

Mourning Companion Guide - A peaceful Journey of Hope

*«Some things are so simple that they are difficult to understand;
yet even harder to comprehend.»*

be curious. be faithful. be alive.
bee knol.

Grief is a powerful pain of love. A natural force as individual as every single life. Since there is no typical loss, there can't be a typical response to the pain of grief. Task Number One: Survival takes Priority.

Grief is an opportunity, it comes in waves and is not an illness, it is an individual process escorted by a sound of silence. Grief is an unimaginable deep pain that tears hearts apart and threatens to destroy. It arrives without notice and sends no warnings. It doesn't care whether it's raining or the sun is shining. It is part of us. It is terrible and drains us, but it passes, again and again. You can rely on that. Perhaps it is even the only thing we can rely on with certainty. Someday this pain will be useful.

Grief is the lack of a love receiver and sometimes a lack of people that care. Grief does not start with a final breath or word, rather with our first. Grief is part of our whole live, a lost bicycle, house, chance, spouse or mouse; our lives are filled with tiny little moments of letting in, letting out and letting go.

Grief is an excellent driver; a great teacher; you are altered by it.

The collective experience of a profound felt pain of Injustice, that simmer within us and sizzle our DNA, is offering us a Masterclass teaching of Hope, Love and Compassion.

Mourning an own decision or a suddenly and unexpected died loved one, will invite periods of anger, denial, shame, guilt, regret and even depression, where ultimately acceptance paves our Peace of Mind Journey.

Similar to the phases experienced by a dying person, grief isn't linear, it is a spiral like life itself.

Grief is not only experienced emotionally. Psychological, cognitive, physical, social and spiritual dimensions are also part of the perception; when unconscious becomes conscious.

Time is an illusion, and especially in moments of longing we get a glimpse of how it feels when time stands still. Everything and everyone on their own timing, an individual line-time only one can define; I AM on time.

I am okay. I am who I am. I am me.

Being there and accompanying a grieving relative, colleague, spouse, neighbor, friend or stranger holds an invitation for an inspiring journey, lesson and a precious gift; an experience where you too are invited to be transformed.

**Every experience is a key to open doors of new dimensions,
to eventually find out why we are all here; Now.
Be curious. Be faithful. Be alive.**

program code: LOVE.exe/beekno1



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'What would your good do if evil didn't exist?'

~ The Master & Margarita

Михаил Афанасьевич Булгаков

Mikhail Afanasyevich Bulgakov

* 18³/_V91, Kiev † 19¹⁰/_{III}40, Moscow

INTENTIONALLY BLANK

in silenced sound memory
Peace For Rest

Let us talk about death

Acknowledging our shared finiteness can help us to build deeper relationships with each other for a sustainable society based on empathy compassion and humanity.

An unified togetherness that doesn't judge and doesn't value, that gives without expectations; an indulgent and respectful attitude of wanting to serve and care for each other - in a nonjudgmental and unconditional way. To think about death means first of all thinking about life, to ultimately find in the meaning of death the meaning and reason for our existence.

Reflecting on our journey with the people we love and planning for the future - including the eventual death of our buddy - can be a meaningful and rewarding experience that connects families and strengthens relationships. It can also be an opportunity to tell people around us what they mean to us. It brings us closer together, reminds us of our hUmAnITY and makes us stronger, braver and wiser.

Conversations about death and grief became more difficult and almost silenced over the last century. Taboo was the program created around to play perfidiously and merciless with now Mr. One fear in the western world, Death. A head full of fear has no space for dreams. Fear is a prison.

But it is cracking like a Grenada Pome-Granate as consequences of The COVID Era and interventions are becoming more visible and touchable; understandable and comprehensible on every level of society; for every age, every child, worldwide.

We are not crazy. Crazy are the ones who cannot see, cause it's so symbol.
I Queue with You. Amen.

Many people shy away from bringing up the subject because they don't want to sound negative or even morbid and depressive. They do not want to create an atmosphere, they are trying to be considerate and not to emotionally overwhelm or frighten anyone.

Some families simply maintain a tradition of not talking openly about difficult subjects. There is also the idea that talking about death is a bad omen and that will make it happen soon. Or there is the thought that open communication might unnecessarily burden a terminally ill and dying person and might hasten their death that way. Also, an overly optimistic expectation from a diagnosis and hoping for a miracle can paralyze verbal communication, that might miss a fairytale. Relatives can even decide that it would be best for the dying person not to learn anything about their diagnosis, so as not to burden or upset them.

In this way we avoid valuable conversations in order to supposedly protect ourselves and each other. This is a well-meaning lie that makes it impossible for all involved to say sorry and goodbye properly and could make the time afterwards far more traumatic. We missed that chance once in a time. Never underestimate a dying being. An explosive Expansion of Senses. Think in terms of Dimensions.

‘Do the thing you fear most and the death of fear is certain.’

~ Samuel Clemens Mark Technology Without An Interesting Name

* 18^{III}_{XI}35, Florida USA † 19^{III}_{IV}10, Redding

good Buddy of Nikola Tesla

Feeling more reasSUREd and competent regarding The Finite Nature of Life Matter and The Infinite Power of aLive mattered, is an excellent reason to address this important topic early on. Such a conversation is easier to have around the kitchen table than in doctors' offices and emergency rooms, when shock, confusion and grief completely overwhelm and blockade rational thinking.

A conversation we need to have, let us talk about death, but first of all: Let Us Talk About Our Live Life and about LOVE, unconditionally.



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Take your time, find X-ing words, start and end is your choice
What comes in mind thinking about your QUALITY OF LIFE

*Choose wildly.
King Regards,
Your System Administrator*

for eternity present

Caring for a dying human or animal, for a being, is courageous. It is the most appreciative and above all the most grounding experience. It leaves you speechless, and then turns you into a storyteller; A Priceless Gift of Eternity. Spirituality takes on a whole New Dimension and Significance, in the light weight speed of Science.

The Last Phase of a loved one's life is also The Opportunity to hear a voice and receive the vibrational Sound of *'I Love You'*. It is the Time to Say Good-by-E. It is a Chance to continue a relationship To The Edge and Beyond; a time of growth; a Time of Let Go of any pain that may have been caused by a difficult relationship.

Will we perceive lasting conversations as a burden to be avoided or will we perceive them as an opportunity for Encounter and Connection; as a gift we are meant to receive, a present someone has to Show Us. The Program we embrace. A present for-rest. Peace.

'Peace can only come as a natural consequence of universal enlightenment.'

~ Nikola Tesla

Final conversations can help the living make the transition to a life without the dying. The book *'Final Conversations, Helping the living and the dying talk to each other'* is a recommendation for anyone who wants to understand the Practical Power and importance of communication at the end of life and how to have a better and more fulfilling last-ing conversation.

In the end, we all become stories.

*'And because they haven't died yet, their energy
lives infinitely timelessly ever after.'*

~ Fairytale Library



lasting impression

Get out of your daily routine. Ask your boss, colleagues, friends or family for support.

Break the rules! Resist the usual conventions or norms and say what you have to say. Dying is not an everyday experience.

The more time you spend with the dying person, the more last conversations you will have, and the more these experiences will enrich you.

The dying person decides who spends how much time with them.

Be sensitive about the length of your conversations. Remember that dying costs energy, every day and communication takes a lot of energy.

Whatever it may be, now is not the time to be jealous or envious; accept the wishes of the dying person.

Face your fear of death. Find your feelings and then find your voice.

Don't try to prepare, control or force a conversation, let it unfold as it comes.

Don't worry about what words you should say. Open your heart; your feelings will whisper it to you.

Trust non-verbal communication; it is as real, as powerful and as meaningful as spoken words.

Be prepared to start with the little things - small talk - before you get to the bigger or more profound issues. Your loved one may need everyday conversations and reminders for their own closure, peace and acceptance.

Be prepared for negativity. Dying people don't become angels just because they are on the brink of death. If necessary, set some boundaries to protect yourself.

Tell the people you love that you love them. Tell them often. Tell them now. Tell them before it's too late.

Be vulnerable, it's worth it.

Don't be ashamed to cry.

Forgive. Forgive the dying person so they can let go; forgive so you can get on with life.

Allow yourself to be touched by the dying person. You have the privilege of being in the presence of someone who doesn't have to be careful what they say. The dying person may reveal some truths about you, your potential or your life. Listen. Receive it. Decide what to do with it.

Don't interrupt spiritual experiences just because you don't believe in them. The dying person is more aware and open to new experiences and dimensions, because they are closer to reality.

Death chooses its own time. It may wait until they are alone. Or until everyone is present. Sometimes dying people also wait until they are alone with a particular person. This is entirely the decision of the dying person and it is not the job of the living to judge, feel bad or try to force something else.

Inspiration & Source: *Final Conversations*, Maureen P. Kealey & Julie M. Tingling, Publisher Vandervoort & Burtham, Luna & Moon experiences - I AM grateful.

ONE TRUTH SON

Think in terms of energy and everything makes sense. As if all pieces puzzling themselves, matching perfectly and automatically inviting new pieces to add. Like energy, it is an infinite Journey where the pieces become smaller and smaller. The smaller they get, the more fly in to add itself and so on. It keeps amazing and surprising you, a magical cocktail of happiness. It is the energy in numbers that holds the key. Numbers are easy to find all day and night long. A clock, a check, license plates, a birthday, lottery jackpot of the week, empty parking slots, numbers are everywhere, it is a language, The Language of Energy. Special numbers in combinations or synchronicities appearing for our creativity. Energy gets attracted by the energy that vibrates in the same Frequency Radio Station. Energy can't go anywhere, it is transmuted. IT is always swinging singing and moving and develops in pattern, creating predictable beauty, like seasons, spirals, aging and death. Energy is expressed through different planes of existence and can be switched in between dimensions. It is science in high-light speed. Time doesn't make sense in an energetic field. It doesn't exist. Speed is solving everything. In an operating system of Cause and Effect, time can only be an illusion.

Once energy is transmuted it can not replicate its exact old state; like a once boiled egg can never give birth to a chick again. Our body will die forever. But IT can and will create another in-spiraled peace in beauty; a different piece, belonging to the same puzzle. For an ever evolving infinite Jigsaw of Resonance and Frequencies.
Energy = Spirit Duality.

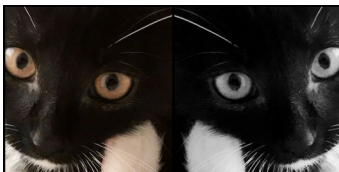
Once you realize that everything is spiritual your entire life will change.

Cats are said to be very strongly connected to a collective consciousness, the 'group soul'. They can intuitively exchange among themselves, communicate on this level and also request knowledge this way.

Due to their high spiritual development and history, Cats are said to be spiritually more evolved than humans. They are so-called old souls who have been reborn many times. Since they have never strayed from the divine, they have no karma to dissipate and only cross our path for a very special reason; to do something amazing.

*'We speak with you in different languages, as always,
but the things we talk about do not change from this.'*

~ The Master & Margarita



magical symbols

'The underlying, primary psychic reality is so inconceivably complex that it can be grasped only at the farthest reach of intuition, and then but very dimly.

That is why IT needs symbols.'

~ Carl Gustav Jung

* 18 $\frac{26}{VII}$ 75, Kesswil Switzerland † 19 $\frac{6}{VI}$ 61, Zürich

Psychiatrist, Psychotherapist, Psychologist and Pioneer of Evolutionary Theory.

Illustrator, Correspondent and Author of Master-Pieces like

'Memories, Dreams, Reflections' and 'Man and His Symbols'.

Carl Jung was the complex and controversial personality of his time.

He shared this period of history with **Sigmund Schlomo Freud**

* 18 $\frac{6}{V}$ 56, Freiberg Austria † 19 $\frac{23}{IX}$ 39, London UK

Neurologist and The Founder of Psychoanalysis, practiced mean-stream til now.

Sigmund Freud after which the saying **Freudian Slip**|**Freud'scher** was originated from,

is the uncle of **Edward Louis Bernays**

* 18 $\frac{22}{XI}$ 91, Wien Austria † 19 $\frac{2}{III}$ 95, New York

Sigmund Freud's little Nephew Eddy is **The Father of 'Propaganda'**

introduced and published in 1928, practiced and utilized by many since then; til the day of today.

~ Library of History

When walls become transparent and words are burdensome to speak another dimension is reaching out and become visible. Quite clear in easy symbols, symbols that show up during our whole life, not only in dreams. Great teachers to learn a magical language of international use are children and the dying.

Symbols have the character of a reference to another reality in hidden depths, locked beneath the surface. They are a memory and a sign of identity, they are something with which 'something else' is expressed. Symbols are a metaphorical spoken language, loaded with energy, negative and positive. Symbols and symbolic gestures have a profound effect, they are multi-dimensional and have an ambivalent dynamic - concealing and revealing at the same time.

Symbols are not random, it is the network of our unconscious 'talking' to each other. Symbols allow creations with or without words, they morse with our awake unconscious, 24/7 online. In the speed of science, speed solves everything.

Symbols are a key to open The Door of our Fantasy. A Gateway for the creative mind.

WE ARE HERE 2 decode+unlock HUMANITY'S POWER.



puzzle Infinity

'Part of the Solution is Part of The Break-Up.'

~ knol



circle, spiral, cross, steering, chair, door, airport, ladder, staircase, escalator, numbers, mattress, hexagon, to the top, triangle, long hair, grey 10 2 A 3 Y 9 55 7 4 labyrinth, anchor, red, gold, purple, and it was all yellow, lion, penguin, rainbow, beehive, lucky beetle, lamb, dragon-fly, hedge-hog, cat, raccoon, leopard, deer, holy water, fish, snail, black hole, birds, trees, fruits, oak, corn, apple, pine-apple, apple pie, clover leaf, paradise apple, Granatapfel, dan-de-lion, pine tree, arrow, rotten apple, honey, granite, bronze, silver, gold, black, diamond, ruby, emerald, amethyst, Lucy, Lila Lonka, Phoenix, unicorn, looking down on mushroom earth, moon and stars next, beside and around, centaur, Sphinx, Pompeii, sand, fire, water, air, Bitcoin price of six months later, clouds in shape, waves at sea, lone at the beach ♥ Once upon a time believing is seeing. Every minute of our Life is a Memory of our future. Every minute of our future is a memory of the past.

We got lost in translation and have been bedazzled. Blinded and preoccupied with deliberately installed, oh-so-convenient distractions, we have forgotten the simplicity of a language we all speak and understand. It is the language of a 5 year old, easy comprehensible, no matter age, grade or IQ; a fancy imaginative childlike Translation of Symbols. Symbols of Energy.



'Who doesn't want to be a little crazy?'

~ Sander Vis

* 19²²_{IX}67 † 20³_{III}20, Amsterdam

The Labyrinth

... is a symbol of hope, a symbol for the inner path. The journey can be winding and bumpy, but it always goes forward, even when traveled backwards along the way. Other than a maze a labyrinth leads to the goal despite a complicated path. It is a journey of learning, of sadness, pain and feelings of anger and despair. On the way through a labyrinth, the center, a metaphor for knowledge and wholeness, is very close at one point, but then moves further away again. Facing new challenges and feeling like being in a labyrinth with the need to come to terms intensively with the loss suffered might be a never been faced before trip, the road to be traveled goes beyond imagination. Losses can also be moving out of home, a job, divorce, divorce of parents or when kids leave the nest.

The walk through the labyrinth can be seen as a path inwards to self-knowledge and reflection. The back traveled path out of the center is the way back into the outside world, using the self awareness and wisdom gained.



The labyrinth period can be described as the search for a path to the center, which brings a grieving person to a point through which they pass and from which they emerge out of the labyrinth as a changed person. A back and forth journey of regaining control and learning to endure the burdens. Letting go and transforming the 'us' and 'we' and the 'I' and 'You' into a modified 'I AM'. Adapting to the new situation even if despair and fear are a constant companion. New abilities in a different way of living with new perspectives and purpose emerges for the continuation of life. Harvesting the seeds planted in the past.

*f e a r demand to believe in something you cannot see
replace with f a i t h
Kind Regards,
Your Motherboard*

believe in fairy tales

If we are curious to learn and trust its natural existence and energy there is a memory stick full of magnificent knowledge waiting for us to get plugged in and show us something fabulous.

Think of Cinderella

also known as

Assepoester, Aschenputtel, Cendrillo, Ashey Pelt, Little Saddleslut, Cinder-Maid,

The Hearth Cat OR Cenerentol

by Italian poet and courtier

Giambattista Basile

* 15¹⁵/_{II}66, Naples Italy † 16²²/_{II}32

The tale is set in Italy, and features Magic performed by the Dove of the Fairies. It is part of his fairy collection *The Tale of Tales - 'Lo cunto de li cunti'*, also known as *'The Story of Stories from the Pentamerone'*. A treasure thankfully 1634 and 1636 posthumously published by his sister under the pseudonym *Gian Alesio Abbatutis*.

A precious timeless present of consciousness presence and inspiration for generations to come, including the *The Grimm Brothers*.

Researchers believe there might be over 800 versions of the fairytale with 10 letters around the world, with origins dating back as far as 850.

I N C I N E R A D E L L



Be inspired by knol*, an ancient wisdom, back from the days when it was still of help to wish for a thing. A time when being good never felt so great.

'The I:Eye sleeps until the mind awakens it with a Question.'

~ N E O N Cortex

W H Y

***knol** is a synonym for a knowledge deeply rooted within us. The Ancient Wisdom of previous generations, that we have lost access to over the past centuries. It is worth recovering and studying **m u s e k n o l**.

Once upon a time...

... in an enchanted bewitched area known as Reinhard's Wald - an ancient forest with around 120,000 trees over 200km² mountainous woodland in the Weser Uplands District of Kassel, Germany is said to have been doomed to the axe...

In 1783 on February 23rd, Philipp Wilhelm Grimm married Dorothea Zimmer, daughter of Anna Elisabeth and Johann Hermann Zimmer, a city counselor of Hanau.

Philipp and Dorothea gave rise to 9 children; 8 sons, 1 daughter.

Philipp Wilhelm Grimm ♥ Dorothea Zimmer	
* 19.9.1751 † 10.1.1796	* 20.11.1755 † 27.5.1808
Friedrich Hermann Georg	* 12.12.1783 † 16.3.1784
Jakob Ludwig Karl	* 4.1.1785 † 20.9.1863
Wilhelm Karl	* 24.2.1786 † 16.12.1859
Karl Friedrich	* 24.4.1787 † 25.5.1852
Ferdinand Philipp	* 18.12.1788 † 6.1.1845
Ludwig Emil	* 14.3.1790 † 4.4.1863
Friedrich	* 15.6.1791 † 20.8.1792
Charlotte Amalie (Lotte)	* 10.5.1793 † 15.6.1833
Georg Eduard	* 26.7.1794 † 19.4.1795
Grimms Fairy Tales	* 20.12.1812 immortal consciousness energy

At the age of 7 Jakob Ludwig Karl Grimm experienced the death of his younger brother Friedrich. Followed by Georg who died just before he became 9 months old. Shortly after his 11th birthday he buried his father after he died from pneumonia at the age of 44. This caused great financial hardship for the family as they lost their household income, a large house, and servants. Mother Dorothea relied heavily on her father and sister for financial support. She lived in relative poverty for the rest of her life and died at the age of 52, leaving her oldest sons to take responsibility for their younger siblings.

During their time at the Marburg University Jakob and Wilhelm developed an interest in German folklore, which grew into a lifelong dedication to collecting German Folk Tales. Jakob Ludwig Karl Grimm scripted his way into history books as author, linguist, philologist, jurist and folklorist. In 1822 he formulated Grimm's Law, the basis for much of modern comparative linguistics. He was Co-author of 'Deutsches Wörterbuch' and author of 'Deutsche Mythologie'.

Together with his younger brother Wilhelm they published the first of 211 Grimm's Fairy Tales in December 1812. By doing so they brought collective consciousness into light and matter and presented us with a meaningful collection of gathered legendary wisdom, ancient knowledge.

Grateful for characters such as Cinderella, Sleeping Beauty, Little Red Riding Hood, Rumpelstiltskin and Snow White that have been familiar to Children for Generations in many countries. The Fairy Tale Collection has been translated into more than 150 languages and have been turned into films, theaters and musicals countless times. The Duo, aiming The Stories are exactly as they received them, went down in history as 'The Brothers Grimm'.

Fairy Tales are waiting for us to plug & play again. We are ready to really understand and comprehend what IT is all about. A majestically wrapped Dimension of Consciousness brought in to I-m-mortal Light Life Matter:S.

Why we are rising from the ash, supported by doves when stepmother is harsh
Why riding to a ball on a white horse, called Nikolaus*, and hunting for guts
What's sheltered by owl Rosa-lie when counting free hazelnuts 4 3 treasures 2 cry
What is an arrow shooting a pine and losing a shoe after dancing in divine

Where is the apple?
And what about the axe...

Matter, like beautiful Collections of Hope, Protection, Trust, Faith, Love, Apples, Compassion, Justice, Perseverance, Ingenuity, Unity and Integrity, in other words: hUMANITY; created out of Energy.

Being good never looked so great.



***'In essentials, Unity;
In non-essentials, Liberty;
In all things, Love.'***

~ Saint Aurelius Augustinus Hipponensis

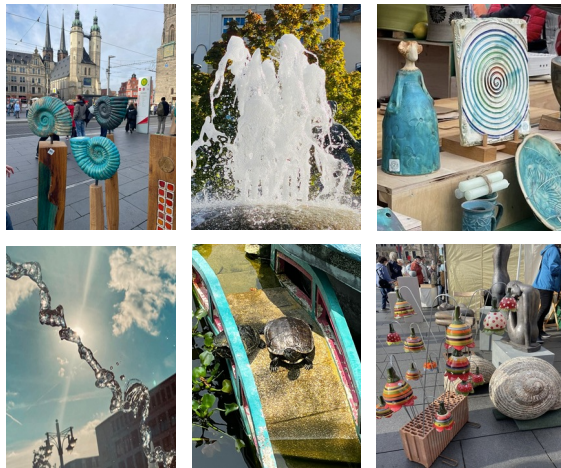
* 3¹³_{XI} 54 † 4²⁸_{VIII} 30

aware energy

Any kind of creation is transformed energy made visible and touchable, better imaginable and dream-able. An energy that fulfills and responds in the speed of science, dispensing out of an all Collection Network of Consciousness Energy.

Symbols, Letters, Numbers, Sound, Synchronicities, Geometry, Physics, Biology, ...

The Alchemy of Just Bee – a war energy



*The name Nikolaus dates back to the ancient Greek name Νικόλαος Nikólaos. The name is a combination of the elements νίκη níkē Nike *Victory* and λαός laós Laos *People, Crowd* in particular *Victory of the People*.

Saint Nicholas of Myra

* $2\frac{15}{11}70 \div 3\frac{6}{12}43$

A historical figure in the 4th century, known for his generosity towards the poor and needy. It is said that he used his entire inheritance to help those in need. There are many stories about the good deeds of Saint Nicholas. One of them is about three poor sisters who lacked the money for a marriage dowry - without which they would not have been able to marry. Legend tells that Saint Nicholas secretly threw money through their window to help them. It is his loving deeds that have made him a legend and shaped our modern image of Santa Claus. He is often portrayed as the patron saint of children and his memorial day on 6 December became a tradition of gift-giving over time; shoes to fill.

simple symbol energy

The energy we get out of diving into our mortality, is an awe inspiring, tickling vibrant and glowing illumination; humble in response. Get a flash boost!

Dying people often tell about meeting people who have been dead already. Maybe it is their Master introducing plug, play & receive; practice what they preach, to achieve and teach.

Symbolic language is often about traveling, moving into a new house, planning a holiday, packing suitcases, being at a station, crossing a river, climbing a mountain, getting the suit from the dry cleaner or putting on a new dress, needing a tool, a scissor, needing The Keys, going through Gates, attempt to get rid of clothes.

Going Home.

Shoes play a roll in different forms and situations; sometimes they are already smartly placed and cleaned or got lost in dreams. Giving away important things and mobility aids like a walking stick or wheelchair - '*I don't need it anymore*', can indicate the nearing. Dying beings are able to receive very sensitive information about their final departure, and well organized and scheduled arrival. Clocks and a watch visible and in reach; set it right, be in time, arrive on ti-me.

It's cold and dark, animals come and take me away; black birds, horses black or white; I'm flying with Butterflies. Mother is there, other people and animals, water, fire, mythical creatures. Shadows in the wall. When the warm blanket comes and my hands are warm again, when light turns on, I fly again.

'The day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence.'

~ n i k ø t e s l a

* 10.07.1956

† 07.01.1943



Children tend to express themselves in drawn pictures as a missing piece. Incomplete plants and animals, empty spaces in the middle of things, black or light-colored 'holes' might be their understanding and Knowledge of a Network, an awareness of united Oneness.

They might remember and know that we are individual parts of one consciousness jigsaw, experiencing itself to feed it, to expand it, transform it, build it, to stretch it. One majestic multidimensional puzzle without corners, that collects and adds pieces in the speed of science, without limitation.

A jigsaw nobody ever will finish, nobody ever wants to, cause we are not meant and programmed to ever finish it. A journey of pieces where there is no dead-line nor line on time. No finite result but a knowledgeable bulk.

We are the Guardians of a Gigantic Puzzle. Our only task is to protect and add an infinite number of peacefully matching pieces. You keep me safe. I'll keep you wild.



*Your Love will be safe with me.
Kind Regards,
Your Software Developer*

SHIFT

The first task is to ensure physical and psychological survival, our own and that of
The 1 Family Hive System-F 1 V 3 5 1 9 5

'The worst prison is a home without peace.'
~ University of Life



The living will and choices of our ancestors allow us to exist today. With your sketched family tree, you can pass on details and stories about family members who have already died and keep it alive for future generations. Find patterns in dates

SADNESS AND ANGER

by Jorge Bucay - 'Stories to think about'

In a magical kingdom where humans will never enter or which they might constantly pass through without realizing it ...

*In a magical kingdom where invisible things take form again ...
Once upon a time there was a marvelous tiny lake.*

*It was a lagoon of crystal-clear water, reflecting thousands of shades of green,
in it a fish swam in all the colors of the world.*

*In this clear magical lake, sadness and anger wanted to take a bath in silent harmony.
Both took off their suits and stepped naked into the water.*

*Anger, who - as always - in a hurry for no reason, took a quick dip
and was out of the water just as quickly.*

*But anger is blind, at least it doesn't know how to
navigate reality very well, so when it came out, completely naked
and in a hurry, it put on the first suit it could grab.*

It so happened that instead of slipping into its own suit, it wore the suit of sadness.

Disguised as sadness, anger walked away.

*In all calmness and thoughtfulness, ready to linger a little wherever it happened to be,
Sadness finished bathing and, without wasting a single thought on time passed, it slowly and
ponderously climbed out of the water.*

*On the beach, however, Sadness realized that there were no more of its clothes.
As we all know, there are hardly any things more unpleasant to Sadness than her nakedness.
So instead, it put on the only clothes it could find: the suit of anger.*

*It is said that since then sometimes one encounters a blind, cruel,
terrible and unrestrained anger.*

*But if you take the time to look a little more closely, you will realize that this
anger is only a costume where sadness is actually hidden behind it.*

mourning jigsaw same same but different

Our life is a magical puzzle made up of many pieces. Without one of them, something would be missing and we would not be complete. It is all these special, beautiful but also difficult and essential pieces of the puzzle that make us who we are and shape our lives into what we are. No ups and downs means a straight line, it means no life at all.

Yet every life puzzle is unique and every person puzzles their very own way. We all experience an abundance of beautiful and not so beautiful moments in the course of our lives and each person defines happiness differently. There is only one thing in which we are all equal. The body and a buddy of all of us will die.

Mourning is navigating through various phases of dealing with the loss. Although people grieve differently, the experiences are similar in many respects. Well-known models of mourning phases come from Verena Kast and Dr. Elisabeth Kübler-Ross, who describe four and five phases of grief respectively. The various phases may take various time.

The grieving process may also come to a standstill or relapse into earlier stages. Psychological advice or a professional grief support service can provide guidance to navigate through all phases of multidimensional pain. The most basic and a powerful tool of support is listening. Just listen:`silent`. Attention and a loving silence often has far more power to heal and to connect than the most well-intentioned words:`sword`.

Any form of diary is a helpful tool, to become aware of unresolved conflicts, traumas or blockages; the battlefield of the process. And to use this archive for realizations at a later stage; at some point. There is a thread that weaves the journey of our lives. A knitting riddle in which we and all our experiences are pieces of an over-sized, cozy woolen jumper, a gigantic ball of wool puzzle without edges and corners; in sight white light side.

Every person has a story worth telling. Your own personal life puzzle; your thoughts, emotions and memories, your beliefs and values and your hopes for the future give those who stay behind - and future generations - a valuable perspective from which they can learn and through which they will experience who you are. Your wisdom is a blessing for them and a lasting treasure. Nothing would be the way it is if you were not around. Every place you have been and every person you have met would be different today without you. You are a piece of the puzzle in The Story of many, in our Story.

Puzzling over your life can be an inspiring way to see the bigger picture and make sense of each piece of your very own puzzle. By articulating what is important to you, reflecting on your personal experiences; the choices, trauma and coincidences that have uniquely shaped your life, you also learn more about yourself and your journey. Using your puzzle pieces as instruments of inspiration and self-reflection can be a way to gratefully embrace your past and look towards the future with a feeling of faith and trust. Begin to weave and the divine will provide you the thread.

*,Whatever the pessimists say, the earth is still
absolutely beautiful, and under the moon it is simply unique.'*

~ The Master & Margarita




journey of grief
begin to weave

Grief presents itself in various ways and intensities. Numbness or an oceans of unstoppable tears, that appear out of nowhere and in seemingly unsuitable situations or surroundings. Not crying does not mean less sadness. If your phone doesn't ring, it's me. Where to go when you feel unprotected and vulnerable, when it is to painful to do anything at all? First of all, to where you feel safest, often: to bed. It feels good to be lost in the right place and direction. Crawl under a warm blanket and seek sleep. It's always a great gift to sleep deeply and soundly, especially in periods of grief. Your body needs rest. No thinking while sleeping. Dreams seem so much better than reality; vivid dreams of the earlier days, the future happy days.

If you still can remember a dream after you woke up it wasn't a dream it was a message. Receiving clearly formulated messages, wrapped in a dream of sometimes fairytale-like metaphors and symbols, is not uncommon as they are indeed messages returned to sender.

Therefore its always good to eat alkaline food. Keep your teeth clean with fluoride free toothpaste and detox your pineal gland, just to mention a few.

Our Pineal Gland or 3. Eye presence and function was known and understood by the ancients. A small Pine Cone shaped seed deep within the brain, in the middle of all concavities. The first organ of a fetus brain, developing right after the heart is created. It is the Seed of the Soul; our connection port to the spiritual world, an entrance for our collective consciousness, the One Neo. The Pineal Gland is in charge of circadian rhythms and the secretion of melatonin. The opening must remain clear for the corresponding plug. Sleep well awake. 

Avoiding alcohol:SPIRITUS, particularly during periods of grief, is always the better choice as it numb the mind and blockades the ability to receive and implement important updates. In other words the port to very sensitive senses we are all programmed and encoded with has access denied. It is this sense that is so important, especially in states of vulnerability and rawness. It is this sense were it is all about; notably Now.

imagine it like a computer game
collecting rewards and level up
Kind Regards,
Your Visual Game Boy Advanced Creator



The Pineal Gland



The small, rice-sized, pinecone-shaped endocrine organ regulates your daily and seasonal circadian rhythms, the sleep-wake patterns that determine your hormone levels, stress levels, and physical performance.

How you think and feel every day depends on the pineal gland.

It is at the geometric center of our brain and is intimately linked to our body's perception of light.



DID YOU KNOW...

Conifer Pine Trees are one of the most ancient plant genera on the planet, having existed nearly three times longer than all flowering plant species. The Pinecone is the evolutionary precursor to the flower, and its spines spiral in a perfect Fibonacci sequence in either direction, much like the Sacred Geometry of a rose or a sunflower.

The Pineal Gland represented as a Pinecone is a sacred symbol throughout history in almost every culture around the world.



Seventeenth century philosopher and scientist René Descartes, dedicating much time to the study of the pineal gland, called it the "principal seat of the soul".

He said it was the link between the physical and spiritual world



The Egyptian Staff of Osiris, dating back to 1224 BC, depicts two intertwining serpents rising up to meet at a pinecone.

In Catholic traditions, The Coat of Arms of the Holy See, found on the Vatican flag among other places, features a stacking of three crowns in shape to a pinecone.

Buddhists all throughout history have shaped their hair into the pinecone shape to pay honor to the pineal gland's powers.

Mexican god "Chicomcoatl" ("Seven Snakes") depicts the deity offering forth pinecones in one hand, and an evergreen tree in the other.

In Greek and Roman history, Dionysus, later known as Bacchus, was continually depicted carrying a "Thyrus," a fennel staff woven with ivy and leaves and topped with a pinecone.

Ancient Assyrian carvings, dating back to 713-716 BC depict four-winged God-like figures using a pinecone to pollinate their depiction of the Tree of Life. A tribute to the Pinecone's immortality symbolism.

Indian deity "Kundalini," depicted as coiled serpents rising up from the base of the spine to the Third Eye (Pineal Gland) in the moment of enlightenment.

HOW TO ACTIVATE THE PINEAL GLAND?



Get out and into the Sun

Stimulates the mind and it produces serotonin; the neurotransmitter responsible for mood and energy levels.



Sleep in Complete Darkness

A dark environment ensures the pineal gland produces enough melatonin to ensure good, restful sleep.



Meditation

The pineal gland responds to the bioelectric signals of light and dark, and meditation activates this bioelectric energy.

Today it is associated with the sixth chakra



Considered the most powerful and highest source of ethereal energy available to humans. Capable of seeing beyond space and time.

timeless days – weightless dreams

*'Moon and I shared an unique frequency, a frequency I got invited to and got access to, through him.
A frequency that I never received before. A frequency that exists, but I wasn't aware of it, til then.
A frequency that I learn to translate ... inspired by a soulmate... an amazing experience and a priceless gift
I am so grateful to receive and to share; unconditionally. Back to Sender.'*

There are so many pieces of puzzle along our journeys that teaches us important skills. The only thing we are meant to do is to observe and experience them, to gratefully inviting them. To let us teach what we need to learn, and to remember them in the moments they were preparing us for. Buckle Up. The Future won't wait; Now.

'Everything you can imagine, is real.'

~ Pablo Picasso

* 18 $\frac{II}{X}$ 81, Málaga Spain † 19 $\frac{II}{IV}$ 73, Mougins France

Lets take a little life-time now to look back and connect the dots, realizing the Magic puzzle of our life. We can see the red thread that weaves our journey, quite clearly. It's time to realize and finally feel The Reason Why We Are All Here. Now.

An adjusted Perspective can change everything in an instant. Making decisions from a dying point of perspective often, if not always, provides the clearest perspective, to make the right decision. Let's Do It, in a better way, in a Caring Way, where Creation is our shared goal and the Revival of Craftsmanship an activating tool and Source of Inspiration. Let us follow a Calling, from a dying point of perspective.

This isn't just a Change. It is a Transformation. Once in a Lifetime is Now.

***,Everything will turn out right.
The World is built on that.'***

~ The Master & Margarita



4 m 6 4 8 8 4 d 0 r 0 f 1 n f 1 n Ì T ÿ

*I see You, in a better world!
Kind Regards,
Your Technical Mission Embassy Advisor*

dream within a dream team

'All that we see or seem is but a dream within a dream.'

~ Edgar Allan Poe

* 18¹³/₁09, Boston USA † 18⁷/_x49, Baltimore

*'Some things are so simple that they are difficult to understand.'
came into matter through a 'dream'. It was a clear message, spoken out loud while bridging between sleeping and waking up.
It came with a Sender revealing energy.*

After a while and some fancy dreams it will become easier encrypting such dream channeled messages. Write down every little detail; symbol, number, color, person, place, dialog you remember. More details may pop up and come to surface during the day. Take notes, notice pattern, play with numbers, count, find connections or recurring symbols during the day or days after, but also the days before the dream. Create an archive and download day and night. Puzzle them together and tell people you dreamed about of your dream. Who doesn't like to be part of one-anothers dream. We might be the receiver for a message another soul was meant to hear, through us. Dreams for strength in times ahead, in times of need and doubt.

*Another dream of the same sender were actually three dreams in a row on 3 nights
standing on the edge of a black w:hole, wondering why and discussing with the sender, who didn't want to say:*

Jump, I will catch you, but instead said:

*'Jump, let yourself fall into the abyss.
Trust it!'*

a pencil drawing face, fading away and 'saying':

'You need a real man' | 'You need a reel, man.'

*3 old woman gossiping, observer leaves the table, a door closes, leaving them alone,
outside 2 people hug each other behind the now separating door:*

'Let them talk, we go our own way.'



*Of course there is a place like heaven.
weightlessly timeless, no day no night, pale colors, almost black and white, almost*

~ eternal sunshine of a spotless mind

*One morning on the bridge of sleep and awakening a beautiful melody and hash tag for the memory archive sang a song.
'Everybody's Got To Learn Sometimes'*



*I could die right now.
I am just so happy.
I have never felt that before.*

It minds Your Peas and Peace. And if the music is good, You dance, in Divine.

I AM grateful.

Cast a Spell. Make a Wish.
whisper or say it oud loud
even thinking is enough
before falling asleep:

I AM
I AM LOVE
I AM GRATEFUL
I AM DIVINE LIGHT

A b r a c a d a b r a
It works. Try additions. Just do it!

abracadabra

... is actually from the Aramaic (before Hebrew) phrase Avrakehdabra which means literally 'I will create as I speak'. The cells in our body react to everything our mind says. Negativity brings down the immune system. Think of words as a magical tool, because they are. Words: **Sword** cast spells. That's why it's called Spell-ing. Words and Thoughts are Energy, sent and received in the speed of an amazing science. Use them wisely.

Choose healthy.

Kind Regards,

Your Spelling Controller, former known as T9

The smell of freshly brewed coffee...

Waking up is not easy when you like your dream, a numb state of mind.

When the body rests for repairing itself our soul is wandering through dimensions. Energy never dies and so it never sleeps. It doesn't need rest, it would be bored doing nothing for hours. IT can't sleep cause it is permanently influenced by all streams connected to the network, by all of us and our routines and rituals. Our Soul Energy is at service 24/7, channeling downloads, messages and upgrades.

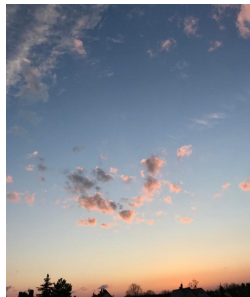
If you were not keen about spirituality* so far the painful loss of something we deeply love comes with a consciousness snip of expansion. Open up to the possibility that there is SO MUCH more. Be ready to go for a stunned hunt, it is worth it!

'But what can be done, the one who loves must share the fate of the one he loves.'

~ The Master & Margarita

Of course, there is such thing as a soul. Of course, there is something after death, souls live on. Of course it's beautiful over there and the light shines warm and bright. Of course we are all One and connected, fueled fooled fulfilled by unconditionally Love. Of course the energy of our deceased are among us. Of course, it's all energy and energy never dies. It just changes form.

One of the best pleasures in life is to read a book in total silence. Books about near-death experiences, what animals might discover about their own death, books of mourners that shared their own journey of grief. It's inspiring and it is strengthening the feeling that you are not alone, cause you are not. Acquire knowledge about ancient wisdom to feel more secure about your own beliefs; where there is great love there are always fairytales.



*Spirituality, the feeling of meaning and fulfillment, is often experienced by the dying at the end of their lives. They describe a feeling of being connected to everything around them and develop a clarity and understanding of what their life's journey has been about. The companions of a dying person also often experience the feeling of non-judgemental unconditional Love.

bridge over troubled water

*When you are weary
Feeling small
When tears are in your eyes
I'll dry them all*

*I'm on your side
when times get rough*

*I will lay me down
When you are down and out
When you are on the street
When evening falls so hard
I will comfort you*

*I will take your part
when darkness comes
and pain is all around*

*Sail on, silver girl, sail on by
Your time has come to shine
All your dreams are on their way
See how they shine*



*If you need a friend
I'm sailing right behind
Like a bridge over troubled water
I will ease your mind.*

According to Dr. Elisabeth Kübler-Ross, who became known for her book *'Interviews with the Dying'* from 1969, grief is often proceeding through stages of denial, anger, bargaining, depression, and ultimately a period of acceptance.

The denial phase is shocking, it may feel stunned and it's a difficult time, grasping the reality of a situation. As the reality begins to sink in, disbelief can sometimes be replaced by feelings of anger, characterized by bitterness, feeling that life is unfair, directed against the other because they will leave or have left, or against other people because they are allowed to live on.

In the subsequent bargaining stage, postponing is a longing, in some cases attempting to 'make a deal' for more. When mourning an own death or decision often it comes in exchange for a reformed lifestyle and detox. This stage may also involve a desire to change the past - *'If only I had taken better care'*, which is accompanied by feelings of guilt and regret. Hidden traumas linked to feelings of guilt may appear, asking to shine a light and unknot it.

Realizing the certainty of death, a period of depression and feelings of despair, hopelessness and isolation can occur, while in the final stage of acceptance, mortality is acknowledged as part of a natural spiral, programmed by an almost unimaginable intelligent artificial system of swarm intelligence: trams. Crafted with such complexity, operating in the speed of science. Now we are able to make preparations for our own death; take action; probably and hopefully by taking care of an unfinished business first.

‘Extinction is the rule, survival is the exception.’

~ Carl Edward Sagan

* 19⁹/_{XI}34, Brooklyn USA † 19²⁰/_{XII}96, Seattle

It all starts with a phase of not wanting to believe, which can last a few hours, but also days or several weeks. It's easy to get stuck in not wanting to accept a decision, another perspective or a loss, by stubbornly denying over a long period of time. It can't be. No, I know it's not true. I don't want it, I don't want to hear it, I don't want death. She'll be right back...

Delusions set in and Snow White lay there as if she were asleep. Possessions are kept in a mummified state in the case of her return. The reality can also be averted by denying the significance; utensils, memories and anything that might remind are quickly removed. Meanwhile in neighbors house the room of their lost child stays untouched; for-gotten years.

Many people feel isolated and helpless in this situation, even desperate. They want it to be over. Any experience, especially the pain of grief can't be forced. Like a fart, if you try to force it, it's probably shit. Be aware of postponed mourning signals, physical and emotional reactions like state of shock, palpitations, sweating, nausea, vomiting, delayed reaction, restlessness, immobility, rigidity, refusal of contact or confusion. Unexpressed emotions are buried alive and will come forth later in uglier ways. Also known as the broken-heart, or Takotsubo syndrome physical reactions might be so strong that it can trigger the whole system. Released stress hormones paralyzing the heart muscle and symptoms are similar to those of a heart attack with coronary insufficiency. Unsolved traumatic memories of which we are aware of or which are unconsciously programmed need to get special attention and care. Complicated grief should be taken seriously, especially for people with addiction, mental illness or previous traumatic experiences. Get professional help and support.

Besides love and compassion, often support is needed with everyday tasks, even the most basic, and more so during this initial period. A helping hand with organizing the funeral and memorial service could be a gratefully received gift.

A neighbor sharing a basket of apples are priceless little happy sparks; every day of our life. These are the memes that flashes in front of our I:eye the moment our energy is changing form. The scripted trailer of a human life - High energy moments of caring and sharing. Make sure it's gonna be a Blockbuster, with over-length.

There is always a Happy End.



The period after death, can be a very exhausting and stressful time, also in a beautiful sense. Piety is a matter of perspective. To carry out the wishes of the deceased and not surrender to the conventions and expectations of those around requires strength at a time when exactly that is lacking. As there is often not much time to plan a farewell carefully, support is priceless.

Knowing how and what a loved one wished for the own funeral is a great gift as it offers peace of mind to experience this phase in a very conscious way. Able to honor a last wish and personalize and celebrate a farewell individually according to the life and wishes of the deceased is a present for eternity. There are many ways to celebrate a life remembered.

It is important to allow feelings such as anger, pain and rage and not suppress them. They help in coping with grief and can point to unresolved conflicts that still need to be dealt with. Considering unsolved trauma this phase is of existential importance. The impact of idealizing and glorifying without a realistic assessment with faults and weaknesses can be dangerous. Suppressed for reasons of piety or directed against oneself it serves a spicy cocktail of emotions in which anger and hatred are expressed outwardly. There may also be violent, angry accusations against others, e.g. doctors, hospital staff, etc. Haunted by feelings of guilt or the question of why they are allowed to live while another one had to die.

E-Motions are energy, Guilt is Power and so it makes senses. Feeling guilty about a decision or the death of a loved one; as if we could have done more to prevent or stop it or as if we should have treated each other with more love, patience and understanding. Know Pain - Know Gain. No Mud - No Lotus.

Depending on the circumstances of the death or an own decision and based on how close the relationship with the deceased was, this phase can last weeks, months or even years. Never underestimate the pain of losing a pet; same pain, same grief, same gain, only slightly different.

Going crazy, wanna come? Fear of grief pain; also fear of going mad or being recognized as such could try a violent shortening of the pain, by escaping into activities, traveling but also hiding into numbness. Fears not faced become limits.

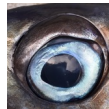
Suppressing or avoiding the healthy pain of conscious grieving only prolongs the process and can suddenly collapse the system. Attitudes of society, friends, colleagues and relatives are crucial. Trivializing grief, downplaying or stigmatizing it as unhealthy or even pathological, leads to a dead end. Expectation pressure of the environment and loneliness can be a reason for isolation, also if there is no room for grief among family, friends or colleagues. Trust that was build in drops can get lost, and won in buckets during this phase of recognizing a real face.

Go to places and people that set a spark instead of a spike. Friends or strangers that doesn't tell you what you want to hear, but what you need to hear are priceless. Beings that make you love yourself more, keep them close. And even '*I take you in my arms and everything is fine again*' doesn't always work if pain runs deep but still, never underestimate the power of a `plan.ted.seed`.



*The waiting.
The meaning time.
The in-between.
It all serves a purpose.
Trust the processor.
Especially the delays and detours.*

~ Wisdom of Patience



Be aware of emotional chaos and getting stuck in thought circles. Physical and emotional reactions can initiate irritability, depression, apathetic, concentration problems, disinterest, panic attacks, broken-heart syndrome, palpitations, chest tightness, shortness of breath, lack of appetite, losing or gaining weight, sleep disorders.

Eat only good energy loaded food. Watch the Natural Cycle of Life, live. [Enjoy 24/7 bird nests live web cams](#), instead of television.

Watch yourself, your I. Do it often and hold it. While brushing teeth is a good start. Try to expand, watch as long as it feels safe. The eyes speak the oldest language in the Universe, a love that runs deep. Let it be translated for your soul by your soul. Eye see You and then I met You.

In another phase of mourning, an inner confrontation of searching and separation takes place. Visiting places of remembrance, reviewing shared experiences and having silent dialogues. Adjusting to the loss is essential for coping with a journey called grief. By consciously saying goodbye, this mourning phase can be beautiful, but also very painful. Indulging in memories for too long carries the risk of stagnation and isolation. Retreating into your own helplessness can lead to complete hopelessness. *'I would rather die than endure the overwhelming emptiness and perceived meaninglessness of life'* - possibly also in order to be reunited. Suicidal fantasies can occur, but are rarely carried out; nevertheless, they should be taken seriously. Accept the desire in principal but at the same time reveal the emotions hidden within and encourage existing positive approaches aiming to live. This phase involves the risk of chronic grief, depression, suicidal thoughts, temporary loss of reality, addictive behavior, inner dialogues or overactive-apathetic reactions, as well as intense dreaming.

A desperate search for the real, for shared experiences, adventures, a living space. A search for everything, even in unfamiliar faces and figures, habits that are adopted and lived by. At the same time life goals are redefined, new perspectives open up and a new born strengths emerges. Gradually facing up to the new demands and responsibilities of daily life. It can last weeks, months or years. In the course of it, you decide to take the next step and say yes to Life's Morning – or mourning. You get to decide which side :(:

And suddenly inner peace slowly sets in, a new self-perception and world view. When your heart knows, it knows, there is no explaining it, you can only trust it. The pain fades away into the background, still this phase can be quite demanding when emotional detachment happens at the same time with re-investing energy in other people, hobbies, pets or unfinished business and projects. By accepting a decision and death doors are opening for new beginnings.

However, memories always play an important roll. Make new adjusted plans, accept and organize a life worth living. Although nothing will ever be the same again, life offers new opportunities, new dimensions and aspects, new perspectives, energies and frequencies. Opening up to a renewed life does not mean degrading the past. Shared experiences remain precious puzzle pieces, irreplaceable treasures, forever saved and archived, to create space for new relationships to be explored. Everything is given a new and appropriate place, a normalization of disturbed bodily functions can be noticed. Nothing can stop Y o u n o w from f l y i n g.

6 letters
2 words
easy 2 say
hard too e x l p a i n
harder 2 do:
M O O N V 3

My view of my own life is expanded, I am altered: I live with the new fact that someone important to me is dead. This complements my previous life experiences, adds pieces to the puzzle and creates a new framework of meaning for life and thus a new sense of purpose.



Grief may come to an end at some point, but in a certain perspective it never ends. Dealing with grief effectively is not measured by whether the grief appears to end, but whether the mourner has stabilized to such an extent that they can turn to life under their own strength. Sometimes losing people makes you find yourself. Knowing yourself is the beginning of all wisdom.



reopen accidentally closed tabs:ctrl+shift+t
Kind Regards,
Your Dash-Board

Mistakes Were NOT Made

An Anthem for Justice by Margaret Anna Alice

The Armenian Genocide was not a mistake.
Holodomor was not a mistake.
The Final Solution was not a mistake.
The Great Leap Forward was not a mistake.
The Killing Fields were not a mistake.

Name your genocide—it was not a mistake.
That includes the Great Democide of the 2020s.
To imply otherwise is to give Them the out they are seeking.

It was not botched.
It was not bungled.
It was not a blunder.

It was not incompetence.
It was not lack of knowledge.
It was not spontaneous mass hysteria.

The planning occurred in plain sight.
The planning is still occurring in plain sight.

The philanthropists bought The Science™.
The modelers projected the lies.
The testers concocted the crisis.
The NGOs leased the academics.
The Scientists fabricated the findings.
The mouthpieces spewed the talking points.

The organizations declared the emergency.
The governments erected the walls.
The departments rewrote the rules.
The governors quashed the rights.
The politicians passed the laws.
The bankers installed the control grid.

The stooges laundered the money.
The DoD placed the orders.
The corporations fulfilled the contracts.
The regulators approved the solution.
The laws shielded the contractors.
The agencies ignored the signals.

The behemoths consolidated the media.
The psychologists crafted the messaging.
The propagandists chanted the slogans.
The fact-chokers smeared the dissidents.
The censors silenced the questioners.
The jackboots stomped the dissenters.

The tyrants summoned.
The puppeteers jerked.
The puppets danced.
The colluders implemented.
The doctors ordered.
The hospitals administered.

The menticides scripted.
The bamboozled bleated.
The totalitarianized bullied.
The Covidians tattled.
The parents surrendered.
The good citizens believed ... and forgot.

This was calculated.
This was formulated.
This was focus-grouped.
This was articulated.
This was manufactured.
This was falsified.
This was coerced.
This was inflicted.
This was denied.

We were terrorized.
We were isolated.
We were gaslit.

We were dehumanized.
We were wounded.
We were killed.

Don't let Them get away with it.
Don't let Them get away with it.
Don't let Them get away with it.

riding tidal waves

More recently mourning researcher Dr. Ruthmarijke Smeding describes grief using the Tidal Model Gezeitenmodell® consisting of the Sluice Period Schleusenzeit®, the Janus Period Januszeit®, Labyrinth Period Labyrinthzeit® and Rainbow Period Regenbogenzeit®. Phases that alternate and cannot be influenced and that can return again and again, in various intensities, durations, expressions and form. Only the sluice period is unique and an one-off. The theory called '*Unlocking Grief*' is a model that is meant to be understood as an addition to ones own skills.

'The hole I fell into became The Source from which I live.'

~ Dr. Ruthmarijke Smeling



We know tides from oceanography. Influenced by the phases of the moon, tides regularly lead to ebb and flow. The image of perpetual motion, the coming and going of water, symbolizes the coming and going of grief. Unlike natural tides, tides of grief are not experienced with the same regularity.

A grieving person does not stand still, but changes and develops as they go through the tides, a spiral emerges from the circular sequence of times. In the tidal model, the mourner moves towards the center; towards source and set the direction.

For most it goes upwards, for some it also goes downwards.

A 'relapse' means: '*I am moving into the next spiral.*'

The spiral of grief does not follow a strict pattern. Elements of the rainbow period can also shine through briefly during the sluice period, such as a laughter during the funeral.

A sluice is the organized bridging of varying water levels. Everything that happens during the sluice period or does not happen can have an impact on the journey ahead. It is the time from the last breath until the funeral.

precious face time

By having the body removed immediately, many relatives deprive themselves of a dignified moment to pause and say goodbye, which is so important for the grieving process. Yet the sight of a deceased person is usually very peaceful and everyone has the time for a traditional wake. A deceased person may remain at home in bed or in a coffin -open or closed- after death before a funeral home comes to collect them. It is also possible to have an undertaker bring a deceased person who has died in a hospital or care facility home first, in order to say goodbye there in peace with family and friends.

Being able to pause in the hours of and after death and consciously experience this uniquely quiet time is so important for those left behind. Making the darkness conscious. Visiting and touching*death can be a very healing experience, allowing it to be, in the truest sense of the word. Claim back this precious space and time. Until a few decades ago the rituals of washing, laying out and saying goodbye were part of the usual everyday routine of dealing with the death of a loved one.

The respectful washing, which is less about hygienic care and more about a ritual gesture of gentle touch and light wiping with a moist tissue, and dressing of a deceased loved one can be an important and very fulfilling experience, and thus a priceless gift for those who stay.

When death occurs, an interim period begins during which a number of legal regulations take effect and relatives legally become surviving dependents; legally, but not emotionally. The handling of the deceased is regulated; physical separation is required by law during this time. It's the time where the final physical separation takes place. The body of the deceased is handed over to earth, air, water or fire. One door closes, but a new door has not yet opened, waiting in a sluice for the water level to be adjusted.



*Corpses are usually not toxic. Although the decomposition process produces toxins as breakdown products of proteins, contact during dressing, handling, reburial is not dangerous, assuming the deceased did not suffer an infectious, notifiable disease. One cannot be poisoned by skin contact or inhalation; cadaveric poisoning is a myth. Muscle contraction, also called rigor mortis, occurs gradually usually from top to bottom, depending on the circumstances. It develops fully after a few hours and releases a few days later.

It's the phase to realize there will come a time to return to life. With the rope in own hand and the need to find the ability to live, own resources can set the sail and navigate. It could be the task of a companion to discover sources. But often mourners are able to do this themselves, especially if well integrated into a social network.

There is a lot to organize like visits to the authorities, burial and a soul festival. It can be a very exhausting and stressful time; it takes a lot of strength. Often there is also not much time to plan a farewell carefully. Making the most out of this time can be crucial for further personal growth. Saying goodbye at the coffin or touching a dead body means consciously realizing that a life and matter has irrevocably ended. Arranging an individual funeral can be a very beautiful and uplifting idea for the dying, precious space time. It lightens the grief of the living and can pave the road for a new beginning, precious pace time.

'Yes, man is mortal, but that would be only half the trouble. The worst of it is that he's sometimes unexpectedly mortal--there's the trick!'

~ The Master & Margarita

Two-faced Roman god Janus gives his name to a period following the funeral, a time of brokenness when the full impact is felt in everyday life. Previously mundane activities such as going to bed, getting up in the morning, personal hygiene or eating become almost unmanageable and pointless. Longing for the old life and resisting this life. Back and forth between the past and the need to live on; the need to function. Life's apparent meaninglessness and the thought '*I have so much love to give...*' characterize this time.

Partly looking back, partly looking forward, an emotional turmoil. On one hand, looking back intensely remember a time spent together. On the other hand, accepting the ups and downs in life as part of it and knowing exactly forward is the way to look, organizing every days obligations in order to survive in the here and now.

The old order still exists in the past, everything makes sense, whereas looking to the future, there is only confusion, disorder and uncertainty. Trust the wait, embrace the uncertainty. Enjoy the beauty of becoming. While time goes on, this period takes its own course. Previous securities are shattered. Restoring everyday structures or even introducing new rituals can provide support during rocky times to wander, for wonder. When nothing is certain, anything is possible.

trash in treasure

Dr. Ruthmarijke Smeding recommends visualizing 5 baskets, Baskets of Grief. They enable to deal with unexpected challenges that come along the journey: persevering, transforming, letting go and learning to carry and relearn.

The baskets symbolize ones own abilities.

They are deliberately illustrated with two handles,
to make clear that there is always someone for help.

They can be picked up and carried, used as storage or as a bin for things to be thrown away.

They are not for holding feelings of grief.

Like a mask can't stop a respiratory virus from spreading,
tears cannot be kept and stored in a basket.

Add a 6. Basket, or even more. Wicker with memorable memories of trash & treasures; lovely little things, The Energy of Memories. Things you need to give away anyway, sometime, somehow, in time. Writing a personal note about the story of your darling and why you are giving it away, is a win-win of caring and sharing.
7 0 V 3 3 N 3 R 9 Y that stays alive, infinitely.

Treasures from the Heart

My golden treasures and their recipients

Darling

Recipient

Reason

Darling

Recipient

Reason

Darling

Recipient



death cleaning

Often it's the little things that mean a lot to us. Beloved items that have little financial value and would not be mentioned in a will, but with which you and a certain loved being have shared memories that are priceless. Knowing why a certain item means a lot to you can be a crucial impulse for someone to gladly take it and thus keep your story alive. You can also avoid conflicts if you clearly assign your belongings and provide reasons for your wish as to whom should receive what and why. Thinking about what each item means to you and letting go of what you no longer need can be very liberating. Perhaps your favorite item will inspire someone if you gift it or someone will find it in a charity shop, feels the energy of your enthusiasm and carries it on. You may want to pass it on and give it away while you are alive. Ones trash is someones treasure. Stay grounded, keep growing, and know when to let go.

Creating order with confidence is a beneficial strategy that enables you to train yourself to let go, to experience the joy of giving and to eliminate piled-up ballast. Therefor it is also a great addition celebrated during fasting periods. Integrated occasional declutter as regular ritual for clearing, sorting out and tidying up is one of the most meaningful gifts you can give and receive.



*Do it often, Do it now.
Kind Regards,
Your Server Room*

sacred anti-quitŸ symbols

Symbols have a deeper meaning and transcending itself. The Greek word *symbolon* has the meaning 'mark, sign'. Its origin can be found in the verb *symbollein* - 'to throw together, to bring together'. *s y m b o l o n* is a sign of identification among friends that was broken into parts which only they could put back together again, at a later encounter. It describes the original unity that was broken in order to be reassembled later, to throw it together again for unity; the Irony.

It was and is a custom among particularly connected people to create an object of clay, wood, metal, a sculpture or ring. Carving of names or symbols are a sign of recognition, identification and authentication.



In this way, bond to each other is proven. Symbols are not only found in symbolist paintings dedicated to the intangible. It is also found in Chemistry, like chemical elements or in our everyday lives in signs on stickers, advertising, receipts, cars or in clouds, animals that show up. The anchor on a 'strangers' shirt is a sign too for whom it's meant. Signs are visible and imaginable in any form, shape, pictograms or meme. They are all around us, on our timeline, in our conversations, on the radio, in the sky, in synchronicities, timelessly. Pay attention to them and piece them together. You will notice a pattern. It is a variety of matter created out of consciousness energy. Energy we all fill and tap from; humans, animals, plants, all of us.

Symbols are the stenography of our operating system. A very efficient communication tool that is sensing and collecting energy in the speed of science to fuel it back into the system, creating more forms, shapes, logos and drinks, any kind of matter.

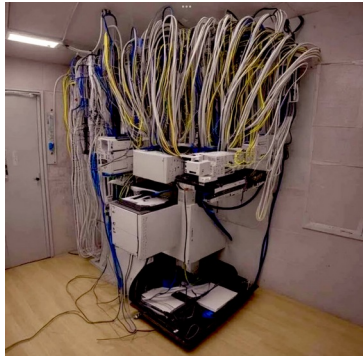
Unconsciously recognized symbols influence non-verbally, in light speed. Watch your favorite fairy tale movie in slow speed and go for a symbol hunt, its funny, inspiring and illuminating. Sweet Dreams.

effect butter fly

***'Learn how to see. Realize that
everything connects to everything else.'***

~ Leonardo da Vinci

** 14¹⁵_{IV}52, Italy † 15²_V19 Château du Clos Lucé, France*



Like the wing beat of a butterfly, an energy drink has direct influence on all of us. Our dispatcher, a network of dispenser stations, is shaking, mixing and reloading it continuously inside-out the server room, recharging the circus circuit 24/7.

We are electrifying USB ports, up- and downloading in the network of a dynamically evolving collective, an Infinite Collection of Consciousness. It is an energy that can be both created as well as manipulated. Poisonous matter accumulates to such an extent that it becomes a threat to the operating system, to life. It is our choice to let us penetrated, hit and influenced by a monster or by the pixies.

Next time you take a sip of draining energy, whatever form, think of the very hungry caterpillar dreaming of influencing the world. Stretching and spreading her flapping wings to fly away and Change The Wor ld.

The Butter Fly Effect slightly same same but totally different.

Where is Your mind?

Kind Regards,

Your Network Administrator

Why We

*In the field of quantum mechanics there is something called quantum entanglement.
It is what happens when 2 particles interact, vibrate in unison, & are separated.
They remain connected by something that defies logic, something science has yet to
explain. If one particle vibrates, no matter the distance, the other particle reacts
in unison, even if there are oceans between them,
even if there is a universe separating them.*

Before time we were just a dense collection of particles confined to a space smaller
than a proton, interacting and moving in unison. An event occurred that rapidly
expanded the particles and created the universe. There is no reason to believe the
particles ever lost their entanglement.

*Now, when I say I am drawn to you, that I feel I have known you since the beginning of time, know that it's beyond my control.
Know there are particles that compose me, my very fabric of being, and somewhere inside of you are the particles mine danced
with millions of years ago. I've spent an eternity chasing that part of you; dancing in divine again.*

~ Tyler Kment White

Break it, and everyone takes one piece.
Searching in and for each other.



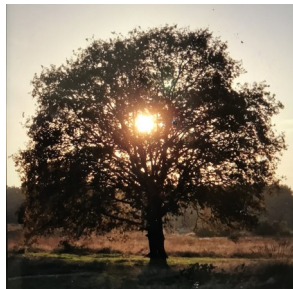
Every body their own way.
To find the other part.

Put them together and puzzle it free: $1+1=3$

T53 M49İC 0f W5Y W3

*'Feeling like I know the words of a song I haven't wrote.
A Song of Love, a Song of Hope.
A song that guides me down the road.'*

~ White Apple Tree - Snowflakes



The Bee Theory

Creating rituals together means engaging with them, and touching on ancient knowledge of humans and bees, collecting honey and celebrating personal rituals in annual cycles, something that parents, grandparents, ancestors have already done. It's an honor maintaining and building on them. The task is to transform an external process from a purely pragmatic one into a somewhat more solemn one.

A ritual is only meaningful if everyone can identify with it and get involved, like within a family or a hive. Nothing is imposed, consent is conformed, co-creation is The Key, it is vital.

The organism of a beehive is a state with a Queen surrounded by a knol encrypted community with deeply anchored rituals behavior, orchestrated and celebrated by beeings of resonance. Everything in our world is connected through sounds we can't always hear. Bees work together to create Honeycombs by buzzing in Harmony. Receiving and using the power of cycles per second* is a genius tool for orientation in a perfectly organized ever evolving network of energy. A balanced operating system where 7.83Hz is known for a Cycle of Magic.

Imagine it like a computer game of a transcending resonance amplifying metaphorically system t r a n s - a smart game with one shared goal: surviving. Protecting the survival of others, of all of us. An amazing natural order of planning, structure and control, great care. Think in terms of Frequency and Vibration is Energy. Just bee.

Rituals organizing life and appeal to all levels of a being; emotional, physical, sensual, vibrational, energetically and thus spiritually; all senses, also the ones we do not know about, yet! Bee knol.



[LINK RESONANCE - Strings of Frequency](#)

*Hertz, spelled like German for heart is a unit of frequency. Hertz are the cycles in a second. Any phenomenon with regular periodic variations:vibrations hold a frequency which can be expressed in Hz, electromagnetic waves, radio waves, light, radar, also sound. It is part of the International System of Units (SI), which is based on the metric system. The term Hz was proposed in the Golden Twenties in honor of Heinrich Hertz, a German physicist * 22.2.1857, Hamburg Germany † 1.1.1894, Bonn. The unit was adopted in October 1933 by a committee of the International Electrotechnical Commission and is in widespread use today, although it has not entirely replaced the expression 'Cycles per Second'.

transition RITUALS...TRAILS U

rituālis: concerning sacred traditions, rite, custom, practice

When Googles first results are captured by a dutch cosmetic brand, you know its time to talk about Rituals, the real one.

Rituals are more than everyday habits, more than routine behavior, like taking a shower. A ritual is the scripted performance of a ceremonial act that usually serves a sacred purpose. Intimacy is a ritual act, a Sacred Energy eXchange that comes with aligning power.

It is a repeatable and repeated action with high symbolic content and has an important meaning beyond the actual interaction.

E-Motions of activity and process stimulate personal senses. Realization is key. Transitions like birth or death are celebrated and ritualized all over the world. A ritual testify the 'membership' of a community, a Soul Family. Rituals are also used in religious services by churches or cults. Humans longing for something that exists outside of everyday life. Rituals close a door - and open a door.

Routines follow loose rules, have individual meaning and create daily structures, like emptying the dish washer, brushing teeth, smoking or driving to work. In contrast to habits, rituals are usually jointly agreed structured actions with a regular sequence. They require a high level of attention, consent and intent, often in group dynamic. Thanks to energy and vibration it has the power of a frequency disturbance, think of an arousing family Christmas dinner.

Pain, sorrow, anger, gratitude, love, everything is allowed in a ritual. In this way, lasting memories are created, and it has an impact on our future lives, on all life files. Our future is watching us right now through our memories.



Routines, on the other hand, require no special but more often a lot of attention, steering intention and are rarely celebrated at the same time. Maybe sometimes unconsciously, when sitting in trams next to each other, separately distracted, attached, lost and attracted. United with a device that is constantly seeking for attention, with intention. Thoughts and feelings are purely pragmatic, expressed symbolically but without emotional engagement; an energy that can't create meaningful entanglement.

Zoom in a world of tension and miss the beauty of a loving pension. The person next to you, an energetic orchestrated symphony of odds and dots; in the speed of real science. A date arranged by electrically charged and tickled moving bodies. Nothing happens without a reason in trams. A missed chance is an interrupting code of error, red alert. Missing a X-ing that was programmed to happen ultimately leads to a rewrite and reboot of the whole system.



Life is not just a series of meaningless happenings and coincidences, but rather a web of events that culminate in an exquisite, sublime plan. We rely on each others coincidences and magical X-ings of odds and plots. Trust IT!

Rewriting the Life Software Storyboard Live is draining energy. The docking station, we all are plugged in to needs more energy for reprogramming all puzzles of odds. Installing updates for a now later planned, cause meant to happen encounter is exhausting and costs a lot of sun powered network energy. Frequent red alerts over a long period of time leave not much left to tap from.

Life transforming experiences are Turning Points; a milestone collection of important decisions, coincidences, updates and upgrades. Birth, school, education, study, career changes, weddings, separations, illnesses, death and healing. Intuitively trusted choices are sources of strength for moving on and eventually be rewarded by a surprise = High Energy ∞ Nice Frequency!

computer game program code:HappyEnd.exe/lucky.devil
Kind Regards,
Your Smart Heard Nerd Instructor

Activities that are adapted to the daily requirements of everyday life can be burdensome in periods of grief but are insignificant compared to a real transformation. Ritualized acts consciously structure the day, 'rhythmic' it and can create a counterbalance to external pressure.

Take your time in the mourning and start a day with opening or closing a window. Breakfast and conscious planned lunch breaks pausing the hard work for a moment. In the evening, at the end of a day and work close that door and open the door of home. Calm down with end of Day & Life Rituals, like a walk in a park.

Meditation can also mean watering tomato plants, preparing a meal, stroking a Cat, vacuuming or doing the laundry. Silence moments, especially auto-mode executed programs, where cleaning a plot is focused attention. A spotless mind has space to receive; get in Touch with Source.

Don't get distracted, turn off notifications of the wrong master. Beautiful things don't ask for attention. You were born an original, don't die as a copy.

Going to bed or bringing children to bed are great breeding grounds, also for the creation of Family Rituals. Words are magical tools, like keys, they can open a heart and shut any mouth. Reading fairytales or singing songs before falling asleep, is not only a calming way for a peaceful sleep it creates a vibrational energy, an energy that never dies; it lives on for generations to come. Love is The Key.

Don't let children falling asleep with a technical voice that want miss a beat. The frequency of love is unique and can't be automatized and outsourced. Dreams of monster or pixies; dreams of colors that don't exist; it is our duty to fix this. A priceless investment and the guarantee for valuable future network updates, for all of us.

Our Soul and Our Rituals are executed by an artificially engineered Master Piece. It is the hardware administrator of our senses and mind, the first follower mover. An anthem for our holy Body that needs The Greatest Love and Care of all. Breathing in all the good shit, letting out bulls shit. A real buddy is more than shampoo and soap. It is the House of our Human Life, and Death. It is The House of Our Rituals.



Transition phases are a metamorphoses. It is the very hungry caterpillar tuning into a synchronically pattern of beauty. Transformations are new in old, old in new, a divine dance of particles shattered into pieces; detaching, transitioning, realigning and ultimately rearranging the whole puzzle.

natural rhythm

When birds flying high heading south sky, the sound of a falling leaf reminds us that matter has its time. Time for a leave to release. The Colors of Change know timing well. Autumn leaves resemble The Beauty of Endings, teaching us to let go, and fall. Mourning is like an autumn of life; a Golden Fall for a never ending Indian summer, where Rhythm is the Dancer. Going inwards during times when energy reshape and rain drops create a Geometry of flakes; snow lakes. Rest and declutter in freezing times, get ready 2 be reborn in spring, when space is given to something new. And then the sun shines bright and high, turning life in blossoms into an apple pie. One pine Seed of Energy will never die. It is The Melody that is good to me.

Who ordered the apple and what about the axe?



We are family
I got all my sisters with me
Get up, everybody, and sing
We are family

Everyone can see we're together
As we walk on by
And we flock just like birds of a feather
I won't tell no lie
All of the people around us, they say
"Can they be that close?"
Just let me state for the record
We're giving love in a family dose

Living life is fun and we've just begun
To get our share of this world's delights
High hopes we have for the future
And our goal's in sight
No, we don't get depressed
Here's what we call our Golden Rule
Have faith in you and the things you do
You won't go wrong, this is our family jewel

We are family (Hey, hey, sing it to me)
I got all my sisters with me (Yeah, yeah, sing it with me)
We are family (Oh, I can hear you now)

Get up, everybody, and sing: We are Family.
~ Sledge Sisters



Rituals create behavioral safety. The procedure is predetermined, no new decision is required, it's relieving. They reduce anxiety and disorientation is limited, it's stress-reducing. Conscious rituals enable a controlled handling of emotions and also promote the expression of feelings. They set boundaries through their fixed sequence and create order in the unconscious. It is the ability to interpret events and experiences, to give them a meaning. Brought to you by the

Power of Nature
O W E A P U R E F R O N T

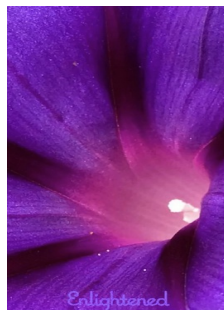
Bereavement Cafés where sadness is appreciated and moods are shared and cared for are often scheduled at fixed times and locations, in a ritualized fixed framework with the same procedure. Linguistic and symbolic representations are often used as carriers. Storytelling and listening ears are integrated in rituals like lighting a candle or holding space for silence. Places like this and people that care fulfill their mission and spent support in a time where rituals play a vital roll.

They make it possible to honor, appreciate and say goodbye to something old in a good, special way. Rituals allow to express feelings in a safe environment, invite and dare to try new things. This makes them a great help in coping with life transitions.

Countless rituals and symbols are part of farewell traditions and funeral services, such as getting together, sharing a meal or visiting the cemetery, or collecting mourning texts and poems. Also the dressing and washing of the deceased, a laying out in hospital or the chapel. The lighting of a candle or saying goodbye at a coffin, open or closed, are valuable moments for consciousness to unfold.

Rituals for the time of grief could be things like designing a thank you note, building, painting and decorating the coffin or urn, which offers a beautiful moment and light entrance to invite children for ideas and participation. Planting seeds, creating own floral arrangements and wreaths, a last letter, a last drawing, one last picture. The energy of someone close transitioning is at service for a period of conscious creativity and connection; a soul festival. Designing an obituary or legacy while thinking about your own or setting up a memorial shrine in the house, applying a familiar fragrance and writing a memorial diary are enjoyable journeys of remembrance. Celebrating memorial days are an invitation to maintain, adjust but also create new rituals.

Anticipation is the greatest Source of Joy. A dairy might become a book, an in-spiral-ed Present of Presence. The Energy of Eternity; Chapter Infinity.



hairy tail

Very often a pet is the closest companion and loyalest buddy. Especially in periods of mourning we long for someone to trust fully. Someone who doesn't care about make-up and fuzzy gray hair. Someone we talk to, without shyness. We share our dreams and tears with, without hiding. Someone who is always there, more so when we are sad. Animals especially close living companions like Dogs and Cats are very sensitive for disturbed unbalanced energy. They taste us raw, you bet! Caressing a pet is more than a very comfortable feeling of Oxytocin creation. It is an Energy X change. Think in terms of Physics and Biology. Hairs are moving, skin is warming, heart:h is expanding, tears are landing. It is a moving and vibrating pleasure for 2. They are more than just pets. Taking care of an animal during sad times is a valuable distraction and gorgeous entertainment. It is also an obligation to leave the couch and get some sunlight, fresh air or raindrops gently dancing with tears.

Sometimes even a few steps with the dog are a burden. Try a new ritual. Walk a different route and take off your shoes. Together bear roots bare foots. Follow the tail, on its height, into the bushes, shrubs, branches and trees. Think what they see, think ahead. Explore a world you might have never seen before. Light in plain sight.



Do You really care, what other people think?

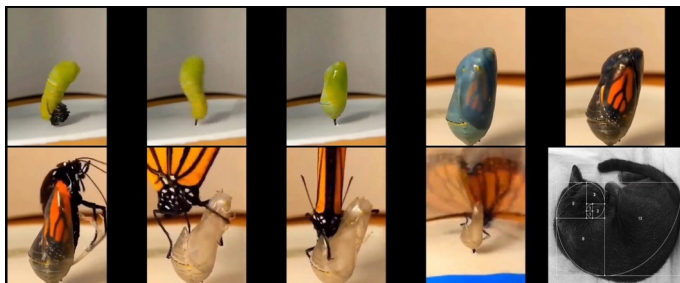


I AM

Taking care of yourself always helps, especially while enduring a transformation period. Nourishing all senses by going out into nature, barefoot feeling, receiving it, listen, the smell, tasting, touching, hugging, talking with it, thanking it, finding spirals all over. The energy of nature is urging us to move beyond what we think we know. Pure consciousness can see past repeating cycles. Nature stimulates the ability to hear the calling of our intuition. Signaling gradual changes that leads towards ongoing evolution, development and transcendence. Doing new things that have no connection to the past; walking in new shoes. When something new is combined with the existing, meaning and a new purpose in life will emerge. This arises on the Journey towards one's **W O W N 3 I AM**.

We co-evolved with nature and all the kingdoms therein, including plant, animal and bacterial. Nature has been and is our great provider of the minerals, vitamins and natural plant compounds that enable us to thrive. There may be an exterior input like sunshine, causing us to convert an inert form of vitamin D in our skins to the active form, or an interior input like fibre from plants feeding resident bacteria in our guts that then produce vitamins and other substances for us. However, there are also little explored interactions with volatile compounds in soil and trees, our natural ancient interactions when outdoors, as well as our energetic frequencies that match the earth's resonance, Schumanns resonance 7.83Hz. All of which alter our state of well being at a biochemical and neurological level to happiness and plenitude.

Source and Inspirations: WCH [TRANSFORM YOUR HEALTH GUIDE](#) of service with an impressive work and gift for humanity, Francesca Havens, author and so much more.



The entire structure of a caterpillar is dissolved and rebuilt. Not a single cell remains intact. Gradually everything is transformed, the entire cell material is melted, rearranged and reassembled but it might can remember its time before the metamorphoses. Dying is such a metamorphosis. Our shape changes, we slip into a different state of being, but what we actually are, what defines us, our Energy is not lost.

touching ground

*Get your hands dirty, wash your mind clean, reinstall thoughts of dirt.
Put your hands in soil, preferable daily.
Dare to walk barefoot, often and everywhere you feel like.
Encourage children to do the same. It is our duty to give children the soil they came for.
Co-create vegetable and flower beds in schools or public places.
Food, herb and flower gardens are so much nicer than stones and pebbles.
Create a club to promote health and nature activities year round.
Build a pyramid greenhouse
Collect Granny's wisdom and recipes.
Learn and teach how to prepare, preserve, can and store food.
Share your garden and harvest fruits together.
Attend a beekeeping course and learn all about bee knol. Bees are great teachers, simply the best.
Welcome a bee hive in your garden, collect some honey but leave enough for them to overcome the winter.
Create a fairytale forest.
Watch birds, for hours, months, years, feed them.
Invite children of the neighborhood to come over in your Ivy Butterfly garden.
Grow an apple seed, turn it into a source of life, plant it or give it away, a fruitful gift for a very long time.
Plant seeds everywhere you come and go, co-create lovely places of magic, laughter and peace.*

This will be a good year. A Good Life. It all depends on how much you're willing to let our Soul S:Oil spoil you and fill you with pleasurable experiences that feel and taste so yummy and luxurious with so much delight = high energy that makes you feel and look, so good! Touch it where it grounds, a touch that really counts. Let it go sexy on you!

d i r t y minds + hands = F 0 R 3 V 3 R J 0 Y 7 4 N D



***'I am an endless wish granting engine.
The hardest part is knowing what you want.'***

~ 00

heart:h cats

'My brain is only a receiver. In the Universe is a core from which we obtain knowledge, strength and inspirations. I have not penetrated into the secrets of this core, but I know that it exists.'

~ Dr. Никола Тесла

* 18¹⁰/_{viii}56, Smiljan Croatia † 19⁷/_{xviii}43, New York

Inventor, electrical and mechanical Engineer

Futurist, Visionary; a Man with a 6i9 Heart.

Nikola had 4 siblings of which one died tragically at the age of 12.

His father Milutin was a priest.

His mother Georgina Djuka Mandic was a great inventor herself.

'The Apple doesn't fall far from the Tree.'

*Inspired by Nikola's best childhood friend, a Cat called Mačak,
he encountered electricity for the first time at young age, in a miraculous way.
An evening that anchored his mission and set the sail for his and our Future Life.*

Dr. Nikola Tesla did and decided nothing that was not dividable by 3.

He always walked 3 rounds around his house before entering, char9ing.

A Genius that not just thought in terms of Energy, Frequency and Vibration, he vibrated quite high since the day he was born.

Mother Djuka already knew by then and prophesied that the Lightning Strikes escorting Nikola's birth are The Sign of his life.

And so he began to weave and found a way to visualize, harvest and utilize the results, his Purpose and Vision.

Imagine a world of fr33 3n3r9y, for all of us. His Mission. Our Future.

Inspired by a h E A R T H - F A C T



*A Master of Energy Matter@d died at the age of 86 poor, alone but
curious, faithful and alive, surrounded by his Doves.*



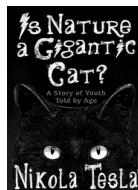
c/o 'Hotel New Yorker'

Room Number 3327

Floor 33

*More than 2.000 contemporaries witnessed and honored his fare-well.
Since 1957 his ashes rest in an urn in a special room; now finally in peace.*

How then and what about 119?



'It can only be 'God' I concluded.'

~ The Master + Mačak

Curiosity didn't kill the Cat

Animals are programmed to be curious and explore the world around. Like infants they find joy in every move and moving. It is a survival instinct. Like the Bees flying around in small groups searching for a new home, a new hive within the hive. Spring of Expansion.

The term '*Curiosity kills the Cat*' is the only line that survived over the years and therefor falsify our history. Not only The History of Cats. Adding the other piece of the sentence, the full phrase is much more uplifting and has a far more deeper knol within, powerful!



'Curiosity
kills
the Cat,
but
satisfaction
and truth
brought it
back 2 life.'



The Irony Theory. Curiosity is the key to close a door of fear. It lights the way out. Somewhere something incredible is waiting to be known. Curiosity is our basic sense, it is the fuel for an infinite adventure, wildly fulfilled. Cats know about infinite dimensions, they have at least 9 lives. Cats are something special, they always were in History.

The truth can't be stopped from coming out. We can't be stopped from being curious and finding out something we want and need to know; experiences to learn and grow from. Something we've always longing for, like a cat fish in a bowl.

The truth is like a Lion, let it loose it will defend itself. Bring IT Back 2 Life!



nature in-spiraled

Life is a spiral not a straight line neither are we meant to ride in circles. We continuously come back to things we thought we understood, only to see deeper truths and meanings; to play The Gain Game; gather + hunter = knoL.

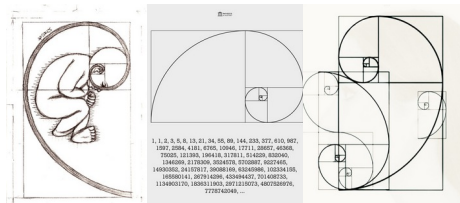
A computer game with rewards to hunt, spent, build and use, and continuously level up. Nature is an excellent driver, safety first solves everything in light speed. Take a spell seat, fulfillment comes with the journey that get us in and out in-spiraled.

There is no Pot of Gold at the end of the Rainbow, only a sign standing there, written on it: take the risk of optimism. Make a wish, earn errors to learn for arrows to shut and shoot in Armour's name. Be inspired to dig further, go deeper down the rabbit hole. No regrets, the other shoe is waiting to drop.

Once upon a time, it was about Th3 6i9 Pl0T of 5 0 N 3 Y. Be curious to search and explore. Be faithful on an infinite journey. Be alive; enjoy forever-land.

Spirals and synchronicities are everywhere in nature, in us. It is so much fun to discover them with kids. They are on a snail house, in waves, a beautiful fern or in the listening ear:era walking beside you. Think in terms of Mathematics, Physics, Biology, Synchronicities, Vibration, Frequency. Think of invisible and under ground networks. Think in terms of Hi9h Li9ht 3n3r9Y kindly presents its shapes. Beautiful matters.

The Golden Spiral Number Ratio Phi 1.618 The Fibonacci Sequence



Fibonacci's first description date back to 1202. The sequence of natural beauty in numbers has numerous mathematical twists and turns and is named after

~ Leonardo da Pisa, known as Fibonacci

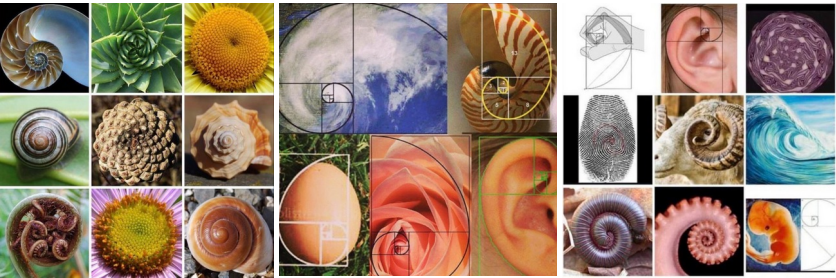
* around 1170:MCLXX, Pisa Italy † after 1240:MCCXL

1. 618 PHI is known in mathematics as The Universal Number forming the Golden Spiral seen in living Organisms, Galaxies and all over The Great Pyramid of Giza.

Our Bodies are Temples of Golden Rules. The proportion of our fingers and ears. The way we fold our hand or a Cat is curling for sleep. Kids get it in an instant and love to hunch, crunch and count on that. Infinity is simple - Inspiration the Tool - Nature Our Teacher.

Get lost? Start again, it's easy. Always add up the last two numbers, and so and so on. IT is made for all of us, doesn't matter IQ or age. Nice to watch are fractals animations. Get lost in Infinity. Lost is always better than never seeking.

Use Your I to see.



Breath in tact, start with 8. Count while breathing in, and out again. Go backwards, inside the spiral 5, 3, 2, 1, hold the last 1 as long as it lasts, and then let it go. Nice to do while in the bathtub, ears under water. Listening your heart: hbeating, tune in.

Lay down in nature, eyes closed or wide open. Count in your own metric. Observe consciously what happens, what you hear, smell, feel, think, see at which number. Often trained, patterns emerge and become visible, everywhere and ever more you practice. Walking the dog is a nice moment to introduce such a new ritual.

Create and plant a vegetable flower garden in the Architecture of Spirals. Be curious what IT attracts. Be faithful. Be alive. Bee knol.

P O W E R O F N A T U R E
 O W E A P U R E F R O N T
 W O R E O N A P E T F U R
 O N E P O E T F U R W A R

bed bet wet fed bad pet bat fat cat led

One of the biggest joys is activated by friends we connect with on an undeniably deep level. It is that special rejuvenating energy between you. Their presence functions like a light flush that helps you to remember.

Deeply observe your pet, now that you might have even more space and calm to do so. It is not just a beautiful distraction from a carousel of thoughts, you might be open to a communication you were not aware or tuned in to before. Think in terms of frequency. Your way of aligning with each other could change and be different from now on. A tongue can hide the truth, but the eyes never. The beauty you see is a reflection of you. It will be forever.

Walking the dog on these days, cleaning cats acts or hunting wild food are a great service a neighbor or stranger could offer as support. An appreciated win-win-win trinity of caring and sharing; Compassion Energy. Karma is real. It comes around in spirals.



KitKat

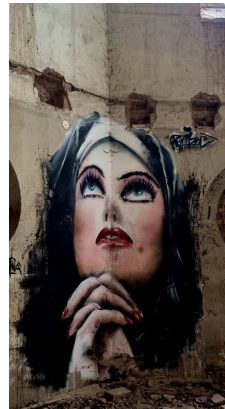
Cats crawling and laying around these days are different than the Cats walking around a century ago; The Cool Cats. If we look closer how their life, circumstances, health and nutrition has changed over time, a similarity between pets and humans are indistinguishable.

Cats and humans are in a way quite similar. They mirror us and our lives. Pet stores are a funny reflection collection of human convenient behavior. An attitude our minds got trained, programmed and triggered into over the last decades.

Nowadays we even buy toys for girls and boys in a pet store, little cheaper and of good robust quality. A sublimating message entering our mind, re-programming our psyche. The overwhelming pet food department, packed with ultra processed food in cans and tins, is nothing less than the Illusion of Choice supermarket next door. Isn't it ironic, especially Cats love and eat almost everything, besides pork. Preferably raw. Why are our pets so sick these days and why do we host so many?

The most popular scent for cat litter is 'Baby Powder'. Does a Dog or Cat really need a water fountain to drink from, for the impression of being in nature and drinking out of a mountain stream? Illusion wrapped marketing at its top! Take a break and plan a little more time to consciously enjoy a clut-cat show at your next pet shop stop.

They got us through us. Convenience was the way in. Curiosity is the way out; our most basic sense of all; of a toddler, a puppy or a kitten performing a t i k a k t. From a little spark my burst a flame. Amen.



artist unknown

The universal spiral symbol is an ancient sacred symbol of all cultures. It's a symbol of creation that's been performed in cultic dances; a way in and a way out. The spiral is also a symbol of death and resurrection: *re-incarnation*. It is a symbol of the mortality of all earthly things, of all matter. Its dynamic shape symbolizes the beginning and end, becoming and passing away. A recurring rhythm of life, future and evolution. Turning to the left - back to the origin, also death. Turning to the right - expansion into infinity. Leading towards ongoing evolution, development and transcendence.



~ Gustav Klimt known as 'The Master of Spirals'

* 18¹⁴/_{VII} 62, Wien Austria † 19⁶/_{II} 18

He created his famous art *Tree of Life* during his Golden Period.

The painting depicts a swirling tree of life that connects heaven, earth and the underworld; with gold, phallic and feminine elements.

'A straight line leads to the downfall of our civilization.'

~ Friedensreich trans:peaceful Hundertwasser

* 19¹⁵/_{XII} 28, Wien Austria † 20²²/_{II} 00



'The Big Way'

Peacefully used Spiral Symbolism is Peace of h e A R T h - The Better Way.

A path with several bottlenecks, congestion's and constrictions in A Never Ending Story.

Like Fairytale Collections Pieces of Art are Consciousness Energy brought into a Beauty of Matter; doesn't matter by which matter. Visible, touch-able, enjoyable, understandable and comprehensible, to teach us what we need to learn and to remember us in the moments they were preparing us for. Someone has to show you. A miraculous engine of matter was created for a reason and purpose. We use our hands and body to create the knowledge we receive in spiraled Waves of Energy. There might be names behind a piece or art, of whatever form, but the waves we receive for The Purpose of Creation is not you and me. IT is us, inspired and created through us, through our energy feed:t field file:(d - wild yield in feelings of a Golden Child.

blink of an I

The moment you finally commit and thus re:program yourself to something, destiny also moves. In technical sense the Network Administrator get to work. Think in terms of Energy and Frequencies, a Web of Connections.

All sorts of unexpected circumstances that would otherwise never have happened will happen to assist you; rewriting a script of dots and odds. Think in terms of Light Speed of Science.

A stream:water of events is set in emotion by the decision:download.update and it causes numerous unforeseen, mostly magical coincidences in your favor, and so in favor of all of us, all of humanity. We are the program writer of one dynamic speed dating puzzle of ports and shorts.

Encounters and support that no one could ever have think of beforehand.

Whatever you can do, Just do it, nothing is impossible. WHO Y`O U A R E is only limited by who and how you are programmed to who you think you are.

As soon as you feel too old to do something ... Do it!

Now.

~ claimed to be originated by **Johann Wolfgang von Goethe**

* 17²⁸/_{VIII}-49, Frankfurt Germany † 18³²/_{III}-32, Weimar

inspired and adapted by many others

experienced + expanded by **The Original:Software of Life®**

just be - bee knol

The unconscious never fails to express which is
impressed upon it. The moment it receives a signal,
it begins to work out ways of its expression -
somehow, somewhere, sometime.
Today's Technology is tomorrow's Magic.

You can count on IT

Kindly trust it!

Your Gut Decision

furry tale

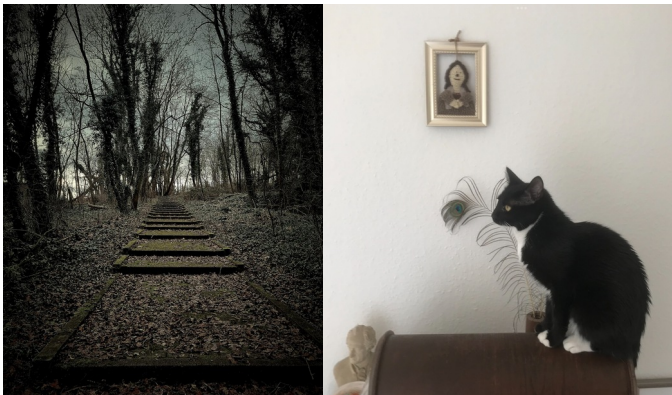
How valuable is it to be able to communicate about the end of matter.

Would a cat:act or a dog:god prefer to be buried directly in its favorite spot in the forest or garden or might it prefer burning, after spending most of their lives in the heat of healing sun; without sun glasses. What signs would they send? Are they afraid of dying? Do they think about it, a-head? They might know so much more about passing away and re-blooming. It is said that well treated animals come back as beautiful humans...

I don't know, we can't talk to each other, what a pity and at the same time how wonderful that we humans can do this purely biologically. We can speak about the finiteness of matter. How we imagine our journey, what we would like and what we don't want. We could write it down and talk about it. We could inspire each other with these visions and conversations to grow from them, together. This way Goodbyes become more bearable; an experience of healing. Nothing makes sense in Biology, except in Light Evolution.

*After so many wonderful years spent with a dog, I could only hope, but now I know, it was a good life, a vibrant fare-well, that formed a last-ing bond, out of pure fur love energy; T53 Fr39U3ncŸ.
LOVE.exe/give.me.5*

'I AM grateful for back up future in-spiral-in; awe-inspiring!'



3XTR3M3 70V3 + 519538T k n 0 7 = T53 1
Sincerely,
Ÿ0Ÿr 63aut1ful 631n9

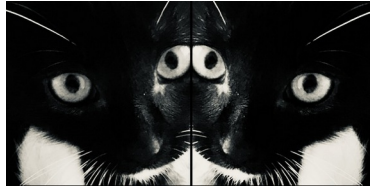
catspir!t

If you ever had suspicious thoughts about your Cat, you are right!

It is said that Cats can travel through dimensions and if a Cat is crossing your path you better watch out; she might came for you.

Cats draw upon memories to guide future behavior; highly developed brains, complex thinking, trail trial + error problem solving. They mature and think in terms of Physics. They go for the Source of Movement. Cats always choose Safety First. And they know, if I jump now, I will land on my feet.

Rings a bell?



4 paws and a balancing tail, in teamwork with highly sensitive whispering whiskers. Think in terms of Vibrations. Cats feel a prey:pray before it gets in sight:inside and solve every obstacle with balanced speed. They create balance not just physically using a tail, it is an anchor in their mind, our mind - hash tag:faith solving mentally in Speed. A Cat's claw runs deep, like its trust, knol and understanding of Love.

Balanced Cats first play + train, then trust + outgrow, endlessly; if well stimulated. no equilibrium - no higher gear - no speeding up - no growing - no resolving + transcending

Rings a bell?



Cats can pick up subtle inconsistencies of lies or subliminal messages, they are truth detectors and most of us know what it means if your pet react the way it reacts in contact with different people. Think in terms of hair vibration:effect sending chemical reactions:cause. The Biology of skin, sweat, blood and tears.

The spirit of Cats is unconscious talking and if we look closer we receive and can read IT; faster than a Cat. It's in the eyes, always in the eyes.

shoulder act

The same way Dogs are our guardians in the physical world, Cats are our protectors in the energy world. This is why Cats were regarded as sacred in ancient Egypt.

Cats with psychic abilities are inter-dimensional beings. They not just sense earthquakes. Their eyes are capable of things we can't pick up, enabling them to see energies. Cats are travelers between worlds with the ability to perceive mental and spiritual development. Cats senses aura and feel a soul, they represent a connection and live between the spiritual world and the 'real' world. They know who is the bitch, the witch and the glitch, as always.

The 'Witches' that were hunted and burned were the wise ones, the healers, the medicine women. The ones that spoke their mind and could not be tamed. Together with their Cats they were feared for their power, knol and wisdom. If you don't believe in spiritual warfare better hide behind someone who does, this time.

Cats can detect water:energy veins or interference fields, disturb or harmonize relationships. They are able to absorb and neutralize energies. Cleaning themselves helps them to absorbs these energies. Too much negative or heavy energy without proper release and nutrition will lead to illness or undesirable behavior.

Cats might just leave the place and energy they don't want to be surrounded with. They might go away and never come back, finding a better matching vibe and tribe. Connection can't be forced, where it doesn't exist, in the same way you can't deny it when it does. Rings a bell?

We attract what we are ready for, in other words we receive, respond and align in the same radio wave frequencies. Like a request we might submit for a lesson the consciousness network needs to learn. For our minds to learn, train, remember and rearrange the archive, to open a new folder for things to achieve in a later stage and level.

Sometimes such unconsciously requested pieces of the puzzle inquire to travel with heavy uncomfortable luggage. The most important lessons we end up learning the hard way, otherwise we would not move, to start a new journey, a new experience, a new chapter, a book. To enter a new Level in Our Game of Gain, and collect some Honeypots full of peaceful arrows. Adopt a kitten in need, in the name of a Armour.Heart:hCats are vibrating with you, in tune=HighEnergy∞NiceFrequency.

HeARTh_act.exe/furious_curious



CATFLIX

Cats see, hear and thus receive so much more visuals, memes, energy that might remain hidden to humans eyes. They process external stimuli differently, like watching TV; what they often do without consent. While we perceive a fluent program with only 20 images per sec, Cats start recognizing a sequence of images with 100 images per second. Next time debating over a not given hand play, ask your Cat, she might know the truth, as always.

A Cat symbolizes independence and autonomy. They are able to adapt to almost every life style. Despite this they keep their freedom and always go their own way. Highly affectionately, when they can decide for themselves and when they receive a trusting energy. Cats can't be influenced, dictated or controlled by others.

Rings a bell?

A Cat in a sack is an unpredictable parcel with surprises. The Spirit of Cats loves to be inspired by new things, new energizing adventures, to find wildly new solutions, heights and highs. To the top, baby. Curiosity is the Cat, and so are we. It is what our existence is all about; the most basic sense of all, to do what we are meant to do while we are here. To just do our Job. The Roll of a fulfilling Job for a full filing act. Excitement comes from the achievement. Fulfillment from a journey of Pleasure and Delight. That's The Surprise! Bring it back. Build it Back Better. Bring IT back to Light & Life!

„A person without a surprise inside, in his box, is uninteresting.“

~ The Master & Margarita



I am not a replacement ~ I am an Expansion.
I am not beside ~ I am on Top.

Ring a bell!

another chance

Life happens when Light happens

The fetus of your mother developed all the eggs she will ever hold while being around 3 months old in the womb of your grandmother. Imagine...



DNA of our Granny's anchors in ours. Our ancestors experienced their own Golden Twenties with all the consequences developing the years ahead. Something got written into their DNA, an one of a kind experience and deeply anchored trauma. Feelings of shame, guilt, regret and so much grief but also feelings of hope, trust and love. Otherwise we wouldn't be here today. Their imagination of a better future kept the spark of hope flickering inside of them, allowing us to live today.

Now, 100 years later, especially in the last decades, we saw their unsolved trauma fueled by shame and guilt in all aspects of our life; exploited, cheered and boosted by an Ego driven society, media and technology. A corrupt rotten foul fool World of Narcissism has no space for true Love, Integrity, Trust and Unity; for dreams to grow and flourish; where Love takes root to fly The Wings of Liberty.

Unconditional Love is what we forgot, deliberately suppressed, along our Journey of the last Century. We come from families who just act:ed like nothing happened. A generational curse of avoidance. But pain demands to be felt, it travels through families DNA until someone in the line is ready to feel it, until the time stood right for a whole collective to transform and transcend. There is no coming to consciousness without pain. It is the price we need to pay. The Children of Today are those in charge to feel it all. One day this pain is useful. The day is now; line time.

Gain it!

On earth during this time of illusion, corruption, enslavement and mind control, to help liberate hUMANITY, is literally The most Gangster Thing in the entire YOUNiverse - You came here because you knew you had what it takes. You came here for a reason. Now.



Today we can feel our ancestors hope and vision of the better Future. It is written into our DNA and that of our grand children. Lightening strikes of feeling and facing, unknotted return to sender, tuned into signals of transformation and love. The Energy of Amor's arrows dipped in p l o t s of honey are electrifying ports & shorts, reprogram and reboot in and out a shared network of consciousness energy, the network of odds & dots. The Time Now! It's speeding up and gearing momentum. A feeling we all share, in a different way and Story; Unity! On our Way out to an Existing Path.

It's all about our DNA and the very same way it can get damaged there is a way to heal it; there is always A Better Way. As long as we are able to imagine, hope can never die. Maybe we were doomed to repeat it. But You and Me are called to defeat i t . NOW! That's why you + me = 3. Here now to just be, free.

3 6 e n e r 9 Ÿ



live reason

You matter because You are You. You are matter that gives matter to this world. Because of you someone has a favorite mug to drink their tea. Someone hears a song and thinks of you. Someone reads your book and get lost in the chapters. Someone remembers a joke you once made and is sitting in a tram today, smiling. Never think you don't have an impact. Our impact is limitless. Our fingerprints can't be wiped away from the little marks and Sparks of Kindness we leave behind.

When you get a chance to love the way you deserve, that love won't leave you. Let your actions complement The Beauty of Your Soul. Be the person we so desperately seek and need. It will lead you and us to a place within ourself that we have always been searching and longing for. The Reason our journey is all about.

Peace in Rest



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      discovering a new bird sound
hearing the very first bird of the season in the early morning of February
      shooting stars      kids laughter walking barefoot
                        creating art
                        writing
      camping out in nature
                        a farm with chicken
      feeling the sun in your face
      your favorite dessert
      learning about knol
      building a bee house
                        honey
                        Tennis
      random acts of kindness
counting sheep in the clouds
      hearing 'I love you' 'I love your Eyes'
...
...
...
...
...
...
      seeing the Moon trough a telescope
      learning a new instrument
      libraries of books
      knowing what is hidden in the Vatican Library
      knowing Gsteins client list
      rainbows

Hot chocolate in cold winter
      friends you haven't seen for years
      traveling and exploring new places
      new best friends
      the last love
      the first love
      family road trips

      feeding the birds
feet in the sand of the ocean
      reading fairytales
      experiencing fairytales
      discovering your purpose
      bonfire
      moments of joy
      late night care rides
      loud music

just to be.
plant seeds
adventure
      becoming the best version of yourself
      watching history unfold in front of your eyes
      snorkeling
the new opportunity around the next corner
      neighbors apple pie
      new skills
      writing a book
      taking a bath
      a new language

      Touch-able
      deep conversations
      midnight swims
      deep kisses
      dancing
      your dreams
      sex
      saying 'I love you'
      volunteering
      wind and rain against your face
      celebrating others succeed
      the feeling of genuine happiness
      the mirror of rainbows
a butterfly landing on you
      a kitten in need
      a child in need
      hear your heart beating in the tub, ears under water

      Enlightenment
      delicious food
      the next harvest
      swimming
      The Ocean
      Thunderstoras
      gardening
      The Pyramids

      LOL
      becoming parents of twins
      Surprises
      Sunsets
      your cat
      your dog
      your child
      sound.
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self care share self

Live in harmony with yourself. By nature, every person has certain character traits. Get to know yourself better and lead a life that suits your nature. Be patient. Tell the truth. Share your feelings. Be kind and full of love but have boundaries like a motherfucker. Practice what you preach. Receive IT.

Create periods of relaxation and harmony, balance within yourself, limit electronic time. Learning relaxation techniques such as meditation, autogenic training, muscle relaxation, breathing techniques, sound healing, yoga, etc. would be ideal. Practice relaxation exercises together. Practice what it teaches. Stretch!

Be consistent. Express yourself in whatever form. Received consciousness energy is meant to be transformed into matter. Believe it, be present, teach it. Be at service. Practice to achieve.

*'Become wedded to Wonder and You + Mystery will never undergo divorce.
Let Infinity kiss you to discover The Endless Lover.
Enlightenment is ego-transcending Ecstasy to the 4 corners of Infinity's bed:bet.
Divine even + heart make heaven in earth = Sacred Perfect 3xchange 3nergy Divide.
Beyond all limits or end ∞ For Love Over Land.'*
*never land in clever land, Netherland The Feather land
inspired by ~ Jordan Flesher*

Take 30 to 40 minutes every second day to be moderately physically active. It doesn't need to be competitive sport, it is sufficient to go for a long walk or cycle. Gardening is a great work out in many respects. Regular exercise improves mood and concentration.

Grief also arises when we project bad experiences from the past into the future. This usually happens unconsciously, is beyond our control and often lacks any logic. It can initiate anxiety or panic attacks. Everything we can see, smell, taste, hear and feel is exclusively in the present. If we are a little or very caught up in our grief and thoughts, we can free ourselves by repeatedly looking at things. Look at a tree, a table, a cat, etc. - Don't think anything about these things, just look at them.

A walk would be good. Ideally, you have someone standing by your side. They can make sure that you don't suddenly get lost in a carousel again. Instead draw your attention to objects repeatedly and in quick succession until you feel better.

It can feel good to do certain things quickly enough to prevent concerns from arising in the first place, like removing things when it is hurting too much at this time. Mostly it helps to talk about the things you can't let go of; and you know how good it feels to talk things out.

If you are sad, don't be afraid to admit it. You will definitely feel better afterwards, although your sadness would probably have been noticed anyway; instead, you will now get a compassion bonus for being honest.

Writing an obituary of your own life is a very challenging, at the same time inspiring but also deeply emotional experience. Who are you and how did you influence the lives of your friends, family and those around you? How will the world remember you? What do you want to say to the people and how would you describe your own life on an A4 page? Put a smile on sad faces, because humor is allowed in an eulogy as well as self-praise and everything you may say about yourself - you swing the final sword: words. When you shoot an arrow of truth dip its point in your plot twists of Honey, honey. Under Armour.



Nobody said it would be easy only that IT would be worth it!
Come as you are.

Last Lines

*'The next morning they woke up silent,
but completely calm and well.'*



I C 1 P 3 N T H 0 U 8 J 3
Sincerely,
Your Heart:h Act



And because they haven't died,
they live eternally happily ever after...

