

Life

Darkness & Light.

A Manuscript/ Documentation

By

P Harrison.

.

Introduction:

Life .. What a thing to exist...

Both dark, and light.

For some, the darkness of life over powers us.. For some, the light over powers us..

For some, the darkness & light of life is balanced within us..

This is my journey through life.

Only you can decide what to make of this ..

I don't even know where to begin this bull shit, I don't even know how to write a fucken book. I don't give a fuck anyway. My book, my words, my way, full stop.

This book is suppose to be about everything I think, see, feel, know, do, dream and what ever else. Just another document kinda thing really... Someone told me I should write this. Maybe they're right, maybe not.

Either way, It's worth it.

Why? Because in my mind, eyes & soul, its one step closer to helping humanity and the world gain their hearts & souls back.

But like I said at the beginning, I don't know where the fuck to start this. So I'm going to make my head talk to me, the paper and it's self so that I actually can write something down...

If you don't understand what I'm talking about, or if I start going off track, that's the reason why...

However, to help you understand more, pretend you, the one reading this right now, are talking to yourself both physically, mentally & emotionally.

THE DARKNESS

START:

I feel nothing but darkness most days... I guess it's my own fault in a way.. But I've always believed that one person alone is never to blame for the pains in life ...

One of the first things I think of when I wake in the morning, is how shit the day's possibly going to be for myself. I usually try and think of things that I can do to better everyday and move myself forward and up in life, but honestly, I just don't do it.. right down to making my bed in the morning, which would help me a lot if I did make it each morning ..

Fuck, I'm surprised I'm writing this book to be honest!

"Because your a fucken delusional drugged fuck that doesn't do shit but fucken daydream, that's why you ugly fuck"!!

I probably don't do anything I think & say I'll do in the morning because I'm too gone out of my head all the time, smoking too many cigarettes and smoking too much marijuana...

I can do things and I'm not a lazy fuck, but yeah, I don't know, I guess I'm in self denial & doubt most times .. I end up sitting there, staring into deep space most days, casually thinking about everything.... and I do mean everything.....

I just froze, wondering what to write next...

One of the main things I think of is people. Everybody thinks of other people everyday, so it's only natural to... But I wonder what natural really is?

Like, the thing we know as modern day life and society isn't natural obviously, but what if it were natural? In the end, there's no confirming that any thing is right & wrong in life.

How are we meant to know what right & wrong truly is? Just because you feel it's right, it doesn't mean it's right..

Kinda like when you cheat on your partner, or even flirt with someone else whilst being in a relationship... It's kinda like both right & wrong are mixed, and your in this little world where you make the rules, and right & wrong do not exist though they do. So imagine if that was applied to your everyday life perhaps?

"Its just a fucken thought you useless fuck!!!!!!!!!"

Sorry, just talking to myself again.. Fuck it.

FUCK I JUST FUCKED MYSELF OFF AGAIN BECAUSE OF SOMETHING THAT TENDS TO HURT ME EVERYTIME I THINK ABOUT IT!!!

Give me a minute to roll myself a cigarette

I happen to loose myself out of the blue all the time, and its like nothing in my physicality exists anymore, except my physical sight

To me, it's sad to think about the many things that tick me off, because it usually involves another person or event that brings pain into my life, but I didn't see any sad or good in loosing it. I was lost, hence why I'm so fucked in the head. Fuck I'm gonna rip that fucken shit feeling in my chest out soon!!

Fuck this book! I'm wasting my fucken time!!!! I'm just doing what I fucking do to myself every other time I think! And that thing is 'pissing myself off'!

I had to go and fuck myself up for a bit just then, so that shit doesn't get to out of hand for me.

But anyway, people in general & over all really do make me thin!

People are involved in every single thing that we do, think, feel and know. That also seems to slip our minds when we do shit on the regular.

Fuck, I don't want to write this next bit, but it won't leave me alone..

I struggle saying this word, and for good reason. We all know that reason, and that reason is because it's the most powerful thing in existence

That word & thing is the L word

"Fuck I don't... no.... fuck off ill write it!!!!!! What if I leave life soon or tomorrow??!! "

Love... That's what I wanna say..

Love...

Love is one beautiful, yet fucked up thing.....

I'm going start off with *relationship love*, or a significant other type of love, just because I can.

You can 'love' someone, or something one second, then the next you don't... So to speak.

Maybe it's because the comfort and feeling you once felt from it, or thought you wanted from it, all of a sudden died for no reason? Maybe its because your

needs are fulfilled all of a sudden? Maybe it's because your lost in general?
Who knows, only you know...

For me, I once locked that love away, so that it can never affect me negatively
ever again

I will never mention that reason to the public....

However, I will explain another reason to why I chose to lock it away, and this
is something that not even my closest peers know of ... until just now.

People that know of me, tend to think that I don't go out and find someone
special. Well, I can tell you that I have, many times. Why do I say 'many times'
you wonder? It's not because I'm a fucken slut bag that wants something to
fuck in bed, but it's because I was never given the chance to have that special
someone.....

Perhaps it's myself looking in all the wrong places? It could be myself as a
person over all and in general!

You just never know someone else's reason for not wanting you....

But really, if you think about it, we humans do often say that we're all human
and we're all the same, which should bring us to love each other no matter
what, and be there for each other as a team!

However, when it comes to the crunch, we tend to practice the total opposite
of what we preach, inside out.

So with that being said, I find myself wondering yet again, is it me looking in all the wrong places? Do others really not feel anything towards me? You decide from your own point of view and experiences.

When you have the time, sit there and really get into depth about the meaning of love. I think you can find it if you face and accept everything that made you think, see and feel what love isn't. I don't mind giving an example:

Say there's somebody that you fancy. You want to know everything about that person. You want their time, you want their smiles, you want their pain, you want their touch, you want what's inside their pants, you want to protect them and be there for them. Basically you want everything to do with that person! You want to be the main thing in their life. Literally.

But what makes you want those things from them?

Is it the way they look that makes you want all of these things? Is it a sexual energy pulling you towards them? Is it because someone finally understands you? Is it because you just happen to feel that person?

When you start to kick things off with them, and once a bond starts forming, is it for comfort? Are you wanting that other person just to fill that empty, hurtful feeling that resides inside of you? Again, only you can decide that. I just hope you'll be okay throughout it all.

I remember this one girl I had feelings for, and I wasted quite a good period of time on her.

She & I were good friends, best friends if not! She was literally the only female that gave me her time after I locked my heart away...

I remember thinking to myself "*I literally have no chance in hell with her*" the first time I saw her, and little did I know and feel at the time, that happened to be true... haha.... what a rubbish fuck....

Not her, me.

“Fuck off, I’m not rubbish!”

“ Hahaha yes you are.”

I honestly felt light as fuck when we became close!

The only side I knew of her at the time was the side of her that we know as ‘good’ (I’ll explain why I wrote good between those little line things in the top corners of the word (‘ ’) later on). Please don’t judge my lack of punctuation knowledge by the way.. Ill rip you into nothing if you do...

However, I had a feeling inside of me that was telling me she was wearing a mask... it turns out she really was wearing a mask like we all tend to do at times.

I just didn’t understand at the time! Why she chose to hide her flaws & her darkness from me, but not to the rest of the world.

Was it because she was scared I would judge her? Was it because so many had judged her already that she couldn’t take anymore judgment? Was she simply trying to re-invent herself for a fresh start?

A few years later, I learned that her flaws, and the side of her that everyone saw as dark, were the only sides of a person she saw when it came to a significant other .. That was after her heart was broken

But honestly? She’s not ‘dark’, she’s not ‘bad’, she’s not ‘cruel & selfish’, or anything else that she, as well as others label her as!

Though others see the ‘bad’ side of her, and though I only once chose to see the ‘bad’ side of her when she hurt me, she sure is beautiful, both inside & out!

I remember the first time I asked her out, but it was a no go, just like every other time I hopelessly attempted.

She told me *"it's the person you are"*, and I now understand what she meant ... I just thought we were all equally human .. That's why I kept asking her, because we all have flaws, as well as being a certain way others don't understand, which makes us equal.

If she should ever choose to read this, I hope she knows that I'll always care about her, and I hope she can see, remember, and feel just how much she's worth and just how special she really is, because I know for a fact she truly doesn't, just like me at times.

Anyway, from that moment onward, I crowned myself the king of nothingness and locked my heart away, again, because after trying so many times, and not just with her, I never got that chance to have another special someone... My special someone before her was nah ... that's for me to know and hold fuck off.

Over all, the main thing I learned from this experience, is love truly is the strongest thing in the world, equal to other things of course.

It can make or break you, anytime, any place, any day, any night.

Love is strong...

It's the very thing that confuses us, blinds us, hurts us, wrecks us, and changes us. But it's also the thing that makes us, comforts us, empowers us and gives us that smile inside, even for the shortest moment. It has the power to make you who you are, without you even realizing it.

My opinion? Love those who love, love those who are blind, love those who are confused, love those who hurt you, and love those who hate. Not because it 'kills them inside', that's just childish! Love them because they're you, no matter how much you wish to deny it.

I mean, we humans tend to often say that we're different from everybody else, and to me, that's kinda true on the outside in physical form as well as some things on the inside. Heck, my twin brother & I don't look the same! We don't even like the same things! (Nearly).

But the one thing that makes us equal and the same, whether your covered in tattoos, gym fit, obese, ginger, stylish, classy, hip, happy, sad, hard, soft, whatever, is the fact you live, you feel, you breathe, you see, you smile, you cry.. You exist.

We really are the same! We just happen to be blinded by things we think and feel wont hurt us, as well as the things we think will comfort us. Only you'll understand and know what those things are.

As long as your okay, that's all that should matter. You got this on lock, who ever you are dealing with any of that shit I just wrote.. You'll love everyone someday.

I apologize on behalf of everyone to anyone who has to deal with people that want them for their looks, but not their interests, personality etc. That shit fucken hurts and can damage your chances of knowing the art of love..

Fuck... ..

I know that if, or when I get the chance to love again, I hope we're a team, I hope we get through anything, both 'good & bad'. Lets try our best, who ever you are, because our attempts in all that we do will always be good enough, and gosh it'll be the best damn thing that anyone has ever seen!!

As for family & friendship type love, I think the same things apply in some ways.

Some of us have certain friends only because they possess something we like and it fills us inside. Some of us have friends because they're doing well for themselves and we want to feed off that to be somebody or feel like we're somebody. Some of us only want to know our 'friends' when we need something (as stated previously). Fuck, we even have friends of the opposite gender just to try and get into their pants or have them in our lives because of their looks! Even though most of our opposite gender friends end up being people we may have a thing for or fancy, there's many reasons. Only you know your reasons.

Some of us have friends because we can't stand being alone. Some of us have friends because they share the same interests as us! Then there's the type of friends whose energies & auras automatically bond with your own, as it is with my own friends.

The same can apply with family believe it or not! I've seen it in my family far too many times!

I think what love is over all, is the acceptance of others. If we can actually truly see and feel what love is, I think we can all learn to love not only ourselves, but each other. No matter who you feel you are and what you feel your worth, I love & appreciate you if you feel like no one does, you count and matter too, full fucken stop.

I hope we love everything we're a part of someday, just like we love the things and ones of which are most dearest to us.

“Fuck it’d be so stupid and bull shit if somebody that fucked me over in the past tried to come back and apologize to me... !”

“But, you cant feel that way! You just said that you accept everyone?”

“Fuck you, I’m not in the fucken mood to deal with any of your fucken shit that makes me turn into you, you fucken rubbish fuck!!!!!!!!!!”

Love... the L word What a word, what a thing to exist.....

What else do I think about? Shit that's labelled as mad mainly. Madness seems to attract and interest me a lot.

Fuck, what a dumb fuck! I was suppose to say why I wrote 'good' in between those bracket/ speech looking symbols!

The reason why, I should say 'quoted' the word good, is because I think good and bad do not exist, but they do if you get what I mean. I guess an easy way to explain it is using jewellery as an example. It's seen as a fashion statement, but not in the life of someone who is very spiritual... sometimes.

It's fucked up, just like everything else seems to be.

Anyway.. growing up, I was always taught about the 'light & darkness', 'good & bad', 'right & wrong'.

I was always told when something was bad & wrong, as well as being told what was good & right.

Yes, somethings are definitely 'wrong'! These are the things we look down on, things that nobody wants to bring forward. Things we ridicule.

We don't know what causes these things, and we never take the time to see why, nor build the courage to discover their reasons of being. As hard as it is to admit for anyone, and as much as I'm gonna be hated for it (say you hate me, see what happens ...) , but slamming someone for something we feel, think, see and know is wrong, is pretty fucking judgmental if you ask me! It's like we're not willing to actually listen, understand, and help, but instead, we choose to crush, just like my head's going to get if it doesn't SHUT THE FUCK UP!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

As I said before, yes I know that some things are definitely wrong, but in the life we've been blinded from, what is right and wrong? Does it exist? Or is

everything for a reason we haven't yet discovered or even thought of? It'd be like discovering and confirming that aliens exist! As an example of course.

When criminals commit crimes, it's as if right and wrong & good and bad don't exist, but on the outside, they exist. That's what I mean by them ot existing, but they do.

I don't blame you all if this is all up the shoot & a huge fucken mess ...

I'm also an example of good & bad, light & dark, right & wrong existing, but not existing at the same time. I literally turned into the most unlovable, most shit, most cruellest human that anyone could ever meet!

I judged every little mistake that everybody made. I talked about people and didn't tell them to their face. I even betrayed someone before, a few people at that.. All because I'm a piece of shit, just like we all are.

I thought I was right, I thought I was tough, I thought I knew everything, but no.

"Your a fucken ugly hearted fuck! You really can be the ugliest fuck known to life!!!!!!!!!"

"Fuck you, at least I admit it you self glorifying fuck!!!!!!!!!"

And yes, I've lied, many times... I can't even give you a number to be honest... haha .. to be honest ...

One day, I was sitting there, smoking marijuana like a fireplace blowing smoke, and I thought to myself:

“Why the fuck are you judging everyone? Why do you only expose the bad in everything and everyone? Can you really rightfully judge and put a label on what’s right and what’s wrong?”

It took me a while, at least a few weeks to come to terms with the fact that I was a complete ass hole. It makes me feel guilty every time I think about it, but it’s okay, because that fact of how I was is now out there in the world.

“Your still the same you ugly fuck, no love for anyone but yourself! But your worth it, others just don’t understand.”

“STOP BLAMING OTHERS !! FUCK I’M GONNA KILL YOU SOON YOU FUCKEN BULLSHIT FUCK!!!!”

Excuse my head, it likes being an asshole to me.

When we do things, we think about the things we choose to do before we do what we feel like doing. We also think about and know what we are doing while we are in the act of doing whatever it is we want to do.

It’s quite hard to live with when your around others if you do something you feel is wrong in their eyes.

I never thought my actions that I felt were ‘fun’ could affect another so harshly. If your a sensitive fuck like me, then you’d know that it’s the end of the world when someone you have the hot’s for is interested in everyone else but you. What’s even more fucked up, is how that very same pain hits you when they seem happier around someone else and not you because your not good enough for anyone!!

Fuck I feel like smashing this cup over my head! Maybe even another person's head that smiles at me and it looks happy!

"Fuck you, this cigarette's better than you, you lonely joke that trips off every single thing you become a part of!!"

Shit, sorry.. fuck

I had to re-read what I was saying, right & wrong shit.

Things that exist but don't ...

The dark side of me, a journey I live through because the light is fused out..

I know what caused & still causes my dark side to dictate me ... Just like you know for yourself.... .

When ever I feel unhappy about something, like if something happens that hurts me, makes me angry or whatever, I tend to let that pain turn into anger and hatred, and unleash it upon anyone and anything within my reach, even beyond if I can help it

Say for instance, somebody had betrayed me. They may not see it as betraying me, as well as everyone else not seeing any betrayal, but I feel as if I'm being betrayed.. Like, a woman told me that I was special, and she may have even said no other compares & I'm one in all pretty much, but then she practices those words to another but you.

Only a soft sensitive fuck would understand, maybe ..

All of a sudden, my view on her changes, but my previous view of her remains somewhere on the side.

My thoughts begin to change about her, yet the good in her tries so hard to fight, but it loses every round.

My feelings go from hopeful & loving her, to pure purple & black blooded death.. It seems as though she is the most worst person alive, and you finally feel that she betrayed you, lied to you, used you, fucken laughs at you, doesn't give a single fuck about what you do or how you fucken feel...

“Fuck every single thing in your path, view, mind & what's left of your so called heart ... Kill everything, hate everything, don't give a single fuck about anyone and thing... Just hope that they never leave you while doing so.. ..”

“Hope that they miss you.. Hope that they think of you.. Hope that they feel for you... Hope that they return to you.. Hope that they feel sad for hurting you.. Hope that they need you.. Hope that they love you”

You do all these hurtful things in life, but they don't seem hurtful to you, and you don't care if they are, but at the same time, you do.

You don't see the affect it has on not only others, but life itself, as well as yourself. You know that things will never change, but you know they might.

You just hope that something goes your way, and you hope that it's the thing that you dream of the most, but deep inside, you know its hopeless.. You wait for the day your able to live in that special moment that wonders about your mind and soul.

I hope it happens . . . Someday...

“Pfft fuck no, it’ll never happen. It’s all with someone else, it’s nothing to do with you, and your not even in thought. It’s true, the cause of the pain is true, and it’s out there, right now, your being lied to you mixed up cry baby!! Grandma’s boy, that’s why that girl didn’t love you!!”

“Go away ... Fuck you..”

Its the next day, nearly 20 or so hours before I started writing this messy crap.

I wake to the day that really fucks me off the most ...

Valentines day.

“If anyone fucken wishes me a happy Valentines day, then I’ll fucken kill you Fuck you all anyway!!!! Loves a fucken myth & it always has been you fucken stupid, positive love birds!!!!!!!!!!!!”

You continue to inflict any type of pain that you can onto everyone, both physically, spiritually, mentally & emotionally.

Hurt people hurt people

Hurt people love people...

You can easily hurt others based off your own pain.

You can easily love others based off your own pain.

I do tend to hurt others because I’m thinking & feeling that pain in my head & what’s left of my heart, and I make it seem as though I don’t give a single fuck about those people, but I can also look out for them based off that same pain...

Good deeds are more likely to go unappreciated and unnoticed, but its the deed itself, and the intention of that deed, that defines what you take from doing that deed, whether it be rewarding or not.. who gives a fuck anyway. ... I give a fuck ... I think ..?

Loving not for self gain, but for the intent of giving what you never have yourself, is something that's hardly there these days, yet remains closer than arms reach.

Being there for others is one of the most bestest things you can do in my opinion! You just never know what someone else is going through in life.

We tend to wear a mask in front of others (as I stated earlier in the love section of this book), we even wear that same mask when we are alone, never crediting the pain and pushing it aside along with the ones that stand in its path .. apparently that's another specialty of mine.

This is a reason I try my best to be there for others, even towards the people we see as strangers & enemies.

Again, you just never know ...

I don't Know if you see it, but that's an example of how dark & light exists (right & wrong, etc.), but also doesn't exist.

It all depends on you. How you think of it, how you feel about it, how you see it, how you speak it, and how you walk it.

When we do things, we tend to hide it. It's like labelling someone an asshole when your a fucken asshole yourself. It'd also be like judging the fact that someone likes rock music because you hate it yourself, but you listen to another genre or style of music that's probably just as crap.

Thinking, seeing, feeling, and saying something's the right thing or way, and other things are the wrong thing & way, really does make you think.

"Fuck whatever it is you like and hate, kill everything! You don't even know what the fuck your on about!!!!!!!!!!!! Write something fucked up & lost, you fucked up fucken bullshit fuck"

By now, everything I say and feel, think and see, is all turning judgmental and rubbish in the view of others.... as well as myself.

I find myself thinking about all of this shit when I'm either stoned, thoughtless (yes, thoughtless), emotionless, alone, happy, chill, with my brothers, even when I'm half dazed at a bar.

I don't always think, see and feel things that have to do with what we know in this life, no way! If anything, I think of things that are seen as 'impossible' and 'a fucken joke' to at least 99% of everything in this life's existence!

Most nights, I'll be laying in bed, just after a cigarette, one of the best times to smoke a cancer stick. It feels like something's watching me in the dark after a few minutes.

It could possibly be those football headed grey alien fucks, it could be those shadow people that stalk you in the night, or it could be those pussy fucken sleep paralysis 'demons' that catch you at your weakest, but refuse to face you when your fully conscious.

I've had many so called paranormal experiences like so many, if not everybody.

One of the first and most vivid paranormal experiences I ever had involved *grey aliens* ...

Fuck them Maybe.

I was all but 5 years old, the first time we saw each other (the grey aliens and myself). I'll admit I was fucken scared ...

I remember laying on a bench surrounded by nothing but a white dim yet bright glowing light, as if it were something from a hollywood sci-fi movie.

Three aliens walked up to the bench I was laying on as if they were about to perform surgery on me. I woke up straight after it happened, feeling so terrified, as any 5 year old would feel.

It could have been a dream, because I've always been attracted to that kinda shit. I guess some of you may understand with the *laws of attraction* I guess.

As I grew older, different dreams of aliens occured. But as each dream happened, and as I grew older, I managed to take control of what happened in those dreams, and what the aliens could do to me & stuff.

There was one dream, maybe 3 years ago from this date where I was able to fully control what happened. I dreamed that a UFO tried to come to me for an abduction. It was behind a huge blue gum tree & a pine tree in the creek at the back my home.

I looked at the UFO as it silently hovered towards me in plain sight, I told it to fuck off or else in a telepathic way, then it disappeared ...

Seems crazy to the ordinary, but then again, what is crazy?

A brown one tried to take me in my last dream I had involving aliens. It learned why it shouldn't the hard way, the lousy fuck ...

I've always felt as if a strong connection is there between myself and all kinds of alien species!

It wasn't until my father's father's 70th birthday, when I had the most understanding, most pin point answer to why that connection could possibly be.

I never knew my grandfather growing up, less than I knew of my own father anyway ... I always knew where he, well, we, were from, and a little bit of family history, but I didn't realize just how fucked up that knowledge really turned out to be!

Like many native families, they believe that they come from either the land of which they first occupied, or they come from another world or a higher entity.

To make it seem like sense though its supposivly mad at the same time, grandpa said that we are the *star children*. The first things you think of are outer space creatures.. some may think of spirituality.

To simplify what grandpa told me, a bright light from the sky came down and rested only centimeters above the ground in one spot, and it was the place where our ancestors were cast down into (hell) by todays so called 'god'.

Our people moved their tribe to that spot, where it remains to this very day. The tribe were previously settled in between 2 of 5 mountains. Those mountains are called *Mt Hikurangi*, and *Mt Aorangi* (pronounced in Maori). I can't give you a translation of the names, all I know is that *Mt Hikurangi* is apparently the first true place on this earth that the sun touches in the thing we know as 'time'.

That story has me thinking of other historical things in life..

“This is another reason you don’t have any fucken friends! Look at the shit your writing, read it! Who the fuck wouldn’t laugh at this and throw you back in the dump where you belong??!?”

You are going to believe what you want either way... That’s your own right.

There’s too much going on inside your head all at once, even when you think it’s not there ...

You begin to go off track, where anything could happen, anything can come to your mind, and that shit usually sparks what you do, and who you are in the moment. Pretty much anything to do with yourself.. that’s me..

I loose it at the smallest shit. It’s pretty much the end of the world for me when I’m in that moment, others just choose not to see & accept it.

A reason I go crazy alone ...

It’s so easy to snap and make a verdict out of a situation or many, and it’s hard to get yourself back on the ground, what ever that may be for you....

I’m now writing shit just because I can’t fucken think of anything..

Why the fuck am I even writing this fucken shit for anyway?! It’s so easy to forget, no one really wants to hear it, or give a fuck about what another has to say. How another see’s things. But if they do, they’re going to fuck you up for it....

“Make sure you tuck your fucken head away and hope no one knows you fucken exist....”

“Why the fuck should you help anyone??? Those fucken bastards are gonna fuck you over, run all over you, and fucken use you again because they know you’ll always care & give a fuck about the stupid fuckers!!”

“Force the word ‘fuck’ out as hard as you fucken can, put it into every fucken action you take you fucken fake fuck!!!”

I don’t know, I had to let that out....

“Fuck your mouth up!! “

Ignore that..

“Fuck you, it’s there in plain fucken sight!”

I’m beginning to think that those spirits of random ‘evilness’ and ‘craziness’ that don’t make any fucken sense to anyone but myself, are caused from thinking of doings and people that have affected me negatively, as well as positively. Things that happened in the past and present, even in the future, if there is one involving another.

It seems like I dictate everything based off others which is fucked and judgmental in the eyes of society, but my reason is because the things that have happened to me in the past have left a long lasting negative affect on me, and they often involve another... things I refuse to let go of and deny to see the truth of.

It’s fucken mad, but I understand ...

I'm contemplating if I should go with the temptation of drinking a cold beer in my beer refrigerator, but at the same time, the thought of alcohol brings back memories of pain

It's done cruel things to mankind, but also 'good'.

"And no I'm not talking about drunken one night fucken stands!!! "

"Fuck off with your one night fucken stands you fucking pathetic fucks!!!!!!!!!!!"

The first thing I think of when I pop a cold beer, is a cowboy's story, sung in a country song that turns out as a joke to society I listen to country all the time. Try and laugh at me in my face, I'll fuck you right where you stand!

"Fucken assholes that are quick to assume, fuck I want to rip your fucken throat out and make you eat it!!!!"

I want to have a few bottles of beer to run away for a bit. I need it before the rest of my words I write throughout this whole thing turn into more of a bloody war field. Myself vs myself..... that war has already begun, as you can see.

"Fuck anything that fucked me off, hurt me & betray me. Fuck everything that used me and remains to. Fuck you reading this fucken rubbish fucken bullshit I'm done, gone Fucken dead ..."

Afew hours later, and I'm nearly drunk, correcting each word that *Microsoft Word* is dictating as wrong. There's only a quarter of a pinch of people I'm currently thinking of, and the sad thing is, all but one do not exist to me anymore.

It's apparently time I go to sleep, but the temptation of pain killing is so much in my reach at this moment, it's like I want this feeling to continue on, but what good and self gain will it give me in the end?

Fuck myself for not even currently knowing what I just said means... Have 5 bottles of whiskey, and drink them non stop, with a 5 second period between each bottle, then stop and think of what I just explained, if you can be bothered.

I wake the next morning to find out that I wished an unreachable & impossible 'love' a happy valentines day...

"Fuck... You stupid idiot...."

It's been 4 days since I last wrote anything in this book, document or whatever the fuck it is to you.

I'm feeling and thinking the worst, and yet again, I'm all alone, inside out....

While humanity enjoy the company of others, I imagine enjoying the company of others or even another. Just one fucken friend will do

People need to take a break from me because I'm a fucken dick, a fucken loser & a fucken ass hole, inside out...

We can't expect people to always be around us, but fuck, it'd be nice to know what that's like... It'd be nice to not have to say something first, fuck it, who cares...

"Is this writing even fucken worth it ..? "

"It doesn't matter what I do, whether it be push ups, walking in nature, writing, music, cooking, anything. I still feel out of my fucken head & I still continue to

feel a nervous, anxious, depressed, angry, sad feeling, right in the core of my stomach and my fucken chest..”

I guess you can think of it as ‘nothing’s good enough for me’ Who gives a fuck anyway...

I need another cigarette... I should be able to blow my brains out with some weed in a few hours at the most...

“Fuck this bullshit.. No one gives a single fuck anyway...”

“Twisted, deranged fuck ...”

The first 2 puffs of this cigarette have reminded me why I want to be a wild animal in the middle of nowhere... Everything would be in your face & on the spot! So genuine and raw.

No bad talk, no hiding shit, no lying, no negative role models brain washing your true fucken meaning & potential in life, no heartbreak (not literally), no worrying about having friends. Basically nothing that destroys us humans and makes us into something we don’t want to be, blinding out what we truly want and who we truly are.

Does it make sense that I want people around me, but at the same time, I know what is liable to happen which makes me want the opposite at the same time? Does it make sense that I can never keep people around me because I maybe, just maybe, worry about being struck in what is left of my dead solid heart? Does it make sense that I loose my fucken self when others disappear only for a wee while, as well as disappearing from my life forever?

Call it & dictate it how you want. I don’t give a fuck anymore... I do give a fuck, just not in the way you want me to, but I do...

“Fuck everyone and everything.. They’re there for you but you just can’t fucken see it nor believe that they do fucken care!!! They just don’t give a fuck about you the way you want and as much as you fucken want, isn’t that right you fucken ugly selfish fuck?!”

Then again, some fuckers think your the fucken same as every other fucker that once hurt them, wanted them for one thing, killed what they once saw in themselves, and any other fucken thing that no one wants to say, so maybe you want to try and understand everyone and show them that maybe there are people who actually do give a fuck, because they count & matter too! Because they’re just as fucken worthy as the most cockiest fuck alive! Maybe it’s because I’m a fucken annoying fuck that can’t handle living life alone, though I think and feel I want to...

Whatever the reason, I just hope your safe.

I look outside my broken window while thinking, feeling and writing this book. No glass what so ever, full on cowboy pad. I’m looking at, and admiring the strength of a tree. It stands so high and strong though it has no self choice. You might think it’s mad, but it’s possible for a tree to give up.. It lives like myself, and lives like yourself too. But yet it’s not enough to push me & drive me to keep standing.

Now I have a thought in my head about being a fucking grandma’s boy.

I was raised most of my life by my grandma & grandpa, my mother’s mother and father. You’d think that’s impossible because of the way I talk or whatever the fuck, but everyone’s the same ha ... no .. yes ... both.

My grandpa was fucken mischief, real rebellious & free! He was also the best tradesman and fisherman that both I, and the township knew of. I hold his name as my middle name.

He passed away when I was 10 or 11, which was like losing my own life.

I was with my grandma more though! I remember being a kid, and every night before bed, I would hold on to her as I slept, hoping to wake with her still beside me in the morning. I'd always wake to the total opposite because of her work. She worked at WINZ (work and income new Zealand) for countless years!

Grandma was the one I saw as 'god', apart from my mother. I look after her still, right to this very moment.

I'd always get turned away, laughed at and ignored by females because I'm truly a grandma's boy. I'm not tatted, in a gang, bad looking, sporty spiced, or what ever the fuck females like these days, and yes, friendship included most times. I don't give two fucks either way. At least I still give myself, even if it continues to break me till my fucken death bed.

And no, don't you ever fucken dare tell me that the right one will come along some day, I will fucken own you, straight up.

What I mean by being a grandma's boy, is being there for your grandma rather than yourself. Also having respect for others, or at least trying to in my case. It's only right that I take care of her though it kills my self freedom most days. The people I do have in my life, well I'll just say that they come before me, and always fucken will ... You don't fucken understand why & never fucken will.

I just can't promise I'll always be there, just like we tend to preach but not practice most times.

"Fucken accept it, fucken live with it! I hope it fucken eats you away...

Fucken do whatever you want now, fuck it all, and fuck myself"

I keep running myself down, my head keeps running me down. I build myself up with paper and budget quality sticky tape, while I tear myself down with fire & shotgun ammunition.

I tend to think & feel this towards others as well as myself, and it fucken hurts! But at this moment, it just can't be helped. I don't wanna stop it but I do, then again I don't. It just sucks that others only see the moments you turn crazy.

Everything's now all muddled up. What's worse, is it's only muddled to you, not me. Its muddled to me, but not you. One huge muddled up mess.

For once in my life, I feel like thinking about something different. Something to escape the pain I currently feel.

I long for company that doesn't leave me while I face the shameful fact to others that I can't live or do this alone. I'm talking about life. 24/7. I'm too much of a fucking wreck that seems to depend on others for an inch of a smile.

I'm not too sure what that different, no, I do know what that different thing is, that thing that doesn't involve this world's existence... I've always pictured a fucked up way of how I want the world, or my world to be sometimes ...

This place is probably more scarier, but more beautiful than any other place that exists,.

Cities replaced with nature, each leaf & rock beneath the water give a warm, dim glow at night, just enough to hit you in the heart infinitely.

Sky scrapers & buildings replaced with castles that marry the surrounding wild, all working as one, inside out. There just wont be as many castles as their are sky scrapers & buildings.

We humans all working as one to ensure everyone feels welcome, loved, wanted, apart of everything around & beyond!

But over all, every single thing, thought & feeling, would be in an understanding not known to us here on earth, just yet ..

Imagine it, what would you prefer? Truly prefer ..?

What do you dream of that seems 'soft' to the rest of the world? That's why it seems scary. I know mine could be easily attracted, that's if I had the strength to get rid of these fucken doubts I have inside of me.

You know, sometimes it feels like the ones who try, and the ones who care, only seem to do so because they don't want to piss you off & face the fucken monster in you. I may be over thinking & spinning shit to myself, but sometimes it feels that way.

Of course you'd get told that it's not true, but what really is true in life to fucken date? Let alone the whole of our history?

Its enough to make your head run 1,000,000 miles an hour, but as smooth as a stream running crisply in that fucked up fantasy world of mine.

"I wish you were here .. I wish you existed .. You exist in me, forever and beyond ... Not even the laws of the universe could stop your existence inside of me.. ever..." ...

Excuse me

I do wish the thoughts of my smiles existed in front of my eyes!

Some say "go & get it", but what's there to grab if it doesn't exist..? That'd make everyone smile inside if it happened to them, no fucken doubt.

I know each guy that won the girl they wanted feels it every fucken second ..

I wish there was a drug that could torture the pain. Everyone and thing is obviously not good enough for me to torture and even murder the feeling.

“That’s what happens when your a selfish low life fuck that depends on things in this world to try & feel a sense of a smile you fucken shit face no good fuck!”

”

Some things are best kept inside of my head, but it does myself no good, both then and now.

The sound of everything in this world is enough to make me murderous, which is another thing others assume of me, only this time, they’re ‘right’.

Apparently, myself reacting to things the way I do is enough to end everything.

Don’t ask me why, all I know is, maybe everyone else left them because someone else assumed they didn’t want anything to do with them. Or maybe a certain song, sound, thing etc., scared them in a way we don’t understand. It happens, just like the rest of the fucken crap I’ve said.

I say I don’t have much of a heart left, even none left, but yet I feel emotional, very fast, for a long period of time. A few centuries at the most though it’s impossible to.

I could listen to a certain musician, and all of a sudden I feel the need to attack anyone I see smiling and enjoying their fucken music. I can’t even fucken listen to songs with sex references in them because I’m reminded of the fucken girls that turned me away for another, the same goes with love songs. The same goes with listening to a party in the near or far distance at times.

I can even see something that someone else is doing, and it reminds me of people I know or once knew, and even if I get along with those people, it still fucken damages me.

It tears, burns and tortures me..

You get the picture ..

Basically I'm the most weakest, most sensitive softest fucker to ever exist, with added mental perks ... Pfft, fucken Christ.

Do I care?

Yes & no.

"I have you right where I want you boy ... Don't worry, you'll soon understand this torture chamber of which you live inside of.."

"You could at least give me a small helping hand!"

"Ha! Help you?!?!"

It's been at least a week or so since I've written anything, and for sad reason ...

I'm so tempted to say, but also tempted to remain silent. Verdict the fucken thing if it floats your boat, as long as you verdict your verdict & self also.

I'm not sure if I've written about this, and I'm not going to back track to see if I have, but I feel like everything I think & feel that's suppose to be 'assuming' etc. over all and in general, is actually true.

Yes, I know what we feel is 'real', or is there, but do we realize just how much it's there? How deep it goes? Yeah we do, but fuck, it doesn't seem like it in the flesh.

The thought alone of a human hurting another human pisses me off. I feel like killing you for it.

The pain we leave others with is far from a joke. So far that the distance can never be reached by many of us. We know the pain, feel the pain, think the pain, practice the pain, and see that pain, but yet it's too deep to touch.

But even though that pain is too deep to touch, it's right there, making nearly every decision you do, pushing your every 'bad' thought, but also your every 'good' thought. It over powers you more than you see, feel, think, know & admit, and though you know it over powers everything, you also know it can be defeated. It can be touched.

No one else but you can know what that pain is like, how strong it is, or the causes of it. That's something others that push you away because of it struggle to see. Something they struggle to understand, as we all do. You want them to understand either way, as well as for yourself.

It's fucked to know that we don't understand it ourselves also, until it's too late. Wishing we could understand it in the moment of its occurrence.

I cant stop thinking about what happened when I wasn't writing this book as I mentioned earlier.... I think I appreciate life and everything a tiny bit more anyway.

Looking death in the eye multiple times in life can brew a disastrous beauty inside of you. Maybe this is the pain we tend to practice, but not knowing we practice it.

I hope we really are okay...

As I carry on through this thing we think of as life, I learn, see and realize the struggles that others are facing compared to my own. Mine happened already, and still do, just not as strong as they once did. Others seem to have no choice or have to live with those struggles regardless.

It pisses me off and hurts me to know that people abuse the ones and things they have, when it's only a thought and a dream to the rest of us (cough cough asshole that took my only friend at the time & ditches her but uses her for his own fucked up gains and wants).

I hope I catch you in the act of hurting her you ass hole fuck. Life in this realm is over for you, full fucken stop.

Shit, here's me practicing the opposite of what I've been feeling, thinking, and preaching.. .. all because I'm a lost fucked up piece of shit.

**An evil smile that's only understandable to me appears on my face*.*

I wonder how *Odin* & the creators of this life look upon me while I write this all?

Maybe they're happy, maybe they're pissed, maybe they're sad. Whatever it is, I hope they think the same of they're own self, they're own realms, and they're own creation.

It's mind blocking & mind flowing at the same time, the way everything is, both 'truth & lie'. It's so intense, that I just gripped my eyes as they were shut, half massaging them in a confused, blank and hopeless manner.

Drop an anchor from your boat in the ocean & you settle for what's there.

Cut the anchor & you drift towards the unknown.

That quote just came out of the blue, but didn't.

I could picture grandpa taking me out on his boat to set the crayfish pots when I wrote that quote. He'd shake the boat to make me sea sick. I'd then puke into the ocean, and that's what grandpa used as his lure to catch fish after setting the crayfish pots, or traps. He thought it was the funniest thing ever!!

We'd just drift amongst the ocean, waiting for something to come, and it always did. Not what we wanted, not straight away, but the intentions payed off.

He reminded me of a cowboy on the ocean. So free, so careless, so outlawed, so savage, but so wise and strong. Many men around these parts of the world tend to think no other man compares, I think otherwise due to personal reason.

But out of anything, he was the cheekiest person you'd ever know of. Literally. Good mischief.

Grandma is far more serious and old school!

She teaches you the hard way, but boy do those teachings do wonders! She opens you to nothing but the purest, straightest truth, whether it be guilty or not. There's no escaping the truth with grandma.... hahaha.

I was so scared to let her go when I was a child, and I jolt at the thought of her leaving this world we currently live in to this day.

I jolt at the fact my twin brother nearly died in the car accident we had with our old school friend. To make it worse, I was in the back, and watched the roof cave in on them both.... Fuck that thought kills me so much!

My mother, well, she's a story of its own.

No other mother could ever compare to mine, except maybe grandma.

Like many children, we'd be screwed if it weren't for our mothers. My mother has been through so much shit, sacrificed so much in life, fell both physically, mentally, emotionally & spiritually, but yet she still sits at the top of the mountain. Defeating each and every, and I do mean every obstacle in her path!

I've seen her cry, smile, laugh, hurt, collapse physically, basically everything you can think of. I refuse to leave her side, despite what everyone thinks of her. I've even witnessed her fighting male child abusers! Not to mention she always won!

We'll make it someday mum, I swear on my life.

All of my family, we'll smile someday, somehow.

Fuck I hate it when cigarettes go out! It stops burning as soon as you puff the poisonous fuck. Same goes for a joint. The thought of smoking a cigarette is far different from what you really get.

It's suppose to chill you out, mellow you out or whatever, as for marijuana.

If you ask me, they both do the same to me, just as much as hard old school labour does.

I'm yet to feel a similar feeling.

Though it doesn't move me forward physically in life, it sure as hell helps me mentally and emotionally! Fucken pharmaceutical meds can't do shit for me, except pain killers to say the most.

All of a sudden, everything in my head is blank.

Everything that my eyes see, posses no aura, no vibe, no energy. Just a big fucken space of nothingness.

I don't know if its the countless problems & pain lingering inside of me, or if its pure fucken bordism.

What ever it is, it's very much there.

By now, I'm starting to see that all this shit, all these words I write, are all just a bunch of negative fucken bull shit no one comes to terms with and nobody cares about, which makes me the biggest hypocritical joke known to mankind.

I'm all over the place.. But who and what isn't?

One of the hardest men I know alive is my older sisters partner. Fucken literally.

A man that works at least 13 hours, 7 days a week in the forestry, comes home, goes hunting, comes home again and does hard labour, fences (and I mean old school farm fencing in rough as fuck terrain) and still has all the time in the world for his family. He's the coolest! My sister in my eyes can't do better than he.

I use to think I was hard, but when I met him, his story goes far beyond my own in some ways.

I wonder if I should smoke another cigarette? My habit is so bad that I can't remember how long ago my last cigarette was. I give a fuck, but my actions don't.

You know what would go down good right now? A seafood roll made from my mother.

She taught me her recipe, all of her recipe's and methods of catering at that!

Words can no longer explain my mother.

Men came, men went, I remained.

Use her for her beauty again... I dare you.

The fact of everything in existence is currently expanding, yet it's being forgotten, laughed at, and disappearing. All things in existence are no longer explainable. Humanity is struggling more & more to express everyday, every second, every inch, in every way.

Help is seen as wanting something for yourself, caring is seen as flirting or trying to 'get your in's', misunderstanding is seen as not caring, problems are seen as trying to take down someone's good energy, relationship love is mainly used for sex and comfort, true love is seen as soft, your mistakes are there for others to get rid of their wrongs.

You get my drift.

Over all, everything is one fucked up misunderstanding. So beautiful that it seems as though it can't be won, can't be kept, can't be found, can't be touched.

So dark and scary, yet so magical, that you can't help but feel a rush of nerves excelling through yourself.

It's beautifully dark.

I believe you can change though! By this, I don't mean change what you believe, do, think, feel and see etc., but I mean it in a way that you can still remain yourself, but your more appreciative of everything around you and your driven to succeed in all that exists inside yourself. Not many things in life can do that to us humans, not many at all.

For some, its the struggle of poverty.

For some, its heartaches of all kind.

For some, its reasons that are hard to put into words.

I was reading an article about how they can't get fresh water to people living in places where there's dirty to no water what so ever.

Well, that same article had a picture of oil being sent to different countries through pipelines.

You tell me what's wrong with that picture!

I tell you, if I ever come across the one responsible, they're fucken dead, inside out, full fucken stop.

Fucken gutless fucks.

And yes, that goes for you demon fucks too, spiritual, whatever.

If we can give oil to others, then surely we can give water to others! Though I understand the balance of nature.

It's been around 4 hours since I last wrote..

Just about an hour ago, I went to hell, again.

When I say hell, I mean the hell that exists only in me, only to you.

I feel tears instead of weeping them in a way. Two people can feel the same thing with different results and different outcomes, also different fucken reason. I fucken hate it so much, that I live for that thing's day to come.

"Nobody wants to hear it, nobody wants to feel it, nobody wants a part of it, nobody wants to hear you, nobody wants a part of you. "

"Can anyone hear me ..? Can anyone help me ..? Anyone except myself ...?"

"No, fuck no. I don't want you to hear my call again, I don't want you to feel my call, I don't want your fucken existence .. Ever .. You can all fucken die .."

"I hate you all Fuck you .. Yeah, you reading this fucken shit .."

If I said what my fucken problem was then you'd feel, think of and see me as more of a fucken monster than I already seem.

"Your going to ask me what the matter is, then I'm going to tell you in a way that I can only express it at the time, then your gonna fucken piss me off when you tell me it'll fucken pass, then I'm gonna fucken wreck your fucken heart and whatever the fucks left of your fucken fucked up self!!!!!!!!!!!!!!"

"I'm just trying to fucken help!!"

“Well guess what?! Your help will never fucken help me, and then your gonna fucken wreck me because your help as well as yourself aren’t fucken good enough for me!!”

“Well I’m fucken sorry you lousy fuck, but no one told you to give a single fuck about me!!!!!!!!!!”

“Go & give a fuck about someone civil and fucken brain washed, someone like YOU!!!!!!!!!!!!!!!!!!!! Fucken ugly heartless fucks”

“You’ll never fucken leave me hanging, ever again .. You’ll never leave me last again .. You’ll never be able to put anything above or below me again ...”

Why ..??

Because, if your reading this very sentence here, I’m already dead ... And so are you.

I honestly hate everything, literally everything.....

When a moment seems at peace for me, something ‘wrong’ is about to happen.

I’m always ‘right’. Always.

Right now, at this very moment, I could beat the fucken shit out of anyone who smiles, laughs, jokes, or just seems like they’re in a good fun mood!

I fucken hate it, I fucken hate when others are happy or in a cheesy fucken state, it really fucks me off!

It's at a permanent point where villains have nothing on me .. None could ever come close to this pain & rage I feel.

It comes more than it goes. It exists more than it's thought. I refuse to like, accept and credit any of it though it's there. I don't give a single fuck about what this shit can cause! I have no fucken time for anyone or anything anymore. Not even myself.

Why the fuck should I care? I shouldn't!!

"Oh but this will pass, you'll learn and see someday and you'll be alright. Keep smiling throughout the bullshit.."

Well I have something to say about that advice...

"Fuck you....."

That's what.

They say that a person that really cares about you will free their time for you whenever you need them. They'll never put you aside.

Honestly?? They wont even look at their schedule or even care about it if you need them!!

I see, think, and say that theory is a bunch of fucken shit.

No one will ever be there when you need them. They may be there in spirit, and though I'm about to be selfish, being there in spirit just doesn't cut it anymore.

They all know the feeling, but do they know how strong that feeling has become? Do they know your about to stab your self, hang yourself, cut yourself, abuse yourself when they're not there? Or even when they say something that 'isn't good enough'?

I didn't think so ..

Did it ever occur to you that these selfish feelings and thoughts exist and should be as equally credited as the 'good'? Did it ever cross your mind that help doesn't work all the time?

"Oh well that's up to you. Only you can help your self and make those final decisions".

What if some of us cant do this alone? What if some of us feen for someone/ others to help make that decision? What if some of us need teamwork to get there? Some of us can't be our own team. Some of us just can't do it alone! Some of us aren't as strong as others, but yet we're fucken beat up for it. Left in the lonely because of it.

I've never known anyone to free their time to help me, but I have known them to ignore me until they're ready. Apart from my bros & family of course.

It fucken pisses me off, the whole fucken lot of you.

It fucken pisses myself off, the whole fucken lot of me.

Fuck, I really am the biggest, most judgmental, most worst, most cruellest, most selfish person known to existence!

By now, your happy that the girl near the start of this documentation got the best of me, though she has no idea. And if she did and does, she either hates me for it, or she doesn't give two fucks.

She has what she wants so it's all good isn't it ... Fuck.

"Oh you should be happy for her".

"I am happy for her, in ways only the darkness would know .."

It's hard to know when the truth is the truth, and when the fake is fake (cough cough "govt" throat grunt).

Many times in life, if not all times, these truths and lies will always exist. They will always happen.

So, why cant I smile through the bullshit?

Because I'm nothing but a fuck up, nothing but a fucken mess, stronger than any nuclear bomb reaction, and stronger than the highest powers physical, mental, spiritual & emotional powers!

Fuck, I can't drain the pain, angers, rages & sorrows from myself. I can't reach things you can. But I can reach things you can't.

Don't think this will end someday, because it wont. Not because I don't want it to, but because I'm not allowed. Not as long as your living.

I've broken ... officially broken.

I'm now planning to go out on a murdering spree.. becoming a killer, a man of pain, a man of anger, a man of rejection ..

It'll be so horrific that all other villains will become heroes.

All gangsters become police officers & security.

All prisoners become the government.

Civilians become animals, retreating into the deep wilderness.

Yes, I'm fucken serious about going on a murdering spree!! Heck, don't be surprised if this thing I'm currently writing never becomes published! It's liable to not be completed because I won't be here to finish it, obviously.

"Oh your just having one of those bad moments, it'll pass".

"THE NEXT FUCK THAT PREACHES THAT FUCKEN SHIT TO ME WILL OFFICIALLY BE THE FIRST FUCK TO BE MURDERED BY ME!!! GET FUCKED!!!!"

"Oh well what ever floats your boat. All the best."

"I'm gonna fucken sink my boat just because you said that."

"Ok then".

"Fuck you."

I believe everything is beginning to show the true nature of it's being... Both sides of everything...

The darkness.... making me repeat everything, which leads to a continued cycle of darkness.

If only there was a way to escape this fucken mess of everything....

"I guess I'm left with no other choice.... I was so hoping I didn't have to resort to this.. It kills me more than anyone & thing I could ever imagine..."

I take the slowest, most calmest & most deepest breath I've ever breathed ...

Nerves going crazier than an endless whirlpool in the Bermuda triangle. Those nerves now touch my stomach, which leads those nerves to every part of my body.

It's the main, over all thing that reminds me of every cause of my darkness that exists, as well as beyond.

The light ...

Excuse me, let me rephrase that ..

'The Light..'

The light??? Huh??!?

Then...what did I just write about before??

Was it all a fantasy? Was it all based off only the hardships & darkness of myself? Was I just talking a bunch of nonsense???

Well, no. It's not at all a fantasy. It was based off only the hardships & darkness I personally faced, and yeah, I guess I had no sense while writing that mess.. Kind of.. Ha.

You see, everything we feel, think, speak, know & do, are all a part of what we fantasize, dream, believe & hope for.

Well, the same applies to the light side of life.

Having those moments of darkness cause us to take certain actions. They make us react both physically, mentally, spiritually & emotionally.

For me, I reacted with darkness. Therefore, I saw, thought, felt & lived every outcome in darkness.

This is why the first part of his book seemed dark, personal, depressing, lost, misty, sad, emotional, deep.

So, what about the light then? Is there any light though I only see darkness?

Do those same things apply to the light side of everything?

Do I see everything in an understandable and positive manner?

The answer is simple yet hard to reach .

But guess what

I did it ... I reached the light ...

So, yes .. Yes I do. 😊

THE LIGHT

THE LIGHT.

At the beginning of this book/ document thing, I mentioned how I didn't know where to start. I'd wake up every morning wondering how bad the day was possibly going to be.

I never looked forward to anything life had to bring, at all.

Everything in life was so dark for me, that no inch of light could shine through ..
No light to brighten my world.

I only seemed to feel, see & think of everything in the worst possible ways there were to inflict on everyone & everything, which lead to those things being inflicted onto myself, obviously.

So then, what if I were to explain everything in a so called 'light' manner?

Would everything make a bit more sense to you?

Would everything not seem so intense?

That's for you to decide ...

Only YOU can decide & dictate everything in your life.

I talk to myself a lot, as you know . Most times, we (myself, myself & myself) argue. We attack every single thing we can about each other as if it's intentional, which it sometimes is. If not, all the time.

We do however tend to get along with each other! I mean, we all have hatred in common. We all have pain, bad reactions & negative outcomes , wer'e eachother basically.

It's when were truly alone that the light seems to appear.

How can this be so? The darkness obviously seems to have the upper hand in both this book as well as everything else in my existence!

Well, do you remember that place I previously mentioned aside the darkness? How I want the world to be? That's an example of accepting both darkness & light.

They don't work without each other... They need each other... Balance!

To explain this more deeply, and in a way to help you understand more, I return to the very beginning of this book.

Linking all of that darkness with the light, bringing everything into balance.

Forging everything as one.

There is no denying it. I have problems .. BIG problems!!!! But they're all different kinds of problems!

I mean, we each have a variety of problems, ranging from financial problems right through to personal dark problems we keep to ourselves!

For me, my biggest problem lies within my whole self. I'm yet to learn how to control myself inside. This usually leads to myself being misunderstood, as well as misunderstanding others.

Both journey & outcome become a huge uncomfortable mess inside myself as well as outside of myself. How I think & feel, as well as speak, is what I attract into my being of physicality.

I always wanted to escape this mess, which is where both darkness & light come together as one, as I mentioned in the beginning.

You remember that happy, natural world I was talking about in the dark part of this book? Well, that's the place I escape to, both mentally, spiritually & emotionally, when all becomes far too much to bare.

I bring every negative thing that is in my life to my mind & emotions, all at once.

I then silence the sound and energy it brings to me, I drop my head, close my eyes, then I dream....

I open my eyes, and a peaceful glow all of a sudden replaces my darkness ...
Literally.

One thing that helps me reach this enchanted fantasy world of mine is Celtic music. I'm not talking about Irish pub music, or Irish dance music! I'm talking about Celtic symphony.

So very pure & magic to the heart, mind, soul and body.

One of my favourite composers, apart from *Peder B. Helland* & Johan Pachelbel (my personal favourite), is *Tim Janis & Kerani*.

I highly recommend checking out their music, especially if you have trouble with life like myself.

This type of music fits soooooo very well with my happy place!

I feel as though nearly nothing can touch me, inside out!

I all of a sudden feel as free flowing as a stream nestled in an enchanted forest. A misty calm glow from the sun shining through the tree's dims the surrounding environment. Birds chirping in communication & harmony with nature and each other. Horses going about their day in the meadows near the castle. No influences from today's society (parties, night clubs, drama, loud cars, mad traffic etc. etc.). Nothing but a magical peace coats everything that is part of my fantasy/happy place, both physically, mentally, spiritually & emotionally. Each day bringing a calm positive vibe for me to go about my works in my castle (more likely a Chateau I should say, castles are my brothers liking).

I think you get the picture that I'm trying to paint!

However, in my physical being, that fantasy world is yet to exist. But, what if I could make it exist for me physically?

This is where *The law of attraction* comes into play.

The law of attraction. Basically one of the, if not THE BEST thing to exist, especially for the benefit of finding yourself.

Many of us have heard about *the law of attraction*, and many of us have climbed in life because of it!

I guess the best way I can describe this is with my fantasy land, again!

I previously talked about my fantasy land/happy place. Well, that place is also my personal dream I hope to accomplish!

I always think of a magical, natural untouched place which is occupied by my castle/kingdom, as well as my family and friends (most probably a chateau instead of a castle). In my mind, I truly believe this place exists, and I think it so very confidently, as if I'm already there! I see everything so vividly & in place, right down to the last piece of grass that sits in the distant mountains and fjords that surround my kingdom.

Honestly, I can picture it perfectly (though perfect doesn't exist). But what if perfect were to exist?

Well, this place is certainly perfect to me, which is all that matters!

In what's left of my heart & soul, I feel and connect with everything that exists in that fantasy world of mine.

I feel the history of my chateau (I don't feel like having a castle now, haha), so sad & painful, yet so beautiful & strong! So innocent & humble, so majestic & free.

The bond I have with the surrounding land makes me feel at home, as if I've always belonged!

The stream near my chateau carries away all of my burdens, pains, sorrows, anger, and everything else that destroys me inside. It then replaces those dark feelings, thoughts & doings with the sparkles in its waters glistening from the morning & afternoon sunlights touch. These sparkles in the water show & tell me that everything will be okay, and I am the light that shines in all that happens to myself as well as others.

The environment has an energy that no other place in this life has! Everything is so soothing, so true, so happy, so positive, so accepting, so welcoming, so free! I feel as though I finally belong in this world.

I feel as though I'm already there!

So now that I think & feel those things, I can now speak it out loud, and confidently. I speak it as though I already have it in my life!

For example, I'll be standing there thinking about and feeling my fantasy world & dream.

I then speak these words:

"This is my kingdom! Nothing can take it away from me! Nothing! Not even death!!!"

"I already own this kingdom! I'm already there!"

"This is my life, not yours or anyone else!! Mine!!!"

With all those things, comes the sight of it all, as if I physically made it there.

I see my current physical surroundings as the things I think, feel & speak, which leads to seeing myself as physically being there. Each of my physical surroundings in my current physical life exist as those things I fantasize & dream of! This also brings about an appreciation for what I already possess.

Once I feel, think, see and speak my fantasy land/dream, I then act it all out as though that moment is happening now.

No joke! I literally walk around my house as though it's already a chateau! I see myself wearing a dark royal blue tuxedo made of a royal unknown-to-mankind-material.

I pretend I'm walking the surrounding lands where my chateau sits, embracing all that is there.

Everything is one with each other.

Heck, I even speak to people I hope will be there with me!

My brother & sister, talking and laughing with me as we sit on the balcony of one of the towers enjoying the fruits of our labours, mother relaxing with the finest wines available as she smiles with pride and happiness, Grandma sitting in a comfortable chair talking away with my other grandmas, aunts, uncles, and everyone else that is there! My cousins/brother/best friends smoking on the most potent marijuana there is while we talk a bunch of randomness, sipping that fine wine my mother is also sipping on. My nieces and nephews playing together in the open fields!

I even pretend that I have a queen believe it or not!

We're standing side by side, so ecstatically strong & proud of what we have built, accomplished & become! So happy and fully content with all that is us!

These are the things I fantasize & dream of. A place inside of myself that only I know of, a place that keeps me 'sane'.

If you really look, feel and think about it, I really AM living in that happy place of mine! Each word, each thought, each feeling and each view I have is a part of my fantasy world, dreamland & happy place, just as much as they're a part of my current physical world!

The law of attraction however will not work 24/7, and that's totally understandable from my view!

There WILL be times when you are unable to attract the life you wish to see, think & feel. I'm not saying that your unable to attract light into your life forever! I'm simply saying that everything has bumps & glitches as we have all experienced at some stage in life!

Let us look at some of the things that cause these bumps & glitches to occur:

Falling back into old habits is definitely on top of the list!

"That's something you always do! Falling back into old fucked up habits that get you nowhere... NOWEHRE!!!"

"Hey, this is my story thank you very much!! I'd appreciate it if you didn't butt in & make hit difficult for me!!"

"Haha that's yourself doing so!!"

"Fuck off"

Sorry about that ...

Now, where were we? Oh yeah, bumps & glitches!

Falling back into old 'bad' habits, mental & spiritual illusions, thinking too superior of yourself (which I will explain soon-ish), diet (both physical, mental, emotional & spiritual), belief in people that cycle in our lives, the list goes on & on!

We'll start with 'bad habits':

'Bad habits' are usually mistaken as comfort & happiness. So for example, smoking too much marijuana was a 'bad habit' of mine. I smoked far too much of it, all to gain some kind of happiness and comfort. All to blind out the pain & darkness of my life. I was however very fortunate to really feel & see the knowledge and power of the law of attraction while I smoked weed, though I wasn't high at the time I realized the law of attraction (yes, I remember).

Now, though I am able to attract this light & love into my life, I would automatically think that it'll be easier to control & hold onto, even if I were to smoke 100 pounds of marijuana!

That is not the case however ...

Though I have this new mind, soul & feeling about life, I am simply able to easily, very easily, fall back into my old habits of smoking too much marijuana & living my life with if's & but's, as well as being physically demotivated, which helps no one at all! Kind of, I think? Who knows. For me it doesn't help anyway!

Do you have any habits that push you backwards or freeze you in the same dark positions your currently in? Are there people that give you hope of something good despite the poisons they give you regularly? Are you physically

lazy? These are not fully bad things, because everyone deserves some kind of smile at the very least! But they CAN however damage you as a person in both the moment and the long run.

I know personally that these habits are hard to slow down and to give up!!

The same can be said in a way for what I call 'mental & spiritual illusions'. Also knows as, the things that comfort us. Material gain.

In life, we both grow with & part from the many things in our environment.

I myself grew up in a very prominent but reasoning and characteristic family. I was fed from a silver spoon, and I was fed food that was just as expensive as that silver spoon. To top it off, I was sheltered under a roof that was capable of housing 5 families of at least 5 family members. We did end up sheltering a few families, and I'm so glad we did. They were and are our own either way, and we would have sheltered them even if they weren't our own also. Our own blood or not I should say!

Well, though I was fed from a silver spoon in a huge house with a pool and BBQ area, a garden, an orange tree with a treehouse in it, a shed that had a flashy sleep out connected to it, room to run around, food 24/7, I was out casted from it at the same time. Yes, many of my family members are in gangs, as well as being physically, mentally, spiritually & emotionally tough, hard labourers etc., but I wasn't fully captivated at & taken into those lifestyles!

So, with that being said, life was beginning to feel odd & I was beginning to feel out of place.

I'm not too sure if that helped to spark the darkness in my life, but due to myself never being able to settle, I never felt a sense of belonging. And as I grew older, I automatically took to things for comfort, without seeing the whole picture.

I went through a really rough tough mean machine phase in my life, and I would beat people up because I felt and saw it was fun. I would steal, I would lie, and I would play the innocent game to try and save myself. In my teens, I went through an emo stage. After that phase, I went through a partying phase. No need to explain that!

After my partying phase, I went through a stoner phase, haha. Then I fell into a huge depression.

However, through these phases, there were moments that made me transition into each of those phases in my life. I will not mention them, because I'll have a mental break down, but they sure did help to change me & help me to make decisions that I would carry throughout my life with me, and those decisions carried comfort with them.... with me.

I lied to save my ass, I stole because I was spoilt and wanted more, I would fall into an emo-like depression so that others would feel for me as well as trying to match my emotions and mind in a physical being of state, I drunk alcohol & flirted with many females to try and gain what I thought was 'love' as many still do. I drunk liquor to feel over the moon, I smoked a lot of marijuana to cover my pain, and I wanted females because I was stoned & high, and I fell into a deep depression because of it all, yet those habits remained.

I did and still do find those habits comforting in some way! But are they really going to progress me? Well, yes and no.

Why both? Well, no they will not progress me because they'll make me live in an endless cycle of hopeless wondering, and yes because they have made me aware of their being in my life, and I can now learn to both control them, understand them, and let go of them. I can still take them with me though, because they were and always will be a part of my life and my self.

I now realize that those bumps & glitches, are cased from the things in life that I mistake for happiness and comfort.

One thing I've noticed is, that both erasing those bumps & glitches in your life a bit too much, can lead to them returning again.

This is where *thinking too superior of yourself* comes in to play.

Thinking that we are more superior than others is something that occurs in the male gender quite often! It is referred to as being an *alpha male*, as well as having a big ego.

This isn't entirely a bad thing! After all, thinking highly of yourself is an extremely beneficial and healthy thought to think, and feeling to feel when we are discovering who we are & how worthy we are of a life & love!

But, there comes a time when thinking too highly & too superior of yourself can happen, and it is very, very, very much capable of destroying you, inside out.

If you look at a super villain in a comic book or movie, they tend to have this dark driven ego and motive. They tend to think and feel that they are the most superior ones of all & that they will rule everything and everyone in existence! Though they do it out of personal intention both good and bad. I know this for a fact.

I guess they're attracting what they want, but they are an example of thinking too superior of ones self.

Do they really win and gain anything in the end? Well, respect, maybe. But they bully people into worshiping them (cough modern day god throat grunt).

Another way that thinking too highly and too superior of yourself can damage you and cause bumps & glitches in your life & journey, is when it causes you to over look everything in your path.

Though we are trying to attract positive energy, as well as self love & control, the negativity of every situation we are a part of, has as much reason to exist and happen, just as much reason as the positive effects of each situation has to exist.

Thinking & feeling that we are better than others, or that we are on a more higher conscious level than everyone and everything else, can damage your soul and balanced energy.

The soul is a very sacred thing to exist as we all know! Our soul is the energy of our existence. The life of our senses.

When we think too highly and superior of ourselves, we tend to lose sight of everything in our lives, except for what WE want to exist in front of us. Failing to see and accept the whole picture will leave you incomplete, as the picture that you are painting about your life will be incomplete also.

This can easily lead to a lack of knowledge from both others, life, yourself, and the universe. Expansion of the mind & soul remains limited to the point where you end up settling for what ever, thinking that there is no way out & no where to go, as well as having nothing to aim and live for.

One of the main reasons that thinking your more superior than others can ruin you, is disappointment .. self disappointment I should say. It is very easy to be let down, as I have showed you all in this here book, and anything, both big and small, can be the birth of disappointment.

If your goal in life is to own a chateau & have your own kingdom like myself, then go for it! Don't let anything stop you at all from having that!!!

However, if you only think of that chateau & kingdom, and you think you'll be happier there rather than where you are now, then you may just end up the most disappointed person to ever exist.

Why do I say this? Well, you know when I was talking about having that chateau & kingdom in my fantasy land? And I already feel as if I have that? Well, that's because I appreciate what I have now, though it's not a chateau & my own kingdom ... Yeah it is my chateau and kingdom, but not literally & physically, just yet!

What I'm trying to say is, if you accept what you have in life, and you see your current possessions as the things you dream of & the things your trying to attract in your life, then it'll be a lot easier for you to smoothen out those bumps & glitches .. In case you never make it to that fantasy land.

At least you have already made it inside of yourself.

As for dietary being a cause of darkness and set backs, well that ones quite an obvious one to see and understand in todays world!

It can also cause damage to who we are on the inside. Not just physically, but spiritually, mentally and emotionally as well.

If humans don't drink enough water, we tend to loose energy & concentration. The soul also looses energy and concentration, which tampers with our mentality & emotions, and that causes our bodies to not operate as much as we wish.

However, different kinds of foods are known to heal us & help us with these problems, thankfully!

A few of these foods are:

Salmon

Dark Chocolate (or dark cocoa)

Broccoli

Eggs

Almonds

Bananas

Grains

Wheat

Oranges (especially if your sick!!)

Seeds

Spinach

Tea

Organic Beef

Sea Food

And for those males (and females) that aren't too keen on that food list, then nothing beats a good old meat salad with all of your favourite selection of

meats in it, drowned in BBQ sauce, sweet chilli sauce, sweet & sour sauce, salt & pepper, pretty much anything hearty tasting!

Yes, that dish is a killer, but it's good for the soul, hence the name *soul food*. Haha.. (darkness & light working together).

I know that everything in our lives that tends to cause bumps & glitches seems a bit hard to understand, let alone muddled up! But everything ties into one. A balance and understanding of the darkness & the light in life.

Ooh! Before I forget!!!! One last thing that can easily cause bumps & glitches in your life, and it's an extremely common one at that!

Jealousy

Jealousy is something many of us tend to hide. It's also very easy to be blinded from inside the mind, inside the soul, and within our eyes.

But, can jealousy be a positive thing?

Well, I believe so in a way.

The reason I believe this is so, is because it exists, like all other things in this world, as well as ourselves. Can I give an example of jealousy being natural & positive? Yes, I certainly can!

Let's take a pride of lions as an example!

Prides are made up of families or clans of lions, similar to that of Viking clans, Celtic septs, and Tartan clans. The usual pride consists of at least 3 males, 10-12 females, and any young cubs they share. Each pride has an alpha male, he's the king of the pride!

Now, let's say that another male lion was approaching this pride, but he doesn't belong to the pride.

That male lion will challenge the alpha male of the pride he is approaching, and he will try his luck in battling the alpha male for mating rights with the lioness's, as well as alpha rights.

If the alpha male is to lose, he humbly & naturally accepts his defeat. If the other male loses, he too accepts his defeat. Though they are fighting for a big prize, they both remain humble through out the darkness of that battle.

Something I'm familiar with in many ways.

This goes for us humans as well! Many of us like to call this occurrence *home wrecking*.

Some, if not most females, are attracted to the alpha male out of two males (or more). When another male attempts to bond in romance with our partner, we tend to be very, very defensive & angered. As well as hurt, of course. This leads us to feeling jealous towards the person that won the eyes, mind and heart of their partner.

I know, it's fucked up. But what I'm trying to explain is, if we can accept that we are not always going to win in ALL that we do, WHEN we want to win, then we learn to appreciate what we have when all is gone. Life becomes less stressful & less confusing. This brings humbleness to ourselves.

"You'd lose your fucken self & blank out! Then you'd wake in up in prison the very next day you jealous pricked fuck".

"So would you."

"I'm already there!"

"You must not be there if I'm not there!"

"Wrong prison you blind fuck!"

Anyway

I personally think that seeing & understanding these different bumps and glitches can have a very negative, yet positive effect in our lives, which will unite with our inner & outer selves.

The sound of rain has all of a sudden struck the tin roof of my home right this very second.

The earthly natural smell of the rain has officially soothed me.

Who doesn't love rain?



I can see blue skies and sunlight at the same time. It's all shining through, merging with the grey clouds & the rain. I also have some Celtic symphony music playing in the background. Pure fucken peace & magic!

The blue skies, the dark clouds, the shining sun, the rain .. All together as one.

This reminds me of *love*.

I know a lot of you will be laughing at what I just said. Me too .. Hahahaha.

It's kinda safe to say that many people think that it's cheesy when we relate nature to love. A grandma's boy specialty ... haha.

The weather that has brought itself to me this day, reminds me of one particular woman who had my heart struck, right from the beginning.

Yes, the same woman I was talking about in the beginning.

I am not going to mention her name, but I will mention how this weather, as well as darkness & light, create the most powerful energy in our existence

Love ...

As I said in the beginning, love is a very powerful thing to exist. I also mentioned how this woman & I were very close friends, best friends if not! She gave her time to me more than she did to nearly every other person in her life, including the ones who had won her heart, which is something I will always treasure deep down inside of me.

I remember the first time I laid eyes on her. Never had I seen a human so physically beautiful!

Everything that was a part of her, from her clothing to her hair, from her eyes right to her smile was beautiful to me.! And fuck, what a smile! Haha.

She honestly makes everything around her so interesting, so curious, so tempting!

I think you get my drift!

There was NO WAY I could let her pass by without saying something! So, I did just that, I decided to say hello.

I'm so glad I said hello, because she said hello too! That there is enough on its own to make me feel positive towards anybody! I wouldn't mind betting most of you also feel that positivity & connection from a mere hello you get from someone special too!

We ended up chatting a little before we went our separate ways. Little did we know, we'd end up connecting again, if not forever.

As time passed, we slowly began to interact & connect more! We would talk about plenty of things! It's safe to say that we have discussed & shared ideas, thoughts & feelings about every single thing in this world and beyond!

We didn't always agree on everything though. If anything, we disagreed on more than we agreed on!!

For example, I like slow Celtic symphonies, while she likes R&B and hip hop. I like eating meat covered in BBQ sauce, but she's a vegan.

No matter what we disagreed on, we still held a connection & a special place in each other that separated our friendship from every other friendships we currently had in our lives.

There was however one thing that we didn't come to terms with. That thing being my intimate feelings for her.

You know how I said earlier on in this book that I knew I didn't stand a chance with her & I was right? Well, that was the thing that disconnected us.

The water that puts out the fire. The fluoride in city-supplied drinking waters that kills the pineal gland in the human brain. It's as if lava is pouring from a coastal volcano into the ocean, creating a hard stone cold mass.

This was the result of the disagreement & disconnection that existed in our lives between each other.

For years, I continued to try my luck in binding the love of our hearts, which always lead to destruction, and with that destruction came the disconnection of our friendship.

We would separate from each others lives for at least a few months, sometimes a year!!! After the time we spent away from each other had passed, we'd cross paths yet again.

Each time we came back into contact with each other, we would discuss the things we had been doing in that time period we had spent away from each other.

Some things had changed within our selves, as well as our lives!

We had slowly been learning about the different phases in our lives & discovering what caused those phases to occur, and what they had to bring to our existence, hoping for some kind of change in our lives. But, each time we thought that change had occurred, we were 'wrong'.

These different phases we had been experiencing were mainly based on our current situations in life that we were facing, just like many others, whether those situations were dark or light.

For example: I was rejected of love from this female, so I reacted to that situation & fact in a very dark way, obviously!

I went through a phase where I wanted to be a psychotic serial killer. All because I was hurt at the fact that I had been rejected from the one female I had feelings for. I didn't want to accept any kind of positivity! It even reached the point where I couldn't even stand songs that reminded me of her, let alone love in general! Crazy, right? Maybe.

Well, she too has her phases and situations that make her see, think, feel, speak & react the way she chooses to in both the past, present & future.

For instance, she may have given up on love due to another's actions towards her! Those actions etc., could have caused her to shun away from & reject positivity & so called 'cheesiness' that another had to offer her. Instead, she turned all of her attention to the dark side. She only chose to see the roughness & darkness in others. With this came the attraction & intimacy of rough, tough looking people into her life.

These phases & reactions remained, each time we came into contact.

Guess what else still remains?

Her.

Yes, she still exists in myself as well as my physical life!

You see, though we continuously went our separate ways, our energies remained. We may have disconnected physically, and though we disagree on more than we agree on, nothing could ever break the connection, bond and

love we have & hold for and of each other inside, which attracts our endless connection with each other on the outside.

Yes, I was and still remain hurt from being friend zoned by her, but you know what? Her friend zoning me made me realize and understand what love truly means when it comes to loving another.

We really did love each other all along, and that love still remains to this day!

The kind of love I felt for her wasn't really rejected, it just wasn't felt by her in the same way as I felt it, that's all!

Why should that stop the love I feel for her though? Her thoughts and feelings towards the love I feel for her are HER thoughts & feelings, not mine! That doesn't mean I should stop loving her! What if I'm the only person who ever does? What if it actually does work out someday??

You never know what's going to happen!

Another reason I shall love her endlessly is the fact that we actually do think alike, feel alike & see things alike!

One thing we both share in common are wild emotions, spiralling out of control. So sensitive that a quarter inch of a baby bird's feather could disrupt our senses (as you may have noticed in the beginnings of this book). We both hate modern day humans because they, excuse me, WE, abuse & disrespect everything we have in this world & beyond, also our inner selves, taking everything for granted. We also share a love and want for freedom. Not to mention the love we share for other life forms that are not human (animals, trees, water, insects), you name it!

These things may not seem like much to many, but to me, they mean just as much as the world means to me. After all, our connection exists just as much as you & I, regardless.

One final reason I hold that same love & hope is quite a cheeky reason, haha. I wont go into detail, but I will say that things are not always as they seem!

It's like we never stopped talking to each other when ever we come back into physical contact! That's because our souls never stopped talking to each other. Our souls never allowed a physical love & attraction to interfere with 'true love'. And that love is the love of friendship, understandment, and acceptance. Our minds may have fought against our souls, but in the end, that bond and connection never died.

I guess I never saw, thought about & felt what love towards a significant other really was at the time, only what her physicality had to offer me. I thought I was in love because I found her physically attractive, which made everything around her and everything she was and is a part of attractive to me. You can think of it as liking modern day rap music! Most of the words that rappers use these days can hardly be recognized to the human ear, but it sure does sound catchy! However, you may never know what the message of the song is or anything. You base the song off the few words you can hear.

Well that's kinda how I saw her! I didn't quite understand what she was about. All I knew is that I liked her for her looks. This lead to confusion, mixed thoughts and emotions, anger, misunderstanding, disappointment, self doubt & self love etc. I wasn't accepting any rejection, and I was very misunderstanding.

I have to be completely honest, despite all the pain that comes from it, but I'd rather be in the friend zone with her, rather than being fully disconnected from her, both physically, spiritually, mentally & emotionally.

That's where love resides, with the darkness & the light of one, creating the whole of a person.

Yes, I wish she was my queen, and it does hurt at times to stick around, but, she counts and matters too. Just as much as I & everyone else. To me you do anyway. Though it seems I feel, think & see you all other wise.

Whatever her choices in life, and though I can never promise anything in life, I will always try my most best to stand beside her, through all of her existence.

Everything in our friendship shall always flow as natural as a stream on a mountain flows. If anything were forced or rushed, then nothing would ever grow & be nurtured like it should. Naturally and freely nurtured.

This theory of love applies to all kinds of friendships & alliances! Nothing should ever be faked, forced and rushed. Yes there are many flaws in friendships, but in the end, the best way to keep a connection with your friends & keeping a balanced understanding of each other to the best of your abilities is to be truthful, honest, open, and as free as you can be with those friends, which isn't easy at all.

But, I can assure you, that any tension, if's, but's, unsureness, and all struggles can be controlled and free flowing more easily. This leads to true friendship. Those kind of friends that understand you, accept you, and never make you feel like you don't belong. The kind that make you feel worthy when your struggling to feel worthy about yourself. Those friends that tell you what they feel, instead of telling you what you want to hear.

Not everyone will be honest with you, and they have their reasons for doing so. But in the end, those honest friends that really do care for you & give their time and self for you, will remain by your side, despite anything, at all.

If you have no friends, or feel as if you don't, then that is when self love comes into play.

"I love myself."

A very powerful, beautiful feeling.

It's an extremely difficult thing to do, loving yourself is! It's hard enough trying to understand what it means to love yourself, and it really can be just as difficult to know where to start!

Many of us pretend to love ourselves, all to bring positivity into our lives and selves. I still struggle to love myself to this very second! Right to the second your reading these very words. I'm sure everybody does!

Some struggle to love themselves and see their self worth for seconds, some for minutes, others for weeks, months, even years! Some never see, think & feel it at all, which is one of the most crushing things to happen in ones life.

Both self love and self doubt are caused & exist for a number of reasons!

For some, it comes from a lack of self freedom, living in a world & living a life that you don't synchronize with. Some of us doubt & don't love ourselves because of past events that occurred in our lives. These events could have been choices you've made, people you've met, people you once became close to, as well as people your close with to this day!

Some of us have been abused sexually, physically, emotionally and mentally, which leads to spiritual abuse, which is abuse towards our own self. We are made to feel as if we aren't good enough... Made to feel that we're ugly.

Many of us have fallen victim to this type of bullying, and bullying of ALL KINDS at that! Abuse, bullying, it's the same thing. All these reasons as well as countless others, all affect the way we think, see & feel about ourselves, as well as our surroundings.

Try your very best to understand me when I say this, but, a mix of those things can easily lead to *'mental illness'*.

When I was about 14 years old, I was visited by a professor. His name was *Professor John Werry*, founder of *The Werry Centre* in New Zealand.

The Werry Centre helps youth that struggle with controlling their mentality as well as their emotions. People similar to myself in other words.

Professor Werry, accompanied by a team of 2, came to visit me on countless occasions! His two accomplices were a man named *Vas* (a south african name I think), and an auntie of mine, *Emily Hohapata* (*Hohapata* being pronounced & spelt in Maori).

Personally, I hated Vas. He's from South Africa, and he's pretty much a forceful fucker that thinks he knows how to communicate, connect with & understand youth. I remember him walking in while I was playing video games, then he turned my game and TV off. I was mad because my game hadn't saved its progress, so I dealt to him ... hahaha.

He never returned after that.

Anyway, moving on to Professor Werry.

Professor Werry was the most kindest, most understandable, most friendliest man anyone could ever meet! He would talk to me as if I were his own personal friend he had known for years! He was quite an old man, probably 70 years old at the time, could have even been older!

I remember a time when he asked me "*do you smoke any drugs? Marijuana?*" He smiled and laughed as he said that! I said no, because I didn't smoke marijuana at the time, and marijuana isn't a drug, its a plant that has been abused for self pleasure. Professor Werry laughed because his children, grand children and family members had smoked it and continued to smoke it that very day!

All I know is, he had an aura, a glow, and an energy about him that separated him from the rest. I could tell that he was very passionate about not only helping youth, but humanity & our world, which inspires me still to this very day.

As for auntie Emily Hohapata, well, lets just say she was the female version of Professor Werry!

My family had known her family for years and still do today. Many of us have elder females we call auntie due to many reasons! She was one of those people that everyone could automatically connect with, and hearts, spirits, minds & faces would light up when ever she was in your presence!

The team worked with me for a few years, and now that I look back at it, I was honestly the most luckiest person at that time to have such beautiful souls willing to stick beside me!

Not because it was their job, but because they really did care about me, and I'm sure they still do.

Both Emily, and the Professor, are no longer with us in human form, but they'll always remain inside, which will always show on the outside.

From the depths of what's left of my heart, I thank you both, auntie Emily, and Professor Werry, for making me feel as if I belonged ... as if I was loved.

I'll always remember, feel, see and think of you both forever. You will never leave my side.

Many people told me, and still do tell me to this day that I should see a therapist & councillor. Well, let me tell you that I've seen many, and as much as I appreciate their efforts, none of them could understand me the way that Professor Werry & Emily Hohapata could understand me.

Professor Werry passed away first, then auntie Emily...

I can't really remember, but I think the Professor passed away a few months after I was sent to a mental asylum in *Porirua* (pronounced in Maori) which is a town in New Zealand.

The name of the asylum is *Kenepuru hospital* (pronounced in Maori).

I was 18 by the time I went there ... All because I broke down.

That reason is my own personal treasure I guard with more than my life. I spent all but a week there, though I was suppose to spend 2 or more weeks.

Mental asylums aren't what movies portray them to be, at all! Yes, it does feel very sad, dark, scary & lonely there, but I had become too familiar with those energies that I didn't settle my mind on them too much while I was in there. But, I can assure you that they are FAR from being physically dark, wrecked, haunted etc.

I was focusing more on the female nurses that worked there .. Haha!

The nurses there were pretty cool, though I didn't like most of their methods. I mean, what kind of healthy diet doesn't have meat in it? We weren't even allowed a piece of grilled steak because they were trying to promote 'healthy eating'. I know, I don't understand either.

Anyway, regardless of the help they offered, and the nurses, haha, Kenepuru didn't work for me.

Yes, I was accepting everything they had to offer me, but it just didn't touch my soul enough!

After I left Kenepuru hospital, things became more difficult.. especially humans.

Quite a few people that knew of me, all of a sudden saw me different, as well as thinking of & feeling for me differently.

I was bullied for struggling mentally & emotionally to the point I had rocks thrown at me from other people my age. I'd always get roughed up and given shit because I was an emo at the time. Those things only added to my struggles and pains.

Even to this day, people make fun of me, they call me a handicap, baby, you name it! Discrimination at its finest.

Family also discriminate the way I am, and they think that it's okay to do so because they're 'family'. Well, I'm sorry 'family', but it doesn't work like that for me!

So, what caused me to go 'insane' & be admitted to a mental asylum in the first place?

Well, lets just say that humans are very, very cruel. I wasn't like other boys my age when I was young. I was quite soft, and that softness was naturally in me. Because of that, I struggled to understand, see, feel, think of and do everything that existed to mankind.

Others would look at me when I spoke, and they would either laugh at me, tell me I'm a dick, look at me as if I was mad (haha), or they'd walk away while making fun of my opinions and views etc.

Those moments in my life are some of the causes that lead to me becoming 'mentally ill'.

I'm not saying that everyone that doesn't feel good about themselves are mentally ill, not at all! What I'm saying is, we all think, feel and see things differently to others. That's all!

Like I mentioned a few times in this book, what is right & what is wrong? Yes, some things are definitely wrong, and some things are definitely right. But, in the end, how can we humans dictate and confirm that thinking, seeing and feeling things in life a different way to others is wrong & mad??

I personally feel and think that we humans make a verdict off what we're told is right & what we're told is wrong!

If only we can think, feel, see and understand for ourselves, and if we can do our own research, then I believe that we can truly begin to understand the way that others are, as well as ourselves.

Others are made to feel worthless & dark for reasons that are not similar to my own, as I mentioned a bit earlier.

I personally know of & have conversed with a woman who was made to feel ugly & worthless, all because she 'didn't try hard enough'.

She was physically beaten for that reason. (Yes, the male who physically beat her will be doubt to in a very similar way). This lead her to feeling & thinking of herself as unworthy, unlovable, and ugly. (She's not by the way... hell no! haha).

I know that many will argue & make up a story that this woman probably deserved it, but fuck!! No way does anyone deserve to be abused in any form, all because they 'cant try hard enough' or 'aren't good enough'!!

Yes some things require a tad more effort than most. But when you look at a plant, a seed can simply NOT grow into a fully flourished tree or plant over night! Things can never be forced and rushed, though we wish most things would happen overnight! Well that same principal applies to us humans and all that we are.

At the end of the day, all abuse leads to pain, self doubt, worrying and struggles. And most of us simply can not bring ourselves to smile, feel positive & move forward in life as fast & as good as others can!

Many people will tell you that you have to learn to love yourself on your own, which isn't entirely false, due to self love being discovered when your on your own. However, others CAN help you to love yourself, as well as helping you to get an idea on where to start!

But in the end, I believe that it is upon the individual themselves to either want that help, or just have it blow past like the wind, and expect nothing but carried expectation itself.

See this book as an example of that!

My thoughts, views, and feelings are not accepted & agreed upon by many, which is absolutely fine due to us humans having our own views, feelings and thoughts towards life. However, there may be, just may be, someone out of a million people that has literally walked the path of my darkness, but not my light! Well, this book would kind of help that person, and other people in some ways or another to gain some sort of start towards positivity and self love.

That's how I feel and think anyway!

Most of us are too scared or too worried to reach out and ask for help, and I don't blame anyone for feeling so, not one single bit!

Some of us have no one to reach out to! Some of us have simply had enough of being let down. Broken promises (me too ..). Some of us feel as though we can't reach out to the ones who supposedly love us! I know this personally.

If you can, and when you think your ready, please, please, reach out & ask for help. And as mad as it is, as well as everything else in existence being mad, never be afraid to reach out to any higher power!

It can be a guardian angel you've made up in your mind! It could be your ancestors! It could be the tree outside! It could be the air you breathe.

Never be afraid to reach out. I know that if I knew you all, I'd be right beside you, when ever you need me.

"LIES!!! ALL LIES!!!! You don't give one single fuck about anyone besides yourself!!! Your all for self gain! Self control!"

"You too ... I think?"

Don't listen to him.

You know how Christian followers reach out to Jesus? How Norsemen call to Odin? How Egyptians call on Ra? And the Chinese to Buddha?

Well, who's to say that you can't call on a god or a higher entity?

I myself am NOT religious. Heck, I'm not even an Atheist! I mean, yeah, I do have beliefs in certain higher entities, and I'll explain more about that later on.

An old school friend of mine, was one day smoking marijuana with me. No names mentioned, except he is of *Rastafarian* religion (I'm not too sure about today though).

While we were smoking some marijuana, a song from reggae artist *Alpha Blondy* (I highly recommend you check him out) played over his cellular phone. The song is called *"Together as one (Live Version)"*. Alpha Blondy was also sent to a mental asylum in the past, all because he expressed the truth and what he believed in.

In the beginning, Alpha Blondy makes a speech about humanity being one with each other.

Alpha Blondy states:

"When I see a black man, I see the image of god. When I see a white man, I see the image of god. When I see a rich man, I see the image of god. When I see a poor man, I see the image of god."

I'm not certain that those were his exact words, but they were very, very similar.

What he's trying to say is, we are god. Humanity is our being. We must come *together as one*.

My Rastafarian friend, however, feels that his only god, is his father. His creator.

As you can see, he has his own god he reaches out to, though his father is no longer physically with us.

The same applies to yourself! You have the full freedom and right to have your own god! Your own higher power! Your own guardian angel!

I'm somebody's guardian angel myself believe it or not! Apart from myself of course! This person, who sees me as their guardian angel, is somebody who I keep deep inside of myself. I happened to always pop up in her physical life when ever she fell into the darkness, as well as her light, at times. That's what I saw anyway. That is why she sees, feels, and thinks of me as her guardian angel.

No, she is not the girl I have been talking about.

I'm my own guardian angel and higher entity! I stand with the entities and higher consciousness of my past and who I am.

I'm not sure if you remember, but earlier on in this book, I spoke about my father's father, and the bloodline he & myself come from.

Grandpa told me about the story of the *star children*. Our lineage & kind.

I explained how this all mighty, one & only, more superior than all, let me dictate you or be punished type of god, banished my first ancestors into the *under world*. I like to call this under world *Agartha*.

Sounds familiar, doesn't it..?

'God', banished us for the same reasons 'the devil', was banished. All for questioning this god, and for thinking for ourselves.

I don't hate this god, but I'm pretty fucking mad at it for not working to understand my ancestor's thoughts and feelings towards the god. Instead of doing so, this god banished my ancestors, and the devil, along with the ones who thought & felt the same way as my ancestors & the devil, and cast them all into *hell*.

I can't give you a time or day, not even an era for this next part. I explained how a bright, star like light, came down to earth and hovered only inches above the ground of where my tribe is settled to this day.

This light wasn't hovering in just any old place, but it was a hole, where my ancestors were cast into, below the earth's surface. Banished & locked away.

My tribe moved from their previous spot nestled between the two mountains (Mount Hikurangi & Mount Aorangi Pronounced in Maori language) here at my home turf, and settled where their/ my ancestors were banished ...

May we forever remain as one.

This story really makes not only myself, but nearly everyone alive, and passed, think about the things we have been told. The things that are right & wrong.

How come we weren't allowed to question anything in existence? How come we weren't allowed to gain the same knowledge as this all mighty superior god? Why do we have to worship this god for the reason that this god is "the one and only"?

I thought we were all one ...

I thought we all mattered ...

I thought we were a family ...

I thought you loved us ...

This god's punishments are not similar, but remind me of how old school punishment exists. A good ol' smack on the bottom for not listening. It didn't work for me, it made me worse if anything! You soon realise when your older though.

Let us look at the story of *Adam & Eve*, and the forbidden fruit from the tree of knowledge.

To simplify this story, Eve was simply attracted to this fruit on the tree of knowledge. This 'almighty god', commanded Adam & Eve to not eat the fruits of this tree, but may do so to every other fruit tree.

Well, the fruit on this tree of knowledge seemed to attract Eve so much, that she went against this god's commandment, and part took in eating this fruit. The bible then goes on to explain how she talked Adam in to eating this fruit as well, which he does. Because of their actions, 'god' immediately punishes them for disobeying his orders!

God states to Adam & Eve:

"Because you listened to your wife and ate the fruit from the tree whose fruit I commanded you, "You must not eat from it. Cursed is the ground because of you, through painful toil you will eat food from this cursed ground for all the days of your life."

All because Eve wished to follow her own path as well as Adam.

However, their actions weren't influenced alone off ones self! The bible tells us of a serpent, who 'deceives' Eve into eating this fruit.

But why would this serpent do such a thing?

Well, many will argue that the serpent deceived them because it hate's this almighty god. Well, I think it was because the serpent wanted Adam & Eve to gain the same knowledge as this almighty god, which is what happened once they ate the fruit.

The modern day bible tells us that the serpent deceived Adam & Eve.

What I think is, the serpent gave them the free will and choice of discovering all knowledge, both dark & light, for ones self, with no hidden judgment and agendas. Just as *Lucifer* & all the angels that were banished with Lucifer were seeking.

Lucifer & the fallen angels (my ancestors), were teachers of creation to mankind. They wanted to understand, as much as we wanted to understand, and still do want to understand.

P.s: When you have the time, research the difference between Lucifer, and Satan. You'll be very surprised, just as I was.

As you can see, questioning things in life only makes you stood on, trampled on, laughed at, judged, and all other negative feeling thoughts, feelings, views & judgments .. just as I, along with many of you, face in our lives each and every day.

All for thinking and taking action for ourselves.

I most certainly AM questioning this almighty god that everybody's afraid of! Even if hell does exist and the bible were to be true. I stand beside my views, thoughts, and feelings of this religion and god regardless.

This doesn't mean that I only discard Christianity! Not one bit! Though one of my closest brothers is a Rastafarian, there are some belief's in Rastafarianism that I feel are a bit too judgmental.

In Rastafarianism, they do not credit and accept same sex intimacy & love, yet they preach that we are all one, and we are all god's people, as well as being the images of god, both inside out.

I know, I don't understand either ... Kind of.

How I see it is, Rastafarians take the word of what the *old testament bible* tells them. They believe that their god made women and man for one another

which isn't false life-wise due to the miracle and occurrence of creation, and if their god wanted man and man, woman and woman together in love & unity, then it would be so. Instead, this is seen as wrong and sinful.

However, man and man, woman and woman intimacy & love is very much in existence despite what is right and what is wrong!

This is an example of what I'm yapping on about! Both dark & light exists in life, regardless.

Some of us may follow a god & so called way of righteousness. Some of us follow the flow & energy of the universe. Some of us just let life happen with the things we have in front of us, and some of us are purely dark worshippers!!

In the end, no matter what you do, both right and wrong, and though you follow these righteous ways, or if you go against them or question them.. no matter who you follow, whether it be a god, higher entity, person or your self, you will always be discriminated and seen as the bad person while every body else is right. As well as discriminating your own self (self doubt etc.).

Another reason I question religion, is because of the separation it causes amongst us humans.

.

No matter what we do, what we follow, who we follow, or who and what we personally & publically believe, we will always be separated from one another.

Most religions, do tend to have similarities though! Many of them tend to preach & practice love, as well as war. Yet all remain separated, looked down on by one another, and discredited of their existence by each other. However, it does add up to one existence & understanding in the end, just like everything else does.

To look into how we are separated, and why we are no longer one, both inside out, I now move on to not only religion, and NOT my father's fathers beliefs and history, but my 'white man' lineage. And yes, I am damn proud of it!

I will not only be talking about religious separation, but how the actions & beliefs of different cultures, names & lineage also separated us. But, at the same time, binds us all as one.

Please do hear me out till the end.

Harrison Family Name.

My mother's lineage is of European descent, as well as Maori (or tangata whenua, I'm not too sure yet). I will only be explaining the European side of her lineage, due to myself not knowing my mother's Maori (or tangata whenua) lineage.

My mother's grandfather is named *Raniera (Daniel) Harrison*. He married *Erana Nika Goldsmith* (originally *Goldschmitchzt*, changed to *Goldsmith* due to pronunciation problems). These are the parents of my grandfather, the drunken, humorous, mischievous sailor known as *Tricky Dick*. AKA, my mother's father, who I also previously mentioned.

I am yet to look in to my great grandmother's (*Erana Nika Goldsmith*) lineage, but I am however aware of my great grandfather's (*Raniera 'Daniel' Harrison*) lineage. I do have the book, but that's not your business. It's mine.

My great, great grandfather's (*Raniera Harrison's father*) name is *Frank Lewis Harrison*. He was born in *Northamptonshire, England* on the 11th of January, 1865. *Frank Harrison* moved to New Zealand with his father when he was 9 years of age. He married *Mereana (Mary Ann) Hikitapua* (my mother's Maori/Tangata whenua lineage I am yet to discover).

Frank is the son of *Tobias James Harrison & Ann Maria (Brown) Walker*, who later had an affair with a member of the NZ based Walker family, hence her last name not being *Harrison*. She was humiliated by this, and later fled to Australia and changed her first name to Florence, I think?

Frank's father, Tobias Harrison, is the son of James Harrison & Mary (Edwards) Harrison. Tobias Harrison was born in Comberton, South Cambridgeshire, England.

James Harrison (Tobias Harrison's father), was born on the 27th of April, 1804, in Cambridge, England.

Now, with that all being said & out of the way, I now explain what my European lineage has to do with how we are separated as a people.

You see, like many other families, my Harrison lineage can not be traced back any furtherer than *James Harrison's* father, who is *James Harrison* also (he was a farmer from *Cambridge, England*). This non-traceable line stops at around the 7th great grandparent, starting from myself.

Why do I think that my lineage has something to do with all separation of us? Well, there's a few places where the name *Harrison* comes from.

For one, the name *Harrison* can mean *Son Of Harri (French)*, *Son Of Henry, Henri*, and it can also refer to as *the son of a Harrier*.

Secondly, there are many, many stories and historical documents and passed-down-knowledge from different *Harrison* families around the world of the names origins.

One of those stories relates back to the ancient *Septs* (tribes) of the *Celtic* people in Ireland.

The name *Harrison* in ancient *Gaelic* (Irish) history, is a baptismal name meaning *Son Of Harry*. Different varieties of this name include: *Harris, Harries, Harisson, Harrisson, Henryson*, and *Harrison*. The name is said to be of *Anglo-Saxon* descent, later spreading to the countries of *Ireland (don't ask me how it got to Ireland though it was already there)*, *Scotland* and *Wales* in early times and is found in many medieval manuscripts throughout these countries.

I really can't fully agree with this... But I also can in a way.

Though the name Harrison apparently arrived in *Ireland* after the 1st century, how come there are recorded documents at the Irish Archive centre of a *Harrison family of Harrison castle in Ireland*? And how come that castle existed in Ireland dating back to the 1st century on record? How long were they there before the 1st century? And yes, it is the name *Harrison* which is recorded, not a spelling glitch of the name.

The name Harrison, is apparently of *Anglo-Saxon* descent as I recently mentioned.

Anglo-Saxons were the people that inhabited *Great Britain* back in the 5th century, and are people of *Germanic tribes* who migrated to *Great Britain* from continental *Europe*.

The language of *Anglo-Saxons*, is now identified as *Old English*. During this period, Christianity was established, as well as governmental law.

Back to what I was talking about. Separation and disconnection of us humans all being one.

I know your probably wondering "*How the heck does this relate to religion?*"

Just be patient.

"You cant talk, your not patient at all!!!! That's why you have no friends left!!!"

Excuse me ..

I have to disagree with the name being of *Anglo-Saxon* origin. Well. Not disagree, but more, umm, expanded, that's it, have expanded and open knowledge of the names origin!

Harrisons were also said to be *Vikings* who invaded eastern *Europe*, right down to the *Mediterranean*, controlling all countries and taking most of *Europe* over from the *Roman empire*. I can however vouch for this in a way, as I have seen this exact story on *National Geographic*, though I don't believe many of their stories about history are entirely true. I believe that this particular story is true, because of the things I am about to explain that is not only researched knowledge, but also knowledge and stories passed down from the actual families of the *Harrison* name.

This is where it gets pretty confusing ...

The name *Harrison* in Viking times, was the name of every Viking that existed in their clan. Each man and woman only had one name in other words, and that name was *Harrison*.

Well, *The Harrison Clan*, were thought to be amongst the first invading Vikings FROM Ireland, and not settled, around *the year 400*. They ruled England for over 200 years, to the year 600, lead from a man named *Richard A Viking*, who continued with this ruling of England.

So, where did this *Harrison Clan* come from?

As I stated previously, we came from Ireland. Where did we go to from there? From Ireland, it is said that the *Harrison's* sailed to, invaded, and settled in *Denmark*. From there, we moved on to invade *Norway*, where everyone familiarises Vikings with originally. Vikings are travellers of the ocean, not a race etc. of people.

Norway was not the only place our *Harrison* people had migrated to, in fact there were many places as stated earlier that we invaded & ruled!

A notable *Harrison* family is the *Harrison family of Virginia, USA*.

Amongst this family, were 2 United States presidents. They were *William Henry Harrison (an American military officer, and the 9th president of the USA)*, and his grandson, *Benjamin Harrison (23rd president of the USA.)* *William Henry Harrison's* father was *Benjamin Harrison the 5th (Former delegate to the Continental Congress, American politician, planter, a merchant, revolutionary leader, a founding father of the United States, and signer of the Declaration of Independence.)*

Their ancestors arrived in the *USA* with the *Washington family* amongst others. *The Harrison family of Virginia, USA*, are the same *Harrison* lineage of *Thomas Harrison, Lord of Gobions Manor*, located in *St. Giles, Northamptonshire, United Kingdom*. He was the first native English ancestor of the *Harrison* family of *Virginia* that did not migrate to the United States of America.

Thomas Harrison noted:

"The migration of my family members is the end of an era. The family will go from a prominent and elegant family, to a big migration family."

This became very true.

But, one of the most notable *Harrisons*, is *George Harrison* of the world famous pop band *The Beatles*.

His ancestors were *Norman knights* from *France*, but settled in Ireland during the time of *William The Conqueror*. His ancestors were seen to the French people as peasant subjects, yet they managed to own ALL of the land that could be seen from the tower of the *Norman castle*, based in *County Wexford*, 60 miles south of *Dublin*.

George Harrison's ancestors, were however stripped of their castle and lands due to not renouncing their *Catholic* beliefs.

His *Harrison* family is also apparently related to the *Harrison family of Lancashire, England*.

The surname *Harrison*, was apparently first found in *Lancashire, England*, where they held a family seat from ancient times, some say well before the *Norman conquest of 1066 A.D.* However, some also say that the name arrived in England WITH the great Norman conquest.

As you can see, it is all one big mess.

But why is it a mess? That's because I believe that we migrated & travelled everywhere in this world despite the time phrase, hence why there is no record or anything dating back before the *1st century* of this name, and its first ever origin or family.

Though most of us *Harrisons* all seem to originate from Ireland, and most of us kinda look the same, we are yet to remain connected.

Instead, during the Viking times (times of European invasions), as well as before that time, and after, we fought amongst ourselves.

This came to be due to many of us leaving the land of which we were settled, choosing to venture out into the open world. Years later, the ones who remained in the settled lands, also ventured out into the open world. We met up with each other over time, all to kill our own in order to rule the kingdoms & lands that were occupied and conquered by our own who had ventured out into the world before. We also fought over different beliefs & religions. This *ripple effect* still occurs in my *Harrison* family to this day... all fighting each over nothing .. not literally nothing though .. I bet it happens in your family too!

Now, the religious side of it!

In ancient times, we all followed different ways of life, due to our own gods we believed in. Stories passed down from generation to generation.

However, as time went on, and as we ventured out into the world, we began to discover different cultures, different religions, different gods, as well as their beliefs and ways of life & beyond.

Do you think that maybe, Christian followers, saw this happening and chose to take advantage of it? It may not have meant to be a negative advantage, but it could have been that they saw it as a way to push their messages and knowledge forward? Or did they see it as a chance to cause something more sinister? Hang on, 'sinister'? You get what I mean, hopefully.

Christianity wasn't the only religion and people to see this! My own ancestors most definitely saw it & experienced it, as well as the serpent in the *Garden Of Eden*! We also see this effect being carried out by business men and women, the entertainment industry, fashion, even animals see and know of this effect! Hunting lions will gang up on a giraffe if it is out numbered, as well as many other prey. They see it as an opportunity to gain the upper hand, as well as an opportunity to feast of course!

This effect can separate us tremendously! I understand that there is a balance there, but that balance has been thrown out of place due to the existence of multiple religions & beliefs, when all should be accepted as one and understood.

Well, what if all of those beliefs could come together as one? What if all of our gods could come together on one level and one understanding of all that exists, and all that continues to birth & exist?

Like I said earlier, about how thinking and feeling that we are more superior than others can destroy us. This can separate us from what we truly are, and what we are truly capable of discovering and knowing in life. Look at it as abusing the power we have been given, as well as the capability of abusing the knowledge that is there that we have free rights to!

Maybe that's why the Christian god didn't want Adam & Eve to eat the fruit? Maybe their god didn't want them eating the fruit because it wanted every piece of knowledge for itself in order to rule over all? Maybe this god was scared that they would abuse this knowledge!

Either way, only you can decide what you believe, who or what this higher power that created us really is.

Maybe the different stories of gods that were shared from our ancestors was the thing that separated us? Maybe these god's names separated us? Maybe the way they explained and showed life to our ancestors was misunderstood and thrown out of order? Maybe there was some important knowledge that all these god's, as well as ancestors possessed, that was ignored in order of self gain & control?

Maybe each race comes from a different realm of it's own as explained in Norse mythology, of which they have different beliefs of life, as well as their own ways of explaining existence, but all ties together as one? Hence why we all look physically different?! I mean, not all primates look the same, not all fish look the same, not all humans look the same. What if our physical flesh is actually our spirit? The possibility is endless!

Dear 'God',

Seriously, if you really are watching me, and everyone else, I hope you know that I too will one day reach your consciousness, and we definitely will be exchanging thoughts, feelings, views and ideas. We will definitely be reasoning with each other. If your watching, and your ready to banish me and punish me for my views, thoughts and feelings about not only your religion, but yourself as well as others, then banish and punish me.

I'd rather burn in your hell with my ancestors.

I'd rather be tortured with the ones who expanded and made me understand my mind, broken heart, and soul.

I'd rather suffer, than follow your ways, only to slave for you in your heaven.

Sincerely,

'Your child' that you 'love regardless' of his 'sins'.

(p.s: questioning is NOT abusing authority.)

Please, do not let my views, thoughts and feelings pull you away from this god, because this god exists too, just like you & I exist. And as much as the peach tree outside my window exists.

If you feel that this one and only god is the true god, then please, hold that belief, for it has the potential and power of self growth and self discovery in yourself.

There was once a time when I fell into Christianity! I'm personally glad that those days are gone. I fell into the Christian ways for only a few months, all to find a sense of belonging and to find the reasons why my pain existed. I wasn't fully let down, I just didn't feel anything, no matter how hard I tried.

Those days are good and gone now, and I don't think I'll ever return... I'll only accept its existence.

I do however encourage each and everyone of you to not fall victim to the Vatican church. The church of *Pope Francis*. As much as I want to accept it, I can't! There is no way I will ever stand for someone that accepts paedophilia, as well as materialistic possessions worth well over \$300 billion!

Here's an idea Pope: Why not exchange all of that gold into financial currency, and help the world like you preach? Or what, does gold and earths minerals hold some kind of secret power that we are not familiar with? Yes, there are crystals and gems that have spiritual powers, but what's so special about bronze, silver & gold? I know for a fact that my Viking ancestors saw silver and gold as riches in the days of trading, but Pope Francis? The only thing you trade is words. You trade words for self power and glory. For control.

I accept your existence as a human, and I don't hate you at all as a human, I don't hate any of you! I just want to know, where is the result of your talk and

your wisdom? Where is the result of your saviour towards this world and humanity?

"I know where it is, under your ass.... connected to your gutless golden throne..."

I actually agree with my mind on that one!

I know I'm suppose to be keeping everything as positive as possible, but the darkness definitely does come into play ... Especially when humanity is being deceived and abused.

Like I said, I will burn in your hell. I will burn there forever if it means wisdom, knowledge, minds, hearts and souls of humanity, are given back to humanity, the world, and our universe.

You better hope that history doesn't repeat itself. You better hope my Viking blood & I do not set out and venture. You better hope we don't practice seasonal raids again.

If we do, then we are coming for your gold and materialistic riches of the Vatican church, and we are returning it back to the earth. Full stop.

I apologize humbly for that rant, I get very defensive when it comes to humanity.

"Pfft yeah right! The only thing you defend is yourself!!"

Pardon me ..

Go for the Vatican church if it helps you, just makes you are fully aware of your surroundings, and why everything is happening within those surroundings, and how they are being applied to your life both negatively and positively.

Over all, make sure your safe.

Now, time to explain how religion, beliefs, etc. , not only separates us, but binds us at the same time!

Religions all share some kind of spiritual belief, as well as old time practices!

For starters, worshipping a god or higher power is something they all share in common, as well as some form of a heaven & hell.

As for sharing practices, many religions & ancient tribes believed in & practiced *sacrifice, fertility festivals, annual food harvests, prayer and meditation, rain dancing*, as well as many of their own belief's *sacred rituals*.

It is said to be believed that sacrifice was a form of offering to the gods. It is said that *fertility festivals* took place as the physical intimacy between male & female births new life, which is a very special and magical event. It is said that *annual food harvests* took place due to the seasonal influence on the growth of their crops. *Prayer & meditation* are similar to each other, practiced in order to connect with different higher entities, as well as our world and our universe, not to mention ourselves. *Rain dances* occurred for the obvious reason that these dances would hopefully bring rain, which would result in a better harvest of food, as well as fresh water being provided for all surrounding life & beyond.

There are many other things that both religion, spiritualism, and ancient tribes share in common! Like I said earlier, many of these beliefs and practices, are not agreed on by all, but they have however taken place in our past, as well as our present! And definitely bt hopefully not take place in our future.

Either way, all of these religions & different tribes' beliefs, all come together as one, being the same as the other. The only difference that occurs amongst

these beliefs and practices, is that they are both practiced and preached by a number of different peoples, whom are only physically different and separated from each other (yes spiritually as well etc.). These different religions and tribes have their own ways of practicing and preaching these beliefs & doings, that have the same meaning and intentions in the end.

What do I believe then??

I believe there is a higher power ..

Myself ...

My surroundings ...

The knowledge I possess and am yet to possess ...

Everything in existence ...

For now, all I have is all I really can believe and hold on to.

Myself ..

That's my belief of a higher power.

Humans are not the only ones that are familiar with this! If you look into the wild animal kingdom, as well as the insect, amphibian, even the kingdom the ocean, each flock, herd, pride, school, etc., all have their own practices and ways of life that both separate's them into multiple numbers & connects them as one at the same time.

Let's take the ocean kingdom as a starting point!

The ocean is a very, very, very large place! At least 70% of our planet is covered in oceans, as well as seas. Only a small portion of our ocean has ever been discovered. The density and pressure at the most lowest point in our ocean is far too unbearable for us humans to ever reach, discover, and survive in. I mean, yeah you can attempt it if you have a massively strong submarine, or even if your a free diver or diver of any sort, but the deepest point of our ocean is yet to be discovered.

Anyway, back to the ocean kingdom.

When I was a child, my grandpa, mother & father, use to take me to the beach to gather seafood for our family. We would always gather seafood at low tide due to a different number of seafood's being nestled on the rocks closest to the shore.

Grandpa & my dad would go out a bit deeper, just beyond the drop off of the reefs. I always enjoyed diving & gathering seafood!

My favourite kind of seafood is the *sea urchin*. *The tongues of a sea urchin are very much edible, and an extremely good energy booster, as well as the guts*. I love to eat my sea urchin tongues on toast, lightly coated with lemon juice.

About a few years ago, I was diving at one of my homelands named *Tuparoa* (pronounced in Maori). I was swimming amongst the different channels of the reefs that are there at my homeland, when I noticed a fish smashing its beak into a small cavity in one of these reefs. I swam closer to investigate what it was doing, or attacking, and to my surprise, the fish was attacking & eating a sea urchin that was nestled into one of the reefs cavities as protection. Though the sea urchin has many sharp spikes on its outer shell to protect itself from predators, the fish had won that battle. The fish was eating like a king, while the sea urchin's insides were swiftly consumed by that fish.

The sea urchin has its own forms of survival. Of prosperity. The same goes for the fish that ate it. This fish could have had young to feed, as well as itself. In

the end, the fish gained the upper hand. It's techniques of survival gained the fish the upper hand, as well as it's instincts and trust.

Why do I say trust? I say it because the fish obviously wouldn't have tried to take on a great white shark as its meal! No way!!! However, its instincts caused it to trust itself in what to do, what to target, and what not to do & what not to target.

I know that, based off knowledge passed down from my elders, that sea urchins as well as many other sea life, all prefer to migrate into the warm shallows of the ocean (the reefs we dive to gather seafood). This is based on the fact that the ocean is much warmer in these parts. The sun is able to heat this area and keep that heat consistent, flourishing different kinds of sea life. The shallow waters that these smaller sea creatures migrate to, is also a lot safer than the deep, open ocean and its larger predators.

In the open ocean, large schools of small fish, travel around the ocean together. When fish venture into the deep, wide ocean, they do so as a school in order to protect them selves from larger predators. These schools of fish have seen & realized that staying in large groups increases their chances of survival, and also increases their chances of intimidating other larger predators due to their massive school size! There are however some fish that are not intimidated by this occurrence!

Sail fish raise the sail-like fin on their back spines in order to appear larger to predators! *Sword fish* swim at immense speeds in order to stab & stun their prey with their long sword-like beaks.

As you can see, these sea creatures of all kinds are separated by their size, as well as their physical capabilities and abilities to gain the upper hand.

However, they all share something that binds them together as one. They have their own techniques & strategies of not only surviving, but adapting, accepting and appreciating what they have and know as life.

The same goes for the animal kingdom!

In the animal kingdom, one of the highest reigning forces, is the lion, of the cat family. We know that lions are a part of the cat family because of their similar

instincts, as well as their physical appearances. My own personal cat, named *Colonel Burr Harrison II* (named after another *Col. Burr Harrison* & originally named Burr from my nephew), definitely hunts like a lion, inside out, as well as possessing every other trait that a lion has (sleeping position etc.)

I feel quite bad for using the cat family as an example for this next part because they're my favourite animal, apart from bears and tigers that is!

Wild lions work together in order to gain the upper hand, as I mentioned earlier about packs of hunting lions.

As for house cats, like my own, they don't possess the same power that a lion does! Yes, they may be extremely similar in all aspects of them selves, but as time went on, house cats became smaller & more helpless. I think this is due to the fact that house cats do not have the free reign that wild lions have, kinda how some religious & ancient beliefs limit us from endless knowledge and possibilities. Also, a house cat's diet is much different to that of a wild lions diet! Yes, tame lions are about the same size as wild lions, but I bet you anything that the wild lion will always gain the upper when it comes to survival.

As you can see, the cat family are all physically separated from each other. House cats make the bottom of the pyramid, tame lions create the middle, and wild lions sit at the top above them all.

The same goes for us humans. The homeless, poverty, unemployed and working classes, create the bottom of the pyramid. The financially wealthy make up the middle of this pyramid. And finally, the government, royal families & international churches of religion, sit on top of this pyramid.

However, they remain as one family, that practice some kind of spiritualism, religion, practices and beliefs, just as us humans do.

Insects display the same kind of behaviours! In some ways that seem different and weird to us all. First, I will start with the *Praying Mantis*.

As we all know, praying mantis's are seen by some as good luck. Some see them as spiritual entities. The rest of us see them as normal insects.

However, this may not seem as though for the praying mantis itself!

If you weren't aware, female praying mantis's are most likely to eat the head of their male sexual partner. This effect is known to scientists as *sexual cannibalism*. The exact reason of this event remains unconfirmed, but there is one particular reason that really caught my attention!

Some claim and argue, that female praying mantis's eat the head of their male sexual partner, because they don't want that male to breed offspring with any other female.

Sounds familiar, doesn't it? Haha.

But, some claim that females eat their sexual partners heads, in order to fertilize a better litter. There is however a very high chance that the female will NOT eat the males head! If anything, male praying mantis's are most likely to have at least 3 sexual partners in their whole life time!

Though the male & female praying mantis' are disconnected by this practice, and what ever the reason is for that practice existing, they still remain as one. The fertilizer of unborn praying mantis' could possibly be fertilized by their fathers head (as mad as it sounds, but hey). This binds them all together as one life, as well as their mother.

Now, for bears!

There are many kinds of bears, just as there are many kinds of race within humanity. Some of these different bear breeds consist of: *Grizzly bears, polar bears, panda bears, Asian black bears, American black bears, Ursinae, Balucistan/Pakistan black bear*, as well as many others.

These different types of bears can be found all over the world, in different environments. Just as us humans once were, and still remain to be.

Many bears, as we know, love to eat meat. Meat of all kinds at that! Salmon flesh sits on top of the list as a *Grizzly bear's* favourite meal!

However, recent discoveries have shown that on the year of 2017, most grizzly bears have ditched the annual salmon run (similar to the annual food harvest of humans/hunting season), and instead turned their preferences to wild berries. Yes, what was once a near purely flesh eating bear, has now become a vegetarian!

There is no saying if this behaviour will continue, or if it is a one off! But, as you can tell, something big, or small, has made them expand their reach to a path of endless possibilities! They have opened themselves up and expanded from what they were once limited to.

The same happened with Panda bears over time! Panda bears ate meat once upon a time! But, over the years, things happened, their home changed, they discovered more, and due to these events and happenings taking place in their lives, their limits had been expanded, due to the expansion of knowledge.

Polar bears, well, they are my favourite bear of them all! Hands down. Simply because they are dangerous yet beautiful. Very misunderstood creatures, just like everything else in existence.

They are also very powerful and skilled swimmers! They can swim up to 50 Km's or more within one swim!

I was once watching a documentary by *Sir David Attenborough*, but I can't recall the exact name of the documentary. Anyway, on the documentary, he was talking about predators. When he began to talk about the polar bear, I instantly got excited when he showed a polar bear swimming across the arctic waters to find food. The reason I'm mentioning this is because though we humans see bears to be land animals, the polar bear has adapted to its environment (ice & water lands), and has defined the odds of what it was once limited to. Though this happened due to climate change.

Look at both the original climate as well as the changing climate (melting ice that polar bears usually nestle on) as a different religion & belief of the polar bears original beliefs!

All these different animals, sea creatures, insects etc., all share the same history, doings, practices, and beliefs as us humans. Though they are not literally similar, as well as our physical, mental, emotional and spiritual selves

being similar, we each share a story and way of life which both separates us and connects us... creating one whole being and meaning of life.

I think, feel, and see, that humanity has abused and disrupted this from naturally occurring. And, because of our abuse towards the world, its inhabitants of all kinds, and ourselves, we have disrupted and have broken the path that leads us to what is really true, and what is false. It's safe to say that we have been forced to exist otherwise, despite our instincts & true preferences etc.

I think that they are both the same, just as meaningful and as worthy as each other.

"I must learn to stop putting words in brackets all because I myself think, feel and see of them differently to others. Everyone can understand these words and it helps everyone to realize what your talking about. It's just my way of explaining my senses towards everything in life I guess."

Just imagine! What if, by some miracle, all life forms, both inside this world and out, came together and accepted each others ways, beliefs, thoughts, feelings, views, everything! We don't have to live by them and believe in them, it would just be nice if we all attempted to understand fully. From there, we could work together in order to expand our knowledge from what we already know into an expansion of unexplored knowledge and existences.

The balance between darkness & light really does show in everything that exists!

I wouldn't be too certain about this, but if I'm correct, all of these beliefs, religions etc. that we have within the many existences and life forms of our world, have helped path the way for us to create our OWN beliefs & ways of life that have nothing to do with religion & tribal beliefs, as seen in the sudden food shift of the Grizzly bear

Personal and public modern day imagery.

Again, not everyone will agree with my thoughts, views and feelings, but my theories, words, suggestions, and rights, are just as equal as any other.

Over the past centuries, humanity has gained a whole heap of knowledge! This knowledge has been placed both before us, with us and after us (after us meaning the things that are yet to be discovered).

What does gaining knowledge have to do with modern day imagery? Well, that depends on what YOU think imagery is!!

The imagery that I'm talking about is the imagery of ourselves, inside out.

Humans.

You see, with the knowledge we gain in life, comes the power to control that knowledge. With that, come the actions of this knowledge.

We humans have gained so much knowledge from the many religions and ancient tribal beliefs that exist within our world, as well as in our natural environment, what ever that environment may be for you.

However, we have gained so much knowledge, that we have used it to create our own world and reality, and in return, have left and forgotten what was once important. The acceptance and understanding of who we really are.

Earlier I mentioned the theory of how these many different religions & tribal/ancient beliefs may have seen the birth of these many ways as an advantage point for them selves in order to gain the upper hand. Well, that same theory can be said towards modern day beliefs/culture/religion.

In our world today, we have expanded tremendously within both who we are as individuals, right to who we are as a whole, which has lead to the birth of countless cultures etc. This effect can be seen in the many different ways that we humans today express ourselves with. This effect is also seen as *Stereotypies (stereotypes)*.

To label another as something is not a kind thing to do, but then again, that labelling may have come about due to what the person their labelling is portraying & pushing out into the world and the universe.

For example, lets say that I was really enthusiastic about each new trend that occurs in todays world! Well, I'd automatically be labelled as a *hipster*, right? Or what if I dressed in depressing clothing, with jet black skinny jeans & a depressing black t-shirt with a purple skull face crying on it, as well as having medium length straightened black hair with a fringe covering one side of my face? I'd be labelled as an *emo*, wouldn't I...? (I was an emo once upon a time if you can remember earlier in this book).

But, if someone was to label YOU, yes you reading these words, What would others label you as? How would they see you? What would you say? How would you feel?

If many of us believe that there is no such thing as Stereotypes, then why does the word exist in this first place? Where did it come from? Let alone the idea?

This is where the balance of both dark & light comes in.... yet again!

Stereotypism (what I call the existence of *Stereotypes*), in my eyes, was created due to the many different cultures, styles, beliefs etc., that were formed by us humans throughout time.

Different events in life occurred both publically and personally for mankind. As the result of this, our thoughts, emotions and views suddenly changed, and we were all divided... both physically, spiritually, mentally and emotionally .. just as religion divided us, as well as the environment of all other living things on this earth, and beyond.

Many of us are yet to see and realize this, but it is something that exists in our world far too much!

I myself have been bullied, laughed at and ridiculed, all because of this occurrence, and it was caused from the very people who believe that

Stereotypes and physical, mental, emotional and spiritual divisions do NOT exist.

It still happens to this day.

We as humans will always have our own interests and way of life etc., and many will share those same interests and ways of life as yourself. Not everyone can be the same, right? Well, yes AND no.

Our existence as humans remains the same, except for the way we are and the different things that captivate us and catch our attention. Things that make us happy. Styles that make us feel good and correspond to what & who we want and aim to be, and what we want to do when we have fun, as well as being able to sustain a serious life for ourselves.

I personally wish that *Stereotypism* didn't exist! The same can be said for darkness. But who am I to only accept and take one half of others and things & banish the other half of those things and people?

Makes you think, doesn't it?

Thinking too much of it may lead to ones self feeling bad about themselves.

Far too many of us, if not ALL of us humans, are aware of the benefits of a person's physical sexual appeal.

Is this a kind of mating ritual? As seen in the animal kingdom also? And as they practice in religious & ancient/tribal customs? Is it simply to look good and to feel good about ones self? Is this practiced to draw the attention of others to ourselves? Or is this simply the modern day version of the human spirit?

I believe its a mix of all, plus more ... just hear me out.

Like many of us, we choose to make ourselves look good in order to feel good, which is totally fine! We also like to make that same effort in our physical appearance because it attracts the attention of others towards us! As a matter of fact, this occurrence happened to me a few days ago from today!

It was a cool Saturday night. My twin brother & I decided to have a few alcoholic beverages. 5 bottles of beer later, we decided to go out to a night club (no names mentioned sorry). The bouncers at the door are always cool to us, and it's funny, because my twin brother & I have never possessed legal photo identification which allows you to go into night clubs. I guess we have that special something about us, haha!

Anyways, we entered this club, purchased a few drinks, and we scoped out the scene. As time went on, the club started to pack up as if a hydro dam had busted & millions of gallons of water ruthlessly swarmed anything and everything in its path, which was cool, because night clubs suck when their quiet!

My twin brother & I saw a lot of people we personally know from our home town, which is located about two hours away from where the night club is . We also happened to meet a lot of people there that were fascinated with us because we're twins, which is always cool! But it gets annoying sometimes.

2 hours had passed since we entered the night club. The dance floor was going crazy!! Everyone was in the moment, all dancing away as if tomorrow was confirmed to not exist. We saw one of our friends we had met in that same club a previous time, so we made our way over to him & started raging together.

We were having the best time ever!!!!

All of a sudden, I felt a body dancing on & behind me, so I turned to see who it was, just out of curiosity.

I stopped ...

My eyes bulged out of my face as if they had been forced out by tons of pressure! I saw the most beautiful, most sexiest, most heart melting, most purest, most cutest, most jaw dropping female I had EVER seen in my whole entire life! Apart from mother and my female family members of course!

I honestly have never seen anyone like her before!

Long, light blonde hair, tropical sky blue eyes with a natural gloss & sparkle, her voice being sweeter than the sweetest song of a robin bird, a smile so innocent & contagious that it can make you loose focus of the moment your in!

And damn she can dance!!

Imagine a lady-like bad girl. That's her aura & attitude. A female that lets loose & goes wild, yet sweeter and friendlier than a fairy tale princess .. and yes I'm aware of those dangerous ones. Haha.

Little Red Riding Hood.

That's the nick name my not-so-younger than myself niece (who was also clubbing with us) gave her because of her outfit she was wearing.

She was rocking a red shirt kinda similar to Little Red Riding Hood's coat. She also sported a black like hat, the same hats worn by The Rouge gang on the hit 80's gangster movie, *The Warriors*. She had a short-ish black skirt on, just above her knees, and black low-heeled shoes.

Her physical appearance was enough to make the memories I have of any other female that has affectionately affected me disappear! It's nearly safe to

say that nearly all of my worries disappeared at the sight of her! Which is a very hard thing for someone to do to me without even trying! Let alone trying!

Yes, many males were dancing with her friend & herself, but in the end, I got the first, last, and most dances with her. We were curious about each other all night! I kinda saw why I got the most of her attention though, that was because of my respect towards her .. unlike the other males checking her out & dancing with her ...

“Fucken ugly useless weak city slicking fucks ..”

Sorry about that.

We must have danced, talked and drunken together for a good 5 hours straight, which isn't long to most people, but to me, it was as long as the time frame of all existence.

Once the club closed, and everyone was leaving, she and her friend were sitting near one of the club lounges by their selves, making their next move. So I decided to walk over and introduce myself to her properly.

We said hi to each other in a pretty happy but calm tone & energy. After our greeting, I thanked her for dancing with me.

She sat there and stared at me, as if she had seen a ghost! Then her smile started growing slowly. I thought I was in trouble!!!! Hahahaha!!

“Awww your welcome ...!” She said with a humbly amazed look on her face, kinda like a calm surprised smile. *“I've never been thanked for dancing with someone before!”*

I replied with a smile *“Your welcome, I appreciated tonight!”*

From there on in, our conversation, our energies, our body language, our everything, all merged together as one. It was as if we had known each other forever!

Her name?

(.....)

I'm not telling anyone!

Both 'this girl', her friend, my brother & myself all exited the club together.

This is where the darkness of it comes into play ...

Do you remember how I previously stated that other guys were also dancing with her & her friend? That's who she & her friend decided to go home with ..

The other guys at the club.

We did however part ways on a really cool note, but deep inside, I was jealous ... Judge me & dictate me for being jealous .. to my face ... I dare you.

Actually, it was more a jealous & sad feeling that I felt, especially when she turned around in the near distance, only to wave to me with a sad, bummed out happy type of smile on her face, but over all, I hope she had fun, and I hope those guys kept her & her friend safe ... Or else ... and yes, I remember their faces. Jst incase they treated them otherwise.

From that moment on, both good & bad, continued to linger about my mind & soul from there on in. I know she's not my girlfriend, maybe we'll never see eachother again! But, if I had the chance, I know that I'd want to spend more than one night with her, most definitely.

Mind & Soul:

"Look at you boy! You make no sense!! First you don't care about someone's physical appearance, then you do!!! This is why your a fucking mess, a lost mind, soul and body that will NEVER settle for anything!!"

Me:

"I'm well aware of that, but as I continue to experience life, I realize everything is one with each other, more than I first thought, felt & saw!"

Mind:

"See her smile, hear her voice, feel her energy.... forever."

Soul:

"Get rid of this jealousy I feel! Do something about it! Find her!"

Me:

"I'm gonna kill the lot of us if you guys don't shut the fuck up!"

Mind & Soul:

"Hahaha, you haven't got the guts to kill us!"

Heart:

"Never loose hope .. You must hold on .. All I ask is that you try your best & try not to become too attached to her. I've got you .. Or I'll die trying."

Mind:

"Don't do it! You'll wreck yourself again, just like every other time you wrecked yourself!"

Me:

Sits in my chair & day dreams.

So, what do I choose? Do I have the same thought as I first did before I met the girl at the club? Shall I make a move on her? What is she like when she's not drunk?

Well, I'm going to try my best to not assume anything, but I think she's the same, both drunk and sober. There's something about her that tells me this.

Yes, I know what the majority of you will be thinking & feeling, as well as seeing, but hey, she's definitely worth finding out about!

If you've noticed, I said the same things about the girl I first mentioned in this book as I did about this girl. The only difference is I know the first girl better than the girl at the club.

As you can see, the way we address ourselves physically, has a tremendous effect on both ourselves as well as others, and this practice of looking sexually & physically attractive, binds the practices of mating, feeling good about ones self, attracting others to ones self, and blindness of the soul (for me anyway), which leads to ones soul showing through our physicality. All of this comes together to create a whole, which is darkness & light.

I'm not going to lie or hide this fact, but I too am guilty of turning others down for another that is more physically attractive to me than they. I personally think & feel that I'm shallow and judgmental for doing so, but like I say, everyone and thing has a dark side as well as a light side. My darkness just happens to shine through more than my light. It's something I'm working very hard on.

But, if your an asshole, I automatically find you physically unattractive. I don't care if your liittle red riding hood or the girl I always mention, your physically ugly to me if your spiritually ugly.. I know its near impossible to be beautiful

inside, but there is most definitely a line that does not have to be crossed. This line is the boundary between trying your best & accepting and knowing your flaws, and taking someone and something for granted.... abusing what you have.

Little Red Riding Hood, haha, if your reading this by some miracle, I really did enjoy my night with you, and I thank you from the bottom of my new heart for giving me a smile, even though that smile may not last at times. I'll always appreciate you for giving me something I never thought I'd have again.

But, the one thing I really want to thank you for, is how you made me realize that night clubs, physical and sexual appeal, and what I once saw, felt and thought was bullshit & wasteful, is not what I thought, saw and felt it was. I was so quick to judge and dictate these things without actually stepping into those scenes myself. I do know that the best way to understand these things is to have a hands on experience with them, and that is exactly what you gave me. I never thought I'd ever step foot into a nightclub, I never thought I'd dance again, I never thought I'd share that dance with another, I never thought I'd understand and accept what you showed me.

Thank you for that, thank you so very much.

If you wondering why I mentioned this, its because *Stereotypism* reminded me of the occurrence of sexual and physical appeal.

Stereotypes exist, but that does not mean that we are fully separated from each other. Yes, our styles, personalities and interests may separate us from one another, but in the end, we all have arms, we all have legs, we all have a head, we all have a brain, we all have some kind of heart, we all have a soul, we are all humans, though I like to see myself as otherwise most days. I bet the same goes for you at times too! I'm so very glad that this occurrence with this girl happened to me!

By now, some of you may have seen that as I go through more in life, the more I expand my knowledge of others, as well as life. The darkness I once saw is beginning to let the light sit beside it. Not higher, nor lower. Beside. Levelled. One. I am learning to truly accept all.

No longer am I becoming fully judgmental. No longer am I holding anything against anyone. No longer shall I assume from what I see. No longer shall I think, see and feel the worst of others as well as the situations I & others face and go through in life. No longer shall I hurt as much as I once did.

Yes, my mental illnesses contribute towards the imbalance of my emotions and mentality, but I now understand more than I once did, which is helping me to forgive myself as well as life. Teaching me to literally love myself.

I remember somebody in the Philippines asking me if Schizophrenia is permanent. I can easily say that Schizophrenia most definitely feels permanent. I was also told by somebody once close to me that Schizophrenia can be controlled.

Well, no, Schizophrenia is NOT permanent, and it can't be controlled by others as well as most can control it. There are many situations and events in life that contribute tremendously towards the growth of Schizophrenia as well as other mental illnesses. I'm apparently diagnosed with 5 of them.

They say that you attract what you think & what you believe. I say this is both true and false.

For example, a friend (yes, I have friends now) of mine, once told me that if I think of my mental sicknesses, then I will become sick, which isn't entirely false, but it isn't entirely true also.

You see, many different events in life, as well as the events that involve others in our lives (which is nearly every event we face), are contributing factors to what we feel, what we think, what we see and how we respond.

Some of us just happen to struggle with this more than most, which is totally okay! We cant expect to be the same as others, can we?!

Some of us have been through a lot more than others, some of us have been through so much that we can no longer remember everything that has happened to us, both good & bad. Some of us can not remember every person that has walked into our lives, as well as out (obviously). Through these many different events & occurrences, we are able to either learn & gain what was

once lost, or we are able to take everything we become and are a part of for granted.

The choice is yours.

I just realized that, what I just wrote about, the last page or 2, has nothing to do with what I was on about, nor has it anything to do with what I was going to write next.

I just had a *me* moment...

Hahaha.

Anyway, getting back on track!

If you were to ask me, I'm much more attracted to the heart, mind & soul of a female, rather than her physical appearance.

But, and as confusing as it may seem to most, her physical appearance and sexual appeal means just as much to me as her heart, mind & soul. Not because we're all one, and we must be taken as a whole, but it's because her beauty and sexual appeal really works in motion and on key with who she is on the inside. It sounds mad etc., but there's this certain glow that shines through a persons physicality, no matter what that physical appearance may be.

Oh, and if your wondering why I didn't ask the girl at the club if I could take her home, that's because I had only met her that night. I could be a serial killer for all she knows, or even worse, she could be one herself!

This next part is a bit off topic, but so am I as a person, haha.

I previously stated my thoughts, feelings, views etc., on what I think about the physicality of a person. People aren't the only things I see this effect in! I also have certain plants I'm more attracted to than the other, no matter how dangerous or poisonous they may be on the inside (and out, obviously). There are certain animals that I find more physically attractive than the rest (Polar bears, Tigers , Cats, Horses, Snow Leopards etc.). The same goes for everything else in existence!

There is one thing in particular that I find attractive the most, apart from family. This thing is the most important thing to exist physically in our lives as individuals as well as a race.

This one particular thing is so beautiful to me, that at least 98% of the world's population find it terribly ugly, inside out.

This thing is something that, no matter what you may think of me, good and bad, will make me the most craziest, most hated, most laughed at, most ridiculed, most 'brainwashed', most funniest, most weirdest, and the most baddest human in all of existence.

Earth.

Our home plane/planet ... which ever you prefer to .

The reason I'm about to become the most craziest, most hated, most laughed at, most ridiculed, most 'brainwashed', most funniest, most weirdest, and the most baddest human in all of existence, is because of how I see our home ..

Flat as well as Globe.

Yes, I am a flat earther ... as well as a globe earther.

Again, please hear me out.

(This is the part where you all laugh at me & throw this book away).

And no, I am NOT taking sides, in case I'm wrong .. Sorry, 'wrong'.

For those of you that want to stick around & wish to know my thoughts on the earths physical appearance, though you may see, think and feel otherwise of it, I thank you for giving me the chance to share my views, thoughts and feelings, though it is the opposite of yours.

I really appreciate you for that 😊.

Before we start, I'm going to talk about the globe earth model.

We all know that the earth is globe shaped (ball shaped). We know this because of the many pictures and proofs that space company (or whatever they are) *NASA* have provided us, as well as the many different astronauts that have travelled to the moon & space. We also know that the earth is a globe because of early explorers, mapping out their routes as they sailed the many different oceans and seas.

Many of us are taught that the horizon of the ocean, is where the world's curvature begins. We are told that, when a boat is no longer visible beyond the ocean's horizon, it is because that boat has sailed over the curvature of the earth.

On July the 20th, 1969, world famous Astronauts *Neil Armstrong*, and *Buzz Aldrin*, arrived and landed on the earth's moon. Throughout this journey, the two astronauts sent footage back to earth of our planet/planet, which is definitely enough proof to show that our earth is a globe!

When we begin our first years of school, or even earlier, we are taught that the earth is a globe. Teachers pass this knowledge on to us from the many different resources available to us humans such as *Encyclopaedias* etc. Models of the globe earth are everywhere, mainly in classrooms, offices, corporate buildings, movies, homes, shopping malls, your local store, basically anywhere you go, you are liable to find a model, or a diagram of the globe earth.

So, why do I think the earth is flat as well as it being round? Despite many proofs of the earth being round anyway?

Easy.

Seeing the facts for myself.

When you visit the beach, and look out onto the ocean, the horizon is supposed to represent the start of the earth's curvature.

As a child, I was always captivated by the idea that the horizon was some kind of drop off of the edge of the world, haha. I also use to think that the earth was either pentagon shaped, or square shaped because of the horizon. I mean, when you look at the shape of a globe, or ball, its quite impossi-ball, I mean impossible, to receive a horizontal line, no matter the size of the ball, and the distance of that ball. Another thing I find interesting about the horizon, is how it continues to travel furtherer and furtherer as you sail, or fly towards it. There is only one effect that can cause this, and that is *the distance of human sight*. Apparently, the earth's surface curves out of sight at around 5 kilometres. So if you were standing at sea level & you were to look out to the ocean, it is possible that you would be looking at a distance of over 5 kilometres.

Confused? You should be.

If the earth's surface begins to curve every 5 kilometres or so, then why is it that distant objects, such as hills, can be seen from over 50 to 100 kilometres away without dropping below the supposed curvature of the earth?

Many scientists claim that it depends on how many particles of light an object emits. If you look at a distant hill, or cliff side, it seems as though there's no light AT ALL!! I could see Mahia (small town on the east coast of New Zealand) on a very cloudy and boggy day! And Mahia is well over 5 km's away. So yeah.

Gosh *Tim Janis's* compositions are so fucking magical!

Anyways, the word horizon comes from the word *horizontal*, obviously. This is another reason I have always questioned the shape of our earth, and what is beyond the horizon. I mean, if the earth were ball shaped, then the horizon would not be visible as a horizontal level. We would instead see the curvature of the ball shaped earth not only towards the horizon, but side ways also.

Another reason I believe the earth could possibly be flat, is because of the many maps, diagrams etc., of ancient times.

In Norse mythology (I find it quite offensive that these ancient cultures beliefs are seen as myths), there is a diagram that represents the structure of the flat

earth, as well as a domed firmament. This same diagram can be seen within the Mayan culture, Hindu culture, Aboriginal culture, Egyptian culture, Greek culture, Japanese culture, and Chinese culture, to name a few. I myself can not post these diagrams in this book due to myself not knowing if those diagrams are copyrighted or not.

And no, I'm not drawing any of my own.

Search for them on Google.com.

Self research.

Another theory, which is highly credited by fellow flat earthers, is how a helicopter can hover in the air in one position, not moving forwards, backwards, left or right. When a helicopter does this, the position of the helicopter's landing pad DOES NOT MOVE, which makes me believe we are not living on a spinning ball.

The people who deny this theory say that gravity is the reason for this.

I wonder..

How come a bird does not get forced by gravity to move with the spinning earth's rotation when it is flying? Plus, and as mad as it sounds (again), how come birds can fly in ANY DIRECTION they please, though gravity is suppose to deny birds that right? How come we humans can jump in the air and still land in the same place from which we jumped, but yet something as light as a cigarette paper can blow in the opposite direction? That cigarette paper IS NOT moving with the gravitational pull of the earth. I always noticed this as a child, which is why my knowledge of this doesn't sound as 'flashy' and as 'brainy' as a scientist or someone who has deeply researched into this theory.

Pretty mad isn't it? So am I... haha.

If your laughing at these words, thoughts & theories at this moment, then I hope you realize that there are certain things that most of you like & take from these multiple cultures, but yet we push aside the many other beliefs etc. of these cultures. For example, many of us are very captivated by Greek mythology, and we find the multiple gods in Greek mythology some what magical and captivating. But, anything else that is a part of Greek mythology, no matter how crazy it is, is always ignored or left aside, just like the good in us all is left aside and ignored (most times).

Yes, there a many globe earth photos, models, videos, you name it! The same amount of proof stands with the globe earth model, as it stands with the flat earth model.

I could search the internet for more information, and I could easily copy that information from the internet to this book, but I'd prefer to see the proof with my own eyes. And though many people will argue that I have not presented enough evidence of the flat earth theory, and that I'm a nut case (which I mentioned earlier haha), I stand beside both theories of the globe earth & the flat earth.

Why? Well that's an easy one. As much as I want to only accept one theory, I just cant push the other aside. After all, I have never been to space & have not seen our earth as a whole with my own eyes.

This solution can be seen in nearly ALL events in life. We choose to accept what makes us feel good, and what makes sense to us, yet we discredit any other aspects of the situations that we live through.

Though many of us, as well as myself believe these Globe earth photos to possibly be fake, who am I to ever deny another theory? Who am I to dictate the rights from the wrongs? As I said earlier, self research is the key to unlock any answer you seek. There's tons of information out there that supports both theories, but in the end, it takes ones self to discover the truth. It takes ones self to walk through these theories, to live through and with them. Only then can we truly know the truths of our home plane or planet. Only then can we settle our hearts, minds and souls, instead of carrying wonders inside of us. But, also, it is these wonders that bring about the motivation etc. that we need to find the answers we seek.

I hope that makes sense to you all ...

Until I see our home's full physicality for myself, I can only accept both globe & flat earth theories. Who knows, it could be the shape of a cone for all we know!! Even crazier, it could be an endless mass of land. It could be a huge movie set, as seen in the hit movie *The Truman Show*, starring *Jim Carey*.

Whatever you decide to accept as the truth, I hope we can all try our best to understand and accept each others views of our home.

Our home is a home regardless. Our home is all we have, regardless of shape and size. There may never be another home for us to live. There may never be another home for us spiritually.

Let us accept that, we must learn to cherish and look after our home, as well as each other, for we are our home.

I hope some of you, or one of you at the least, research these theories. I can assure you that you'll be very surprised what you find! Search for *Eric Dubay* on the internet if you are interested in learning more about the flat earth theory, as well as many other theories and conspiracies etc.

I sure as hell was and still am ... though I forget what I've learned most times.

Physical appearance & attraction .. so deceiving, wonderful, misunderstood, taken for granted. Seen in all that exists.

I look outside my bedroom window, wondering if a few people that have left my life are okay, or are still alive at the least.

There are so many people that have come into my life, then left again. The reasons for their dismissal in my life are many. I can confirm that, a reason why some people walk out of my life, is because I connect with others too fast, for their liking anyway.

I admit it, I can become very attached to people if their cool to me! Many of us are easily attached to others. Being a sucker for love is one way we can become attached (like myself at times), and as a result, we are deeply hurt & let down within ourselves when this occurs in our lives. We tend to hate ourselves in many ways, and we tend to loose hope & sight of ourselves & our true potential to be and feel the way we truly deserve to feel and be. This also leads to trust issues and hatred towards others who may offer the opportunity of closure etc. to you.

I have personally seen this happen to so many people! It is another reason that most of those people left my life. I guess that certain things I said & done to those people, remind them of a dark past with others they once knew also. It's very sad to see, know and feel that we are somewhat forced to turn & walk in the opposite direction that we are trying to walk. They probably don't want to put up with my general self either.

I really don't blame anyone for walking away. I myself can never promise that I won't make the mistakes that I once made again. I can never promise that I won't hurt another, no matter where that pain shall reside. I can never promise that I'll always be there.

Maybe one day I'll learn, maybe I won't. Where ever those people are, that walked out of my life, I really do hope they're okay. I really do hope they're safe. I really do hope they know that I hold no negativity against them what so ever. I simply can not hate what I don't understand. I can be confused by what I don't understand, but hatred will never be a thing I hold... not anymore ... I really think this book has helped me realize a lot! You all have witnessed how I

use to see things, how I felt, and what I thought. I definitely am not impressed by the way I once took things.

You never know, I may return to that fully negative & dark mind set, but as I grow, I hope that my mind, heart, soul and body grow to understand all that exists.

Those people that walked out of my life, have only physically walked away. Like I said earlier about the female that 'has me fucked up', just because we may have physically parted ways, that doesn't mean she is gone from me forever.

She lives inside of me, she lives in the energy & chemistry we created within our friendship, she lives within the bond we have, she lives within my darkness, as well as my light. The same goes for every other human that has parted ways with me. They will forever be in my life. They reside in my life, mentally, spiritually, and emotionally ... which in return, makes them exist in my life physically, for our minds, hearts & souls are a part of us, and exist in our physical being.

Mind, Heart & Soul:

"Wow".

Myself:

"Cheers 😊".

By now, you all probably wondering “*where the hell did I come up with all of this shit*”?

Some of you are probably in denial, some of you are probably feeling depressed, sad, confused... Some of you may find yourselves to be blank, inside out.... Some of you may love what I have to share .. Some of you may want to beat the living shit out of me ... I know there's at least 3 people that want me dead , and their people that I have come into contact with throughout my life.. Some of you may end up worshipping me (please don't, I mean it ...) ... Some of you may be confused ... Some of you may be fascinated ... Some of you may not know what to think, see and feel ... Some of you may feel like reading everything I've said over and over again Some of you may think that I'm a time traveller ... Some of you may think that I'm nothing but a joke.

No matter what you think, feel & see, I accept you. I accept your feelings, thoughts and views of what I have to share. No matter if they're good thoughts, views and feelings, or if they're bad thoughts, views and feelings.

I accept all energies you have towards my thoughts, views and feelings, just as I do towards what I have shared with you all.

So, how in the world do you end a book that is about pretty much everything? Well, this is probably the most easiest part for me to write.

You.

“*Me*” you ask? Yes, you reading this, as well as every other human, animal, bug, insect, plant, mineral etc. that exists in our life, past, present and beyond.

What I'm about to say is probably one of the most important pieces of knowledge & information that I, along with anyone else, can ever share with another.

I want to end this book by saying thank you to YOU.

No matter what life has thrown at you, both good and bad, you continue to live through everyday. You continue to find something to live for. You continue to fight against the things that weigh you down mentally, physically, spiritually and emotionally. You have been through things that are far too painful to survive!

I know that many of us have taken our own lives ... and as a result of this, we are seen as 'weak'. Yes, I find myself talking 'crazy' again, but if by some miracle, any spirit should read this, or feel what I have shared, I want you to know that I will never feel, think and see that your weak, nor selfish.

I know many people that have taken their own lives! I can't even give you an exact number anymore to be honest.

No one can ever be as strong as the other, no one can ever smile & 'move on' as fast as most of us can, no one can ever be expected to follow and accept the 'rules of life'. We have all been selfish once upon a time, we have all felt weak, we have all given up on something. I know that life is a great treasure, but it's not fair that we discredit others for wanting to leave this physical life.

So, to any spirits that happen to come across these words, I thank you for giving this cruel world the best you could. I shall stand for you, as long as I can.

Now, to the living.

I want to personally thank you all, yes YOU, for every inch & grain of effort you give towards everyone and everything that becomes a part of your lives. Thank you for trying the best you can every single day. You continue to do all you can with what you have. You continue to grow in the environment that once destroyed you ... that changed you.

We all seem to forget just how hard it is to get through life, and if it seems hard for you, then there's no doubt that others will find it hard also, if not

harder. This is a reason I thank you all for giving each day the best you possibly can.

Many of us were given a silver spoon, many of us were given a wooden spoon (on the ass haha), as well as being given a wooden spoon to eat from. Most of us have no choice but to be fed from our own physical hands! Some of us never get the chance to eat ... Whether it be food, opportunity, or knowledge.

To those of you that struggle with accepting your physical, mental, spiritual and emotional appearance, I want to thank you for being you. Being you, both inside and out, is such a rare and magical thing to possess! You may not see, think and feel it, but your existence is just as magical and wanted as any other existence.

If you think, see and feel that your 'ugly', inside out, then I want you to know that I think, feel and see that your not 'ugly'.

Why? Again, you exist just as much as myself and every other thing that exists in this world. Some people find mud to be ugly, some people find gods to be ugly, some people find worms to be ugly. Though ugliness exists, it exists in the things that we take for granted the most ... ourselves. This gives us the power and will to become beautiful, no matter what your like, what you look like, and what you do and choose in life.

Yes, I find myself to be ugly at times, both inside and out, but there are definitely times when I feel as though I'm just as beautiful as you 😊.

It's perfectly, sorry, 'perfectly' fine if you feel, think as see that your 'ugly', because it exists. But like I say throughout this whole book... One side of something can never create a whole... and that whole is YOU.

This is why your the most beautiful thing that could ever exist.

I also want to apologize on behalf of everyone and thing that has ever made you feel low about yourself. I truly feel your sorrow, your insecurities, your doubts .. I live in that world everyday, whether it be for a second or a whole day. I use to think that others inflict their selves onto others, which is both true and false.

Some of us may not understand why we make these so called 'bad' and 'wrong' decisions, and to be blinded by this is NOT your fault. There has to be something, or things, that contributed towards these faults that are other than yourself. If we can see, think, feel and accept this, then life becomes much easier to understand & to live with. As a result, we learn to see the many types of pain that we inflict onto others, and we learn to not argue, but to talk without conflict & hatred being involved. If you think about it, you can't really expect someone to accomplish something on the first try! Especially when it comes to life. Our faults exist, just as much as our perfections. The existence of our faults may damage us inside, but in the end, these faults help us to reach the most unexpected, most magical places in life we could ever be a part of.

That unexpected, magical place is you!

How is this so? Simple. It's YOU that experiences the good and the bad. It's YOU who lives through those experiences. It's YOU who finds the pieces to the puzzle you are constructing. It's YOU that puts those pieces together. YOU the one that lives YOUR life. Only YOU can decide. It is YOU that drives your heart, mind and soul. It is YOU that lives in this world.

You possess the key to unlock any door you dream of ...

... and that key is YOU.

You can become anyone, and anything you desire! The chance wouldn't exist if you couldn't. And those things you desire are possible, because they exist, just as much as you 😊.

You count & matter too, just as much as myself, and anyone and thing else that exists, which is everything. We are a part of everything, which means you are a part of everything, and that makes you worth everything.

You may not see, think and feel it, but once you are free from what you have been made to think, see and feel, then you will realize the power, the magic, and the worth that you hold, deep inside of you.

You have the full freedom and right to live as you choose, think, see and feel. You have every right to take the time you need, no matter how short or long that may be.

You exist. This world exists. Life exists.

Thank you so much for existing. You may think “I had no choice but to exist, thanks to my parents”. But, you exist as YOU. Your individuality. Your characteristics. Your views. Your thoughts. Your feelings. Your soul.

Thank you for existing.

No, that heavy, depressing, hopeless, non motivated, angry, worried, anxious, scared, sad, bullshit feeling may not go away forever someday, but it will become much easier to control as you continue to grow... as you continue to try ... and as you continue to live.

If that's not enough reason to feel, see and know that your pretty much the best, then know that you matter to the person talking directly to you.

Me ..

As I said in the very beginning, this book, or what ever you wish to call it, is about the many different, yet most common things I think, feel and see about

life, pretty much. From the darkness of life, to the light of existence. From the everyday regulars, to the so called impossible.

When I first began to write this book, I honestly had no idea how it was going to end! This book made me understand not only the many different situations & occurrences in life I faced, both dark & light, but it made me understand myself, which lead to an acceptance of myself & the life I have faced & still face to this second, and from there, I have truly learned to love everyone & everything in existence.

Everything I have lived through .. Everything that I am ... Everything I once struggled to believe ... Everything I didn't think to exist .. has all become one.

I think ...?

I don't know ... fuck it ..

What about you...?

?

I'm going outside for a cigarette, I fucken need it!

With love,

P Harrison.

NOTES:

NOTES:

CREDITATIONS:

Everyone mentioned.

Everyone I know.

That's all.

Life

Darkness & Life.

P Harrison.