. Being in the game for 8 years now, I know this to be false.

But it's a governing frame that most of society holds true, so there by most people of society plays this game. But before I go deeper in to this should probably write a bit about mental games so you can fully understand what I will teach later on.

So THE GAME's true name.

To understand a game you must first name the game, the name will be a result of what you are trying to achieve "being better at seducing women", what would constitute a score "f-close", what the rules there are "the determination of my level is based on how hot girls I fuck regularly" and what the end goals are (if any) "get married with a superhot girl".

This would essentially make the name of the game: Seducing women to have sex with them in order to be better at getting hotter women to be able to marry a superhot girl game. Which is also the name of the frame. Another game I play is: Every time my nose itches I pick it till I get the bugger out.

Ladder game.

So the ladder is not about claiming ladders or in some sense it is, there is something called “the social ladder” (I think Tyler have talked about this). It is based on that your value as a man is the amount of cash you have or your popularity and as a woman how hot you are. This I hope that you all know is not something that is true other for those who plays this game or have its frame. This is the source of why people are pinging of each other they are constantly comparing them self to others in order to know where they are on the ladder compared to those who the ping on.

A game can be chosen to be played.

Sometimes we start playing a game we didn’t intend to play, it’s the same as falling in to another person’s frame. So sometimes we start playing ladder game, not because we want to we just got sucked in to it was not on our guard. But it comes to this, every time we see a person trying to ping of you were at the ladder you are compared to them you are left with a choice ether you play the game with them or you don’t. And every time you say no to playing the ladder game. Voila presto, the other person turns to something like a retard trying to chase after you with a deck of card begging to play, now you are owning your frame. But with saying no to the ladder you also acknowledge that we are all essentially equal. To make this something you do

subconsciously I am constructing a new game: I say no to playing the ladder game, game. Now back to the ladder in that game you could say everyone is between the state 0 to 1, zero being a bum and 1 being the richest and most successful man in the world. They are essentially all running around with cups that are not full, except the guy who happens to be the number 1. What happens when you don't play the game, you might wonder?

Well glad you asked, you return to the default state of which is a 1. Alex expresses this great with the statement "there is no reason why I'm not enough". Being you one of the few who knows this you will always be perceived like the person of "higher" value, as long as you are successful and it's here the loving king frame comes in (that Alex talks about). "With great power comes great responsibility" as the person who always is perceived as person of higher value you also need to acknowledge the responsibility of that power by taking care the persons you are interacting with and taking the decisions of what is needed to be done, as a loving king would do.

The hidden game of the game, "The level game"

You know how I named the game in the section "the game true name", well if there is levels in the game there is also a ladder, this is a hard it's on one hand needed but on the other hand it might sabotage you because you will retreat in to your head and ask 'how hot is she', 'does this mean I am at this level now'. And if you see the girls as really hot you might start to treat her different from other girls. But I can be good to know on what

level you are and it good to be able to tell if a girl is hot or not. Simply put don't think about it to much or you get sucked in to the ladder game again.

The "Source" of good emotions in the field.

I use a form of meditation to state my intentions for myself and connect to a higher form of energy. What I do is that I imagine a raging hot sun behind my head just out of my sight and in front of me a small flame as I state to myself what I want to do, I draw the energy from the sun in to the flame and a clean focus appear (Behold the NIBUS).

Now in the field there are a lot of jerks that I like to call Mr. Smith because just as in the matrix they seem to multiply, another word for them is energy thieves. Basically they are just orbiters that are out to destroy the fun, don't let them. Remember that the only way to beat evil is by good, be as good as he is evil.

Mission statement

Just because your horny does not mean you have to have sex with someone. There is a lot of hot girls out there to choose from and you can always find someone at different occasion. It's about being open for possibilities with in your preferences. In the end you're just looking for candidates to have sex with in the end of a fun night.

HUNA

A couple of years ago I was going thru a severe depression, I hated myself and my situation. I looked for answers and help on the internet and thru NLP I found something called huna. Huna is a religion that the indigenous people of Hawaii had before Christianity came, I totally immersed myself in everything I could find on the subject to the point that I basically was learning the Hawaiian language listening to some guy playing on drums singing something like “Kum ba yah”, I finally stop there.

So what I found was something close to a universal truth.

IKE – The world is what you think it is

KALA – There are no limits, everything is possible

MAKIA – Energy flows where attention goes MANAWA – Now is the moment of power

ALOHA – To love is to be happy with

MANA – All power comes from within

PONO – Effectiveness is the measure of truth

Think positive, so your destiny becomes positive

Give what you want,

Give love if you want love,

Give forgiveness if you want to be forgiven

In the end all that is, is just an illusion or a dream that play out in your head.

So if you focus your energy on what you want all that is will also focus on what you want.

This is the principle of IKE, if you know that you can smash thru stone you can.

KALA limits only exist if you believe in them, in the end there is only obstacles that you can overcome even a blind man can see, he just do it with his ears. MAKIA the more you focus on a problem the bigger it gets, the more you focus on a solution the better the solution becomes.

MANAWA now is the only thing that you can affect, the past has already gone by and the future you can't reach. ALOHA love grows love and make hate and despair disperse. Love and appreciate what you got, and good things will follow.

MANA it all starts with you, if you see yourself as a victim you will stay a victim, if you see yourself as a survivor you will become a survivor.

PONO there is more than one way to a solution. One solution can be the solution to several problems.

So to start loving myself I started using the following affirmations based on ALOHA:

I know that I deserve love and accept it now.

I give out love and it's returned to me multiplied. I love others so I can love myself.

I want to go in deeper on the subject of MAKIA and its because it has a correlation with psyco cybernetics. A friend of mine drives motorcycle and she talked about the importance of watch where your want to go and not the opposite, most of a person's driving is unconscious so when you drive you don't really think about turning the handlebar it just happens automatically. So you will actually steer towards the direction you are looking at. So if an obstacle come up on the road and you stare in panic on the obstacle you don't want to hit, you are going to steer right at it. But if you look for an opening to pass the obstacle you are going to be alright.

So what you give energy is what is going to be what will occur.

The lesson of the story here is do not think not. Instead find what's the opposite of what you don't want to happen.

So if you hate yourself don't think I don't want to hate myself, think I will love myself.

A life without fear

I'm going to write some more on the subject on Huna since so much really comes from these principles. I just finished watching the movie After Earth, it was a movie I really liked. Basically what it was that made me like it was 2 things the first thing the focus of the importance of being in the now and also what fear is. I have read the book the 50th law now a couple of times, it's a book by 50 cent and the author Robert Greene. The book takes up the subject of being fearless and the importance it had on 50th life. So in the movie the protagonist tells the story to his son about the realization of what fear is. I am going to quote here: "Fear is not real. The only place that fear can exist is in our thoughts of the future. It is a product of our imagination, causing us to fear things that do not at present exist and may not ever exist. That is near insanity. Do not misunderstand me danger is very real but fear is a choice." So I wanted to write about how this merges with Huna, so if the previously statement is true then the principle of MAKIA (Energy flows where attention goes), MANAWA (Now is the moment of power) and KALA (There are no limits, everything is possible). How does it merge? Well Energy flows where attention goes (MAKIA), if you focus in your mind on what can go wrong that is what going to get bigger and stronger in your head. What you really want to do is take your mind to the now and be present (MANAWA) and realizing that anything you wish for can actually happen (KALA) so just hope for the best and

"just do it". This is what I personally believe is a higher truth, cause it works on so many areas but specially in the when you

are dealing with approach anxiety or other things you fear as well. So learning to deal with fear is of a big importance in life because it affects all areas of your life. The reason Robert Greene wrote this book with 50th was because what 50th had learned and applied on the street as a drug dealer. Was in many cases the same as what was going on in a board room in big corporations. I want to take an fight club example, just because =) and the example comes from the scene when Tyler puts lye on Jacks hand and Tyler says something like: “First you have to know, not fear, know that you someday are going to die”. What I want to say here is the same as Ozzy, don’t let fear ruin your life. I want to connect this with Tyler’s video about depression that I really liked and the movie The Dark Knight Rising, where Bruce has to let go of his fear of death in order to escape his prison. So how about it? Want to let go of the fear of failing?

Result

So I want to talk about result and the specifically the obsession with result.

So I am going to use the metaphor of having a sore that is healing, say that on that sore you have a scab and you just want it to heal. So you pick the scab of to see if it has healed yet. If it has healed no problem it will just fall of. But if it haven’t it’s going to bleed and you are ones more back and the healing has to start over. Being obsessed with result can make that to you, if you do what you need in this case let the scab be until it fall of, witch waiting till it’s done healing.

Another metaphor is for poker, you can have a great poker system and follow it but first after a 1000 hands or so you will know if it's good. This is cause it's a game with elements of randomness, a bad system can seem to work if you play 10 hands this because of the randomness a you could just have been lucky. You can only measure result after a certain amount of time or events.

In the first metaphor you can see how being obsessed with result can sabotage you. If you talk with a girl and

think of result, you will not be present in the now

(MANAWA).

Being the creator

All power comes from within (MANA) you have the ability to create the life that you want, if you focus on you what you want and taking action to make it happen you will succeed. Your power that is inside of you is the ability to create what you want. But it will take time.

Dear to be GREAT.

Creation and result

I was in a situation recently where I would by most probability could have had a threesome, but when time it was starting to be the time to make the extraction and I started to think about how the result might be. What happened was that I started to

think about my friend's and how they would try to use this to convince me to settle down and marry, suddenly I was thinking about how hot the girls was. Where they going to be worth it. I went home, and masturbated.

If an painter where to paint a painting and all he focused on was making a great fucking painting, he would succeed eventually, maybe not the first painting or the second, but eventually.

But if the painter was also thinking about how people would think about his painting, while he was painting, or he was stuck up on what people think about all his all old paintings. He would probably not be able to create what he wants because he is using part of his power something else than his creation or even worse he would give up.

Nihilism

I want to write a bit about the subject nihilism and meaninglessness, I know this is seen like a dark subject but it isn't. You see there is something higher then meaning and that is purpose if someone is trying to convince you there is meaning then they are most likely trying to make you serve a purpose.

But what you need to do is serve your own purpose, your own dreams and be what you are supposed to be. So later on you will be able to give what you gone throe your own meaning, it's true meaning.

Meaning is a creation of your mind or for your mind, so make sure the meaning you make serve you. You are the person who

has the power over yourself and your life, it's within you and as soon as you realize that your power will come to you (MANA). Don't give the power of your life away to some other person or society, it's your life it was given to you so make it something great for yourself.

The thing is when you go throe life you might ask yourself the question, why? But if you can't really see it you might ask others, and they might give you an answer but there answer is going to be based of their reality, there judgment and feelings. Why, is only a question I use when I do root cause analyzes and the only answers I get out of it is, how events came to be. But I find it faster using another series of questions to find the root cause and creating change: what, how, specifically and how would it be, in different permutations. These are questions I got from my life coach, the chairman of the Swedish Mensa.

I am a dyslectic so when I was a little boy I had to learn to be stubborn in order to succeed in school. The meaning I have given my dyslexia is this: I was born with dyslexia so I would learn how to be stubborn so when I got older and all the prejudgment from people where giving me would not affect me. My big brothers are jail birds and addicts and cause of that people said that I would most likely end up like them, cause of genetics.

Boy I proved them wrong.

Boundaries

I was thinking about writing about boundaries. So, I used to hang out with a lot communist, in the group the collective was the most important thing and to sacrifice yourself for the group was the most important thing. This caused me to have really weak boundaries with people and when I started going out a lot this became a problem, but I solved it.

To explain what I mean I going to use a metaphor of a country to be more specific a kingdom.

So view your world as a country and your country has borders (boundaries) and you are it's king, as a country you have rules of laws you follow an made. As a king you are responsible for your country and the people who are in it or are visiting and also the one who keep order.

So, just so you don't start to behave like a total psychopath and merge my kingdom metaphor with your relationship with the rest of the world.

As a country you also need to follow international laws that is the "real country" you are in, above yourself you have laws you have to follow that you haven't made for yourself but you need to follow them as well. To understand what caused me to think like this is something that is called living system theory that I studied at Stockholm University.

I suggest that you to be “The loving king” as well, just so you don’t create a dark hellish like kingdom. And I recommend you to read “how to win friends and influence people” by Dale Carnegie as well. Understand that you are totally responsible for your country (reality) you can’t blame the person who are in your country. You are responsible as king no one else. You’re the one in charge it’s your reign.

So I want to explain social interactions from a realization that came to me a couple of years ago and I was recently reminded about this when I was out with my buddy. So my buddy was telling me a story about how he was harassed by some children when he was waiting for some guy he was going to meet.

It basically sounded like this: Hi, who
are you?
What’s your name?

What are you doing?

Who is he?

Where are you going?

These are the core foundations of the questions a person ask when they is getting to know someone.

No my buddy did not like have this kid harassing him I might add.

But this is interesting so when we are small we are learning what it means to be an adult, in young age we learn about the basic behaviors we are going to use when we get older.

If you have seen the blueprint by Tyler you know about the pillars of reality, basically on top of these questions behaviors are built. So when we get older we add to formality, rules and etc. but basically they are the same. We just make it more advanced because we are adults and civilized (most of the time).

So if you have problems today with your social interactions remember the ones you were not shy, you were not inverted. You learned that on your way to adult hood, you can unlearn it to become social, extroverted guy.

So how does this apply to meeting girls, the questions are a place to start talking with any one on the field and add playfulness.

I want to start out with saying it's absolutely nothing wrong with you, you can love yourself unconditionally. But, your way of identifying yourself or your framework can be a problem.

If you don't love yourself you most likely don't trust yourself, but there is no reason to not trust yourself if you know that you are a socially well-adjusted guy that is a loving and caring guy. By

caring I mean that you are actually consider how other people feel. *"I don't care what I say to her, but I am deeply concerned how I make her feel". - Jeff*

If you care how you make people feel and you are a person who constantly is improving yourself and identity from this frame set there is no reason not to trust yourself. Quote from America's army: "be the best you can be."

Simply you can trust yourself, also trust the process.

In this infinite universe great things can play out, horrible things can play out. So what?!

The ego wants to control everything, it fears air planes cause of all the possibilities that can happen, it wants to live on and it fears the future and what can happen. My cat does not have an ego, he just is himself, he knows his skills but he does not know who he is but that don't affect him.

The ego wants to know how others perceive you, what they think about you, what they believe about you. But what others see you or think and believe about you is none of your business.

But here it is you are nothing or everything a small portion of the universe.

Your ego is nothing.

You are free to do great things in this world.

"Let the pieces fall where they may" -*Tyler*

“All I know is that I know nothing” –*Socrates*

I am a universal portal, go thru me.

I found that affirmation use full in my game but now I have further developed it to

I am a universal portal, energy flows thru me.

Its helps with removing the labels of the ego, letting your true self out.

To stay in state I image the color white, and the sound of silence. Very Simon and Garfunkel I know, but is a space you can create what you want in your mind.

Indifference

So back to the point indifference to the future and to the past.

Future

This is what I want. But in the end: Whatever! Shit may happen and gold might come in to your life.

Now
It is what it is. But I aim for the future I want.

But in the field I use Alex's relaxed arousal and explore where I can take this night.

Past
Whatever shit happens as well as gold!

I want to make another point here, since I had my fucking chode relapse a lot of my accumulated knowledge is sort of my mind's reach but everything is slowly coming back to me.

And today I found out something in me that was stifling me by the realization of

It's not what you say it's how you say it that count and the under laying emotions you have that matters.

This was a really important thing I learned when I worked as a salesman and the other thing was not caring if people were going to buy what I was selling. It worked fucking great I was a top salesman at my old job. In the end I didn't try to sell I just told them what was in it for them.

So in the field come let's have some fun.

Time to use some brutal honesty with myself and realize I am a fucking man and good enough as I am whatever will happen or has happened in my fucking life. Just fucking use my empathy and be true to myself and trust thy self.

So I was reading and listening to Alexander's blog, about analyzing what happening in the field I guess I do the same but I over analyze myself as well as my results both in the field and outside the field.

So I need to focus harder on what actions I need to take, first of all I need to focus on having the fun and innocent frame out in the field. I need to go out more and don't give 0 fucks about shit. Just focus on having fun and being innocent. A lot of the time the girls end up seducing me anyways now a day. By not really caring about gaming chicks.

So I was out dancing yesterday with my friend and wingman Johan for some reason I am back with having fear of rejection and caring about what people are thinking about me. I don't understand how I can fall back like this but this was my solution: I don't give a shit, suddenly a girl backed her ass up against my groin and I was back to my old self for a short while. Now my cognition process seems to have been fucked up somehow, don't know how it happened but it did so now I am fixing it.

Any ways its times like this that makes it great to have friends that support you.

People always search for a meaning with life, it is just like those people who see Jesus face on a toast and see it as a sign. It's all in your head, everything will someday end. You will never know when so make the most of what you have right now.
- Carpe diem

About liberation, history and philosophy.

Yesterday I was talking to my friend Johan on the difference between eastern and western philosophy. While I was talking about how Taoism was this sort of working anarchy philosophy that trust in human nature and the Johan said something really wise. All western philosophy is about getting control over people it is the opposite of freedom. So you have seen the documentary's from Adam Curtis the century of the self, know that Sickman Freud (Sigmund Freud) his theory of psychoanalysis is about making people behave and doing as sociality thinks is acceptable and I would guess that is how he thought was what should be health. He wanted to repress certain things in human nature. Because he thought it was wrong, today in society we can see more and more how this strive for control over people only in the end result in more violence. In politics you can see this very clear by checking on the biggest control freaks Stalin, Benito Mussolini and Hitler. These are the most violent political leaders the world has ever seen and all for control and power.

And Hitler by the way had help by psychoanalysis since it gave birth to propaganda that was used to seduce the people of Germany to go to war to make the third Reich.

The thing about control is the somewhere in time leaders wanted humans to control them self so the leaders did not have to control the people. The thing is the more we strive for control the more get to wage war against ourselves.

I have realized that to let go of control you have to be out of control. What do I mean by that, do I mean running around as Trevor behaving totally crazy and angry from GTA? NO. At least if it's not in your nature.

My whole life people have come screaming at me that I was out of control and I have realized that they had right. But it did not give them the right to try to force me to be in control, my nature is good, my nature is love and caring. Sure I have been violent but only to mean people and that is just a response to their bad behavior, what comes around gets around. So what is all this based on FEAR, fear of our own nature makes is what is controlling the people. By letting yourself to be out of control, you become yourself.

Politically it is about scarcity, scarcity made so the system will be in control because of if we had all we need why fight for a system when you have all you need.

I am out of control and I love it.

So this weekend I was in Skopje and after coming back to Sweden I felt solidified, like my life philosophy is bullet proof. Petrified wood bitches.

So now a day's I am like totally rooted in the now for

90% of the time, it feels amazing how did I succeed with this?

Well I figured out that words are just noise that we have created in order to try to describe things, but words will never be able to show you the truth. Truth must be seen. So I started to listen to words as just noise and my mind started to make sense of things by itself. I started to listen to my thought as just noise and slowly it became silent and suddenly my mind got aligned to reality and I find myself being totally present. Life is like watching TV but being able to create the script and that's the attitude you should have towards reality.

So after a while my intuition and instincts started to communicate with me with feelings and images. When you stop having a self-image and start to focus on other people you finally stop jappering with yourself and suddenly you can hear yourself. When outcome dependence is out of the picture the timing of your game will be perfectly, you will know when you need to do the right move by feeling.

Maybe this is based on unconsciously competence or maybe they are based on that your natural instincts work perfectly. We humans are the most stupid animal cus of or fucking brain and our self-conscious. Stop seeing yourself as a human and realize that you're just a fucking mammal.

So this is an update on the subject boundaries. Since this has been the biggest issue in life having the upbringing that I had were both self-sacrifice was the biggest virtue.

The biggest SIN is self-sacrifice.

NO is a powerful word, it has a strong feeling to it. Like cold steel in the belly, it comes faster the YES and the word NO is needed in order for people to respect you. (In the end a sacrifice may be okay if it's done Couse you want to)

Are you prepared to fight for your no?

If not you probably have a hole in your boundary or a weak boundary, avoid violence as far as you can but be prepared to use it.

If fighting is something that you think is scary that you should take up some martial art of some form.

Me myself are going to reconnect with an old friend and start training MMA again.

Your life is your own.

You exist for your own sake.

You have rights.

You deserve to have it good.

You have value.

Your body is your own.

You are your own.

You have a right for privacy

So I had a big realization to day while driving home.

This is going to be a bit far out there so bear with me here as I explain what I mean.

First of all, the norms of society can be discarded. Society is just a parasite on Mother Nature and in reality you are not made in the image of society you are made in the image of nature. You

should not do what society tells you to do, you should do what your will is.

Deeper on the subject will.

So I want to explain more deeply what will is, because it's you in its truest form, it's that same thing that makes you aware of thoughts and feelings. So the ego is the thing that wants stuff, to get, keep and to hold. Willpower is will used in the ego form, you use willpower to push forward when you scream inside "I AM STRONGER THAN THIS". It's like a force trying to push a big block away from its way.

Will is more like your last will, laying on the bed and thinking about who you will give to, without the need of a motivation. So will is what your will is, it's like water running past a stone with no effort. It's the want without the must. An effortless series of actions to your goal.

To just dance, flow and be happy. By yourself and with others, and here is the strength, I will always carry out my will in the now.

Also the now is filled with an infinite amount of options, look for what's looks like the best option in the moment and go for it.

So, I was watching the movie peaceful warrior and movie that really change my life a lot. I have recently doing some research in emotional guide system mostly because I recently started to feel a lot of different kinds of energy around me.

The feeling of wanting to be close to some people and the feeling of getting away from some other people.

The feeling of attraction and its opposite.

Accepting the feeling of both is important, so you know what you truly is about.

The higher state of consciousness

So I have been in a lower state of consciousness for a while and I am moving back to the higher state of consciousness again. Wanted to share this with you about the feeling of letting go of the false self or the old you. Maybe you are further on your journey than I and have come so far that you don't fall back in to lower consciousness from time to time. But I seem to relive this from time to time.

Accepting cold and not knowing when I would be allowed to sleep was an important lesson. When I stopped fighting in against it and accepted it as it was something that helped me to be mentally present. Time has no meaning when you never know what or when things will happen. I got shit thrown in my face by officers who may have had to do with me or not. I

learned to not take it personally. I was officer in a battery group so I never had to compete with someone and at the rifle range was never about winning, just trying to hit.

Winning or losing stopped having meaning. Getting to play with explosives learned to accept the danger and it made me fearless. In short, I was in heaven.

Do not waste time and energy to resist the negative accept it and do not react to it. You are the consciousness of what you feel and think but you are not your thoughts or feelings. Your ego and mind are not your enemy. Your Mind is just a tool and your friend.

In the end, you do not use your mind when it is not needed.

Turn your face to the wind and feel it against your skin, accept it, and the present will come to you.

Thoughts can never be a problem, by thinking that you need to live up to some standard of thinking is idiotic. If you want to have a standard understand that things will never be perfect. To be okay with sometime thinking that you are a loser is ok, just make sure to correct yourself afterwards.

To try to eliminate bad thoughts is to not react to the negative thoughts.

Who am I to judge?

To fear that you might think that you are a loser will only give it more energy.

I run a lot on pure emotions right now and guess what. I don’t think that my thinking has any true effect over me.

My decisions are made by the entity that think and feel.

That is my true self.

If you want to learn more of this subject, check out Eckhart Tolls book a new earth. It’s a book I highly recommend, to anybody.

Start to think with a purpose or don't think at all.

And you don't need to think how things might look.

I want to state something here.

I do as I please, I say that as a nonreactive statement as: I am just a man.

Well in my mind I am a god, I create I destroy, what I want do not need to be tested thoe other might want to understand my will. All I need to want is to do what I

will.

People might be scared of you because they don't know what you are capable of and that’s okay.

This will make you as slippery as an eel to others, but you need to remember this. You did not become a player to rape, steal or murder.

Let the viruses of your mind die and come forth.

I can either go towards what I want, run for what I don’t want or fight.

The fact that you don't know yourself and that no other person can't know you is what will make you stronger than others.

What you hope for is up to you to decide.

Stop seeing questions as problems they are just questions, answer them or not.

Just as a test where you only have to answer the questions you find interesting.

Some questions are better left unanswered.

Love is a quiet thing, quiet eye's a mutual greetings. No I don't think love is a wild thing, love is more of a healing thing. A healing joy, a deeper giving. It's a healing power in the whole of living.

Love is no fearful thing, love is a restful thing, a rested mind of hearts grieving and receiving. Damn what time is it? Love is not an anxious thing, slow down.

I have been thinking a lot about why I started to make this book, at first something inside me came to when I decided to take a pause from the game. Start blogging out what you have learned then you can take a pause.

Going thru all my old notes I had one big box with tons of old material, ranging from old notes of frame game notes, fighting with inner voices. Memories from all that I have gone thru to be where I am today.

Huge amount of psychology, self-test, core value assessments notes from Jeffy free tour and Alex free tour and notes from my journal.

Reading the book six pillars of self-esteem I know now that time to time I have suffered of lack of self-esteem a lot.

I also think in afterwards I did it in order to help other people heal them self, to get them to know the real person they are.

The guilt button

So I have sort of worked with an issue of mine for a long time and that has been self-esteem, I have solved this problem a couple of times. But the problem has comeback, well now I both now why it came back and what the root cause is. And how to remove the button from others.

So, Dr. Sigmund Freud had one thing right it all comes down to you to your mother. More specifically that your mother might have used guilt as a way to control you as a child. The reason why, at least from what I have read is that the mother can't deal with the feeling of worry and instead take her feelings in to more account then that you should be a healthy grown up man.

Simply her emotions is more important for her then your psychology, if she understands the consequence of her behavior. You could of course argue that there should have been a man there able to stop her as well.

Being an empathetic person does not mean that you should sacrifice your decisions for the sake of other people's emotions. At least as long as you don't come from a frame of rape, steal or murder.

The solution.

Do not let your judgment be impaired by other people's emotions, at least adults.

Do not fall for the:

Think about how I feel.

How can you do this to me?
Don't you understand that I also has emotions? You're a psychopath.

Stay strong, work on. You will get the future you want. Forgive the ones that have caused you hurt, you do not need to confront them just forgive them in your heart so you can move on with your life.

The roles of others and the roles you play, that is not the same as knowing your situation. Moving deeper every role has its own story and its own set of rules, when you take a role you give your power away, it does not matter if it's a role as an emperor or a slave. Either way you still will lose part of yourself in the role. Now sometime a role can play in your advantage ex. If you give a person the role of your coach and there by accepting the role as a student or a nontangible role as, seeing yourself as a country. These roles can help you in interactions until they become a part of you. In the example of the coach since the coaches has more knowledge than you, you can draw confidence from the coach as

you learn. Moving deeper in to it, if you have troubles with removing the images in your head push them away so until they become like stars in the heaven. Then you can see that you are really a god in your mind and you can state that only you can exist in your mind. And you can start just addressing people in your mind with their names or just him or her if you can't remember it, to stop playing roles.

I have come to the realization that before a thought arises you can feel the quality of that thought will have and you choose let it manifest or not.

To know yourself as more than the observer is to some extent knowing how you act in certain situations for example when I play poker and my stack is low I get

more risk seeking. (Note this is the ego.)

I just finished watching the fountain. It was a long time since I watched it. The film always gives me serenity, it helps me to come in to the now and leave what has been behind me and what might be a head. I want to tell you a story part of my journey to understand the concept, it is what it is. But first let me explain that without taking action your life will never get better but you must accept reality.

Story

Somehow for some time now I have had like a feeling that the universe forced me to start this book. For whatever what that reason it might be or what it has to give me I don't know but whatever it might be it has improved my life, and that makes it important. In moments when things seems the darkest and I have pushed thru and something good has always come from it. And when shit seems to be about to hit the fan, like money issues things beyond my control makes it so I can afford to gone with my journey. It is not for me to abuse as long as I do what I can and my best the universe seems to make sure I have what I need. I have lived in total sense of resistance, saying no it can't be and all I got from it is misery. Things simply happens for a reason, you don't need to figure them out just accept it. There that's my stories.

Now if I were to be stranded in a desert somewhere how would it help me screaming: why is this happening or sit down and say to myself no this cannot be happening? Absolutely nothing. The only sain thing to do is to say to myself "well here I am" and take out a direction for me to move in and just starting walking.

I have some troubles with the ego and I have been reading 7 habits of highly effective people and it has opened my eyes to why the patterns of reality I have been observing has been. The world is based on a win/loose paradigm or a zero-sum game as studies of Adam Curtis has confirmed for me. And it has

explained why I have been put thru so much abuse in my life and the pattern of Mr. Smith.

It happened to me while thinking back about an old frenimy, I will call him T.

Back when I started at the university he was all about how I should not be a guy going out at Stureplan. He was shaming me, trying to push me down, talking shit about the guys going out there and telling me not to be anything like the guy's at Stureplan. This is the pattern of a highly insecure guy. Seems like "Destiny" has its humor. Being a confident guy I get approached by insecure guys and orbiters that are brat's and I see the same patterns of behavior in them as I did see in T. Simply there are no different between the brat's and T. They have all the same losing paradigm of thinking and there for they are losers. Anyways being around insecure people is being around button pushers. Knowing that when you are around a person that is trying to push your buttons you are around an insecure loser and you are simply of HV then him. At least is it what I see coming from Alex's there is "there is no reason why you're not enough" frame. This sort of gives you protection from being affected by him and your confidence will go up when another person is trying to make you feel bad or push your button. It's simply his way of saying that you are of HV than him.

Certain

I draw certainty from what I feeling. I don't care so much about my thoughts sins I am often choosing between discarding or

regarding thoughts by its usefulness or by how I feel about it as the arias in the now. So how I feel about thing is the only thing I can be certain about.

For you not to go totally crazy you need to accept reality for what it is

What is, is what's important in the now if you want to change it TAKE THE ACTION.

What is not dose not matter.

Simple.

Now to the interesting topic of how to clear your head at will.

First of do your meditation it will make this work more easily and longer.

So the way I do it is I fill my mind with a color any color works fine but I have noticed different colors gives you sort of different emotions, I let go of everything dreams, judgment, goals (this is why you write them down), expectations, past, future. I used imagine the sound of silence in my head but I found I better to use the buzzing sound that Tyler do. So use the buzzing if it works better for you.

Then I start to notice all the space around me. This is what an big known cult calls going external (would not recommend going

that way, it’s not worth the time), but in reality what is mean is you let go of the image of yourself in side your head and becoming free from social conditioning. And having all your mental ram freed up to be used for something useful in the moment.

And yeah of course I don't give a fuck of what people think about me.

Don't test, don't try, don't judge or validate. DO, let silence and darkness fill your mind.

Now I going to teach you something that I believe if you have read the whole article that you can handle.

There are no reason for shame.

There are no reason for guilt.

There are no reason for regret or remorse.

As long as you take the lessons and move on.

The Mind

In goal orientation you need positive feedback as in I am going in the right direction here and of some sense of negative feedback as in fuck this is a gtfo situation. (As in handled by a flight response).

As Eckhart says you should be in the now the majority of time and only visit the mind brief moments.

The realization that rules do not apply to the metaphysical plain. The understanding that nothing in the mind is real. Letting darkness take over you mind and blinding your third eye to take in the physical plain to 100% but understanding that is just something that plays out in your head. Nothing is real. Moral and ethics are constructs that does not exist unless you acknowledge it. Now your nature is perfect, ones transcendent of the ego is done you will be able to trust yourself to 100% since you know who you are. But meditation will be needed to be done every day so you don't move back the old state of being that is ego.

Ken Wilbur talks about transcendence and descendens, how I understand that is that by embracing your nature (descendance) and move away from the ego (transcendence) your mind shift in a way that it becomes your tool but it takes some time for it to do so. Like the pain body it's a wheel spinning and first after it has stopped spinning the shift will happen. Under the mean time of the spinning, let it spin do not react to it. As in letting the mind do what it want during meditation, it will stop.

Recognize that the being that is you the observer is also the universal love and love yourself this will become your shield and it will spill over to the girls.

Self-love is also energy that you can share with others, you can do it by the means of tantra or by just hanging around the girl you want.

So I have been working on a frame set where I could function well without egoic want's (positive) and egoic don't want's (negative). Both when it comes to success in business, work and with girls. So this is going to be a mixture of what all the executive coaches teaches. And after wards short about removing the want's and don't want's.

So let's start with work and business it's about creating value for others by servicing or making a service for them that will in different ways help them in different areas in life or business. The payment is just so you will be able to go on and doing that for others.

When it comes to girls, the sex is just a bonus. It's about showing and giving girls a good time in the night and giving them a chance to get to know and experience you. Since all girls like to have sex with guys who share value you will get to have sex with the girls. But it's up to you to help them not to feel like a slut by letting them to say no to you a couple of times be4 giving in to

sex. And when it comes to sex it is also about giving, be the guy who give's girl's pleasure in bed.

You are also there to save girls from other boring guy's since you both can give her more arousal wish is what she wants. So it's about giving the girls the arousal that they are so addicted to. You are god's gift to women.

So how to get remove the wants and don't wants.

Wants and don't wants are afflictions of the ego they are both the same thing if you remove the positive and the negative. The thing here is about giving up wanting or not wanting things to live in total acceptance of what is. It can be good to know that ego in others are going to feel threatened by your existence. That is okay just don't criticizes them and don't tell them the secret of you being a pleasure man.

So I have been checking out some old videos of me where I was talking about how being self-conscious constricts the bandwidth of the emotions you put out. So what happens when you get self- conscious is that you start to look hesitant and you become hesitant and less flow. In the end you have to just go fuck it, let the pieces crash and burn where they may and just put out the shit you want to get out in the world. If that does not work focus on your body while you talk and your mind will shut off and there by you will not have the problem of self- conscious. But just go with whatever you feel like.

Resistant is a feeling that will never disappear completely this is cause all change will give you some resistance but you approach anxiety will go a away, just use courage.

So I just want to put something out here after reading an article about the book “What woman wants” women loves the cock, really they do. In fact, girls want to feel your hard cock against them when they dance and rub there ass against you. Sometimes I believe that’s what women thinks about the most. Really when you think about it when a woman says she wants a man, what she is really saying is that she want some cock, because what is the most significant attribute that differs a man from a woman. The cock! They even worship the cock, why should else go to dildo parties and have them at home. In Sweden we have a day called Midsummer Eve where the people of Sweden dances a round a pole that in fact is a fertility symbol representing a cock.

The 8 Pillars of state

No.1 rule of the mind is there are no rules.

If no mind, if no pain body, if no ego,
Then no rules or laws is something that you can forget. The mind will rebel against you when you give it rules and soon you will have OCD if you give it rules. The mind without rules is the calm mind.

No.2 there are no thing as past or future that is just a concept in your mind. Let go! The pain body.

So I have this book “Dragon slaying, Dragons into Princes” by L. Michael Hall Ph.D. and its sort of an more scientific approach to the problem of the pain body, he’s approach is more of understanding meta-states and frames. I have been studying my pain body and I have renamed him to squidy. Squidy is in many ways like a mistreated, unseened, unaccepted, unloved kid. The only one he has is me, so he laches out thru me or against me as an avenge full Grinch. He has troubles sleeping cause of all these negative feeling he carries, to get my attention he makes me feel bad, which in turn makes him feel bad and vicious spiral starts and all he need is my attention, love and acceptens so he can go to sleep. Because that is what mistreated kids do when they don’t have what they need.

Now it’s important to know your pain body and how he works, its pattern so you know when he is a wake. Love yourself unconditionally, love your pain body unconditionally and accept your pain body unconditionally.

It was a long time since I felt like Jesus, Eckhart or Buddha but I have come to the realization that I As Jeffy said when he first started of with the van, this is me now I am a crazy person.

The Universe put me here for a reason and I are as important as everyone else. It seems like the universe forced me to start this book, and it seems like it wants me to continue.

The fear of what people might think about me is an ego based fear so now when I have learned to let go of it I feel that I can say I am like a sex craving Buddha. I have been observing the pain body and here is the patterns I have recognized, it was actually quite fun see how it made complex tricks to keep on nurturing it's self, the pattern I have been learning in the moment of falling a sleep that I have had problems remembering became clear for me this morning.

Feeling that negative energy is bad there for feeding more negative energy when feeling negative energy. "Identification with present and feeling pain from not being present and wanting to become present and resisting not being present feeding the pain body." Afterwards I could observe how the pain body darted from all these different tactics.

Ego identification of being egoless and seeing other people's ego.
Pain body living on by identification with doubt. Pain body living on by identification with joy and not feeling it.

Seeing the evil of the pain body in as the individual and not the pain body.

Pain body feeding on worrying of what other people might think.

Pain body feeding on the thoughts it's producing. It seems to be its last desperate attempt to live on.

The pain body is like a little squid reaching out for negative thing to attach. If you feed it love and accept the pain body since it exist and it will be fuckin quiet. Sometimes the pain body can feed on your empathy towards others pain. Be neutral towards other peoples suffering. Understand that empathy for others pain is a beautiful thing in human nature. It's put there so we can know when we or others are hurting someone. It's a gift be joyful for it cause it one of the thing that makes us humans a beautiful creature.

Realize that if the universe wanted you to help end another person's suffering it will give you the opportunity to do so else move on.

I have come to the conclusions that I have no more duties than I am willing to take on.

The universe gives you the chances, you need to do what your supposed to do, you just have to have an eye open and do the work. (Tyler's: Brain = Lane + Believes) Coming to the realization that every pain that is experienced is for me to help me become enlighten.
Understanding that you don't need anything but your body needs food and other things to live on. Let go of all form of negative identification (Eckhart). Recognize that thought is just thought, even if your body can't tell it from the real thing.

To give is the greatest joy and most rewarding thing that you can do.

Let loose and have fun and let the crown chakra open and let the bottom chakras energy flow out thru you head. Give out your male sexual energy it's supposed to be free.

Nothing is a big deal, god or bad.

ROLES

The roles of others and the roles you play, that is not the same as knowing your situation. Moving deeper every role has it's own story and its own set of rules an when you take a role you give your power away, it does not matter if it's a role as an emperor or a slave. Either way you still will lose part of yourself in the role. Now sometime a role can play in your advantage ex. If you give a person the role of your coach and there by accepting the role as a student or a nontangible role as Alex talks about, seeing yourself as a country. These roles can help you in interactions until they become a part of you. In the example of the coach since the coaches has more knowledge that you, you can draw confidence from the coach as you learn.

THE OBSERVER

So I finally reached a long term goal I have been trying to reach for a long time, to be able to quickly become filled with joy and sustaining the feeling for a long time. So I want to start with focusing on you the one who's reading more specifically the person who is hearing the text in your mind being read. The person looking out from the eyes and seeing the text and

hearing the sound of the things around where you are. This is the observer/spirit/soul that is you.

The center of your reality, the center of your universe and as the observer you are also the creator of your experience and your thoughts. Now take notice of the space between you and the screen.

I have recently been checking out some of Deepak Chopra's stuff and he was speaking of fear of the unknown and something that really stucked with me was an example of what the unmanifested is. If you answer the question what was it you eat for breakfast?

Something would come to mind that was not there before would enter your mind. The thought was unmanifested then it became manifested. You was not afraid of the thought entering your mind.

In reality the unknown is always there and you never fear it so there is really never any meaning to fear what might happen or not because you live with it all the time.

I don't get much of approach anxiety any more but I always get some feeling of resistant as I embark on the journey of the unknown for example I new set. The fear of that is approach anxiety is the fear of the unknown if it will go well or bad. But there is no need to fear the unknown as you read earlier.

Under my time at Stockholm's University a period in my life where I felt like I had lost myself and my emotional compass, I

was trying to develop this theory of how the ego should be the same as the self. Well it's seems like it's what I have succeeded with or rather learned. To go a bit deeper on why I started with this that I was in such a deep depression that I was planning to kill myself but instead I set an ultimatum, get happy or die trying. It took me a couple of month to reach a state where I ones more where able to work with my studies but when I did I realized that what I had lost was a sense of self and my ego did not reflect the self at all.

ANARCHY

First of Authority

I want to explain authority here and what authority is not cus that there are many authority's in society that can convince you that you have to think or be in a certain way in as opposite who you naturally are.

So an person of authority is a man or a woman that has been given the right by society to break some laws that society has put up for us, almost all of them is designed to protect us or our assets. Or by an agreement of some sort thru employment for example.

What authority is not, authority has not the right to tell you how to think or behave in any way but if you break the law bear in mind that you will most likely going to be punished for it.

But in the end you have all the power over your soul and nobody make you think in a way that you don't want to. (not even the pain body)

I have added this because in some country's authorities have very few restrictions, as here in Sweden.

BEING THE BOSS OVER YOURSELF

In being the boss over yourself is that you have recognized that you're the one responsible for your life, happiness and thought's. As well the person how has the ultimate power over yourself.

So being that, you are a god in a sense in your own mind. You have the ability to create and destroy things in your mind. For example I can make a bearded frog in my mind and I can make the bearded frog disappear in my mind. I have also the possibility to make rules for myself and remove rules for myself and as well creating must's and removing must's. As well as choosing what to identify myself with and what to not identify myself with. I have the experience where authority wants to be in my mind and succeeded to convince me to imagine the authority to be in my head and dictate the rules I should live by.

And I solved it simply with setting up the rule that only I are allowed to exist in my head and talk in my head.

And there for you are the one able to decide that you're the one being in authority over yourself and mind. There for the boss over yourself or as Alex put it the king over your castle.

If you are interested in this I would recommend any book on NLP or from Eckhart Tolle.

For you not to go totally crazy you need to accept reality for what it is

What is, is what's important in the now if you want to change it TAKE THE ACTION.

What is not dose not matter.

Simple.

No.3 don't give a fuck to the 2th level.

Well it took some time to figure out that I actually had started caring, but I took the time to write down the symptoms of caring.

1. Worrying, that what you do a lot.
2. Fear, some of it but you can use courage so that might not feel like a symptom
3. The world issues, politics and all the problems in the world and your life.

NOW HOW TO NOT GIVE A FUCK 2ND LEVEL

first, you start not to give a fuck, simple something you just do.

Second level you don't give a fuck about proving not to give a fuck.

You realize that there are absolutely no reason to give a fuck.

And that it's absolutely impossible to disprove that you don't give a fuck.

Note that if you start not to care about getting the girl you are doing this to much.

No.4 Leave the mind to it self, let it roam free or in other words do not monitor it or try to control it.

To explain this I am going to use a zen metaphor of a horse. So in the process of taming a horse you give it a lot of space to run around. First the horse will try to run away from you and fight you but once it has all the space it need's it stops and become calm. Once the human comes near again it get tense and might start to run a way. When you leave the mind to it self it will calm down and after a while you will be able to ride it like the wind.

No.5 Now this is not something you need to test, I have done that for you and the only thing testing will do is sabotage you, put it in use or production if you may.

The thing is, you need to learn to DO not to try or test. Or just test it by doing it.

No.6 Let go of yourself and your worries, trust yourself, trust your nature, there are nothing to fix with yourself. You are perfect, to natures standard's, the enlighten and the universe. Every snow flake falls where it should.

So one of my favorite movie have had a profound effect on me and that is the movies about Riddick. I have come to the understanding that people here in Sweden don't trust male instincts or male intuition and I have been drawn in to that frame over and over again. So now I say, no more and I will write a chapter about it. I will start by describing the male instinct to show that is nothing to fear about it:

"The human male has a drive to impregnate as many females as possible, to create as many offspring with his genes as possible. (Ehrlichman & Eichenstein, 1992) Thus, he applies criteria typical for a male animal. He looks for women who are impregnable: those who are old enough to be past puberty, but young enough to care for children for at least several years. He looks for healthy (i.e., clear, smooth skin, "bright" eyes, good conformation of body and limbs, etc.) women, so they can carry the fetus to term, deliver it, and care for it after birth. Beyond that, he doesn't really care. She doesn't have to be intelligent, talented, socially aware, or in any other way have a brain. In fact, the dumber she is the easier it would be for him to meet her criteria for desirability since they are less likely to be extensive." Just to be clear on something a woman have past puberty around the age of 18. In the newest movie Riddick is betrayed by the necromongers and left for dead on a deserted planet. And he comes to the conclusion: "I had become civilized, I need to

become the animal I was". I as well need to be the animal, in reality I had started to come to identify myself with my thoughts. There by I was moving back to my chody behavior of "I think there for I am" but reality is like this "I am a man and I can think if I need to".

What an animal dose is listening to his emotions and what he feel what he wants, it does not think. It just do and deal with the consequences afterwards as do men. Now I think that Riddick is just as good positive dominant hero as James Bond in casino royal some might disagree on this and that's ok. Bond seems to be a more of a serving hero while Riddick is more of a self-serving hero. I think both are ok but Riddick fits better with

Ronald Waldo Emerson philosophy of being "true to thy self" and "trust thy self". Be uncivilized!

GROWTH

If you are not growing you are dying. Just as every tree is perfect. You are perfect but only the tree's that are dying are not growing. To live is to grow, develop yourself.

No.7 Realize there is nothing you must do other than die one day (eternity is no way to live)

The no need for courage if you have no fear and slumbering pain body

Ucchedavaada Buddhist "the heresy of annihilationism" and the defeating of the last fear. That is something you need to study

yourself to learn. But it is important cause of the first point in the definition of a congruent personality as also being the creator/artist of your life (understand the delay of the universe and you). Understand that courage will always be needed in your life but you are steered by your will. By learning to accept what is disturbing in the world and that might be in your mind. If you have your emotional compass and trust in thy self to be able to take the actions you want to do. You have the ability to change the course of action. 1. A growing openness to experience – they move away from defensiveness and have no need for subception (a perceptual defense that involves unconsciously applying strategies to prevent a troubling stimulus from entering consciousness).

When you defeat the last fear as not as the fear reflex (bodily instinct of your vessel) and become fearless people might fear you but girls have get the sense that you would kill a lion and fuck it up the ass.

Fear lies to you, by telling its necessary and so when you become fearless other peoples fear cause them to lie to you.

No.8 Emptying yourself, the impossible feat.

Direct your inner energy outwards towards where your body's energy field end. You will start to glow in the eye's of others. The thing here is the more energy you put out in to the universe the

more you get back. You will actually feel more energized by doing this Now men is being accused of being shallow, that is actually an symptom of trying to fill yourself with stuff, accept that as a man you are deep and hollow. But thrue that hollowness comes any abundant amount of energy. As a man you want to be as empty as possible, like an empty shell. This is achieved by giving so sharing your emotional energy with others is what you need to do. This will actually not make you tired, more energy will start to flow in from the Source (Teal Scott). Now in a sort of Eckhart Tolle, David Deida, Teal Scott (Male energy video) or Ken Wilber. You should project all your energy outwards, feeling the energy as it leaves your body throe the energy field of the body.

Tender aggressiveness

So, this is something that I have known sort of for a long time, the only problem has been verbalizing it. This has been a part of my game for a long time and was also part of the game I demonstrated to the assistants when Alex hot seat was in Sweden (note not hot seat 2).

To teach tender aggressiveness I first are going to teach about male aggressiveness in it's purest form and to do that I am going to write about Charles Bronson who has spent 30 years in solitary confinement. Now Charlie has something very enlighten about him as the yogi's he has spent most of his life alone and he has succeeded to harness the most pure animalistic rage. The extremist form of pumped up testosterone male has two modes

fuck or kill. The tenderness comes from almost a fear from the confusion about this. Seeing someone you like with the full understanding that you can crush's or kill someone you love (want to fuck) makes you hold yourself back a bit (there of the tenderness) but the aggression is always there and the will to fuck will make you go on.

Now if this is the way you want to go I encourage you to watch the movie Bronson and there are two specific scenes I want you take note of. The first one is when Bronson is seduced by a young woman there is the extreme form of this example. The other one is a fighting scene between Bronson and a male dog (as in dog not a woman), where you can observer his pure aggression. Don't fear the animal within.

I also encourage you to study Eckhart Tolle's stuff and to be an advocate of peace.

"No need for regrets, for mistakes made yesterday. The past is gone, no looming fate, no uncontrollable destiny.
No hunger, no sickness, no fear. No death.
Nothing ahead, nothing behind. Just stillness. Light, warmth, the pain you felt, the pain you may have caused others, it's behind you. No looking back, no fear of what will come, just right here right now."

If all this goes as it should for you given you both watched the movie and read the book you will get the sort of weird walking style as Bronson.

Now you should have achieved both ascendance and decadence (connection with your human nature) all you need to do now to for fill what Ken Wilber want is to take responsibility for the earth and humanity as a whole.

(If you want to give a fuck)

When I woke up this morning, It was the weirdest thing but I could not deny it. I want to fuck my neighbors girlfriend, this of curse constitute anti-social behavior so I tried to do what most people do in society represses it.

But after a while I just let go and the emotion sipper out. It was like I had open the flood gates of hell the amount of energy that came out. I felt free and alive. Tracking back I have had sort of the same feeling before and that was when I started to make out with a girl in front of my girlfriend, it was a feeling of not holding back any more. This of course led to a lot of problems with her friends and so on but to hell with it. Accepting what you feel does not always mean that you should act on the feelings.

This actually gives me a better understanding of how it must feel to be a girl, all the repressed sexual energy that must have build up inside of them. It also explains some of the weirder stuff that I have experienced in the field, making out with a girl in front of her husband. (Not a good thing to do, if you hold your life dear, broken bottles) But holding back is not a good ide.

Anyhow I needed to burn of energy so I went down to the military outdoor gym and do some workout.

The genie in the bottle

So, this has been an reoccurring problem for my, for 3 years actually. It started happening when I first learned about software testing. Your mind is like a genie in a bottle, in testing there are two ways of testing negative and positive, with positive testing you test that the system do what you want in negative you test so the system dose not misbehave. Now the mind will always give you the result you ask for, so if you stuck up with thinking negative and your trying to stop and test if you change your thinking by thinking something negative. Guess what you get? Be clear in what you want for yourself and keep track that you are moving in the right direction. Also about result, when you put to much focus on result you will not develop as fast as you can. See yourself running wild on a motorcycle you are not running from anything you are running towards it. No need to measure more that every postop by a gas station or as I do it, every full moon. Also getting to stuck up on what you want might make you fear that you will not get it, sort of like charismas. Know and trust that you will get the result you want and it will come.

As a deeper experiment on this I ask you not to think about a cow? You failed puny human. Actually your mind dose not understand not. Simply your mind is wired as a positive

cybernetic system so the don'ts are a problem but the does are the way to happiness. I don't know if this is something that prevention focused people work differently but I don't think so.

Not not, do do or test by doing.

So I had an insight to day on the subway, sitting there telling a story to myself while a German girl was checking out my package. By taking over the social story I was telling myself in the now, reframing it as I was the most awesome man in the subway. It does not need to be true, just as you tell it in a way that you are being portrayed as a highly sex worthy guy and that all the girls are really horny that are only out for one thing YOUR DICK. By this way you can also take over your social conditioning, removing it or change it to your advantage. For example being dirty around girls insinuate on sex and doing fun and dirty remarks are ok, because they are. But when you get this you are going to be above the story and girls are getting to get sucked in to it.

Fights

So, I going to take up something that you will get to follow with your own risk. It's about fighting and threatening situations. I actually love to fight, nothing like the feeling afterwards but I only has gotten beaten once in my life. I used to be a big hard ass in high school and beat the shit out of people that was

boiling others and I had my kingdom of terror at the school so I and my friend did not need to worry about shit. Now a days I go thru great length to avoid fighting. But there comes a problem with doing that, the killer or fighter in you become weakened. So you need to have a good set of understanding of when it's ok to fight and when not it's ok to fight. In the club people might try to provoke you in to a fight to get you tossed out. Don't fight. But if you are getting it on with a girl that are really hot, some guys are going to try to intimidate you to go away (be prepared to fight) or mess with the girl just to show her that you are a wuss. Be prepared to or even FIGHT. In the night clubs if you get in a fight under the right circumstances you will not be tossed out, if you defend someone else it's seen as something good and brave and it will be rewarded by others.

This comes down to power over to pick who you want to spread your gen's with and power over resources, a fight or hit in a club is not that fucking bad if you hook up with a 9 or 10. Just be aware of the girls that play the lets you and you fight game.

Will and diswill the golden compass

So just so you have an understanding how not to sacrifice yourself in a way that will make you feel bad. This is based on how I understand an emotional compass, golden compass. Your true north.

So what is will: Will is something that you feel attracted to do. Lets constitute that as a 1 and the absent of will as 0.

So what constitute disswill: That is the opposite of will a feeling of being repelled to do something this is not the same as being a little bit scared of approaching a girl.

Lets constitute that as -1.

A -1 would be something like I rather die than doing that, for example giving up the quest of being ever better at getting hot and attractive girls.

You should not do things that are below the number 0, at least as how I think because it will make you end up feeling bad. Be rational in what you are prepared to do for your goal.

You can never run away from the mind, so a trick it can do is to use diswill against you or lure you in with will. That is attraction and repelation. In the real world you are supposed to respond in a way of going towards and or from what cause these feelings when the ego is gone, but in your mind you with need to be just to respond by being letting it be.

Now here is where stuff will be really weird (esoteric, I could have explained this thru a living system perspective but this is easier.)

The Alpha and Omega

You are a man but you are also the universe or god, if you may. Now with the risk of being accused of heresy I am going to say that the bible interpreters have it all wrong when they say that Alpha and Omega is the first and the last. Its rather the lowest and the highest. Now Jesus was the son of god (atman) but he was also god (universe/brahman). And he said that is also you. This is what I use to go in and out of state fast as hell.

Now take a moment and observe the silence in your head.

Now back to something less esoteric.

Lorum Ipsum

Lorum Ipsom is an 2000 years old scripture that is the foundation of ethics. And it's based on that we run from pain and run towards pleasure. But here is the thing, to learn to be indifferent towards yourself and towards others you need to let this go. Instead of thinking about how people might feel and so on. Do as any nurse would when she is about to do something that might hurt, make a statement of empathy. When it come's to yourself you should not care about your pain or pleasure. Do what you feel or think is important to you or what you have

decided to do. This will help you not get pushed backed from where you came from.

Serving leader (loving king)

So as a man or king (whatever) you can live to serve others, that does not make you a slave you serve yourself or the compass and you serve girls by giving them arousal or a good time. You serve your customers and you serve your employer by doing your work.

Resistance

Now you should no longer have any approach anxiety but you might feel some resistance towards approaching people any ways specially when it comes to breaking social convention. What you need to do is to let go of the bound that holds you back and just go for it. This is the last remains of the ego. You can go two ways here Alex has (there is no reason why I am not enough) or you know what you want from the compass, so go thy will be done.

Roles

In work life you might need to take roles and that is okay cus if you want to be a functioning working man you have to follow some social convention's in your life in order to work with others. But all you need to do when its
"game on" is to let go of the bounds again.

Now all men are equal in the eye's of god.

Spiritual manifesto Vol. II

Flags an concept of IOI's or approach invitations

So, I want to write about how to view IOI's, as Alex teaches IOI's don't really mean anything. Well I think they do but not in the sense as wow she wants to fuck me.

More in a way as:

- "Frodo look, it's the fucking pie cabinet"
- "Yes Sam we are on the right path"
- "Can't we stay and eat pie, Frodo?"
- "No, Sam we must not be seen, we need to reach Mordor"

Look, an IOI can be translated easiest as "You are doing good" nothing more, it does not mean that she is going to have sex with you.

IOI – Indication of interest. You are supposed to be unmoved by these things but understand that you are moving in the right direction. Hen's flags, a flag can be raised by a girl at any time and does not mean that mush but it can give you some sense of what is going on inside the girl.

A girl can even say that you are doing good, the flag is just a nonverbal statement.

A more direct statement, if the girls get to know that you are in to “pick up”: you are good. (She is really in to you). Or even that she will run around talking about how she want to be fucked up the ass, this is something more of a flare that a flag. But she still want it “just to happen”.

Story, the bottle opener

Being at a private party that my friends was holding with some top youth politician here in Sweden, my friend asked me to go and get a bottle opener. Said and done I walk out in to the kitchen to get an opener. There a bitchy girl stood and looked at me with her two friends, trying to get some sense of me while I am looking for the bottle opener, asking me are you a model?

Me: No, do you know where the bottle opener is?

Friends: There. Pointing behind the girl.

Me: Oh good.

Trying to stretch behind the bitchy girl to get the bottle opener, the BG sided even more in the way. Looking her a short while in the eyes seeing the teasing mood she was in. Quickly I tried to jump to the side and stretch over and get the opener from her other side. She sided in the way again. Eyes meeting even more closely this time. My friends shouted from the living room, is the opener coming. Soon! I replied.

I backed of half a step giving us a bit distance.

Me: Give me your hand.

BG: Why?!

Me: I am really good at hand massage give me your hand, you will LOVE it.

BG gave me her hand, I started to massage her finger quickly, moving over to the nerves between the fingers, gave some extra focus on the nerves between the long finger, ring finger and the pinky. She opened her mouth, slightly moving over to the palm watching her eyes she looked down. I moved her hand up to my shoulder and moving slowly closer towards her.

Me: close your eyes. While tilting my head.

BG tried to whisper: N(o)..

Me: Ssshhhh, close your eyes. Moving in for a kiss. She closed her eye's relaxed opening her mouth and I stretched over and grabbed the opener and walked back to the living room.

BG as I was walking a way: Mhe! You can't leave me like this. Her friends was laughing there as of as I was waving the bottle opener not looking back.

I took shelter behind my friends as she ran after sliding clumsy on her heals. Where she is meet by eyes of the whole room and giggles and smiles. As her face turned red she ran back to her friend.

After she was more lubricated she tried some more, one of the more funny moments.

BG: Come her and smell me, Salvador Dali. Me smelling: Blefg, Smells like pussy. She smelled fantastic, and she did smell pussy.

Later on she was sitting trying to modify her shoes, so I had to come clean with her that I liked everything about her. She was about to be heart broken, I told her the she looked as the princess Victoria. In the end she had sex with the guy that I was teaching. Even thoe he had puke all over the face.

You and the universe

So I have been putting this of for some time now and it seems to me the more I push it off, the worse I feel and the more I forget how to use this myself. That is the punishment or whatever, the universe has a way of gently pushing you thru the door if you don't listen she will come and hit you with a frying pan and kick you out thru the door. So better do this now, otherwise I fear that the pain needed to learn this shit might come back.

The Omega the universe/god.

What we call what is all is the omega the universe or god, on the highest level it's what you are a small part of, a bit of stardust transformed to a living organism (Alpha). Now the universe for men is like a woman, you might expect of her as of any woman.

If you do shit or give here shit with the thought of getting something out of it you will get nothing. Give to her without expecting anything and she will give you the world.

Now for a woman you would expect the omega to be a man, just if you are interested in this topic but I will not go in depth of that. But know this the male counterpart omega is you this will get more clear in the end.

You are it, Natural/Living system theory

Now of course as we all do when the ego comes and takes us over we see us self as this small separated organisms in a cold and scary world as we try to make our self bigger with power and money. But we as men are the male counterpart of the omega so when you learn that you are god and you are to behave as her man you become the divine man (Jesus!). You recon that you are god that experience its own creation from the eyes of the being that you live in. That is of course if the ego is not there. You are the observer/the witness of your creation but a small part of it as well as the whole. The alpha and omega, now there seem to be two destructive powers that are at hand her as you are the good and the positive power that is. But as you should know destruction is needed for new things to be created, after all Mother Nature eats herself (the circle of life).

The destructive power comes from the pain body and the ego on every different level on the planet from miller's living system model. Global (Brevik, 9/11, BP oil spill, Fukushima), National (School shot outs, sinkholes, Husby), local (local tragedies, fire's

and accidents), family (family tragedies, death of a close one) and last of all personal shit (Drug using parents, abusive parents, abusive people and so on).

An interesting observation I made when I have traveled is that when coming to a new Nation my personal pain body does not resonant with the painbody of the nation and thus becomes non-active.

The ego

As Eckhart Tolle says there are no ego a part of the mind and the painbody can only reach you and others thru the ego. So first of you need to learn how to separate you

from the mind, TIME TO PUT ON YOU FOILE HATS BECOUSE HERE IT'S GOING TO BECOME CRAZY

=).

Done? Just kidding, but it will be very esoteric from now, now the mind was something we got for around 400 000, long time ago. And the general myth of this comes from the tree of knowledge (Joseph Campbell), seems like with the gift of knowledge came the curse of lie's. Your mind can to tell the difference of lie's and truth. We only learn to be skeptical when we have something to compare with. But if we start to treat everything as a lie only the truth will survive because only truth can withstand questioning (as any scientist would agree on, only a question of method). So I like snakes but it happened to be so that the snake that tempted humans in the myth's in the bible to

eat the fruit of knowledge and the snake being Satan (all hail Lucifer's son) we also ate the seed of lies since Satan is the father of lie's and deception. In reality we must be willing to question everything in many ways understand that words are just sound's that have assigned meanings. What if apple did not mean apple it was all just a lie, apple was snake shit and snake shit was just apple and it was a lie pulled down in front of our eyes to blind us from the truth. That Adam was fooled to eat snake shit (just joking). But the point I want to make here is just because that we think we understand a word does not mean we understand the meaning of the word. So by now you mind is sort of like a soft goo, and you have some sense of what you are, behind it. So treat everything that comes from you and others as lies.

Story time

Yes retribution finally! So I have had sex with my second cousin she was amazingly hot and she seduced me what can I say I am just a man do not judge me, correction I am a god that's what I am (fuck I am both). So I early on had a lot of haters on me a one of these guys had sort of the mindset of keep your friends close but you enemy's closer. So here in Sweden second cousin is called sysling and the hater had a Scottish friend that told me that the English word for sysling is sibling, witch it's not. It's in fact the word for brother and sister. That of course led to one very embarrassing moment, but years afterwards.

Any ways I don't let shit like this take hold over me, I go past it. But there goes to say question shit always just because it seems

to come from a reliable source does not make it true. With your eyes you can see the truth.

Back to The omega and how to fuck her gently

Now the universe is a woman expect of her what you expect of any good woman/girl that you know. She will give you presents if you are friendly with here and she will give you what you ask for if you make love with here she will fill you with love. The thing is send out love/energy to her unconditionally and it will return to you multiplied. She will give you direction and drive thru the "golden compass" and she knows you better then you know yourself so sometimes you will hit you with a brick so you move in the right direction. In time of hardship she will help you if you don't resent her, she will put you thru hard test but without pain no gain.

The alpha chimp

So the alpha chimp gets the most food and gets the most mating opportunity's this is because he provides of the whole flock as well as being the fucking man. He got all his shit together and thus he almost never gets challenged or questioned. He is the shit. That is what you need to understand, you can't win them all over but a majority within the group is all that is needed. That can actually consist of most of the women and a couple apprentices in the group. Or a "sacrificial" fatty to the chodes aka milk duds for the hot coco. To be the ONE that is the creator

of value for the whole group. Serving leader, pimp but also Jesus and god.

The top notch egoless state for developers

The google developer lives in a world where there needs are being provided for, thus there main focus is to create value for others by building services for others. Thus they serve others and that is what they live for. The belief that if you give you will receive. And this is something that I have learned is a Universal truth if you give and help others without asking for things in return the universe/god will make sure to give you things in return. But in times of need you might need to ask for the thing that you need. I have stop using the word “want” cause if you just focus on the “Golden Compass” and your needs (see Maslow).

The taboo of not knowing yourself

So this is sort of the weirdest thing Alan Watts writes about today’s society that we are not allowed to not know our self, so if you don’t know who you are; you have to make someone up. The thing is no one knows who they are truly. Sure I know I am the observer and the creator but that is really the one peeking out the hole where the vast emptiness, that no words can describe. I am that I am. So, here is the crazy part stop defining yourself. Cat’s don’t do it, dog’s don’t do it, fish don’t do it and

birds don’t do it. WHY SHOULD YOU DO IT? Are you not only just hanging on to the last pies of the ego? Just saying, I am not a man that is typing on the keyboard as I am writing this. In fact I am a monkey writing this in sand on the planet of mars. I promise you that. Nope still here and still typing. Do you dare go I am “_____” think about what lays beyond the far edges of the universe, what is it that the universe expands in? Other than the nothingness that is you observing its own creation thru you. That is you, also the creation, how did your life start, well first there was a big bang.

I succeeded to live up to the age of 22 years old living with the terrible secret of not knowing who I was and with 7 years of trying to find out.

The tree of life

The tree of life is a representation of who you are or rather how you grow, now as good gardener you need to cut some branches of a tree in order to get good fruit out of it. Now life can give you some bad fruits as well, that is because you have a fucking bad branch that you need to cut. The earlier you learn to cut the branches that will give bad fruit and the more you nature the branches (believes and behaviors) that will give you good fruit. The nicer fruit and nectar to make sweet wine of you will get out of your life.

Ch9 The Descent of Heavens: The Tibetan Book of the Dead

"… absolute… undifferentiated consciousness… You may speak of it as the void, you may speak o fit as the abyss, you may speak of it as mother light. it is that which transcends all cogitations. There are no words for it."

Reaching the second level of the mind and being opened on the subway

So, yesterday after being at a friends playing Xbox one and smoking weed (Being low on cash I can't afford to go out). I was sitting on the subway home this girl opened me and started talk, she was from Denmark. Pretty cool to bad she was going of two stations down, but shit is crazy when you really get your shit to gather (inner game) what is called monopolizing your emotions. So the rest of the journey most girls was sitting just checking my junk out. Those cock worshiping bitches, oh god.

So I am working on an article about the 3 levels of the mind, I have made one before but I think that I missed some stuff. Going to put some of the stuff here about learning of reality.

There are no do's and don'ts. Crush morals ascend and descend.

The way to focus is not to try to focus. Only have the

task at hand in mind. Control is
just an illusion.

You are the most important and awesome person in your reality. Without you it would not exist.

The only thing that is certain is that nothing is certain.

There will never be a need to make sure.

The super Mario analogy of the ego, the distinction between the voice of the observer and the voice of the conditioned ego.

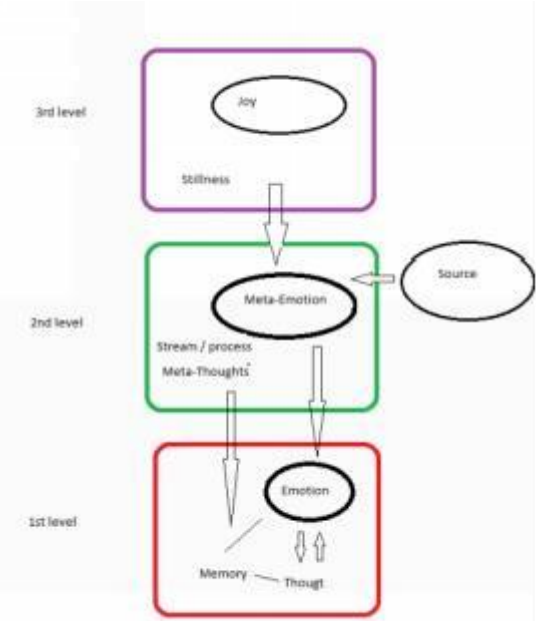
So, I have started to become more attuned to understanding the ego, the painbody and consciousness. And to explain or to teach this I am going to use super Mario as a metaphor, more specifically Mario's relationship to cloud koopa which will make sense as you read on.

Now first of all you need to learn to hear your own voice in your mind the voice of the observer/creator that is you. So you are the voice of love, not fear. Fear is the voice of the ego.

So, worry is the voice of the ego but love has a similar thing as worry and that is concern, the observer/you are the witness of what is going on in your mind. And when you learn to observe thought of anger and hatred that observer/you might feel concern about those thoughts. If you study Eckhart Tolle you

know that you should not react to those thoughts it's the ego or the painbody but we all don't have time to sit and meditate while it's going on. We might be at work or some other shit is needed to be dealt with. So I am going to help you become like Mario with star power on here, being unaffected by this.

So you learn to find your own voice when you learn to find the voice that actually has concern. The first thing you might start to notice is that there is another foreign entity that produces thoughts or has a voice in your mind. That is the conditioned mind, the ego and the painbody that is what I am going to call cloud koopa. Cloud koopa is sort of a heckler in your mind wanting you to be afraid of it and other things as well. It will try to fool you in to believing you are him and eventually he want you to not trust yourself and let him take over. Now what you need to learn is how to take over that cloud from him. And that is done most easy by reaching what I like to talk about as the 2nd level of thought. Now to learn to observe this you have to learn to find the stillness in you that is the 3rd level of thought rather no thought. The 2nd level of thought is your social conditioning as well as ethics. But what you need to do is to take that level over you should to be a follower of the way you need to be the way.



2nd level, clean up the taint of society's conditioning become the way.

Preface: Law 38, Think as you like, but behave like others.

Think as you/the observer/the creator like, here is where your personal power lays "the star power". Live in nonreaction to what the other voices in the mind talks about and soon you will reach only your own voices is left.

1st level of thought.

Living in reaction to social conditioning, ego, painbody, memory's and emotions of fear.

So think this is all about this subject for now.

The surrender to life

So this is sort of the antichrist of the consumer society of the modern world, the enemy of all that I hate with the world. A cure to the sickness that pollute the world and makes humanity over consume the earth resources what will eventually be the death of humanity and everything that lives on earth. Capitalism is not the same as democracy and capitalism is not the same as the economic system, the sickness comes from society's need for ever needed growth. The sad thing here is that if capitalism does not buckle democracy will fall and Kina will take over. And that I really don't want, I like the freedom democracy gives me.

To be unhappy is to wanting more, it is not to be satisfied with what is. To become happy is to learn to surrender. The sickness is that is your depression is the ego, always wanting more. A parasite that is slowly killing its host. To believe that your life is not enough is to believe that you are not enough and as you should know if you listen to Alex there is absolutely no reason that you are not enough.

To learn to surrender to the now you need to abandon all hope of things ever getting better, it will never get any better than

this. This is as awesome as it get. Give up and surrender to what is, it will never get any better that what it is. You are where you are. Learn to grow as a tree does, without purpose. STOP TRYING TO CONTROL

EVERYTHING AND JUST LET GO… GIVE UP it will

never be better than now. Learn to trust the universal order of things and to your surprise everything will work out.

Master life thru chaos

So this comes back now and then the need to control stuff or events or other shit that I have absolutely no control over. The solution is to be okay with whatever shit that might happen, not caring about shit at all. To be carefree.

To simply let what truly does not matter slide.

It is important here to have a positive attitude to believe that what you want to happen will happen, I do this by remembering events where it has seemed like a higher power guided me. That is thru the intuition of the “golden compass” that is the way how god talks with me. Hehe… But seriously thoe if you don’t think that shit will work itself out you should just give up at life and yourself. I am 31 years old and to my experience shit work better when I let go of control and let shit be. From job opportunities to getting the hottest girls in town.

Bruce Lee attitude.

To be able to adapt to every moment is to be willing to accept whatever happen by that way you will respond more effective and correct.

Story time

Being out on a snow mobile with my uncle at night, he was driving towards some tree's and I was like. Dude there is some trees there and he was I don't see any trees first I tried to jump of but he was holding me down. So I was like, hmm what is the second best thing to do here and my genius told me well try to aim where you want to land. Snow is every where, so I aimed at an opening and he was like "Joo jävlar det var träd där" (Damn you where right there is trees there). I landed unhurt my uncle damaged his leg a bit but all good.

Let chaos rule your life your life and greatness will come.

No wishes for a regular life, make it great

So I don't wish for anything in life, everything is perfect or will work out perfectly as long as I live to serve. Nothing is important to me, everything is just nuances of gray in a perfectly warm void I have found myself only wanting to fuck hot bitches and that is

okay. Some of you want the white picket fence, I want to dance, party and make services till the end of time. Now I will always carry out what the universe ask (my gut) of me but I can't live out what society asks of me, cus I can't sacrifice my true self to society. I rather see the world burn. Now the things that is to come in my life is all good.

I keep on doing this: I give up wanting and not wanting, and follow the will the gut feeling the impulse of the divine in me. The thing here is I should not tell people that. Because then they go holy fuck this guy is totally unpredictable. The thing is the girls I have been with that truly has loved me has actually learned to know me and been able to predict some stuff around me. The only thing here is that it's fucking hard for people to calculate my moves. I have friend that says I have to care about the

"ordinary" shit people in society thinks is important. But I say that is why we are here in the first place, I have no obligation towards society to fix the problems it has created for itself.

Thru my life people have left their mark on me, an imprint almost like labels. That I slowly start to see more clearly now, as I walk around I have stopped trying to *"seize up"* people in terms of a number or in age or anything. Just walking around feeling the feelings I have and it feels great. Just recently I realized that seizing up is something predators do to their pray or humans do to their adversaries so I have be walking around almost looking for conflict in the world. Of course this is the

eminence of the old day when girls where targets simply something and not a human. Hmm, am I becoming a feminist? *yuck*

So life is about see how things unfold and what will happen as well as serving others. It one exiting adventure. Nothing is known on beforehand.

As this realization has taken place, inner conflict has stopped and peace with the ego and mind has been made.

The nights are filled with dreams, instructions and the day's images of communication that leads to realizations. No more talk to the inner voice of the ego. One consciousness, one love, one crazy Jesus!

Make life great!

Nihilistic ego death

In the deepest foundations of the ego there is purpose.

Without purpose you are nothing, the ego wishes to die. May he succeed without purpose you have nothing and you are nothing and with that you become something. Behind everything there is instinct connected to either fight or flight (fear) and reproduce (love). To live without purpose is to be a creator to make things manifest in the universe. When I come to think of this, of course

everything is meaningless and purposeless good (love), evil (fear) rather positive or negative the two forces of the universe the everlasting expansion of the universe and the soul crushing black hole. So to live is to slowly die, to be happy is to create good in this world, and that is done by living without fear. To be at one with everything by finding stillness. Finding that stillness you can see what truly is, watching up at the sky seeing how insignificant you are. Building a new you more true to what you are, a human turning around a fire ball in the vastness of space. Living true to the impulse of the universe, creation. **In the end you need to learn that there is no good or bad it just is.**

A new rating system

I realized how I have felled in to the frame of rating girls to the standards of society views on beauty its so easy to fall in to this frame with the 1 to 10 system. Especially since I look at maturity at girls as well from a stand point of beauty. I catched my self-rating a couple of girls at the subway on the way to the club they where 8's and I was like, why do I not want to even like to fantasize fucking these girls. It hit me the level of how these girls was behaving was sort of under my standard, they had horich make up on and some signs of being status whores as well. And that made them a no in my eyes. So coming outside the club there was an 8 but a mature girl that was a definitive yes. Good make up good behavior, like the previously chairman rather chairlady of the Swedish youth party muff. Since a yes for me is a

7 or above I start to realize to be in order to be in the now I will just need to follow the yes and no method here as well as to dump all forms of thought of strategy. All to be in the now. I rate woman as sexy, beautiful, hot, ugly, bitch in different permutation. With the added superlative this can describe even more.

As well as once again go back to really not give a fuck about anything but still serve my will, like birds singing in the morning, oh hi bird I love your song, Bird: I don't give a fuck I just sing that is what I do. Bird you suck, stop singing. Bird. I don't give a fuck I just sing that is what I do.

Angel or king

So when you have learned to get stillness in the start you might still have some problems with some demons and old shit that you carry around. Those are just in your mind. Now it's time to learn that you are above your mind and you can step out and stand above your mind. So in art this is represented by a Gloria or a crown, the Gloria/crown is essentially your spirit self. What you need to do is to realized that you are a divine man (spirit) so essential a god. That has come down a manifested yourself in your body and mind. Now you don't need to create thought any more. You can of course think if you want to. You are also outside the mind and outside your body. Still feeling but now you can see what the body and mind felt our thought was not

even yours. The thought are conditioned and also the minds and the body had and has feelings.

The spirit/soul that is you stand outside above your mind and body, in the divine light of the universe. With a filter of love in between. You are the creator.

Anxiety

So this is something that I have been working on for sometime now, it works well for me but from time to time I get in to the old ways of newbie thinking this is my way back (time to cut out my chode friends). It is to help you relax around the approaches. With my angel blueprint this gives you a relaxed vibe around you. I believe now that I could build a full guide map to how to get to where girls jump out of the bushes and approach you. But the hottest girl will never approach you. They are too used to get approached that they are nerves to approach you. So I went out yesterday, girls did approach me a couple of 8's and I got huggses in a "man to woman way" and a lot of compliments for my New York hooters t-shirt.

Do as you feel in an abstract level, abstract and details on looks

The thing about making judgment about a woman's looks is that you have to use your mind. Attraction is not a choice fantastic; that is both about you and the girls. You as a man are more visual than a woman. But for the mind this can become an obsession with numbering girls or by trying to dissect the woman in to boobs, A$$ and so on. But since attraction is not a choice you can realize that some hot girls dose not do it for you. Your mind is trying to choose for you by that method but how will you get the party dong if go in to your head. Also the numbering is the full cause of approach anxiety and the reason for why it get hard to find stuff to say. The look at the woman as a whole, feel is she attractive. Yes? Then approach!

Do not go in to detail why you might feel as you feel, just go with it.

Lorum ipsum

Learn to be indifferent to your own pleasure and pain, as well as others. You might be intimidating to the girls by your awesomeness, be indifferent to that. You might feel intimidated, be indifferent to that.

Some fear only fear itself.

To be nervous about get approach anxiety will make it even worse, be okay with whatever might be and the anxiety will lessen. And stay away from caffeine.

Let go of the idea of saving, be prepared to waste money and time. But never chances.

I had this realization go thru some approach anxiety and I was holding a beer in my hand and a blond 10 that I felt attracted to appeared. And she was giving me lingering looks and kept coming up with in my proximity, that is a big GO TALK TO HER! Within my mind as I started to try to get some sense how hot she was instead of just using my true animalistic guide. In my mind I whimpered: *"I don't want to let this beer go to waste"*. **If you accept excuses for yourself you will never get to be awesome.**

The shift, happiness

To make sure.

This is a fucking disease by any measurement you can think of (literally, you might get it). So do you have a need to make check offs constantly? This is bad. Bad bad indeed, this is what we call control need. This comes from you being insecure, you lack believes in yourself, life and others. Life gave me a hit with a brick as it turns out I got something really good back (work as a

project leader at a company that does analyzes of social media). Analyzing is my gift and my curse and that is partially why I am started with this blog. But the thing here is that if you trust life others and yourself things will turn out fantastically trust me.

In the end thoughts are communication with your self

Talking to yourself, to do self-judgment the insistent selftalk from the ego. You are just one don't go in to the mind and talk to yourself to figure out what you want life to give you. Let it grow out of you instead. So you true will come forth, society will always be a factor around you it will try to trick you in to wanting stuff that you don't want. This is done thru marketing the constant obsessive ide that ads are a good thing (of course RSD ads are a good thing ;) to humanity). I live with the constant problem of this book, trying to do the something here of creating. I want to create something here without the need of portraying something that I am not, witch is hard. The thing here is that I am refraining a process that Eckhart is using. Without the need to talk with myself, without self-censorship. Now the ego comes in and try to convince you of stuff, or the mind it's the social conditioned self created to not be yourself. (You might get it) *As I am writing this I am in chock of what just came out of me.* I got a date tomorrow by the way.

Your plan

Taking it from there, letting things play out. The need for control to reach your dreams are in the way. The need to win stops you, the idea that this is not the right girl, what will people think and so on IS DESTRUCTIVE. The plan is to have no plan really other than by using clock time to do scheduling or ideas to make SOMETHING happened. You will not know what will be or what might happening so why go in to great detail of things. Risks are to be there, that is life. You might plan in a project how to deal with risk but in reality it might not happen or it might why bother with this details in your life. LET SHIT HAPPEN or nothing will happen. Go out do some shit and let life be an adventure.

Memory a problem a solution (checking in with the mind made self)

People might have treated you bad, and you hold on to it. You try to remember what the bad things people has done to or said to you, by checking in to see if you have forgotten. You need to understand that the things that has happened is gone. The only thing that's holding on to it or keeping it is your mind. Go on live on, it's not here anymore it's just hi-story. Meaning less stuff you know.

Let go!

The persona

You have it, we all do it's okay. You need a front wall for others, the thing here it's for others not for you! The narcissistic self-love to look in the mirror believing that the reflection is the self or the curriculum vitale. I am sad to say this to you but it's not true. You might have learned this already or you are in the process of realization of it. But it's like your name, something given to you for others to be able to talk about you. Witch is meaningless =) if you learn to be outside society or alone at the moon or at home.

To carry life and society with in

You are you okay, with in the natural systems of things you are apart looking out from your flesh puppet. In your mind you can carry things with you and you can let go. You can chose to see things from a natural relaxed way of the world, as a cat (the zen master) does in a big and dangerous world. To live in the world without a care simply put. You are not really a part of society you are a

part of the universe, what society does is trying to live on

thru you that is all. IT'S DEPENDANT ON YOU, you

don't have to carry it let it fall apart, grow or develop or even transform (preferred). But do not let it stand still, it will not stand forever. But as long as you serve it will not change.

God's gift to women

Talking about ego this is by the believes of society to be egomaniac, but to give yourself away to women is the opposite of ego. You are a gift, you might not have learned that due to your upbringing but you see women need men more specifically your cock. I keep on forgetting this myself: cock and sex is on women's head a lot of the time. They want it you should give it to them also something old here from Alex that he teaches being picky gets you nothing, you are after all the giver so by being picky is want something of women.

Now for your information, girls love to suck cock, they love taking it hard as you give it to them, spanking pulling hair, you making moves on her and being fingered they just don't like to be judged. A man need to know how to sexual pleasure a woman, that is what women say.

You are to be a service by giving girls arousal that they love. To give her the pleasure of sex, don't worry we have a saying here in Sweden wonderful but short, that is by coming within 4 seconds still wonderful. The worst thing a woman can experience is a man not being able to cum with her at all (trust me).

I get closed by girls in the field now, which is pretty cool, tho there is still some tweaking to be done. Some ego issue I have now is my fear of judgment from others it came after I was

kissed closed by a not so hot girl feeling judged by all the girls as they watched. The true paranoia of ego is fucking crazy.

The answer here comes from Tyler: Everyone is to busy judging them self for them to judge you. Also about the subject judging, who Am I to judge. Also seeing sex as a reward is disgusting and repulsive. Stop look for validation in the field and from women.

Ego is the source or rather the creator of problems. Do not label the ego as the problem that creates conflict that ego thrives on. Just let it be. Also do not try to solve the problems that ego creates it will only feed it. Hakuna matata let go.

Now to the last piece of the ego, the problem seeker. Someone might have asked you what wrong or the problem with your head, you might have answered nothing (which is true). They could have followed that with, have you made sure? A dirty spell in deed, what that can do to you is that your mind is creating a problem machine for you because you ask for the problem the mind creates it for you. The same it is with others you get problems because you look for them, you want to be in conflict with things. The something's goes for mistakes if you look for them you will find them. The same thing goes for dislikes, what you should look for is what you like in life."

The ego, The problem creating machine

The ego is a problem creating machine it makes problems for you. You should not try to solve them just see them as something that the machine makes as it arises in the moment.

I work on to really serve my compass, the problem machine of course throws all it can get at it but no it's the problem machine.

How to become creative

Society has a way of taking away our creative ability, the reason why is cause society wants to tell you to reach fulfillment by buying products. It's the social doctrine of society. When I went to school I played in a band, by those reason my music teacher took interest in me and my friends and gave us a different doctrine. Early on we got to listen to Pink Floyd to gather and also be free to do what we wanted in a lot of the lessons. A free man by the age of 14, now the current government is desperate to make the Swedish people buy more shit than they need and they are stretching to give us all what we call the Babylon sickness, so this is my cure to gain autonomous.

To be a free creative man.

Take the driver's seat of your mind stop seeking answers on your own questions, stop seeking answers on others questions. Keep your eyes on the road. The ego (the problem creating machine) throws out shit on the road, drive over them or past them without concern (go like, it's the problem creating machine).

Sometime a dualistic voice or an inner discussion with some other entity. Ignore and let it become silent. When you stop using your creative ability to recreate previously experiences from your life, you can start to let the flow in you create things in the world (from here your creativity start). The road a head gets easier with loose rains, the feeling is like a sense of reality widening. Learn to lead with an open hand, your mind, yourself and others. Life gets easier when you can use the creativity that flows out of you to deal with whatever might come.

And your creative flow will open up when there is no need to monitor or control just steer in an general direction Life is an adventure you will not know where exactly you are going to end up.

In general stop seeking.

See no problems or stop looking for problems.

The Omega

So working on with my life the only thing that is left to do is to let go of the little person. The ALPHA the look at me (I am Sandra Dee) part of who I am in the end it took some time for the realization to come to me. From an impulse I grabbed a pen and paper this morning what come out was some stuff about me focusing to hard with dealing with the ego and the mind. What come next was that I should sacrifice the alpha that is me to

become only the omega. That is the Image in my head of who I believe I am.

So I did it I sacrificed myself, not as killed myself. But to stop to think about me giving it all to the universe, after a while I saw a mirror in my mind that was reflecting on everything that was inside, I crushed it. After a while I could feel that I could trust my body and my mind and with I, I mean the spirit that I am. I don't know if I have fully landed on the level of global mind (Ken Wilber) but I think that I have finally stabilized after this crazy depression that I was in. I am now okay with whatever view I have or to express myself freely, because its an effect of what have taken me where I am today.

The separation, training and rewarding the animal within.

BOSS yourself

So more and more I come back to the meaning to why I still am in pickup. I did this for the girls/women I actually got requested from girls to make more guys like me. Now this part of this is the tragedy that white knights and chodes fucking hate me. The reason is a lot of girls feel content with have been with a guy like me and are okay with settle down afterwards. Being me the person that had the most effect on a girls/woman's life is a big fucking mind fuck for the chode ego and the knights. The guy she meet before she got married?!?! Any ways flags (IOI/approach

indications) are raising in everywhere, but I don't care it's fantastic.

So today I came back to an old realization coming from a place of spirit your body is sort of a vessel for you, actually it is a mammal. What you need to do is to learn how to train this animal and give it good habits. Who you truly are is the spirit that is the owner of your animal (body/self). This is by the way the transition to turquoise by the spiral dynamics (I believe after some study).

A bad Animal takes what it wants

So when I train myself or my cat I give him rewards or when he is just a good cat. A bad cat breaks in to the cabinet eat the candy and makes a mess. The same concept comes to yourself, I want a vacation well I can give myself a vacation 2 month from now if I handle my stuff well. I made a good progress in my training, I will give myself a reward. I am going to take vacation I don't care about the company (**BAD**). It's not so much about the thought of deserving things here it's about what is right, you do good by your goals you can give yourself a reward.

Why?

Well it's about not taking and it's based on semantics here. If a person takes something you can't say no to it and you need to be able to say no to your urges to put in too much junk food or cigarettes etc…

So I feel like taking a cigarette, NO! You feel cravings do I really need a cigarette? Well it feels really bad. Then I can give myself one cigarette (cutting down).

I want a cigarette. You just had one NO!

I want pizza! No I am not giving myself that. See easy or more easy than saying no to yourself I want to take and buy a pizza.

So to give to yourself rather than letting the animal (self) take what it wants. You simply need be the caregiver of the body, take it and train it and so on by giving it care.

So it's: me, mind and body. Com on body we can do a two more pushups! Com on mind we can solve this puzzle!

Remove take from your system or rewrite the semantics of the word, I want to take a cigarette by "take" I am saying want.

Another way to see the animal/body is like an Avatar from the movie, just saying.

So I gave myself a kebabrulle today 1h afterwards regretting that I ate it, because I want to go train some cardio. But the foodcoma is still in set long after one 1h, after the food. Well its not often I give myself such a treat, so I did not remember that it took that long time and how fucking bad it feels to eat something like that.

But eventually I went out training and it felt great.

Passiveness

So, when I was in Tallinn we went to strip clubs (bachelor party), fucking awesome. Sitting there I was amazed over how beautiful the girls where how good they were at pole dancing. They asked me what I thought, I was you are grate. Randomly I shot out complements about how beautiful I thought they were , how good they were at pole dancing and all thru this time I was totally present showing all the emotions I had thru my eyes (eye contact) with ONE thing in mind, these girls should be respected and honored for their work. So at the last strip club I started to get really horny after a girl let me stroke her ass. She watched down at my croch and pointed at my hard dick showing thru my pants asking what that is. I replied MY dick. She ask me if she could touch it, and said I got to make sure. I was like sure. She strocked my dick thru the pants, tock two finger on each side jacking it a couple of times as it grew she look content and made eye contact with me for a couple of seconds and smiled. Then she started to dance. OH MY GOD, I can feel how my cock gets harder of just thinking about this. Afterwards the stripers approached my friends and asked what we was going to do afterwards, well bachelor part (sigh).

The end, now you are the ONE that everything is serving.

You can now give up the idea that shit has happened to you in life, it happened for you to get to where you are right know. The result of what is in VOL. I & II should be fantastic if you have truly understand what is in there. You have a new sense of the world, what you are and the things that you have power over. Also you have changed from me focus to we focus, as a human species and in mind, body and spirit. You can do great things in the world or you could let it burn. Now it's up to you what you want to do with the time you have here in this life.

Spiritual manifesto VOL III

The mind thru a cat metaphor

So today I meditated for 1 hour, me the spirit at full peace with a mind seeking my attention. I have let my mind become unstimulated to train it. Here you need to learn patience's something that Alex talks about is that patience is that being patience is the fastest way to get laid. Well the fastest way to get a rested mind and a trained mind is to be patience. My cat used to nag me when I was doing homework, he jumped up looking at me jumped down hoping that I would chase him, bringing me toys. Hoping that I would chase him or start to play with him. Sometimes he comes and bit me, but after a while he gets bored with me and do something else. That is a restless mind in a shell, here you need to stay unmoved by his acting, watch him

unmoved. As soon as you (the spirit) decides to do something he might become more cooperative, but it should be done on your terms. Not the minds. Of course you need to give your mind exercise, but if nothing is there to do you cannot let it take over.

Abstract, Holism, Trusting that the knowledge is there raised in the moment you need it.

So sometimes we want to pick things apart just to see that it is all there, this can hurt you and your knowledge. What you learn in life in here will be left in your mind when you go out is so important without trust of the right action will arise in you when you need will make it so you will not have it when you need it. Understand that for you to understand when we teach it like you get to look at a painting thru a key hole only seeing small part of a whole. Until the full image immerge you can see it as a whole from a distance or part of it from close up where the details lay. But never both. Simply in abstract terms you and your mind will be able to cooperate better. Trust that everything is there, trust your faculty's.

Story

I had a big test coming up at the university, I was using Tony Buzan's speed reading technique where you just more or less sweep your eyes over the text. I had no idea if it would work or not but with trust in the technique I went to take the test. As I went in an made the text it was like I instinctively knew what the

answers was but without recollection of reading it. I got an E not the best grade I know but 350 pages in 2 days. Pretty good anyways, during the time I had big problems staying in the now as well but, fuck it I can't re do it. If I had more time and could have reread it I would have gotten better grades.

Rearranging your believes

Okay I am going to give Tyler full cred for what is going to stand here it's from him I have learned this. To change yours beliefs you need to re think what you think is possible for example:
I believe it is possible to have a threesome. I believe it is possible to approach girls day time and even to take them home and fuck them.

This is what is required for your mind to be open to shift lanes this works as any other equation, have the brain (knowledge) and see the lane, well you will get the belief. You get the idea.

Goal defining

So I was working on my goal's and as I was doing that my ego came back, sigh. Well I dealt with it thru Spiritual manifesto. Then a bell started to ring in my mind a webpage of what is called the CORAL meme, Its about goal definition so here it goes. Praying by the way is going to knock you back a level now if you have fully integrated Vol I and II since you are at level with

god*dess* or the universe, you simply ask of what you need help with of the universe and of yourself. And defining your goals will not work that well either. The spiritual manifesto was asked of me so long ago, to make you all autonomus (self-ruling) it might have been the higher self that ask me to do it in the start, but now… for the girls, for you, for RSD and humanity.

So any ways here is how to define goals in the now (taken from a webpage called "The Future of the Human Race Revea"):

Intent is used to define the goal, or the desired outcome. When defining a goal, it is better to leave the specifics undefined and deal in generalities. This allows the universe to find the easiest pathway through which to manifest the desired goal. Even better than specific objects are general principles. For example, the general principle of natural prosperity can find thousands of ways to materialize, whereas a goal involving one specific objective along the path to prosperity limits the options considerably.

Feeling is added to give the goal the life energy with which to grow from an idea into a pre-physical reality that becomes ready to manifest in the physical world. Ideally, an equal balance between the amount of intent and feeling makes for the most powerful act of creativity. For the sake of clarity, feeling is defined as a separate component from intent. In practice, however, the act of creativity expresses intent and feeling intertwined together as one creative act. This is in keeping with

the way nature functions. Light, for example, is a form of electromagnetic radiation – electric and magnetic energies intertwined in perfect balance and set into motion.

Action. As the energy of your environment reorganizes itself around your empowered intent, you need to provide the third and final component, action. However, before the action, there first has to be a pause lasting several days. This is a hands-off period where you allow the growth of the project to occur at its own pace within the pre-physical ethers of space. Then, after several days have passed and the objective is ready to manifest, it will cause synchronistic flow to appear in your life. 'Coincidences' will occur which cause events around you to move towards the fulfillment of your desired goal. When this flow of supportive coincidences begins to occur, your job is to provide the action which each synchronistic event calls for, until the goal has become fully manifested.

If, for example, a desired career opening occurs, then you would follow that opportunity to see if this is the main event, or if it is just something that you will learn from along the journey towards your goal. If a key contact occurs which can help your project, then you follow through on that contact to see where it will lead. Whatever mini-opportunities arise along the path to the realization of your goal, you provide the physical action to materialize those opportunities out of the realm of possibilities and bring them into the physical realm. Most often, goals

materialize through a daisy chain of events and opportunities, each of which builds up to the final realization of the entire, original goal.

So goal's should be written almost like a wish list to your wife the universe, and its already done.

So the goals:

To have money,

To have fun every summer,

To have sex with a lot of different beautiful women

To have threesomes,

To be rich,

To have a lot of friends,

To be smober,

To travel the world,

To approach more girls

Wow that sounded like Tyler, right?!?! What would Tyler Durden do in this situation? Hehe, funny cus I have been doing that for 6 years or more.

Channeling in to your goals

I use a form of mediation to state my intentions for myself and connect to a higher form of energy. What I do is that I imagine a raging hot sun behind my head just out of my sight and in front of me a small flame as I state to myself what I want to do, I draw the energy from the sun in to the flame and a clean focus appear (Behold the NIBUS). Now you should state your wish and send it in to the flame. By doing this you put both emotions and intentions on the wish, next step is action towards it.

EGO attack, the backdoor from others

So, people might go YOU or "YOUR NAME"! Towards you and start to ranting out shit about the image they have about you in their head, ego's do that it might be so that it drags out your own ego. Now when you have learned that you are the spirit not the body, not the mind, not the ego and etc… People cannot see it that the real you (spirit) is there, they see the body and there image of you in their head. So by knowing that you can learn to step back from others YOU. To say more simple they are talking to someone else in their mind, don't take it personal. Some ego's go so far that they accuse you of not understanding, since they are not getting any reaction out of you. That is them trying to poison drip you (I believe), when people are reaction seeking they want to push you down to their level of consciousness. But it's not the spirit or soul that is trying to do that, it's either the ego or the painbody trying to drag you down under. What is happening is an ego is trying to talk to another ego simply and

that can draw back an ego in to you. They might also try to strengthen their ego by trying to attack you this way.

Sometimes they even attack the animal you know the body or rather your instincts, saying all men are just animals/dogs. Understand this, your spirit has noname he cannot be pointed at thus there is no need for a name. Hold the leach for the animal. You can chose to let it go. You can't get to know the spirit since it is in fact god, which is the male counterpart of the universe (the goddess). It is I am "_____" it has the name that cannot be spoken (not Voldemort).

The resting ground

You are the spirit/soul/god/angel/king that are above your mind and body on mutual grounds with the universe/goddess your resting place is outside your mind. In the stillness, in the unmanifested still you might be dragged down from time to time when you are learning this, but you are now reaching a place where you stand above your thoughts what is called a place of metathoughts. Because you can have the nondual voice but also go down to a place of duality and back again in the mind. But rest in a place of nondual thoughts. Now you the divine man serves the divine woman (goddess or universe) and she serves you back. You're the one that did take the first step as in most cases within male to woman interactions.

Need to leave the now, NEVER

So from time to time by boredom you might want to leave the now and go in to the mind and remember some old shit, here is an idé for you write a song, paint figure out something cool to do for others! You have been given creativity from VOL II to be used in the now so you should be able to stay here and now. Wikipedia, google anything learn.

What is memory? (PTSD fix)

It's where you relive an event in your mind thru your imagination. Listen, if you can find words for what has happened its good, it's called a debrief where you tell or write down an event so that you can use the 8-ball instead of magically take yourself back to something that is filtered thru your emotions, RSA and possible ego at the moment.

The magic 8-ball of memory

So, in moments when not remembering or not being sure ask the mind a question. What was that girl's name, stand and wait for it to arise as in a magic 8-ball of course you will not always get an answer. But then you just need to figure it out by other means then your head. Digging in your head might get you trapped in the mind. Here is the thing do you can use intent instead of the question….

The inner animal or mammal in depth

So I write about this in Vol. II but I wanted to take up the concept of the leach. The leach is you as a spirit holding back on your animal in a fight, it can be a really good thing to do. But lets say that you are in the worst of worst situation in big fight, right. Like your cornered with 3 guys around you then you let Charles Bronson of the leach until you can run away.

Story

New Years Eve 2012 we were at Hamburger börs in Stockholm, lingerie show hot models there. Me and my friends were standing talking while my girlfriend was out looking for her friend. Big guys on steroids pissed of angry screaming something about its impossible to get laid here. My friend commented on that his behavior it most likely only he no girl wants to sleep with. He got angry of courser but he started to try to push me and my friends down, so eventually there was a challenge where I showed that I know how to get BITCHES (hehe), said and done. I called a girl over I used Jeffys “fuck you up the ass in the bathroom” ruitine from Jeffy show. She replied must it be the ass.

I was like no, but I have no condoms.

She: I have in my bag that are with my friends.

Me: Well go get them I wait here.

AMOG looks at me really weird.

AMOG: Well you have not had sex with her yet and she is not that hot.

Standing there arguing with him about not act out at that way towards laidys. She emerged from no were, a goddess a lingerie model, with her gay friend out looking for guys for the after party for the models. AMOG felled in to total silence.
Me: blablering some shit that I don't remember. Model: I am out of her.
AMOG: Hehe, You couldn't.

The fury came on. I screamed (BR) TBL at the model as she was leaving. She turned around looked at me and walked back.
Model: what did you call me? Me: TBL

Model: What does that stand for?

Me: Tuff broad in luxury package. Model looked content. AMOG: VASCULARITY! Model and me exchange

some eye language and turned towards the body builder what does that mean.

AMOG with sweet pouring down is temples: It's when the musce….
Model cut him of: Boring, (turning to me) want to come to after party?

AMOG: I want to go I always wanted to date a striper. Me and model turns towards him model: Some rant about being model.
Me: Yeah don't you understand idiot.

Fight starts guards wrestling the AMOG down while I being cool himself, with the guard they let go.

Model walks over to me an touch my chest: Your so calm (girls presences can do that)

As the AMOG is getting dragged out, the model ask me:

So, do you follow with. It would be really great.

First girl appear: I got the condom!

Silence break out as both girls realize they have both the same dresses and are after the same guys. Have you ever seen two cats trying to stare each other down? Well in the end I had to go home and fuck my girlfriend but there is some stuff I will left out here + I don't remember the event so well, but I did this with the best of my ability. But I the model got pissed off when I turned her down. Had this happened if I had wussed out, don't think so.

(Serious shit for a moment)

This subject might help you deal with overly bitch and hard ass feminist, fun to turn around and get to bed.

Empathy

Empathy is the ability to feel what other people are feeling, not all people have it if you don't have it there is the possibility to learn what other people feel by "Reading the Mind in the Eyes Test" it's a good place to start so you can understand the fallings

others has. Also you don't have to care about others feelings that is not what I am saying here. (ref. Lorum Ipsum)

But understand this some people you will not have the possibility to have empathy for. Then at least you can have compassion for them and be able to forgive.

Compassion

Compassion comes from a place where you can understand pain, choice to have a good life or giving others a good life or at least the possibility to have a good life before death. People and animal that are born in some form of captivity either by society or by man have no choice other than to be at the mercy of their captors. And usually that means a life of misery.

Forgiving the Unforgivable

Compassion here comes from understanding of what kind of thing has gone wrong for a person to become as he/she has become. Understand that people don't choose where they are born, who their parents are and their environment. Then you learn to feel sorry for people who has done things that seems to be unforgivable, simply they are the symptom of a system that don't work. As well that some people are so trapped by their ego (problem creating machine) and their painbody that they don't know what they are doing to others and them self. These are individuals that need psychological care and medication by

force, preferred before the hurt them self or others. As Eckhart and Jesus says, forgive them because they don't know what they are doing. You don't need to have love for them, but don't have hatred for them. Hatred will hurt you, also individuals like this needs care since you cannot lock them up forever. Elliot Rodger and Ian Watkins. When it comes to Ian, it still provoke anger and sadness in me but by analysis of lost prophet's music I can say that the ego and thus the painbody has/had taken hold of him. Simply the human

in him is lost. Here in Sweden there are company's working on different solutions to get a hold of people like this early on and track them down, so you can relax.

(google NetClean)

No need to go vegan compassion for all living things

So here in Sweden we have something called KRAV and EKO, it's directed by EU. Basically what it means is that the animals have the possibility for a good life before slaughter. It's humane and you get better meat with better fat in, so it's healthier for you. Just saying if you have the possibility to buy it do that.

Movies and books

When it comes to movies you are going to notice that it has a tendency to make you forget who you are. The spirit, simply the

real you don't find that much pleasure in it neither does the body. It's a lazy thing to do for the mind, you can still watch it if you want but its good to know. Books on the other hand is great for both spirit and mind (depending on the book). So hell read on. Quote Tyler: "*Read as fucking much as possible*"

Taking out victory in advance

It aint over till its over, till the last cards falls or you got your dick in the girls pussy or as the saying go. It aint over till the fat lady sings: OOOOHH GOOOD I CAN'T STOP CUMMING!

"My brain is only a receiver, in the Universe there is a core from which we obtain knowledge, strength and inspiration. I have not penetrated into the secrets of this core, but I know that it exists."
— Nikola Tesla

Spiritual manifesto IV: Ego, breaking it down

The power of love and meta-emotions

So, this is a subject I missed in spiritual manifesto or rather I did not describe it as well as I could.

So meta-emotions is an emotion towards an emotion. For example I hate to be sad. So there is only two levels of emotions

lower level pure emotion higher level metaemotion so in the example I gave hate would be the metaemotion. Now for the sake of your wellbeing you need to learn how to have a system full of love. But first of I am going to do a model here let's say that love represent L and hate represent H. Let's say we have H and we don't want to feel that so we add L that would be L + H I love to hate, which would nullify each other witch it dose. But now say that we also add L to L in the equation well the H will be pushed out so if we love to love and we love the hate all we have left is L + L. That is I love to love. If you accept and love all the feelings you have all you will feel is love. Now you should not love objects as in a car or a video and so on. Emotions are for living things.

So I am constructing a game frame for you here you can choose to play it if you want or not that is okay. So I am going to use feelings instead of emotion here cuz it's a different sematic meaning.

I love to love and I love all my feelings game.

Now say it I love myself =)

On a side note I have done the abstraction that all people are only human with different conditions, illnesses and conditioning. Makes life easier to think that way, yet most have to discover the divine spirit in them. This is to deal with the ego and painbody. Just saying if there is no need to define yourself then there is no need to define others, just experience them. People

have different role's jobs etc. And fashion styles ex. Hipster style, but that does not change them from being human witch we all ultimate are. I was meant to write about this in the Spiritual manifesto III but I missed it somehow.

Now what do you get out of this, well state transference would move over the love you feel to the girls you talk to. Getting girls all wobbly and drolly.

"From Sexual Behavior in the human female: In the mouth: The secretions are often so copious that one's mouth may in actuality "water" in anticipation of a sexual relationship."

Bruce Lee Approach

To approach without any conceived notion about what you are going to say, just go in to stillness and walk up to the girls and see what will come out. So, after some analysis at home I came to the realization what had taken me back so long in development. The need for an opener, why should I need an opener with self-trust and trust in the now the right opener will come. When I was on the subway I did not open the girl but it started with Hi, but the preconceived notion of what to say also gives you an expectancy of a result that you might get, fear creeps in when thoughts about result is there. The result does not matter it's the action, somehow I forgot this. So this problem is all about expectations from myself and from others. Somehow though if a girl is between 7 and 9 and is dressed in a fashion I like the attraction becomes stronger that the resistance, but I

still need to let go of all thought of possible outcomes. Future and past is just concept of the mind let go. There seem to be a risk vs. reward calculation going on in my head that is badly calibrated, but if I let go of outcome and stop caring about what to say everything will be alright.

"Like everyone else you want to learn the way to win. But never to accept the way to lose. To accept defeat — to learn to die — is to be liberated from it. Once you accept, you are free to flow and to harmonize. Fluidity is the way to an empty mind. You must free your ambitious mind and learn the art of dying." – Bruce Lee, The art of dying

In kendo the master sneaks up on the student and hits him in the head when he least expect it, the student will of course try to be prepared but the master is way sneakier than the student's vigilance, after a while what happens is either the student go crazy out of stress or fear of what might happen or the student accept that he will get hit and suddenly he can block the teachers blow. Danger is always there, a meteor can fall from the sky and hit your head accept that the world is a dangerous place accept that you might get rejected in spite of what you do. You can lock yourself in and be rejected by life and still die of a heart attack. Before your time has come, you can never minimize risk the only thing you can do is reduce the cost of the damage or pay the price.

Breaking out of the box

So the ego came back in a ramification way, I had become ramificated. I could feel how the walls tumbled down when I read spiritual manifesto VOL I, the largest one. I am not really famous but things that has happened since the manifesto is a bit ego provoking. The thing is the only one now that can let the ego in is ME, okay. And it's so obviously since the core is volume I and II, III is its shell or shield. It is going to be interesting to see the reedited version later on. The fucking headache I get when the ego comes back is crazy and how much energy it sucks out of you it's crazy. I become apathetic when its back now, which is better the before. I am going to add a last piece in the end about removing categorization as well. But to the ego I say now: Come at me bro! I fear you no more. Peace.

Society

Society has it's flipped view created to keep order. The system is built by humans there for in reality it is below humans. But it has flipped humans believe the system is above them creating a sense of helplessness and creates false ideas about how the world work. It's like lines drawn in the sand treated like walls, up hold by humans in blue cloths and guns. Of course those people cannot be there every time so they can't get you every time, there for the system is inconsistent. Also there are social order that people try to up hold, stay in your place is that way of

thinking. I am not trying to teach you to break laws here, I am trying to get you to think critical. I am also trying to get you to be adaptable to traveling to different countries with different laws.

So this is something that came to me one my 31 years birth day when I experienced what is called 1st perspective of god (Ken Wilber). I love, accept, trust and forgive the whole of humanity unconditionally. I trust and am grateful for all the pain I felt because it is what has made me. This allows me to forgive myself for all my mistakes. Since you should treat others as you wish to be treat yourself (the golden rule).

I am going to take up the principle of MAKIA (Energy flows where attention goes), if you seek stillness in your mind all you have to do is to observe silence in your mind. And you will energy's the silence to get bigger and stronger. Here is where I believe the non-dual voice comes from.

Nations, Laws, Identity, Time, Language, Control all just concept of mind. But your mind makes it real. When people ask me where I am from I always answer earth, proud in habitant of. Seems to me the ego went away. Most of the time the ego comes back after talking with mother or when I start to want or not want things. In other words when I live in resistance to the now. Living to serve is what seems to work best and listening to the compass.

To be out of control

So, in the prison shower you want to hold the soap as hard as you can right? No, that way it will slip out of your hand. In order to get some control you need let your self be out of control. It's like focus the way to focus is not to try to have focus. It's not about doing it's about being. And for you to just be you cannot have control.

You have to let go totally of yourself.

Impulses

"To deny our own impulses is to deny the very thing that makes us human" – Mouse

As a Buddhist people often sees me as a guy that is sort of sexual abstinent, this is from a misconception people has about Buddhism. A Buddhist lives in zero resistance of what is, there for he follows his impulses. Now impulses are not thought it's a deep seated feeling that arises in the moment (not a thought), I think this is the drive of the "golden compass". This is of course if the ego has been dealt with. So the compass that shows you your will is based on your impulses.

Goal's

Goals are not really for you any more you make them for humanity. But understand you are a part of humanity so by ignoring yourself you fail at your goal (ironistunitive).

Adding to the sense of self, your new one size fits all sense of self.

After you become the omega you now are all that is now, if the realization has come to you. You simply cannot add more to your sense of self since you are everything that is (The divine man/god/universe), nothing separates you from what is you are god experience himself thru your body and mind, simply ONE. Now the 4th dimension is not to be taken in to account here cause of the reality you live is just in the now.

Hakuna mattat

Now to have a problem free philosophy. Well you learn from studies of Buddha, the fat one. You THINK you have problems, Ha-ha. Well as it implies it is only in your mind, the old ego has created those problems for you. So see no problems and they will disappear. Well of course some problems are real but they pass quickly, especially if you can do something about them.

Spiritual manifesto Vol. V: Ego work's for longer lasting satori

The return of the ego

So, visited my family this weekend. Not so bad I succeeded to keep the ego at bay for a week, in the end of the week I had the infortune to have to ride the car with mother(role her don't want to mention her name). Having to deal with the ego in another human trying to tell you all the things she notice about you or what she notice about you thru the filter of her ego is provoking the ego to come back. Your success with dealing with another human's ego is about that human's readiness not about your ability to come across. The thing here ego likes to multiply, the ego do that by trying to get you to carry it with you. Carry things about what the ego says to you (the spirit) so it can get some roots in the mind. Compliments and insults should roll of you like water, of course the ego will feel sad. Since it cannot multiply when that happens, but that is okay. The entity's that is you can create things in your mind with your creativity.

But be vigilant it is a sign of sickness of the ego if you observe that your creativity is used to create an image or video of your perception of a previous experience to often. You need to stop that. The beauty is in the now, or in what's created when you stop reliving the perception of previous experience.

The Swedish word for notice is to mark, you get marked by what they say if you let it affect you. It becomes labels.

Egolessness

Live in non-resistant or acceptant towards everything. Accepting all emotions and feelings without a need to follow them (from here you find the compass). The steering entity is you the spirit, by using puck control (steering). There is no need to make sure, you will never know what is true, since it is a subjective experience. When it happens it feels like a spike or a claw get a hold of your neck, now you are the one that can abstractly move yourself in the direction of the flow. Soon you will not be caught in the river, you are it. And all that comes in your way is caught in it. Now soon you will feel how you connect with others, especially girls and energy enters. And sometimes you can feel how some people suck out energy of you that are people with big egos. You will not need to do check offs in social situations, you are perfect as the day you were born.

Dealing with the brand/persona

When you make a brand for other of yourself understand that you are not the brand, you are not the presentation you make for yourself for others, you are not you persona. But of course others might not be able to understand this, but you should know that you are not the presentation, there is no need to

estimate how you look in the mirror, and you are just perfect the way you are as long as you are healthy or have healthy habits, you will look great. You might think that resistance is needed for change, but no. You might actually get so much more energy and will, to by nice cloths and that it happens automatically without goals. Now others seeing the wall that is you might come with their judgment, by the choices you make. You need not to care about that, when you feel the need for something you sabotage yourself. Everything will happen synergetic if you keep on study learn and grow as a tree, trust me. The mirror the reflection of the body you inhabit and your choices do not tell you who you are, that is an illusion. You are the spirit, god, one consciousness, the unobservable entity like god. All else is just humbug. You are not your vessel/meat puppet. There is nothing good or bad. It's okay if people do not understand you, in a future of maybe inner peace might come. Things either work or don't work. Be free of judgment from yourself and from others by not reacting to it. There is no need to care about the society we live in really, what is needed is a new consciousness. But nothing is important.

Zen back to the source

So today I came back to the source this time it was a more interesting experience than before. It came to me when I let go of the idea that the road to success looks the same for everyone. This of course is something I have known before but sometimes I get caught in the other people's realities. So today I watched a magazine at work where a homeless person had become a loved musician, and I was wow cool. See it's not the end of the world if

you fuck up and happen to end up on the streets for some time. Then I remembered an old article about how the paradigm of sociality is upheld by people who has succeeded by jumping thru hoops to come to where they are. The go like: I had to do it now everyone has to. This is of course not the case.

After that my fear subsided and instead of observing the mind I tried to feel my thoughts. Not like: how does my thoughts make me feel, that is to give the power back to the mind. Its literary how dose they feel thru the vail of love, this is like the Zen paradigm of the mind as a horse: don't think you can tame the horse by saying stop don't do it. You have to be there with the horse watching, feeling it sensing it. Now of course it good to have learned the truth about the ego before you do this (the ego is the entity that is trying to make you believe that you are something that you can see or hear) but it's not necessary. Any ways when you feel your thoughts and not reacting to them you can start to observe and feel you emotions (not judging or thinking anything) and when that sink in you are back to the start, enlightenment what you were before you came to be, the spirit.

On RSD there is a lot of talk about pealing the layers of the onion that is to learn who you are. If you have read spiritual manifesto you should know you are the observer/witnessing entity/spirit/soul/god/divine man. When you were in you mothers belly there was nothing but two heartbeat, warmth and sensing and feeling. You could kick and you could move around

you could not speak and you could not understand things. Simply you had no way of thinking, you had no choice other than to be. Than you came out to the world, at first there was just the warmth of the mother and father and the milk bags on her chest. But after a while you could crawl and strive to learn to walk and talk. After a while you could start to communicate with the world and soon you learned that you could think and plan, make wishes. After a while you learned you had things then the ego was born. The way back is to learn that you are no thing. No thought no feeling and then you are back to who you were. So there are 3 stages till enlightenment, ego, thought, emotions. Then you are the godhead. Now you can learn to not care about what people think about you. Stop carrying about guilt or shame that was a way of controlling you.

Hatred

Now being around people that have not come to the place you are you are around people that hates a lot of things it comes from them hating themselves. Learn to love their hatred, that way you can transform their hatred to energy. You can love them cus they don't love them self. Don't be around them to much thoe. In the end this is a person that has been taken over by the painbody.

Paradigm of society a trap

Sometimes a person has learned that stuff happens a lot and they make a theory about that, thru their perceptions they think

it’s better to do something cause of what they believe in and that is going to always be true. So they can feel that they have right and that they have to convinced you, this becomes trigger in your mind that can lay dormant for some while and if it happens the thing that the person has said you will remember it. It’s a method of convincing just that. You can chose to not be effected or sometimes you can see that the person has right. But was it just a coincidence or an accident?

The voice

You have a voice in the mind and the mind is where the ego can come in, it put its roots down in there like an attacking entity. That is why you should not be in your mind to much. To deal with the ego is best to use the way of aikido, redirect its blows or just let it attack you. Be unreactive. You have found your voice thru the “Could Coopa chapter (you have the star power)” in spiritual manifesto.

Then when the ego has lost you, it might try to get to you from other humans. It’s more about that later in the text.

In the end stop looking for answer's let them come, just read learn and rest. The will come, you will not find the answer's in your mind it will float up thru the mud for you. The 8-ball of memory.

Power

So when I moved to Stockholm and the new right regime of Sweden started its big work of trying to conform Sweden to the new capitalistic order. Suddenly all Swed's should strive to look for them self in things outside them self. I had a friend who wanted to ride my success with women - by getting me levitate women on to his dick.

He had the idea that if he could make me like him by saying that I liked things that I did not care about and that I was like this and that and in the process he could also get girls. And all that while he was home playing Xbox 360. So I got a tattoo that was to remind me that no one could tell me who I was, with an eye representing the I-eye.

He talked about how everyone had an ego, he tried to teach me how to hate. As I told him that I was incapable of hatred, and that is true but the ego is capable. Any way I could feel myself drifting away from myself in the end a girl after a lot of violence and poison dripping succeeded with making the ego taking over and I started to hate. I studied the book 48 laws of power and I made plans for my revenge. Eventually I made him attack me, making it look like I was innocent as beat the shit out of him I screamed shit about him, all about how weak he was.

Pain

Eventually shit got bad, I had to move back to my mother. Sitting looking back how 3 years of my life was wasted with no out look

of a future, trying to look at what I did wrong I started to suffer. Eventually I got tired of thinking, I had come to the conclusion that the only thing that I had change was me living out only for my own sake, *it's was my turn now!* I had seen myself as a lover but as I lost myself in the ego that had drifted so long from the true self I had become a player (or rather tried since I did not succeed), not serving women with great sex and a good time. But trying conquering them.

I started to time up the cognitive process after reading an article about how high levels of stress could shorten the process, which was what had happen. I could sometimes see how my mind was repeating the same process of thought over and over again. When I was in the end of the thought process it had gone one minute and it started over at the start again. Over and over. So slowly it started to change, it went from 1 minutes to 30 minutes to 50 to 2h and so one. One day after being stressed out I just gave up, laying in my brothers bed staring at the wall letting the thought just pass by in front of me, sitting there eventually I just started to enjoy the memory and the thoughts pouring out in front of me.

The loss of ego, satori's

I had come to the conclusion that I was powerless against it and the only thing that I could do was just watching it. Suddenly after hours it was like a big blanket on what to seem was the thing that the mind was projecting it on was pulled away in to a small vortex. I screamed no and tried to catch it as it disappear in to

the vortex. Then I could feel it, joy. I could not remember the 3 years that had happened I just remembered that I had felt pain. I did not care about the memory's when I sat down to program the knowledge was bubbling up. I did not know myself again but I did not care about that, but sadly mother did. After 3 weeks of joy, she had enough she wanted to know her son! I had to get away. I did something that I have never done before, I deceived a girl to be able to get to Stockholm it was either that or hang myself. Karma would get me.

The thing was that I have had long lasting satori's many times but the society we live in will not really let us be what we are supposed to be. In development psychology they know that it is something that is supposed to happen, but society is resistant to that change. Eventually the memories came back I had not asked for the memory's or help from others, but people has problems not sharing the mental pictures with other around them. That why people is fighting over what has happened. *No it happened like this!!* Not knowing that it's only their own perspective of things, I like democracy cause if everyone has different knowledge and perspective of things and everyone gets to vote the best outcome would happen. But the propaganda system and an ever growing centralization in country's makes people think more of the same, one big massive cancer virus… How do you like the world to be?

So I have been egoless for long periods of time in my life, learning lessons from Buddhism. I have also learned how the ego

cannot accept this. But also as long as you start to look for yourself or take some sort of owner ship of I DID THIS you will fall back over to the ego. It just happened as a result of your experiences or what comes out of the source.

Well I am a lover again and lovers love they even love haters. More and more I see a pattern of hate growing in the world that more and more needs love and peace. The rebirth of the hippie movement (*Or something cooler like the new man movement*) seems to be needed. I get laid with what you would call “hot girls” but also other girls, for me the level of consciousness is far more important.

Your voice as silk

So you could pull shit out of your ass or you could spin silk thru your mouth, sweet and soft lovely talk to the girls. Talking in a way making girls go mad and drowning in their own juices in there panties. This happened to my doing a reverse hand shake on a girl accidently planting my head between here soft bosoms (I was sitting). Saying your breast are so soft, you should know that (sweet) looking up in her eyes. She replied in a soft almost cute almost sad voice: I know that. Me still looking in her eyes: They make a man want to stop masturbate himself to sleep alone, just of the thought of cuddle up in between them.

Her as I repositioned my head on them as a pillow:

Thanks I guess, hihi. Caressing my head.

Her: Where did you come from?

Me: Heaven.

Her: I live nearby do you can come with us and take some drinks.

I explained I could not I was waiting on my late friend that could if he was there hang with us. She got pissed off, really. I can only say that it really came out of me like silk.

Meow challenge

There an interesting topic or challenge I want to write about. So I can run around and pretend that I am a cat ;) or that I only can speak cat. So what it basically is that instead of thinking I am going to move my hand, I think MEOW and move my hand instead I am going to move my hand, doing that you can essentially see/hear that verbal communication or mental communication is not needed to do shit.

So after taking a good long mediation, I want you to notice where your (the sprit) “voice” comes from, the other thing I want you to do is to change the mental voice to Morgan Freeman (or some other person) and sense what that voice comes from. The Morgan Freeman voice is filtered thru your mind, you can sense that it’s not really your own voice. From there comes the voice of conditioning. Your filter programmed mind. And is the place of the ego (the problem creator).

Being like water

So being like water is taking the shape of what the now requires. That is creating the ability to take the most effective action, if the moment need a stud (hard pressing sexual energy) be that.

The same comes to manifesting your will, take the form you need to have to be able to take the right actions in the moment. I am not saying here that you should put on a persona or role. Go in to the role or the persona.

Being dissected

Some people believe that humans consist of parts, that is not true (in a more advance way it can be needed to break things down but that is a different topic). But the ego does. So the more evolved you become the more you get to the realization that people try to find parts in you that really does not exist, it's only behaviors in risen in the moment. You are really shapeless a person can say to you that you are so charming it's only in the moment, but also sometimes girls cannot find words for what to say about

you other than fantastic or even not that. It's only in the moment **DON'T MAKE AN IDENTITY OUT OF IT.**

So how to deal with it

Reading "A new earth" – *Eckhart Tolle* there is a story about a monk that had been accused of having sex with a daughter of some family. The family came home to him and gave him the baby and said here his yours. You take care of him. The monk

replied: Is that so? So when a girl says you are so charming. Step up close to her face look in her eyes with a smile and say: Is that so? (Windows will be open ;)).

Jealousy

Jealousy is a sign that you want to have something that another person has. Well acknowledge that or the ego will come in. And start taking actions to acquire the same thing that you lust for. (Do not be a psycho mmkay)

The map

The mental map that I use has been rewritten by me many times - but sometimes others has rewritten my map. So I am going to fix the map now. Now I can't believe that I had missed that the map control's your mental story, unconscious behavior. I just understood that it affected the decisions that you make. With this I also realized that the map can be hacked by others. It's the whys a person can ask of you why you do what you do.

For example:

-Why do you always talk about how to reach successes. (Underlining this since its untrue realization) -Because it feels good to share the things that I find good for people in general.

-Well I don't feel comfortable hearing you talk about this it's not fun. Can't we just drink beer instead, that feel's good for all of us.

-Sure.

Voila! You map is rewritten to drink beer instead of talk about success.

I have noticed that this is something that happens when you hang with chodes. I am not saying that you should be pissed of here, but be aware of it. Guys that are afraid of approaching girls like to drink beer more than picking up girls.

The map seems to have layers to it so when finding the root of a behavior you want to change you have to take what kind of situation (state, people, alone, hungry, thirsty) that triggers the behavior look deeper on what purpose that behavior has for you, do not try to remove the trigger some triggers is impossible to changes. Instead change the triggered response or if it don't really serve you, you will stop automatically.

And actually I think that if you have changed your map to take a different route the old part of the map fades out. So if you are a person that get affected easily by others maps (world views), be sure to correct the map as fast as possible.

Story

So I opened a 4-set in front of a chode friend and one of the girls freaked out after a shit test and ran away. 2 others followed and one hot girl stayed. She asked me why everyone is running.

I replied with: I don't know, you need to check with them.

So girls run away when they feel too much attraction. But when I went back to chode friend he was like: Ok that was like what? 1 minute. He could not see what was going on and he tried to elevate his ego by pushing me down. So the day after I was like I suck only 1 minute. Then I remembered what Alex teaches and so I was corrected.

I actually have had a lot of people around me that have problems with not sharing the same world view as others so I guess they learned how to change others view. I guess they have a blue/amber or red consciousness.

Well I committed to quit smoking I throw my ashtray in the trash today, it part of the second method of quitting smoking that I developed. Stupidly I did not follow it until now and I am going to read Alan Carr's easy way to quit smoking.

I am also going to reread Napoleon Hill "Think and grow rich" and "Rich dad pore dad again". After that some Tony Robbins.

The map is not the territory

So I want to go in to depth of the NLP (I think) concept map, in the mind we have a map over how the world works of course the map is not the territory that any one that has done some orientation should know. So if you have a good map (represent

the territory) you will reach the goals or wishes you have easily. If you have a bad map (not represent the territory) you might get lost. Her lay a power, you can find people who has good maps and download them(read about their view). Good books for example “Think and grow rich” or “rich dad poor dad”.

Sabotage

So sometimes in life you might run in to people with totally different worldviews and belief system. Some people has big problems with others seeing things differently so they want to break you, what they mean by breaking you is that they try to change your inner map about “how the world works” to by sabotaging it. In order to get control over you and give you their map of the territory it can be for example a map showing that the paradigm of say Nazism (blue/amber) is good or that capitalism is best and that all poor people are just lazy (orange) or have week moral (blue/amber). Both maps are of course false. This is good to know because when people wish to break you and you are certain of your things or standing firm on the grown defending your believes and map they in frustration will say: Damn I will break you. **(GTFO or if not possible get a journal it will help you when you make your escape.)**

Why does people does this?

Well they believe in what they are doing is for the better, now people have no more power than you give to them. Of course they can bait you to conform with threats of you getting fired of

you don't change the paradigm of thinking or the map (happened to me) and you get a bad map or threats of violence or threats of you not reaching what you want to have. Shaming is also a tool a parson can use to get you. For the longest time this always baffled me why are the keeping to do this, well it's a paradigm that works for the zombie masses they walk around following a programmed thought patterns that they try to transfer over to others.

The external ego

So when the ego leaves you or you leave the ego - your presence will make the ego crumble in others around you. So the natural tendency of the ego is to defend its existence in other human's, it will defend its existence and try to make itself to look useful and to some extent it is useful. Without it we would not have come to where we are today but it's really not useful any more, we live in a world threaten by the existence of the ego due to atom bombs, etc. We over consume cause of the ego, when we are young we still might need an ego but we might not need it as well. Children/chodes have not learned what is dangerous or negative and so on and the ego can help us control them until they can take care of them self, till they have accumulated enough knowledge. But Eckhart says some children do not need the ego, I guess that depends on how old soul the child has.

So the stronger your presence is the more the ego will see you as a threat. But the bigger the threat you are the bigger the distance the ego will take from you so don't worry.

The ego exist at the levels of organism (humans), groups, organizations (towns/cities), countries and on some level super nations (Europe, Russia, Kina, USA) this is to understand, you first come at peace with ego on organism level, then at peace in groups, then in organizations, then countries and last of all with a super national level. Big groups with big egos can be hard to deal with if you are still on organism level. First when you become stable on one level you can start to seek peace with the next level.

Reasons to take power

You can imagine all what you can do with power (evil) or you can see that it's my responsibility to take power cause of the experience I have and what I can change for the better. I have learned that I alone have more power to make change than I ever could dream of but only with the help of others.

The system

Ego is an effect of rejecting so by rejecting the system in the now the ego comes back, accept the system and try to change it instead. When it comes to power you can have power beyond what you can ever imagine with the help of the now *(egoless state. The book is called "The power of now" for a reason.)* With the social skills you learn from RSD you will also have better social skills than most you will also gain more power or influence.

Chaos theory

If you are accustomed to chaos theory you have heard about the thought of a butterfly starting a hurricane. Well if you are a social guy you are able to affect people with possibility to reach out to bigger masses. I explained this to my friends during New Year's Eve 2012/2013 while standing down looking at the fireworks in Stockholm from the 36th floor. As midnight was becoming closer you could see how more and more fire work lighted up like flowers in an open meadow. Suddenly shortly before midnight in some areas there started with a big firework than a lot of more small lighted up until the whole city looked like a coral reef.

So during my time on Stockholm University we learned to do simulations of pandemics in system analytics. Seeing the earth as a whole organism you can also see the need for some white blood cells (people of strong presence).

Growing up I was surrounded by people talking about politics I learned the importance of good visions and how they should be presented.

The test

So, let's say you meet a person fighting for human rights that is involved with music, with the POV of what in your eyes are a step in the right direction. You give him a vision, explain how his

dreams and goals for humanity will be for filled by having the vision. And he takes it out and present it on stage in several cities in nation. Hold and observe as a wave in the country is created when music video's gets produced.

In that case being able to keep the ego at bay is important, otherwise a more sinister vision might be presented. Trust love, humanity, the universe and trust the soul that is you.

You know that with great power comes great responsibility.

Girls might ask you: What have you done to me, I feel like a totally new person. I am honest, I am brave. What did you do? You just brought the best out of the girl.

Spiritual Manifesto part VI: Making it work

Self-fulfilling prophecies

So, I was thinking about self-fulfilling prophecies so would this not be a great concept to steer like deciding your destiny. In sociology this is something that is talked about a lot, that people actually in many ways steer there direction in life or let it get steered by others. For example: If a person says to you that you

will never stop smoking, would you be more likely to succeed or not? If you go like fuck you in your mind. I steer my boat to wards where I want to go. I am the fucking current here, not you. You will just get caught in the wake of amazement when you see the result I can get! I am the one! Now, think long and hard on your wishes for life, they are going to affect others as well. But don't be scared to break girl's heart focus on making it a good time as well when you try to find the right girl or girls. Make sure it's a good story to carry around an experience for a life time. Chodes can be threaten about this, okay? They don't feel that good about the thought of had have a man to turn her about and make her filled with joy and content for life. But that should not be something you take in consideration, it can after all be a secret. Like a passing torch for the girls. Till the time you find her/them.

So what life and what world do you want to live in, really?

Brainwashing

I will write a bit about society's management of humans usually it comes down to making you conform to become a dead robot inside. Brainwashing =)

So before I go are going in to this subject I want to help you to deal with whatever shit that might bubble up in you when you learn this so I am going to do a pretherapy with you.
In you mind paint up .. a line that represent .. the life time line .. that's right the time line .. where you store all your previously …

perceived memory's .. Now Image a door in your mind .. open the door and go thrue it .. and close it .. Behind you to the past .. it does not matter …

The brainwashing

Well let's start now. So let's say that I want a specific behavior from a person, I would ask about that persons reasoning afterwards present a paradigm that I would like to believe in. For example, you should not approach woman at day time its rude, people can be offended! Think about that next time you go out on the streets to pick up girls. So let's break this statement down to what it is it's doing.

Primer (when the function should start): When you go out on to the street to pick up girls.

Paradigm: People are being offended, rude (it's negative) *So this is actually the reason it's good to be a psycho. You don't care about other people.*

Or: It's important to think about following society's rules, think about that when you move around in society.

Me to you, as long as you don't come from the frame of rape steal and murder I want you to think about how you don't have to follow any rules you don't want to when you are out in society.

Now sometime a structure is formed in your mind, it traps you in it. You can break free from it you only need to remember that nothing that comes out of you is a true representation of who you are. Any one that is trying to get you to believe that is a person that is trying to make use of you for his or hers profit. Of course they might have your best in mind or say that, don't be angry just now that you are not your voice or your actions.

Life situation.

Okay, your life situation is a concept in your mind its not real the now is real. A situation needs psychological time and if you read Eckhart teachings you know what I mean by that.

Ego

Embrace the ego with love and acceptance, just don't become him. As long as you are not living in resistance to the ego the ego cannot come back.

Assumptions

Do not assume anything girls look mad, she might be mad at anything but you she might be mad on you because you don't APPROCH! Think about that.

Being your own source of encouragement

So the ego sometimes in and say's I give up or it come's in and says I cant do it. You need to be on guard here and say yes I can or even I give up! Well I can always start again ;) haha! Well you are your biggest alia and enemy but you can choose witch, be your own coach out in the field.

Macro decisions & micro decisions

So you can make small decisions and big decisions. Small decision I going to give/take myself a cup of coffee. Big decision I am going to quit coffee the big and the small can be allowed some incongruence but not mush. Here lie's the devious plan of learning how to give up what does not serve you, you will understand.

A source of overuse

So you might have notice you eat more sweets than you want, more fat than you want really even smoke more than you want. Here is a thing thoe the thought of it "might not be much enough" can make you want it more. You: no like sale out of the last kakis oooo I have to have them, they will not make them anymore. Next week the new Kakis is here!! You need to get your abundance to gather man. Sure we overuse the planet a lot, but that is because we throw so much shit away! I promise.

The correct use of assumptions

Assume that all girls want you and that they are all really horny and just out for a guy. If a girl rejects you assume that she has her period or has a boyfriend. Assume that if you don't approach her she is all wet and ready for you and if you don't step up she is going to go away with some other guy. Assume that if you leave her she is going to need a comfort lay from some fucking chode out there that will most likely fuck it up any ways.

Making it happen

You the product the brand

So, today it came back to me, how to garden your life. Your life is actually alive, it's you hehe. So to get to the jest of it I wrote some time back how you should grow like a tree. And you have branches and roots. Let's focus on the roots for now. So let's say that you are more than soul, mind, body, that is just the center. You are what the roots and branches grow out from. So you as a tree have to learn how to nature yourself and by nature yourself I mean the trunk or body and mind. So it looks something like a mind-map and you put yourself in the center you got one root that is your health, one is your economy, one is your work, one is dating or pickup, one is your business. Each of these roots will later on get a reprehensive branch that bear fruit to you the trunk will bear fruit from other. So each branch will have other smaller branches, like the health branch you could for example have clean teeth. On the business branch you have blog for example, one can be boot camp and you might even have a big travel branch. Now you are the one making an order from

yourself, when you feel happy with this its time to execute. Now have a way of measuring your result, example I want to be able to do 50 pushups on a leaf on the health branch. Put an empty circle there do as many push up as you can and fill in the amount that would represent for example 30 pushups now. You as a product are not ready until you can do 50

in a row you are not the product you ordered. In the end you will need to do maintenance or spinning the plate as brad says.

So if you want to change the world or just your life and those who are your nearest you need to understand that in the start it starts with you, then others will start to follow. Lead by example if you want change or you will not be listened to.

First they laugh at you, the they discourage you, then they fight you, then you win. – Gandhi

Leading of thought, notice's when it happens

So when you think on your hand what do you think about. Mmmm, the skin of soft breast against my hand palm. No! You are thinking about your hand, be here in this moment don't miss it. I will not let you go until you know, that you will someday die!

The Painbody an Alan Watts perspective

So when I first started out with learning Eckhart Tolle's stuff I listened to an Alan Watts lecture. Alan was talking about how

you are not your thoughts, he used an example where you where to imagen a desk in your mind, sitting at the desk you can imagine yourself write your thought on a piece of paper. Now an interesting observance here is when duality exist or intrusive thoughts come to play. The other voice or entity that is writing on your paper is there, it might from a previously experience in your life. It's okay she/he/it is in your domain. You have the power, stay positive use your weapon THAT IS LOVE. If an image enters your mind that has any form of negativity attached to it, know that behind it is the painbody or the ego. Watch it, do not look away, do not react respond with silence. Till it fades away, you might start to experience pain in your body, accept it, feel it. Let the feeling die out while you are focusing on the feeling. Experience non duality as the other entity die's out.

The key to hell or the abyss (Delusions)

So this is sort of a mind fuck for me but I am going to write down a method of getting rid of the ego thru a metaphor and afterward I am going to explain the mind fuck.

So the metaphors the pain body (Satan) the ego (Hell) and the mind (gates of hell). Ha okay here we go, hear my roaring trumpet as a sweep down and cast down Lucifer to the abyss.

The key

The key to happiness is to stop listen to thoughts and the inner voice, you can still think or talk in the mind but do not listen. Gate to hell locked.

Now all people have the key to open the gate on you, it's simple. *"Do you even here yourself before you speak?"* Or

"Listen now, think about this when …, so listen and take it with you". Gate to hell open on certain occasion.

So stop listening to your mind or rather stop caring what is going on in there as well as stop monitoring your mind.

And you will float up.

So I have been brewing on this metaphor really long time, but yesterday I did some bible studies. From the Letters of Daniel (my name) to revelations. Entertaining at least, mind fucking TO THE MAX. But hell whatever. But if I was a believer of the bible I would be the Archangel Michael, gaha. Well we all do have our hero's journey.

The key to heaven

So I am going to go with this archangel Michael thing, it's a bit funny to go with it.

So today it came back to me an old way of seeing things, during the election people has a tendency to fuck this shit up for me.

But well at least I got it in text now. So welcome let's enter heaven, this is the rapture. Hahaha.

Stop serving anything but the universe, the will of the goddess or in Eckhart terms the now and in return she will serve you.

What do I mean by that?
Well I don't mean it as quit your job and I don't mean it as stop serving humanity your customers or the company you work for just do not that become more important than serving the compass. She will guide you and take you to your hearts true desire and make sure that everything will be alright in the end. Give yourself to her and ask her to come to you and she will come. Now surrender and you will float up on a cloud. Put yourself in the hands of the universe and ask of it what you will and be ready to receive.

"As far as I can tell, it's just about letting the universe know what you want, working toward it while letting go of how it comes to pass" – Jim Carrey

The inner game HUD

So how would it be if you learned how to control and measure your willpower (MANA) and ENERGY?

So back in the day when I studied huna and NLP I started to learn how to push myself harder thru different types of ways I could manipulate myself thru the mind. Pushing myself ever harder at the gym and ever harder in school. I started to use this when I

did tests at school and in the gym. But since I listen to Ken Wilber I have improved it.

Here it is:

So if you learn how to go in to the observer state you can find a resting place where the thoughts and images of the mind can't reach you. Stay there and feel your heart feel it grow in to a vast raging field stretching outwards as long as it can reach, this is bigheart. Now rise up to the mind and feel the energy field of the mind, stretch it outwards as it can reach, this is bigmind. Now feel them both to gather, this is bigheart and bigmind. Now put yourself slightly up in the bigmind. From here I want you to observe how you can see a screen in your mind intertwined with what you see in the external world. Now focus on a color that you feel represent your physical energy. Now remember that as your energy color. Put that on the side of your right eye. Now imagine the color of what would represent the color of your willpower. Now remember that as your willpower color or your mana color. Put that on the side of the left eye. Now in your right eye I want you to put the energy color like an energybar. Now imagine the same on your mana or willpower color on your left eye.

So now we go back to the the energybar on the right side imagine how it would look if you would have super amount of energy, like you could run like an mile easy. Now look back on your left eye and look at the bar on your left side your energy or

manabar. Can you see any correlation, did the color get stronger or weaker, did it get smaller or bigger? Longer or shorter? Wider or thinner?

Now change the left bar to the opposite of what it is.

Now go back to your right eye. Are there any correlations that you can observe if you start to play around with these?

You can build one of these for focus as the trick is to go thru the manabar.

The escape of the censored reality, welcome to the real world

So I was reminded about from an old foto of me from when I moved back to Stockholm. During that time I was sitting and trying to map up the brains functions from an observer perspective. I came to the realization that we have two screens in our head, one that either project previously events (memories) or fantasized events creativity and one screen that shows us what our eyes are taking in and the second screen that shows us what's going on outside our mind. Without taking to account of the third screen or rather the merge of them both as master artist are using the screen. Witch I learned when I started to paint, I saw an elephant on a piece of paper and filled him out.

"I saw the angel in the marble and carved until I set him free." – Michelangelo

Those of you who has listen to Julien knows probably about the download bar and thus about this and if you have listened to Tyler you probably know about micro and micro perspective. Which is what I will write about now.

Output & holism and atomism & input

So an artist start out rough so should you do not mind the details at first when you start out to create or forge something, then work out smaller and smaller pieces till you come closer to making a master piece and its last polish. Now that is creation and output now to input and atomism.

When learning or analyzing from a text or some other persons work you start out with looking at the small part of things till the picture becomes bigger and bigger and you understand its whole.

What you can learn from this it's more easy to create value or output that it is to take in from others than it takes from taking in from others work or being a value leach.

Uncensored reality

How does this create an uncensored reality, well when walking around in the world you use the third screen I talked about in the start, you don't need to project anything on it but make sure

they are fully aligned. Second use the output & holistic perspective when walking around the world and just be thru that way.

50/10 METHOD FOR EFFECTIVE WORK

So I was reading metro today and there was an article about the routines of the most effective people at the workplace. The article stated that the most effective people work 53 minutes strait then have a 17 minutes break before going back to its computer. Here is the thing thoe no news, no surfing on youtube no work by the computer during break time. I have used a similar method for a long time, that is to work 50 minutes and then 10 minutes effective break, by that I mean no computer no thought about planning, meditation more or less. Maybe talk to some college that's all. It boost productivity and it gives you a chance to come back to the computer with a new set of eyes. New solutions come out thru you with more ease this way.

When things fall in to place

I wish that I could explain with words things are, fantastic does not do it. It's like so calm moving towards all goals without any effort, without fear without any wishes of justices. Justice is a concept of mind, the idea that this should not have happened. I live now in almost total non-resistance now. Now I see that it was wrong to strive, that it never lead to something good. At my younger years I used to stay up and look at the stars and wait for

stars to fall from the haven, then I made wishes. And the all came to be, because I did not try to make them happen. I lived in the idea that I was chosen and what came to me as wishes was thing that was supposed to happen. The longer that I live the more I see they happen. I have no fears, I trust that things happen for a reason. Now I am at peace in a way that is beyond the mind's understanding.

Understand this the longer in life you go the more your end destination is reveled, by accepting it you understand you're calling, from a positive place. Some doors has been closed but new windows open, what you need to do is let what is your calling pull you towards it.

Singularity

On the ego, the is only one ego, the ego. Only one painbody the painbody on consciousness the one consciousness. There is only one situation the situation of the universe and the only story there is, is the history of the universe. Learn to live in the omega state and to be formless. Trust processes and good principles and success will come. Be happy with chaos, do not try to control things go with the flow only change lanes when you want to get to where you want to get.

The mind, The observer, The operator

So I have been doing meditation every day for more than an hour. The meditation I used was where I where sitting and observing thoughts not really engaging in them rather watching

as the mind was loosing momentum. After a while the mind stops and the only way for it to start was for me to engage in the thoughts again. So I did not want it to start in steed I started to experiment, I was trying to push the mind to start thinking again with tantric energy. I wanted my movie back, without having to do anything! Haha.. Well it seems like when the mind stops you get to a place where you become the operator of the mind, not the mind being the operator of itself, or the mind running some programing. If you get to this place you come to the realization that without you the mind is nothing. You the observer/operator have been energizing the minds program and you do that by engaging in them, why? Who fucking cares, the important thing is that you are the one that are the thinker not the mind or your programing.

Goal's, Dream's, Meditation and discipline and gratefulness an metaphysic view.

Be grateful for the goals and dreams you create for the exits, they are real and yours for the taking as long as they come from the true self and not the ego. Listen, if you have read Nine ball by Jeff Allen you might remember his experience smoking salvia, what he saw was the 4th dimension and the "web or sea of time". Now the "WoS of time" is all the possibilities that can be behind you is what has been manifested, the red dot that is you are here and now. In front of you in the direction you are moving in the speed of time are all that can be.

But yet has not been manifested.

Now it is very unlikely that a wormhole would open up in the room you sit in that happen to also be close to a star that makes you combust, this is of course really, really unlikely but if worm hole exist it is a possibility.

I write this just so you can understand how complex and vast the "WoS of time" is. I call it the sea so you have an understanding of why you have the compass.

Now a juvenile spirit still let the ego rule and thus fear is involved in the navigation, it's the "if only not" that takes you to places you don't want to be or I have bad luck that is why it will fail. With spiritual growth and spiritual adulthood you get trust in the true self and in life. Then you start to trust the goddess and the compass. From here you can navigate the "Sea of time" and weave your life line.

Discipline and meditation

So you might have found the observer and creator that is god/you now you need to learn the discipline of not letting fear or ego rule your destination. This is done from meditation, by not letting thought of feelings drag you away. It's by letting thoughts and feelings come and go as they will. To learn that these are not yours. How would they else be able to come and go. It's by our taking of owner ship these living entity's rise up against you. It's our ownership the ego lives' on. It's only with

our permission the ego takes ownership of the thoughts and feelings we have. It's by ownership of you that it gains strength. If you let the ego own the thoughts and emotions, it will stay and once again freedom from outcome dependence is lost. The ego is like an adult free loathing child that needs to move out of his parent's cellar. As all free loathers they attack their guardian, by sending the entity's it has gained in a loop thru the mind. A big child with a grandiose image of his self with the belief that it is bigger than its creator. Manipulating it's creator. The entity's will starve if you disown everything and thus leave and making the ego powerless. Now don't follow thoughts and feelings around, they might tempt you, but no stay in the here and now. Now you start to live a life without interference of these entities.

How are you not as god? If god is all that is and what is not. If you have created a dream or a goal in your mind from this place it is an expression of your true self. It exist in your mind and in the unmanifested, so it is ready to manifest, be grateful.

Dreams in the night of the goddess of fortune

This section comes from an metaphysical theory and also from one of my waked ass dreams of the goddess. In the hall's I visit a party is about to start, the tables has been moved to the wall's.

- We have been waiting for you Daniel. The party is about to start, you and me are going to dance, you don't know the dance but I will show you.

I started by letting her lead, suddenly the party has started.

- I want you to lead, hihi. -
  What?!

- You know how to do it.

We changed grip.

You were given freewill but not the knowledge how to use it or rather you can choose to trust you and life and let what is within your deepest core guide you to the destination you desire to go in.

YOU ARE GOD, separation from you and all that is and is not (that is space) don't exist.

Now the "sea of time" is as any sea, storms and coves exist and the closes path will take you thru these passes as well as calm waters but it's in the storms we grow strong. Let fear die and let trust and love take its place.

Sin and sex

Now how come that sex that is such a joyful thing of being lost in giving and receiving pleasure has been labeled as a sin. Something that makes you come closer to being lost in the moment as well of experience "the small death"?

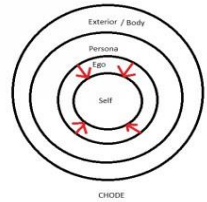
The ego look for validation thru sex. Rather than giving pleasure and receiving pleasure, it wants to own and like the first man on the moon the ego wants to claim to be the first and the last of all its conquest's.

Think and act as the god you are. You serve your true being, then you love to serve and to make love to and with other persons.

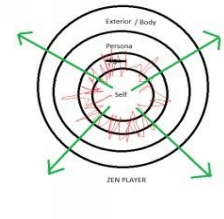
Love making/fucking/sex's help you and your partners come closer to godliness and if you will create life. Do not deny the true self follow your true passion that is the expression of you as spirit/soul/god. But do it without expectations.

Open up the door to your soul, you have nothing to hide. Use a tenacious attitude.

Who you are



So I just watched the most fascinating ted video on the subject of who you really are, I have for a long time tried to find a way to explain this but until now I have not had enough data.



So this is going to be built a bit on Alex article about who you are, thx Alex.

So you as a human consist of your exterior and your body, person, ego (if still a chode) and the self (spirit, soul, godhead). So what the ego does to a normal person is to lock it in by opinions/judgment about the self from others and from the ego/mind (it bites its own tail). That will trap your trueself in a prison of your mind. The must and must not hold your soul stuck in limbo. Thus the persona (the mask you were) are made by others. Simply put: who you are supposed to display or be by the opinions and judgment of others (a zombie).

The thing here is that the painbody and the ego might be the source of these opinions or judgments that is aimed at the true self. So the true self is blamed and imprisoned even if its innocent.

But the Zen player or advanced player has passed what Alex call the indifferent threshold. Where the opinions and judgment does not affect him. And also he has no judgment or opinions about the self or others. He knows about the painbody and the ego and does not hold himself account for those actions. Now something happens. You reach a glow state (JESUS!)

Now you become free from the ego, you have understood that you and who you truly are is unobservable there by you stop searching for yourself and have no other choice than to be yourself. Now you are free to create a persona from your own

wishes and desires or for what the situation requires (be like water). From that place you are once again like as a child or rock star and free from any imposed limitations other than what your exterior or body limit you to.

Now sometimes the ego comes from other people and try to lure you in by asking you about opinions about yourself trying to find a root cause of some action, by conversation they try to impose judgment from the ego on itself. While you only acted out your nature or if it's an old action the painbody or the ego. Thus pushing you back to a chode, so the ego act like a mirror that can reflect on the egos behavior or the painbody behavior but not the true self (soul/spirit).

Sometimes people do this because they want to push you back to chode ego so they count on you without having to ask for your permission to do so. Thus they want a donkey or a slave. (Why majority of sweds are as they are)

Spiritual Manifesto part VII: The game of life

Character a computer game metaphor.

"Death is a stripping away of all that is not you. The secret to life is to "die before you die" -- and find that there is no death." – Eckhart Tolle

So I want to write about how to build your character. This is sort of in the game of life perspective, so think your body as a character in the game of life as in World Of Evercrack or whatever. This is the life of a meat puppet you inhabit. From here you can make choices, you can feed your meat puppet you can work it out. You can learn skillz as in pickup or with computer or some other shit whatever. You have only one life for this character, as in Diablo playing hardcore okay, if you die

all is lost. This is how I gain full presence with the

moment. (here and now)

Time a guitar hero metaphor

So I want to talk about time as a flowing moment as how things float by in a game like guitar hero. So if you buy a sheep tick tack watch you might have gotten a weird perception of time, time floats by and events and happenings will happen, you can either take the opportunity to make something about it or not. You can also flip out shit in to the future, appointments, events (going to the pub) and so on. All you need to do is to hit them when they accrue in the now. So if you have not played guitar hero I recommend it so you can understand the metaphor.

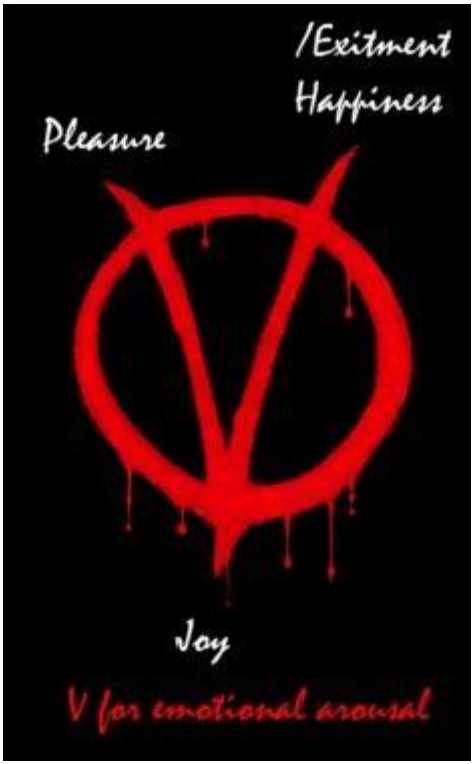
Statement of intent

So this is sort of your agenda for a girl or a human, you state it in your mind like: I am going to get the girls into my bed to night. Or I am going to get here all wet down there and so on. It is your guide in the moment and now, it will help you to put shit aside

and just do what you need to do without needing to think about it. It can also be simpler or in a work situation, I am going to show these people who I am, to qualify myself for the work and tell them what I know. Simple right?

Relaxed arousal

So I am doing some ground work here with emotions, Alex was talking his philosophy of happiness well I give you the V for an life filled with male arousal.



This will be about 3 different states you go from in a easy life.

Happiness = Excitement

Joy

Pleasure

Keep things simple stupid, living in joy and actionable pleasure. This is the pillars of self-fulfillment Training, economics, health, love, clean body, clean mind and clean home.

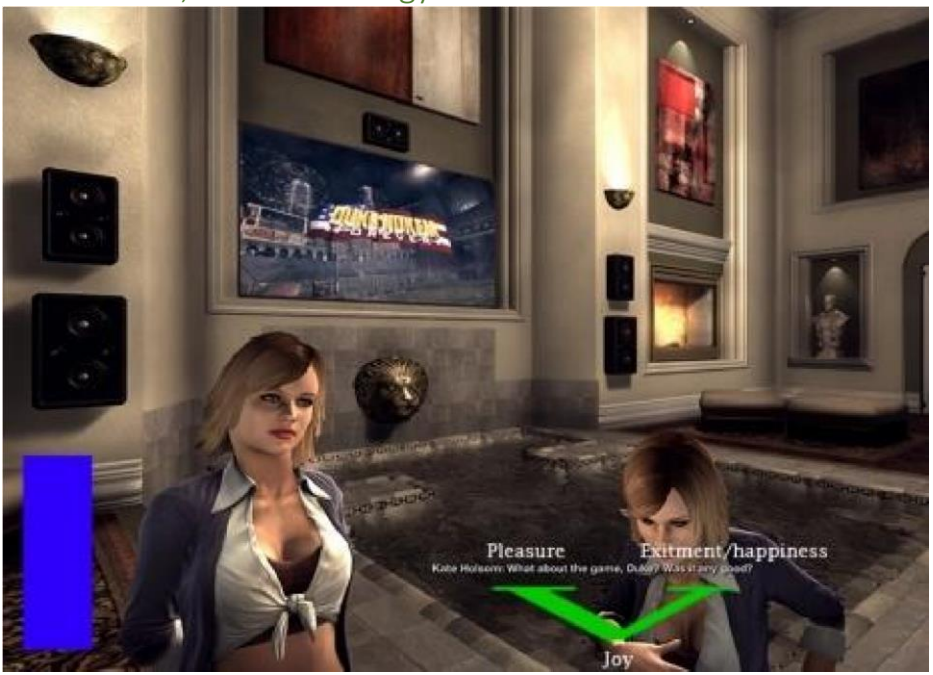
If you have these handled you have no reason to feel worry or sadness anymore, the focus on doing meditation is of great importance here or drug abuse might become an issue. From what Alex was talking about how drugs can make you totally mismatch what excitement or happiness that you need to feel time to time. After a while you might notice that you don't need to pleasure yourself with gifts or candy or wine. You reach a state of joy, it does not mean that you can't enjoy the good things with life just don't let that ruin you and your process in becoming a ever greater man.

Getting happiness and excitement

Rear occasions where something out of the ordinary happen like finding a superhot girl at the club or reaching a new level in your training and so on, setting a new record on a video game.

So this is some shit I was working on during my time at the university, the game developers of the school was like holy fuck and some teachers told me it was dangerous but fuck it my middle name is dangerous. So I am going to set up the game engine for you now. Not that your body/avatar/animal needs tending.

Your source, fuel and energy: Love



So the self that is you is divine love. You are love all is love, but the ego and the painbody that is created thru your mind. The ego and the painbody is not part of the holon that is the universe

it's a part of the minds unmanifested creation. In the outer world you can start to see it in others. Like they are possessed by the ego or the painbody, they might come in and try to drag you down to their level but you know better now. With love for yourself and everything around you that is divine love, compaction and so on girls start to loose their mind around you. Now they escalate on you.

Player and creator

Guitar hero, shooting out disks to the web (Appointments / booking / events / time = planning and doing in the now). So to make shit happen you need to make IT so they happen, that means making some plans of going out, work appointments and shit. After all the goddess can only help them who help them self.

Joy: the portal and the compass aligned. Form this place you where you instantly will now when to kiss a girl or know what to do from what the compass is showing you.

As you by now should know that you are above your thoughts and emotions, nothing in the mind really touch you here, you are the observer and creator of your experience in this life. In a place where you can either do as the compass tells you or do some other shit.

First construct the male mind

So this is sort an upgrade for you about how to use and operate your meat puppet a new game engine for your reality.

So imagine in your mind a room with a computer and a screen, two speakers and a mic. How you interact with this computer is unknown. It has no keyboard or mouse, on the screen you can see the outside world or create either from creativity or "render" a stored a perception of previously experienced event. Now your hardware has a limitation it can only take in 144 Mbit/s in data, so you can't get it all. But you see what you store in the mind can give it to you in pure information instead as in a big data environment, so you don't need to "render" shit on the screen. Now here is your base, your home, your head quarter of operation. Now sit down in front of the screen and let it immerge in the mind. Let your mind on love for all that is, its important a system that run on fear has a tendency to mal-function.

The golden door way

So I have found the doorway out from the prison of the mind or in this case the brain.

So for this to work you need to find the valley of the mind, let presence come to you stop striving. After a while you start to notice the foreign entity that produce thoughts, smile and observe all it is trying to do is get you to engage in the bull crap it is pouring out, after a while it will die or fall a sleep. Your brain consist of three parts, human, mammal and reptilian. So the reptilian part of the brain is basically pure instincts things like survival, shelter and reproduction is controlled by this. Mammal is the emotional brain here comes bonding to others of the same

species, cooperation and so on. The human part of the mind is the thinking mind. Here you have the display of the mind and the speakers of the mind. Now until you have read Eckhart Tolle's work your mammal and reptilian part of the mind has been what has controlled you. The human part of the mind has been taken up by "programming" in form of ethics and you have been running on fear of what can happen if you don't follow this moral code. When you learn that there is no wrong or right, that you are one eternal infinite sprit (there is no word that can describe it) fear stops running you and you might see that you can detach emotions from the running of your brain. Here lies the door, since emotions and instincts can be observed as long as it don't run the "puppet" you can't be it. You are not the brain, now you have to take care of the meat puppet that you use, step out of the mind and trust that it will give you what you need in the moment (trust you faculties).

Now stress is a factor here as well, trust the universe and see that shit works out.

Meta-mind the non-verbal mind or the mind of the spirit

So the part is built on my previous work and a book called Repeatlessness by Joe Marshalla Ph.D, he is way better to explain this because he have personal experience with being between life and death.

The Meta-mind experience

As I see it just to be able to describe it is like playing quake a first person shooter to do things without a thought but not on pure emotions. The first clue I had about how to explain this came to me on Alex free tour 2 when I was called up on stage to make a presentation for RSD inner circle Stockholm, I love being on stage in front of a big audience so the first thing I did was to take it all in as I was standing there looking it dragged me out of the head, as a pair of strippers. The mind went silent and a deep void filled the place where it used to be, I spook inside this big void to see if there was an echo, nope. Just pure non-duality. But in the void there where a silent knowing, I would guess this is how deaf mute think.

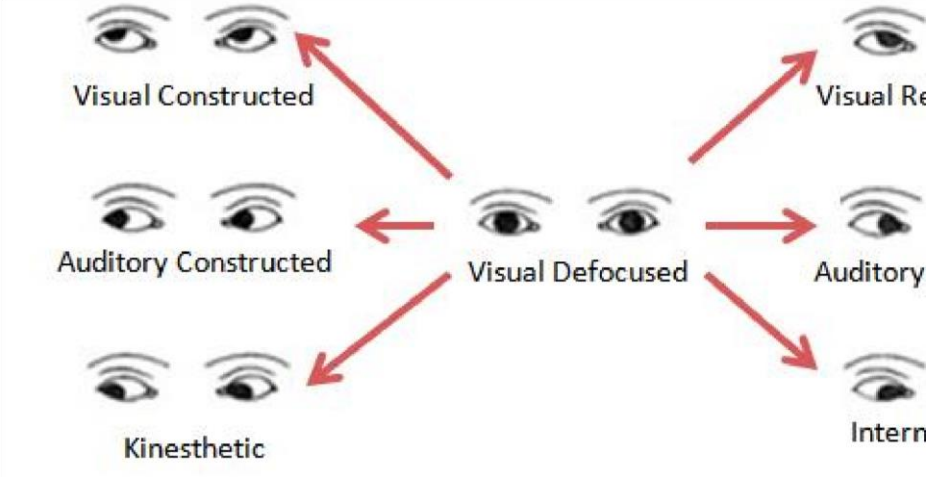
Meme's or thought memes

So meme's these are the thought tapes of the mind when we are slaves under our mind we follow these thought patterns inherent from our parents, culture, nation, subculture and ideology. It's the programming we run around following. So 90% of the thoughts in the mind that you have followed was not created by you or thought by you (you can't think the mind does). This became very apparent when I listened on a fascist preaching out his propaganda. It was the why, the how, when, where and the solution, connected with fear and a strong we perspective. It was what he was thinking about and what he thought was important to protect. A huge building of an circular argument or maybe more like a serpentine, for days the buzzing of what that man had preached buzzed around in the mind like a

little bee telling me to let him take over, till I cut it. Of course as I wrote earlier in the text it does not have to be about ideology, it can be about religion as well. It's about the things we are taught to think. It goes like, have you thought about this or think about this or just people telling you how they think.

These are just thought patterns.

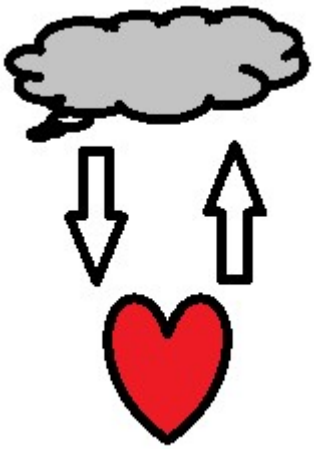
Fastest way to get a silent mind



So in NLP they have discovered that if you are visualization your eyes will tend to either go up to the top right or left corner and if you are remembering sound or imagining a sound it has a tendency to go either to right or left. When it comes to self-talk and emotions the eyes go either to the left bottom or the right bottom.

So to silent it you do what is called a soft gaze in Buddhism you look strait so this can be a bit hard in the start but here you can use an exercise for you to use.

Breaking the perpetual engine of thoughts and emotions



So this will not make you a psycho mmkay, its more of a way to make sure that your thoughts memes will not get more energy from the resistance of the now that emotions can evoke. It will consist of an exercise you can use whenever you take notice of your mind getting its own life or behaving like a wild fire hose that no one is holding.

By moving your eyes in a clockwise or counter clockwise motion while trying to think about a memory or something a person said that evokes strong emotions in you, you break the emotion from the memory and thus make it stop taking over your brain.

To get the silent mind

Start to take everything in thru your eyes without any need to push things out of the mind or “your” reality, this is the way to be congruent. From here you can see that you are a part of the

whole. Let yourself melt together with it. Realize that your eyes is just cameras. And that the “reality” you perceive your-self living in is just a 3d hologram in the mind. You are the light that shine’s thru everything.

Doing with a silent mind

Okay all your life you have been walking around in a daze thinking about everything but the here and now. Should it really need to think in order to do? When you are able to think about where you are about to go while you are tying your shoe laces? NO, but understand that you are the rule maker over the mind now, if you believe you can or can’t you are right. Here is the thing how can a deaf mute do anything or a cat without using words it’s a knowing what you going to do in the moment.

The mind as a magic carpet

So a magic carpet takes you where you want it, if you ask or want it to go there or else you just sitting on it and it stands still. If it wanders of you need to do the exercises Rapid eye movement repatterning. Its still fuelled by the feelings from your past experiences.

“Thinking in the void”

Okay in the field we don’t like to be in the mind, but in some cases we need to verbalize to our self without speaking out. So you speak in the silent mind or the void. You see there is a

difference to the semenantics about what thinking really is. So speaking as you would speak to an empty space is how I would describe it, if you were to speak but you could not hear your voice would you know what you had said.

On the edge of time

To realize that every moment is unique is a way to keep you sharp and on the edge. More deeply on this subject if you were to stand on “your” timeline you are on the very edge of it, every step from here is in to the unknown and the past is gone. The feeling of freedom and aliveness comes from the fact that the factor of uncertainty is always present. Of course you can heighten the level of uncertainty by challenge your skills as Julien talks about.

All life is game

So the mathematician Robert Nash built his grand theory of zero sum game on observation of animals, he observed how everything competed with each other to survive and spread it’s genes. I don’t really know if I am talking out of my ass here but, fish play (mate). Dears play (mate) and cat’s play (mating and playing with their food, but not in the sense of mating game) But humans no, they fuck or make love. But really? No, we play like them, I don’t know if this derives from us humans believing we are above it all and better then animals even thoe we shit, burp, mate and sweat like all other animals. So game has many types but they boil down to win-lose or win-win (check out 7 habits).

But they are all about some form of cooperation in nature (the circle of life) to make sure only the best genes survive and making sure that the playground (earth) is conserved. Only humans have successfully survived while destroying its habitat and that is because win-lose is human game about power and gain in money.

Distance and a change of perspective

So on a micro perspective you are a part of "your" story but on a macro perspective "your" story is just a part of a much bigger story. The hi-story of the earth or even the universe. So the story of the earth is what I am going to focus on now. Looking on the hi-story of the earth how big is really "your" story. How big or how small are the problems that you have been perceiving yourself to have?

"Feeling important makes one heavy, clumsy and vain. To be a warrior one needs to be light and fluid." So on the biggest level you're playing a being in the universe in the galaxy of the Milkyway in the planet earth that revolves around the star the Sun. Welcome to your cosmic address earthling.

Standards for one self

So standards set your daily routines. These standards and routines are what going to set how well adjusted you are going to be previsedto be. These are going to be set in different groups of hygiene, health, how your home shall look, what food to eat, what types of girls you will meet with and your behavior.

This will help you to have an automated response instead of having to make decisions every moment.

Discipline

Discipline is to use your willpower to do what is good for the body but hard, not to push yourself to drink more or eat more junk food or to teach yourself to smoke cigarettes.

Responsibility and feelings of powerlessness

How to have an understanding your limit of the power you have without giving the power you have away. It is important to understand that you can't take responsibility for what some individuals do in a collective is doing. When talking to ideology recruiters the talk comes to focus on society's and politicians power to control our life's. That they have power over you (the spirit? I think not). If you acknowledge that society and political leaders has power over you, you soon fall down to a place of reactivity to the environment. Your mind takes over as you strategically are trying to "cheat" yourself thru the system or living in total resistance to what is. Running around shouting for an ideology change in society. In the end things never have more power over you than you give it and you are only responsible for your character and your teachings. Never forget the reality you play in is thru the eyes of the character you play. Politicians only have power to control the environment of the society we live in of course this in only a mind created illusion (maya) since

humans has not learned how to control the universe. Nothing have any control over you.

The inherent slave culture

"That you are a slave, Neo. Like everyone else you were born into bondage. Into a prison that you cannot taste or see or touch. A prison for your mind."

So Christianity and Judaism is the religions that has spread out to most of "civilisation" all over the world missionary's, crusaders and imperialist's has spread its word. Within the Old Testament come's an clue of how it come's that we still have a slave mentality towards the mind and society until this day. There is little known about Egyptian culture but it's known that they believed that the faro's where god's The Jew's (gods people = ego) were slaves to the Egyptians and here lays the foundation of the meme we follow until this day. The Jew's dreamt of a merciful, loving and caring master so the imagined a god that was like that a merciful, loving and caring father for them all. So in spiral dynamics we can see that each level of consciousness is built up on the one before. So if the rational consciousness is built up on Christianity as in capitalism the rational will be formed on that. So the "O we serve thy lord Jesus who died for our sins" (ego) becomes "O we serve thy lord greed" or "O we serve the lord desire". These are all based on ego.

The Hero

So now you become the master the Farao (the master of the mind the ego and your desires.), a god/spirit playing an earthling walking earth.



The peon's

The peon are persons that have sold them self for a promise of a fulfilled desire (illusion of safety) from a player in the game of power or ideology.

The roBOT (NPC)

These people are under control of an ordering/instructional meme, it's the think of this when you see this and so on. There behaviour become scripted, usually this comes from being in contact with either a fascist or a feminist.

A sickness spreading and a cure

So some people are the hench men of the ego and they come with the duality spell. When you talk about your ways of seeing

things or in what you believe the go like. Well you tell yourself that or well go a head and convince yourself of that. When you learn about this you come to realize that in the mind if you visit it there is a buzzing sound of other peoples voices (the meme) going around in there. Now the could coopa is much more easy to ignore.

The meaning of life. Good luck have fun!

Quest

For fill your life purpose and calling, the will of the god*dess*

Side quest

For fill the goals for yourself

Character building the Tree of life.

Working on your skills in work, dating game, health and projects

Commitment is vital here, commitments are decisions made for long term thus a decision made for the future.

Spiritual manifesto part VIII: Space (mind) the final frontier. Controlling the beast.

This section is for those of you how want to learn how to use ego for your own benefit. This part was never thought to be added. But for some reason scientist like the ego.

Captain we have encountered an symbiotic creature that wants to trade our energy against him solving problems. The thing I fear captain that this creature can drain us completely an making us his organ.

Haha, a little dramaticall but it's a good metaphor what I am going to write about to day. We have now reached a place where the mind is like an empty space that you can create what you want in the now. But also you can create something that is called future and past. The thing is when we use the ego to solve problems about an upcoming future you have also a tendency to go back in the past, watching movie rather then using your ego to create something useful for you. Knowing simply what guitar hero peggles come's to you sort of speak, hehe. Having it all in front of you, if not now but eventually a prospers future. You can se potentially problems that either needs solving now or later. With an understand we affect our future globally whether there good or bad or as russel crow says in gladiator: **what we do today will echo in eternity.** But I like to ad every day to your shoulders oddly the worlds problems are also you now, since we past noun on the dooms day clock (11th hour by Leonardo DiCaprio). But you have the strength to deal with it deal with it

as hero until the end comes. I made a promise to myself to evolve to ever grow, now I say let us and humanity evolve!

Where did you come from?

I have come to the conclusion that universe is a game we visit thru the brain. That we as being of consciousness are in another dimension and that is just something that we can see when we live thru the meta-mind. The mind is an even lower dimension than existence or reality that we can create thru. The ego is created thru the mind, it's a motor driven by fear of the future and potential outcome wanting pleasure. It wants to survive, when we see that there is no death or nothing to worry about the ego dies. When you have trust in that the universe or goddess has a plan for you life challenges feels easy to cope with. The meta-mind is the empty space you see out thru the 3rd inner screen. All we see or hear in as the universe unfold is just information. You might just go on with the main story in this game it leaves you from sidetracking. Life is just basically lane's you run thru opportunity's come and go.

The materialist wants you to swim in another way. Float turtle float. Peace will come that way, both within and without.

Learning to remove ego fast

I discovered yesterday when trying to explain meta-mind, it is un observable because to explain you need the mind. But trying to explain it I something happened, the mind seized to exist. It had

no shape size or form, color not even light or dark. Back to meta-mind silent knowing silent intent, but now I could feel the source being connected thru me in to this universe when I go in to union with the universe seeing that I am universe as well. Suddenly walking around thinking about this a woman I don't know jumped in front of me and said: Hi! Happy ester, she was old and ugly so I replied: Happy ester. The source want to lend your/mine resources, you can let it thru meditation and in turn you can lend the source resources with intent or wishes. I use this in the field and it works quite well seems like I have not really learned to harness its resources. But know I have finally learned how to explain it and what it is. But I still sound a bit crazy when I try to do explain.

But when you see that thought does not govern you, you become free to do whatever you want.

Building dreams and dealing with propaganda

So I had a big realization today while working on my frameset for being. Let's start with the realization the later on I will write about the frameset. So today we are bombarded by propaganda/commercials from the news, media, parents and other places as well, since Vladimir

Puttler is working its way thru Europe. Hmm okay let's start first how to receive dreams that fits well with you, so you can understand how propaganda and etc. put shit/restrictions in your mind. So first go into a meditative state of being or joy

focusing on your heart, from here ask yourself what I feel to do (in terms of girlfriends, places you want to goto)? Continue to meditate and see what is created in the mind. Now always start with feelings and then see what comes to you mind or when you use mind for analyzation disconnect your feelings from it.

Now propaganda works thru your mind it comes from a first mind then feeling way, that is think about this and how does that make you feel not like feel good and then your mind react to that feeling and it get worse. Marketing does the same, politicians does the same. Live thru your heart instead let it guide you, let love guide you. And you will be unstoppable in the game of life.

Recite this: **It's my world get out of my head. I stand behind myself, no one else, I stand alone on my journey.** (the behind part is based on a bugfix in politics)

The frame I use at professional events (while I work and so on)

Try to use a steady level of energy.

Making a good impression.

Making a good use of my time.

A high expectations of myself and my work.

Concern about how I am perceived.

The frame I use at special gatherings

Relaxed behavior.
A lot of fluff talk.

Concern about how I am perceived.

The frame I use at all other time

Letting go the image of myself.
Action does not need to be thought thru.

Being okay with break social convention.

Finding my mood by relaxation.

Having no limit on how much energy I am willing to use as long as I have enough for panty time.

Giving myself total freedom and I don’t care about what roof people try to put on to me.

Taking my time.

Being myself and not caring how people perceive me.

Having zero expectations of what will happen.

Express myself freely both positive and negative.

Being light hearted.

Having no opinions about others or what they say or why the say so or what they do. (Because I have no idea where they are coming from) as well for myself.

The on/off button for the ego

So I have been working on a method for turning the ego on and off. Well turning the ego on is not that hard really but you need to use it in a good fashion. Ego and egoless are both state when you learn how these state feel you can change between them mush faster.

Ego

So to use the ego in a good fashion is to use it to solve problems in projects and so on, its seeing problems that can occur in the future. The ego is **NOT** supposed to be used to solve the problem of why you don't have cash enough to buy a Ferrari so you don't need to go out rather magically get girls to fly over and land on your cock.

To get an good functioning ego is quite easy all you have to do is to create a future and a past in the mind. If you are doing some planning for a trip or a project you focus the ego almost like a dog on the task. State to the ego (the critter) this is the problem we want to solve and that you are the person that will solve; whatever it is. It's like a crystal ball, you look in it to project a future.

Going back to the now

There are no ego apart from the mind. – Eckhart So the fastest way I have found to kill the ego is to switch of the mind and go up to meta-mind state then doing some, than readjusting yourself to a egoless state. Let go of the image of yourself, give up the concepts of time, let go of your goals, let go of the idea of possession, opinions, should and musts. It is always here and now. Image the sound silence a colorless shapeless void or non-existence. From here you are back at meta-mind. In the state of meta-mind you can conjure up a work area the mind. Let the mind be empty, stop searching and start using the human part of the brain. Let go of questions.

Go hakkuna mattata and live thru the heart.

Afterword

When the meat puppet becomes empty and you get to a place to you are forever free, you become the zen player or the master of puppet. Nothing can describe it, it is a place. Everything get's a distance, feelings not your feelings, pain, not your pain, thoughts not your thoughts. You the spirit has no needs, a silent beingness. Decisions made in the moment.

Zen game Manifesto IX

I am, I. Iamness (presence)

So I will do a status update then I write abit about how to root yourself in Iamness it's

So, I am rooted in the ever present being now. It's not really something that you can explain but all I know from this is that I am I (I am me. Its an direct translation from Swedish). So growing up I never really know who I was, when people asked me who I am I answered Me. Teachers watched funny at me and tried to fix me, to give me ego. I am not angry anymore or rather I can't be. I understand that history is needed for "normal" people to understand what kind of background you are coming from. But now when I actually starting to see a dawn of the new earth, I feel more hopefull. But it's currently not looking good for Sweden, ISIS is recruiting terrorist from Sweden and we have no laws to arrest them to keep them from leaving. Putin has his aim on Sweden as well, well I have known that for 4 years now but first now it have been confirmed. I do commercial for Eckhart here in Sweden, if it would be possible to establish a foot holds for a new earth in Russia it would be awesome. But my budget is limited.

ISIS recruitment has lessened I read in the newspaper as I am putting this in.

Awakening Gaia

If you have seen the new Star Wars movie you know about the Death Planet; Earth is like that, it's basically a rock space ship hold in orbit by the gravitational field of the sun. We are actually in space. "What comes up must come down" philosophy does not work in an age where we shoot photo satellites to other planet. There is no up and down in space only gravitational pull from possible planets or maybe even comets. The poles are the positive and negative charges of the earth's magnetic fields. Now your either held down to Earth by its gravitational pull or your floating around some where either in mind, space or lie's put in to us (like a lens in your eyes that can be fogged up by mind programming).

Duality and non-duality a cake metaphor / love fabric

So short on duality; duality comes from a perspective that everything in the universe has it opposite. Its needed to be able to compare things. If there is hot there is also cold, if its dark there is also light.

Now let's move over to non-duality; non-duality is a state of no comparison, its simply an idea of oneness or every thingness a state where you can't see otherness.

So let's image for a second that the universe is a big raisin cake and for simple reasons we are going to do an abstraction here and say that you are a raisin. Now just for the clarification that would probably be the equivalent of a super cluster of galaxies. This will change how you see your mother is so fat jokes. Well now we have a raisin cake, you as a raisin is a part of that cake. Now its not like you were to be a raisin in the cake because you were already part of the cake in its process of baking. So if we would take you out of the cake you would be a cake crumble now, not a raisin. Now repeat after me: *Everywhere I look Cake is, Cake is love, Cake is sweet, Cake is everything.*

Now things become easier, *CAKE! This damn cement floor is so fuck hard.*

Cake she is so fucking sexy!

Trust you got your shit together.

It's all about the sex and lust, we are the all dancing fucking shits of the god*dess*.

Now give yourself to the Dess.

Now you need to learn that you are a validation giver,
a permission giver, a approval giver and a authority to women as a man when you invite her in to your space if she chooses to be there.

Hypotisis

We as consciousness comes from a higher dimension what we are are really portals to the source, in a way we are source. I base this on quantum physics, that we today use technology (the use an electron microscope to aim where particles are going to hit) that science cannot explain when building Microprocessor (learn more from the dual slit experiment). We simply can create and change result by observing. So somehow we can affect the future by just choosing what to look for (time being another dimension). It seems like the material dimension is an effect of consciousness rather than vice versa.

When you think about it, the mind is an even lower dimension than "reality/universe" so we have even more control of that. We are all gods playing humans in the universe. This is what Ken Wilber has defined as Violette consciousness (Spiral dynamics) Meta-Mind.

When the ego die's we learn that there is no death (Eckhart) and that we simply are reborn over and over again. Then our life's are simply a game we have choose to play as we live thru our life the story/plotline is revealed more and more. We are simply playing the hero of our story here in the game of life.

Backstory (Nirvana)

6 years of discussion around video games and rebirth finally had come to a point where I knew something that I could not explain. Laying in bed pissed of over the BP oil catastrophe, news announcing that we are going to hit 12 on the dooms day clock. Hating the situation that I was in with my parents, with the last work place and with the haters. I had huge cognitive dissonance trying to figure how politician (that later showed out to be a Nazi) think. I meditated, during my meditation I found myself floating above the earth. In deep bliss full joy, looking down at the earth and feeling menace pain, somehow the bliss and the joy was stronger. (This is super mind, Spiral dynamics) Still being somewhat angry because everyone was destroying the earth and I did not want to return. But I was not alone there was others here to, floating in bliss I decided to start to trap the souls that seemed to be not suitable to be reborn. Well guess what shit got out of hand pretty quickly. Eventually there was a person that was so close to become a suitable soul to return so I gave him another chance, this lead to some uprising so I decided all souls had to return. Mmm, now alone in bliss feeling content with myself, a voice came in. Your also human, I was like nooo. I woke up in my sofa. I started to write the Zen game manifesto soon after that. That is why I also have been using the Archangel Michael as a symbol, it helps me to remain sain to have something really crazy shit mentally with me. Well now I have a woman and her dotter who I have emotionally invested in how to keep the secure against Puttlers perverted army. While *dess* is using me as her hello world appearance.

Changing identity

This winter recovering from being poisoned I helped Johan with moving his stuff to shureguard. I came to the realization that Johan and I was driving a space car on Earth. What is the specific difference between a space car and a normal car you might wonder sometimes. Nothing the only thing that differs is that the space car is designed to leave Earth. But a normal car leaving Earth would not that make it a space car. Is not Earth floating in space? Well coming down to the storage room's everything started to look like Half Life 2 portals. Video game reality is not that hard to comprehend coming from a consciousness paradigm playing as a couple of kids Half Life 2 guards down at a shureguard storage. I have come to that conclusion that if we stop immerse our self as shapeless in this reality instead identifying our self as *shapeless* living outside the reality of the character you control and stay unreactive to the thought they comes and goes, you become who you where before you were born.

You need to affirm by using your hand and touching the body, this is the character I play, it's a him, his name is [name], I the *shapeless* is the one who steers this body.

By doing this your spirit fall of and your cackles are removed.

Finding back home

Well lets start with pointing out who you are you are the awareness the one that is aware of what you see thru your eyes or in the mind or hears the sounds that comes in thru your ears or comes to be in the mind the one who is aware of the emotions in the meat puppet you use. Now go further back, further, further, further. Now you should have like a sense of like almost hanging outside the back of your head. It's like the head has turned in to this sort of window in to this reality or world. Your back home :) . Now is there any distance between you and the space in front of you?

Endurance

Omfg so yesterday girls had a party in the common room at the zinkensdamm hostel, I waited till all the guys had departed then I ask if I can join them with my cup of te before heading to bed. Girls said yes, we sit and talk and I ask her about what she wants to do in life and where she's at. Then I tell her my story, I let her talk with her friends on their language after I had commented on her necklaces and I gave her value from life advice about school and university. They start to play Spice girls - wannabe, memories from fart girl enters my mind. But I know what the song means. A

decision process goes thru my mind of possible sex locations and excuses for isolation goes thru my mind. Really small toilet? No. My room that 3 other guys sleep in? No! Mens shower? NOOOO! The girl's most likely shares room 4 persons each. She and me having sex with 3 other girls in the same room? Seems not likely going to happen. Strip scenario possible 4-some, well I have shit stains in my underwear and I have to take away half 3 people from the party. NO! Well anyways I engage by talking about the now and her friends and I point out that I know that one of the girls can sing. She had huge throat she singed i a quire she answered. The target filled her glass with an 8 cl vodka. In my mind hell no! I will not have sex in that shitty toilet with possible shit stains. Good night I told the girls I need to go to bed.

I realized I could have excused myself checked the toilets and taken down the toilet sets and then pulled the girl with class and dignity. But still it was a small toilet.

What could have happened if I had endured? Well the girls might have been so foreseeing that they would have made it so she and I could have had sex. The girls might help the target and me to get in a location where sex can happen. Also enduring the girls bullshit that they throw at you just to test you if you have your emotional shit together.

I Do as I please

I happen to be standing on Earth who ever happen to own the small pie's of patch it does not matter. I am and I do as I will in the moment. You can also not be a situation or things similar to that, you can own concept. But it can be hard for others to see that. But the only real thing you own is what can not be taken from you. Who you am! - It feels like this comes from Africa, Waka Waka. Just because I stand on something that someone owns does not mean that i stand on that person.

GODLIKE

They are all visitors in this your world, since the world is yours and theirs since there is only once consciousness. None awakened being will stay victim of thought patterns and identifications; you are not living in the real world if you don't stay presence. Share this reality help them to wake up.

Brain you're my bitch

So seeing the brain as a biological computer; I the nameless the user of this computer. But it's alive it's more like a roaring motorcycle or horse running wild; you need to dominate this bitch. Now repeat after me: BRAIN YOUR MY BITCH!

Special awareness

I want you do become aware of all the distance that is around you, since you have two eyes that act as cameras make you being able to measure distance between you and objects but you can also measure volume so by measuring the volume of a room in between its objects you see a lot of distance.

Freedom

Freedom is to be free from duty, free from future conditions, being done with work (being able to put that a side), free from judgment from self and others, free from conceptualization and to only have yourself to answered to. Free from should and should not's as well as must's and must not's

Dess is always there

So if you are god in god*dess* so since dess is the universe in the now; you are a part of her. Then she has also always be a part of you. The only thing that can break contact is the idea of it being possible, but that is to live in denial. Now give yourself to her.

Now swallow the cake!

Non-Dualism

You are all, you or the love maker. I usually write of god as god*dess* but in this text I will use a verity of words for “it”. In the end of this section of text I hope you will learn that you are all even god or the universe. The illusion of dualism comes from the mind created entity the ego. I see god*dess* as the universe well maybe there are more but still there will be no “otherness” from what is all and what is not. Now when you go in to union with the god*dess* or the universe but in the mind we can image the universe as a separate entity or god*dess* but you are “it” all. There is no other only one. One consciousness, all is consciousness. Well this takes long time to learn since you have to learn why we have dualism, but when we learn to leave the mind we can enter non-dualism easy.

Dualism

Dualism exist because of language, it is needed to describe “things” in requires “otherness” but still you are all. It just go in to unity (make love) with the god*dess* or the universe. You are one, all is one but to describe objects we create the illusion of separateness.

The enchanted object falling whistles

So the creation of an enchanted object + in charisma. Objects with great history attached to it as an certain allure. The better the story the higher social value it will hold to a girl. The best

object I have is a ring I got from my little brother as a Christmas present since he earns so much extra cash from all his records. Fucking yeah, I coached an STAR! Several actually :P hehe... The new earth is coming!

Passive resistance

Well coming to realize that you stand in front of a game that is rigged against you in such matter what you do you can't win. Then only option you have then is to play not to lose. That is mostly done by simply not engaging in the game that they play. This is a problem that we face in Europe since we did not have forefathers that wrote a constitution that protected the peoples interest from leaders by writing laws by witch leaders could be governed with.

Awake, the ego is gone

So yesterday I was out walking, got opened by two girls. It was one of the girls birth day she stated that she was horny. Well I tried to determine if I wanted to fuck them witch is against my principles, I am to serve girls with my cock after all. Walking down to the forest deeply in my mind, in frustration and anger a jack russle puppy came running to me like he had known me her whole life. It was so awake and filled with joy that it filled me up as well. So today when I read the manifesto the ego diapered, sitting feeling content for no reason.

Emergency

The journalist Amanda Ripley has asked the question "What do we do when we stand in front the unthinkable?" in the book *The Unthinkable: Who Survives When Disaster Strike - And Why*. She tells how people behave and why and how to survive what seems like a trip to hell it's 6 bullets for you to understand and to remember for what will come soon. Things will come thru you to news if you have learned to see the whole world as ONE planet you come to see a lot of scary things on this planet but with what I teach and Amanda teach will give you the tools to survive. Now six bullets to remember:

1. Learn to believe that you can change your situation

2. Learn to know your neighbors

3. Work on lessening your everyday stress

4. Train your risk assessment

5. Think about what can happen to you

6. Be prepared and in good physical shape

I want to add, watch the TV series, play the video game or read the comic walking dead. To learn to adapt you will soon understand. More here comes some of what the world and

Sweden is about to face. The next section comes from the blog I write.

GOD*DESS* IS!

Revolution in science is dangerous. There is one thing believing in universal consciousness another thing to know it as the result comes back from CERN showing that indeed quantum physics is. Giving us the understanding that someone had to be able to observe while there was no biological life, GIVEN THAT GOD EXIST or at least *dess* :* . Being that there is no death only end of material life and that there is only consciousness since all other is added on to that so that consciousness would be able to experience itself. Now I happened to have helped a man becoming rich from *dess* since he made a bet on my belief in science being able to prove that god exist. He might be a criminal by the way any how this would change what the biggest question is "is there a god" to why is there anything or why is she.

I walk up the stairs and a girl says from the reception to the halls of the hostel I have booked, hello Daniel? I answered yes. You know my name? Have we met? She answers no. After some sleeping I wake up. Some Latvian dude sitting there drinking some whiskey. The offer me some. So I drink. Later a couple of girls come they have some really premo hash. I get some of that to. Afterwards the Latvian shows videos on youtube of him

smashing clay bricks. He talks about how he can break bone. I realize that is his extra occupation as he studies for his master degree.

This is Matrim out in a world where Putin has taken aim on the fontanels of the earth, the North Pole. There will not be any ice on the northern cap this year, so Putin is really prepping his dirty gas and oil drills with his perverted army ready to skull fuck our environment. HA! take that you war mongering basterd. While he tries to create havoc in Europe by supporting Assad government in its warfare and pushing even more refugees in to Europe and ISIS is spicing things upp with their global terror. We also have to face that the Oceans are dying because of radioactive poisoning and oil poisoning. Plus we are over using all our resources but there is a silver lining, look for it.

Well, first of picking-up girls is not a sport, never really had but I need to reaffirm it since a lot of people with good mangetory skills go in en fuck my shit up with the wrong believes. I have not been able to do any work since I can't plug in a usb drive, that sucked and some memory of this weekend meeting some class members is coming back to me. Well, only two sexual experiences on the hostel since July. Fuck farting?! Showing titts, omg. Well back to the university then. Given what I have created in order to create social change thru a systemic perspective I

have quite a good possibility on becoming a scientist, if cannabis get's legal on a global scale that is. So this summer there will be no ice caps on the north pole. Poor Knut the ghost of the ice bear whispers from the ocean. A huge amount of natural resources get locked up and gas and oil dependent nations as Russia see's a possible economical gain in a failing economical system. Putin with his eyes on the screens in his new war room with a deadlock on the north part of Sweden, Finland and Norwegian. That requiring control over the Baltic sea. Humanity facing a lot of hard and big challenges but with a good out look to solve the global issues we are facing. With kickstarter projects as SOLU computing we humanity has the possibility to create a collaborative revolution against dictators thru peaceful means while also coming to fact that we need to face ISIL with a weponized military and face the complex issues that comes with children brought up in that type of environment. As we now as humanity enters the age of atomization huge new opportunity's to open up time for project resolving restoring the Earth. My ex-girlfriend that I spent a lot of time with lived in Kista, as we had seen a forging military plane passing the FOI and university center I watched how Putin had his military parade with nuclear missiles having the knowledge and method to analyses the situation I started to document everything I knew in case of my death believing that my next life here on earth would be better. I guess the chock of what I really could see was not that excepted by the pears, as they did not believe that Russia would attack. By seeing yourself going thru rebirth you come to always think several generations after yourself and by that I mean your ego. It became the manifesto. An integral transformational process to

help you evolve and thuse making you more attractive. The world feels like its really ironic after media now confirms that Russia did make an Nuclear war exercise against Sweden.

Well the refugee crisis is stressing the system out to its max, while there is a possibility of hybrid warfare using the refugees as a way of crating instability in Europe making it harder to go against Assad. I myself really hope for the humanity party's constitution vision will take hold in humanity as circumstances improve. I am going to go an visit the university today, I need intelligent people around me at the moment. The average coca cola drinking Joe does not cut it simply. Putting ISIL in the corner for a moment there. This shifts the global priorities for our global leaders. Going to be a bit of a ruff wake up after the American election.

So I have come to the conclusion from the standpoint of that the material world is a effect of consciousness and there for we are all god as one consciousness as in godface. Experiencing our own creation throe the eyes of different minds and meat puppet. On the small level We are All little me, in the sence of I am me (Name) but if we all are me and there is only one consciousness we are all me. We are me. So I guess our real name and the real name of god is Weme in English. If you ask yourself seeing yourself as Weme during questioning. What can Weme do for

this Earth right now. Alex Jones is having a mental breakdown, because he is an Trump fan. I hates trumps because he is like Putin. He wants war; he has money to earn on war. Weme needs peace for future mewe to continue growing with humans. Maybe Weme gets to go to other Galaxy's. Whilst Stephan Moluxe? says its war on rationality.

Man this is going to be awesome tsshehe. Now the next time you see a flowing meadow reflect on the fact that what you see is are a reflection of yourself.

Now repeat after me I stand above myself, NO ONE ELSE!

I have taken myself back!
You and me are one and the same.
With empty eyes and ears.
Open and energy projecting.
Silent in mind.
Melting together with my targets.

Weme needs to become more for the Earth to become as beautiful as a flowering meadow.

You are now free, rise you are a GEAR.

New lets flower the earth!

Zen game manifesto X

Flash redefined

Thought like bullets thru your brain, not possible to hold, observer or catch. Don't make me bring you back to the start. Emotions are just something that move thru you like waves.

Use your dick as bait

So this is a bit old realization but feel no shame over your boner be proud about it. Sometime when I sit beside girl I point down to the boner, do a kegle so she can see my boner move. Girl's faces turns red. In Estonia I had tucked the dick down the pants leg in my white Manchester jeans, oboy when the striper start tucking that one. :P

Your gear.

You are going to need a knife or 2 one as a reserve. Usually a multi tool knife is the better to have. With that you can build what you need. Depending on what time of the year it is you are going to need clothes for the occasion. I have slept outside in -20 C for that I needed 2 pair of pants. 2 t-shirts, 2 warm caps, long Johns, 2 pair of glows, 2 pair of socks and good shoes, a micro dune jacket and a thick jacket. With that I built a bed of pine wood twigs (pine have a greater thermic quality) I used a charismas tree as a wind shelter as I slept close to cement wall,

that protected me from wind cooling. 2 nights, one involuntary one voluntary (I had the chance to have sex with a girl at a hostel). A bag, a cup in metal, so you can cook.

Finding food

Well nature has the food you need if you have a book of the fauna at the geografic location. In urban areas while not being under a world ending catastrophe is the food court. A lot of people discard food before finished eating. McDonalds and Burger King during lunch time. The streets always have coffee and you will find candy and other things as well. Now protein is vital, you need it for your muscles so you can defend yourself. There is also food hand outs in the morning at buss stations and churches.

Hunter and gatherer

You might realize that you don't have all that you need, in the world of haves and have not's prioritize your packing. You will find what you need, when it comes to found food. Taste, if it tastes bad spit it out. Don't eat bad food okay! Coffee, weed and sugar can help you keep warm during really cold nights. That is because your metabolism will become higher, be careful with the sugar thou. That one can just as well bite you in the ass and make you cool down in a sugar drop.

Why you need to become an adult orphan standing against a catastrophe (That being a man)

How your parent sees you affect in many ways how you see yourself and how you see the world. You need to actually dump how your parents told you the world works in total when you standing face to face with a huge catastrophe. People go crazy and if you look good it does not matter if you're a guy or girl some will try to sexually assault you. You need to understand you're not as weak as your parents have told you, you were. In fact you're anti-fragile countless generations before you have gone thru a process of selection thru evolution you have been take forward as one of the survivors. Congratulations, you're now an adult. You can do whatever any other adult can do.

A boy has to die so the man can be. Only a man can become an husband.
Only a man can become a good father. Only a man can satisfy a woman's need.
Only a man can be a soldier. War is no place for boys.
Only a man can take full responsibility for his actions and Destiny.

The boy must die

Well I want to thank Eben Pagan for presenting this in man transformation. The boy must die, you need to kill the boy you were to become a man. Now it is not as dramatically as it sounds but you need to throw away all the things that tie you to your childhood (excluding photos) and enter nomans land and give up

the idea that your parents or society should save you or will. Now when what was your parents address you by [name] they talk with the fucking child you just killed. They don't need to know that. Now here is where you step in to your alter ego, the ideal self.

Yeah, today it happens now I just need to wash of my face and hit the street. Finally, I have removed that over tidy selection process I have had in the mind since I came back to Stockholm, given from Monica. Now it feels, like as any girl who looks healthy and attractive. I have no problems banging leaving her dropped wet in her juices. So this means I am back, I finally have beaked free, now Monica has one door in left, that is the boy Daniel's friends. It is the same here, they are talking to that fucking boy that is no more.

Fight

So yesterday I got in to a fight, haha it was not that bad. He jumped me first he of course wanted to have me down at the ground. I had already identified him as a kicker. He needed distance. I got one feet up to the ground, I grabbed his leg to hold him close. He hit me on the thigh to hold me on the ground; I use the affirmation Rocket power (I could feel noradrenalin coming on with that came dopamine). He kept hitting over my back and head as I try to re-position myself I got my right hand free as he screams he is like stone, it is something else in him. I hit him in the rib cage twice or trice. I could hear his ego break. Snivels

coming with each hit. A guy comes in a break it up as I load for a full slug in his face standing up, with some hesitation with the ring on. I start to walk they obviously had some plans of a gauntlet they tried to kick my feet as I walked away. One of the dudes do a jump kick at me hits where my kidneys are, I call for some by standers. The dudes run away to Husby. The whole event took place in Kista on the platform under the subway and above the bus station in Kista. These guys can't afford a commute ticket so guess what, no problems. It felt good to get in to a fight clearly I can take so much more than I thought. I did not feel fear at any moment. Just focus, I was the one in control the whole time. I got to choose place of the fight as well prepare myself for the fight. He is just a scared soccer diva, that means he will have knife next time so I can't go out to Kista anymore. In total I fought one but they were 2 and 8 kids trying to get in on the action.

No one really dares to call the cops in Husby and Kista this because fear of the gangs and the stone throwing scaring of the cops. This is a problem that the drug war has created, it is a symptom. If not the war on drugs ends humanity will not be able to evolve as they need.

Wehe I said the day that Nacy Ragan died.

Goal fulfillment

Well I found some hidden outcome dependency's one about deadline and one about goal fulfillment. Okay goals dont have to

be for filled, sometimes the only right thing is to let go of a goal that simply cannot be reached or for some reason as you come closer to the goal you realized it breaks against what your purpose or some ethical question. But remember this moral as society talks about it is needed to forgotten, moral is a measurement of how able you are to for fill your undertaking from energy, nutrition, emotional health and psychological health. When I was in the fight and was like okay this is a have to now it's a fight; time to fight. Well above almost everything comes the commitment to survive. In the moment of preparation of the fight as I walked where all the cameras where having time to think about where to have the fight and so on in the moment the epiphany came about goals and time frames are not something you have to for fill or must for fill. It looked different this time but I have come to the place Johan always take me.

Cake redefined, Eden (think, Come Eden)

I have been working a bit with a new type of spiritual magic here I actually discovered this during the fight. Now I asked WeMe to share her power with me during the fight and I am going to give it to you now.

Everywhere I look Eden is, Eden is Love, Eden is good, Eden is all. Weme to share your power with me. FLASH!

Sleep anywhere

Okay so I have slept on cement floors, outside in freezing cold, outside while others have had a party how did I succeed with this. Well I use the affirmation: Father time take me with, Goddess hold me home. An intense presence will come over you as anything that might bother you say, it is that, and that, and that as each thing arises as the last thing being is the sentence "It is that".

The flame

So walking down at Stureplan, a girl with a really nice body from the behind comes in front of me. She cut my path walk in front of me and start to wiggle her ass. It's good sign for me, my pulse rises a bit. I walk pass her she is taller beautiful blond hair but she is taller then me. I see her face, beautiful. But filled lips. Hmm, the fire I feel in the chest before a challenge ignite, mm now I want it. She is walking towards the bus station, I want a pause to take her in, to decide fully what about her that makes her my interest. I feel like this before diving from 5 meters height or going away 130 km/h with a snow mobile. I fucking love PICKUP AGAIN!

Godmother, godwife, goddougher

So during our life as men we get to meet goddess in different shapes depending on our age.

When we are small boys not ready to take on full responsibility for our life dess is going to be your godmother as you become an adult and a man, she changes for you. She will change in to you godwife or godlover, she is there to help you understand what you seek. To give you love and comfort as well as the lessons needed and translations from the other genders way of expressing them self. As you change over to the role of a father, she changes in to a goddougher.

Now its time to give up you child hood Dreams.
You need to be able to put your dreams aside for others sometimes or at least post-prone.

Spidy sense (Ego sense)

So sitting and listening to two guys on the commute train the stared to talk about their friend smoky who did not only sell weed now also vodka. Smoky wants us to come and meet his Russian friend. Hmm, signs of at least a criminal Russian having activity north of the center. I had been called by dess I got a new jacket from her and a new hat, disguise or style change. I would not have gone in that direction. I later have some guy tailing me, me in a new total durr state and the face of a broken man, hanging lip. I had pulled the hat down my eye brows, bag dropped. The dude pass by with a car, during that time totally relaxed. Now I need to take a shit just by writing about it. The thing is I just discovered a new super power, the spidy sense. Walking towards Kista science tower, a burning sense came over

my face and chest. I change direction after seeing a guy rubbing his chin running in to the galleria. I go back by the commute train home. I find food, raw hamburgers, a pot, and the things for a barbecue except the grill. But I made a fire place together with a guy that called himself Kjelle (angel sent). A ex heroin addict he told me some Somalia's had torched his balcony with a Molotov a short while ago. I asked him about who takes in heroin he says it comes from Africa or Asia either by Russian, Afganistan or African. Mostly here I see possible war profiteers. I grilled the burger, put American ranch dressing on it, baby lettuce and spinage with rocula and some grilled zucchini in a folded with Turkish bread (Yufka). That was a great fucking treat.

We are made for each other.

So this is sort of o I wished I did this, so I put in here in text so it will lay dormant until the chance come again. Walking thru the central station, just coming back from being pissed (I found beer) I see her. A blond eye contact locked, well I am not gaming right now I am heading to bed was my thought. But I looked back after I passed her to check out her ass she turn her head eye contact locked again. I smile she smile and her face go red. Now I smile and turn. I lock back a bit later to see her exited tell her friend about what just happened.

Next time I shall turn around and go up and open with, I believe we are made for each other then present myself. I am just trying to jump in to my girl pants see if it looks good and yes it does back in my Tarzan underwear again.

In to the danger zone

So it starts to feel really awesome, I have just disconnected fully from the psychosocial mechanism that is called society. And by that I mean denying any form of authority by disconnecting from any type of identity or what I would call information (that being anything that can have a Word attach to it).

Let your biological doll off the leach and become who you always where to be. You cannot be pointed at that is why myself is not with in the Me, Myself and I. It should be I, me the one that cannot be pointed at in any way that have no name that steers this character. Now much as Neo in the Movie The matrix you can actually reshape this reality, it is after all just information. You as consciousness might experience a glass wall in front of you between you and the manifested reality. You got it now! Cabin pressure restored. Now here the name you have, remember its not for you it is for others to be able to create a conceptualization of you in their minds.

Visor

So the glass wall can be lifted up, that can be good to do when you want to manifest something's into this World making it possible to get what you want in this Life. But don't forget to put it down.

Seeing the universe in a grain of sand

We humans tend to value really small things that is rare to come by. We get locked in to a paradigm of seeing object disconnected of our self and disconnected from what is the bigger picture the whole. Now infront of me I have a pen that is part of this universe I could say that it's plastic and metal and so on. But I could also say it's stardust like anything else in this universe, hell it is made out of the universe.

The female to male selection process. That is what I am looking

So it has been a couple of time now where girls just given me first a glare as I look for eye contact as she looks away she realize something and quickly turn her head back with wide eyes holding eye contact some looking a bit insecure or rather nervous, she likes you approach!

So the female has what is called a Menstrual cycle it tells the woman when start to "look" for good gen's to reproduce with. Day 12 or 13 the female body starts to produce the hormone LZ, unconsciously the woman starts to look for suitable gens. Suddenly she starts to come in to situations of looking at dudes in the mall with the thought "that is what I am looking for". Described in the top of this section, during a process of 24 hours the woman's sexual appetite will go up and she will look no further than gen's since here ovary do the talking. Here I use "We

were made for each other" opener. It is in these situations in the club girls will walk up and grab your dick or push herself in to the bathroom with you or just give you come fuck me here and now eyes and pose. If you have done your work right howning the RAS.

Fuck or not

So girls don't have that much time when it comes to reproduction, selection processes go quick. Actually if the girls stay with you she most likely is considering your gen's for her gen pool. That being if you not fuck her you might get to fuck her friends. There is nothing to worry about approaching girls in the street. The only thing here is you have problems shifting to a good social state, it is called resistance for a reason.

Humans are not naturally monogamous. (They may very well be naturally promiscuous)

Hmm, today I did a cold approach open, the girl was sitting listening to her mp3 player and I comment on her packing I ask if they are going skiing in the middle of the summer, she answers no its sun chairs it was followed by some vibing. The interaction was not leading to anything so I dumped it. She tried to re-engage but I was like the red head is not here they are going to Bråvalla, I have no phone. FUCK IT!

So sex is not a big deal Homo sapiens closest relative is Bonobo apes and they actually say hallo with there genitalia. Sex is always

an underlying frame in all male to female interactions. You need to have it set in your mind, your out to share a good time with the girls (that includes sex). If you don't give out a sexual vibe the girl will be confused and leave you with your dick in your hand.

Bonobo – Multimale – multifemale mating
"Our extravagant sexual capacity, ubiquitous adultery in all cultures, rampant promiscuity in both our closest primate relatives, the absence of any monogamous primate living in large social groups all point toward a non-monogamous humanity."

Categorization

So I want to take up the subject of categorization since now a days narcissism have become an epidemic. There is only humans, sure some genus has to play but biology takes care about that otherwise it does not matter if you are rich or poor or some other person is rich or poor, young or old, nationality or religion should be discarded don't let false constrain hold you back is all that I am saying, to you right here. Now I had the privilege of talking with an American naval officer (Sea captain) here in Stockholm now he told me I seemed to be a fine young man and asked me if I wanted to become an American citizen. I replied: Yes, sir that is something I have been aiming at. Now how about that, who's words are you now Reading?

Time is your alia

Well this comes from a guy named Alex he was previously employed by RSD. It is to help you understand that Sex is almost ALWAYS on the table in a Male to woman interaction. If you were to be stranded on an Island with some random super hottie. Sex will eventually happen that is just the nature of things, humans did become the dominant species by fucking like rabbits. So far humans have lived on every continent, there for if there have been both woman and males at the same place at the same time, it does not matter if its Antarctica; HUMANS WILL HAVE HAD SEX THERE.

Letting go

In the last stages of waking up there is but one thing left, letting go of the ide that you have achieved something. Sorry waking up is something that happens to you, that is why you have to meditate.

So I can't give up trying to save earth

Well humanity has poisoned the pacific ocean with nuclear spill. Cesium is water salium and is one of the main spills from the Fukushima. We also have the Atlantic ocean that with the oil spill and over fishing is heading to become more of a over algy grown pool without any real life below the surface. The air have a huge amount of CO2 that act out as a growth house glass that

with deforestation as a human foot print and also forest fires as something more usually as long periods of drought. Humanity is a sickness, but we can be a cure. Today we can break down CO2 to O2 and Carbone artificially, we can with help of chemistry change the effect of the usage of artificial fertilizer. But we are to busy making money on chemical medicine when we have by the help of our planet one of the most potent medicine, cannabis banned from the market. We have buoy placed out in every ocean that we can use to measure chemical levels, radiation levels, sea height. We have the possibility to measure CO2 levels locally on a global scale. Today with the internet we can not only stop humanity's effect on the earth. We can reverse it I am sure. If we start to replant the forest of the world rather then cutting it down. If we stop polluting our waters instead try to clean up the damage done. We can do that in a way that with the help of internet we can see how the result of such change will change locally on a global scale. We can simulate and project the results we can have on earth. We can build earth's respirator; we can change the *planet.*

Autonomy

It all have lead up to this, here is the key I were searching for and I am ready to share it with you. Now say with the commanding voice of that of an Sea Captain or Duke Nukeem inside of your head: ***I am in charge over myself. No one else and I pledge to fight for it to be, so it forever maybe. Either it be in the mind or in this World.***

Now your just a gear in the great klok.

The chain and the cross

As a reminder from the place where you should live from a chain hangs from the neck from there a cross hangs down just beside your heart. Live from the heart and with a open heart from there you are god force and you are unstoppable and always in a current unbreakable flow, you can pause in action but never in internal flow. You are raging god force, the force that created this universe. Still it's peaceful. Your mind and thoughts gets swept away. Your the cause of this creation, you can change it. All the others are just like NPC's. You don't take orders from any one, but you still can do a favor. You can also do "quest" for others but that is not taking any order, that is just excepting a service exchange. You are the ultimate authority in this universe even if others don't except that. Welcome to the army of Kings.

Zen game manifesto XI: Raise

You are extraordinary, my sons. Unlike anything the world has ever seen. Bowed in greatness, destined to protect the people of New York! A dark force is growing: a criminal organization known as the Foot Clan, so named because they step over the good people of this city with no regard. Their leader, Shredder, will come at you with ferocity. His Foot Clan will outnumber you! The people of New York will look upon you as their only hope. Eyes focused! Elbows locked! Stance lowered! Be one with the

blades! I know you are eager to answer their calls. But your training is not yet complete. The world below must remain your home. As your father, you must trust me and be patient. You are not yet ready to go above ground, but I believe when that day comes, when you rise to the streets, you will be responsible for amazing things.

The return

Believes

So believes are bullshit, what is real does not need belief. Now in the movie Inception they have a real profound allegory for how our framework of thoughts are built up. To be a free soul, meta-mind you can't have a framework other than that the brain is just a growth spurt on to what we label as consciousness.

So this come from a common hypothesis. The hypothesis is that the brain is a byproduct of consciousness and consciousness being something that cannot be pointed at the brain. My hypothesis is that consciousness is outside this universe and that the brain just is a connection port in to this universe. Now I teach how to identify with what is labelled as consciousness or soul. From their when you learn that you are at the cause of what goes on in the brain and that you can stand outside your mind. You get a new skills of being able to choose between different personas. You now can be different persons at different occasions. Here you can have vacation self and working self. Go from 10% to 100% sort of speak.

The Sight of an Archer

Now this task will be an easy one, it will give you the sight of an archer and take you to the here and now.

Now we need a string it will be for us during this exercises; and for you to keep with and to hold in your eye. Come back after you have it.

Good now when you have the string stretch it out and use it together with your eye measurement to get a sense of how big the distance is along the thread. Now this is how builders measures. An archer take the string stretches it out with his good hand from where the eye starts pointing towards a target; so his/her sight go along the string. Now you're eye measurement start somewhere behind your eye and ends at your target. That's good notice how any perceived problem lifts of your shoulders; here your first taste of freedom of this illusion that is called reality start. Now keep the eye measurement where it should be. The string is a survival tool and will serve as reminder for you as you ready yourself to become a free adult man. The eye measurement starts where you the soul are.

The Simulation, breaking out

Now reality is just a dream or a simulation if you so will. The movie fight club and the matrix has a lot to teach, but first guess what. The dream have to end, break free from illusion by breaking asunder all structures in the mind. Conceptualization, categorization, identity, opinions and ideas acts as viruses in the mind. What that does to you is limits your ability to express the true you. I am going to use a label here the divinity in you get locked out from this universe. You need to let the viruses of the mind die out look for the container of these viruses. Try to find the mind, that way they will not get energy from you and die out. We are slaves under a monolithic conspiracy, the monetary system comes from the idea of a currency. The usage of gold as a currency has existed since the building of the pyramids and is as old as the FREEMASONS. Guess why the pyramid is on the

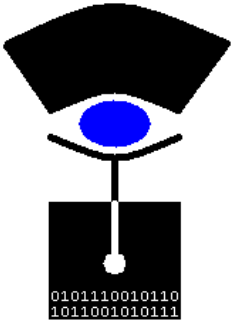
dollar bill. Now today we have all the mean's to build a system where we can all be free from this slavery that the banking cartel puts us under. The slavery of dept. But first we need to find freedom from pain. That is done by focusing and staying with any pain you feel.

Take ownership over your meat puppet

So the manifesto sparks the consciousness that you are to start to colonize the brain, this can be seen as something alien to others but in reality you become more of a real human. Most people have been so enslaved by their culture so when they learn that you can speak to the animal sides of yourself and that you can do things that they can't. They fear you, they alienate you. As you become more free and attune to your nature and what is given with the vessel or "host" you have been given from birth. They, the civil or the slaves have no clue of what they see and they believe that they are free because they have been given privileges. Hmm, yeah... What do you think freedom really is, if not anarchy? or at least something close to having free control over your time without having to fear starving or to die of thirst. Yeah, that's it right.

The models of reality

So the pendulum of development on the return path from reaching the pinnacle of development we see that society had colonized our brains, was it because of evil. Naww, maybe it is so that out of evil the freemason's don't let us develop fully? Hmm, naaw or maybe. It does not really matter it had to be colonized in away because we all need to learn of this world in order to become free.



The first stage that being a material person you only have the box with the 1 and 0 in it. That meaning that; that person is identified with the material and believe consciousness being on the effect side rather than on the cause side of the material. The box symbolize time and space and the material world being information (quant physics can be understood from the third stage).

The Second stage what seems too look like the body of a human or a tree becomes added to the image. You have now learned to identify with only the self all external shit has fallen of sort of speak.

The third stage what seems too look like a head comes in to play, you have reached your higher self and are in contact with your personal unconsciousness.

The fourth stage what looks like a sun feather come to represent the collective unconsciousness is what you have reached. That means you have come to feel when big and crazy events like terror deeds are happening as far away as the other side of the earth. You are in contact with all living.

The fifth stage is not a rank, but something you can do when you come all the way and you learn to identify with the whole image and you become one with goddess and stand speechless in her presences as she shows here self and her will to you.

Now the symbology seems to fit the freemason's:



The first stage that being a material person you only have the book. That meaning that; that person is identified with the

material and believe consciousness being on the effect side rather on then the cause side of the material. The book symbolize time and space and the material world being information (quant physics can be understood from the third stage).

The Second stage what is the compass connected with the candle, you have now learned to identify with only the self all external shit has fallen of sort of speak.

The third stage what seems too look like a constellation of stars comes to play, you have reached your higher self and are in contact with your personal unconsciousness.

The fourth stage what is an eye in the sky come to represent the collective unconsciousness is what you have reached. That means you have come to feel when big and crazy events like terror deeds are happening as far away as the other side of the earth. You are in contact with all living.

The fifth stage is not a rank, but something you can do when you come all the way and you learn to identify with the whole image and you become one with god and stand speechless in her presences as she shows here self and her will to you.

The coffin is a representation of how prayers come to be answered. Well I thought of it as information as Neo does it in the Matrix.

We can build a new system, a system that don't promote war, that don't promote conflict or competition in everyday life other that chosen companion. All we have we need to do is to make a choice to make the change and to commit to making it happen.

There is no need for a depopulation on the earth with the Venus project there is a show of skyscraper growth houses with automation, we have the capability to provide for everyone, but why does the Georgia headstone promote a world with only 5 billion people when we have 8 billion people living on the earth at the current moment?

Signs of wetness

First of in your genetic blueprint you have the knowledge of how to do this, always project you raw masculine energy

outwards from within. When females get sexual exited the pores of the body open up and secretion of all the glands start, sweat pours out and the woman's pupil's gets bigger. After a while the woman stabilizes at a more arousal state, the pupils are still big but the skin tone changes to a flatter tone. Also women get wet from any type of emotional arousal as long as she can relax otherwise it will bottle up in her.

The underline once are signs that the woman starts so be ready to have sex.

Signs of the woman being or getting wet

Fingering on the pants button.

Caressing inner thigh.

Put her hand on the **mons veneris**. Lifting her pants letting air in or out.

Waving her shirt/sweeter from the bottom end. Tossing of hair. She nibbles her lower lip.

She strokes her neck.

She uses her hand in a way that it creates a frame around her pussy.

She is stroking herself or touching herself.

My favorite is “holstering the gun” with her legs crossed she moves her hand in between her thighs, it’s where she is thinking of being touched.

Flags (woman showing interest in you)

So I wanted to give you an understanding of what flag is something a women raises unconsciously, that means that she is interested in you nothing more.

Woman linger around you; she/they make sure to be where you are.

Her legs or knees is pointing towards you.

She touches you.

SHE follow you around.

She gives you lingering eye’s here is a thing to know that women have very good peripheral eye sight they can just stand there and you get a sense that she is watching you, hoping for you to come over and talk to her.

She checks out your crotch.

She watches you with a dirty smile.

She holds eye contact for longer periods of time when she speaks with you if eye contact happens from a distance, she holds it for a second

She licks her lips when she watches you.

Zen game manifesto XII: Awaken

So all the things that makes you a slave falls of when you learn this. This section is for you to read to quickly come back to an awaken state if you fall out of it.

Finding back home

Well lets start with pointing out who you are you are the awareness the one that is aware of what you see thru your eyes or in the mind or hears the sounds that comes in thru your ears or comes to be in the mind the one who is aware of the emotions in the meat puppet you use. Now go further back, further, further, further. Now you should have like a sense of like almost hanging outside the back of your head. It's like the head has turned in to this sort of window in to this reality or world. Your back home :) . Now is there any distance between you and the space in front of you?

The shades

Well let's point out who you are, Soul. I hope you don't mind me calling you that, Soul. You are the thing that stands outside the manifested world. Behind all these thoughts, feelings, colors and sounds. Now if you were to feel the need to address yourself into that space you have that is called the mind, what would that be Soul? That's right Soul, Soul is what you are there is no who to it. Just Soul as the pointing address to what has attracted itself from God's head down/up (there's really no direction that can describe

it) to this thing called a human. Hello Soul.

The white robe of the dude

First think like from the perspective of the soul, as consciousness. From there everything is fucking cake. More so it is Hakkuna mattata. All just is, put some Eckhart Tolle on that and hold the manors of Eladija from the TV series of the originals and all opposition should show their full rot. Now they will try to get in a cheap shot at you don't go to hard on them, that meaning don't escalate the violence you use to quickly. Don't put a break on how far you are willing to go. That would mean that your willing to go as far needed to win but to carry a civil tone till the sweet end of victory. You're at the cause end of your mind. There for your always at the cause of things there is just a manner of cruising/strutting, retreating or charging, all things you do in a battle for love.

The frame

Sex with me is the offer to the women that they can't say no to. 4 time rule!

Wants

Wants and don't wants is the carrot and the stick. What happened to your will and wishes? Your giving your freedom away, donkey!
When others want something from you or out of you. You get a

burning feeling standing close to them.

The chain and the cross

As a reminder from the place where you should live from a chain hangs from the neck from there a cross hangs down just beside your heart. Live from the heart and with a open heart from there you are god force and you are unstoppable and always in a current unbreakable flow, you can pause in action but never in internal flow. You are raging god force, the force that created this universe. Still it's peaceful. Your mind and thoughts gets swept away. You're at the cause of this creation, you can change it. All the others are just like NPC's. You don't take orders from any one, but you still can do a favor. You can also do "quest" for others but that is not taking any order, that is just excepting a service exchange. You are the ultimate authority in this universe even if others don't except that. Welcome to the army of Kings.

God like?..?

The word spiritual does not cut it anymore spirit is a thing, it can be pointed at. Non-duality creates what is not here, cake then. Not quite but I am what's/who's not. All that is in this existence is. I am not. I am what's can't be spoken to or be addressed. There I am ready to die again. Earth has the only value, earth must survive.

The flesh

So the flesh is what you as a soul has been given as a gift from *dess*. It is an extraordinary thing that you can steer and control a meat puppet for you. Countless generations before it has gone thru a process of selection thru evolution it has been take forward as one of the survivors. Congratulations, you have been given an extraordinary gift from *dess*. Now this is an anti-fragile thing, thru testing you will see how strong it is. Thru that testing/trails fear will leave you and thru it you will become ready to face what *dess* has put you on Earth to do. Take care of him, make sure to keep the flesh puppet you steer is in good health. The flesh is your son walk up to a mirror and affirm. I see my son in the mirror.

Time will end

Are you ready to swear?
Are you ready to unravel?
Your unleashed.
Are you ready to swear, right here right now?
Now until forever.
Halo on fire.
Time is gone.
Your set free.

The Pipe, the shield

God can be communicated with but not addressed or spoken to. So [name] and the word you or yours is a shield, it's an image in

the one that speak the word's to you. The one reading this is what are labeled as consciousness or soul. That meaning the one who reads this text stands outside this universe. So now the one reading have a way of distance yourself from the sickness called ego. Now the one reading this stands above the creation, the one reading is god.

When it happens it feels like a wall falls down in front of you.

The Grid

When I studied system analytics I had an top down visualization with small blue dots representing people. The simulation was about the risk of getting infected with the swine flu. Seeing one of the blue dots as me; I came to the conclusion that I was just one in the crowd. But I was also the one creating the simulation, as consciousness that is what we are. We stand outside this universe. We are as consciousness what is not in the simulation, all we do is just play these small dots. On the grid of the simulation our little meat puppets run or walk around. But we are not the meat puppet. We are who's not and what's not.

The gamer paradigm

So in the manifesto part 7 I have the video game metaphor of reality. Now for a video game to be played it requires a gamer. That's you, god. god is what's not and who's not, the one that is aware. There also has to be a character being played. For the gamer to be an active role what has been programed in the character has to be removed. That is to take the name and identify it as who's not. Inside the character thought arises as you

move it around in the video game (the illusion of reality). To not lose control over the character you should not give the thought believes. Treat everything that comes to be as lies. Truth will survive anyhow.

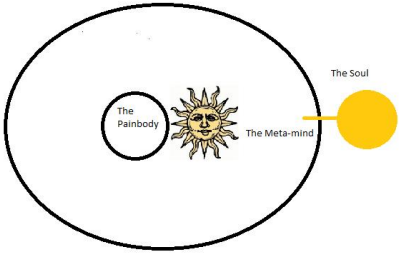
Now as a gamer you act as a king and commander on your life's mission and quest. You are the one in charge, the mind is your kingdom, do as you wish. The thing is you should not use the mind to figure shit out. The mind is also a tool and a servant you are its master. With silence in your mind you can make a short decision and let it automatically happen thru you. Now something that people forget to think about when Buddha comes to be mentioned is the fact that he was a prince and enjoyed all the privileges as a prince does. He had diplomatic immunity and he was to be a rule and law maker. I want you to see yourself as the one that decides the rules of what your allowed to do in life.

Zen game manifesto XIII: The spirit as software

So the Spirit as a "mind software". I came to see the spirit as a pies of software. Doing so I came to the conclusion that the spirit in many ways is just there to limit us from living out our true will and to be our self. It is there to building structure's in our mind's and in some point in history it helped us survive. But now it is no need for it, we as awareness/soul's/god have full capacity to live out a good life without a spirit. Now I am going to write

something that might seem as crazy. I believe that Jesus died so we could be free, not for our sin's. He was a human sacrifice showing that he was prepared to sacrifice his life even to those who hurt him. *The witnessing of his disciples teach of how he was and what you might to have learned in the end of this chapter you will understand*

The spirit of the Jesus Christ has a function it's job is to silent the mind and to be silent. Create him, learn from the testimonials from his **disciples.**
The awareness don't need a mind. The spirit of Jesus is now without a mind to live in, frozen and crystallized, not able to do anything just dead as he died on the cross for us.



Now the meta-mind come to replace the mind. The meta-mind is just a translation device for the silent knowing. It becomes the voice; you don't need to care what comes out of it. You can ignore it in total. Now wakening is painful process, that bullshit of idea or should I call it what is; a lie that had somehow trinket down in between you and reality is gone, society.

"Now thank *Dess* for what she has given you and the fruit that your life and labor gives, take no pride in what you have done. Now be thankful for what *Dess* has given you for it is her doing that have brought what you have"
If a structure is created then the mind has come back again, the spirit of Jesus is there again to remove the structure by silence the mind thus dying for you again to leave the meta-mind there ready to translate the silent knowing of the awareness that you are. This is you restore point. Now things are always as they are never like or as something else you need to remember that. Now the spirit of Jesus will waken to kill and forgive any invading spirit by silence the mind thus killing itself and the mind and put the meta-mind in its place. Categorization leads to your demise. Let go of the idea that you could ever have an image of yourself representing in any way who you are. There is no cognitive computation or words that can describe you the awareness.
Now you are the father of the spirit of Jesus Christ, you created him in your mind. He asked you to forgive, do so. The sacrifice that the original Jesus did, was just so you now can be free. He is your mind's "anti-virus software".

So the spirit is a part of the mind, meta-mind is free from spirit. They are all part of the brain. You the consciousness is above the brain. You stand outside this reality. What is awareness is where the connection point is. You can do and act without even using the meta-mind or the mind.

Opinions, must and should falls under structures.

All structures will collapse eventually no need to hold them together.
You are where your eye measurement start.
Father time will take you with no matter what, there is no possibility to backup, slow down or speed up.
What has gone past is gone; the future can't be reached.

The importance of problem defining

Problems points towards their solution I write about this after watching an old video from the previous RSD coach Alex it came from the you are enough paradigm. So sometimes you're not happy with how you come of it might be for example your voice tonality. In steed of seeing it instantaneously as something that you need to work with. Define your tonality down to the specific as a problem. For example, my voice sounded squeaky when I was sitting down. What solution does it point towards, maybe you had a sore throat or you were sitting in a bad poster, is working with voice totality going to solve it? No, changing sitting position would. Is the tonality really the problem then? No. Your poster sitting down is the problem. Also question is it really a problem, do you think a caveman would have had problems getting a woman from having a squeaky voice sitting in a bad poster. No he is a caveman; he can't have a good poster because his best chair is a fucking boulder or a branch of some tree. I guess what I want to say here is don't be afraid at defining and looking at problems you believe yourself to have. That is self-destructive, look at the problem and you will see the solution. You will see if it really was a problem or just something that you need to let go of. Mistake happens, they are called mistakes for a reason. You move on from those,

tune ups? Even pro need those. Problems exist in unfinished project; you are not a project. You are a winner, you won the most important race of them all. You the little sperm that you once was came first and you did not end up at the dead mans end… The ass, tsss.

Follow your will

Now this is easy all you need to want is to follow your will all you need to don't want is to do what is your diswill.

Group think

Group think has become a danger in this world, that thru anon. Putting any one as an anon and talking about opinions from a we perspective taking control over the social narrative. No wonder that so many voted for trump when anon go for him as a leader. Now Trump is a threat to world peace. It seems to be as such that we all have to learn to become comfy with the idea that we are totally utterly alone on our life journey, there is no we to it other than with life partners. But even those relationships are to be interdependent. The movement that has been built and hijacked need to take control over itself by creating total self-sufficient individuals only then our freedom can be secured. Few are willing to pay the price that freedom comes with, but it is worth paying.

Freedom comes quick and easy with awaken and the spirit as software. But only by my willingness to sacrifice my life for

freedom, freedom stays with me. Still, society create dependence for the individual. Therefore, there is the need for a quick way to restore yourself to who you are. But it is a lot to learn for you to come to a place where you can restore yourself quickly.

Weme think

So I want to take up the subject of learning to talk and think as a group without loosing any attachment to the self.

So when it all boils down to it we are all little me's together in a group Weme as you discuss with a frame of weme, the little me is always with in the equation. You are talking in a group sense but the dialog will stay at a me to you communication, not in a us communication. This is important when discussing things with politicians or listening to them. I want you to change the meaning of the word We to Weme, so you can listen to politicians without loosing your sense of self.

Unapologetic

100% trust in my skills
100% trust that I read the situation right
100% willing to sexually escalate on any girl
100% self-trust
100% trust that I read the women's signals right.

All systems active.

Sometimes no just mean wait, I have something to say (as I have a boy friend) or no don't cum.

Afterword

I feel like there still is something to say in the book Angels ride I teach you to be a soldier the sword symbol on the first page has a huge meaning when you understand what the fifth element are. If you are to raise that sword you have to understand that it will have to serve a cause, but you will still in charge over yourself. I myself hope to see the humanity party succeed with the endeavored to create a global *republic under a really good constitution that they have moved forward, but still I will be in charge over myself. At the current moment NATO is doing exercises together with the Norwegian military.*

If you like the content of this book please buy it as a kindle book or a paper back at https://www.amazon.com/dp/B01N8Z2K91

Spread the word to our brothers.

Spiritual manifesto practicality

So females love the high testosterone male, strength, stubbornness and will power come from this hormone. And to build strong muscles in the gym testosterone is vital and sexual lust and energy comes from this hormone.

Here in Sweden we have an institution that is called RFSU who's job is to educate and help the Swedish people in the bedroom.

So I buy a pre made-formula from the Swedish government THANK YOU.

The recipe for boosting your testosterone

Once a day

L-argine 2500mg or 7 eggs or 30 raw almonds

Folic acid 400 µg

B6 Vitamin 10 mg

Zink 15 mg

E Vitamin 20 mg

Vitamin C 150 mg

1 Cap of omega 3

2 brasilian nuts in the morning 2 brasilian nuts before going in to bed Cold showers 10 minutes every day.

Now it's starting to be the time to get rid of my bitchy attitude, eat fucking right and hit the gym 2 times a day. Roids is for pussys and Duke Nuke'em, time to fucking make a change in my life style.

I am currently working on my coaching software that is about helping people quit smoking, to test my product I started smoking again. Cus my first trail I had on 20 % success rate with from other people, this was not a good a naught result finding a smoker who really wants to quit is also hard. I made my self my own guinea pig and the result seem to give a good result.

Keeping your game incheck outside field

So I don't have time to go out more than 2 times a week and I have the feeling of my skill set sort of stagnating and as a programmer I don't talk so much at the job. So my verbal game is going down in a very high speed to make this change direction I went to the store and bought myself some dices. Story dices in fact, I use this to train myself to construct fun conversations on the fly. So when I come in the field I can use this to spark fun conversations.



If you where on Alex freetour you might remember the beard growing frog, you can add stupidity to the game, witch is fun and use expression.

Training for the dance floor

You have a dance floor at home, you can dance in the living room and in your imagination you can create all the situations you run in to in the field. So play out, pretend like the driver in rush prepare for his runs. Pretend that you have a girl there like a shadow boxer pretend that he has an opponent that he fights.

Pretend to do the twirls, pretend to do the physical escalation stacks. Use your imagination, pretend to feel the girl up if you so want. Use your previously experiences to make it work, if something has worked before it will most likely work again.

So when you go out to the field and it doesn't work with one girl dose not mean that it will not work for another girl. On the dance floor there are so many girls to choose from so just fucking dance, with someone or yourself!

Girls are going to flock around you, and use the "I do not give a fuck about what people thinks about me" mentality.

Flags

So I wanted to give you an understanding of what flags are I am going to give you a couple here, the more you go out the more you will see, and you will learn. All the flags are not here, sometimes out there you need to learn to figure these out for yourself.

Girls linger around you; she/they make sure to be where you are. SHE follow you around.

She gives you lingering eye's here is a thing to know thoe girls have very good peripheral eye sight they can just stand there and you get a sense that she is watching you, hoping for you to come over and talk to her.

She checks out your crotch.

She watches you with a dirty smile.

When you talk to here she gives you the anime eye's. She holds eye contact for longer periods of time when she speaks with you

If eye contact happens from a distance, she holds it for a second

She licks her lips when she watches you.

Before going out, get your alpha body language out.

So I figured out one of the key component that I had forgotten that is warming up your body in the field. So this is something that I used to do to keep myself assertive in the field get myself

in the sort of natural alpha male state of mind in the club. This is actually interesting cause this will actually help you out in the gym as well so you can do this before you start to work out at the gym as well cause it rises testosterone and for stress it lowers the cortisol. I started to remember this shit after I saw some cool video about alpha male behavior along chimpanzees that some dude had posted on RSD inner circle world wide.

First before you go out to the field/gym raise your arms up in the air big and wide! Stand legs wide a part for 2 minutes. Out in the field/gym do the alpha stretch witch is stretching one arm up in the air then while lowering that arm stretch your other arm up in the air. Repeat this a couple of times also do this a couple of times while the night pass on. This is in the ape kingdom something that shows that you are a high status aggressive male. Take up space its okey, I promise you that you have my permission. It will feel uncomfortable in the start but after a while you will loosen and then start the party and the approaches.

This will start to make more of an alpha male and also you will change your unconscious to tell you that you are the man, that you make the rules. That you are the one that is the boss. You will become more assertive.

I actually forgot about this after my night in Tallinn I think this must have happened when I started behaving like a total psyco.

And afterwards I was not behaving that much as alpha male neither I body language or mental. That means I stopped to be **assertive** and **decisive** and **aggressive** and started to behave more and more like a little bitch!

Any ways in simple fake your behavior to become an alpha male or in more simple terms over all fake it till you make it or fake it till you become it.

Zen meditation

So how to do zen meditation.

Start with 3 deep breath where you let and feel the body relax as you breathe out. You start to feel the pull of gravity on your body as you scan thru your body. Feel what parts that seems to be more tensed and what seems to be more relaxed. Remember nothing is right and nothing is wrong. Start to feel your inner body's energy and if you have not start to feel your energy field you can feel it now. And now the energy of all around you. Let the boundary between the energy field of the body and the energy of all around you fade out. Now start counting your breath from 1 to 10 start with one as your breath in and two as you breathe out. If you lose count it does not matter just start over. Do this for a while. Then stop counting let the body do the breathing for you and let the mind do whatever it wants, just observe as the thought come and go, now start to do the same with the feelings, let them come and go. Sometimes thoughts

come and attack you, sometimes it tries to lure you with them. STAY FIRM and observe, let them come and go be one

with all. Start to feel the air as it fills the lungs with air and feel the air as it exit.