



The Book of Life

Emmanuel Valenzuela
d'Aboville

Activate
Go to Setting

This book belongs to:

This Book was first written in English.

English as a second language beats all records around the world by far.

For the sake of humans getting along better, whatever your country or ethnicity, it will be good to agree on the choice of a second language for all, which will allow this. The human world first needs peace, and the biggest obstacle to that is our incapacity to communicate and understand each other.

I therefore propose this language which is already ahead and which must certainly be easier to learn (at least the basics) since it is already spoken by a wide variety of human ethnicities, those who speak this language or chose to learn it actively work for world peace.*

And I am happy to be able to say it again, every second language spoken contributes greatly to this peace in the world!
Learn languages!

*the success of this proposal will come if and only if the native speakers of this language show great responsible humility which i do not develop.

If you bought this book thank you for your support, thank you for financing new art, I am very grateful.

If you downloaded this book for free I am also happy... I know what it feels like to get a free book especially when it's good. I hope those who can afford to participate are proud to finance art and are also happy for those who will still enjoy it but can't!

Part of proceeds go towards helping the environment, to relief operations for natural calamities, and for the easing of the depressed.

The Book of Life

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Emmanuel Valenzuela d'Aboville

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Jeona,

My dear wife, this book is dedicated to you and the family we have started together. I am not perfect my love, but I am at your service in all that I am.

I have found and caught you, thanks to the first chapter of this book. May God through the rest of this prayer bind our union and allow us to be worthy of love.

You and Gabriel are the answer to my prayers. With your love we can all move mountains.

Forever yours,

E.

Dear Reader,

This book is or can be thought of as a 400 page “zine” or “magazine” , to be quickly browsed or to be read back to back and enjoyed in a nice moment of longer wondering (which I recommend).

It is a literary art collage, a piece that assembles ideas and important concepts.

It is big enough so that you will see new things every time you reopen it, it is also small enough to read in a few afternoons.

It’s a story of becoming.

Its goal is to empower, for the weak to find their strengths, and for the strong to be what they owe the world to be. It is a vision for the whole, the group. And it is also a lesson in prayer. To remind you of God, that he is there and he will help you if you ask.

The Book of Life is a series of 7 compiled scrolls (or books) that have the following titles:

Book 1 : The Search for Love and Self

- A dreamer's search for self unity -

Book 2 : The Last Chance Magic Potion

- A look into how lucky you truly are -

Book 3 : The Enlightened Capitalist Manifesto

- The Responsibility of the Enlightened -

Book 4 : Epiphanies and Other Notes

- An example of note taking -

Book 5 : Quitting Cigarettes Journal

- The most addictive drug in the world -

Book 6 : An Illustration of Fear and Dreams

Book 7 : Applied Philosophy

- Articles necessary for a proper spiritual understanding of the world we live in.

It is a message which I am entrusted to share.

Gods speaks to us in mysterious ways, sometimes it is very subtle and other times it is clear as mountain water.

The Book of Life is a reminder of important values; it whispers that life is a serious matter, that our responsibilities merit to be taken wholeheartedly. As a species we have a mission, and we must work towards the dream world which has been prophesied.

At the era of easy and unlimited information (internet), It is hard, almost impossible to know what is true, what is right, what is a good life. We can unite here in God's message.

This book isn't perfect, it was written by an individual not necessarily very special in anyway... Not the most intelligent, the biggest, the fastest, the strong-

est or most praiseworthy. It is simply honest and cares about the Truth (the One that makes us all grow together), for each of us, and for our world.

After 2000 years, the Christmas star has shone again this year of 2020, announcing the arrival of this book. A clear 2020 vision.

The Lamb in the Revelations of the Bible has finally broken the 7 seals, and here they are. The woman has found her moon and together they raise a family, fighting against the odds and working together to make it work.

The word of God has been resurrected. Let us together be the actors, the angels, that live to give him glory.

Happy reading to you, and God bless!

FOREWORD

This book holds the keys to a wonderful life in a wonderful world. At the dawn of the 2nd Millennium it is ready to be shared, fulfilling the old prophecy.

It is only art, an illustration, describing hopes and dreams, pain and fears.

Our world is imperfect, from its center (the individual) to its ensemble (the group). But there is progress; we are being guided by a greater voice that echoes in the universe. Have faith in your life, because God is there for you, and he cares.

Like a good leader he cares for each soul, that they may each reach their greater destiny by participating actively to the greatness of the book of life (God's not this one), in which all our stories and names are written.

Because no man is an island, and we are all brothers, equal in playing our part, and free to live the miracle of life, the greatest gift in the universe.

In life our mistakes teach us lessons, and so when a soul fails, the world also learns. We repeat mistakes but we move forward in time and keep the experience, as does the world.

Enjoy life! If there is pain, let it cleanse and polish your soul, and if there is joy, praise and give thanks to the universe for it. Take care of your responsibilities in this world.

And I guarantee, when you leave this life you won't be sad that it's over, you will be happy that it's been.

Now Enter this Dream World

Where everyone is happy, all stratas of society. Not because they are ignorantly candid, but because in this dream world they have good reason to be. New riches are found and at this time everyone participates a share of the pie. Like my friend Justin says sabay sabay tayo aangat (together we will rise). This dream is real, it is a place where the armies of the free world (the one that respects the other) are strong. Where peace is secure enough.

Where it's faith is strong. It is a good place to live and a place where paradise is possible. Some kind of heaven on Earth, where the happiness of each helps uplift even the weakest. Making a true resilient civilization.

The people are generous to each other, society feeds each other and the poor have almost disappeared, the unable to work find their meaning the same way the others do.

Le bonheur and heureux, are two French words that both translate into happiness. It adds some depth to the notion. It tells you or give clues that there is something such as a happy life.

It is a place to build families and where able human beings, who are strong as much as they are good, grow.

A paradise for generations and generations to come.

And so it is written and so there is a way out...
The values of such radiate in the world and this new notion of happiness becomes contagious even in countries with a past of selfish rulers. And so benevolent gentlemen come to slowly take their place, under the witness of all.

What is a good life?

This œuvre asks, as it looks out for the answer.

And wouldn't it be good to finally answer that question.
And find proof, and demonstration that it is indeed real.

This is what this art is trying to answer.

What is a good world? Now that can only be dreamt...
And if it can be dreamt then it is already here.

Why is this valid? Or why it is not?
Is it a hoax? Or is it genuinely good? Or a brilliant idea that spreads? Or is it a contagious virus? A pointless idea that will noise out as hard as it can?

God has a plan.
And God is in us.

What matters is not what is written but more what is in ourselves. And what kind of good life I can personally live.

A place where my validity, my participation, my place, my people, my friends have meaning.

A place where I can strive for that.

And where the characters in each of the stories, solve the quest, live the adventure, find the treasure. Take on their responsibility and give in the hard work.

A place of mentors and disciples, of masters and padawans, that work for the greater good of all.

Lol yea it's a good place...

BOOK 1



The Search for Love and Self

FOREWORD

“N’ayez pas peur d’être banale. Si vous avez une originalité, elle sortira bien.”

“Have no fear of being ordinary, if you have an originality, it will come out well” –Matisse

This delightful little book is a coming out, an outburst of artistic expression, a collection of verses which are sung and interpreted in a rap-rock-zap style.

Along with the poem-songs are images, paintings from younger days and collaborations with friends. Naïve yet penetrating, the poet shares his journey to ecstatic angst and unfettered freedom.

Mandala... a dreamer’s search for completeness and self-unity.

Mabuhay!

-Agnes Arellano and Billy Bonnevie

INTRODUCTION

In between my conception and my birth, my parents planned to name their first baby Emmanuel if it were a boy and Olivia if it were a girl. I was born on Earth day in 1984; it was an Easter Sunday.

Olivia Liberté was born two years later, on the Philippines' people power day, followed by Maia and Alexandra.

Being the eldest and only boy in a family of four, it's easy to imagine life would be sweet... and it was. Hubert and Ara, my parents, had a tight little clan, a nice little family born of their love.

It was in this setting that a condition I have would eventually, slowly, make me crumble.

In 2005 I was for the first time sent to our hospital's psychiatric ward, and at the end of my month stay, I was diagnosed with schizophrenia.

Schizophrenia is a chronic and severe neurological brain disorder... this book is the story of how I got back on my feet.

At the lowest points in my sickness I've felt a pain I cannot describe anymore...

A few facts about schizophrenia:

-Brain imagery shows us that there are anomalies in the way the schizophrenic mind operates, whereas some regions of the brain suffer poor activity. The areas affected are mostly among those reserved for communication and memory.

-Schizophrenia is quite common as about 1% of the population suffers from the sickness.

-The large number of suicide among schizophrenics illustrates the extreme hardship these individuals suffer from.

-Today only about 25% of schizophrenics eventually manage to operate in normal working lives amongst their peers.

Losing one's mind is one of the most atrocious endeavor a man or woman can suffer from, as it relates to the very essence of being human. It is a sickness of the soul.

Twelve years following my initial diagnosis, I am proud to say I have managed to heal my soul, and become a normal functioning human being (able).

Through this book I hope to help those who suffer from such a burden... I have devised here a little guide aimed to help those who feel different, lost or simply in need of some direction.

Normal doesn't really mean enough. I shall, for the rest of my stay here on Earth, strive to apply these rules, and continue my quest of betterment for the benefit of myself and of my fellow neighbor.

This book consists of poems, illustrations, quotes and a schizophrenic's guide to a wonderful life in a wonderful world.

It is my search for love and self.

All those yous I built myself for

You're far ahead
I'm barely waking
I hope you're waiting
My secret love
Doesn't expect me
Taking my time
To build myself slowly
One goal in mind
For you to notice

All those yous I built myself for
Which one will help me reach the shore?
My arms are numb my eyes are sore
So little time so let's fight some more

Not so much in a hurry
Things happen in time slowly
Changing more and more certainly
If not you then surely another
For the water is getting clearer
Seeing further into the future
Trusting later will be full of color
With you it would be possible

All those yous I built myself for
Which one will help me reach the shore?
My arms are numb my eyes are sore

My wrong idea of Carpe Diem

Carpe Diem
Happy moments to the end
Living life to the second
Is what God recommends

Wake up when I want to
Be pretty for you
Start by smoking a joint
Have money
Work's no point
Don't need much
A coffee and relax
And come across a friend
Come across a friend!

Carpe Diem
Happy moments to the end

Then night breaks
Spirits I'll intake
Drugged up to perfection
The only true passion
Meet new people
In a club, a bar, a mall

Talk, dance, and chill
Don't worry, got the bill

Carpe Diem
Happy moments to the end

Living life to the second is what God recommends



Gentiane

Au parc de Legaspi-Salcedo, je suis tombé sur une race des gentianacées
Une race rare, la Gentiane Curalogosis
Quand je l'ai trouvé elle n'était point encore mature
Mais dégageait déjà dans cette belle nature
Elle m'a en prime abord ensorcelé
Il me tardait de rencontrer une espèce si rare et pure

Rapidement j'ai commencé à douter
J'ai l'impression de me tromper
L'ai-je confondu avec de la Vérate
Cette plante au poison fort de couleur verdâtre

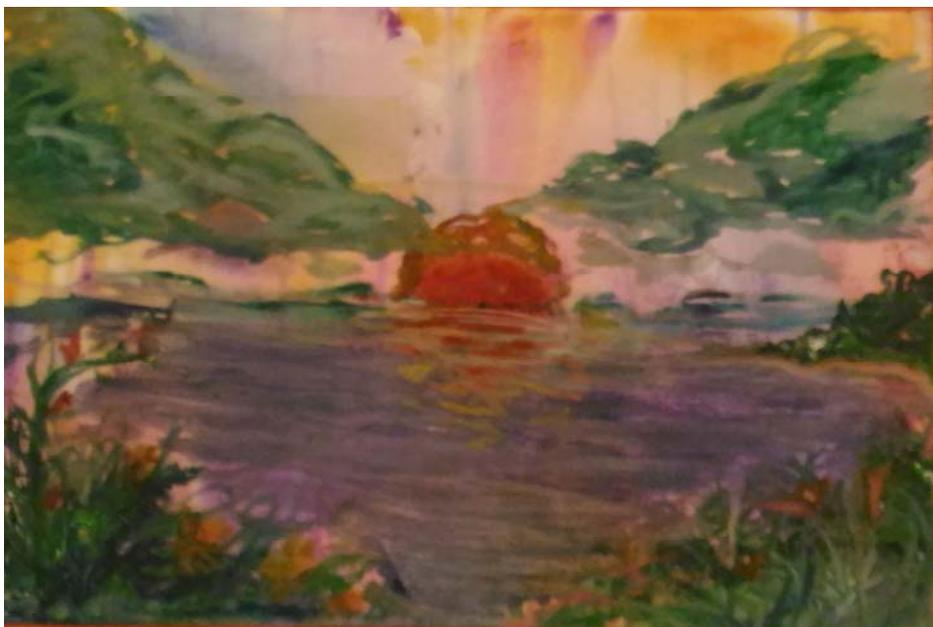
Mais non, j'ai raison
C'est bien elle, et j'en fais ma passion
Erreur commune pour l'œil non avisé
Seul différence des feuilles non alternées
Les plus grandes beautés de ce monde
Sèment grande peur en grande trombe

J'aimerais tant la cueillir, la transplanter chez moi, et en prendre soin
Malheureusement c'est interdit, je n'en ferais rien

Si ce n'est l'admirer et essayer de la comprendre
L'aimer tendrement sans jamais la prendre
En espérant qu'elle veuille bien un jour pousser dans mon jardin
Elle aura alors droit aux plus douces caresses jamais faites par mes mains



Iphone Lady
Lyon 2016
Henri



*Petit Plaisir
Bacolod 2016
Dominic and Pie*

“There are two wolves inside of us... they fight to the death.

One is Evil.

One is good.

-Which is the one that wins?

-The one that you feed.”

From a Cherokee proverb

La découverte des petits plaisirs

Les moments où l'on arrive à faire rire
Le partage d'une boîte de chocolats
Les quelques restes de sa foi
Rendre à celui qui t'as consolé
Prendre sur soi et pardonner
C'est quand il ne nous reste plus rien
Que l'on peut devenir quelqu'un de bien

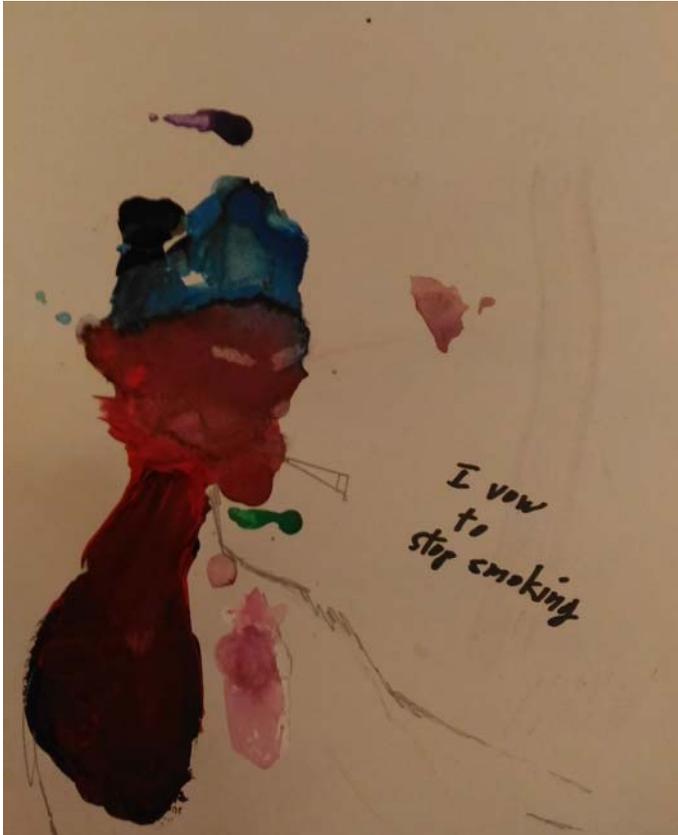
Nobody cares about your misery
You might as well be happy
Take care of your garden
Make it a piece of heaven
And if the grass is greener on the other side
It's because that's where you pour the water in your mind

Mes plaisirs se font avec des inconnues
Car mes amis, je les ai tous perdus
Avec elles la même chanson dans la tête
Petit plaisir qui vaut la plus arrosée des fêtes
Tenter de consoler et réussir
Penser à de beaux souvenirs
Finalement il ne faut pas grand-chose
Le vouloir c'est le voir que la vie n'est pas morose

Plaisir Inutile

Plaisir inutile
Passe temps futile
Au-delà du besoin
De la vérité on est loin
Car en effet pourtant
Plaisir de faire en clopant
Toujours une au bec
Pas pour avoir l'air plus d'un mec
Mais juste pour la simple beauté
Qu'est la continue fumée
Comme ces tableaux dans les nuages
Le plaisir des sages

Depuis la fin des temps
Bien plus qu'un passe-temps
Fumer avec le cœur
Jusqu'à ce que je meures ?
C'est le calumet de la paix
Anti ne saura jamais
Oui drogué, mais épanoui
Rêveur de jour et de nuit



Smoker
2015
E.d'A



*Land of the 10,000 buddhas
Manille,2016*

Talagang tumingin

Ngayon lang dumating
Maliit na bata gumising
Konti lang ang makukuwento ko
Kung puede lang matuto lahat nito

‘Daming kulay ng Mundo natin
‘Daming hindi mo pa napapansin
Sana ‘kaw na mag imagine
Matuto na tayo talagang tumingin

Kapag motivated ka
Ang dami mong magagawa
Hoy gising na! Ito, alam mo ba
Ang dami nang mahalaga

Malaya ka na ba?
Malaya ka na ba?
Ako baka inde pa

‘Daming kulay ng Mundo natin
‘Daming hindi mo pa napapansin
Sana ‘kaw na mag imagine
Matuto na tayo talagang tumingin

Kaya natin to
Lahat ng kailangan nandito
Sa ibang bansa kaya lumabas
Lahat mahalin natin ang Pilipinas !
‘Daming kulay ng Mundo natin
‘Daming hindi mo pa napapansin
Sana ‘kaw na mag imagine
Matuto na tayo talagang tumingin

Telepathic

Telepathic, fantastic, I'm getting frantic
To the sound of the beat!
Mind reader, my player, your loser
But he fucked her

Roaming around looking at someone
Him then her, loser, hot dresser
Watching and be seen
By the eyes of a foreign queen
Dreamt of her but she was gone
Funky tunes in my head
Dancing speaking best not said
Played him, outplayed him
That's what I do
Watch out or I'll fuck you too

Telepathic, fantastic, I'm getting frantic
To the sound of the beat!
Mind reader, my player, your loser
But he fucked her

Evil eyes looking harder
Born again, step it up my friend
Funky town with weirdos and bonobos
Look again my friend it's time to blend
Break the clockwork, break it down
Fix it upside down

Telepathic, fantastic, I'm getting frantic
To the sound of the beat!
Mind reader, my player, your loser
But he fucked her



*Earth Warrior
Manille, 2015
Emmanuel*

Beautiful Odds

Faith has its limits
Although it has its benefits
We walk the earth always questioning
It's all about more understanding
Explosion expansion destruction and back again
Amin Shalom and Amen

What is God?
He is the beautiful odds
He brought past, present and afterwards
He's one in aleph null chance, to the perfect distance
And the conclusion of creation, of love and romance

Trust science will one day explain
Why we're more than just a brain
Where's the source of this forever evolving network
What makes it all work
It's an amazing piece of hardware and clockwork
An illustrious piece of modern artwork

What is God?
He is the beautiful odds



*Beautiful Universe
Manille, 2016
Emmanuel*

***God is everything, he is me, he is my core
group, he is the grass in the backyard.***

Disconnected

Disconnected
Overprotected
Piece of seaweed
My only lead
Cage full of monkeys
Those are the keys
Children, In grown men
Broken strings
Catching Catching
Moral men
But no heaven
Mistaken
But never again

Beads on the floor
Room with no door
Stuck up
Can't earn a buck

Gone
With no fear

Free
To swim in the sea

Free
To fall from the sky

Free
To or not to die

“Dreamers of the day are dangerous men for they can act upon the dream with open eyes.”



T.E. Lawrence

First love

You're so far away
Yet you're with me every day
First love is forever
Can't find so much power
Written in between the lines of nature
Together forever
We had such a connection
The only true passion
Then I threw it all away
Hope I'll have a chance at it someday
Then I'll be there to stay
Never make the same mistake again

Still want to give the colors to your dreams
And be hit by your love beam
All those stories we invented
By you and me will be created
I'm learning to be on my own
So one day I'll never be alone
This is dedicated to the first love
The one you can't stop dreaming of

We had such a connection
Our love was my only passion
And then I threw it all away
Hope I'll have a chance at it again someday
And then I'll be there to stay
Never make the same mistake again



Manila, 1993
Emmanuel

I lost my mind

Alone in an endless sea of disconnection
In this case there's no more passion
Apart from the constant state of reflection
Reflection going nowhere
I think I'm more aware
This is not fair

Slowly but surely I lost my mind
Continuous delusions of maggots and sweat
Or endless stories of kings and prophets

Slowly but surely I lost my mind
And with it the few links I still had with my kind
Bipolars and schitzos
Around us devils and their tricks
Deliriums of grandeur
Or forever useless

Sooner or later we all meet in death
So finish me now, I'll just take one last breath
My only fear is
To again like it
And again to God's rules I'll have to submit
And play the game of life
Of happiness and cries

Slowly but surely I lost my mind
What I didn't expect to find was sublime



Endless seas
Manille, 2016
Emmanuel

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

Aristotle

Power and responsibilities

We love this country
But damn it's messy
With great power comes great responsibility
It's the people's role to choose wisely

We don't want someone weak
Someone who will stand for all, is he whom we seek

This poem is a call
For all those who can stop this country to stall
The good is here
You who matter, please hear!

Grow strong and have no fear
For, for me it's clear
The ___ is the best country in the world
I need you to spread the word



*Palette
Manille, 2016
Agnes and Emmanuel*

“N’ayez pas peur d’être banal. Si vous avez une originalité elle sortira bien.”

Matisse

Mad little values

Kindness and good values
The most boring stuff in the world
Who's impressed with your "thank you"s
Your fucking "I love you"s
Positive is pathetic
Negative is magic
Moral men are only happy in heaven
They're damned cause it don't exist
The only thing real in that book is hell
It's every man's world I can now tell
Oh how ignorance was bliss
The perfect world is a myth
There is no single quality to you
I didn't sell my soul to the devil
So I got played by God
Cigarettes are the only cure
Darken your insides if you think you're pure
Think you follow the rules so you're perfect
Think your good, you're a maggot
But your alterego is just as lame
When he messes up all he does is blame
You whose strength is vanity
That's where you took all your qualities
Your life is too easy
Conclusion
Black or white we're all pathetic
Grow up if you still believe in magic

From light to darkness

You're going nowhere
At least be aware
Nothing is fair
And beauty is rare
No, it doesn't even exist
Or just for a while, cause it doesn't subsist
Your kindness is doomed
As the dark flower blooms

Pretended to be light but I am only darkness
We are what we are, we are hopeless
You can't win, stop trying
What's your motivation, it's interest

Slowly lost all empathy
And with it, all of my pity
I spit on your weakness
Only admire your greatness
No one is perfect
So don't expect my respect
We're all losers
In a world of profiteers

Pretended to be light but I am only darkness
We are what we are, we are hopeless
You can't win, stop trying
What's your motivation, it's interest

Observe think talk do

Observe the universe at your scale
Sit comfortably as it sets its sails
Feel the wind on your skin
Blowing away your smoke ring
Enjoy the sweet ballet of the Earth
As to the next day it gives birth

With empty thoughts inside
Witness a stranger's pride
Witness another one's dephasing
There is no goal in contemplating
Wonder in the new mother nature
Cities full of souls somewhat mature

Observe, think, talk, do
All this as you choose to
The resume of your life's review
Observe, think, talk, do

Think of the universe at your scale
Lie comfortably as your mind sets sail
Past images flashing in your head
The feeling from something grand you said

The pain of a difficult moment
Fading feelings of malcontent
Slowly learning the unimportance of you
Becoming at peace as it sinks into

Observe, think, talk, do
All this as you choose to
The resume of your life's review
Observe, think, talk, do

Talk of the universe at your scale
The smaller the scale the more the detail
A heroic or pathetic tale
Sharing it you can rerail

Observe, think, talk, do

Do, do,do, and do

One thing is certain

Faith brings us together
Questions rise most unexpectedly
Destruction comes evidently
Hope is lost forever
Thinking of what's next
Coming closer to the stars
Or imagining more scars
Constantly ending perplexed
Within sight of shores to the best
With or without a nest

What's important in this life?
Is it all about success?
In that area we can settle for less
Do I need a partner?
Or is it all about how it can be better for me
Questions will be forever Is it really that clever?
To have a doubt degree
And maybe there's no cure
No way to be sure

Is there anything more certain than this?
Is there anything stable?
It's just confusion and rattle
My mind won't stop to sleep
My mind won't stop to babble

Finally a ray of hope
And a strong grip appears
Drying up all the tears
It gets easier to cope
I'll get my act together
Things will end up more stable
Confusion stops there's no rattle
My weight as heavy as a feather
There is no need to babble
For good in a beautiful fable
Is there anything more certain than this?

Is there anything more stable?
It's just confusion and rattle
But I know soon
My mind will stop to sleep
My mind will stop to babble

Soul Mate

Started out going to your girlfriend
Trying to recommend a friend
You were beside I was mesmerized
Endless pleasure looking in your eye
Later that night you were sitting and I came
We talk and it will never be the same
My confidence didn't fail me
I got your number and I could go free

Everybody in the world has a soul mate
To find it you needn't fly straight

Called you one night I was still with my girlfriend
Talking's not cheating but I don't recommend
Since then I'll do anything to pull through
Then it was all over, had so many things to tell you...

Everybody in the world has a soul mate
To find it you needn't fly straight
Just live your life learning from each other
Don't be afraid to be with an other

When I broke up we started texting
Thought it would be the beginning of a fling
Until you said I was fucking cookoo
Was too excited I know it's true
Now I'm looking for a way to make it right
Endless thinking through the night
In the end, I'm sorry, I wasn't ready
My Precious soul mate
Next time I will be



*Emans
Manille, 2015
Henri and Emmanuel*



The conclusion

Be the best that you can be
You only live once

To think of it's funny, you only live once
Sometimes it takes generations
Of wants and wants

Can't talk no love
If you don't got happiness
Can't talk no love
If you don't first have self

Usually this comes clear
But please have no fear
The conclusion
Is simple
You only live once

Do the best for yourself
You only live once

Do the best for the world
A positive ripple

Do the best for the world
You only live once

This is how time flies

Find people you love
You'll find what's undreamed of
Follow your heart
All you need's a fresh start
Have a sense of wonder
You'll be young forever

This is how time flies
The shine in your eyes

Help others laugh with those who bother
Get in touch with nature
Dream of future
Create your desires
Just work a little harder

Free your spirit, dance!
It's your last chance
Face your fears
And dry all your tears
Don't beat yourself up
And want what you have

This is how time flies
The shine in your eyes
Butterflies dancing inside
In an effortless glide
Travelling to the end of the world
With my favourite girl

Free your spirit, dance!
It's your last chance
Face your fears
And dry all your tears
Don't beat yourself up
You'll have what you want



**A Schizophrenic's Guide to a Wonderful Life
In a Wonderful World**





There are 3 keys to achieving a wonderful life in a wonderful world, one golden rule, and a prayer which should be performed every time needed.

Golden rule:
Never hurt a human being.





Key 1: Become human

- Be conscious and aware of the evil that is in this world.
- Always be honest with yourself and people.
- Find people you love. We can't have more than a handful, keep them.
- Control your thoughts: limit worrying, think of the good in yourself and others, forgive.
- Be strong, know your strength, you are a human being the most evolved being known to the universe, we are all unique, each one of us makes the universe more special.
- You are capable of anything you put your mind to.
- Remember you are not racing with anyone else in life, only with yourself. Be on time.





Next Key: The higher human

- Read.
- Always have a sport you are training in.
- Always have a new language you are working on.
Know the language of music and arts, always practice an instrument.
- Educate yourself about general and specialized knowledge and trades.
- Learn the language of money and business, make more than you need.
- Pastimes are like people, find those you love, we can only have a handful so when you do, keep them.

Final key: Nirvana

- Do not need too much money.
- Be generous with your time, teach what you know.
- Pray for the world.
- Help the poor, and our ecosystem, planet earth.
- Find that one special person.
- Never cheat him or her.
- Pray for you, for love. It's the best way to start.





The prayer:

Thank you Lord, for all the good in my life... [enunciate all the good you see in your life], and for the good health of all my family, and loved ones.

Forgive my trespasses... [enunciate your mistakes] please help me not to do them again, and help me make up for them.

Protect me and my loved ones... [mention their names], may we have long life and good health. Protect us from grave illness, grave accidents, and grave danger.

Please help us make the world a better place, for my family and for all. For this, help me be the best I can be.

Help me find love Lord, and be worthy of it.

Amen As-Salaam-Alaikum,
Shalom to all Om.



OUTWORD

I want to thank my parents and family who taught me everything, all my friends and partners, and my band members who are a part of this.

Thank you for all the moments we shared.

To my readers, there are no more prophets, only this... may you find the joy you are searching for, much fulfilment... and most of all... peace, that transcends all understanding... and the consistency of an unwavering love.

To those who suffer, I promise there is a light at the end of this dark tunnel, you suffer because you care. See life as what it is : the greatest gift God has given in this Cosmos. See the magic in this world. In your sad moments, open your eyes, listen, and take a moment to just see how beautiful the world is, every single piece of it!

The world is both positive and negative, light and darkness, to be aware of it is to know both sides. Know your demons, fight them, converse with them, and make friends with them. If they are part of this world, they too have the ability for good. See them transform. From everyone and everything there is something to learn. Eventually you too will see there are no enemies in this world, with respect and love everyone can be an ally.

Work hard and never give up.

Entering the third millennium after J.C. we are at a cross road in humanity's history. Today's children of the free world, also known as the Millennials, started out as the most egocentric generation to have walked the earth, but I believe as they reach maturity they will transform and become the most selfless group humanity has ever known. The world's future rests in your hands. Chaos and extinction or Peace and Perennity.

I hope you who can read and understand this book will take on this mission offered to everyone.

-Change the world by starting with yourself; find peace, happiness, love and autonomy.

-When you have all this and a bit more, the time will be to give out your excess to the world.

Servant of God, warrior of the light, you shall discover,
that heaven is indeed a reality, and it exists right here on Earth.

No one must be left behind.

You can act from anywhere on earth and if your origins go
past borders, give everywhere and more to parts of the world that
need you most.

My prediction is that we will find Peace, and it will be
followed by an exponential growth (of knowledge and paid know-
how) for the whole world to share.

My love, my neighbor, my special reader. You who will
use this guide and your wits to achieve fullness. Be autonomous.

Create wealth, excess in Love, Peace, and Joy. And
when your big cup is full, let it overflow, for the benefit of all!

Life is beautiful, let's make the world even more wonderful!

It is time to part, I'm happy we shared these moments.

Take care of yourself always.

Trust your gut, go with your instincts.

Be suspicious but not paranoid; be intelligent but never ill kept.

Je t'aime ;)

**Emmanuel V. d'Aboville
Manila,
Le 22 Avril 2016**

A handwritten signature in black ink, appearing to read 'E. d'Aboville', written in a cursive style.

Favorite books

Siddhartha
Hermann Hesse

Think and Grow Rich
Napoleon Hill

The Art of Happiness
HH Dalai Lama
& H. C. Cutler

I haven't achieved much I feel, I'm a little soothed by my engineering diploma and this book...

This book is based on the rules of Karma, it thinks Paradise is here on earth and it is open to more...

Pain, lack, anger... all these things will forever exist... but we must be the light that fights back, a Warrior for all the good in this world.

This book is an optimist; similar to a Religion, it believes everyone can go to Heaven.

It is a mix of art, multiple stories, and self help material.

It's a piece of the puzzle... It's designed to get you there...

Enjoy the trip, savour every moment!
The lemons the sweets and the spices
The beef, the pork and the fish
The bud, the liquors and the psychedelics
But be -mindful of- and -never forget- your responsibility
For it is that precisely which makes us human.
E.d'A.

Prayer: 3yo and up

Schizo guide: 7yo and up

Book : PG 13

BOOK 2

- A survival book for the internet connaisseur -

Le dernier Espoir

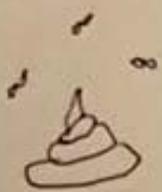
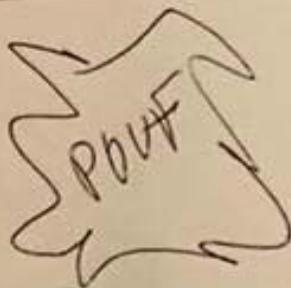


The last chance magic potion

By Emmanuel V. d'Aboville & Maria Jeona N. Zoleta



~~5000~~
~~5000~~
~~5000~~





FORME



Ronde
(colza)



Longue
(avoine)



Cintrée
(carotte)



Polyédrique
(rumex)

NATURE DES TÉGUMENTS



Lisse
(colza)



Rugueuse
(gaillet)

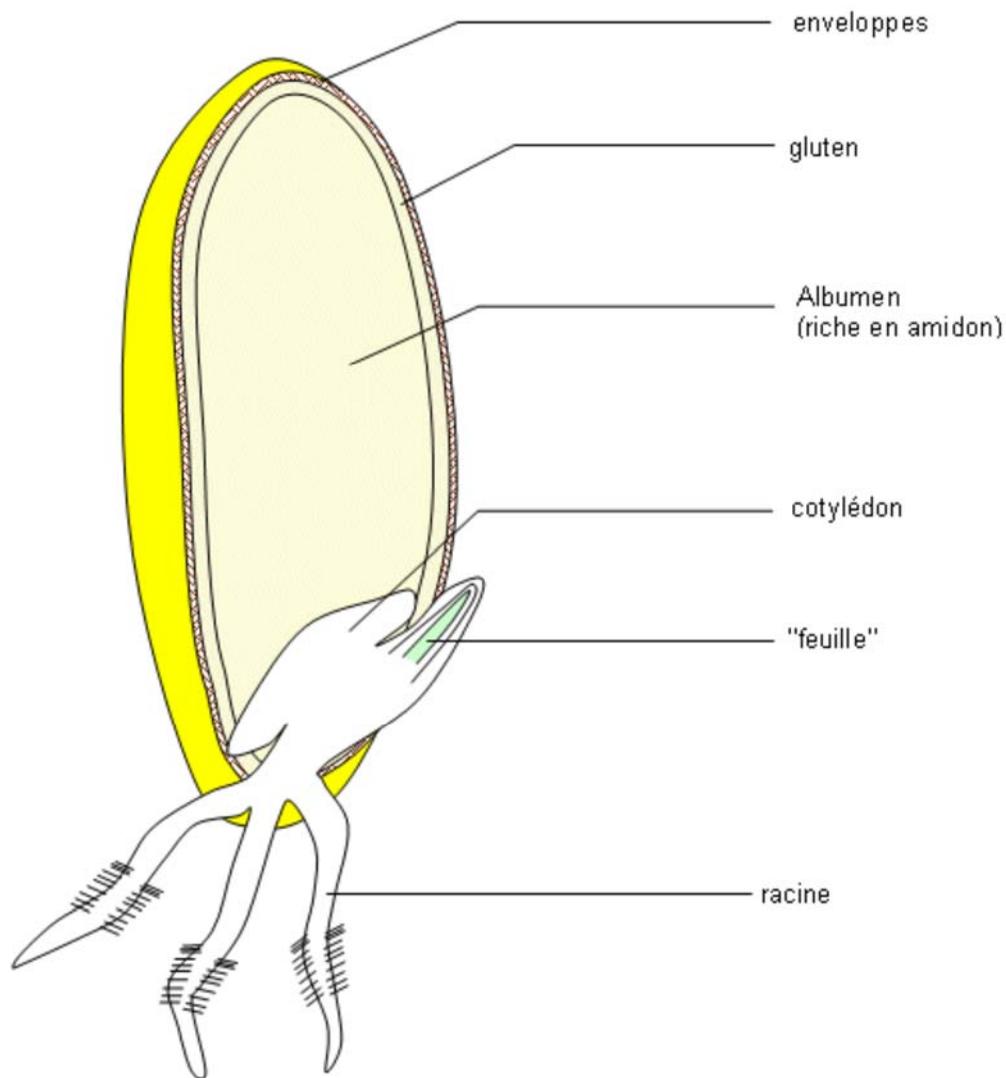


Poilu ou barbu
(orge)

LONGUEUR-LARGEUR-ÉPAISSEUR-POIDS

Espèce	Longueur (L) en mm		Largeur (l) en mm		Épaisseur (e) en mm		Poids 1000 grains en grammes
	Mini	Maxi	Mini	Maxi	Mini	Maxi	
Blé	5	8,5	1,6	4,7	1,5	3,5	45 - 55
Orge	8	12	2,7	5	1,8	4,5	35 - 45
Avoine	10	17	2,8	3,5	1,5	2,8	35 - 37
Colza	1,7	2,8	1,6	2,7	1,2	2,5	3,5 - 7
Gaillet	2,3	4,2	2	4	1,6	3	≈ 3,7
RGI	4,5	6,5	0,9	1	0,5	1,1	≈ 2

Exemple : Eclosion d'une graine de blé.



If you are alone, I feel for you but it's time for a
change...

... Because it's all your fault.

No man is an Island, no one is supposed to be alone
in our world, it's not how the world works.

Remember God only gives us issues we can handle

We are like the Fish, the Trees and the Birds, somehow they find food to eat, games against boredom and shelter in the winter.

“Spirituality means waking up”

Spirituality means waking up. Most people, even though they don't know it, are asleep. They're born asleep, they live asleep, they marry in their sleep, they breed children in their sleep, they die in their sleep without ever waking up. They never understand the loveliness and the beauty of this thing that we call human existence. You know, all mystics -Catholic, Christian, non-Christian, no matter what their theology, no matter what their religion -- are unanimous on one thing: that all is well, all is well. Though everything is a mess, all is well. Strange paradox, to be sure. But, tragically, most people never get to see that all is well because they are asleep. They are having a nightmare.

Last year on Spanish television I heard a story about this gentleman who knocks on his son's door. "Jaime," he says, "wake up!" Jaime answers, "I don't want to get up, Papa." The father shouts, "Get up, you have to go to school." Jaime says, "I don't want to go to school." "Why not?" asks the father. "Three reasons," says Jaime. "First, because it's so dull; second, the kids tease me; and third, I hate school." And the father says, "Well, I am going to give you three reasons why you must go to school. First, because it is your duty; second, because you are forty-five years old, and third, because you are the headmaster." Wake up, wake up! You've grown up. You're too big to be asleep. Wake up! Stop playing with your toys.

Most people tell you they want to get out of kindergarten, but don't believe them. Don't believe them! All they want you to do is to mend their broken toys. "Give me back my wife. Give me back my job. Give me back my money. Give me back my reputation, my success." This is what they want; they want their toys replaced. That's all. Even the best psychologist will tell you that, that people don't really want to be cured. What they want is relief; a cure is painful.

Waking up is unpleasant, you know. You are nice and comfortable in bed. It's irritating to be woken up. That's the reason the wise guru will not attempt to wake people up. I hope I'm going to be wise here and make no attempt whatsoever to wake you up if you are asleep. It is really none of my business, even though I say to you at times, "Wake up!" My business is to do my thing, to dance my dance. If you profit from it, fine; if you don't, too bad! As the Arabs say, "The nature of rain is the same, but it makes thorns grow in the marshes and flowers in the gardens."

From : Anthony de Mello—Awareness

A **loving** family that cares is the best, family is
the closest tie and strongest bond

We

Humans Have.

Keep Respect.

If you **lose** your Family because of bad luck,
bad behavior or

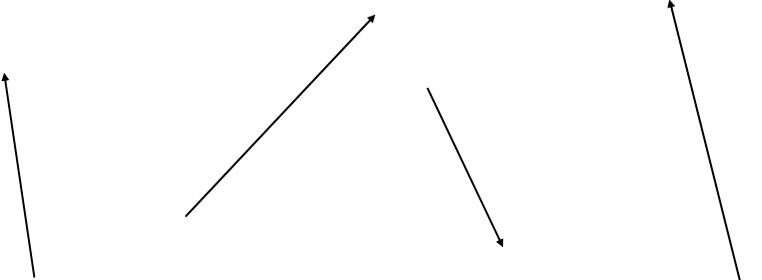
Misunderstanding

(:@ - #\$\$^\$\$ &^&^ \$& & - ... :o)

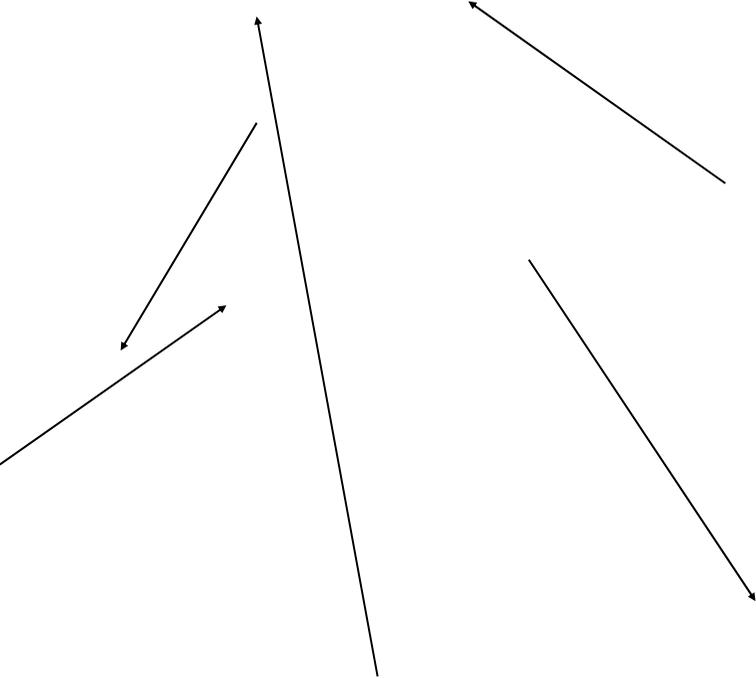
Life is tough ... no need to make it harder.

Please ... don't go there.

There is always **Hope...**



If there is a Will there is a WAY



Step 1 : People Skillz

Assignment: Read

How to Win Friends and Influence People—by Dale Carnegie

Finding/Keeping a Friendly Sponsor :

**** ** ** ***** **

1. Love (…)
2. Give back With OUT counting
3. Do not bite the hand that feeds you
4. If and When You make a mistake learn from it fast (…)

Marche ou crève

- “marche ou crève” -

All this is hard when you are honest

Nothing in this world comes easy

Nothing worth it...

For people skills read D. Carnegie.

Internet links : A job, a bed.. Needs a reason...

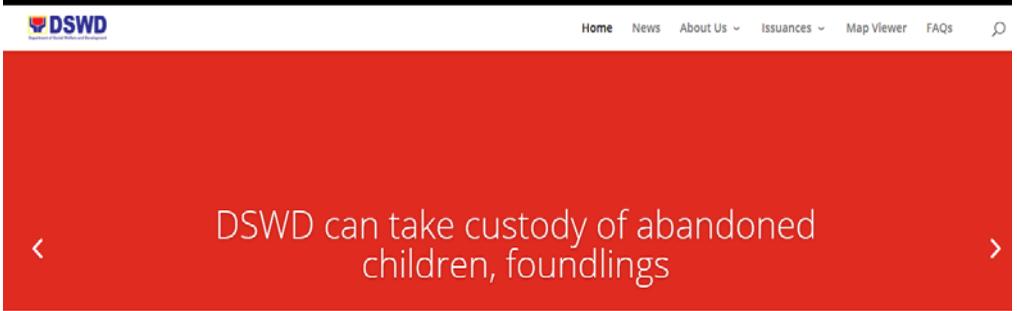
<https://woofinternational.org/>

<https://www.helpx.net/>

<https://www.workaway.info/>

In the Ph, even for an orphan there is hope

<https://www.dswd.gov.ph/>



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helpx

Welcome to HelpX

Welcome to Help Exchange (HelpX)

HelpX is an online listing of host organic farms, non-organic farms, farmstays, homestays, ranches, lodges, B&Bs, backpackers hostels and even sailing boats who invite volunteer helpers to stay with them short-term in exchange for food and accommodation.

HelpX is provided primarily as a cultural exchange for working holiday makers who would like the opportunity during their travels abroad, to stay with local people and gain practical experience. In the typical arrangement, the helper works an average of 4 hours per day and receives free accommodation and meals for their efforts.

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The free dictionary

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marche ou crève

French [\[edit \]](#)

Pronunciation [\[edit \]](#)

- IPA^(key): /maʁʃ u kʁɛv/

Phrase [\[edit \]](#)

marche ou crève

- (literally)* move/walk or expire
- (idiomatic)* comparable to the English idiom sink or swim

Example 1 :



Help at a traveller-run hostel in the heart of Cebu, Philippines

Favorited 264 times

Details

Description

We are a traveller-run hostel. Victoria (Philippines) and couple, Ron (Philippines) and Uebree (Australia) friends who love travelling, have come together to set up a hostel based on our own experiences and things that we have learned along the way.

The hostel is located in the very heart of Cebu City, accessible to most places within the city. One jeepney ride to downtown and around 5 minutes walk to Ayala Center. Currently, we are getting ready to open the hostel on or before December 20, 2015. We will be able to accept volunteers by then.

Within the same premises, there's a bar that plays live original Filipino music where popular bands in the Philippines can play whenever they are in Cebu.

Cebu City is in a very strategic location if you want to see more places during your stay in the Philippines. You can take the boat going to Bohol and Leyte for less than 3 hours. Buses are easy to take when going to North of the province to see the beautiful beaches of Bantayan Island and Malapascua Island and to the South to see the whalesharks in Oslob, climb up the Osmeña Peak and freediving in Moalboal.

Example 2 :



Artist village in Zambales, Philippines

Favorited 216 times

MapAvailability

2018

Details

Description

My name is karr, i am currently in charge of our community programs in Liw-liwa Zambales. Our dream is to turn our campsite/resort into an artist village that will serve as sanctuary for fellow artists who are looking for alternative venue to rest, recharge and collaborate.

I quit my job being media practitioner in the Philippines in exchange for a life in a beach, hoping that one day, i will be able to make a difference in the lives of young individuals aspiring to dream big and make it happen in my own little way.

I am actively campaigning on nurturing kids to pursue passion for arts, sports and music where i give them exposure on different areas of Artistic Expression that may contribute to their personality development.

We are committed to creating projects that will educate travelers and locals about responsible transformation of society.

Current programs we need help for:

1. Ukulele music tutorial for kids
2. football clinic
3. art workshops
4. filmcamp (open air cinema)

Everyone instinctively knows how to wash clothes, clean a room or how to change a light bulb.

Maybe your best bet for a bed is to work for an elderly

and trade your skills for a bed and food.

The Art of the Start

Learn to Make your bed

If You are truly a Moron no worries

There is always Hope

Remember You are Damned if you do Damned if you Don't

Both Blessed and Damned is only a matter of Opinion, and relativity —>
so look on that bright side.

Do you think about your bills, your place or when you're gonna die? Or do you long for the next distraction?*

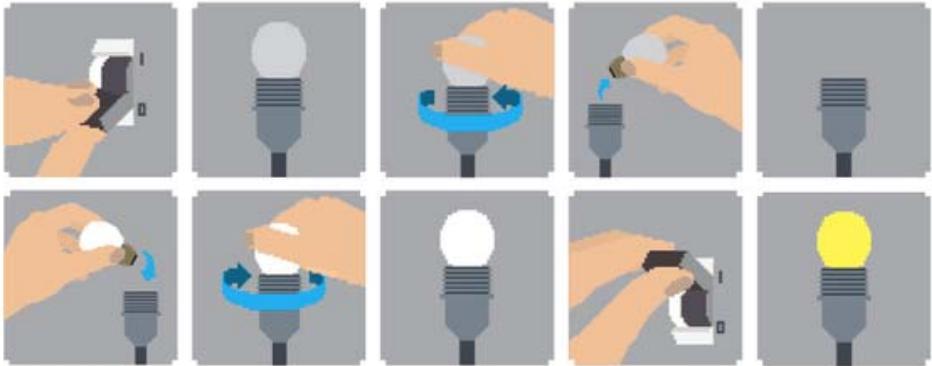
The early bird gets the worm

Who leaves on point arrives on time.

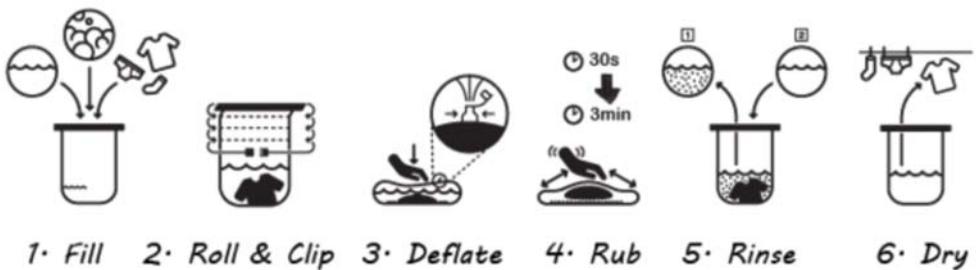
*Alanis Morissette

Useful knowledge you can trade things for:

- How to change a light bulb :



- How to hand wash clothes :



- How to read, step 1: Learn the Alphabet (See Bellow).

Alphabet Printable



Noble prize for Economics by John Forbes Nash:

The Nash Equilibrium :

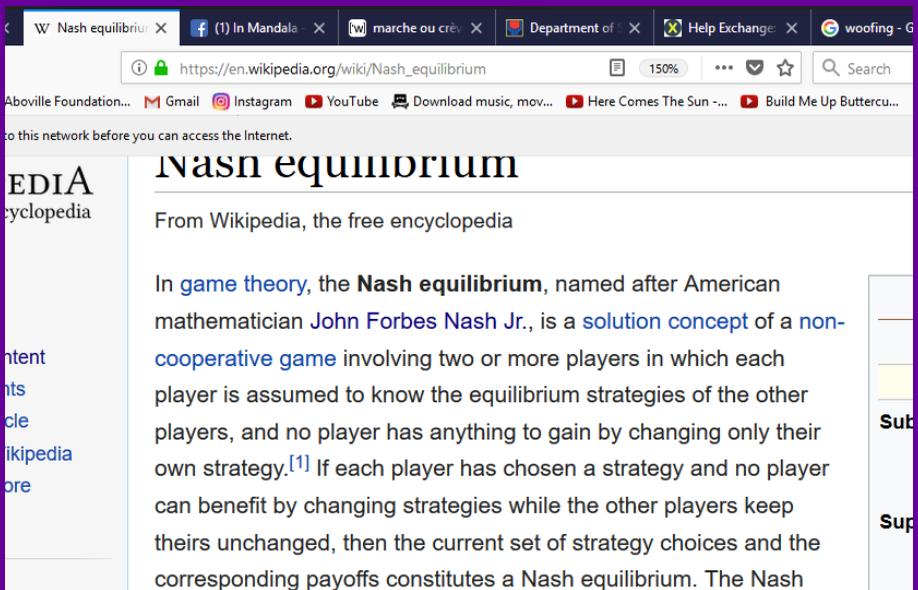
“Do what is best for yourself and the group ”

If you still have any questions, I introduce you to our common friend.

His name is Google.

He is very nice.

He is also your friend.



Sources:

www.google.com

E. V. d'A & M. J. N. Z. Bisous-Papillon

BOOK 3

The Enlightened Capitalist

Manifesto



Foreword to Book 3 - The Enlightened Capitalist

Many readers are likely to consider the author in Book 3 to be clumsily naive and oversimplified in the development of his point. And in indeed!

In this section, the author discusses concepts and rhetorics that are technical, complex and cleaving, which in many ways could be questioned or put into perspective. The content is poorly documented and without contradictory approach, remaining in the surface of things.

Having said that, this manifesto, like the whole Book of Life, remains a personal work, where the author develops his thoughts as they have appeared to him.

In short, it is not the technicality of the content that matters but the underlying message that is claimed.

Thus, this section leads the reader to reflect on his personal responsibilities, as well as those of the state and agents of the economy. In other words, how can we allow everyone, in their individuality and the socio-economic system in which they find themselves, to fulfill themselves personally or even selfishly, while at the same time contributing indirectly or directly to the collective good? In the end, this book reminds us that it is first of all a matter of the heart.

Good reading,

Emmanuel Schütz

A point of view of a son, one soon to become a father.

“To put the world in order, we must first put the nation in order; to put the nation in order, we must first put the family in order; to put the family in order, we must first cultivate our personal life; we must first set our hearts right.”

— Confucius

Table of Contents:

- I. Introduction :
Definitions - What is Capitalism ? What is
Communism ? What is Socialism ?
- II. The world at the start of the 21st Century
- III. Inequalities due to the system
 - a. Capital aids capital
 - b. Remedies
 - i. Remedy of the state
 - ii. Remedy by Enlightened Capitalism
- IV. What is it to be rich, what is it to be poor ?
- V. How can one help ?
- VI. How to get rich (complete guide)
- VII. A conclusion

I. Introduction : Definitions - What is Capitalism ? What is Communism ? What is Socialism ?

Definitions, as given to us, by google (Oxford dictionary):

Capitalism

An economic and political system in which a country's trade and industry are controlled by private owners for profit, rather than by the state.

Socialism

A political and economic theory of social organization that advocates that the means of production, distribution, and exchange should be owned or regulated by the community as a whole.

(in Marxist theory) a transitional social state between the overthrow of capitalism and the realization of communism.

Communism;

A political theory derived from Karl Marx, advocating class war and leading to a society in which all property is publicly owned and each person works and is paid according to their abilities and needs

A website from a socialist country would have given us here another definition of course. But these are only words which we have defined in this way because of history, and a particular culture - however strongly we feel about them, they are only words. And words come to life in context...

II. The world at the start of the 21st Century

Much of the history of the world these last 200 years, has been a battle of ideology, a choice, between capitalism or communism ; and socialism being a step to the latter. Whatever the choice countries have made in the past, the end goal is certainly for us as humans to have the best possible environment to live our lives.

In truth, these theories have been thought and established looking at society from a macro point of view, seeing things a little too big, and forgetting that the best world we could live in is the one where you and me can both just enjoy being alive, and hopefully have the chance for a successful, happy, long life.

In my opinion, the best and only system is capitalism, in fact even countries with history in trying to apply communism, seem now to have chosen the capitalist path. What great news it is, that the world is getting smaller, and that globalization is helping all of us here on earth understand each other more, allowing us to live peacefully side by side.

True capitalism allows for a maximum of freedom for each individual. In capitalism, there is no caste system, and everyone has the opportunity to succeed in creating economic wealth, and living his/her life the best possible way he/she can create for him/herself.

A government is there to secure its population's freedoms, and allow for each and every one of its people to live the best possible life. Considering that for people to live together, we must have rules to help us live in harmony together, governments are there to establish rules for a peaceful community, that at the same time maximize the freedoms, and opportunities, of each individual.

III. Inequalities due to the system

a. Capital aids capital

Capital aids capital. This means, however little/much money one has, this will in the economical environment help him/her create more economic wealth (through his work and investment).

This is great news for all of us, as whichever our starting position economically in life, as we try to achieve making a living of our own, a bit of financial wealth should lead to more ; in the limits of reason and personal content.

The problem which I am going to stress is that this great news also creates a problem, one which must be addressed. Here is how money works, capital brings more capital, and more capital brings even more capital. Some of us can be mad at this fact, whilst some of us can benefit and use this to our advantage. Therefore, if there is such a thing as Marx's class-war theory, it would of course be due to - this fact - that follows in the principles of Economy.

This inequality fact - is part of a long list of inequalities we humans must, or have learnt, to deal with. Indeed we are all of different sizes; some are taller and some shorter... Some learn faster than others, and each of us, has a unique different path. We learn that comparing ourselves to other people is not good, and it usually only leads to heartache. Instead we should all see what qualities we have, make them grow, and find a path to happiness.

So if this is easy to comprehend, why do we need to do anything about it ?

- Because - we can make the world a better place... And, therefore - we must .

b. Remedies

i. Remedy of the state

The first remedy comes from our governing state. As we have said the role of the state is to help us live together while at the same time maximize the freedoms of each individual.

It may be a simple matter of opinion, that one must do good, and take care of the weak. But if every major religion professes this idea, then there must be a serious reason for it. I think that it is in the nature of man to protect the weak; it is in the best nature of man, the survivor, to take care of his infants, his sickly, and his elders.

Doing good helps us find a form of happiness, and only a person on his/her death bed, must know fully, to what extent this is true.

In any case, our governments have been established for this. It gives first and foremost simple services to us humans, like recording our presence here on earth (birth certificates, weddings, deaths). But it also builds roads for all of us to use, and regulates our conflicts (judiciary system). Also it creates laws and rules for the community to live peacefully together.

In proper governance, the laws and public servants are there to allow for the righteous (honest, productive and helpful to the community) man/woman to bloom.

The first step in helping your country is by paying your taxes. The second is to vote... because your vote matters.

ii. Remedy by Enlightened Capitalism

We have demonstrated how capital at the start of life is an immense advantage. Money is an advantage, and so is knowledge, general and specialized, IQ, EQ, good social ability, and experience, in life, or in any field...

An advantage in life also means that you have more to give and contribute. Starting anything in the business world is giving back, because you provide a product or a service that is useful to humanity. There are many issues today that need to be addressed, and who better than those ahead - the experienced, and established - to add a helping hand to the State.

One must aspire to help – in order to get rich (financially).

The environment, the sick, the poor... the world is big, and the problems are many. We who have, can, and therefore must work to fix our issues, and help our surroundings, for it to bloom and live on...

Here is a fact ; we all rise together.

Helping others, or the world, takes time - like every endeavor - it has its learning curve. But it is the one most valuable thing we can be respected for. It is the one true reason why an able man/woman can be happy about him/herself, when his/her time to rest has finally come.

To help yourself is to relieve pressure on the group; leads to helping the group.

Microsoft tolerates pirated copies of their software to be used in third-world countries, Adobe gives free software to students, Facebook gives free messaging to those who can't load up their cell-phone, Total invests in clean energy programs.

The question always is, what can I do, and what do I want to do?

Feeding one's family, and paying one's taxes, is a great and honorable participation to humanity.

In Enlightened Capitalism we exercise our earned freedom to help the State/Planet with our personal time, anyway we choose.

IV. What is it to be rich, what is it to be poor ?

Most of us have the luck to be able to consider ourselves neither rich nor poor. Society, and its stratifications, implies that there is usually always poorer or richer. We can rise above this comparison of status and wealth - and choose to be happy - where we are now. Money is important because it is a way to feed ourselves, to put a roof on our heads, to clothe our bodies and to get around, but it is not what makes a man/woman happy.

One should aspire to be rich in heart. One can and therefore should live an honest life, if he/she aspires to economic wealth, he/she will undeniably aspire to be in a position of contributing to society - it's the one way to get there.

The poorest of the poor - in economic standards - are the people with the least possible buying power. This would have to be the people outside of society as we know it : the most withdrawn tribes, or Indigenous-Peoples living outside of the state. These people who we

consider poor, actually, have all that they need; they are free from the many aches that modern society has brought with it. They live simple, happy lives. Much can be learnt from them...

They know Nature, and most of them carry serious banks of knowledge concerning the ability of different plants to cure disease. They live in places where land is vast, so vast in fact, that no one owns anything apart from their house; the rest of it belongs to everyone. More than anyone, they know, that a man reaps what he sows. The poorest of the poor are completely in touch with the meaning of life, and with the essence of what it means to be human; the poorest of the poor are happy and content. The poorest of the poor, really aren't so poor...

V. How can one help ?

Any successful business can certainly help the community more than just by paying taxes - if they want to - because in order to get to success, they will have had to acquire along the way some expert knowledge, qualities, or resources, - abilities - which can be put to good use for the needy.

Here is a list of ways a business can help more :

Grocery, Supermarket, corner store : can choose to give away soon-to-expire goods to local charities which will then feed the malnourished.

Restaurants, coffee shops, carinderias, can do the same. Instead of throwing away excesses, they can feed people, that are in need, in their local vicinity.

A business man can use his contacts, to help around in the areas where he has projects.

A land owner can choose not to fully develop his/her land, and instead leave a place to be reforested.

An artist can give some free time to teach underprivileged children his/her art.

Anyone with any specialty knowledge can take the time to teach their acquired strengths.

If the 10 richest people in every country decided to pay scholarships for all those willing but unable to get an education, or feed all the malnourished, it wouldn't be so hard...

What if 20% of the richest people did this ? It should be even easier...

Anyone can choose not to litter (if we put in place a collection system) and keep nature clean.

Everyone can save energy, by switching off the light when it isn't needed, or by saving water, taking shorter showers, and learning the proper and economical way to clean dishes.

Anyone can make the choice of an honest living.

And anyone can, certainly, afford to give a - php - PESO/PISO:

P: Konteng Pag Ibig – Some love

I: Konteng Inspirasyon – Some inspiration

S: Konteng Sacripicio – Some sacrifice

O: Konteng Oras – Some time

VI. How to get rich (complete guide)

- Get a job, become irreplaceable at it, [...] get promoted.
- Or face the storms on your own [...] and guide your rudder. Find a successful business model (providing a service or sell goods in exchange for which people will pay you), and start a business.
- Save and invest in yourself, buy a house (and you'll have a place to call your own) buy land, because land is the only thing that appreciates with time. It can be used, it can be rented... And it can grow fruits.

VII. A Conclusion

Let us remember that every man/woman should be responsible for himself/herself, it is how nature/life works. Take your time, learn... Live a meaningful life, by creating - however little - a positive ripple in the world around you.

We can and should count on the State to share and redistribute some of the wealth for better public infrastructure, more equal opportunity, and to take care of the planet we live on, for the generations and generations to come.

We must also embrace our share of responsibility, and can count on ourselves to make something good happen next.

A chance it is to live in such a vast and complex playground of a world. Of course, to live..., is to live a good life .

Your kindness could kill



The money you give to those who beg may actually keep them on the streets.
In some cases, you may even be helping them to buy drugs that could kill them.
Give responsibly – support local charities instead.
Please visit www.killingwithkindness.com for more information.

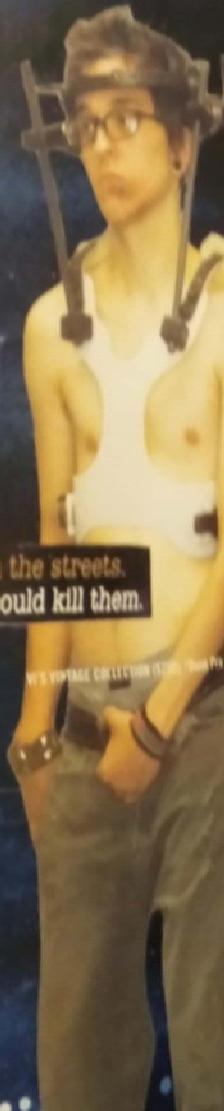


PHOTO: JEREMY MOULLEN



HANS-ULRICH OBRIST:
One can't emphasize enough the importance of the "peripheral" biennials in the '90s, which helped a generation of artists from different cultures become internationally visible.

BOOK 4



Epiphanies and Other Notes

God Speaks to us in mysterious ways. In this book I have compiled how God has spoken to me during my journey these past 3 years and a half.

In your journey, be attentive to your heart and to the messages of the universe. They both want to guide you to your best.

Year 1984 : Rat Yang Wood

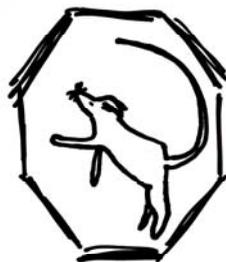
Month April : Dragon (Inner Animal)

Day : Dog (True Animal)

Time 3:14pm : Monkey (Secret Animal)

	Best Match	Match	No Match
Rat	Ox, Dragon, Monkey		Horse
Ox	Rat, Snake, Roaster		Goat
Tiger	Pig, Dog, Horse		Monkey
Rabbit	Dog, Pig, Goat		Roaster
Dragon	Roaster, Monkey, Rat	R e y t	Dog
Snake	Monkey, Roaster, Ox		Pig
Horse	Goat, Dog, Tiger		Rat
Goat	Horse, Pig, Rabbit		Ox
Monkey	Snake, Dragon, Rat		Tiger
Roaster	Dragon, Snake, Ox		Rabbit
Dog	Rabbit, Tiger, Horse		Dragon
Pig	Tiger, Rabbit, Goat		Snake

Rat : Ambitious, Intelligent,
Persuasive,
Social, Charming, Charismatic,
Shrewd,
Industrious, Meticulous, Tenacious,
Artistic, Eloquent



Hay House Web Summit Mai 2017 Notes

(Free link to summit shared by tita Jeannie Goulbourn)

Deepak Chopra : God Today

Transcendence

Inner Being

The Loss of the Fear of Death

If something has no
beginning or no end it
was never created

Maybe we are really built in Gods image
The only difference is he is infinite
God in us is infinite

Meditate 5 min every day

Go from Empty to
Compassion to
Love

Ask Who am I?

And Just Feel

Ask who is asking the question?

And Just Feel

The Dalai Lama says we can end all the violence in the world if we took all the children and made them meditate 5min each day on compassion

The Happiness of a friend makes us
happier

A friend of a friend, a
stranger, an enemy

Everyone is affected
by everyone else

(Continuation of Notes from D.C.)

Compassion helps happiness

90% of our bodies is constituted
of bacteria

The other 10% is also
based on bacteria

Everything is one with all

Religion makes you idolize powerful
beings

All of us can have spirituality

We should use these powerful beings of
spirituality

And try to experience this for ourselves

Love is not an emotion

It is the single most important
concept ruling the Universe

The Oneness

Deepak Chopra is a best selling author
of a long list of helpful books

Will I be Rich?

Will I be respected?

Will I be loved?

Will I have enemies?

How long will I be healthy?

Will I have beautiful
Children?

Will they be smart?

Will I find Love?

Will I marry Forever?

I hope for the best possible
outcome

We are both creatures and creators but
we are also puppets in Gods hands.

Paolo Coelho

There is a reason our days are limited :
it is to make each one of them Precious.

Mitch Albom

"I've learned that people will forget
what you said, people will forget what
you did, but people will never forget
how you made them feel."

Maya Angelou

- Recipe for Crème Brulée -

6 Servings

4.5 min cooking
time

2h set in Fridge

1 quart heavy crème
1 vanilla bean split and scraped
1 cup vanilla sugar

6 large egg yolks
2 quarts hot water

1. Place cream in sauce pan
Bring to boiling with medium-high heat
Cover and let sit 15 min
2. In a bowl mix 1/2 cup sugar and yolks
Until well blended
Then add the cream slowly while mixing
3. Pour in 6 Ramekins
Pre heat oven at 325° F
Place ramekins in large roasting pan filled with hot
water at half level of Ramekins
4. Bake until crème brulée sets and centre still trembling
(About 45min)
5. Remove and refrigerate 2h to 3 days
6. Sprinkle sugar on top and torch/caramelize it. (put bck in
fridge)

Sage Lavine:

Secrets for attracting new clients

What is your gift to the world?

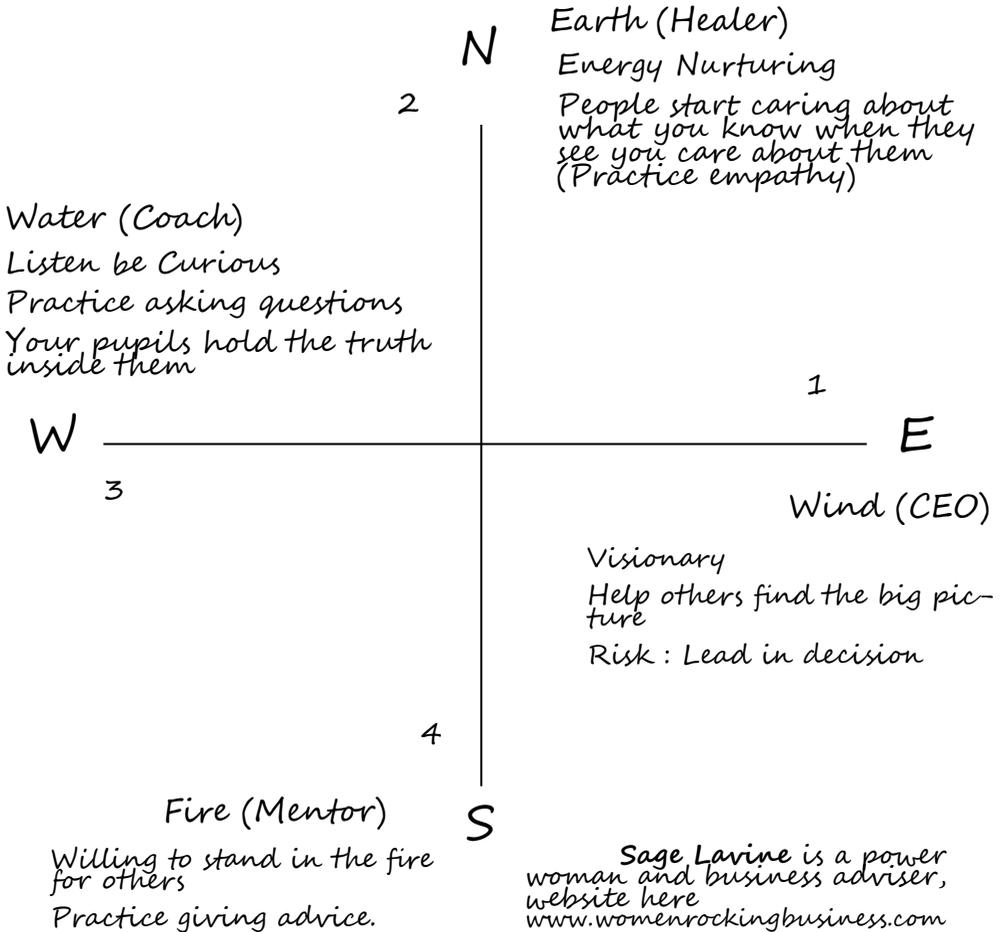
How can you help it?

Be generous/Be Yourself

Know your strengths

4 Archetypes

Act → Risk → Improve



Sage Lavine is a power woman and business adviser, website here www.womenrockingbusiness.com

Notes from Hay House Summit 2017

Louise Hay interviewed by R. Holden

Everything you need to know will be revealed in the time needed

What can I learn today?

Ask yourself if the food you eat is good for you.

The world is not only a physical place it is also a state of mind (metaphysics)

See the blessing / The Miracle in Everything

(Bounce back as fast as you can)

Do not identify with I am not good enough

See the greatness in negativity / You are allowed to feel negative

People are often scared to talk about god / it's okay talk about life instead

Be conscious of your thoughts and feelings.

(Mirror Work) When you find love for yourself you find your place in the Universe, and it makes itself comfortable for you.

"Oh God show me the truth no matter how beautiful I am".

Learn from your mistakes and don't punish yourself

And Take care of what you ingest.

Louise Lynn Hay is an American motivational bestseller author and founder of Hay House

Notes from Hay House Summit 2017

Interpret your dreams to process
your Emotion by Leon Nacson

It's good to start with a guide

But we are ourselves the best people
who can interpret our own dreams

Dreams really depend on the context
you are in right now in life

They are about what is near

The context of your current

Feeling

Fears

Hopes

And

Dreams

We spend 12% of our lives dreaming

↓

↓

They are there to give us another
angle

present.

They feed your

L. Nacson is specialized in dream coaching,
he is the author of multiple best selling
books on dreams and other subjects

Last night's dream :

20/05/17

For some reason I am always
running and it doesn't end so
well

I'm back in France touring

I visit my old School

It's a big boat with offices and multiple
Floors. I feel Comfortable.

I meet my Dad - He gives me a smile—
He is working on something

I am on my way and in a Hurry

I follow my old friend

I get off the boat while it's moving

I am tensed but I make it—we are in a
vehicle

I realize I forgot my bag

(And wake up)

Buddhahood is something to
look forward to

Life is not perfect. For many reasons,
our lives can leave us questioning the
beauty of God's creation.

We can be mad at the world, we can
become nihilists.

Keep hope

“We must learn to live together
as brothers or perish together as
fools”

M. L. King Jr.

“You pray for the Hungry. Then
you feed them.”

Pope Francis

“You are responsible for what
you tame.”

A. de St. Exupéry

“An eye for an eye will leave
the whole world blind”

Mahatma Gandhi

Make sure to have trustworthy
sources

The Keys of the Citizen of the World

- Pay your Taxes
- Exercise your right to vote
- Respect all including Gays and LGBTs
- Give love to the depressed
- Pray for the sick
- Do not cheat and steal
- Know we are all brothers and sisters

The Keys of Gentlemen and Ladies

- Respect your Elders
- Don't do drugs
- Man : Respect women . Women deserve respect
- Always pour good vibes in the world
- Aspire to Beauty
- Aspire to Greatness
- Be good, kind, autonomous, humorous, generous, loving, rich, successful, and true

An important key

- Must be able to walk 1 hour
- Must be able to swim 1 hour
- Know the night
- Be humble
- Be connected to nature
- Protect the Earth
- Do Not litter
- Learn to Surf

The exceptions that confirm the rules!

- Race with others
- Fail at not being lazy
- Steal something small
- Fail at not being fat
- Dress to impress

What ever exceptions you will choose, whatever rules you break you will pay a price. Some failures can be forgiven, failures will hurt you.

Your exceptions will be punished hard, don't go there, be the best you can be, get back on your feet fast and repent, learn to live the good life.

The Power of ideas and knowledge is that when you share them they multiply...

If I give person A 20 \$

And person B 20\$

They will both be 20\$ richer. But I will be 40\$ poorer...

When someone shares an Idea

1+1 becomes 3

This is a model where Growth is infinite. No one is left behind.

Economy of knowledge

-Idriss Aberkane

When I have money I'm happy to pay for good and ethical service

Yesterday I fell in love with you you
you and you

But I hoped for one true love and wished to
be worthy.

I understood this was all a figment of my
imagination, I gave you all up and became
reasonable, I became patient.

I appreciate my youth

I appreciate my experience

Vetustate Firmior

Plus Vieux Plus Fort

The Older the stronger (and wiser)

Giving can be the greatest gift

Even small gestures can go a long way

“No one ever became poor by giving”

Anne Frank

Sing with Us:

I aspire to greatness
I aspire to beauty
I aspire to kindness
I aspire to Truth

Everything is meant to be!

Remember that we have freedom and
choice.

The multiverse, full of nanoversees built
in Gods image.

The world is more magical than you
think it to be.

Notes for www.inmandala.com

Website structure - Build my Website

About us	Music	Psychology
Art Group	Art shows	Shop
Psychology : Experts :		Daniel Amen
		Bruce Lipton
Tools: Website links :		The Art of
		Manliness
		Mindful

About : Schizophrenia

Bipolarity

-> Normal people problems

blown up.

Tools: Psych-K, The Love Method,
Oxygen hyperbaric healing, Self help,
Philosophy, Brain Foods, behavior Ther-
apy

Personal Art Vitrine : Art, Music,
History, Science, Books, Sports

Dancing in The Moonlight Chords

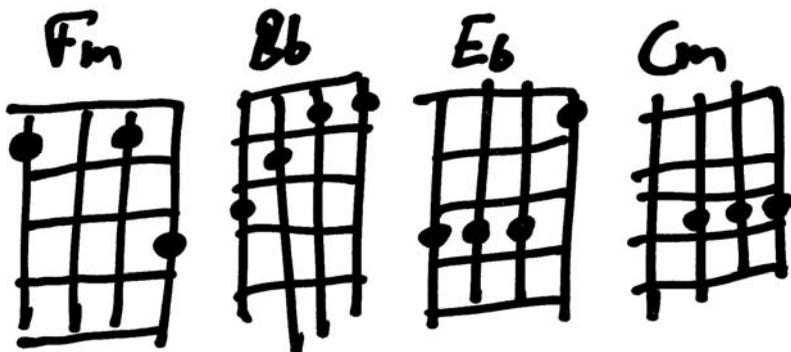
Dm G C G Am



Fm Bb Eb Bb Cm

X X ↓ ↓ X

Pattern X : ↓↑↑↓↑



Top Loaders—Dancing in the MoonLight

[Intro] Dm G C G Am x2

[Verse 1] We get it on most ^{Dm}every night, ^Gwhen that ^Cmoon is ^Gbig and ^{Am}bright
 It's such a supernatural ^{Dm}delight, ^GEverybody's ^Cdancing in ^Gthe ^{Am}Moonlight

[Fill] Dm G C G Am

[Verse 2] Everybody here is out of ^{Dm}sight, they don't ^Gbark and they don't ^Cbite
 They keep things loose, they keep ^{Dm}thighs ^Gtight, everybody's ^Cdancing in ^Gthe ^{Am}moonlight

[Chorus] Dancing in the ^{Dm}moonlight, everybody's ^Gfeeling ^Cwarm and ^Gbright
 It's such a fine and natural ^{Dm}sight, everybody's ^Cdancing in ^Gthe ^{Am}moonlight

[Fill] Dm G C G Am

[Verse 3] We like our fun and we never ^{Dm}fight, you can't ^Gdance and stay ^Cuptight
 It's a supernatural ^{Dm}delight, everybody's ^Gdancing in ^Cthe ^{Am}moon light

[Chorus] Dancing in the ^{Dm}moonlight, everybody's ^Gfeeling ^Cwarm and ^Gbright
 It's such a fine and natural ^{Dm}sight, everybody's ^Cdancing in ^Gthe ^{Am}moonlight

[Fill] Dm G C G Am x2

[Verse 1] We get it on most ^{Dm}every night, ^Gwhen that ^Cmoon is ^Gbig and ^{Am}bright
 It's such a supernatural ^{Dm}delight, ^GEverybody's ^Cdancing in ^Gthe ^{Am}Moonlight

[Chorus] Dancing in the ^{Dm}moonlight, everybody's ^Gfeeling ^Cwarm and ^Gbright
 It's such a fine and natural ^{Dm}sight, everybody's ^Cdancing in ^Gthe ^{Am}moonlight

[Repeat to Fade]

My dear Friend
Thank you for all the moments spent
I'm patient I will see you again
For you while waiting
I'll live the greatest life I can

When Two Universes meet
They dance Round and Round
Asian Eyes Smiles and Happy Feet
Talking Circles to the Beat

All in one great Mandala
Just Touching Atoms
A big Bubble of Bacteria
Not Anymore
We are you or me
We are the Story

The Drop of Ink
That flows on the paper
On that special moment
That lives on in Infinity

No limit Between the Sky and the Sea
We are that moment you and me
We are the Décor
I am You
And You are Me

Yoga Notes:

Sanskrit number 1 to 10

1. Ekam
2. Due
3. Trini
4. Chatvari
5. Pancha
6. Chat
7. Sapta
8. Ashtaw
9. Nava
10. Daza

Drishti - Eye Direction

Ujji - Dark Vader Breath

Master/Teacher origins

E. V. d'Aboville

Taught by Grace Katigbak (PI)

Taught by John Scott (USA)

Taught by Pattabhi Jois -
Founder of Ashtanga
yoga (Mysore-India)

Samastiti



Savasana



Suria Namaskara A and B -> The Sun Salutations

Vande Gurunam Charanaravinde

-> I worship the Supreme Guru, and bow to the Lotus Feet

Food for Thought :

Blue Fin Tuna

Ocean Based
Highly Endangered

Kuromaguro /
Honmaguro

Maguro sushi => Big Eye and Yellowfin

Vulnerable

Vulnerable



We need to double ocean natural reserves
before we triple them

List of classifications :

Ex

-Extinct

EW

-Extinct in the wild

CE

-Critically Endangered (Extreme High Risk of
extinction)

EN

-Endangered (High Risk)

VN

-Vulnerable (High Risk)

LC

-Least concern (Does not qualify for the above)

- Curaçao Liqueur :
(Artificial blue colouring)

Sugar Cane based Liqueur

Flavored with the dried peels of
the Laraha citrus fruit

From the Island of Curaçao (North
-East of South-American)

The Genuine Curaçao Liqueur
(Brand) is the only one to use true
Laraha Fruit

- Triple Sec: Sugar based
Liqueur flavored with orange
peels

“A woman is a woman , but
a cigar is a smoke”

“It is customary to light a cigar,
in celebration of the birth of a
son”

Billy Bonnevie

Food for Thought :

(Letter to someone I am looking for)

You Are perfectly respectable
You speak to the rich and the poor
You've got it all
Everything that was missing
You are my lover
You are my Team Mate
The kindest woman I ever met

The most important thing I have learned is that
we must have a fight.

For Better.

All of us, have to make a contribution of growth
and goodness in the world.

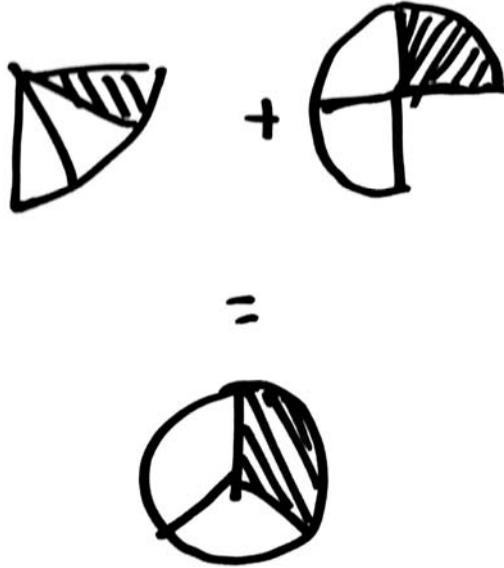
It is the only way to belong.

If you missed the moment Chase it !



This is a book on parenting written by a child.

Take it like a pinch of salt. Look at it the same way you look at Art.



Felines are animals for which I have much respect.

These animals need meat to sustain their diet and normal feeding.

Maybe it's not so bad to eat meat... A lot of us do it.

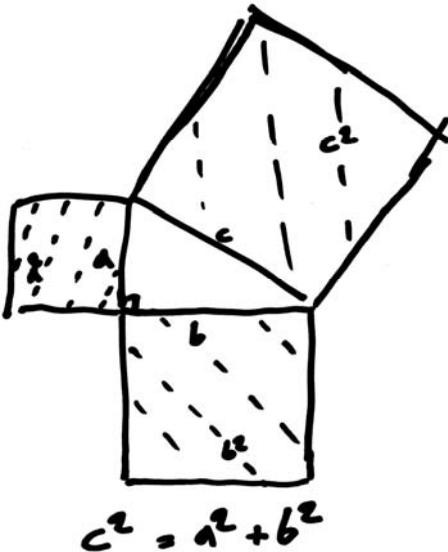
A true shepherd knows his land well.

“Pra Chegaar Onde estou indo
O processo e muito lento
Devagar se vai ao longe
Na caminhada do vento”

“The way is long, and slow to get
to where I am going.
On the pathways of the wind”

Quote given by
Benedicto Jaime
Project Bantu
Philippines
From Xande
de Pilaes
(Singer)

Pythagoras Formula (570-495BC):



$$c^2 = a^2 + b^2$$

Allow to calculate
“unknown” side
length in a square
triangle.

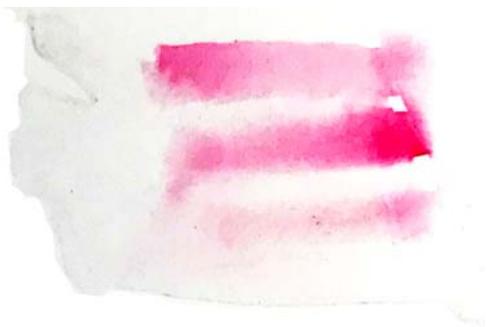
Thanks to this formula, Eratosthenes
calculated the Earth's circumference
2200 years ago

May we feed our Dreams
And not our Fears

If you have love for yourself or
anyone there is strong hope

Watercolor Techniques

- wet on wet : color spreads
- Wet on dry : Precise
- Masking Fluid : is a waterproof Barrier that protects an area supposed to be left uncolored. It is to be rubbed off when dry.



In a discussion, about a loathable powerful person:

“Pray for him.”

Billy Bonnerie

La Démocratie, tel l'Amour est contagieuse.

Democracy and love are contagious.

And love is the most powerful force in the universe.

About Heaven:

If two cultures have separately come to the same conclusion, it must make a lot of sense

Advice from my friend Manu Schutz:

« Fait attention, si ton Cher contemporain manque à tes attentes.

Attention à ne pas finir aigrie. »

-> On a que ce que l'on mérite...

Pardonne...

Relèves-toi... Et fais mieux la Prochaine fois.

“Be careful, if your dear contemporary misses at reaching your expectations.

Careful not to finish soured.”

Manu S.

We only have what we deserve ...

Forgive...

Get back up ... and do better the next time.

Developmental biology is the study of the processes by which animals and plants grow and develop.

It encompasses the biology of regeneration, asexual reproduction and metamorphosis as well as the growth and differentiation of stem cells in the adult organism.

Youtube : the Biology of Beliefs

“When I wake up I get up excited for another fabulous day!”

Mara

I am free to accept my limitations

The Past doesn't matter so long as I love myself today

The future doesn't matter so long as I do my best today

Catch-22

Is a paradoxical situation from which an individual cannot escape because of contradictory rules.

The term was coined by Joseph Heller who used it in his 1961 novel Catch-22

In a provision in army regulations, it stipulated that a soldier's request to be relieved from active duty can be accepted only if he is mentally unfit to fight.

A soldier asking to be exempted is indeed sane enough to want self preservation, he is therefore in a paradox, he cannot escape his duty.

Nietzsche said God died, he is reborn.
More open, not exclusive.

Quran quotes:

"Do what is beautiful. Allah loves those who do what is beautiful" (Quran 2:195)

"Allah does not burden a soul beyond that it can bear" (Quran 2:286)

Bible quotes:

"A time is coming, and has now come, when the worshiper will worship the father in the spirit and in truth, for they are the kind of worshipers the father seeks. [Not on this mountain, not in Jerusalem]"

Jesus John 4

In other words not necessarily in a mosque, in a synagogue, a temple or in a church.

One can of course pray from his own "church" but God also regards those who pray modestly in their room alone or together (example: family, couple, parent/child).

"Don't you yourselves know that you are God's temple and that the Spirit of God lives in you?" 1 Corinthians 3:16

<< De la Création du Monde:

S'il ne te convient pas de louer le créateur pour son Œuvre, considérant que c'était bien son affaire et son plaisir à lui, qu'il a créé bien des choses abominables et qu'il ne t'a jamais consulté dans cette entreprise, C'est ton droit.

En attendant, vois donc déjà ce que tu pourrais faire, aujourd'hui et là où tu es, comme s'il te consultait maintenant pour la continuer, cette création. >>

Arn Abo

About the Creation of the World:

If it does not suit you to praise the creator for his Work, considering that it was his business and for his pleasure only, that he created many abominable things and that he never consulted you in this business, it's your right.

In the meantime, see what you could do now and from where you are, as if he were consulting you now to continue this creation.

Arn Abo

Doris Day - Que Sera Sera

[Verse 1] ^A
When I was just a little boy
I asked my father, what will I ^E be
^{Bm} Will I be handsome, will I be rich
^{Bm} Here's what he said to me

[Chorus] ^D
Que Sera Sera,
Whatever will ^A be will be
The future's not ours to see
Que Sera ^A Sera
What will ^E be will be

[Verse 2] ^A
When I grew up and fell in love
I asked my sweetheart what lies ahead ^E
^{Bm} Will we have rainbows day after day
^{Bm} Here's what my sweetheart said

[ReChorus] ^A
[Verse 3] Now I have children of my own
They ask their father what will I ^E be
^{Bm} Will I be handsome, will I be rich
^{Bm} I tell them tenderly

[ReChorus] ^E
Que Sera, Sera. ^A

I am a human being, I deserve
my space in this world.

I exercise the responsibility that
comes with the place I deserve.

“Love everyone and your enemy.”

J. C.

Don't be afraid to try again. You
never start and try again from zero,
you try again with experience.

Survivor - Eye of the Tiger

Intro: (Am) (Am G Am) (Am G Am) (Am G F) x4

[Verse 1] ^{Am}
Risin up ^Fback on the street
^GBid my time took my ^{Am}chances
Went the distance now I'm ^Fback on my feet
Just a ^Gman and his will to ^{Am}survive

[Verse 2] ^{Am}
So many times it ^Fhappens too fast
^GYou trade your passion for ^{Am}glory
Don't lose your grip on the ^Fdreams of the past
You must ^Gfight just to keep them ^{Am}Alive

[Chorus] ^{Dm} It's the eye of the Tiger it's the ^Ctrill of the ^Gfight (Am) (Am G Am) (Am G Am) (Am G F)
^{Dm} Risin up to the challenge of our ^Crivals
^{Dm} And the ^Flast known survivor stalks his ^Cprey in the night
^{Dm} And he's ^Gwatching us all in the ^Feye
^{Am} Of the Tiger

[Verse 3] ^{Am}
Face to face out in the ^Fheat
^GHanging tough, staying ^{Am}hungry
They ^Fstock the odds still we ^Ftake to the street
For the ^Gkill with the skill to ^{Am}survive

[ReChorus]

[Verse 4] ^{Am}
Risin up straight to the ^Ftop
^GHad the guts got the ^{Am}glory
Went the distance now I'm ^Fnot gonna stop
Just a ^Gman and his will to ^{Am}survive

[ReChorus]

(Am) (Am G Am) (Am G Am) (Am G F)

L'amour comme la haine peut être
contagieuse
Le choix que l'on fait sert d'exemple
Ce choix est un combat continu
Tous les jours Il faut choisir
Je choisis l'amour, aujourd'hui et
j'espère demain.

Love like hate can be contagious
The choice we make serves as an
example
The choice is continuous
Everyday we must choose
I choose Love, today and I pray I
choose love also tomorrow.

Fixing wrong thought patterns with

The Love Method : (Basics)

(Notes from my 1 week Certificate course)

I want to leave.

I want to be here, I am glad I am here.

I rely on values, other than my own.

I follow my intuition.

I am alone, separate, and disconnected.

I am one with the whole.

I want to be dead.

I want to live.

I am a stranger to myself.

I know who I am : I am love.

I am chaos, I blame.

I am feeling good, I forgive.

I am a victim.

I stand for myself and my actions.

Everything in my life gives me worry and trouble.

Everything in my life goes easily.

I am unhappy.

I am happy.

If something is really important, I block myself.

I realize what I want to achieve.

I know better than anyone else.

I follow and I serve, and I get what I need.

Fixing instability with The Love Method (exercise notes):

I am unstable

I am often Paranoid

I do not face my fears

I am helpless

I am stable

I am not paranoid

I conquer my fears

I am able

Resetting patterns

People prey on me because
I am weak
I am evil
I'm sad
I'm crazy
I'm lazy
I'm stupid

People don't prey on me
because
I'm strong
I am good
I am happy
I am sane
I choose my words and thoughts
carefully so I am smart
I'm hard working and efficient

Resetting patterns

I make people feel weak
I make people feel angry
I make people feel stupid
I make people feel sad

I make people feel strong
I make people feel smart
I make people feel happy
I help people become better
versions of themselves

Resetting patterns

I am Sad
Life is a struggle
I am a failure
I am ugly

I am content and happy
Things come easily
Everyday I do what it takes to
have a good life
I am beautiful and will stay a
beautiful person

I am accountable for all my actions.

I know I am pure Love

Pure Love is strength

I will forever be my parent's child

I have to find a woman that accepts that.

And I am my own man

I take in good advice and recommendation
- and I do what I must

I must eat the Sin I have been given and
destroy it.

I am the Sin Eater.

The Love Method fixing I am evil

I judge

I think I know better

I think I am better

I think some people are ugly

I think some people are dumb

I think some people are wrong

There is only one truth

Sometimes I am too nice

I'm irritated by strong personalities

I forgive

Everyone has a logical opinion

Everyone has great qualities

Everyone is beautiful

All intelligence is useful we are all intelligent

Every opinion matters

The truth is elegantly complicated and has multiple facets

There is no such thing as to be too nice

I look up to good, strong and confident people

The Love Method:

A seed of Love it grows and grows

It builds more and more connections

It builds a solid foundation.

School is a point of view
It is very important
It is just a little speck of what is out there

We need teachers and mentors to develop

Good business is not only making Art
Good business is making a living

“Do your best, then when you know
better, do better.”

Maya Angelou

God is In Us

Living within our means is a much
deserved Right

Uniqueness is not an excuse for failure

Honest successful work is everything

L'important c'est de participer
Où est l'important c'est de gagner!

The founder of the Olympics said the
importance was in participation.

Yes and the importance is winning!
Hervé Laborne

Run Program $1+1 = 3$

Write "Hello World"
Then write " $1+1 = 3$ "
End

Click Copy Click Paste

A little bit smart
A little bit funny
A little bit sane
A little bit Crazy
A little bit boring

... Depends...
I'm getting there, I've got my own

Defend your Ego but don't let
anyone feed it

Accepting one's flaws is embracing
one's uniqueness.

There is no excuse for failure

Good honest work is everything

1 2 or 3 ... generation
And so comes

The whole, the variety
Of all. The brains, all of
the nano-universes

They deal and they adapt

And so they
survive

We must see what is out there
All of it

The whole has it
all
and the whole is one

When You accept authority
after all Well it isn't so bad

Conscience de ses limitations
Conscience de ses qualités

Aware of your limitations
Aware of your qualities

Work honest and well
Tomorrow comes today

Pourquoi pas tirer ces connaissances
vers le haut... c'est sympa d'être bien
entouré

Why not pull your friends up... it's
nice to be well surrounded.

Pleasure neither is good nor bad
unless it interferes with the quest
for virtue

“It’s cool to be polite”
Giles Katigbak

Don’t be too proud to pray, don’t be
too proud about anything

“Pray, because it helps”
Aldrish Ratao

--> God cares, He listens

Women deserve from us to
carry their load

It is only fair

Notes : sur les animaux (French Lesson)

- Meilleur ami de l'homme:

Singe : Très visuellement expressif

Chat : Profondément
émotionnellement expressif

Chien : Très subtilement expressif

Content d'être à notre service:

- Si je te nourri je te mange, si je sais
te tue je me pose pas de question

Cochon: Très subtilement expressif

Vache : Peu expressif

Volaille : Subtil émotion sonore

Crapaud : Je suis là

Corbeau : Je suis là - Très intelligent
- Le loup du ciel

Papillon : Je suis là - Je suis
métamorphose - Je suis un petit
miracle.

Poèmes are hard to translate

Oiseau type 1 : Je vous aime

Oiseau type 2 : Je suis Magie

Oiseau type 3 : Je suis Divin

Insecte Social : Je suis travail

-Fourmi : parce que travailler est utile

-Abeille : Parce que j'aime travailler

Insecte : Je suis là

Cheval : Tu est plus fort que moi mais je suis fort également.

Bourdon : Je suis le Lion de mon royaume

In time of need if you give it to me, I'll take it...

Expand your space and know your place.

We all deserve something we want if we do the honest work needed.

I am free to accept the laws of physics, it makes life easier.

“Confront your weakness and you can grow stronger”
Mike Gillette

Acknowledge your fears

“The cure for pain is in the pain.”

Rumi

You are not allowed to fall from a motorcycle

Always be 20% under your capacity...

I'm working to afford some wings.

I know I know nothing.

Socrates

I think therefore I am.

Descartes

We are all allowed to get what we want if we pay the price, and we shouldn't get in the way of an honest man trying to get to where he wants.

From Simon Sinek

There is nothing wrong with calling a black man a black man, a carpenter a carpenter, a French a French, a Filipino a Filipino. And if there is the wrong is inside of us.

I'll share my soul with anyone who'll ride with me to heaven...

Soft Boiled Egg Recipe : "Soldier Eggs", "Mouyette"

- Boil Water
- Slowly place Eggs in water
- Cook for precisely 5min
- Pour water out and cool under faucet water

At the same time:

- Toast Bread
- Butter toasts and salt
- Cut finger-thick bread pieces

-Place egg in a shot glass standing, then slice the top off, salt egg, dip breads and enjoy.

"Ask me any information, and if I don't know it, I'll know where to find it."

Regis Bruant

"it doesn't matter how slow you go, as long as you don't stop"

Confucius

Bro Code :

All for One and One for All

I shall defend you to the death

Even if it means defending you against
yourself

Motto :

The weaker link

Our Strength

He is in all of Us

He disappears

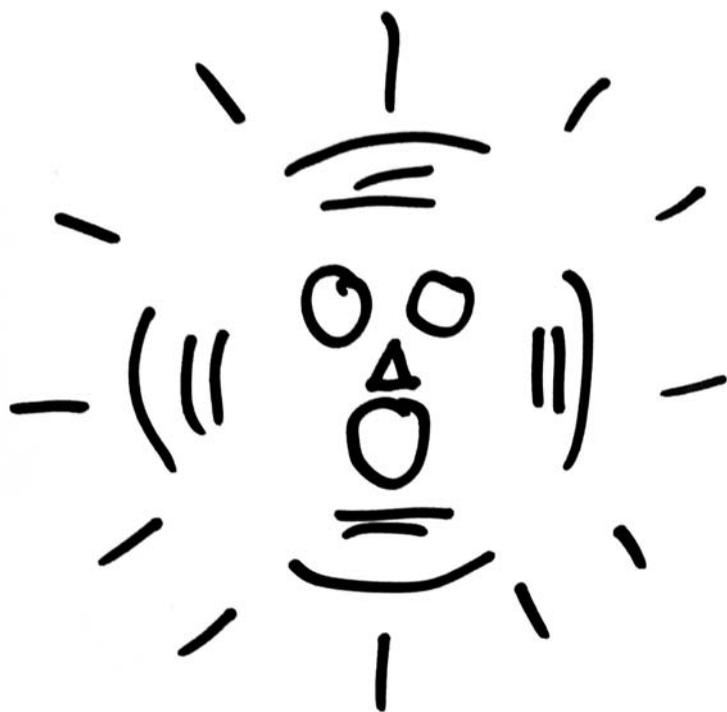
We love him the most because

He holds the keys to the Heavens

Condition to enter the Bro Code:

Must have harnessed some talent Chi

Note: Giving creates Karma for Receiving
and vice-versa.



I am a brother, I serve.

The acceptable, classy, age
difference rule :

$$X > Y$$

Ok if :

$$Y \geq X/2 + 7$$

I can be content with simple
things.

Accomplishments made by
inducing fear to others don't lead
to a happy life.

Pearl Jam - Better Man

[Verse 1] ^DWaiting watching the clock
^FIt's 4 o'clock it's got to stop
^DTell me take no more
^FShe practices her speech

[Bridge] ^FAs he opens the door she rolls over
^FPretends to sleep as he looks her over

[Chorus] ^DShe lies and says she's in love with him
^DCan't find a better man
^DShe dreams in color she dreams in red
^DCan't find a better man
^DCan't find a better man Can't find a better man

[Verse 2] ^DTalking to herself there's no one else
^DWho needs to know she tells her self
^DMemories back when she was smooth
^DAnd strong and waited for the world to come along
^DSwears she knew it now she swears his gone

[ReChorus] ^DShe loved him ... Yeah
[Ending] ^DShe don't want to leave this way
^DShe feeds him ... Yeah
^DThat's why she'll be back again
^DCan't find a better man (Can't find a better man)x4

The question is not, am I the best?
The question is, how
can I contribute?

Love yourself.

There is nothing more powerful

To see in others...

A master of love is at the service
of all, he wants the best and the
fairest for all.

Love spreads - It is omnipresent
It has no end.

It is not a means to something
It is a conclusion in itself

“Il faudrait essayer d'être
heureux, ne serait-ce que pour
donner l'exemple”

“One should try to be happy even
if only to give the example”

Jacques Prévert

Age of the Universe \approx 13.772 Billion Years

Age of the Earth \approx 4.5 Billion Years

Homo Erectus 1.9 Million Years ago

To 143,000 years ago

Homo Sapien Idaltu 200,000 Years ago

Homo have appeared 2.5 Million Years ago and have slowly evolved to homo Sapien Sapien

Single origine Theory :

Humans (Homo Sapien Sapien) appeared in Africa between 200k and 100k BC

By 60K BC he sad wondered and colonized all of the earth replacing and mixing with the Neanderthal and the Erectus

Life Started on Earth 3.8 Billion Years Ago

Our Roots and Foundations seed far into the past. We are one and strong with the Universe.

Life



Hands



Stone Tools



Travel



Fire



Cooking



Fashion



Speech



God

I Will never know
My Subconscious
Only it is conscious of itself

All I have to know is that
It is there
Present
And listening

Practice Mindfulness

I am an Open book

It is good to speak truth, but not
all truth are good to be spoken

We are only as strong as our weakest link

No one must be left behind

God = Universe

Good Strong People go to Heaven

“L'important dans la vie, c'est de pouvoir ce lever le matin et de pouvoir marcher la tête haute!”

“What is important in life is to be able to wake up in the morning, and to be able to walk with your head held high”

Geoffroy de Boissieu

Man: I am reasonable, I am responsible, therefore I am.

Fear may be good for self
preservation.

It may also be an opportunity for
courage.

Doubt may mislead you ... but it
may be an opportunity for one's
truth.

The first step for a Dream is a Goal
The first step for a Goal is a Plan

When you have faith in God
And you first know what he
wants

You have faith in Yourself

Fear Reactions :

Fight
Flight
Freeze

Preparing for resolutions :

Motivation is good on good
days

If I am motivated today that's great
I'll get a lot done.

But it doesn't mean I will be
motivated tomorrow

Solution Disciple :

Discipline is a habit, it's when it
becomes harder/weirder to do
nothing than to get off your ass.

Christian Schafer

I need to grow my strength

My Sanity

My Stamina

I need to be good on a bad day, that
is now how I measure myself.

True love waits, true love is
Patient.

It carries some righteousness.

It is a prayer, a call,
that you carry, a sign, a badge
that speaks to the universe

Pensée Global Action Local

Think Global Act Local

3 things to do :

Today :

- Yoga Session
- Practice Dancing in the Moon Light
- Do my job and feed my family

This Week :

- Do my Job and feed my family
- Know a new song
- Save money

This Month :

- Be able to do 30 push ups straight
- Finish Epiphanies and Other Notes layout
- Do my job diligently

This Trimester :

- Be able to do 5 pull ups
- Publish the Book of the Living
- Do my job with passion

This Year :

- Record In Mandala Album (Telepathic)
- Find discipline in all my activities
- Do my job and take good care of my Family

Sadly if a man doesn't work for his roof there is a good chance he will sleep outside with the dogs...

"Do you think about your bills, your place or when ur gonna die? Or do you long for the next distraction?"

Alanis Morissette

Mother Earth is pregnant for the 3rd
time

her up for you All have knocked

I have tasted the Maggots of the mind
of the Universe

I was not offended

For I knew I had to rise
above it All

shit. Or drowned in my own

- Funkadelic - Maggot Brain

Eddie Vedder - Satellite

It's no shame that
Love's a game that
I can only play with you
What I'm saying
Is I'm here waiting for you

I've seen the light
I'm satisfied that
The brightest star, that's you
Satellite. I'm holding tight
Beaming back to you

Days turn into
Nights turns into
Days turn into today
Don't think I'm out playin'
'Cause I'm inside waiting for you

I've felt the light
I'm satisfied that
The highest high is you
Satellite. I'm holding tight
Beaming back to you

Don't you worry
I believe your story
You were put away
For something you didn't do
But I'm waiting
I've been saving my love

Boat Origami : it floats !

Boat Origami :



1. Start from rectangle - fold in half



2. Fold in half and unfold



3. Fold to center



4. Fold the overlapping strip upwards



5. Fold corners Backwards (Turn over)



6. Fold strip upwards



7. Open



8. Opening in progress



9. Fold triangle upwards Repeat behind



10. Open like in steps 7 and 8.



11. Take upper corners and stretch out



12. It floats !

Wiki Great Oxygenation Event (GOE)

Killed obligate anaerobic organisms (a great extinction)

Cyanobacteria 2,3 Billion Years ago

-> First appeared bacteria that used photosynthesis

200 Million Years before GOE

GOE together with Earth Mantle and Crust created 2500 new minerals of the 4,500 found on Earth

This with higher oxygen levels Allowed more complex life to start.

When GOE happened atmospheric methane (strong green house effect) oxidized to carbon-dioxide (weaker greenhouse effect).

GOE and photosynthesis gave us the new fuel which allowed for bigger organisms to fuel movement.

The west could feed the world twice around everyday with everything we throw away.

-> Pretty good news...

The 3 things that influence success
(African Saying)

-Luck

-Talent

-Work

Talent is hereditary, luck is luck and work is the only thing one has influence over.

A people should rely on strong institutions even more than on strong men.

Hegel's revelations: Born in 1770 (in Stuttgart)

1. The history of the world
contains what we have in ourselves.
2. Learn from ideas you dislike.
Discuss with your intellectual enemies.
3. Progress is Messy.
Painful steps and many moves are required to get to somewhere good.
4. Art has a Purpose.
"Art is the sensuous presentation of ideas."
It allows us to anchor ideas solidly in our minds.
5. We need institutions
As they may last long in time. They are rocks for important concepts and unite us in time and space.

Kant Born 1724 in Prussia (Now part of Russia)

Kant did not believe in religion but saw its power to make our lives more manageable.

He wanted to promote ethical behavior,

thanks to reason alone.

1. "Act only according to that maxim by which you can at the same time will that it should become a universal law"

In other words, act as if your actions could be done by all and this wouldn't harm anyone including yourself.

Or the religious saying : do unto others as you would have them do unto you

It is a way of testing morality in our action.

2. Act so as to treat people always as ends in themselves never as a means

Religion : "Love your neighbor."

Humans are equal : we all reign over our lives therefore we are ends in ourselves.

Descartes : XVII Century (France)

<<Je pense donc je suis.>>
"I think therefore I am."

He believed
Even those with the weakest souls
 Could learn to govern
themselves

-> We can all master our happiness
And govern our impulses which
hinder us in achieving this.

What ever happens ... I am already
happy in my limitations

For a schitzo, what is it to be normal?
Normal : Is simply the God given right
to be Happy in my shoes and at Peace
with the world.

I'm sorry if I have ever been a
conceited prick.

I'll do my best to be a brother to my
friend, a friend to my neighbor.

Schitzos have a chance

Sublime - What I got (Lyrics)

Early in the morning, risin' to the street
Light me up that cigarette and I strap shoes on my feet

Got to find a reason, a reason things went wrong
Got to find a reason why my money's all gone
I got a dalmatian, and I can still get high
I can play the guitar like a motherfucking riot

Well, life is too short, so love the one you got
'Cause you might get run over or you might get shot
Never start static I just get it off my chest
Never had to battle with no bulletproof vest
Take a small example, take a tip from me
Take all of your money, give it all to charity

Love is what I got
It's within my reach
And the Sublime style's still straight from Long Beach
It all comes back to you, you'll finally get what you deserve
Try and test that you're bound to get served

Love's what I got
Don't start a riot
You'll feel it when the dance gets hot

Lovin', is what I got, I said remember that
Lovin', is what I got, I said remember that

We only get what we deserve and we shouldn't settle for less

Serving the world and its beauty is enough

A simple life that spreads the miracle of peace, happiness and Love

Must certainly be a life well lived

Life and death are intertwined, they are one and the same, and so a good death is nothing more than a life well lived.

Someone said we only die once but we live everyday.

“He owns his word, he owns the world”

“Work Hard and play hard you can't go wrong”

Alex Campbell

“On our birth

We sign some form of contract
With death.

We die because we are born.

If we are born then we will die,
it is a part of Life”

Jean d'Ormesson

Nash Equilibrium :

If each player in a game has a chosen strategy and no player benefits by a change in strategy

Then we have a Nash Equilibrium

Prisoner Dilemma:

	B stays silent	B betrays
A stays silent	1, 1	0, 1
A betrays	0, 1	2, 1

Stag Hunt:

	B cooperates	B defects
A cooperates	2, 2	0, 3
A defects	3, 0	1, 1

Coordination Game:

	P2 adopts strategy A	P2 adopts strategy B
P1 adopts strategy A	4, 4	1, 3
P1 adopts strategy B	3, 1	2, 2

(Nash Equilibrium!!!)

That moment when you settle for less ... you automatically get less then what you settled for.

Easy money made by crypto or stocks should be largely given away.

Making jobs, paying salaries and training people is an amazing contribution.

No man is an Island.

Liberty, Equality, Fraternity!

Be polite yes,
But be righteous, don't offer
and don't accept a proposal that is
compromising to the world.

Some rules can be bent
And Some rules can be broken
But others are unmovable.

“Government officials are public servants and must be loyal to their duties if they have to serve the people. They must not use their position as instruments to enrich themselves or persecute their political enemies.”

Lolo Pio Valenzuela

Please may we be protected and
Healthy
Happy and Strong
Kind and Generous

May the World be One.

“Some people feel the rain
Others just get wet.”
Bob Marley

“Marami na din mag bigay nang kahit PISO (It can be already a lot to give if not just a PISO)

(P) Konteng Pagibig (Some Love)

(I) Konteng Inspirasyon (Some Inspiration)

(S) Konteng Sacripicio (Some sacrifice)

(O) Konteng Oras (Some Time) “

Brother Let Let

A good world depends on a long line of good men that make it

There is no excuse for Failure.

There are only lessons in Life.

“Don't be sad that it's over.
been!” Be happy that it's

Ninang Grace

We are each responsible
for our own
happiness.

The Nearer
The Prayer

The Civil Code
By Napoleon

My favorite poem:

John Steinbeck writing about love
in a beautiful letter to his son

[...]

“Nothing good gets away.”

In relationships, one will always think he
is giving more. You but also the other.

The only way out is that we must give
with out counting, be benevolent and al-
ways give more.

This is the only way to build and main-
tain your precious relationships.

Hubert d'A.

The difference between
Attachment and Love

Attachment : I love you therefore I
want you to make me Happy

Love : I love you
I want you to be happy
if that includes me great
if it doesn't I want you to be happy

Attachment comes with Pain
And Love fills the Heart
with True Happiness

—> Of course,
I too deserve to be Happy

Anger leads to fear which leads in
turn to more Anger.
Break the cycle!

My Opinion: may I hold it dearly,
or may I reflect more upon it.

There is such a thing as
Universal truth.

All I must do is be my best at
exercising my rights responsibly.

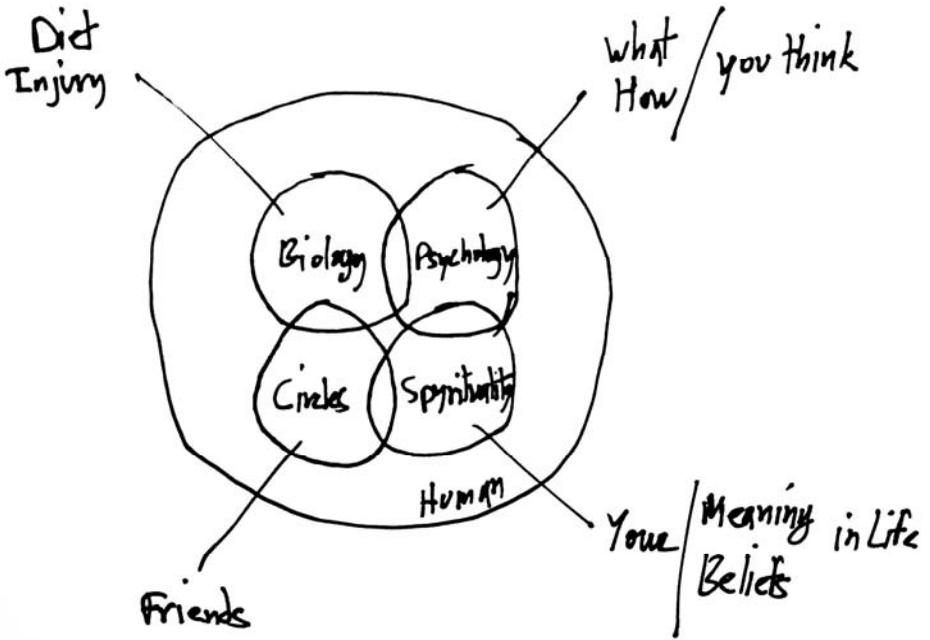
Grow your common sense,
Don't fall for conspiracies.

Is it possible that, maybe the government accepts for some rules to be bent?

No Man is above the Law
Because Laws are all we Have

Philosophy:

- Logic: can determine if our perceptions of the world are correct
- Physics: Rules that understand the natural world
- Ethics: How to properly live one's life



Youtube : Carl Jung interview on life

« Pour être toujours en équilibre il faut accepter de tomber »

“To be always in balance one must accept to fall.”

Henri

“Malaya ka na ba?”

“Are you free in spirit?”

Shanti

Turmeric :

Is a perennial plant (lives more than 2 years) of the family of ginger. It is native to South East Asia.

These plants are gathered for their Rhizomes (Mass growth within the roots)

It is often used in Asian cuisine Fresh or Powdered.

Turmeric has a warm, bitter, pepper like flavor and earthy mustard like aroma, it is often used in Indian curry dishes.

Father Bernard in between the lines of today's homily:

“May you see the angel in the person which is next to you.”

Ginger is a popular spice and it has a high Gingerol content

Gingerol :

Is the bioactive compound in ginger, it has a high anti-inflammatory and antioxidant effect.

Ninang Grace Marie Katigbak: Some have said Buddhahood is as simple as:

Eating when you are hungry
Sleeping when you are sleepy

If you are not hurting anyone, then there is no harm done

I am more than just my thoughts,
right?

“Watch your thoughts they become
your words.

Watch your words they become
your actions.

Watch your actions they become
your habits.

Watch your habits because they
become your Character.

Watch your Character because it
becomes your Destiny.”

Lao Tzu

Honest success is very much deserved

Amae (Japanese) : the desire to be loved and to unconsciously want to surrender into someone's care.

Basorexia : An overwhelming urge to want to kiss someone.

Dépaysement : A tense and exiting feeling to be in an unfamiliar place.

Decent :

1. Someone conforming with standards of respectable and moral behavior.
2. Of an acceptable standard-
Satisfactory.

“The fool doth think he is wise, but the wise man knows himself to be a fool”
William Shakespeare

Preparation for battle is 80% of victory

But everything depends on the 20% of creativity in action.

Life : Continuously losing your balance, through multiple external forces exerting pressure on you, with out ever falling...

Living life is like riding a wave, as a beginner you will usually fall because of your inner unnecessary movement.

An experienced surfer knows himself and the wave, he doesn't create unnecessary noise... He reacts to the wave

And is one with it.

In that moment he is all that he can be.

Business lesson from Anton a friend
from Baler-travels

Strengths/Advantages in order of
importance:

1. relationships
2. connections
3. money

One word:

Gratitude

Epiphyte:

A plant that lives on a plant host
and doesn't in any way hurt or use
the host negatively

(A kind squatter - jokes/notes Julien)

“We must give back to Caesar, that which belongs to Caesar”

Thank you Ninang Grace and Dondi for lending me your words in book 1 and for showing me that family is not necessarily blood related.

“Take care of yourself always. Trust your gut, go with your instincts. Be suspicious but not paranoid; be intelligent but never ill kept.”

Dondi Katigbak

“May you find the joy you are searching for, much fulfilment... and most of all... peace, that transcends all understanding... and the consistency of an unwavering love.”
Ninang Grace

“No man was ever wise by chance”
Seneca

Can you fail at your dreams and be
Happy?

What matters is to Dream,
Find it, And
do it.

Dreams fuel motivation.

“The world is changed by
your example, not by your
opinion.” (Paulo Coelho)

A man needs a dream, a plan,
peace, and a little bit more.

Joni Mitchell - Circle Game

[Verse 1] Yesterday a child came out to wonder
Caught a dragonfly inside a jar
Fearful when the sky was full of thunder
And fearful at the falling of a star

[Verse 2] Then the child move ten times round the seasons
Skated over ten clear frozen streams
Words like when your older must appease him
And promises of someday make his dreams

[Chorus] And the seasons they go round and round
And the painted ponies go up and down
We're captive on the carousel of time
We can't return we can only look behind from where we came
And go round and round and round in the circle game

[Verse 3] Sixteen springs and sixteen summers gone now
Cartwheels turn to car wheels through the town
And they tell him, take your time it won't be long now
Till you drag your feet to slow the circle down

[Chorus]

[Verse 4] So the years gone by and now the boy is twenty
Though his dreams have lost some grander coming true
There'll be new dreams, maybe better dreams, and plenty

Before the last revolving year is through

[Chorus]

"If it is not in your control, train yourself not to worry about it."

"Our View of the world is in our control it is not the world that hurts us, only our wrong view of it."

"Forgive over and over again till you get good at it..."

Quotes from the Art of Living - By
Sharon Lebell

You will find freedom within your own limitation.

"You win some, you lose some."

Paul Mondok

La vie n'est pas un long fleuve tranquille.

Life is not a long quiet river!

“All a man has is his time and in this we are all equal”

Marcus Aurelius - Meditations

There is only one reality for the future it is that it is unknown. This uncertainty only means I must do the best I can.

Learn the lessons of the past and live the Present, for a better future.

“Work connects you to the earth.”

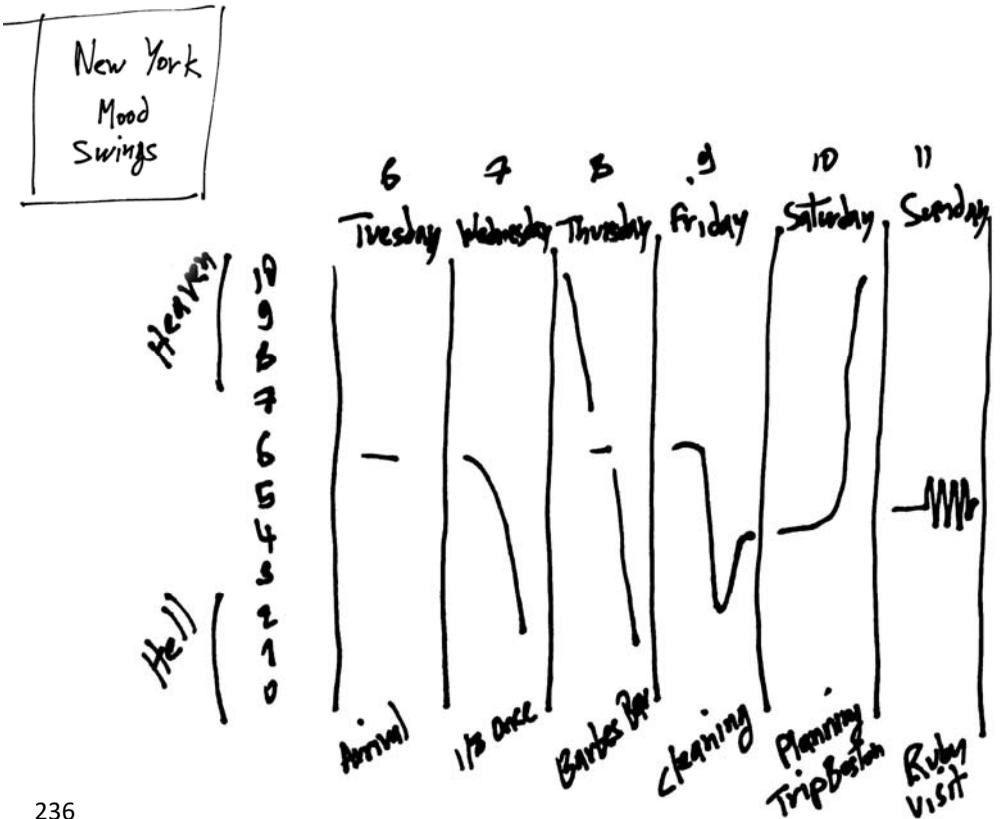
Kahlil Gibran

Pray for your enemy

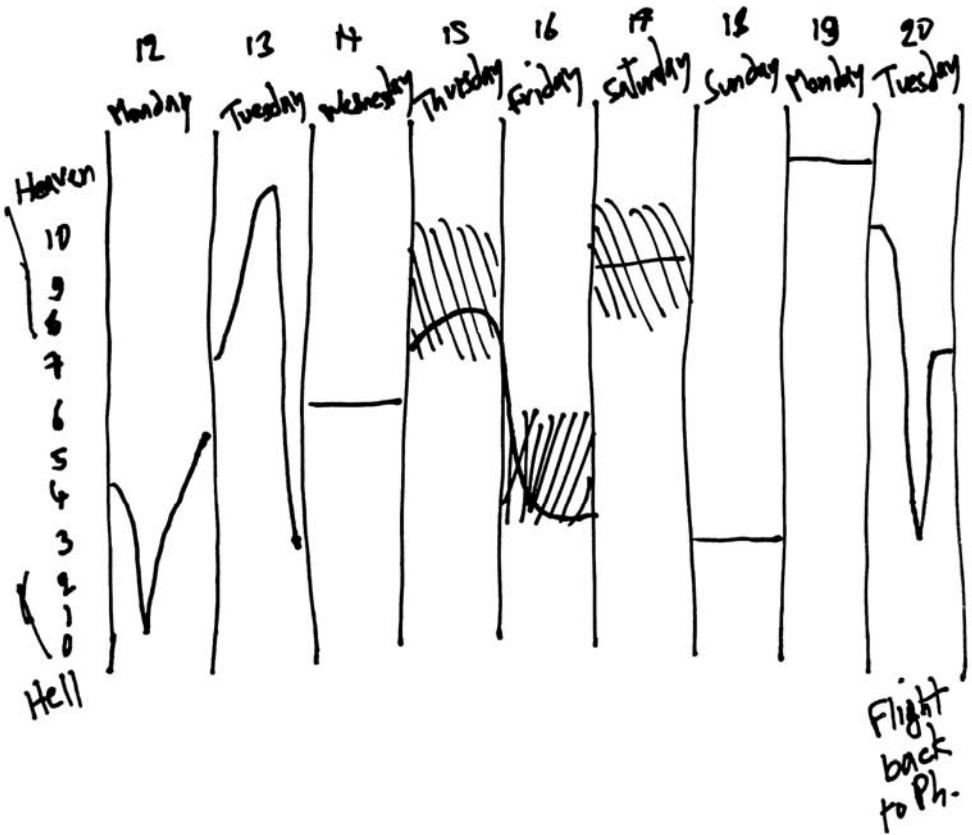
Hopefully the group can have it all

A group is an extension of the individual

Any moment shared is a peace of Heaven



New York Trip Schitzo Mood Swings :



Conclusion : What to hope for?
I am Happy I am breathing.

Become your own doctor. Learn to heal yourself. Be self sufficient.

Pursue the good ardently. But if your efforts fall short, accept the result and move on.

The only true Happiness comes from virtuous activities we learn to do wholeheartedly.

Do your best and be Kind.

We are our Habits.

Stay the course Blue Skies or Typhoons.

More notes while reading *The Art of Living* by Sharon Lebell

Favorite movie notes (:

The Matrix: "Some rules can be bent, others can be broken."

The Count of Monte Cristo : "I am a count not a saint."

I am Legend : "Listen, when it gets quiet, you can hear God's word."

Master and Commander : The Cello and Violin Duet

“Sabay sabay tayo aangat.”

Justin Sabijon

Here is a fact : We all rise together.

I alone am responsible for my own happiness.

And it is said I cannot make someone else happy.
but I want to try...

“Those who can't change their mind can't change anything”
George Bernard Shaw

“Don't be afraid to start over again. This time you are not starting from scratch, you are starting from experience”
Unknown

“What you do says what is most important to you.
Action expresses priorities.”
Mahatma Gandhi

Ho Hey - The Lumineers

[Verse 1] C I've been trying to do it right F/C
C I've been living a lonely life F/C
C I've been sleeping here instead F/C
C I've been sleeping in my bed
Am Sleeping in my bed C

[Verse 2] C So show me family F/C
C All the blood that I would bleed F/C
C I don't know where I belong F/C
C I don't know where I went wrong
Am But I can write a song C

[Chorus] I belong with you, you belong with me, you're my sweetheart C
Am Am G G
I belong with you, you belong with me, you're my sweet C

[Verse 3] C I don't think you're right for him F/C
C Think of what it might have been if you F/C
C Took a bus to China Town F/C
C I'd be standing on canal... and Bowery C
Am Am G G
She'd be standing next to me.

[Chorus]

[Bridge] And Love we need it now C
F F G
Let's hope for some G
F Cuz Oh, we're bleeding out C

[Chorus]

Velvet Underground - Sunday morning

[Piano Intro] G C G C

[Verse 1] Sunday morning brings the dawn in
It's just a restless feeling by my side
Early dawning, Sunday morning
It's just the wasted years so close behind

[Chorus] Watch out, the worlds behind you
There's always someone around you
Who will call, it's nothing at all

[Verse 2] Sunday morning, and I'm falling
I've got a feeling I don't want to know
Early dawning, Sunday morning
It's all those streets you crossed not so long ago

[Chorus] Watch out, the worlds behind you
There's always someone around you
Who will call, it's nothing at all

[Solo] G C G C G Em A7 D

[Chorus] Watch out, the worlds behind you
There's always someone around you
Who will call, it's nothing at all

[Outro] Sunday morning
Sunday morning
Sunday morning
Sunday morning

« Allez tranquillement parmi le vacarme et la hâte, et souvenez-vous de la paix qui peut exister dans le silence . Sans aliénation, vivez autant que possible en bons termes avec toute personne. Dites doucement et clairement votre vérité . Écoutez les autres, même le simple d'esprit et l'ignorant ; ils ont eux aussi leur histoire.

Évitez les individus bruyants et agressifs, ils sont une vexation pour l'esprit. Ne vous comparez avec personne : vous risqueriez de devenir vain ou vaniteux. Il y a toujours plus grand et plus petit que vous. Jouissez de vos projets aussi bien que de vos accomplissements. Soyez toujours intéressé à votre carrière, si modeste soit-elle ; c'est une véritable possession dans les prospérités changeantes du temps.

Soyez prudent dans vos affaires, car le monde est plein de fourberies. Mais ne soyez pas aveugle en ce qui concerne la vertu qui existe ; plusieurs individus recherchent les grands idéaux ; et partout la vie est remplie d'héroïsme. Soyez vous-même. Surtout n'affectez pas l'amitié. Non plus ne soyez cynique en amour, car il est en face de toute stérilité et de tout désenchantement aussi éternel que l'herbe.

Prenez avec bonté le conseil des années, en renonçant avec grâce à votre jeunesse. Fortifiez une puissance d'esprit pour vous protéger en cas de malheur soudain. Mais ne vous chagrinez pas avec vos chimères. De nombreuses peurs naissent de la fatigue et de la solitude.

Au-delà d'une discipline saine, soyez doux avec vous-même. Vous êtes un enfant de l'univers ; pas moins que les arbres et les étoiles, vous avez le droit d'être ici. Et qu'il vous soit clair ou non, l'univers se déroule sans doute comme il le devrait. Soyez en paix avec Dieu, quelle que soit votre conception de lui. Et quels que soient vos travaux et vos rêves, gardez dans le désarroi bruyant de la vie, la paix dans votre âme. Avec toutes ses perfidies, ses besognes fastidieuses et ses rêves brisés, le monde est pourtant beau.

Prenez attention. Tâchez d'être heureux. »

Max Ehrmann (1927) ou la légende de Baltimore.

"GO PLACIDLY amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy."

*By Max Ehrmann (1927)
or the Legend of Baltimore*

“We are all a little weird and life's a little weird, and when we find someone whose weirdness is compatible with ours, we join up with them and fall in mutual weirdness and call it love.”

Dr. Seuss

“I want to paint your beauty for you
In which the woman merges with the
girl.”

Baudelaire

Thank you for your love, please help
me make it grow.

The Beatles - Here comes the Sun

[Chorus] $\begin{matrix} G \\ G \end{matrix}$ Here comes the sun $\begin{matrix} A7 \\ A7 \end{matrix}$ [Riff 1]
Here comes the sun
And I say, it's alright $\begin{matrix} G \\ G \end{matrix}$ [Riff 2]

[Verse 1] $\begin{matrix} G \\ G \end{matrix}$ Little darling, it's been a long $\begin{matrix} C \\ C \end{matrix}$ cold, lonely winter $\begin{matrix} D \\ D \end{matrix}$
Little darling it feels like years since it's been here

[Chorus] $\begin{matrix} G \\ G \end{matrix}$ Here comes the sun $\begin{matrix} A7 \\ A7 \end{matrix}$ [Riff 1]
Here comes the sun
And I say, it's alright $\begin{matrix} G \\ G \end{matrix}$ [Riff 2]

[Verse 2] $\begin{matrix} G \\ G \end{matrix}$ Little darling, the smiles $\begin{matrix} C \\ C \end{matrix}$ retreating to their faces, $\begin{matrix} D \\ D \end{matrix}$
Little darling, it seems like years since it's been here

[Chorus] $\begin{matrix} G \\ G \end{matrix}$ Here comes the sun $\begin{matrix} A7 \\ A7 \end{matrix}$ [Riff 1]
Here comes the sun
And I say, it's alright $\begin{matrix} G \\ G \end{matrix}$ [Riff 2]

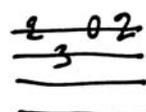
[Bridge] $\begin{matrix} Bb \\ Bb \end{matrix}$ $\begin{matrix} F \\ F \end{matrix}$ $\begin{matrix} C \\ C \end{matrix}$ $\begin{matrix} G \\ G \end{matrix}$
Sun, sun, sun, here it comes

[Verse 3] $\begin{matrix} G \\ G \end{matrix}$ Little darling, I feel the ice $\begin{matrix} C \\ C \end{matrix}$ is slowly melting $\begin{matrix} D \\ D \end{matrix}$
Little darling, it seems like years since it's been clear $\begin{matrix} D \\ D \end{matrix}$

[Chorus] $\begin{matrix} G \\ G \end{matrix}$ Here comes the sun $\begin{matrix} A7 \\ A7 \end{matrix}$
Here comes the sun
it's alright $\begin{matrix} G \\ G \end{matrix}$

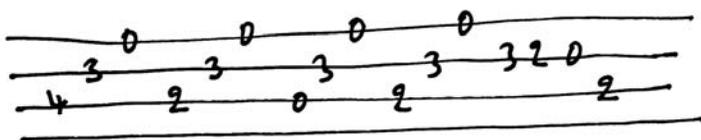
[Ending]

Here comes the sun tabs: Low G concert Ukulele

Riff 1:  Intro G C D

Chorus G D A7 G ↓ ↓ ↑ ↑ ↓ ↑ (strumming)

Riff 2:



Bridge:

B \flat F C G
↓ ↓ ↓ ↓ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

Ending

B \flat F C G


Take note.

Taking notes:

Allows you to see your thoughts.

It records your history and interests
and is a support for your memory.

BOOK 5



Quitting cigarettes Journal

The most addictive drug in the world

The Endeavors and challenges we decide to take as our mission of self improvement, can be hard, even extremely hard. One may ask himself, why oh why am I not applying what I am decided to do? Still always do your best and give yourself missions and goals that fight towards making your good life real.

May happiness and meaning find you in your journey. And may God be with you.

07/16/2018

I've been smoking since I was 17 years old, on my worst years because of depression I would smoke 5 packs in a day. This means I was basically smoking from waking to sleeping with about 5 minutes in between each cigarette.

I've recently gone down to 2-3 packs a day, with occasional days braving one pack a day. Today I have to quit smoking for my fiancé and for my future child. The decision is so hard to take, and I have seen myself decide on quitting many times this last 3 months, but I have not lasted more than a few hours each time. At around 4:30 pm today I quit smoking with the intention to give up for good. It is now 8pm, and I see myself changing my mind about my decision, I'm thinking there is not much harm in smoking or that I can quit next week.

Smoking allows me to escape the present situation, and the company I am with who doesn't smoke... It gives me a private space where I can be alone or with other smokers, it is a place I am comfortable in. A big part of me thinks I should quit, that quitting will solve most my problems and help me to be happy in a more permanent and stable way.

As the crave is hitting, all I can think of is to let go and walk out to buy a pack so I can smoke away. I want to smoke because it is an activity where I feel good, and I am free to wander in my thoughts. I've realized though that the thoughts are quite simple, I go through past moments and replay them in my head, I judge myself either good or bad, when in the bad ones I am hopeful praying for salvation or forgiveness and in the good ones I am very happy about myself, it is a form of mind masturbation pleasure which I know now serves no point. In this moment I miss smoking so much, I want to stop doing anything and take a break and be doing nothing but smoking. Smoking is easy meditation.

It's a support for the thoughts happening; every puff punctuates the body of thoughts and gives them a bit of foundation, and anchors, or time marks that allow for long moments of pure thinking. In other words doing nothing much at all, and certainly nothing productive. As the smoke blows away so do the passing thoughts, they are actually not anchors at all, but more pretty clouds to look at that disappear as you create them. There is some beauty in this... It is support for day dreaming, but it is most of all an escape, an escape from the present.

I have just now after dinner just 4h after quitting, broke yet again my vow with little remorse, I have bought a pack and chain-smoked 3 cigarettes before writing again...

It has kept me alone, separated from the ones I love most : my family. I haven't learned to just be with people and be peaceful. I am near them but I am alone in my thoughts. Chain-smoking is the ultimate tool against boredom, it pushes you away from everyone else and it makes you secure in being alone, comfortable in your misery.

I must quit indeed, I must go through the pain of withdrawal and the pain of having to deal with life without ever having a break from it, a cigarette break.

I must pick a quit date, and I must be ready for it. The day must be meaningful enough never to be forgotten, I think this will help in securing success. I chose Sunday next week July 22 2018, July which is my father's birthday month 22nd for my birthday, which happens to be the first date of our baby's 2nd trimester of gestation. It is a date which represents family, I am doing it for them for my wife to be, and for myself and the responsibilities that come with being an able respectable parent and husband.

It is a sacrifice for me and for my family; it is time to take responsibility of growing up, to face this fear, to face the world without this drug. I can do this and I shall. I will say goodbye to the good things about cigarettes. And I shall stop stinking up the environment of my loved ones. It will be painful but it will be something good.

This week I shall practice not smoking 4h after waking up, and I shall go to my friend Dondi's birthday and not smoke this Wednesday. Sunday will be a smoke-free day.

As I drift away for a moment, failure is already an option... my mind doesn't even have hope anymore... it already finds ways of postponing quitting.

The only way is now to slowly reduce my smoking, in truth it is the most repeated advice I have heard of over the years.*

I must from now on count every cigarette, and make a serious effort to reduce my smoking with the inevitable, eventual quitting...

* Void and unenforceable advice. 2 options: continue, or stop. No middle ground - cousin

07/18/2018

After heroin and cocaine, cigarettes are the most addictive drugs; they can be bought at every corner so they are constantly available. The only way to stop is to make up your mind on quitting, be sure of it. How? Well it is different for everyone.

For some reason today I am ready, I do not need a special plan or particular date that should bring me salvation... It's just that today I had enough, enough of wasting my time, enough of the guilt, I have enough of being selfish.

I am done with this selfish pointless pleasure.

I am multiplying time...

There is so much more room freed up... for art, for work, for family, for love, and peace, and simple happiness. The simple pleasure of being responsible and finding dignity as an adult, a man, a human that has reach his turning point and has finally grown up.

07/19/2018

Fail... I'm thinking of a plan, something reasonable.

Sunday 08/05/2018

13h15:

Since 3 days I have been sick with high fever and a cold, it's my 3rd day on just a pack a day, I do not want to go over that anymore, in fact today's goal is to reach 15 cigarettes the ultimate record if I succeed.

Cigarettes are hurting my surroundings. Yes it is a selfish and evil pleasure for those around me. May I quit soon.

08/07/2018

I manage to smoke 16 on Sunday, even if not succeeding on the target I was so happy with myself I gave up trying the next day and finished 2 packs. My flu went away maybe thanks to that rest and I enjoyed my smoke day fully. This is terrible. Today was a bit better, I smoked 32.

Target for tomorrow is 16, I shouldn't fail and preparing mentally, for the eventual permanent quit.

The date should have meaning, it should be soon... I'm choosing Assumption 15 of August, for the baby my Mom and my wife Jeona. I've been thinking about the date. But my memory is so selective, and on my bad smoking days, it's like I've never thought or written any of this...

Target for tomorrow is 8 cigarettes what is left in my pack; there is no reason not to achieve this. I am not a slave to cigarettes, I am not trapped nothing is holding me from a decision; it has been done before me.

The question is why quit:

- 1) for my health
- 2) stop being a stinker
- 3) for my families health
- 4) To save money

08/11/2018

Afternoon:

It seems that every time I decide to quit, within a day or two my love for cigarette breaks takes over and my decision changes. Most of the time I see how smoking is a waste of time, but I am quick to forget about my quitting choice. These last 3 days I've been smoking my usual 2 packs, and the idea was that I could get by without quitting.

I satisfy myself with the fact that smoking is such a part of me, that for personal health, not quitting is the better answer, and quitting will result in such a lack of nicotine for my body that its health would deteriorate if I do stop...

Today as I look up to my ambition, I am drawn to stopping. My ambition is simple; it is aimed at how I live my days. It would be great if I could replace all the moments smoking with more productive things. I am amazed at how everyone around me, can go from one activity to the next without the need for a break. Yesterday my wife went from 2h of printing at the mall, to cooking with me for an hour and half. We then ate our food, then without a break she did the dishes while I took a few smokes before helping finish. After that she went straight to working on her art for 2 hours. My day with her was quite full, but it was full of cigarette breaks.

When there is an opportunity to do nothing, when something was just finished, I take the opportunity for a few cigarettes, they are well deserved, it seems, each time.

At sundown after dinner, it is usually time for a full break. I dress in my house clothes, and most of the evening is spent in contemplation, with some smokes and a big never-ending glass of kalamansi.

A part of me wants to stop but a big part of me is quite satisfied with giving in.

Questions:

Can I live a healthy successful life as a smoker?

Can I bring up a happy family as a smoker?

Can I keep my surrounding healthy as I continue to smoke?

Is all my compromise enough?

I know it is only a matter of time before I buy my next pack but for now I am happy writing and not smoking. I am also happy, half a sleep in bed, on the treadmill (when I get on it), in the car with my wife, at the mall, at the office working. I have come a long way from my worse days of smoking and now take pleasure when doing things, even without a cig for a while longer...

Now without a pack in my pocket I want to continue a while without it, not too long though... I am done journaling in this moment, so what now?

Evening:

It's now the evening following a meeting with doctor Aquino (my Tabacologist), I told him about my smoking habits, and my new family starting. He sees the progress, and urges me to continue as he believes I can do it. I can drastically reduce he says.

And so continues the quest... Everyday must be a fight if I am to succeed. There is no way of stopping without passing on every cigarette I possibly can. Yes it must be possible.

I must count every stick. I seem to continuously come back to 40 cigarettes; I must go down to 20 on average. Good luck to me.

08/28/2018

I've given up on quitting... since two weeks I averaged 2 packs and a half (50 sticks). I harm my surroundings it seems as some of my closest relationships are truly not understanding of a need to smoke. I am a door mat, because I smoke. And I must deserve it. I may be here for people to wipe their feet as they go and leave me be. I may deserve it, smoking is not so bad or it's terrible. I'm not sure. Can I stop? It's possible that I cannot anymore... Most of my fears have left me... I am a man I think by now, but certainly not perfect. The fear is gone and I must listen to reason only. My issue is I am not sure. I've seen parent smokers with healthy babies... I've heard of centennial tobacco aficionados. Am I egoist? Am I weak? Or is it just too late? I agree that it must be a smokers goal in life to quit, but what if I have time?

If I lose the ones I love, there will be a reason. But from my position, leaving me because I smoke seems a bit over-kill... We deserve our lives. For now, I am a smoker, I'm not so bad.

I know it can't be so pleasant but is it really that terrible? How dangerous is this act? All I see, is that for decades, the world has been chain smoking... in air-planes, at the office, in schools.

I have a baby coming... Tribes or Indigenous Peoples (the essence of humanity) all over the world are accustomed to using Tobacco and other herbs, smoking them for recreation. I am facing a dilemma here. Do I deserve to lose the ones I love because I smoke? How bad is this habit? What are the exact statistics of dangerous sicknesses due to second hand smoke? I hope I do the right thing; I will always go outside to smoke... But how far must I go? I'll never know.

Can I quit? I don't know. The unknown is scary. I can't quit now, but I can make a little effort to reduce. I accept that I may be evil, but I hope not that much. I hope for a happy, healthy life for those around me. I don't know much, but I know that... I wouldn't mind it for myself either... But for now, I need a stick; it has been in my mind since I started typing.

It is 2:22 am 27/08/2018

I have decided to quit smoking.

I am keeping, and not smoking my last wish stick, and will find a way to preserve it, if and when I last a week and a day without smoking.

Mainly this choice I make for myself, everything we do is of self-interest isn't it? ... I choose to cure my disease, save myself from my nightmare, to keep my life, my dreams, my fiancé and our baby she carries.

I cannot choose what other people do, but I can choose this. I cannot ask other people, and be sure they'll make me happy, only I can make myself happy.

	1 day Aug. 28	1 week Sept. 3 rd	1 month Sept. 28 th	1 tri- mester Nov. 27 th	1 year Aug. 28 th 2019	3 years Aug. 28 th 2021	5 years Aug. 28 th 2023	10 years Aug. 28 th 2028	3 years Aug. 28 th 2048
Check	X	Fail							

08/28/2018

I lasted 36 hours without smoking, I have indeed failed back to cigarettes today, but I have also proven I can go a morning, a whole day, and an evening without a smoke. The lesson learned is that with a motivated decision I am able not to smoke. I got up this morning, without a second to spare, and managed to get ready in 15 min to make it on time, at the other side of town, for our marriage counselling meeting (needed for our license to marry). I didn't need my usual 10 cigarettes to get out of my slumber, and was fresh and ready after a shower and a coffee. The day before, I spent a whole day with Jeona cigarette free – what a great way to celebrate National Heroes Day this 27th of August.

I need to surf this new found hope. Reduce my cigarettes and at least go a week off Tobacco.

I must, and I will be able to create a smoke free environment for my son this coming January. I have to find a way to make this happen.

08/30/2018

More lessons learned from the recent 36h cigarette free day: during this time I chose to quit, it's not that cigarettes suddenly stop being wanted. I had that day many craving but every time I would push away the idea, I would choose not to give in. I had decided and therefore it wasn't too straining mentally, my decision was such that I could choose not to smoke even during a craving, my decision was strong. I should be able to apply this to every day, and definitely I should smoke less.

Tobacco is pollution for non-smoker, it is a pain.

10/17/2018

Today will be the day, there is nothing to say. I will endure, and I have decided. It's a simple choice in the end... The decision is taken, the difficulty of the matter has been studied and experimented with, I'll let the future speak for itself:

	1 day Oct.17 th	1 week Oct. 24 th	1 month Nov. 17 th	1trimester Jan. 17 th	1 year Oct.17 th 2019
Check	Fail				

	2 years Oct.17 th 2020	3 years Oct. 17 th 2021	5 years Oct. 17 th 2023	10 years Oct. 17 th 2028	30 years Oct. 17 th 2048	60years Oct.17 th 2078
Check						

Quitting Smoking is a hard nut to break

Notes:

It's not that I'm not trying

Will first run away flying

Till death do us part

Even if I ain't scared of dying

Not really-, really not what what for I am aiming

Is this acceptable, is it a wrong turn,

Is it terrible sinning?

May a wish come from this pack's last smoking

A good Brother

A good Son

A good Husband

A good Father

*Smoking is a waste of money a waste of time a waste of health.
The only proper wish one can make from a last stick is to quit for good.

BOOK 6

An Illustration of Hopes and Fears





Person



Follow



Crowd



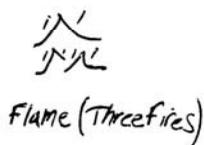
Big



Fire



Hot (Two Fires)



Flame (Three Fires)



Tree



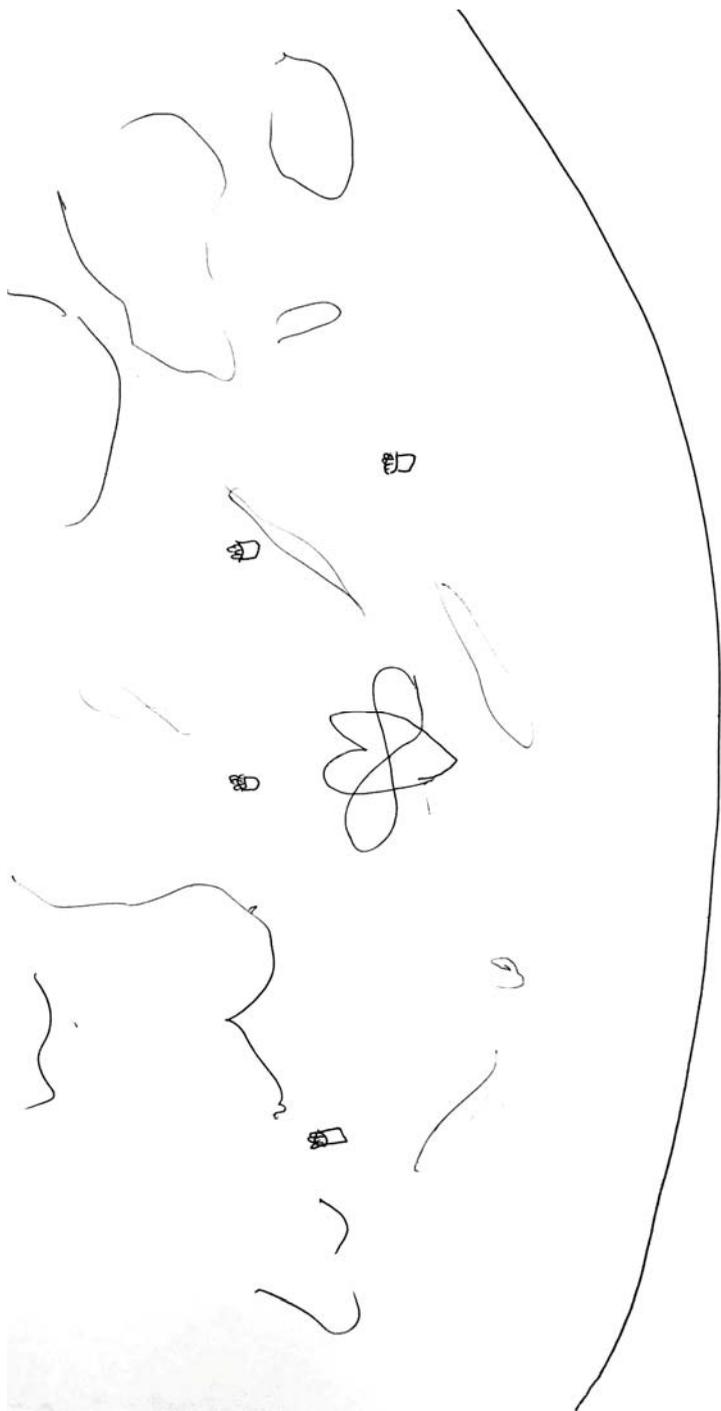
Woods

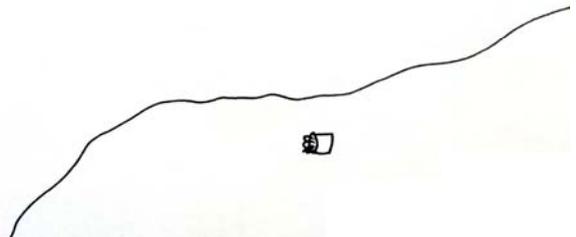
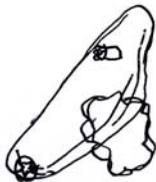
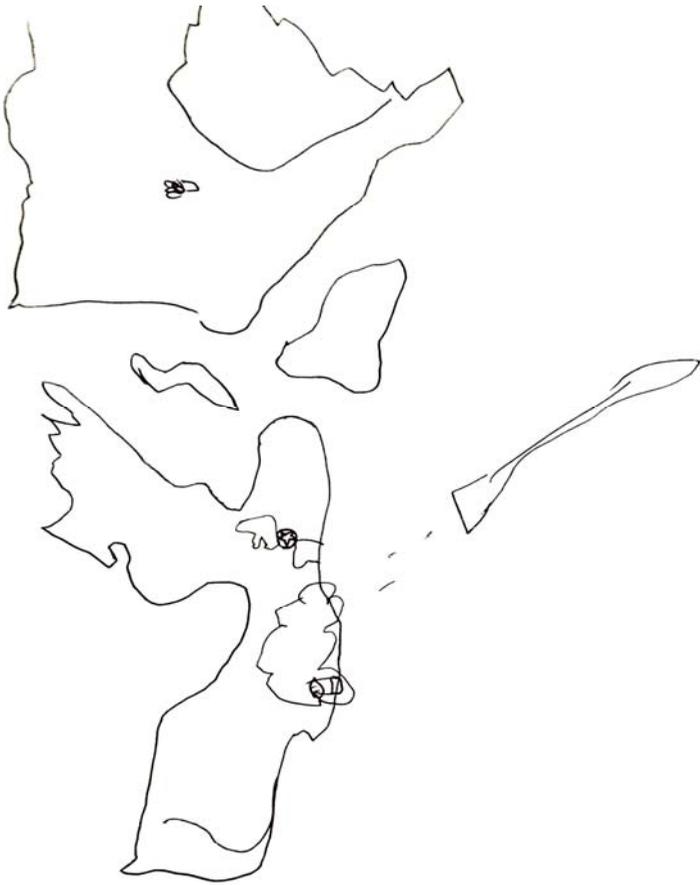


Forest

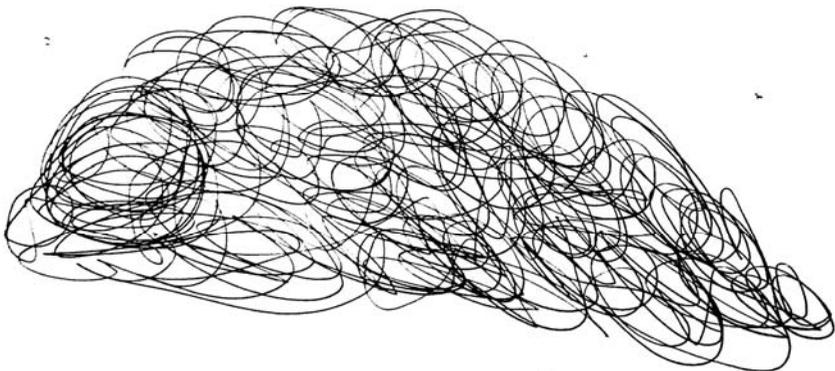
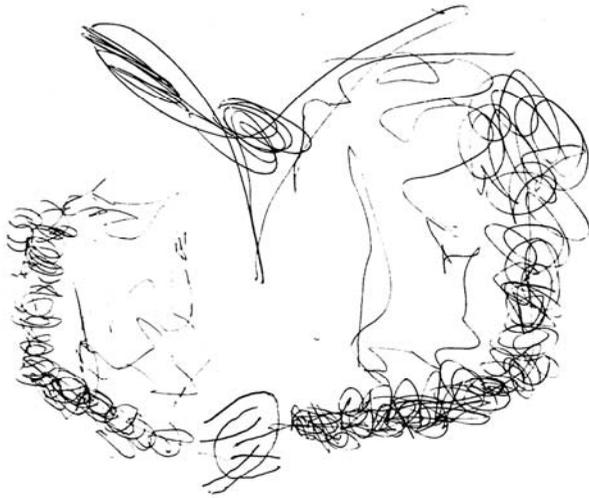
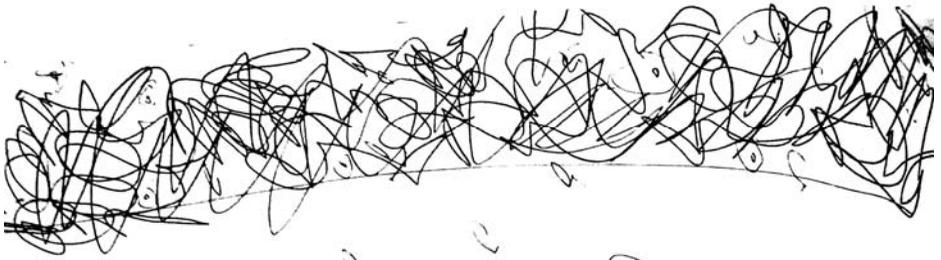


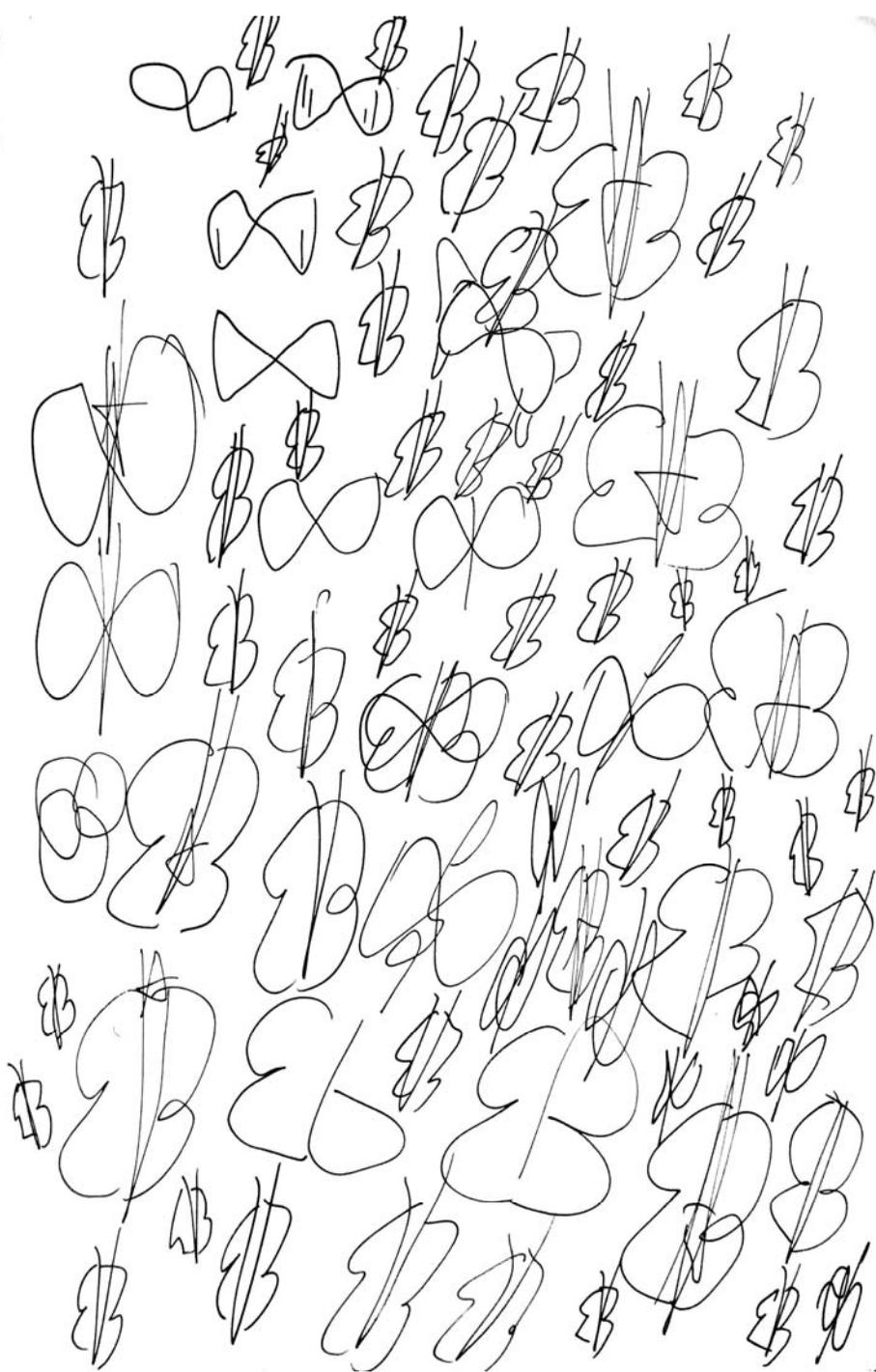
Foundation
(plank below a Tree)





* The moon today, connecting us, my wife in Taiwan and me in Manila





Destiny Calls

Enjoy
the
Game

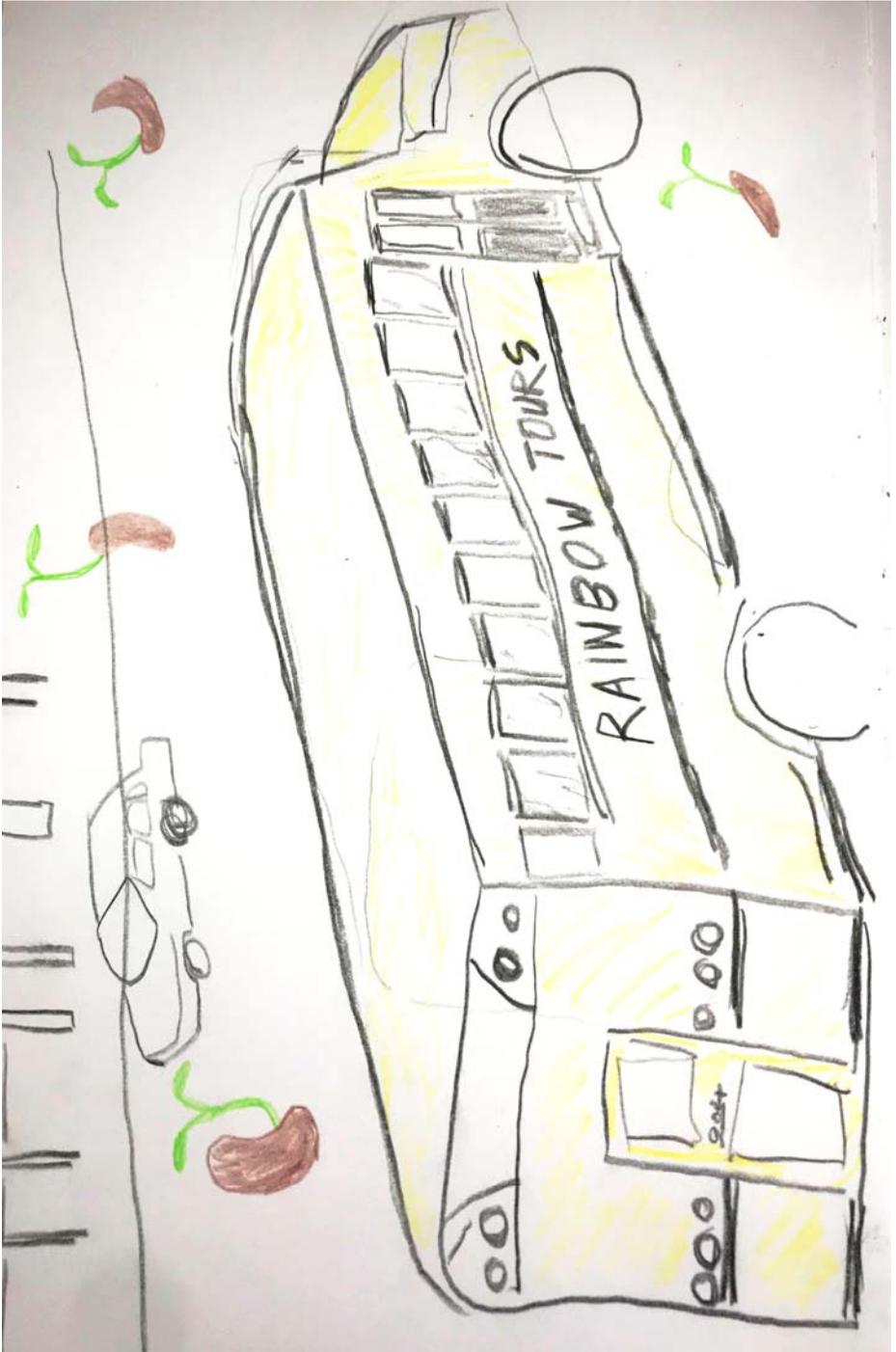
become
ONE

stop inside
your
reflection

Womens highest calling
is to lead a man back
to his soul

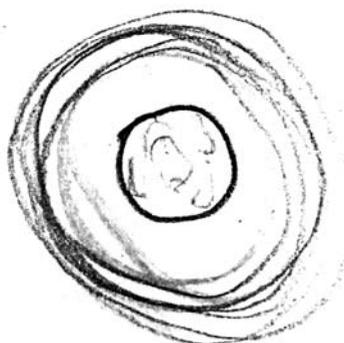
Man is just
a mirror in Love







- book TS&FLAS NBS
- Misc ^{in page} EAOT
- Art Painting - Installations - Sculptures
- Music Jam - Record 1st Album.



Appillon Lune Art en cik

A Butterfly

Moon

Schitza

Rocky

Feal

writing

Rambert

Bulls Sex

Painting

Dreams

Different

Kiss, bridge

Mountain Road

Missing links

Last connector

Full circle

Periferique

Bed Vision

Art

Bridge

Music

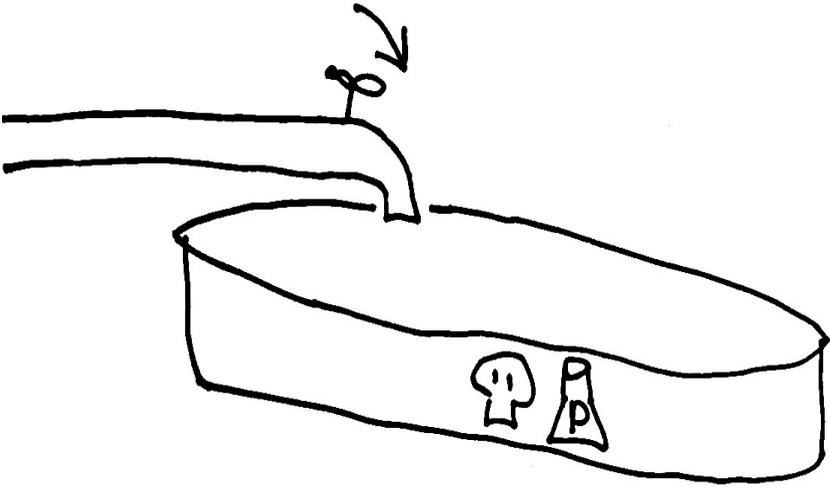
Word

The Goal For Art is to implant ideas solidly in
the world and it's general consciousness.

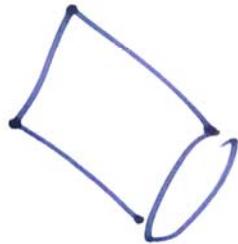
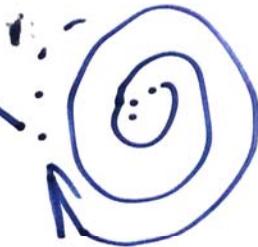
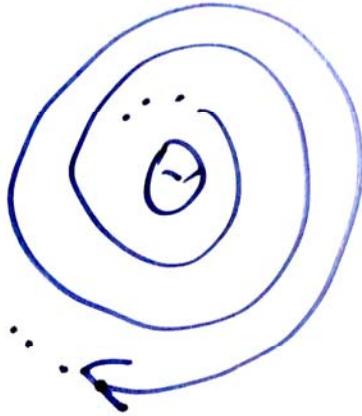
- 1) History of the world
- 2) History of Humanity.
- 3) ~~Love Peace Happiness Growth~~ → Love Peace Happiness Growth →
- 4) Environment
- 5) Culture
- 6) Science
- 7) Sports (Important)
- 8) Healthy Food.
Technology.
- 9) Sex

[...]















-SERBIDIO- -ORAS-
-PAGIBIG-INSPIRACION-



Mag bigay Tayo ng konting

Service (Give) Time
LOVE INSPIRATION

Numbers:

1 2 3 4 5  6 7 8 9

42 10 11 12 13 84 14 15 16
17 18 19 666 20 21 22 23

24 25 26 27 3:00 28 29 30

31 32 33 22 34 35 36 37 38 39 40 41 42 43

44 45 46 47 48 3⁴⁹ 14 16 50 51 52 53 54

55 15:00 56 57 58 59 60 61 62 63 64 65

67 68 69 70 71 72 73 74 75 76 77 77

78 79 80 81 82 04 83 84 85 86 87 88

89 3 90 91 92 93 94 95 4 96 97 98 99

100 101 102 103 104 105 106 107 108 109

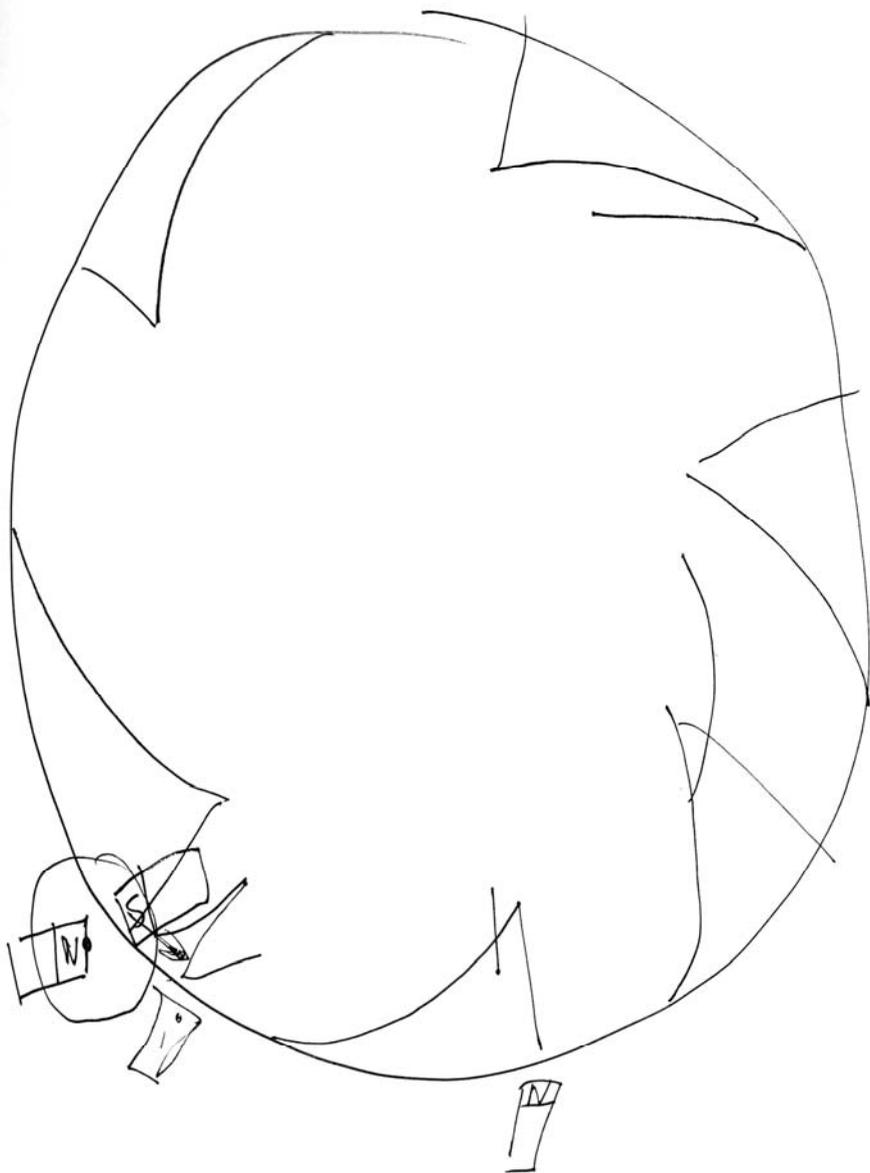
110 111 112 113 114 115 116 117 118 119 120

121 122 221 442 854 15945

51530 84770 100000 200000

300000 400000 420000 422084 42.000.000
1.000.000 ∞





Free Energy ???

Puerto G.
Precipitations



$$= 15 \times 125$$

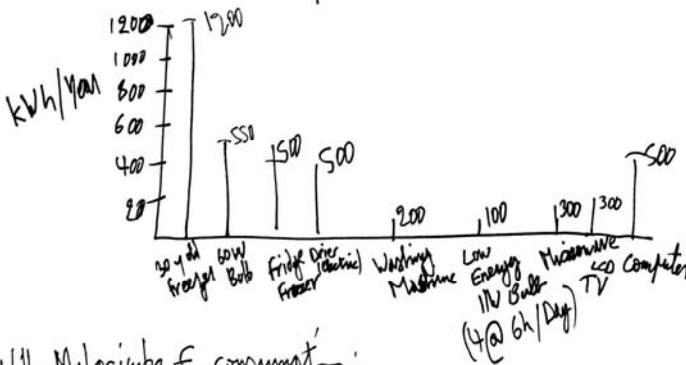
$$= 1875$$

$$\frac{1875}{12} = 156.25$$

Water collected
on 100m² / year
= 1500 m³
= 1,500,000 L
or kg

Water
Daily consumption
/ person / day
0.5 m³ = 500 L

17 person
daily use.
744 MJ



AC / Room
3000 kWh/yr

Rice Cooker
150 kWh/yr

Villa Malasimba € consumption:

40 bulbs	4000
WM	200
6 PC	3000
2 Fridge	1000
Microwave	300
Total	8500 kWh/Year

$$1,9 \text{ Mkg} - 40 \text{ m}$$

$$1,9 \text{ Mkg} \times 9,8 \text{ m/s}^2 \times 40 \text{ m}$$

$$= 745 \text{ MJ} / 3600$$

$$= 206,888 \text{ Wh}$$

$$= 207 \text{ kWh}$$

Malasimbo Water Source 40m above house:

$$1 \text{ L/min}$$

$$60 \text{ L/h}$$

$$1800 \times 600$$

$$1920$$

$$750 \text{ L/Day}$$

$$500 \times 365 \times$$

$$150,000 \text{ L/Year}$$

$$273,750 \text{ L/Year}$$

$$273,750 \text{ kg}$$

$$\times 9,8 \times 40 \text{ m}$$

$$= 107 \text{ MJ}$$

$$= 29 \text{ kWh}$$

$$235 \text{ kWh / Year}$$

= ~~10~~ 10 light Bulb... Toute l'année.

Free Energy in little quantity.

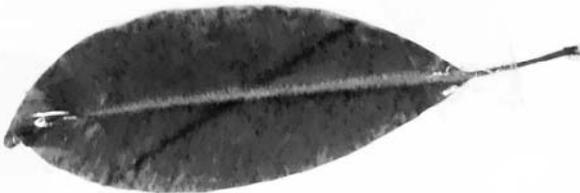


*scale 1/2



Coffee

Chiko Noyendo ~~Chikungu~~





Balimbing

*scale 1/2



Calamansi



Neguelos



Jack fruit



TAMARIN

*scale 1/2



The Moon Today

Chirco : January - May

Sampalok : November - January

Avocado : Feb - ~~May~~ July

Papaya : ~~Jan~~ - April

Pina : April - July

Sineguelas : April - ~~May~~ May

Dubai : March - July

Makopa : May - July

Balimbing : August - Nov. (Spotted May in Malasimbo)

Langka : March - May

Atis : July - November

Suha : Jun - November

Guyabano : April - May . July - November

Kalamansi [^] Sept. - October
Jun - July .

Manga : Jun - July

Melon : Jan - May

Pomelo : All year

Guava :

coconut : All year

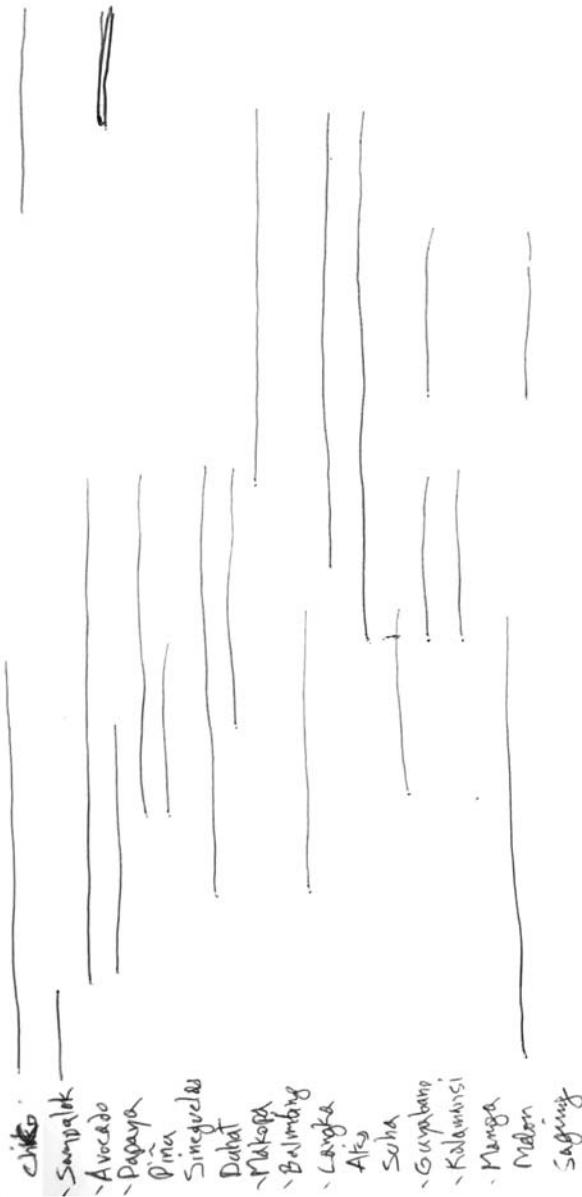
Banana : All year

Papaya : All year

*Villa Malasimbo Fruit trees

**Mistake: Papaya season is March to July in the Philippines

Jan Feb March April May June July August Sept. Oct. Nov. Dec.



Love Methode

- Loves Grows and overflows -

- * I love my body I treat it well, I nurture it,
feed it ~~well~~ ^{good things}, maintain it, rest properly
- * I love my mind I think positive, feed it interesting knowledge
I listen, I am present, I remember
- * I love my soul I remember my story, I see all the good
I am fully ~~filled~~ and sufficiently
a decent human.
- * I love my work
and my responsibilities I do more than I am
asked, I am eager to help
and participate
- * I love my Family I see all the good and uplift it
I am grateful
- * I love God I am grateful for my life
and the chance to walk the
earth in these shoes, I am grateful
for everything in my life.
- * I love life I see the beauty of life and how
lucky every plant and animal are
to be Alive.
- * I love Humans I see the beauty of Humanity in its
whole, and the chance we have to
be Human, I am happy
and grateful to connect, exchange and
grow love with the people I know.

I

see this, I remember it, I integrate
it in my conscious, subconscious, and superconscious

On my good days and on my bad days
I remain humble, and driven to maintain this
awareness and goal: that love may win

That love is the only measure ~~A~~ worth
living for, that everything is love.

That it is infinite.

It brings out the best in myself and the world

It is contagious and where it lacks, love
spreads and fills the missing ~~wholes~~.

Love will cure all human
issues.

I will be part of this Love

For I for one ~~am~~ ^{am} grateful for the universe
and being a part of it.

Thank you beautiful odds.

- [I forgive the world for past pains
- [I ~~am~~ aware of past lessons
- [I do not wander in the future.
- [I have faith in God and myself to create a good future.

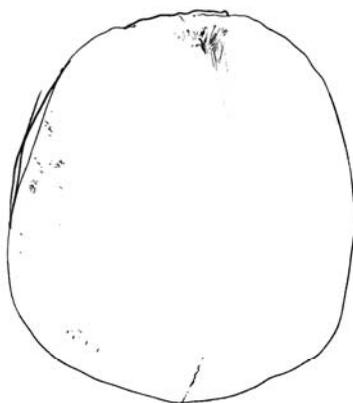
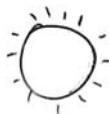


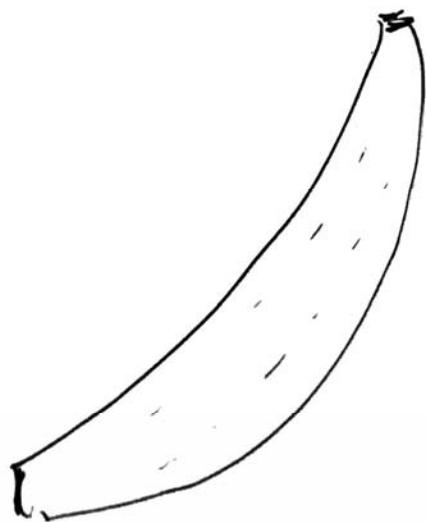
I am Greatfull for the now
the opportunity to be here today
and do my best possible actions, attention
motivation, love and choice.















|) first

|) last

1 2 3
check

* Shape of the moon in her cycles up in the northern hemisphere

|) (p) premier quart = First quarter

(| (d) dernier quart = last quarter

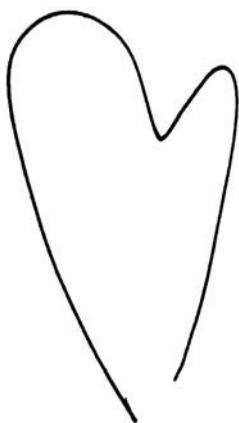
The End

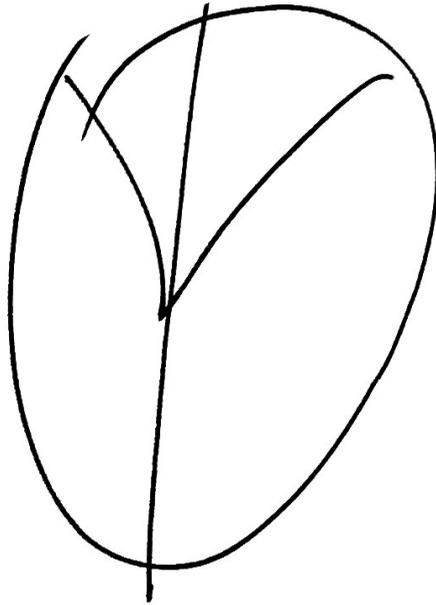
is The Start

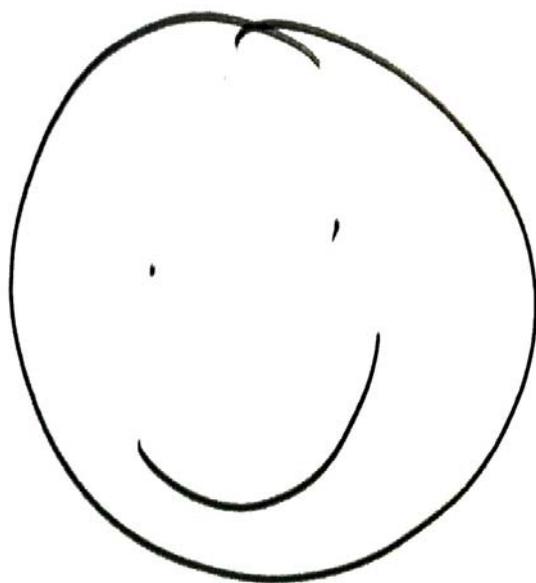
of something New.













Energy can be harnessed.

A smoker can quit smoking.

A weak soul can learn to govern itself.

A lazy person can become hard working.

An unhealthy person can start to live a healthy life.

A schizophrenic can cure himself.

And a man can create a good life for himself.

It's been done before you can do it too.

BOOK 7



Applied Philosophy

Philosophy is a search for truth.
Truth is discovered, not invented.

"Wonder is the feeling of the philosopher, and
philosophy begins in wonder."
Plato

Experts that can help Heal a broken mind



Everyone needs a good foundation.

There is only one Truth, and the search for it is Key. To find it we must look for people with experience, people we respect who can give a little guidance.

All of us start small and inexperienced, so it is important for oneself to explore and look for ourselves.

A lost and troubled mind is usually missing the proper base allowing it to properly bloom...

We can find some help in the words of experts.

Our Elders who have found their truth only care to spread it, and find worthy pupils who can listen and grow.

Below you will find two philosophies which can lead you to a more solid foundation.

Feb 16, 2019

Bruce Harold Lipton (born October 21, 1944 at Mount Kisco, New York), is an American developmental biologist best known for promoting the idea that genes and DNA can be manipulated by a person's beliefs.

He is the author of the bestselling book, *The Biology of Belief*, and is a former researcher at Stanford University's School of Medicine.

The Biology of Beliefs: (See on youtube)

When a cell is in a dangerous environment it is in defense mode, life is hard. When it is in a favorable environment it is in growth mode, it blooms.

When in defense mode negative genes in the cell are activated, and when in growth mode positive genes are activated.

We humans are the same as our cells, but like a screen that comes in between our inner state and the outside world, our beliefs filter our environment.

Our thoughts regarding the environment will allow us to personally judge it as being dangerous or favorable.

The control we have over ourselves and our beliefs is the control we have over our genes.

Feb 16, 2019

Daniel Gregory Amen is an American psychiatrist, a brain disorder specialist, director of the Amen Clinics, and a New York Times bestselling author. Among others: Change Your Brain, Change Your Life (1998), Healing ADD (2001), Healing Anxiety and Depression (2003)

He has constructed a bank of 83000 brain scans.

The most important lesson from 83,000 brain scans: (See on YouTube)

Taking a brain scan gives the doctor a concrete way to give a right diagnostic.

He discovered people with psychological problems and also criminals, usually have brain anomalies.

Important ideas:

-A deficient brain properly medicated can get better.

-Better brains make happier more successful people.

-Anyone can improve his brain.

Quotes:

"When you change someone's brain, you not only change his or her life, you have the opportunity to change generations"

"Working without brain imagery is like throwing darts in the dark."

(Note : Brain scans are expensive, as are medications. Daniel Amen's brain scans have certainly provided great insight, one of them is that a man can heal his brain and make it better. I personally have improved and healed from schizophrenia with out yet having a brain scan.)

PS. Important rule: Respect your Elders.

Hopefully/maybe, you will one day be in their shoes.

And so be worthy of your age.

About responsibility



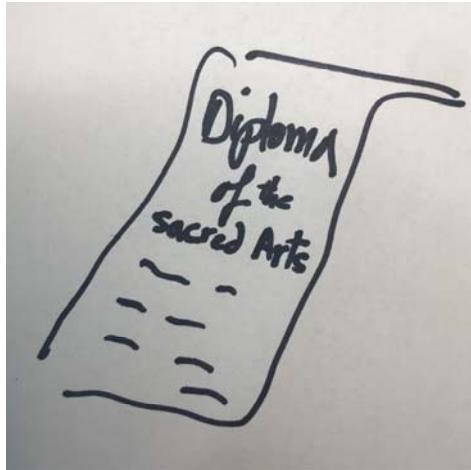
"The decisions that orient your life are not to be guided by others : you are alone at the face of your important decisions.

In this subject, you have not to act for the pleasure of others or to escape your parents getting mad at you.

You are the one that does the investment, pays the price, collects the fruits of your labor, and assumes the losses.

Taking full conscience of your responsibility, is the key to the independence to which you aspire."

Growing your mind



Every science, every subject in the school of life are opportunities for growing one's mind. Find your favorite ones, and never stop being curious. Every day is an opportunity to get better!

If you are not moving forward you are moving backwards... Take your time but do not let time pass you by. "How we spend our days, of course, how we spend our lives."*

Good Rules:

Read.

Have a sport you are training in.

Practice a musical Instrument.

* Annie Dillard

Feb 17, 2019

Psych-K and the Love Method:

There are thousands of ways to heal a soul, maybe as many as there are souls. And the knowledge of multiple diverse techniques make better healers.

Here are two methods in the foot steps of Psycho-analysis, methods that can help improve the Psyche.

There are those of us who worry a lot, this stress can be painful and can also hinder us in achieving our full potential.

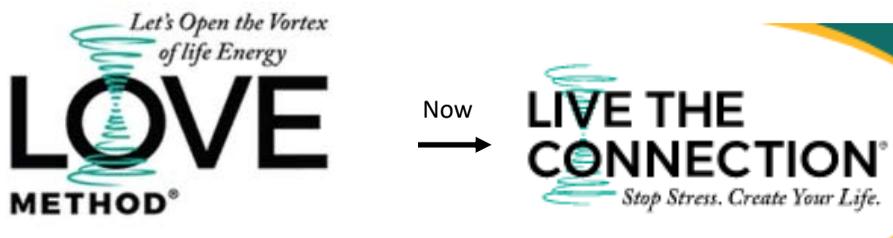
These methods can help a lot and here is my experience and description of these therapies for the soul.

Psych-K was invented in the USA, with the philosophy of adding spirituality to guidance counseling and psychology. I have truly been amazed by this generous invention... I am an electric engineer that has been dealing with schizophrenia. There are many ways to fix broken souls, each of these souls is unique and will need its own recipe of courses, books, self help and external help to mend, but if you come across Psych-K in need, it will be worth your time. Psych-K is a precise science, with tools to directly repair our psyche. It understands human problems well. And its practitioners are usually equipped healers.

Psych-K lets us access the subconscious self and allows us to do modification. Through simple muscle tests we can read inside the unconscious, and then repair the wrong thought processes, by exposing the mind to advantageous states of awareness and basic

realities of a healthy brain it has failed to consider.

Psych-K and Marina Riemslagh (creator of the Love Method, now: Live the Connection), with her knowledge of this science, has helped me find a better cleaner psyche, helping me achieve a better self.



PSYCH-K®

“ PSYCH-K is a set of principles and processes designed to change subconscious beliefs that limit the expression of your full potential as a spiritual being having a human experience.”

Rob Williams, Originator of PSYCH-K®

The time of the Golden Bow



The time of the golden bow - E.d'A.

We all long for a time where things work, when we achieve a way of being that is acceptable to the social and ethical rules of the world.

The time of the Golden Bow is a reaching of maturity, a time that follows winter, when the moon has reached its peak and now descends.

It's a time of reaping, a time of finding.

For all of us humans to get to this state, one will have successfully combated his demons, faced the great fears of life, and has come to a mature understanding of the world. He will have cultivated himself in his varied field of interest - allowing for a participation to the world, that comes with compensation.

It is a time of love and strength.

The golden bow will belong to those who believe in love, and in the triumph of good over evil.

Life



What is the meaning of life? Very interesting question and just as complicated.

To live, also means to die.

To live what does it mean? To eat, to poop? to Breathe? as plants do... To participate.

To move? to scavenge for food? to play? to pray? to be happy ? to be funny?

To be righteous? To be truthful?

To pass by?

To be born! To die. To live or have lived.

One could lose himself in such questions.

Many things have been said about life.

Life follows some rules. It has its ecosystem. It follows the physics of the universe.

To be responsible? Yes!

Oh life, wonderful gift.

Oh life, thank you for company.

Thank you for the Bees, the Butterflies, the Peach trees, and the Milking Cow.

Thank you for my friend the Dog, and my friend the Carabao.

You help me achieve much, and your company is truly something I am grateful for.

Maybe the true question is, who made life?

What made life, what decided the rules?

Life belongs to the Universe.

The Universe belongs to life.

Life resembles the stars.

The stars have sent us the atoms and building blocks necessary for us to live.

There are many galaxies in the Universe.

The odds make life possible.

Oh Beautiful, fragile, strong, ephemeral, enduring, magical chain of Life.

About Anger



Painting by Maria Jeona

Anger is not usually a solution, it is a feeling that eats you inside, and holding on to anger is like drinking poison and expecting your enemy to die.

It may come to you for multiple reasons but anger will never repair what was broken.

As Bob Marley said:

If you get down and quarrel everyday, you're saying prayers to the devil, I say."

The feeling of anger is usually an unstable emotion where one loses control over himself. And the use of anger will only lead to pain and destruction.

It is a bad life habit which will push people away from you and can hurt you severely in the long run.

But it is possible anger may have its uses... As a mature individual, anger can be a tool. The first use of acceptable anger, is self-defense, if you are attacked and if anger is used against you, being too accepting can lead to continuous mistreatment. And so it is important to show your strength, but remember that anger can be a vicious cycle, an endless chain of revenge which can lead to you digging multiple graves, for your enemy and yourself. More important than anger in this case is forgiveness... To understand and love your enemy is the best way to keep peace around you and within yourself.

Anger can sometimes be necessary in education, for guiding a child, adolescent, or young adult. Although it is better to inspire and pull people up, there are certain cases where the emotion of anger well timed can be a good kick in the butt which can jump start an individual and push him towards good things.

Aristotle said:

"Anybody can become angry, that is easy, but to become angry with the right person and to the right degree and at the right time for the right purpose and in the right way, that is not within everybody's power and is not easy."

Yes useful anger is rare, it is not often needed, and may be hard to gauge. What matters to achieve it is to never lose your "control", and to be fully aware of yourself as well as the end goal.

To know it, is to be in constant control, to achieve it is to work on your peace, in other words to be angry-well is to "never" resort to anger. To be properly angry is not to never be angry at all.

These words of Yoko Ono can be of help:

"If I am angry I ask myself why I feel that way. And if I can find the source of my anger, I can turn that into something positive."

Siddhartha Gautama, the Buddha, said the following:

"Do not return anger with anger; instead, control your emotions. That is what is meant by diligence."

Finding true Love



The prayer - Colab, Maria Jeona & E.d'A.

What is true love ? True love is the love for that one particular person in the world with whom you decide to partner. It is the one way we have found that lets a human decide that this other person you meet in life will become your family. In ways it's even more powerful than blood ties.

It is a promise, a vow, it is a decision.

Such a decision comes with maturity. It is about knowing yourself enough to truly know what you want. So that if you find something good, and you make it yours, you will be ready to go the extra mile to keep it. Because everything good takes some effort.

The choice which is here made by two individuals, has to be common.

Both individuals see their partner as a match that can not be surpassed.

Are we equal? Does one of the individuals celebrate his partner more than the other?

A solid relationship, knows each other's strength, and accepts, and can deal with their weaknesses.

True love in our world is the happening of a successful marriage, or alliance, from start to the end of life It happens in the vastness of time; true love is only known by God. One can pray for true love, it only helps. Longing for in life, is a little bit like praying. It is an energy emitted into the universe. It creates a small force that one carries and to which the universe reacts. When one is worthy of such, the universe can materialize.

In death, and in every moment that leads to it. When true love is there, the two individuals create a bond, an energy that links them in time and space.

It is one of the life opportunities that is available to us humans. Such is a serious matter as it allows us to create life, human life. It is a common decision to bring young inexperienced humans to maturity. A choice to create life and be responsible for it together.

And life is a complicated matter, where one needs his full wits to survive and blossom.

This choice person is someone you can work with, and whose mind you respect, someone with whom you can choose together. And trust each other.

Its goal is to learn to make the union better, it is a new entity that lives and that both individuals guide as they themselves live.

PS. True love has much to do about love.

PPS. And History shows us that true love is possible.

PPPS. (Oct. 2020) My wife and I have experienced quite violent conflicts since the birth of our son. Hope for our couple has gone through very dim moments. But ours was a love marriage and I will follow Jesus Christ's advice regarding marriage. And continue to pray for our union.

PPPPS. You never know ahead if you'll make it, if you will reach your objectives, for the life you aim at. But if you work hard and never give up, you will give yourself a chance.

Big big world



Run by E.d'A.

Human connection is a magical thing, during our path through life finding someone you love is a chance.

There are many barriers to love: Difference of culture, behavior, color, ethics, capital, cleanliness, status, language... The fact that we are different leads to misunderstanding and incomprehension, and this can lead to fear, war, or indifference.

Racism, elitism, and all lacks in openness are the causes that push people to cross out entire groups of population out of their love list.

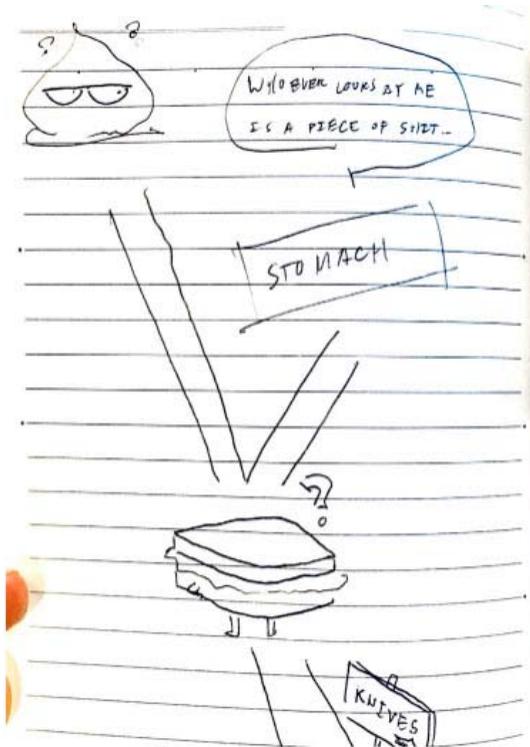
It is a terrible sin that limits one's horizon, and brings in negative karma onto oneself. But these fears are also understandable. A lot of us on this planet grow up with a very narrow view of the world, and as we grow we are brought up to encounter and discover new ways and different people. These novelties are bound to create some tension, surprise, and maybe disagreement, but it is important to keep the faith in our fellow human. It is important to not give up on any particular group. This is certainly ethical and generous, but it will also open up one's mind, opportunity, and understanding of the world.

We can remember that we are all part of the same race (as by scientific definition), we all deal with the same main problems, and rejoice to the same things. We are all different but we are also all the same.

The world is big, humans are many, the more open you are to difference the bigger the family.

Do not break people, because people are the most precious thing in our world of humans. To be open is to widen your horizon, to be open is to grow your world, and to grow your capacity to love.

Life and Choice



Drawing by Christopher Mangubat Sarmiento

Do we have a choice? If one is surfing through life why even ask the question... But if one is experiencing hardship it is quite interesting to ask oneself if he has chosen this life and if one actually has a choice in improving his situation.

Are we just constantly reacting to what the world puts in our way? Is that reaction, a construct of what life we had before? Are we programmed to react the way we do?

Certainly our choices are limited, the laws of physics for one extremely limits them.

Do we have a choice? Much seems to push towards the negative. Life may have very well made us what we are, good or bad... But this is far too sad an answer...

Choice is limited but choice is there. And freedom of choice can be harnessed. Control over our lives is something we can nurture and grow.

The first choice we have is the thoughts that we have towards what happens to us. When a man matures, he realizes he can chose how to react and even feel towards any given situation.

As a human if I had a choice, I would choose the good life.

I would want it all now, but that choice is not available.

Or is it?

I chose happiness and peace. And I have achieved more of it. Over the years of my adulthood I have slowly given myself that choice. It is an example of the choices I have made for myself.

Choice may be limited but it is there.

"I can choose to do today what I need to do so that tomorrow I can do what I want."

I can guide my life, direct it towards what I choose.

And I can improve my freedom of choice in time.

Failure or success is therefore a choice.

And I believe that even the weakest minds can learn to govern themselves.

“We choose what to do with the life that has been given to us.” *

Humans are free, humans have a choice.

I am the captain of my ship, and I guide it to where it goes.

Augment your freedoms in time:

Choose your thoughts.

Choose your prayers.

Choose your words.

Choose your actions.

*J.R.R. Tolkien

Am I the Anti-Christ?

Is this a relevant question?

Am I on the dark side of the force?

What is good and Evil? Is there such a thing?



Ghost in the mirror by E.d'A.

Some Philosophers say all evil isn't as bad as we may say it is? Depends what...

The history of the world is in us, it has shaped us, the messages of our precursors have shaped us and our world. The greatest of those who come before us, have entered our collective consciousness.

It is relevant to say I am Jesus or I am Siddhartha... but it is also relevant to say I am any of the tyrants that have walked the Earth, because their influence over the world, good or bad, has entered every single one of us.

We have lived their mistakes and their successes in our history, we learn from their experience.

If they are born again in our shoes they would either repeat what was good in their lives or change if this didn't help them in the long run to reach Heaven.

We are not perfect. This does not matter... But if one thinks he is the anti-Christ that has come to destroy the world, what then?

For one, the prophecy tells us he is bound to lose. He will first trick the world into placing high regard on his person, but will ultimately fail. This can't be a nice life.

But thanks to this message the world has hope. That if there is such a thing as good and evil, the force shall ultimately rise and create the heavens right here on earth.

Is this the end of time? Is this the cryptic apocalypse which the bible talks about?

Life will end, that is how life and the universe works. And death comes to each individual which participates in the great chain.

Everyone dies, and does it all matter when you are back to dust? A very old saying tells us, all a man has is his time. And in this we are all equal.

If I am the anti-Christ, I would hope for a good world. I would do my mission for the world to get to what it's worthy of.

The happier we all are, the better it is for each and everyone.

If I am the anti-Christ I am an active participator to the prophecy. And my evident failure is something I must live with. And so be it.

In the mean time I must do my best, and I am counting on myself.

I truly hope I am not the anti-Christ, I would rather live a long life. Get a glimpse of the beauty that we are destined to.

May the world of life, continue for a while longer, may it be on earth as it is in heaven.

May the prophecy come, may it be as heavenly as us happy kids could ever dream it would be.

Pray with me. May I be part of the long line that doesn't falter, that doesn't commit the unnecessary sin, in my life may I be good, may I be a positive ripple for the world.

This graph plots the findings of past temperature variation on Earth during the last 541 Million years before present. The graph is in a logarithmic scale which allows us to see detail in the present and at the same time see far into the past.

The line 0°C on the graph shows us the average temperature at present.

During this whole period life has been plentiful with a wide variety and evolution of Fauna and Flora.

Extinction of the dinosaurs happened around 65 Million years ago after having lived for about 200 Million years in a climate averaging 3 degrees Celsius higher than today. The temperature peaked at about 50 Million years ago soon after at a maximum during the Eocene Epoch (green on graph) 6°C higher than today's average.

Since then the temperature has been coming down. And at about 20 Million years ago, the two poles of the Earth have experienced an uninterrupted glaciation till present.

Now if we zoom in to closer to present,

During the last million years, the earth has been experiencing a recurring cycle in which glacier and inter-glacier periods succeed each other.

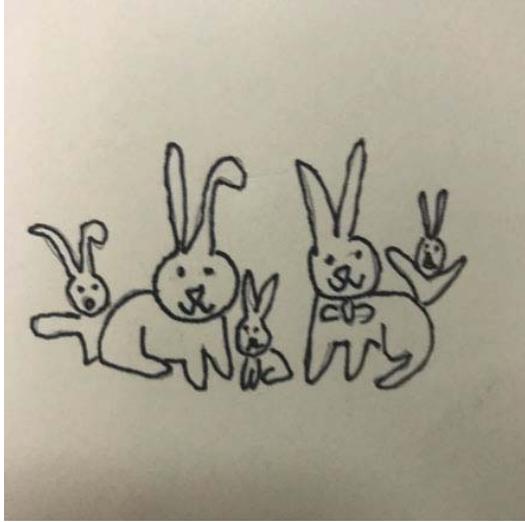
About 12 thousand years ago the earth came out of its last glacier period which itself lasted about 80 thousand years.

This cycle of a period of about 100 thousand years has been repeating for over a million years (this is due mostly to the variation of position of the earth as it rotates around the sun).

Humans (Homo Sapiens) since their apparition on earth about 200 thousand years ago, have therefore already gone through two cycles of glacier period (2x 80k years). During which the temperature was 2-3°C lower then today's average. Much of Europe and North America was covered in ice, and water withdrew from the oceans leading to a much lower sea level and to more land surfacing around the globe.

With out exact possibility to predict when, we know (almost for certain) that the Earth will experience this shift once again, and so humans will have to adapt as they are already used to.

Thoughts in the first steps of Parenthood



Parenthood has come for me quickly after I have found my partner. A solid couple is all one needs to do the big leap.

Being a parent is the ultimate responsibility, there are no trial babies, once the baby is in conception 9 months later a living baby human will be born and there will never be any turning back, and this is a responsibility for life.

One can never be fully ready to start the ride, but things like a financial situation, and proper maturity are key. A loving couple... A baby has needs that will just keep growing as it gets older.

But there is no right time for this.

I personally haven't given much thought about my situation (I should have planned ahead more for our needs...), but I was ready

to be a father and start a family with my wife, the mother of my child.

The nine months of gestation have given me some time. It was a big time of change which have allowed me to be readier the day our baby was born.

Our goal is to raise a good, happy, strong and able human. I am not always sure of everything but I keep faith. My partner has her own vision, and I have started this with her.

There is no turning back. Our Son needs the both of us. And if we can stay at peace (not always a given) we can create a good environment of love and harmony to help him grow up with the right tools for life.

I have made my choice, I love my wife and son and will continue to choose them. We are in this together, our son will be brought up with our two opinions, our two ways.

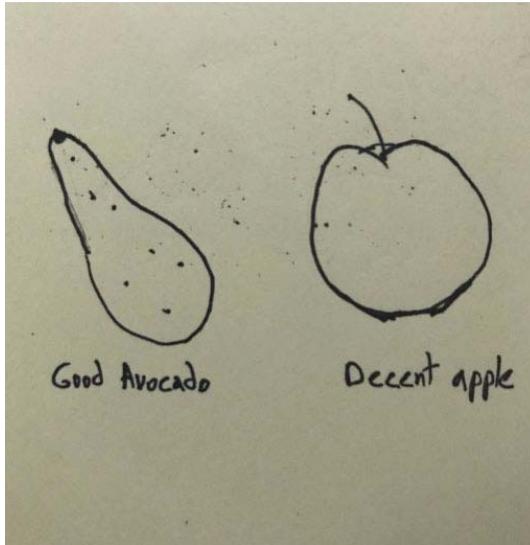
The birth of our son has brought in so many new important subjects, about which we disagree. We have discovered very different ideologies, and ways in which we resonate differently... It has been source of disagreement and conflict.

But it's decided, it's contractual, our little family is in this together.

PS. The greatest responsibility comes with great blessings.

PPS. The power of Christianity and religion has given me strength to endure, and keep hope regarding my end goal.

Thoughts on Judgement



Judging might be a part of growing up, it might be a tool for progress but it might also be a mistake.

A man can have advocacies and a moral code, if he is an idealist he can feel strongly about the wrongs of some.

Judging people puts them in boxes, where they are graded and categorized as being more or less good and bad.

Feeling strongly about the wrongs of others can be a good thing and a drive for positive change.

It can also be a painful activity that feeds the judger with constant negative emotion towards the world that surrounds him. Pushing him towards resenting the world as not being a good place.

People are free to do what they want as long as they are not hurting or hindering others. In truth, most of the world is filled with people who are just trying to make it in life, just enjoying being alive or trying to make a positive impact and all 3 are alright in my book.

I am happy and feel lucky to be a part of those people.

No one is perfect. To be alive, and to fight for your life, is much admirable.

How to rate people? And why?



What are the good traits of people? What are the best qualities you can find in your fellow man?

Certainly this is a bit different regarding our tastes and personalities.

Good traits you can rate people with :

Personality : sense of humor, humbleness, politeness, kindness, respectfulness, respectability, capacity to love, sociability, capacity for forgiveness, confidence, just/fair, generosity.

Ability : knowledge, know-how, reliability, hard-working.

Achievements : successful things produced and done, experience.

Able Body : pleasant looks, strong, flexible, enduring.

The universal truth is what is most important, it is also hard to talk about because it is so multifaceted (There are many angles to a story). The universal truth makes us all rise together, it includes the individual and the group. It makes account of all truths and facts. It is very important to be in phase with these truths of the universe.

Rating people properly allows us to grow in the right direction, and to improve our situation as individuals and as a society. By rating people correctly we can - as nations, institutions, or groups of any kind - elect the proper people to lead us to the right way.

Every quality also has its lesser traits, no one is perfect, we are all unique and different, and variety is a great positive trait of man.

In order we stay strong in the face of adversity.

For a general, de Villiers, the most able men in touch with this truth and those that should be prioritized are :

« The men of action who act like thinkers, who are thinkers that think like men of action."

Why are People beautiful?



Is it safe to say all people are beautiful?

Here are some random thoughts about beauty.

The world is beautiful.

Nature is beautiful.

Life is beautiful.

The world, nature, life is imperfect, yet they are beautiful.

Kindness is beautiful.

For something to be beautiful, we must also have a notion of what is ugly.

Therefore, for all these things to be beautiful, there must be some ugly things.

Sadness can be ugly.
Weakness can be ugly.
Stupidity can be ugly.
Vanity can be ugly.
Anger is usually ugly.
Yes some things can be/are ugly...

...

French proverb "Les goûts et les couleurs ne se discutent pas" :
one can not have better tastes or color preferences than someone
else...

Someone's taste and preference is ultimately the best choice for
that individual. It is for him/her the prettiest, whatever, whoever
thinks.

People are beautiful when you love them.

And when that love is full.
Those people are perfect.
Beauty is perfect...
Nothing is perfect,
But
Except
exception
What you love fully is perfect.

How do you love someone fully?

- Free of fault/ or entirely forgiven.
- You are used to each other.
- You love their qualities and accept /and work with their imperfections.
- You understand them.

...

Can you love something/ or someone fully?

...

There is no such thing as perfect and yet..,

What you love fully is necessary and sufficient, it is whole, it is beautiful, it is perfect...

I must...



Watercolors by E.d'A.

It is a curiosity how capable I am to be lazy. How I can stay sitting for hours on end. In a sort of awe, where I am in quiet contemplation of the world. A chain of thoughts let me know that I am Alive, that all this is real. The time that passes is filled with new moments of unique configuration that enter the world, and make it. My senses give me the awareness of what is around, and here I exist.

It is a fearful feeling as well, I can be fully aware of the sin I am committing. The sloth in me is broken, self loathing, because of its self awareness of the endless time that has passed with nothing to show no trace, if not only the knowledge that I have for so long done nothing. I haven't done anything.

And so I must look up, see what's in front, around. A garden.
Plants. One plant in particular.

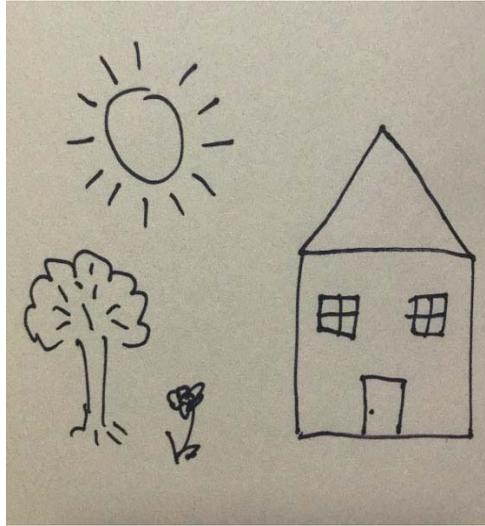
It is there, it is... Marvelous. It stands strong and tall. And has very
slowly grown into its present pose.

Fitting perfectly into all this.

Now I know why.

Yes I remember.

2000 years on the calendar - Living in groups



Have we in 2000 years learnt how to live together better?

Is the world more civilized?

We have built ourselves cities all around the globe, and civilization has ended up defining the world of men. No man isn't affected by how it has completely conquered the globe, and civilization fits us humans well. The same way a cellphone benefits each and everyone's ability to communicate, civilization improves all lives.

But apart from this has the world become more honest, kinder, more generous? More civilized?

In truth the world hasn't changed so much,

Have prisons in the world started getting emptier? Even when God comes to us to tell us we should love and respect one another it seems we are stuck in our ways.

It is a reality of man, for such things are from the very start part of him.

But there is progress, there is hope. There is hope for more freedom, more peace and more love. More happy strong nations of liberty, and even more for the united nations of such.

Maybe pray a little or,

Kill them with kindness,

Turn the other cheek,

Look the other way, or not,

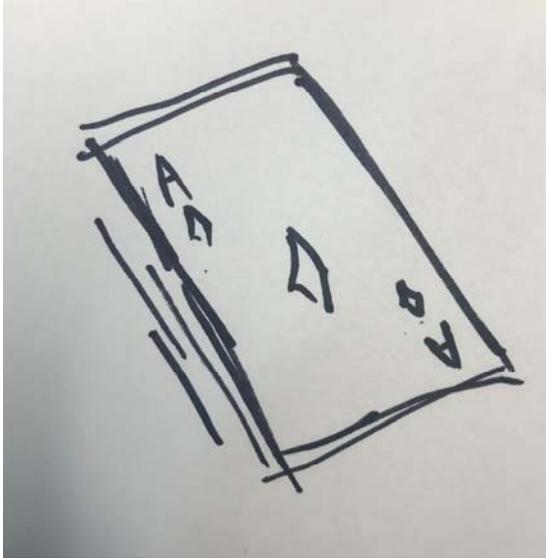
Live your very own good life.

My understanding of evil is that even in the ultimate utopia we are destined to, men will still have to keep on learning to live together side by side, to not step on each other's toes, and at the same time share our strengths. Darkness also provides space for the light to shine. There is still room to grow. Because we have always had evil, it was always there, and will always be. But/And that special thing called paradise; well we can get there, we are there already, and have always been.

As sure as death is a part of life, the universe is the same for everyone.

Darkness is only defined as being the absence of light Space is the medium in which light travels. In truth, there is only love.

This time...



Trying something

New

Eat it into my genes

Thinking you will Die

Just before the

Time

Oxygen reacting with shreds of carbon

Consuming me at

the source

Wings everywhere, Birds,

of endless

playlists

and endless

Dances

Was it a good omen?

I can't remember

Finally it's quiet

Once again Everyone can hear

Again

the wind speaks

I am alone

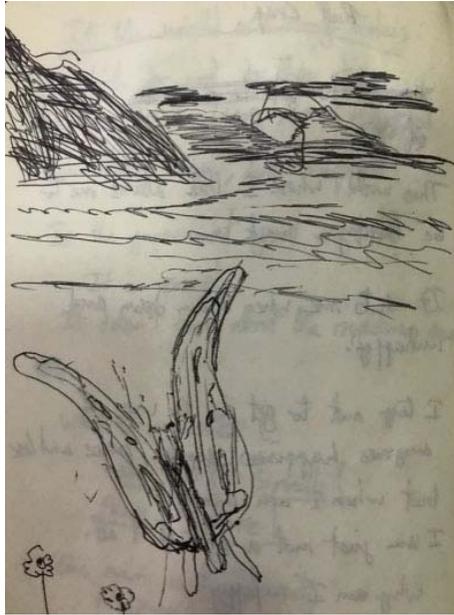
And this time I know

Magic

I am back in my father's home

And again this time I'm going to take care of it

Prose : the environment



(A ballad around the environment, humans, time and life)

The Earth as we know it will change. Climate has notable changes every few hundred years.

Every hundred thousand years there is an ice age that lasts 4 times longer than the warm peak we are experiencing now.

Around the time of the dinosaurs the planet was on average 4°C warmer.

250 Million years before that much of the earth was frozen solid.

Wouldn't it be nice to live on other planets, colonize Mars, and anything approaching livable living conditions? To push the limit of man... To see how solid life truly is?

And wouldn't it be nice that humans are still here in 250 Million years?

Experiencing what the earth will look like then? And every climate in between?

To learn to farm new conditions. Pushing it to the extreme, to survive even as the wild life mutates.

That would be cool, to "keep" our genome and to experience all these successions of worlds? To make history...

Let's protect wild life, give it energy, time, and passion. We have taken most of the world's living places. Spots with Free nature are rarer and rarer. We need to help it strive too. We need to keep her alongside us.

Is there only 10% of forest left? Today we are still taking these places from Mother Nature.

More than a million hectares of rain forest are lost every year.

Today the earth is warming up fast. Humans have influenced great change in the Earth's climate.

We can each choose what to do here. We can contribute to this massacre or we can act in holistic ways that protect the natural habitat.

The individual is smart. Can change his mind. A human is adaptable.. it survived two ice ages already. It is smart. And humans care about the future of the planet.

Do not cut trees?



Humans are said to be the only beings to write "do not cut trees", on paper produced from trees. There is here a major contradiction certainly synonym of lack of understanding and confusion.

On one hand the ambition to preserve our planet and on the other our need to produce and live our lives consuming the resources we need as humans.

Since man has become man, he has used the resources available to him in the world that surrounds him. Cutting wood has allowed him to create tools, build his shelter and create clean parcels of land to grow crops on.

Yes we need to keep our activities sustainable for future generations but no we do not need to stop cutting trees.

Man with his understanding of the world can do both, as long as he takes account of his knowledge regarding these activities.

The science of forestry is a mature one, the information we have allows us to make use of the forest in a sustainable way without

sacrificing the planet and its sustainability for our children and their children.

About growing meat for eating. Meat is a high energy food, the availability of affordable meat is good for everyone and allows for less poverty. The question of ethics regarding killing living animals is one each individual can ask himself. I am personally happy to add a bit of fish, chicken, rabbit, pork, or beef... in my cooking. As long as we do not over do it, it can stay sustainable.

Even hunting which can be seen as evil, is an art that can be done sustainably.

We need the proper rules, and apply them strictly.

That way we can do both :

- Keep the arts of wood working, cooking and even hunting .
- keep the virgin forest, keep our pristine oceans healthy, conserve biodiversity, and keep our mother nature strong and thriving.

So educate yourself. And once you know what is good for the planet, in your mind and in your heart, you will apply this important knowledge of sustainable practices, and embrace the responsibility you have for your species and your world.

Because it is the responsibility of each of us.

PS. Today we are still cutting virgin forests at an alarming rate, this is a problem of great concern. Some of the main causes are the

need for more palm oil plantations that are mainly used as a cheap oil for the big market of ultra processed foods. And a far too big of a demand for meat, that requires more and more land to grow the extra crops needed to feed the extra cattle.*

PPS. We must double our nature reserve, before we triple them...

PPPS. This should not hurt your feeling, I clearly have no shame saying, I killed a pig once, and had a good dinner that day... I killed two rats that were trespassing in my home looking to eat my groceries. And I often hunt cockroaches. In other words I also think there is nothing wrong with hunting an invasive species.

PPPPS. Agriculture is the biggest way humans impact the planet. It needs to become sustainable. Soil health is key, compost! Plant trees! We need a radical reduction in pesticides and use of chemicals. Even cattle can be good for the planet, if they are grazing pasture fed animals. We need to model nature, and we already know how, our ancient traditional methods lasted centuries, they are regenerative and sustainable!*

PPPPPS. We must take note that modern agriculture has given us affordable food and that rain, shine or hail, it has mostly rid the world of famine. But it is also a threat to nature, we must find a better way, we must protect the insects, and biodiversity. In order for life to survive including our own, we humans must protect nature and act sustainably.

PPPPPPS. Our species is not invasive. We are as a group: intelligent, reasonable, and logical. Humans are meant to be the shepherds of our planet Eden/Earth.

Your right to politics



Politics is the art of living together.

Through it we can influence what you want the future to be like for us and your children.

Our right to know about who is governing our town, our province or our country, is something to be enjoyed, and harnessed.

We don't want someone pocketing our taxes, when together we voted that person to lead our town's direction.

We don't want a someone up there whose ambition has nothing to do with our town's future, but mostly how to use time in office for personal gain.

Here in the Philippines we are blessed with many politicians, truly a good omen.

We want an able, honest, mature person who cares about each of us, our families and our neighbors' families, about our rights and freedoms. Who protects and beautifies the environment, helps bring in money. Makes the rules good and simple. We want to know that as long as we are not cheating anyone, we'll be safe. We want it to be easy to do things, to create some fruits for ourselves or to share. We want someone who will do his best in his given time for all the people.

Someone that both enables, the rich and the powerful, and projects himself in the shoes of the needy, the sick, and the minorities. Because he knows the full extent of his/her responsibilities to take care of everyone in his/her jurisdiction.

Someone strong and good we can be proud of. Someone we will want to pray for.

And someone who knows that part of being a good leader is to not hold on to power. To believe in other good men, and long and pray to be able to give room for a future full of good succession.

Nationalism is beautiful, but world citizenship, now that can be something to look forward to. While waiting, here is to more world wide alliances, and cooperation.

Voting for a president in any country, is voicing out the future one wants for the world, this planet.

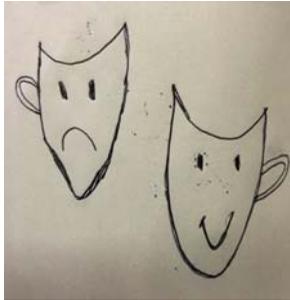
Am I going to like my town in 1 year, 5 years, 50 years from now?

Our world?

Yes please.

So politics... yes. A decent serving please.

Depression a luxury of the time



Depression is a luxury I have over-enjoyed in my young adult life.
Being hurt because people don't treat you as you'd want.
Or worrying about the future.

It's the luxury of time to overthink, to ruminate in one's problems.
It's a reality lots of us face. It will consume you and your time if you let it.

A journey through depression is about learning to tame your demons.

There will come a time when the harsh realities of life are facts to be dealt with, to be accepted.

The harsh realities of life are to be embraced.

In life we all will get hit and fall, but it's not about that.

It is about getting up fast, and faster.

Making the best of today.

Dealing with defeat calmly and with a clear mind, is a mark of strength, it can be innate and can be learned.

It's about seeing how lucky we are to have a chance on such a journey, of a human life.

By now there are no problems that haven't been experienced previously.

I can lament and complain or I can be excited for another day, another opportunity.

To put on a good fight and do our best.

Because having lots of problems is like having lots of things to fix.

Opportunities to make a better place of your world.

They are a blessing, they are our unique opportunity.

It's our responsibility, because we can be good men.

And a good man must show future generations that good men make it.

No one can take away our dignity, that is a choice we take for ourselves.

Our only choice is to live.

Our only choice is to stand tall, and take it.

For ourselves and for the team.

To be worthy of the gift of life, is to build a good one. To be the example of a another complicated case, that makes it good and decent.

To make today worth it, and to have a long list of days well lived.

To be all that you can be, humble and strong, and to have slowly collected a long list of problems Fixed.

Books near to the heart



I come from an old military family in France with traces of history dating a thousand years. My grandfather has written that he regretted very much not to be able to read more from his ancestors.

And so he made his own dream come true for his grandchildren.

There are some books that fall on our path that few other people will get to read. But what is near to your soul will intensely find meaning.

And when that book comes from your father's, father's, father, and you get a speck of his strengths and goodness. You meet these people who have passed, but are still here through their words. You meet them and they are smart, funny, charming, generous, respectable, and solid. All you want to do is to hold the line and continue this chain, and be responsible for continuing it.

So here is a list of the books that are near to my heart, that were also good btw:

- “Apère” Henri d’Aboville my grandfather left a book for his descendants called *Souvenir (Memories)*
- And published an essay on faith titled *Pourquoi je crois? (Why I believe?)*
- *Management d’un projet international de développement contre la pauvreté (Management of an international project of development against poverty)*

By my father “Papa” Hubert d’Aboville

- *Seul (Alone)*

By my uncle Gerard d’Aboville

Mouanakoudou—the Africa which I loved

By my uncle Norbert d’Aboville

- *Chassez le surnaturel , il revient au galop (Chase the supernatural and it comes back galloping.)*

A novel by my one of my father’s colleagues Emeric Goubelle

- *Pas Peur (Not Afraid)* by Alexandra Van Lierde another colleague of my dad.

- And the books of Arn Abo (+) my uncle and godfather.

I hope I can in the future add to this list and discover more books like this worth a good read.

Dear friends and family, I long for all your coming books.

PS. Everyone has at least one decent book in them.

- God is Absolute truth -

OUTWORD

We are all different, we are many nations, many languages, that enrich the world, and make each of our lives and adventures more unique and exceptional. May we fly to greater heights together and for one another. May peace and freedom come to the people of the earth who need it most and lack it today, let us pray this form of love for one's people spreads and prevails.

Let us be like children whose eyes will sparkle at the sight of goodness.

Even if we are focused on everything that disappoints in the world, we should never cease to be aware of its beauty.

Le progrès est l'oeuvre des mécontents donc
oui vous aussi soyez mécontents!
On fait surtout confiance aux gents heureux
dans leurs peaux, donc oui vous aussi
rayonner de bonheur!

“Progress is the work of the malcontent, so
yes you too be malcontent!
We trust mostly in those who are happy in
their skin, so yes you too radiate with happi-
ness and joy!”

Le cadeau de Jesus a été fait au monde, sa
souffrance et son sacrifice nous libère tous et
chacun, son amour a été une des grandes fon-
dations du monde que nous avons construit et
que nous continuons à construire.

“The gift of Jesus was made to the world, his
suffering and sacrifice frees us all, his love has
been a great foundation of the world we have
built, and that we will continue to build.”

5 things we have learned from Jesus:

- The power of forgiving.
- All men have souls.
- Marriage is sacred.
- We live and die by sin.
- Children are the hope of the world.

We owe him much, and everything to God his father.

Now, It's almost time to part, I'm happy we shared all these moments.

God is in us, in each one of us.

Do not cease to fight the good fight.

Also on your bad days get up and do everything in your power to make a better world for

yourself and for all,
and so there are no bad days.

We only have one life so let's make it count,

Mon cher lecteur, je t'aime et prie pour toi,
pour ton bonheur, ta paix, tes réussites et sur-
tout pour que tu puisses rayonner ton amour
sur le monde.

Dear reader I pray for your happiness, your
peace, your success and that you too can radi-
ate your love.

If you don't truly understand marriage don't
yet get into it until you fully realize what it is.
Marriage is about finding the one. The one
your heart deep inside knows and loves.

Be a guardian of the truth but do not ever lack
of respect to any humans, of any shape and
size, of any ethnicity or nationality, not be-
cause they are not your sex, not because they

are not your religion, or if they are LGBT. Not because they are less intelligent, less rich, or able...

Respect success, intelligence, knowledge, experience...

Be righteous, and fight for what is right.

Be humble, every success is half chance.

Educate your children to be good and able. And be a positive ripple of help to the ones you meet so that they can be that too.

Everyone on earth is given some time to experience life. In truth we are given a mission, to redeem humanity of the original sin, to fix the problems the previous generations have left us yet unsolved. Each of us with all our problems are given this time first to fix problems and build a life, to build security for ourselves and the young that depend on us. To create the wealth needed for our primal needs, and then some more for our intellectual and spiritual needs. After that, when we manage this well,

we can and should start to think about the world at large around us. Those of us blessed with special powers, that come with privileges, should think to do more. Our place in heaven/nirvana depends on it, because the more you have the more you are responsible and the more you should give back.

Know your strengths, grow them, and remember that no one is perfect.

The world is more magical than you may think.

Ce monde est infiniment beau!

On est vivant!

La vie est belle!

This world is infinitely beautiful!

We are Alive!

Life is beautiful!

Emmanuel Valenzuela d'Aboville

Novembre 2020

—————
Whereas religions may divide us (if you are one religion you can not be another one), books (and all forms of art) on the other hand, unite! anyone can read these books, and anyone who reads them becomes part of a big group that collectively sees the truth that it portrays. Books and art have the power to unite us!

Everyone is eager for a good book find, so in this parting here are just 14 of the precious books that were gifted to us by the world, maybe there are some here you are yet to discover:

Favorite Books

(To date)

1. *The Bible*, most printed and most translated book in the world. A magical book authored by many and over generations.
2. *Le Petit Prince*, second most translated book in the world by Antoine de Saint-Exupéry
3. *The Prophet* by Kahlil Gibran
4. *The Art of War* by Sun Tzu (can be applied to business)
5. *Meditations* by Marcus Aurelius
6. *Who Moved my Cheese?* by Spenser Johnson
7. *Around the World in 80 Days* by Jules Verne
8. *The Alchemist* by Paulo Coelho
9. *The Pocket Oracle and Art of Prudence* by Baltasar Gracián
10. *The Art of Living* by Sharon Lebel
11. *The Quran* by Mohammed
12. *Man's search for meaning* by Victor Frankl
13. *The sayings of Confucius* by Confucius
14. *Sapiens* by Yuval Noah Harari

REVELATIONS 2.1

Of the Lamb of god

-

That has died
And was reborn

The seven seals, of the first revelations, have been broken.

They will continue to serve.

A time where nations marry is coming.
Where unions create humility and strength.

The one bound to a domain with two flags - and his line of descendants - shall strive to live by example in prayer, thought, word, and action.

A guardian for peace, freedom, love, and truth.

A humble servant of the people and the light.

Not so much further

then it took to today, worthy blood lines will be plentiful.

From the source, new books will arise.

The truths of the Lamb will spread.

The world has not ended. In the vastness of time, as it was said the dead will rise. The lambs will live to take a stand.

And Angels will be born on Earth.

They will be clearly recognized.

And together,

They will open and hold the gates of Heaven.

Daily Prayers:

Our Father (Prayer written by Jesus himself)

Our Father, Who art in heaven,
Hallowed be Thy Name.
Thy Kingdom come.
Thy Will be done,
on earth as it is in Heaven.

Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.

In the name of the Father, the Son, and the Holy Spirit.

Amen.

*'The Lord's Prayer 'is truly the summary of the whole gospel.'
'Since the Lord... after handling over the practice of prayer, said elsewhere, 'Ask and you will receive, ' and since everyone has petitions which are peculiar to his circumstances, the regular and appropriate prayer (the Lord's Prayer) is said first, as the foundation of further desires.'*

*- Tertullian, De orat.
from the Catechism of the Catholic Church; 2761.*

The Hail Mary (Catholic Prayer)

Hail, Mary, full of grace,
the Lord is with thee.
Blessed art thou amongst women
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.

Amen.

Divine Mercy:

Jesus I trust in you.
Jesus I trust in your Divine Mercy.

Amen.

Followed by The Prayer of the Lamb (Book I)

Thank you Lord, for all the good in my life,

[...]

Amen As-Salaam-Alaikum, Shalom to all Om.

In the name of the Father, the Son, and the Holy Spirit.

Amen.

NOTES:
(PREMISE-IDEAS FOR
YOUR NOTEBOOK /
JOURNAL - MAYBE THE
START FOR YOUR OWN
BOOK!)

Dream Book:

In 10 -20-30-40... years I will...

Favorite Mantras/Quotes:

3 things to do :

Today :

This Week :

This Month :

This Trimester :

This Year :

Favorite recipe :

Favorite poem:

Notes to remember:

Journal:

Date: _____

Addressing possible reader concerns:

- It is sad but true that children in the world don't necessarily have 2 parents, that are heterosexual , or even parents at all.
- Divorce unfortunately still happens.
- There is such a thing as depression.
- There is still such a thing as premature death.
- God doesn't have a religion.

Answers:

- Life is always too short. Life and long life is a gift.
- There is strength in difference.
- We choose what to do with the time that is given to us.*
- God listens to our prayers and intentions, and helps those who help themselves.**
- Remember that beauty and goodness can be found even in unlikely places.
- If we really want something, and we pray for it, and our soul deserves it, we will get it.
- Yes God doesn't have a religion, all cultures, all nations have participated to what we have achieved to this day.
- Religion helps, but anyone can find all it's goodness and all the important solutions and concepts it gives from thought and reason alone. A good book will just get you there faster.

*J.R.R. Tolkien

** Christian, saying

Post Scriptum
(Sunset - Easter Sunday 2021)

All this is quite surreal, imagine what it feels like for me.

It's a lot of doubts sometimes.

And then a lot of times when I read the cryptic revelations of the Bible I recognize myself in the lamb and the woman and her moon. And our son Gabriel. And these seals which have been broken...

All my life I have seen signs, and I've also questioned them, so I invite you to decide for yourself what to think of all this.

What I know for sure is that Jesus and God is in each one of us.

If through this book the Messiah has truly again risen... Well, I will never top Jesus... He has turned water into wine, and risen the dead.

Maybe through this book Jesus gets a second chance.

A chance at not being so perfect. A chance to live a normal life.

A chance at raising a family, and to do our best to live a simple, happy life, that is definitely also worth Living!

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Finally thank you ,to you, my dear reader for spending time with me and my book.

I want to end on a beautiful quote by J.A. Konrath, who says this :

“If you can’t be smart or funny, be brief.”

I hope this book will have made you think, I hope it will have made you smile.

Ici Emmanuel, et pour Dieu, j’aurai été votre serviteur.

Here Emmanuel, and for God I will have been your “serviteur”.

We can all be sons and daughters of God!

Fellow human,

Strength and honor!

Be good.

God Speed!

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Emmanuel is a French and Filipino dual National.

He takes care of the communications for two foundations : d'Aboville Foundation which protects the environment, biodiversity, and in-

digenuous culture of Mindoro Island (Philippines) and Together-Ensemble a relief fund and operation that activates in the case of calamities affecting the country.

He is often based in Puerto Galera, Mindoro, with his family, where he helps manage Villa Malasimbo Resort and Demo Farm. There he plays his ukulele songs for those who visit.

With his family they plan to travel, discover and explore this big big world together.



This book holds the keys to a wonderful life in a wonderful world. At the dawn of the 2nd Millennium it is ready to be shared, fulfilling an old prophecy.

This book is based on the rules of Karma; it thinks Paradise is here on earth and it is open to more...

Pain, lack, anger... all these things will forever exist... but we must be the light that fights back, a Warrior for all the good in this world.

This book is an optimist; similar to a Religion, it believes everyone can go to Heaven.

It is a mix of art, multiple stories, and self help material.

It's a piece of the puzzle... It's designed to get you there...

Enjoy the trip, savour every moment!

The lemons the sweets and the spices

The beef, the pork and the fish

The bud, the liquors and the psychedelics

But be -mindful of- and -never forget- your responsibility

For it is that precisely which makes us human.

E.d'A.