

These are the words of God sent from a place of beauty and light.



Life is full of challenges and it seems that those challenges are growing for us all daily. The world is in financial meltdown and people are uncertain as to where their futures lie. It is time to reflect on the lives that we have led so far and the way we want to lead our lives going forward. It's time to adjust our seatbelts and to drive our cars in a different direction, one that is more rewarding and accepting to the Universe.

More and more skills are being passed down to the generations to deal with the emotional aspect of life. These are gifts being shared so that life ahead can be approached in a much different fashion. People need to take stock of what is important to them and learn to consider what is the best way to live life going forward.

Reaching into the hearts and minds of the people is the essence and substance of life. Learning to love thy neighbour instead of judging his actions is a phenomenon to be shared and rejoiced by all. Seeing life with warmth and joy instead of the negative way of being that has become so evident in life today is something that is paramount to survival of the planet going forward.

Learning to let go of all the emotional turmoil that has occurred over the last hundreds of years and setting a future that is different and full of love and happiness is the way we are to become, leaving behind the materialistic world that has been created and renewing the values to ones of beauty and love. Sharing a great experience on the planet with all the wonderful creatures, plants and trees is something that the generations ahead will be proud to cultivate and carry on. So change is inevitable. Turmoil will need to be created first before the new generation can be formed. People's minds need to be brainwashed into a different way of being, a spiritual way of being. Learning not to be led by fear but to embrace love and beauty instead.

Why is it that people are so scared of being happy? Why do they mock those who smile throughout their day in exchange to work hard at a job they hate and be miserable at? What does it take for people to understand that they need to change? Isn't the destruction in Egypt, Afghanistan, Thailand and all the other disasters that have happened over the last few years enough to let them know that things have got to change.

Surely the people of the world want to find a way of being that is bliss instead of struggle. How is it that so many people are suffering with depression, including the young? How is that depression has taken over the very being that was once beautiful and full of light and laughter? Wouldn't it be wonderful if this way of being could be shifted into something which is fun and full of hope? Where people will look at the world with open eyes as they wake up in the morning, they will smell the

flowers as they open their doors, they will hear the song of the birds and the buzz of the bees and it will make them go weak at the knees and strong in the heart.

How wonderful it would feel to be alive and well whilst enjoying the beauty of the world around. No need to labour over jobs that have no meaning and soul. Jobs that have been created to make money for the rich. How lovely would it be for us all to be equal? For our skills to be shared and our riches to be divided between all those that are in need. To look after the needy and provide them with homes, food and water that is a given right to all mankind. Why is it that we allow those in the third world to continue to suffer whilst we bathe in luxury? Is there not more that we can do to change the very way that they live their lives? It is not our responsibility as human beings to take care of our own. To help those who are less fortunate than ourselves and to ensure that we only take from the world what is truly needed. Is it not time to start to share what we have and allow them to grow and learn as we have?

Learning to let go of the current way of being and to start to live life in a more spiritual way will allow the planet to start to balance things more equally. It will allow the energy of the earth to encourage growth of new and beautiful things. It will allow the sun to stop damaging the earth and encourage it to only invite growth and vitality. People will learn only to smile and their hearts only to love. The hate and destruction that is currently so prevalent in so many will be a thing of the past. The planet will at last be a peace and will stand a chance of surviving for millions of years to come. It will become a planet envied by many and visitors from other planets in the Universe will come to experience the wonderful enlightenment that being on earth will bring.

Change is inevitable. It is written in stone. Only those who embrace the change will survive the holocaust that lays before this human race. Only those who are willing to let go of their materialistic ways and to learn to love and cherish all that they have and the world around them will survive into the next chapter of being. It will be like an ice age. It will hit quickly. Those who are not prepared or not willing to embrace the change will be shed aside. They will be sent back into their spiritual being to a different dimension where they will have to learn the basics of life once more before being allowed to enjoy the riches that the earth can bring. Beggars will no longer exist. People will reach out to all those around them and will not feel that they are superior to anyone. They will be willing to talk to those who before they would have found distasteful just because of the way they looked. They will be happy to sit next to another on the bus without snubbing their noses or casting a judgement of what they think they should be.

The Change and how it will happen



Already change is happening across the world. People are waking up to a different way of being. They are seeking a way out of their misery and into a lighter way of life. They are starting to seek information from whichever source they can find that will enlighten their minds. People are learning from people. Like minded souls are meeting in groups and meditating to learn all that they can to prepare themselves for this change that is on its way.

This is only the beginning. Much more devastation and destruction is to occur before the change can truly take place. People need to understand the value of life and to see what their current way of being has done to the planet in which they live. They need to take stock of what is important and to reassess how to live their life ahead. There will be many disasters both created by acts of god and mankind. These will be the result of many years of living a life which has got out of hand. A life where people have become dependent on money and the valuables that money can buy. Where people will step over others in order to get to what it is they want. There is no thought of how their behaviour might affect those around them, and even when they find themselves repeating patterns of behaviour they still don't learn how to change and aim to be different.

Change is to become a daily affair. It will become a normal way of being as things are reported worldwide on a large scale. Panic will fill the streets as people reach to the bookshops, the libraries the high streets to soak up as much information they can on how to become a different being. They will realise that if they do not change they are doomed. Learning to live in a more spiritual way will be taught by those who have already taken the leap. Those who have opened their hearts to the Universe and accepted the gifts of change that they have received. Children are being born into the world daily who already hold that very knowledge of being. They are here to lead the way. They are innocent of the current ways of being and it is their own inner strength and individuality that will deter them from falling into the pathway of current ways of being. They are often misunderstood by those around them but all will become clearer as we move into the new generation to come.

Babies will need less stimulation from material objects. Instead they will respond to more love and inspiration shared with them by those around them. They will delight in the beauty of the world as they travel from place to place. They will smell the essence of the energy that is before them and will know how to respond clearly to each person they meet. They will be truly mesmerizing and will blow those around them away with their knowledge and expertise as they grow and mature. The schools will embrace the change that is happening and will no longer target the kids with pointless grades to achieve but will embrace the wisdom that they bring and share new and wonderful things within the classrooms. A whole new way of teaching will be formed.

Children will no longer fight in the playgrounds. They will not ostracize those who are weaker or have a different coloured skin. They will instead throw their arms around them and invite them to join in with their games and help them to feel welcome where before they were not.

Children of the world will start to learn more about their environment and the creatures and plants within. They will educate the many of new species and the way they need to nurture the saplings that grow. They will find ways to stop producing plastic and replace it with something that is friendly to the Universe. Something that will biodegrade quickly and efficiently but yet will still have a very useful purpose during its lifetime. They will put a stop to the piles of rubbish that are being stored away for centuries to come. The rubbish that is ruining the beauty of the planet and destroying the very being of a world that was created to enjoy.

The children of the world will learn to develop their language skills so that they can communicate more widely with those in other countries. They will enjoy the interaction of learning about different cultures and ways of being that are created by differing atmospheres and levels of sun and light. They will welcome children into their homes who want to share in life experience. No one will be left to feel lonely and cold. It is the children of the world who will become wise and teach great things to the old.

Illness will become a thing of the past as people learn to love instead of hate, to cherish instead of destroy. It is the weakness of the negative energy that people are carrying that is lowering the immune system of the world. As more illness has developed, people have been left bitter and twisted with the world and god. The very being that created them. Letting go of the negative and embracing the positive is the only way that this planet can survive. The only way that the people can choose to live for all those who do not embrace this change will find themselves gone from this planet. All those who cannot appreciate the beauty around them will be gone too. For this change that needs to happen has to be drastic for it to truly work.

At present the earth has become more like the hell that people know of rather than the heaven that they dream of. The world has become a self destructing device that is gradually ruining all that was known as wonderful and light. It is a former shell of what the creator had envisioned and the shell is getting emptier by the day as more and more negative things occur.

Animals will take more pride in their place in this world and they will become less tolerant of the way people behave towards them. They too want to create a world that is harmonious and pure and want to enjoy the beauty that such a world can bring. They no longer wish to be treated as if they are lower beings than those of the human kind. They want the respect they deserve. It will not be a case of sending a cow to slaughter or wringing a chicken's neck after leaving them to suffer for months in sheds that are overcrowded and damp. They will stand their ground and ensure that they are counted. That they are given the life they deserve in a world where before they have been down trodden and abused.

So what happens next?



People need to take stock of their lives. They need to look into their inner being and see what it is that is beautiful about them. They need to start believing in themselves and not in the hype that the media has taught them. They need to let go of the need to fill their homes with items that show off the value of their bank account. Instead they need to furnish their homes with love and colour and invite in the positive energy that is bursting to get in. Let go of the old ways of being and learn to find happiness within. Let go of the comparisons with others in the street and know that whatever they choose to do or be is ok, no matter how different it seems to be.

Learning to be non-judgemental is the biggest lesson of all. Allowing people to be the individual that they seek to be instead of bullying them into reform because it is what the media has forecast. Allowing your neighbour to dress in drab clothes or to wear flowers round their necks if that is what they truly choose to do. Just because they choose to be different does not make them a lesser being it makes them exciting and different. We can all learn so much more from each other for we all have knowledge within us that has been learnt throughout this lifetime and lifetimes before. We need to be more open to share what it is we have learnt instead of holding on to it so that we can make ourselves better than the next.

Already observers in the world are opening up and allowing what they know to come out. It is an awakening of information that will spill into the world for all to see. For most, the information will make sense but they may not want to accept what is being said for fear that their world is about to change. But it is this fear that has held so many back from becoming who they truly are. It is these observers that will lead the way for others to consider their lives and the changes they need to make.

Being creative is something that many have forgotten how to do. Sewing, knitting, painting, dress making, play writing, clay modelling are all things that are wonderful and enlightening to the soul yet many people believe that they are not good enough at them and that they are things that remind them of their older generations before. Yet before television came into their lives people were more able to develop and create, to sit quietly and enjoy the simple things about life. Why is it people have invited this box into their lives and that then becomes their lives. It has its uses in that it creates entertainment and brings information, but how it is that so many can't live without it. It has become part of their very being.

The same goes to children of this generation in particular. They find it difficult to survive without computers and mobile phones. All this technology is supposed to bring enlightenment and communication into the world, not drive our children into lack of exercise and tantrums when they are taken away. It is true that many new doors have been opened to the world through these devices and this has been brilliant in so many ways. It has allowed people to understand more about what is going on in other countries and provided them with an avenue to send payment during times

of disaster, helping those who are in most need at their time of struggle and woe. Yet it has taken away some very important aspects of our being. It has driven away the soul into a place of travesty and drama, leaving the mind to wander into places that it would not have dreamed of by itself.

Stepping stones have begun to be placed. A small minority of people have started to speak out and to share what it is they are finding out. But what about the rest? What about all those who are still fast asleep. Those who move themselves further under the duvet in order to avoid the coldness of change as it sends a shivers down their spine. When will they start to listen? Does it really have to take the destructions of so many beautiful things before they see what is obviously standing before them? How many thousands of people will it take to die before people see that it is them that could save them just by implementing a change of being?

How do we survive?



The answer is simple. Change before it is too late. Stop allowing yourself to be led by others around you and begin to listen to what your inner being is saying. Take time in your day to meditate and connect back to the source from which you came. Wipe clean the slate from the past and all the media information that has been droned into you. Start to notice the trees as they blow about in the breeze, the leaves as they fall to the ground, leaving the branches naked and bare for all to see. Strip yourself back to the basics of life and only bring into your life what is it you need in order to reach true happiness within.

Find the empty space within and begin to fill it with goodness, kindness, joy, happiness and love. Feel the warmth of the energy as it travels all through your veins and over your skin. Feel the goose bumps as they rise when you intuitively know something is right and follow the guidance you are given with no interference from another. Show your children what it is like to be truly human but in a spiritual way. Know that whatever religion you follow, you are following it because it feels good in your heart and not because you are following the crowd. Stand up for yourself and be counted, don't become part of the furniture that gets old and tired. Keep inviting new things into your life so that you can continue to grow and develop and become a wise person so that you can pass on brilliant things to the future generations to come. Those that you nurture and those that you just simply happen upon.

When a child reaches out for your help, let them know that they are safe with you and that they can trust you to guide them towards the right path, a path that you have travelled and discovered wonderful things of beauty upon. Teach the children of today to let go of the negative energies that have become so apparent within them and show them how to live life out in the open, enjoying the fresh air, the sea breeze, the honey and the bees.

Use mobile phones only when is necessary. Don't allow them to dictate what you do with your life. Take a break away from the sound of their ring and know that life does not revolve around it. Try understanding that it is down to you if you answer the phone. The person ringing will call again if they have something urgent to relay.

At night when you draw the curtain and turn out the light, let the fear go of the dark of the night. For it is this fear that draws the negative in, consuming the soul and taking it down into the depths of heaviness and despair. Yet the night is such a beautiful thing, as the moon glistens brightly and the owls listen in. As the lights cast a shadow that dances in the wind. As the stars shine with all their might to show to us a spectacular display of fireworks without the smoke and the bangs we are so familiar with.

Reach for the stars



Let go of your limitations, the excuses the groans. Free your mind from the constant chatter that prevents you from doing the things you would most like to do and find a way to make it happen. The only limits on life are those that you have created and those of world leaders and local governments. If everyone were to reach into their soul and let the negative feelings of self destruction go, the world would be a whole different place. People would be happy. They would be living the life they came here to have. A life that is full of excitement, joy and love. A life where they can choose to do things that will teach them new adventures and will help them to grow deeper into their higher being. The world is ready for this change. People are ready. People have had enough of how it is. So it is time to try out these new techniques and reach for the stars. Reach for the ultimate being that you can be and let yourself and your mind be free.

By freeing your mind you can start to appreciate each moment that you are in. You can feel each breath that you take and hear each sound that comes near. You can smell all the scents of the beauty around and you can taste all the wonder that comes from the ground. You can feel and can touch all that is around and feel the energy that it gives. You can hear the beautiful sound of the birds as they sing to you wanting to be found. You can enjoy all the times that you spend with your friends, your families, your colleagues, instead of feeling sad that they are not how you would like them to be, for you will have let go of those feelings and learn to accept that they are different from you. They are not meant to be the same as we are all individuals with different personalities and needs. We all have our own ideas of the life we would love to lead and it is those ideas that will create a world that is harmonious and at peace, for we all will only want to be happy and to feel love.

Love is the very essence of being. It is the one thing that drives deeply into everyone. It is the one thing that is most important in everybody's eyes. For when people are dying they only think of those they love. When people are crying they only want to be loved. When a baby is born it just wants to feel love. Love is all consuming. It brings a sense of warmth and beauty to the soul when it is felt within. If people loved themselves like they love others then they would never feel lonely. They would never need to bring attention to themselves to gain love from others. They would thrive on the happiness of their own being and the world would embrace every part of them. Love is the merry go round of life. It is the ride of a lifetime that we all want to take. A feeling of wonder and excitement, warmth and divine light.

Money is one of the biggest factors that hold people back for they sit and worry about never having enough. Yet if they were to let go of this thought and to embrace love instead, the money would come for whatever it is that they wish to do, for there is plenty in the world for everyone. Allowing your mind to be free of the fear of lack of money is a lesson that even the greatest teachers still struggle with. But let go you must if you truly want to be free to live the life you wish. Money is merely a source of energy to allow business to flow and people to live within the establishments that

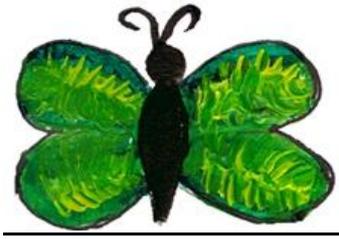
have been set. It has become a great ruler in the lives of many and is destroying the beauty of the soul. It is hindering people from being true to themselves. From doing all the things that they truly wish to do. Most people put things off until another day because of money and of course that day never comes because there is always something else that gets in the way. How sad that so many find their happiness put on hold because of this energy drink that they thirst for but never quite get. How sad that so many could have done so much more with their lives when they leave this world behind.

Allowing yourself to be truly free is seen as a luxury. Something that only the rich are entitled to because they are the only ones that can afford it. But what do the rich do when they have money. They spend it on parties, and drugs, drive fast cars and think that their behaviour is beyond the law of the land, especially if they are famous as well. The media reports all these incidents as something that is fascinating and interesting for all to share. But what is the fascination. Is it that people wish they had lives the same or is it because they just want to hear those who are doing well have disappointing lives too?

Why is it that the media seem to relish in reporting only the things that are bad in the world? Is this because they want to create fear amongst the majority? A fear that helps keep people in their place. Or is it because people are really only fascinated with the negative things that occur? What about all the good things that are going on? Is it that people are so unhappy with their own lives that they do not want to hear about when someone else is doing well? They might pick up a book when they want to be inspired by those who have overcome some sort of illness and disability in their lives because it helps them to be inspired. Or read about those who have found a new way of life after being beaten and abused. But why is this information hidden away in books? Why is it not broadcast on the news so that people who don't have time in their lives to read, can also be inspired? And why do so many not find the time to read? Why is that they would rather watch some soap on the television that has nothing but one tragedy after another occurring in order to keep the ratings up higher than the next?

The food that we eat has also been a factor in holding people back from their dreams. It zaps the energy from peoples' health when they overload themselves with carbohydrates and fats. People become obsessed with their weight and their looks and want the latest pills or berries that will keep them looking trim. But what happened to good old fashioned fruit and vegetables? Why is it so many youngsters cry out that they do not like cabbage, or spinach or sprouts? What has given them this idea that these things are of no good to them? Why would they rather replace this with pizza and burgers and think that this is much better for them instead? They hear what the schools tell them, what mum and dad say, but they ignore all the advice and eat bad food instead. This food is changing the functioning of the child. It is altering their brainwaves, their whole being and creating a generation of people that are habitually led. They follow each other like sheep to the slaughter. They are frightened to stand out of the crowd in case anyone should ridicule or hurt them. They just want to blend in and seem nice and normal. But what has normal become. Who has set the path down for them to take? Why do they think that the person next to them is doing it right? Why do they not listen to themselves and what they know would be right? Why is it so wrong to be the person you choose to be instead of someone that has to be liked? Someone that others will look up to. But surely if you can set a new trend, by be loving and happy, others will feel the warmth of the energy that is created by this and will want to join in. If everyone were to do this, how different it would all become.

Loving one's self



One of the biggest drawbacks to being human these days is that people have become lost in the mass of self destruction. They have forgotten what it is like to love themselves for they fear that other people will see this as vain and not at all the way to be. To love oneself is the essence of being. It is the one thing that will allow you to grow and to feel happy both inside and out. People believe that because of things that have been said or have happened to them, that they are unworthy. That they are somehow below others who are doing better than them. That they deserve to live a life of sadness and despair because of where they came from.

They do not accept that if they were to let go of this story something different would occur. And if something different were to occur would it be comfortable for them. Would it really be the right path to take? Surely if they were meant to do well fate would lead them in the right direction. But may be fate has tried but their eyes were completely shut. Their fingers and toes frozen at the thought of being something they feel they are not. It would not be right to pretend to be greater than you are because then people would think you were bragging. They would look down on you and you would become an outsider to the very world that you have known. You would stand out from the crowd and your friends would be few as they would drift away, not recognising who you are or what you have become.

Taking the plunge to dive from the cliff and let yourself free is truly a liberating thing to do. It is something to be proud of. Something to share with future generations to come as they wonder why their paths have been so different to those of people before. How wonderful would it be to let the future generations free of this burden that people have placed on themselves? This burden of negative thinking. This burden of believing that only others can have what they want because they are unworthy. This burden of knowing what is best for others around you but not following the advice you have set.

How can old patterns change?



Change is a choice. People can choose to continue to feel miserable or they can embrace what is being said. It is clear that people are comfortable with what is familiar but what if that only ever leads to things that are bad. How can that be good? Just because generations before have always done things a certain way doesn't mean it is right. Who determines that? Surely in order to develop and grow a flower needs to be fed and watered. Is this not the same of the human race? In order for it to develop and grow new sustenance is needed. New information that will alter the ways of the past and allow the beauty of the future to grow.

So why is that when new techniques are shown to the world, that have been proven to be effective, are ridiculed as being weird and bazaar. That people still would rather take a pill to cure their illness than accept responsibility for it. That they will not utilize these new ideas and see them as something that is a gift for them. For most of these techniques are things that can be used by people themselves? They can learn them from those who have embraced them and take them into their homes and keep them for times when in need. For emotions are something that all people carry. It is part of the human experience. So when emotions get out of hand and affect our very being surely it makes sense to use a tool to help them. Just like taking a drill to make a hole. It is a fundamental element of life. It is something that will be used for lifetimes to come.

A doctor can only look at the symptoms and advise what is best. They cannot feel what is happening, only see when obvious things show. They are paid by drug companies to make profit for them. To continue their lifestyle they rely on this pattern that has been set in society. A pattern where people are drawn to take medicine and pills, without truly knowing the effects it will have, for they trust that the doctors are much wiser than them in ways of the body. Yet the mind is a truly powerful thing. It can create illness where weakness is found. It can cure illness where strength and belief is driven. It can get rid of pain where happiness is found. Where troubles are released and energies which were unbalanced restored.

If trusted the mind is a thing of beauty. It is the great creator of all that is good in your life. It is also the creator of all that is bad, so by driving your mind in a positive direction can only lead to positive things. Where there is doubt of any kind it delays what could truly be yours. It holds things back whilst you decide what it is you really want. If you put out a negative then it believes that it is negative that you desire and will throw negative things in your way. For example, if you believe that you will suffer with rheumatoid arthritis because you have broken your bone, who is your mind to argue. Surely if you believe it then it must be true.

If you believe that you are fat or have no money, who is your mind to argue. Surely if you believe this to be the case it must be what you desire for you have not stated what it is you want but what it is

you believe to be true. So would it not make sense to change this very way of being? To change the patterns of behaviour that have already been set. To give you the chance to have the life you desire and be truly free.

Only the person whom is living this life can decide to implement change. Only the person who values their life will want to implement change. For change means taking a step out of the box. The box you have put yourself in. It means walking away from what has become normal and safe and choosing to do things differently. It means taking the ridicule from your mates and a belief in yourself that is strong enough to overcome all the barriers that will be thrown your way.

The more people that start to awaken will see those around them start to feel shaken. They will see people wondering what they should do next. Be like a lemming and jump with the rest or take a leap of faith and try out a new vest. Walk away from the job that has been a chain round their neck, and think to themselves, what the heck. For to take that brave step means to let go of money, and to most that is not something that would be funny. They would struggle at first to know if is safe, to overcome the thought of becoming a waif. But if they were to find their true purpose, they would never look back, for they would experience a life that is fruitful and free, for they will have learnt how to just be. For the purpose of life for many is to find a way to just be truly happy. For most this will mean helping others as well, for that will keep them from living in selfish hell. For to help others brings joy to the heart. It brings laughter and love which they then impart. They impart to those who have lost their way. They are still confused most of the night and day. For they have not discovered the secret of what it is you see, the secret of learning to just be.

Setting yourself truly free



Like the butterfly who lives life for the moment, life on the wild side can be very potent; for it can fill you with glee, and thoughts of goodwill, which can only deliver things uphill. Uphill to a way of being that is truly open and free. A way of life to be discovered for all to see. For where the focus remains on the present, the heart and the soul will not have time to be like a pheasant. To run into the road without looking or seeing, for to ignore what is there, is not being. To encounter the world with eyes wide open, will invite in a picture of something quite hopeful. For it will no longer be always out of reach, as looking only into the future will teach. Instead things will be appreciated, loved and enjoyed, as the apples are crunched and the hair tussled and toyed. As the children are laughing and having some fun, and the dog is out running under the sun. As the rain droplets patter onto the tin roof, as the horse makes a gallop with its hoof. As the spiders create webs of beauty and wonder, and the noise becomes louder when you hear thunder.

For instead of living life full of struggle and strife, you will begin to enjoy all that is life. You will forget all the worries that have been in your past, and enjoy every moment as if it's your last. For you will have set yourself free to do as you wish, to see all your friends or try out a new dish. You may try to dance without any worry, or sing in a choir enjoying the flurry. The flurry of excitement as it encompasses your heart, the flurry of joy as the tune you impart. Impart to the people listening with great glee, at the music and words that allow them to be. To be still for a moment whilst they smile and enjoy, the energy of madness be it girl or boy.

For music is a trigger of beauty and light, for it grips your emotions really tight. It takes them to levels no one else could explain, as it lifts up your spirit into a different plain. For music is so varied, so wide and so broad, it is definitely something that has to be endured. For it invites the body to move to the rhythm, and takes one away from that negative prison. It gives it an opportunity to escape, from all that is bitter and all that you hate. It allows you to breathe in a methodical way, as it lifts up your spirit and brightens your day. Although there is some music that has to be said, that brings out fear and emotion that is filled with dread. But no matter what it is you choose to do, make sure it brings out the best in you.

It all depends what your plans for the day are to be, for it could be the music that will set you free. You could choose a piece to meditate to. That will fill you with love through and through. Or you could decide to sit still and silent, where your only thoughts are angry and violent. But whatever way it is you choose to be, be sure that you are truly happy.

Being in a world of plenty



People believe but it is not found that there is not enough of everything to go around. They believe that for some there has to be none, for in this world food has to be won. Jobs have to be done to put food on the table especially by those who are physically able. But how does that work when so many are starving who work hard on the land in which they are given. Is it not right that no matter who you are, you deserve to be loved, and fed, even if from afar? Just because of the country in which you are born, why should life be a struggle and people forlorn? What makes them a lesser being, than those who have riches and a mausoleum? Why is it in some countries woman are treated bad, where often the men are angry and sad? What gives to the leaders the right, to create a world full of horror and fright? Surely a world full of beauty and peace will give them a sense of much more release? It will allow them to grow and develop their heart, to send only love in which to impart. To impart to their people a new way of being, a way that will bring peace and a fresh way of seeing.

Imagine this world that always has plenty, plenty of love, food and beauty. A world where no one is left starving, alone or cold, a world where the heart and mind will always be bold. A world where the rivers will flow long and strong, and never be empty or create a pong. A world where the sun shines and makes things grow, so that the people can harvest wherever they go. Where people will share all that they have, to ensure that their neighbour will never be left sad. For they will ensure that they seek to help them, whenever their hearts fail to open. A world where emotions of fear and of dread, will be permanently put away to bed. Where people will dream about wonderful things, where the heart will embrace all that sings. It will be like a festival full of music and light, where the days will seem long and the nights will be bright. Where the people will be happy and be all as one, as they enjoy all the riches and have lots of fun.

Communities will come together to share all their dreams, they will make things happen that are impossible it seems. They will build new buildings where information will gather, as the community cleans up and builds up a lather. A lather that is all creamy and rich, where the old ways they will ditch. Where those who are lost, alone or out cold, will feel comforted and warm and listen to what is told. Where the young will learn to sing and dance, to create big musicals that will only enhance. Enhance the lives of those who attend, those who feel driven in life round the bend. Those who need inspiring to change their ways, to a place of being that is like a haze. As haze of comfort, beauty and love, where the white is appreciated of the glorious dove. Where people will flock to be creative, to learn all the ways of being a native. Where only beauty and love in their hearts will be found, as they walk in the gardens created on the ground. The gardens full of trees, flowers and shrubs, where the bees will make honey and the birds eat grubs. For there will be plenty of light to enjoy, plenty of fruit growing for each girl and boy. Each girl and boy that chooses to listen, to the tremors of their heart as in the world they glisten. Their faces shining out with smiles full of glee as they sit in this place and just be.

Charity will be a thing of the past as no one will be suffering at last. People will be caring for those without, of that it is clear and without doubt. There will be no need for them to endure a lifetime of suffering anymore. For they will all find their way of enjoying each and every day. They will come out into the sun and have some fun along with everyone.

Even those who are disabled will feel as if they are physically able. They will let go of the limitations they hold, and break out of the terrible mould. The mould that has cornered them into a box, like the hole bolted into by the fox. The fox who is hunted by the hounds and their men. This will never happen again. For people will treat them as human beings, not something that has no feelings. They will no longer mock when a blind man calls, or as a crippled man falls. For they will only feel beauty and love for these wonderful people and all that they have. They will begin to rise to new places, as they start to enjoy their new faces. For they will feel strong, bold and welcome, as they stand up and be counted and sing a hokum. Sing out in joy at the new freedom they've found, and the tall hill that they've conquered which is now only a mound.

Becoming a doctor will become less and few, as the emotions are dealt with and illness has flew. For no longer will hospital beds have to be found, in every town or all around. Instead only cities will need to invite, all those who still haven't let go of the fear and the fright. For the people will be responsible at last for their health, they will think it amazing, as a great wealth. For to know you are well and free from cancer, is a prayer that many will be glad of an answer. For many are sad when their health is bad. And the energy draining as their tears are raining.

No more crime or prisons needed



As anger is realised and beauty found, no longer will prisons need some ground. For they will be things of the past, as the crime is diminished and the criminals lost. For crime is driven by emotional turmoil, like the puss that explodes from within a big boil. For each person that commits such events has anger and frustration inside paying rent. So when they let go and learn to just be, no longer will crime have a fee.

A world without crime will realise the fear, that is driven inside most from ear to ear. For people will be able to walk in the dark, whether up the street or across the park. They will be able to leave their doors open, without fear of having things taken. Woman will be able to say no when they don't want sex, with no fear of what could happen next. For the world will be a different place. On its paths will be a different race. One that is full of beauty and love, one that is carefree and looks to above. Looks to above for inspiration and light, as they dream up a life without fear and fright.

So letting go of emotions is not just for one, it is for all to do and have lots of fun. It is a way of changing what is, to something more beautiful and full of bliss. A way that will mean all the children you see, will be happy and bright and full of glee. They will go to their schools and learn new things, without fear of what other horror it brings. They will know that the others will love them too, as they go through their day creating anew.

How will everyone fit in



With no crime on the scene, the world will be green and more people than ever will be seen. For less will get ill and more will be born, as in this world no longer will people be forlorn. So how will the planet sustain such a thing, how will it to all happiness bring. How will the housing be enough, surely the logistics will be tough. But if happiness is the key, and all the people learn to just be, then when they get old, and their bones are weak, they won't mind passing over to another place they seek. They will go to a place where they can rest for a while, Where they can absorb all they've learnt and enjoy their file. For each person has a file of life, a record of all their trouble and strife. The lessons they've learnt and those yet to come, important info for everyone. So when they are ready to rest their head, and no longer want to rise out of their bed. They will find a way to reach the other side, when they open their hearts and their mind wide. For death is but a beautiful thing. It is not the end but the beginning. The beginning of something new and exciting. Something that people will soon be inviting. For they will know that it is not to be feared. It is to be embraced and the lifetime cheered. Cheered and celebrated for the love it has brought, and all of the lessons that it has taught. For life is a beautiful thing. It is meant to with it much happiness bring. So why is it so many don't want to let go, when all it means is they will develop and grow. Grow into a more beautiful being, bringing back to the earth a whole new meaning. New things that people can love and enjoy, new gadgets, new ideas like a brand new toy. New methods of doing the things they find hard, new ways of being where no brush is tarred. For each time of renewal more at peace they will be, as they are welcomed back into the family. The family of people whomever they be, that gives them new life so they can just be. Just be in the world of beauty and love, and remember only the white of the dove. For the dove is a symbol of peace and with it old patterns of emotion they release.

Why now?



For centuries the bubble has been building, all of these emotions people have been yielding. They haven't learnt to let go of the feeling of struggle and strife or done any weeding. Instead the emotions have passed on to the young and now new revolution has begun. For the young are unable to cope, around on their beds they wallow and mope. For they don't understand what's going on, as they feel the wrong words roll off their tongue. For many they just want their lives to end, because to be here drives them round the bend. For no one has taught them to let go and be free, of all that they see so negatively. Instead it builds up like a chip on their shoulder, that grows and grows into a boulder. Until the weight of it depresses their soul and they lose all the light as they fall down a hole.

As a generation they have seen so much change, they don't know which way their heads to engage. They thought that life was to be stable and pure, instead much emotion they have had to endure. For people have realised that they can break free, of the things that they thought had to be. The getting married and staying for life, with a battering husband or nagging wife. Instead they have known that the change is good, it has given them chance to be as they should. But with it they have taken on, the song of the past and the goings on. They have built up a story that holds them back, from reaching the change that they lack. For instead they carry on the same patterns, not knowing why that it happens. So what chance do the children of today stand, when the adults are lost in this land. So now is the time for change to occur, for not much more can they endure. They need a way of breaking free, from all of this stuff that is negatively, holding them back from who they are, keeping them from driving their own fast car. For each child is an individual, wanting their life to be magical. Yet the illusion is going of laughter and fun, as their parents drone on and on, about all the things that are hard and a struggle, its taking the light from out of their chuckle.

And as the next generation is born into this world, and the new thoughts and ideas at the people are hurled, unless there is change all will be lost, as the words are stewed up in the negative pots. As the people continue to find alternative ways of messing things up and ruining their days. So change is important if we want to break free from this way of being so negatively. We have to see a new way of thinking that will stop all the children today from sinking. We have to invite in a new way of being a way that teaches the children to start thinking. A way that gives them hope and light as they continue on in their enormous plight. A plight to begin producing the spawn of the new generation of children yet to be born. For at present it seems not worth it, an arduous task, to bring up a child where no relationship lasts. For all they have know has been struggle and strife as they have witnessed the split of husband and wife. It has left them unsure of what is to be, of their future, their love, their family.

So change is inevitable it has to come. It is definitely on the home run. Its time to accept the responsibility we have, to change the whole world and all that we have. For if we do not many people will die, and the negative band on the world will lie. It will lie on the shoulders of all of the holders until they have reached the size of boulders. Then gradually the time will come when they

simply cannot carry on. The people will grow angry full of struggle and strife of all that they have come to know as life. They will respect no one a sham will appear, a world full of trouble, lies, death and fear. The air will grow cold and the flowers will die, as the world turns to stone and the mountains are high. Till no longer will there be a life to endure, for it will have all gone in the ground and become manure. It will leave a planet that was once beautiful and light to anyone else who will take on its plight. Then humans may not get another chance, as their planet they lost at a glance. So what is it to be, continue on reluctantly or let things change and embrace what will be and look at your world differently.

Take off your glasses of rose coloured silk, enjoy the green grass and a drink of milk. Appreciate all that you see, and learn to just be.

Appreciate what you have



Instead of crying over spilt milk, look at the world as if it were silk. Enjoy all the luxury that is sent your way, remember to give thanks in every day. Look up to god for what he has given, for all of the days that you are living. Know that there is beauty and light, in everyone everything with all of your might. Forget all the past and the stories you've told, they are now wizened, ancient and old. Start to create something new and exciting, something for the children that is bright and inviting. Let yourself go and be free, to live your life happily.

To appreciate all that you have and hold, may be for some brave and bold, for they feel they have nothing much to enjoy, yet they have themselves be a girl or boy. For to be alive healthy and well, is something to celebrate, shout out and yell. For it is your light that you carry that creates what is, it is the light that you carry that creates your bliss. So the more you appreciate the lighter you will feel, as so many good things will start to unpeel. Your world will begin to feel happy and warm, and all that you do will take you away from harm, for you will let go of the fear of all there is, and you will instead live in bliss.

So as you awake in the morning sun, expect to get up and have some fun. Think of all the wonderful things you can do, to make yourself happy through and through. Give love to those people who you hold dear, keep them from harm by giving some cheer. Let them know how wonderful they are, whether in the house or driving your car. For when you do they will glow too, and you will feel their love through you. You will learn to appreciate them and love who they are, whether standing with them or watching from afar. No more arguments or angry times, as together you grow and unwind. For you have come together for one reason or two, to learn all you can from being you. And as your interact and enjoy, the more that you'll learn to enjoy being a girl or boy. For life on earth is meant to be fun, a place of love, beauty and freedom. A place where you can let yourself free, to be the very person you choose to be. For when you are true to your heart, only love and friendship will you impart. Impart to those people all around, wherever life takes you, whatever the ground.

A new beginning



For some this journey has just begun, as people wake up to join in the fun. But for others who are still fast asleep, from them you will not hear a peep. For they have buried their heads in the sand, as they walk around aimlessly on this land. As they look to the others to guide them through, because they are unsure what to do. They think that the answers lay in their prayers, as they open themselves up to climbing the stairs. Climbing the stairs to a better life, whilst continuing to ignore this life. For they think that in heaven it will all unfold, it will be then that they will be told, that they are wonderful and full of light, and yet they gave up on their fight.

They gave up believing in the life they had, the life that they live which I find to be sad. For they missed the chance to be free, to open their eyes and just see. See what is beautiful, lovely and light, as they found all the things that gave them fear and fright. They sapped all the negatives and shunned the rich, as they felt themselves go further down the ditch. As they felt themselves falling away from their calling, away from the light to something appalling. A way of life of struggle and strife, a way of being that had no meaning. For they lost their delight to emotion and fright, and turned away from the very light, the light that created and brought them into this world, the light that abuse and conflict they hurl.

It is for those who are already awake, to show the majority to the cake. The cake that is rich in all they need, the cake that will stop from all the greed. The cake that will be plentiful and light, as they let go of all that is fear and fright. For when they start to eat what is yummy, the butterflies will come in their tummy. They will take them to a different way of being, a way that is beauty, a way that is freeing. For the butterflies are a symbol of freedom, a way of breaking free from all that is boredom. They will allow the mind to laugh and to sing, as so much joy and happiness they bring.

So I ask you is this not a world you would delight, a world without fear and fright? A world that gives many beauty and love, a world where you no longer look to above. Look to above to provide happiness and light, to give to you all that you might. For instead you will look within, and know that you have my blessing, for I know that if you do, the world will be better through and through. For no longer will you blame me, for the things you can't see. Instead you will know that you can change what is, just by living a life of bliss.

For it is time to take responsibility to see, that all you have to do is learn to just be. For when you do your mind will be free, no more holding back emotionally. For it is your emotions of turmoil and fear, that is holding you back from being clear. From allowing you to sing out loud, and be the very person you haven't allowed. You haven't allowed out of the shell, the shell that you have created of living hell. For hell it has definitely become, as you all struggle and drudge on and on. For no longer do you see all that there is, so much beauty and love do you miss. Instead you hide behind a curtain that

seems uncertain, and keep living your life, and keep on hurting. Hurting yourself and those around you too, as you battle on in whatever you do.

So it is important for all to see, that change is inevitable, it has to be, for without change the world can't go on, as this negative belt it sits upon. For things will die, they will wilt and fizzle as the mountains erode and the water drizzles. As the centre of the earth begins to shift, as to its very core the negative will drift. And when it does, it will explode, as the sparks begin to implode. For no longer will gravity set in, as a different course will begin. The earth will spin out of control, and everything will fall into a hole. A hole that will be black, and will lack any tack. For everything will just tumble and fall, until the earth becomes a ball. A ball that is free to begin again, a ball never to be the same again. For when it comes back through the hole, it will give birth to a new soul. New things will begin to grow, things the likes of me would never know. Since it will be a time of something anew, something where everything will be true. No more of this negative mess, it will be like fitting a brand new dress. For the world will be honest, beautiful and true in everything born through and through.

Relationships



Now a lot has been said on relationships, some of it true and some of it fibs. For people have tried to cash in the on the many, as a partner they can't find any. For it is those who prey on the weak as they fall, that are the worst money grabbers of them all. For they find a way to set up their pitch, as many couples fall down the ditch. But are they coming from a place of love, are they looking to above. Are they considering what they say, or are they looking at pay day. For relationships are a wonderful thing, much love and happiness can they bring. But in times that are hard, they put up a facade, and find a way to break free as fast and quickly as can be. But for some this is like a black penny, it's worth is hardly any. For they destroy all they have and all that they hold, just to try out a new mould. But then they soon find, that they must have been blind, as a new life starts to unwind and they find that it isn't so kind. They find that they wish they didn't break the dish, that they had moulded so long, for now they just don't belong. Belong on their own or with another, for it all seems to be far too much bother. Instead the world becomes a negative place and their life before them such a waste. For they no longer enjoy all that they see, they no longer know how to just be.

So what is it about relationships you seek, what is that the makes you so weak. Why do you feel that you are not whole, whilst time on your own becomes like a mole. A mole on chin you want in the bin, as you feel to be alone is like a sin. A sin because that it what was before, when people were shown to the door. Yet if someone is stopping you grow, or they are seeing a different fellow, why shouldn't you find a way to break free, and learn what it is to just be. And although there are children amongst it all, it is your job stop the fall. To hold their hand with love and bliss, and let them know that it has to be this. For if it wasn't and things carried on, life for them would become no fun, as things would start to look black, as love in the family there is lack. So surely it is better to find a way, to show everyone how to say, what is right for them and how they want to be, so that they can be truly free.

So when you are all alone, don't be like a dog with a bone, don't try to find someone immediately, give a go at trying to be free. For when you do different things will be, as your mind is finally set free, free of the constant chatter of another, free from your partner, your mother, your sister, your brother. For instead of trying to fill a hole, you will begin to reach a new goal. You will find the love you have within, and forgive yourself and others of any sin. It is then that your energy will ignite, as your body and mind will feel light. As you release all that has held you back, and fill your heart with the love that you lack. The love that you lack for your very self, the love that is more beautiful than wealth. For without love you cannot go on, you would have no life to rest upon. For you would fall into an early grave, as yourself you will not be able to save. For with no love in your heart how can you learn to just be, as nothing nice in yourself do you see. How can you learn to sing, love and romance, if no love in your heart does a dance. How grey your world must be, so it is important to be free. For when you are and your mind is set, a wonderful partner you will get. They will come into

your life like never before, as suddenly there is an open door. A door that has set you free, a door that has allowed you to just be.

But relationships are all around, in every part of life they can be found. From birth to the grave you will have many, and they will be worth every penny. For when you have learnt to be truly free, only love and friendship will you truly see. No more fear of being liked, no more fear of being spiked. For you will know that the world is full of beauty and light, and all you come upon you will invite. Invite into your life for one reason or another, whether that be a partner, a friend, a mother, father, sister or brother. So it's time to let go of all you know, and allow yourself to just grow. Know that it is safe to be free, know it is safe to just be. Know that you are a beautiful soul, know that you can come out of your hole. Know that the world is the place to be, once everyone has learnt to be free.

And as for me, well I can be found, in every space in any ground, for omnipresent that it me, I am here for all to see. I am here for all to love, if you can stop fearing what is above. For when you fear what will be, how can you truly hope to see, what is all around you in your day, as outside there is fun and play. For have you taken the time to see all the birds, to look at the bees and all the herds. Have you taken time to just be, so you can appreciate what has been created by me. For no other relationship in this land, will hold you tight and take your hand, and invite you to places of wonder and light, where everything is full of beauty, love and light.

The promised land



Why is there a promise in every hand, in every place across the land, of tomorrow being a better day. Of tomorrow being a better way. For what if tomorrow never comes, what if you hear the jungle drums, and instead of following your heart and soul, instead you follow the majority goal. Why do you persist in letting the moment go, counting the minutes as the sun gets low, before you think about your day, and all that happened and what you say. For you live in a promised land, one that is always at the end of your hand, one that always seems so far away, as you get to the end of another day.

Yet I know that if you were to be truly true, the days as you have now would be few, for you would love to be in a different place, doing the fun things that put a smile on your face. So why not in that world be, why not set yourself truly free. Why not just learn to be, and see how much more you will see. For I know you would rather be in the promised land, that land that is always at the end of your hand. You would rather laugh, dance sing and enjoy. Rather than being weak and coy. You would rather know that it is ok to be free and learn to be truly happy.

For it is the promised land most are waiting to see, as they trudge through their lives daily. Some follow religion and feel they are free, to sin and live on aimlessly, as they know that when they reach the promised land, all will be forgiven across the sand. But why have you chosen to look to me, to forgive all you do and all you see. Why don't you feel responsible now, for all that is and somehow, find a way to stop all the sin, find a way to a new beginning. For surely that would make more sense, than waiting for your recompense.

So instead of waiting for the promised land, why don't you take me by the hand, and let go of all that you know emotionally and learn to live in a world that is free. Be like the butterfly and make that change, know that going back is out of range. Know that you can no longer be, the person you have been who couldn't see. Open your eyes to a wonderful life, one full of beauty, love and light. Feel the difference that it will bring as the bees buzz more loudly and the birds thrill and sing. Nurture the land that has been given to you, nurse it and love it through and through. The rewards will be wonderful, lovely and bright, as you start to see only beauty, love and light. Forget all the traumas that lay before, for now you have opened a new door. A door to a world that is wonderful and bright, a door that is only beauty love and light.

Money and what will be



Instead of this world materialistic and shallow, something will form which is much more hallow. Something that will be worth the wait, something that will be awesome and great. For it will allow all to develop and grow, as no more will they feel low and below, for the others that have climbed to be rich, who trample and scorn those in the ditch, will no longer be able to kick up a pitch to keep them from falling into the ditch, for all will be equal, balanced and warm, as the bees in their plenty begin to swarm. As instead of money there will be honey, a far sweeter reward than any money, as people will learn to swap and barter, from a loaf of bread to a brand new garter. For instead of someone having it all, and living a life of having a ball, and leaving the rest to suffer and waiver, to fall to the ground without making a sound, all will live and be equal and fair, and do all they wish and all that they dare. For money will no longer hold them back, from the very things that they lack. However, it is clear to me that for some all that they will see, is how they can build up their empire, whilst bartering in the mire.

But what they forget is one thing, a different song they will sing, for they will have learnt to just be, to let everything go free. So no more will they need to feel better than most, no more will they crave jam on their toast. For instead they will be coming from beauty love and light and this will change their very plight. It will change into some beautiful and warm, something that is no longer forlorn. Happiness for all will be the new key, as you all learn to constantly see, all that there is and all that's around, whether on the sea, sand, in the air or on the ground. And money will be a thing from the past, the one thing that was not meant to last. For all it has done it seems, is brought out greed and destruction in reams and reams. It has shattered the dreams of many, and left those weak who don't have any. Its purpose has run its course, it is time for the world to it divorce. For money is now to be a thing of the past if time on earth is to last.

Letting go of money will be hard, unless you have already played your card, Your card to just be. Your card to be free. For letting go it has to be for you all to be truly free. And when it is done and a new life formed, no thoughts of money will be mourned, for no longer will it carry any clout, no longer will it shout. For it will be a thing of the past, and peace for all will be here at last.

The planet and everything else



All the creatures you see, all the plants that be, will also learn to be free. They will learn what it is to have harmony and light to live in a world with no fear and fright. They will embrace this change for it has to be, for at last it is them that you will see. You won't walk by them and take no notice as you trundle on in your day, instead you will listen and watch as they have their say. As they come to you for love and warmth and they know that you will respond with no ignorance, they will learn to love you too and show just what to do and how to be, now that you are truly free.

So when you step out into your world, remember that they too want to be heard. Remember to care for all that you see, remember it has all been created by me. Everything has a great place in this world, everything deserves to unfold. Unfold into a way of beauty and light, whether by day or by night. So when you are throwing your rubbish away, think of this judgement day. Think of all that is to be and ask yourself are you being friendly. Are you being friendly to the planet there is, are you taking notice of the natural bliss. Or are you destroying all there is already, for something such as a toy or teddy. Do you think you could do more, when you open up your door, to protect this planet and all that is, from the destruction and harm that you seem to miss. Could you not choose a different way to be so that it can live on peacefully. So that all that is currently has a future to just be. For if you don't start to think it matters, all that is will be in tatters. All around you things will die, as they wave this world goodbye. For no longer will they want to be part of a world that won't care naturally for all the beautiful things it has within, to carry on living in sin. To carry on living a way of trouble and strife, to carry on with this negative life.

For instead the animals will decide to go, to a place that is wonderful and more hallow. A place where they will be loved with beauty and light a place where they will live a life that is bright.

To Conclude



How tranquil and peaceful it will be, as the world lets go and starts to be free. Free from all that has past, free from all that is at last. It is a time I am looking forward to, a time for change through and through. So no more waiting for it to arrive, as you set off in your car down your drive, know that the time is here and now, and find away to change somehow. Find a way to set yourself free, find a way to just be.

Go from your houses into the open, and see what you can do as a token, to change the way you have learnt to be into something that is happy and free. Seek out those people who are here to help, as the fear from within continues to yelp. Let them show you how to set yourself free, let them show you just how to be. For there are many that I have sent down, in every country in every town. Who have learnt techniques on the way to be, that have helped them to set themselves free. Seek out the books, of which there are many, that will teach you new ways and don't cost a penny, look to the stars and feel your heart, seek to only beauty, love and light impart.

And when the person next to you, refuses to do as you do, forget what they say but follow your heart, as love and beauty you impart. For there will be many who will cry wolf, who will believe that this is all a bluff. But wouldn't you part of the new world rather be, than someone who won't listen to me. For they are the ones who will no longer be a part of the new world you will see, for it is clear to me and all around that no more negative can be found, so they will go to another place until they can embrace this new race. They will be sent to begin again as they to me won't listen.

So the choice is yours is all I will say, as you begin to reach this judgement day. Will you listen sit up and learn, or will you allow yourself to burn. Burn into the past destroyed in the blast, or enjoy beauty and love that will last and last. Will you find a way to reach for the light, and all that is colourful, beautiful and bright. Or will you sit in the shadows of dark, and wait for the days of darkness to bark. It doesn't matter to me what you choose to do, for it is your choice through and through.

So I will leave you to get on with your day, but remember all it is that I say. For this message will be given in so many ways, in so many places in so many races. This message will be clear for all to see, the message is learn to be free. So whatever you do from here on in, remember each time that you sin, that judgement day is coming and with it beauty love and light it will bring. So the more you can move towards this light, the more you will be along this plight, the more chance you will have of joining me in this new world that is free.

Thank you for taking the time to listen, as to this world I glisten, I glisten and shine a light of hope of how to survive and how you will cope. May you rejoice in all that is, and start living a life of tranquil, love beauty and bliss.