

PARENTAL
ADVISORY
EXPLICIT CONTENT

Dee Angel,
a typical bloke from London uses a wormhole
to go back in time to 1993 – like a messenger in despair he has raced
to write a book highlighting 10 secrets that will prevent
his total destruction. Now he must make sure to share them with his
15 year old younger self and hopefully in time to
save his own *life!*



"This is the best book in the World"
Tribute

*"The last time the blonde asked me if I was happy, I told her to fuck off –
I later bought her a copy of this book."*
A.A. Guill – Times on Sundays

*This is angel dust for everyone in search of themselves,
it really "gives you wings"*
David Attenborough

*"If we want to stop the riots of London 2011 from happening again,
we need this book as part of our national curriculum"*
Gaurdian

*"The most honest life insurance I've ever invested in –
and without all the fear mongering"*
FT

*"Dee Angel will even have The Küssnacht Practice addicted to this book –
I would certainly recommend it as a universal alternative "*
HappySearching.org

MADE IN LONDON

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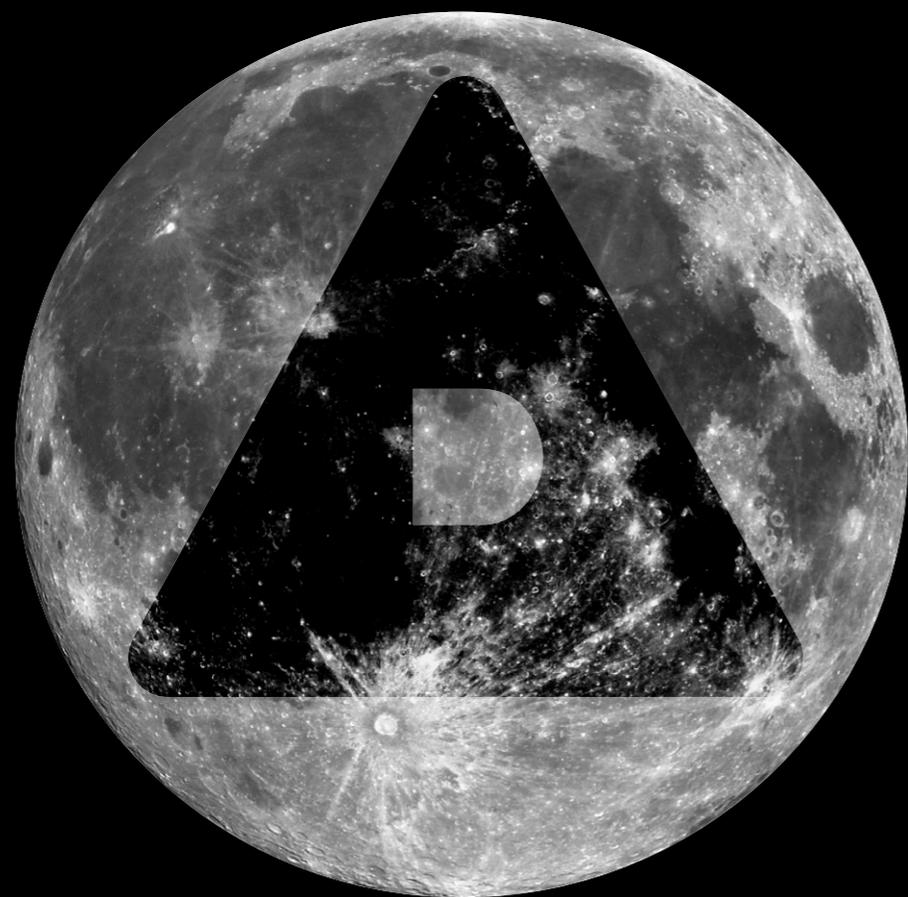
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The London Renaissance
representing the art of truth



to me / from me



Luna
'it watches over us – our guardian angel'
Dr. Maggie Aderin-Pocock

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YOUR BELIEFS
CONTROL YOUR
EMOTIONS
AND YOUR EMOTIONS
CONTROL
YOUR BODY LANGUAGE,

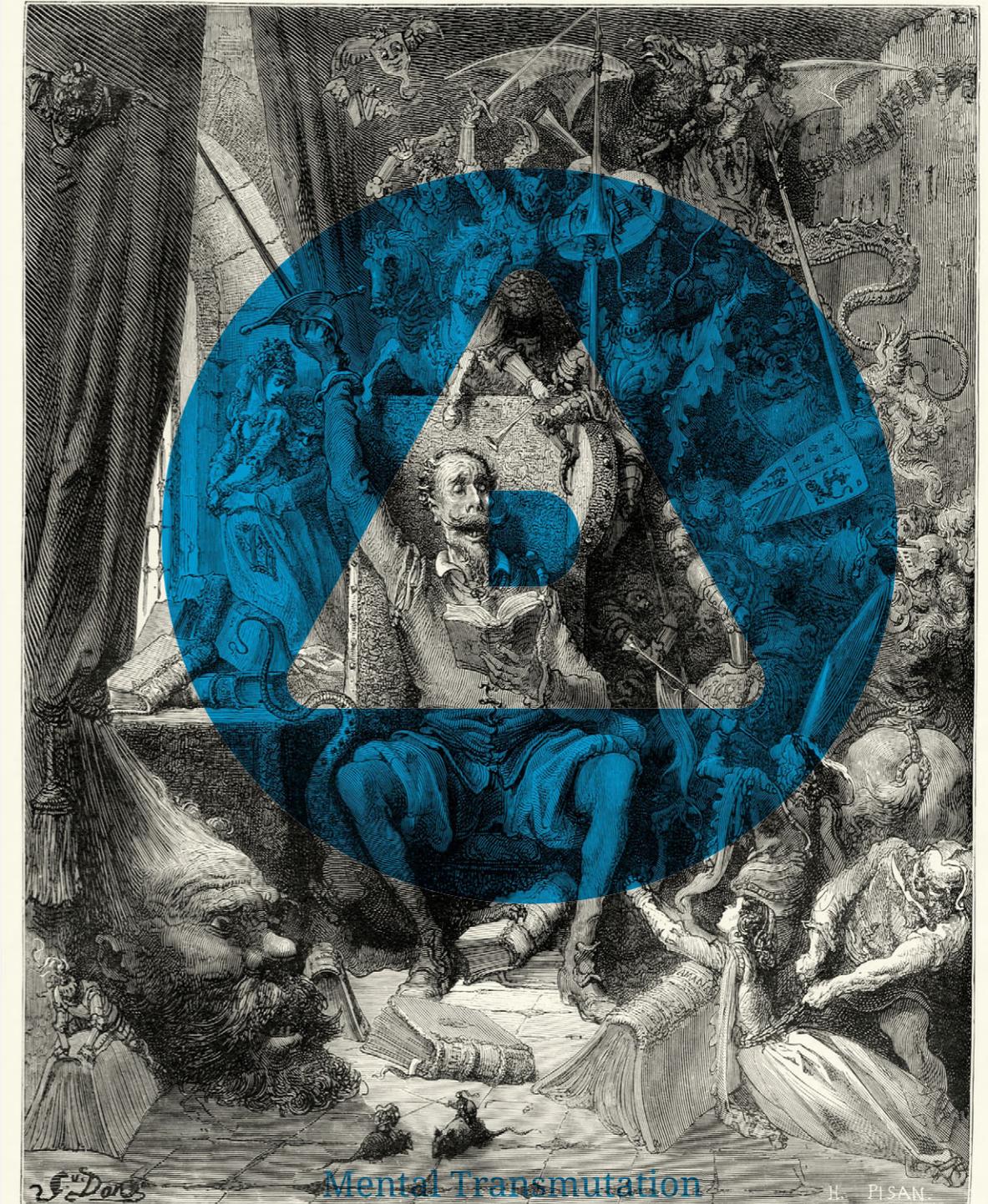
OUR MIND CREATES
THE ENVIRONMENT
AROUND US,
THE ENVIRONMENT
DOES NOT
CREATE OUR MINDS.

We can believe we are shy,
unattractive and sad.
Or while accepting my
vulnerability,
I can choose to believe
I am confident, attractive
and happy.

What we constantly say
we are about ourselves,
eventually becomes true.

Choosing a new Belief set of Rules.

Mental Transmutation; Stoicism; Virtue Ethics;
A person who knows who they are, does not suffer from
destructive emotions.
Self-awareness is to know what is right, do what is good,
and therefore be 'happy'



1

“A world of disorderly notions, picked out of his books, crowded into his imagination.”—p. 3.

FACE DEATH
BEFORE DEATH FACES YOU



memento mori

f▲▼k it

Face death before death faces you

And you will gain perspective on what is really important in your life.

Happiness. opp. Sadness VI

*“Life is short – Time is precious / When you know life;– is just but, 70 odd summers;
it’s time you make sure you don’t waste it – tick tock – not many 1 things are 100% true...but, –
tick tock – time is 100% sure 1 of them – you can see it and you can smell it – ticky tacka tocka – so
true time waits for no one; specially for you / : catch it whiles you can, it’s yours, just take it, but don’t
waste it: this sentence is already over –tick tock – so true, time waits for no One! X2”*

Sing these lyrics: to the beat of Lodi Dodi. Jerwayne and Ashley geezer combo from E4 PhoneShop. Funny shizzle.

Time waits for no One.

We make ourselves believe that things will be better after...after you finished your studies, after getting a job, after.. after... stop it. It’s all now. Treasure every moment whiles on your journey.

Allow your moods to change with the seasons – times of rejuvenation and times of reflection are all good.

Losing our mojo.

Don’t take life so seriously – losing the excitement of life only happens when you don’t feel in control of your own life; or your not making the most of it, making you feel down and a drifter.

Once you set some rough goals and mix it with some vivid imagination you will start to see your life in a new way... a life full of perspective.



MASS MEDIA SUICIDE

YOU ARE BEING MIND CONTROLLED
BY MASS MEDIA PROGRAMMING
KEEP BOTH EYES ON REALITY

MONARCH PROGRAMMING

BEWARE OF THE MEDIA

BRAIN INVADERS

Media mind control is achieved through repeated abuse and torture by the advertisers, until the victims brain's trauma response of dissociation creates a second personality which dissociates them from reality into a fantasy world in their brain. Advertisers can trigger this slave personality at any time to convince it to buy their products.

MIND RAPE

GLOBAL SLAVERY IN PROGRESS

SAVE YOURSELF
MENTAL SLAVERY

Deprogramme your-self
with self-awareness

Stockholm Syndrome – propaganda

We are all being taken hostage – we are all willing participants from daily attacks produced by propaganda. More and more products are focusing on propaganda when advertising and marketing their products.

DISNEY ABUSES OUR MORAL VALUES TO SELL US FILMS AND TOYS. MC DONALD'S ABUSES OUR HUNGER TO SELL US SWEETS. NIKE ABUSES OUR INSPIRATIONS TO SELL US TRAINERS.

'MKUltra' methods are being used by advertisers in the mass media. MKUltra can take many forms of mind control, its used by secret service agencies, as seen featured in the film 'The Bourne Identity.'

MKPropaganda traumatises us as kids so it scars us for life. Even when we learn to know that it hurts us or that it's no good for us, we still find it impulsive to defend it.

Today countries like Sweden and Norway have banned television adverts aimed at children to prevent mental health problems and obesity. As other countries try to catch up, advertising agencies are quickly shifting and focusing in advertising on the internet as the new unregulated platform – online advertisement will be the most intrusive yet.

When young, we are especially receptive to emotion, propaganda is an appeal to emotion not intellect. So advertisers are designing fun online stuff, like innocent looking games with playful friendly cute characters, fully focused on marketing their products in a life long grooming process that voluntarily makes you part with your money today as young and tomorrow as an adult.

ONLY YOU CAN FREE YOUR MIND

Google makes all of its \$10 billion per year from advertising and it's the leader of the 'ad-targeting system', it tracks where you go on the web, your age, your address to work out income, so it can tailor the adverts towards you. Constantly analysing your behaviour.

So if you've been using Google to search for a camera D700, Google will offer advertisers a way to place adverts for the D700 when you're browsing other websites.

Think of it as a way of annoying you by constantly reminding you of the things you're lusting after.

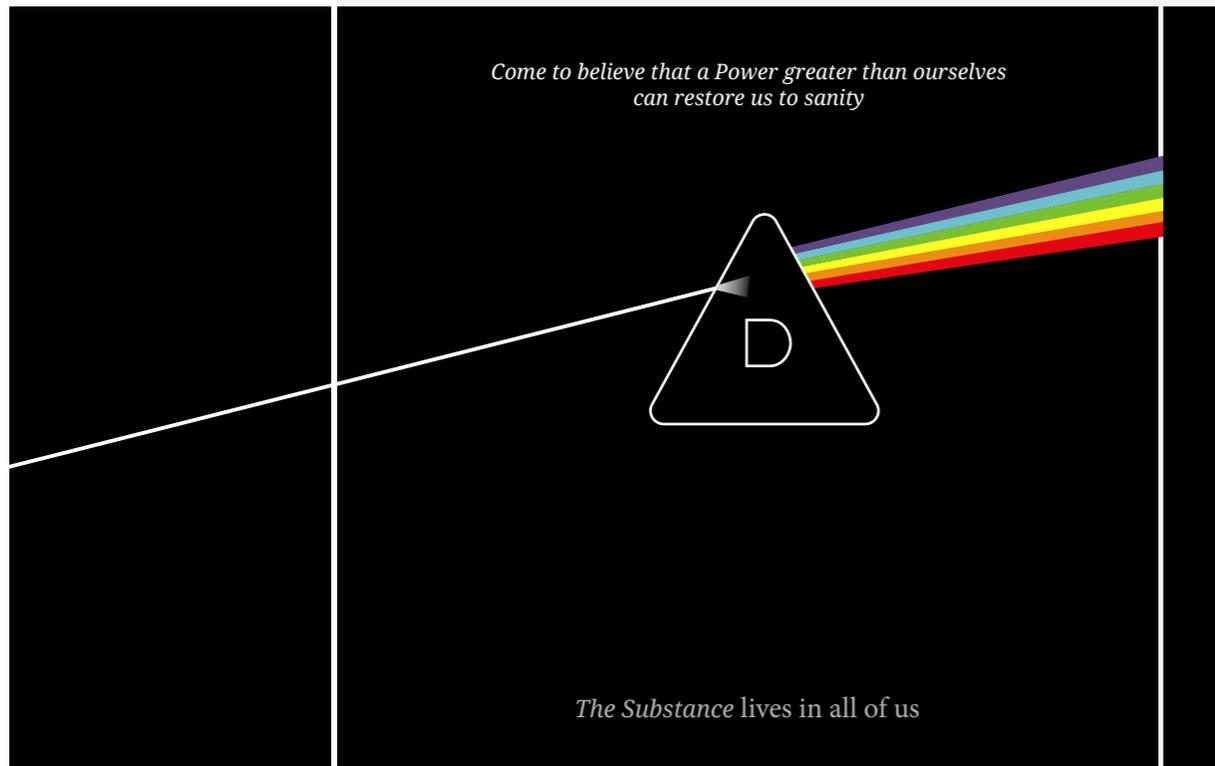
On websites that you use shopping carts and wish lists, by adding the camera but never actually buying it, you are letting them know you want it and now it gives them the power to put the price higher, especially for you... ready for next time you visit.

"The media's the most powerful entity on earth. They have the power to make the innocent guilty and to make the guilty innocent, and that's power. Because they control the minds of the masses."

Malcolm X
1925 - 1965

TIME IS LOVE
PARENTS DO LACK CONFIDENCE IN
THEIR PARENTING SKILLS AND THEY
GIVE THEIR CHILDREN GOODS AND
TOYS AS A SUBSTITUTE FOR GIVING
THEM THEIR TIME.

Unicef analysis



All you have to do is your BEST!

Your best is always good enough! Never look down at a cleaner who is achieving their goals.

A person is always safe at home –

but that's NOT what it was built for!

What's the fun in that?

You was born to live – so live it to the full!

Life is the journey of which we know we were born (*beginning*) and we know one day we will die (*the end*) – what we don't know is the bit in the middle;

How exciting not to know!!

how boring would it be if we did...

Nothing in this world worth doing, comes easily.

Let's skid into the grave in a cloud of smoke, body and mind thoroughly used up, totally worn out, and loudly proclaiming "Wow! What a frigging Ride!"

ONLY WHEN PEOPLE FEEL
THEY HAVE LOST EVERYTHING,
DO THEY START TO
APPRECIATE EVERYTHING.

"I am holding you on your knees with a gun pointed to the back of your head and I am asking you if you would rather die here right now or learn to listen to yourself?"

If you're not on your way to becoming what you want to be in six weeks, you will be dead."

You don't need your life threatened instantly in order to stop wasting time and start doing all the things you wish to do.

"Remembering that you are going to die is the best way I know how to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart."

Steve Jobs: 1955 – 2011 ▲

The Arrow of Time.

There is no life without death, it's a scientific fact. Everything comes to a death, nothing lasts forever, not even our star the Sun. From the dead darkness of our universe our planets and stars were born.

For the first time ever, we are living in a time of Starlight years – our stars are alive, we know it because we can see their light. If you're reading this, then you must be a star – bright and alive.

How do we identify Sadness?

1. A doctor might find a physical illness.
2. A psychiatrist might diagnose extreme depression and medical treatment.
3. **Feeling down and out, everyday sadness that make us feel crap – even though we are not sure why.** But the reason is going to be recognised by at least One of the 10 secrets in this guide book. This book is all about 3 and is no substitute to 1 and 2.

Forever long lasting happiness

does not come from short term pleasures.

At one level, sadness is simply a severe downturn in mood caused by changes in our body's chemistry. The same experience of shifting levels of hormones during puberty.

We can deal with physical mood-swings, feeling run-down and feeling tired all the time; by simply doing some **exercise, eating real food, getting fresh air and good quality sleep.**

As a regular jogger, I know that a good run lifts my mood, even in bad weather, because the exercise causes my body to produce serotonin, a chemical that has a 'feel good' effect.

But if the sadness is psychological rather physical then the situation is much harder to manage; the causes of interior sadness and depression are not always clear. And sometimes feeling miserable or thinking 'life is not fair', come to us for no apparent reason.

'You're so sad..'

In a world where everybody must be seen to be happily enjoying themselves, 'sad' has come to mean you're getting pleasure without exterior happiness for all to see and judge.

Sad, today seems to describe someone who's lacking in opportunities to enjoy themselves and 'they ought to get out more', rather than a person grieving or suffering from depression.

'Exterior' sadness (*physical*) comes from everyday disruptions like losing a job, because you tend to deal with it with Irrational beliefs that insist that there is an unbearable crisis; rather than using your Rational beliefs that acknowledge that there is a serious problem.

But 'interior' sadness (*psychological*) is a personal darkness and it lacks nothing; it's a feeling in its own right.

Mental Transmutation.

We know sadness and happiness are extreme mental degrees of the same 'feeling.'

Our times of happiness have always been followed by opposite feelings of sadness in a natural and unstoppable rhythm that swings us from one point to the other.

So when our interior sadness presents itself, we have the power to change it by simply wanting to. Firstly by acknowledging that it's happening and then by concentrating and focusing our attention to the opposite point – the *Happiness* we desire.

By focusing on the happiness we desire, we can eventually force out the sadness.

We can rise above our mental pendulum, allowing it to pass beneath us without letting it affect us and in turn maintaining our chosen state of mind.

THE DARK SIDE OF THE SUBSTANCE

A Mastery of our Self-Awareness.

Only by means of our own will, can we grow and cultivate the Art of Focus.

Once we have Focus, we then have the power to control our mind and change our feelings.

We will then have acquired the Art to Change the state of our mind so it suits us.

With understanding of this truth, determination, patience and with practice this will be achieved.

Once we have acquired the Art of changing our State of Mind, we will gain the power to change and affect our environment.

To stop a negative feeling, concentrate and Focus your attention on the positive point of that same feeling – and gradually it will change from Negative to Positive. If you are possessed of fear, do not waste time trying to ‘kill out’ fear, but instead grow the quality of Courage, and the Fear will disappear.

A popular metaphor is the dark room. You don’t have to sweep out the Darkness, that would be impossible, but by merely opening the window and letting the Light in, the Darkness has disappeared.

> When you was 9 you will remember crying for the first time thinking about people dying... it was sparked by the lyrics in a song.

To think that one day your mother would die and I’ll be alone was my interior sadness... it got me thinking about how could there be nothing after death. Your life to be forgotten forever.



What causes Sadness?

The loss of ‘something’ is the main reason for the many types of sadness and depression.

In your case the loss of your dad; he is not physically dead, but he abandoned you.

>You must’ve been about 10 years old when dad gave me and your brother some flowers to take back to mum, which marked his departure.

I remember one night sitting in the window sill of my bedroom, a 4 storey council flat; looking down spotting double decker buses – with each feeding me small amounts of hope that he could be on the next one, as I scanned the people every time the doors opened – until less and less people came out the doors and I gave up – satisfied he was not coming.

I had lost my identity.

Him not being dead or you never understanding why he left, kept you in limbo – keeping the false hope he would one day return so he could tell me what I was supposed to be doing.

By channelling intense negative emotions such as anger, jealousy or greed into the Substance, individuals can attain powers of the Substance more easily and very quickly but at a consequence.

They gain lust for power and become increasingly self-aggrandising.

Followers of these paths are always depicted as deceitful, corrupt and wicked, engaging in a never ending self-centred pursuit of power.

DeeAngel’s use the power

of the Substance to enrich their lives and that of others.

Once perfect balance is attained on a personal level – and self-awareness is fully achieved – you will meet the Temptations of the dark side.

The Darkness Visible.

This is provably what sowed the seed of my later sadness. Life was broken from the moment he left – he went and took away with him my life and my happiness.

I was a lost puppy for many years afterwards; – there is still a very strong emotion tied to the memories; although I rarely ever think about it anymore.

I remember my brother bringing me back home early from school one day because I was found in floods of tears by Mr.Wall at break time. I don’t know why I was so visibly sad that day... maybe I didn’t feel I belong there,

I certainly didn’t understand what I was supposed to be doing there... learn to count? what for? why? who cared?... no one told me.

I needed to be told what I was doing and why I was doing it – I needed someone with patience to explain it to me without making me feel stupid. I lacked a planned out sense of direction.

When you was 10, your father was your hero, unquestionable love, he was your answers...

You are invincible and protected standing by his right hand side – ready to take on anything life can throw at you. He humbles you with his strength and knowledge. You cherish every moment – forever mind glowing, – the role model you look up to.

Rage against the Machine.

You forget about it for most of the time, but as a teenager it was always there on the back of your mind – the unspoken truth of self denying that there was anything missing – which caused me rage at just the sound of my dads name.

Why did we go so low? How could my brave dad allow even the priest reduce my mother to tears? My mum in desperation to convince the priest of her convictions, so he could find a place for me to attend the local Nunhead catholic school, an ordeal in which she should have been supported.

Today all I can say is that I am making sure her tears and the 3 gold coins she placed on his hands have not been wasted on me – but the biggest investment ever made on me.



At 15 I had no care in my welfare – doing nothing was top of the agenda and getting numb drunk was a great way to deal with my interior ‘boring’ questions.

I mean, I would think, what’s the point of looking after anything... right? – you’re going to die anyway. Duh. Have a spliff... chill.

THE DISTINCTION BETWEEN GOOD AND EVIL IS NOT A DISTINCTION BETWEEN ‘US’ AND ‘THEM’; BUT RATHER A BATTLE WITHIN OURSELVES, REFLECTING THE FRAILTY OF HUMAN NATURE TOWARDS KINDNESS ON THE ONE HAND, AND CRUELTY ON THE OTHER.

The search of truth is my religion – and its discoveries are my life.

>Soon after my 22nd birthday on the 02/02/2000; I suffered a time of despair and depression; everything was ugly, I was drifting, I hated everything; I was angry, insecure and still very confused...

Old memories flooded in – as I looked to the past for answers of my present sadness. I thought of what could of been, how much better things could have been, for you and my family had he not left that day.

So many unanswered questions of whys and hows. It confuses me even now to think about it... I quickly want to move on from the thoughts because it's frustrating – as I can't force to make sense where there is none.

Today I could argue that the day my dad left shaped my life for the better.

Every 3 odd years there was some form of contact; on the phone or him appearing suddenly without warning; which was always overjoy for the first day and then full of dread for the rest of the days as he would present a list of demands – marriage certificate or what not – and when he couldn't find what he was looking for, he would find other things like the telephone he called 'his' to take away. Time after time, until I was around 15, I kept letting him betray my hopes that he was back to save me.

> On one occasion he came and took my brother with him, which left me to live alone with my mother – it was roughly at the same time I heard I had a younger half brother. On another occasion I visited him for a week, when his sister was in her death bed; my aunty that I was raised with and very dear to me when I was little.

Eventually Art college found me when I left school and I kept busy – slowly killing the hopes – until suddenly I had killed my dad.

In my mind he was dead – and now I could move on with my life.

KILLING my Dad

WAS THE BEST THING THAT HAPPENED TO ME

My dad had never giving me an ounce of good advise, au contraire – after a 10 year catch up chat, where I mentioned I had visited a couple of foreign countries, he disapprovingly asked me if I was going to be travelling around all my life.

My dad had some history that I wanted to take-on for myself as part of my heritage, he showed me photos of my grandfather in the Army at the time of the Second World War, after inspecting the photo I learned he was in the engineer's division. His wife was a daughter to a high ranking Army officer, my great grandfather which I am at the moment researching for you...

being shown these photographs of my great grandfather were amazing and a sacred glimpse of where you came from.

Remembering your dead relatives, finding some of your family tree, it puts you on your place, it grounds you.

In the exterior my dad was always well turned out and fancied himself a bit of a lady's man, he had charm to wow the working class circles with his upper class etiquette.

In the interior however, the first thing he did when my aunty died was to go down the bank; waking me up on that morning and without any visible emotion, he told me the news while giving me an envelope with some small cash in it.

I found myself confused yet again – what was more shocking her death or his attitude?

So finding a huge list of what I considered bizarre with my dad helped me to compare what I considered right from wrong.

So not having him at home to dictate and dominate my choices and actions has helped me to push myself to find out things for myself.

SADNESS IS NOT PROVOKED IN US BY OTHER PEOPLE'S FAULTS,

instead we must take responsibility for our own feelings

Take care of yourself, because no one else is going to.

> It's very liberating to only have yourself to take responsibility for your decisions. Because this is how a learning process works and how you earn your merits.

My dad is the type of person that would have told me what I needed to do. He would have made me take life options on his demand and I would have found myself later in life not only blaming him but also more painfully blaming myself.

It's awful to put your life's trust on someone else, you can be advised but ultimately all the decisions you make need to be 100% yours.

Remember what you learn.

>Before you reached 12 not taking your mothers advise could simply have cost you your life. Exploring too close to the rivers edge for example needed reminding from your parents.

A young persons built-in fear alarm to listen; is one of our survival instincts that dates back to over 8 million years of human evolution. Good families take care of their grandparents, everything we learn is from our wiser, more skilled and experienced elders.

For example; it could take me days of research to find out how to change a light switch and even then, I would run a risk of getting myself electrocuted from my lack of experience.

A good father, can show a son how it's done safely in seconds. Now that's priceless.

The son learns by copying his fathers example. You learn skills quickly by copying other peoples examples.



When the people that you care about – don't show you they care, you start to not care about yourself.

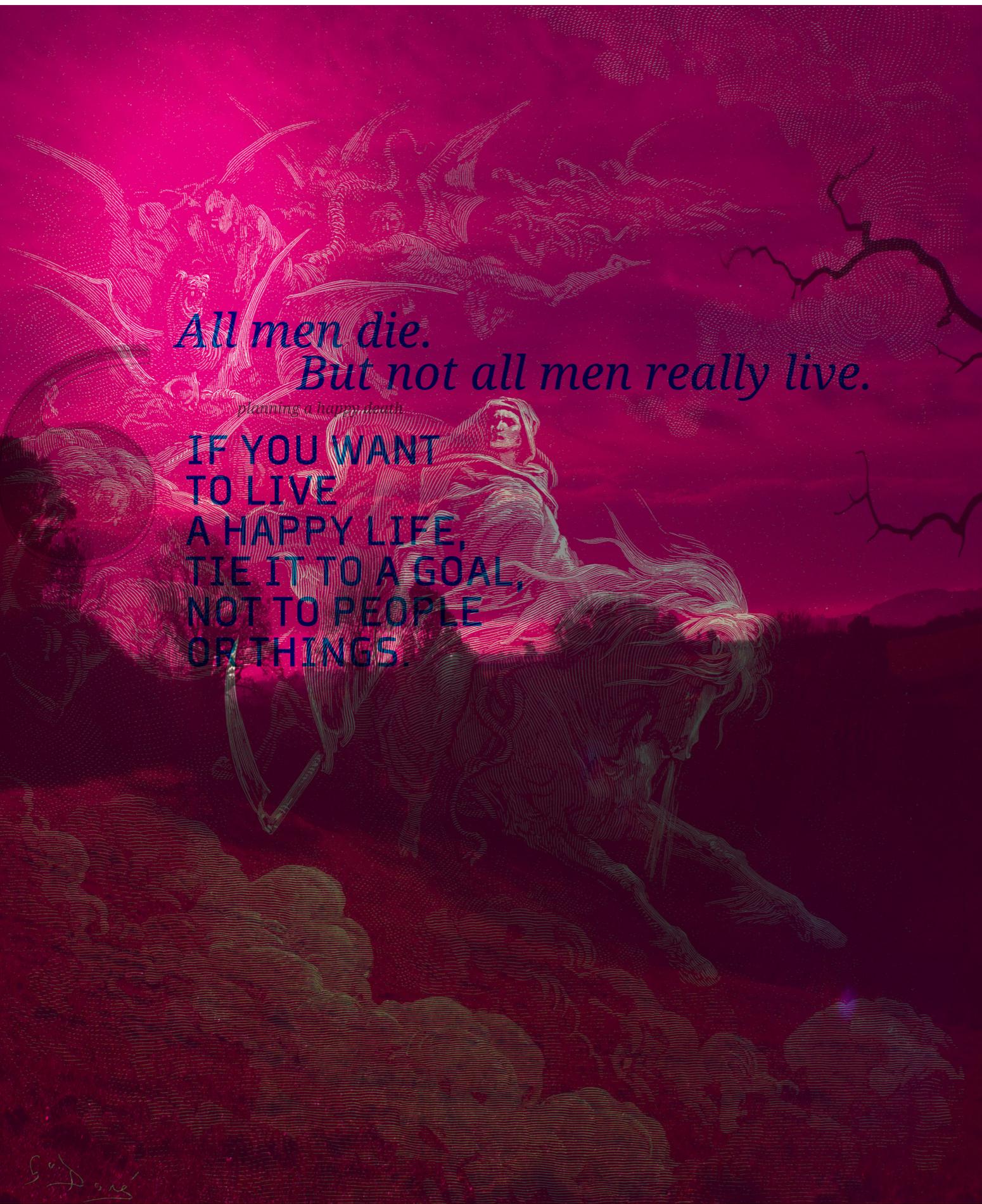
If you give the impression you don't care about yourself, other people in return will not care about you either.

>But now, I have as many people as I can possibly meet, that I can consider with high esteem – from the bloke who first gave me a job, to the barber who today reminded me where dynamic priorities can be found.

From the big books, to good documentaries, to wikipedia – I can choose my role models now, and I can choose my brothers, sisters and especially my One father figure.

I need the truth and I will get it from whoever is willing to share it with me.

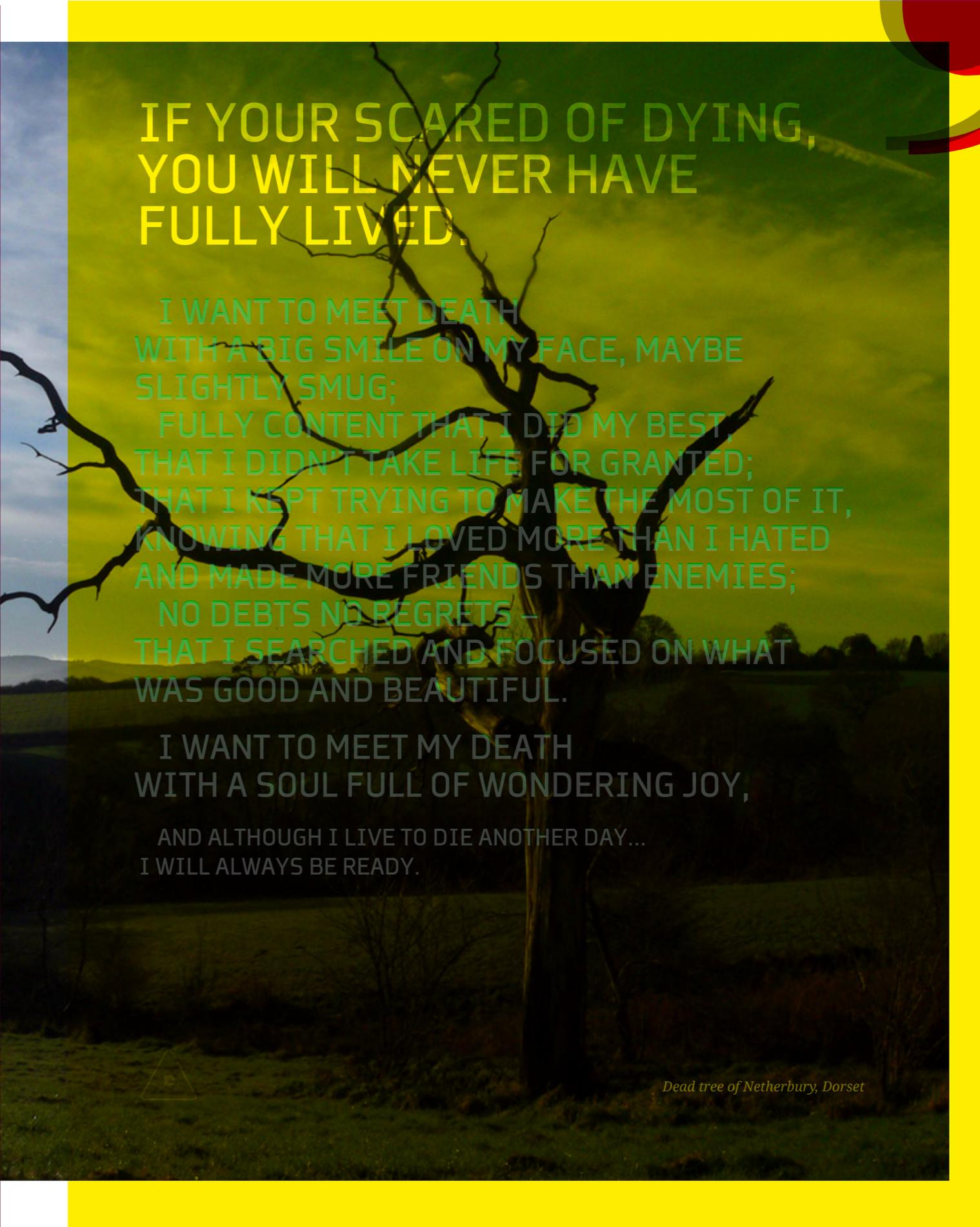
Over. and out.
Earthtronaut



*All men die.
But not all men really live.*

planning a happy death

IF YOU WANT
TO LIVE
A HAPPY LIFE,
TIE IT TO A GOAL,
NOT TO PEOPLE
OR THINGS.



IF YOU'RE SCARED OF DYING,
YOU WILL NEVER HAVE
FULLY LIVED.

I WANT TO MEET DEATH
WITH A BIG SMILE ON MY FACE, MAYBE
SLIGHTLY SMUG;
FULLY CONTENT THAT I DID MY BEST,
THAT I DIDN'T TAKE LIFE FOR GRANTED;
THAT I KEPT TRYING TO MAKE THE MOST OF IT,
KNOWING THAT I LOVED MORE THAN I HATED
AND MADE MORE FRIENDS THAN ENEMIES;
NO DEBTS NO REGRETS –
THAT I SEARCHED AND FOCUSED ON WHAT
WAS GOOD AND BEAUTIFUL.

I WANT TO MEET MY DEATH
WITH A SOUL FULL OF WONDERING JOY,

AND ALTHOUGH I LIVE TO DIE ANOTHER DAY...
I WILL ALWAYS BE READY.

Dead tree of Netherbury, Dorset

Hope is the surest remedy against sadness.

Just like the love for someone is not determine by just the mood I am feeling today, so must your hope be.

Hope must be sustained, hold on tight for the confidence of better times. They might be different times, but if things are really that bad; at least take comfort that things can only now get better. *Flipmode: "That which does not kill me can only make me stronger."*

I want to believe I am going to get better – I want to believe things with time will get easier to cope with. If it helps me to feel better to believe... then OMG! *I'm doing it.*

**/ Anger leads to hate and
Hate leads to suffering Depression.**
In order to overrrcome the fear of death you need to embrace life,
– we must not feel Sad of our death, as death is a natural part of this Life.

Train yourself to let go of everything you would be Sad to lose.

YOUR FIRST STEP

**– TO OVERCOMING YOUR SADNESS
IS TO IDENTIFY WHERE IT CAME FROM**

If you can't work it out – think of what something you've recently LOST

Only the truth can humble you



Loss leads to Sadness, Sadness leads to Anger /

We can lose our temper, we lose our state of mind – we lose our balance, books written centuries ago by monks like John Cassian, already acknowledged loss as the cause of sadness. Vice versa, we can get angry when we have lost that something, and by allowing us to get angry we open the door into sadness; a sadness that can dwell in us for so long, that even our mind forgets what we lost in the first place. The loss of money, loss of acquiring things that the mind was set on, loss of self respect when some injury has been inflicted upon us. These losses are not the loss of a loved one; they are not the emotion of grief in death. 'It's not like anybody died' is a good cliché to identify the differences in being sad at the loss of some thing, rather than mourning death.

*To some a dream to others a nightmare. As above, So Below.
Baphomet, the symbol of good and bad within ourselves –
good-bad the indivisible whole.*



*believe in
the something... in the Substance,
and not in the man made organised political
racist religion*

Believe in hope,
believe in the message of truth,
believe in the One,
believe in the Something...

We are intention fulfilling humans. If you want something enough, a goal, and you really put your mind to it – then you are bound to work at taking all the steps and opportunities that lead towards it, and yes, with hope you will one day get it. Hope is the journey, the conclusion you hope to achieve – Hope is the results you imagine today and you make for real tomorrow.

There is no hope in financial markets or promotions; that's rigged gambling and I don't believe in luck. To think a pot of gold is going to land in your lap it's insane; and even if it did, because you didn't earn it; it will ruin your life.

*You've got to make your own luck! –
there ain't no tastier beer than the One
you've earned.*

**it's Blasphemy
to believe in Religion**

Death is our ultimate challenge to Hope.

With hope you must also believe in a life after death. When the thoughts of death represent themselves to you in new ways and it affects you as it did when you were 9, you must remember to believe this;

'Death is but Birth to a new Life',
sustain your believe with meditation,
contemplation and your personal experience.

– if you find it hard to believe, let hope be your 'Placebo' – just know that scientifically it's true, it works and it's good.

Hope is a discipline.

Hope is seeing the big picture.
You place your hope on what you are willing to work for. **And you live by what
you Choose to Believe in.**

*I'll tell you a secret,
everything is more beautiful because we die –
because any moment might be our last.*

Nothing you do,
should be for the intention of impressing others.

Magnanimity. *opp.* Vanity. Materialistic consumerism VII

*"If people I don't even know look at me and want to fuck me,
it means I really have a shot at being a model!"* Angela Hayes

Vanity strikes back.

Vanity affects the soul so it's a subtle weakness that strikes us just as we are winning our self-awareness and our skills of body and mind. The vain will make gifts only if they are to receive a gift in return. They live a life of self-admiration –ruled to prove to people they are better than they are. Vanity is an empty

reputation on the back of a ego trip.

Being kindhearted, being magnanimous is the opposite to a vain show off.

The stuff you own will end up owning you.

What mug takes on work he hates doing in order to pay off his 3rd car that he never even uses? Are you keeping up with the Jones?

Who do you see in the Mirror? Turning her around; The Venus of the Mirror by Diego Velazquez (1599-1651) National Gallery, London.

VANITY FAIR

*The YOUNG LADIES
of AVIGNON,
the most beautiful in the world?*

NOTHING YOU DO,
SHOULD BE FOR THE INTENTION OF
IMPRESSING
OTHERS

*BE FAMOUS
IN SECONDS!
on the internet by VF*

*VELAZQUEZ
on how Masks disguise you,
turn you into an animal, a demon, a God*

We first learn by using curiosity within the safety of our parents.

It must have been embedded into you unconsciously – either by your environment you grew up in or by the memory of your dad warning you not to play with the escalator in the underground because

“Do you want people to think you’ve never seen an escalator before?”

He deprived your childhood, your curiosity, your identity for what people and strangers might have thought about you.

And most importantly what strangers may have said about him.

Self-Conscious Paranoia.

Don’t care what other people think so much, especially strangers, as long as you use your common courtesy to all – why think they care?

You want to go for a run and you keep thinking; Do my shorts look silly? what will people think? are people going to talk behind my back and make fun of me?

This is fear of embarrassment, and it’s a really unhealthy false of belief that cripples your personality and confidence.

It only took one person that you overheard saying “look at him” to his mate and now you can’t help thinking everyone that you overhear speaking or laughing as you walk or run pass; must be talking about you. They are not! and even if they are; f’ck em. You’ve got to Stop this. People naturally look at each other and just because they look, it don’t mean you have something stuck on your face.

The trouble is you hate people talking about you behind your back; you hate gossip, who are they to talk about you? – why don’t they look at themselves for a change?

You know people judge other people; they find faults to compare themselves, to make themselves feel better. “At least am not fat”, “Well at least I have a car” –

People will put you down to make themselves feel smarter; to have one over you. They will judge you by their own standards – if you have more, they call you a rich bastard, if you have less, they call you a tramp.

It’s straight out of the depressing telly soap operas of EastEnders – that half our nation is hooked on; corroding our human emotions with their cheap fabrications – whiles making people ‘happy’ on reflection of the miserable angry lives of the characters.

And your so called friends that barely leave the room before their fake friends start slagging them off to you... and it’s obvious they are doing the same when it’s you who’s leaving the room. Don’t allow it to affect you.

BUT REMEMBER THAT YOU SHOULD NEVER SPEAK ANYTHING ABOUT SOMEONE ELSE THAT YOU’RE NOT WILLING TO TELL THAT PERSON TO THEIR FACE.

If people make up lies about you, why should you care on the people that are stupid enough to believe it.

It stops you progressing into who you truly are. Self-awareness breaks away from this negative type of thinking. Teaching us how to understand without it affecting us.



So to help you, remember this:

You will be dead soon.

This is the most important fact to remember to stop you caring what others may think.

Just be yourself and don’t let anyone stop you doing what you enjoy.

Remembering my death, makes me feel ‘happy’ – it makes me smile every time.

It quickly gets rid of all my small pointless worries and petty arguments, leaving me to concentrate on what’s really important.

only take to heart what your heart requires



DON'T TAKE TO

It makes me savour every moment.

It makes me dance as if no one is looking; It makes me be genuine to myself,

it helped me make the big decisions in life, it makes you take all your opportunities – without the fear of failure –

failure is another name for rehearsal, you really have nothing to lose.

Everything seems to fascinate me...

... always remain passionately curious.



**DIAMONDS, FOREVER
THE OBNOXIOUSLY OVERPRICED SYMBOL OF
AN EMPTY SOUL.**

Taking the piss with a stiff upper lip.

If someone does pass judgement on your personality or on what you're wearing; it's always best to either ask them what they mean or to ignore it and think for the best, use that British stiff upper lip. If people don't have something good to say; it's usually best they didn't say anything at all – however everyone is entitled to their own opinions – so it's unto you to agree or disagree with their comments; without it letting it get to you.

Sometimes friends will take the piss out of you; of what you're wearing or doing because they like it for themselves, they just haven't realised it yet. A friend took the piss out of my new work leather bag, only for him to get one a week later. Now that was funny when I reminded him!... the truth always is.

It can be harmless banter but other peoples comments can make you feel self-conscious and make you feel bad. People try to belittle you with jokes only in front of a listening admiring group; to make themselves feel good, funny, clever and generally showing off an excessive self-love, fascination with themselves – this is their vanity.

Vanity is the opinion you want others to think of you.

**IN THE FUTURE
EVERYONE WILL
BE ANONYMOUS FOR
15 MINUTES**



**BE ANONYMOUS FOR
15 MINUTES**

*It ain't about black or white, because we are all human.
People do not choose a Thug life. A Thug life chooses them.*

Oi white boy, lend me 10p.

NIGGAZ, IN SCHOOL, TURNED ME INTO A RACIST

"They try and take my money, they try and beat me up for fun, they hunted in packs – they wanted me to be scared of them and I was – they hated me for being white, and now I hated them back for them being black."

...so who's white and who's black? Niggaz and Pikeys come in all colours.

What's the difference between a dumb black man and a dumb white man? Both are too stupid to have ever met each other. Working alongside a dumb black man; who from day one was getting ready to sue the boss for racist unfair discrimination; whiles I knew he was skimming the till. This same man abused one of the customers as soon as she walked in the shop, with easy to identify African clothing, he told her he couldn't understand her before she even tried to speak. He laughed at her face and told her to go away that she stunk. This all happened whiles I was trying to attend another customer – I made eye contact with him in horror – asking why? I am thinking... she's a well dressed middle aged lady, who just needs a photocopy? – He later explains to me that they were all a waste of time and that he was nothing like them Africans. He was a black Caribbean.

Try and explain that to my Bermondsey Millwall friend.

Easy rude boy.

I remember your cousin as a teenager that within the handful of times he came to visit you in Peckham; every time he came he somehow managed to get himself in trouble with the black kids. Either being asked to a fight, having his cigarettes taken or managing to even have his new bicycle nicked.

Some of these feral teenagers can spot a person feeling self-conscious a mile off regardless of their colour and will take advantage of any person's weakness given half a chance in a situation. Especially if mugging and burglary is their game.

I did get to see it once for myself on my estate when a black neighbour was simply walking outside his door – my cousin's body language became so uncomfortably hyperactive that it was loud – he stared viciously as the black chap walked passed us and he kept asking me what I thought he wanted.

I think my cousin was experiencing a mixture of fear and vain-paranoia. It made me believe that it was he who had always had the problem not the black teenagers.

He convinced himself that every black kid was a racist and out to get him.
It sounds wrong to say but, for better or for worse we attract our own circumstances we later find ourselves in.

If you keep thinking you're going to be mugged, you provably are, because your body language is going to reflect this and your fear is then visible – which makes you an easy target.

I guess you can take for granted being a little street smart.

I'm telling ya... Black self-defeat.

I agreed with a black friend of mine I met at art college, when discussing how some of his black friends became paranoid themselves; convinced every white person was racist and shouting at them "what you looking at!" at every chance.

Whiles sucking their teeth, they would comment "why do white people keep asking me if I am selling drugs sta" and "why do white people run away when they see me walk behind them"...

which I am certain it happened but also worth noting that some of these geezers were like 7 foot tall, one was a gentle giant with a chip on his shoulder – who didn't understand his own true above average presence. If some of these white people aint never seen a tall black bloke before, that's their problem, not yours. The police trouble they found themselves in was always their own doing.

They would challenge people to a fight – they beat up a bloke once in a crowded bus because he had 'pushed him' and saw it as 'taking liberties', 'disrespecting me', rather than an honest accident in an over crowded bus.

The built-in judgement to generalise people although quite natural; causes unhealthy tensions in Your life.

If you look for trouble you will find it. If you believe life is not fair you'll use that as an excuse to give up and 'keep it real'... real dumb.

Too many black kids give up on their dreams before they've even started, by not wanting to be a 'sell-out' – but why not? why instead conform to the stereotypical that all black kids are thieves? If you convince yourself everyone is a racist then you're not being fair on yourself, let alone the people you accuse.

Ignorant and stupid people of every race is the problem to the rest of us – but no one can stop the dreams of the smart!

It's just not cricket.
In addition of the rule of law and the police,
we must abide by the spirit of the game we
call life.

You need to know 2 sides of Knowledge,
for example knowing you can use the
internet on your phone to make fart noises or
you can get it to demonstrate you how our
Solar system works.

Find the Value.
Perfume cost 20p a bottle
but you buy it for £60.
When you're buying things don't look for a
bargain, just pay for what it's worth.

Vanity and pride are different things.
Pride is the opinion of yourself and Vanity is the
opinion you want others to think of you.

*A healthy vanity is a consideration
for your appearance.
A lustful vanity is spiteful pride,
...the balance can be tipped.*

Plato... Who?

This is why I am writing this book, for you.
I don't want you to be a middle age man without
never have heard who Plato was.
Don't take my word for it and find out for
yourself. Read the Republic.

The lottery and The Prostitution of Charity.
The majority of people who play the national
lottery, are at the bottom of the pile – in a
desperate last attempt of gaining much for doing
nothing. Too many of them who claim benefits,
seem to be spending their 60 quid on fags, a
few cans of beer and the rest on lottery tickets
– whiles feeding themselves on prepackaged
processed crap.

Wealthy people don't play it much, they are
too busy working on much higher odds and
probabilities – such as selling the public false
hopes and dreams. Some, market themselves as
a 'charity' – but barely give £1 to every £100
they make in profit.

They attach the lottery to a charity and
now it feeds on peoples pride not just their
greed. It's the perfect recipe of the rich making
themselves richer by abusing the word 'charity',
the natural human feeling of **compassion** –
whiles making a charity out of the vulnerable
poor individual. Poor homeless beggars have
egos too.

*Real charity is private,
not advertised. It's based on attraction
rather than promotion and anonymity is
its foundation.*

If the rich are being conniving; the poor are
being gullible – when they eventually win £100
and completely blank the fact that they had
spent £2,000 to get there. Like all gambling it
feeds you back just enough to keep you coming
for more. This is the false winners.

People live a bitter existence hating and
laughing at real life's miracles – yet they put all
their faith and hopes in winning the lottery.

What are the chances of that? I bet they've
never done the maths; because if they had...
they wouldn't be playing with their life's.

With quick high fixes come quick and
ferocious lows.

Only people who listen and follow their
hearts do their long term miracles come true.

TROJAN WAR'S IT'S MENS ANIMAL PRIDE INSTINCT THAT CAUSES WAR, USUALLY FOR THE SAKE OF A WOMAN'S VAIN HEART.

*Men and woman reflect the 2 halves of the
same oneness – as human life itself requires
both to make life.
For better and for worse you can't have
one without the other.*



*Woman of Willendorf. 25,000 B.C.
Masturbation doll?*

It is said that there must be a balance in these two forces. Without the Masculine, the Feminine is apt to act without restraint, order, or reason, resulting in chaos. The Masculine alone, on the other hand, is apt to constantly reflect and fail to actually do anything, resulting in stagnation. With both the Masculine and Feminine working in conjunction, there is thoughtful action that breeds success, which points out that both the Feminine and the Masculine fulfil each other.

NO SHIT EINSTEIN

WELCOME TO THE REAL WORLD

Logic will get you from A to B. Imagination will take you everywhere. The true sign of intelligence is not knowledge but imagination.

TO KNOW THINGS IS JUST THE BEGINNING.
IT'S WHAT YOU DO WITH THAT KNOWLEDGE
THAT GIVES YOU THE POWER

Conclusion:

Celebrity rapist.

Being famous for inventing the World Wide Web is acknowledgement to a great achievement by an individual.

Famous for being famous; is for no particular talent or abilities, just fabricated gossip in magazines after a well received sex-tape PR stunt.

This is mass media fame and the celebs that spread the naked front covers have become the idols that are worshipped by the billions who are too blind not to buy lies.

10% of people find it funny; the rest actually belief this stuff.

Here is an example: ask 10 people if they've heard of Tim Berners-Lee; then ask if they have heard of Paris Hilton.

Why are the results so shocking?

The results are testament to how our public and mass media values lies over truth.

And me as an average individual is made to remember useless people rather than people that are inspiring with merit and value.

This celebrity that encourages their vanity by using the mass media; enters deeply into the culture of young people.

Children today inspire to be 'just famous' for doing nothing, an inspiration for an empty reputation... it's not so funny anymore.

This is truly low expectations for oneself ... a bit like looking for praise for never being in prison before. This celebrity rapist is encouraging people in selling their soul to an empty dream.

Metallica

Behind every celebrity there is a World wide Marketing Machine which focuses in the sex mass media slave trade.

If the celebrity pop girl singers and actresses need to be humiliated to shock the public into a response – these companies and handlers behind the mass media networks, will make its celebs sexualise their childhood for mens sexual fantasies as a guaranteed way of getting famous fast.

A TV PR sex stunt spreads onto all other mediums of the media from online to print. It's bought by both genders and in every country of the world, sex photos need no translations. Magazines have boys jerking over their pictures and has girls at home aspiring to being famous.

The rest of the public laugh and make themselves feel 'happy' by buying the made up newspapers, sex scandals of good girl gone bad.

*Suggestive music videos exposes promiscuity casual sex to pre-teen girls which mutates them from good girl next door to shameless careless materialistic people by the age of 18. This is shareholders long term investment cycle – it's all been planned out, a sick system from seller to buyer – they are the **Masters of Puppets**. The faceless companies that makes our entire world lose its way.*

Living for the weekend emptiness.

People today experience life as empty of meaning and purpose – so they look at anything that stops them facing their personal emptiness.

The reduced sense of belonging to a family or a group of similar minded people, means people do not have a vision or a philosophy beyond 'feeling good' and not harming others.

So people are minimally connected to each other and have limited visions of what their lives are about. The need to keep feeling good becomes the never satisfied driving force of this empty experience of life. The rich can, of course, buy more 'feel good' products than the poor, but the experience is still the same.

No plans for this Saturday night!! (panic)

What are we going to do!?

An unconscious fear of meeting our emptiness drives people to seek out the instant excitements of life. We feed our emptiness by filling our body's with gluttony, lust and greed. We feed our minds with negative thoughts such as anger; as an effective way of keeping the emptiness away;

'I am so busy telling everyone what they are doing wrong – that I don't make time to look at myself.'

Boredom, depression is an emotion that comes uninvited to fill the space created by the many different kinds of loss – and so too with vanity that fills my life with fake self-admiration in order to keep away and ignore the calls of my own emptiness.

Wisdom is at the heart of seeing all these instant excitements for what they are, instant, ignorant and empty.

WE BUY STUFF
WE DON'T NEED, WITH MONEY WE DON'T
HAVE, TO IMPRESS PEOPLE
WE DON'T EVEN LIKE

MAGNANIMOUS.

Humility, Not being big headed, feeling grief, 'Admitting to yourself when you are wrong' – these are qualities of people without vanity.

Finding the truth is difficult, because we have to pull ourselves away from all these instant excitements of life in order to see and realise that nothing we do and have is worth more than finding who we are.

Knowing who you are is more valuable than any of our possessions – once you see the truth; all the hard work pays off in a life changing transformation that lasts forever.

THE TRUTH THAT WE FIND HARD TO
ACCEPT ABOUT LIFE IS THAT TO BE
HUMAN IS TO BE VULNERABLE.

We would rather believe that to be human is to be secure. So we spend our energy on looking important and convincing ourselves that we are secure. **That is vanity.**

We should instead work at accepting our vulnerability as a reality, a reality that enables us to receive other peoples love and help.

In turn, other peoples vulnerability is the gap into which we can show our love and support.

Vanity stops that whole process; the emptiness of total self-love 'blinds' the natural connection of love from one person to another.



On holidays with Mrs.White.

MONEY HAS NEVER
BEEN ATTRACTIVE
IN PEOPLE.

IT'S HOW VALUABLE
YOU MAKE YOUR
GIRLFRIEND FEEL
SOCIABLY TO HER
FRIENDS, FAMILY AND
OTHER PEOPLE.

A GIRL WILL
ALWAYS BE ATTRACTED
TO A BOY WHO IS
LIKED BY LOTS
OF OTHER GIRLS.

A wife will choose you for
all the good things people
that are important to her
say about you.

Because you can adapt
yourself accordingly to
the gender, age group and
different personalities to
make almost everyone like
being with you.

With Self-awareness you
are a social provider.

Just being with you she
becomes more valuable
and in turn... happier.

SO, IT'S THE
SELF-AWARENESS THAT
CAN CREATE MONEY
THAT'S ATTRACTIVE –
NOT THE MONEY ITSELF



IMAGEN

Keplers Supernova

PEOPLE ARE ANIMALS



BUT WE CAN CHOOSE TO BE HUMANS



People are animals...

We are all preprogrammed by our coded genes to use our instinct; to take shelter, feed, play and reproduce with pride and security, just like all animals try to do.

Humility. opp. Pride. VIII

...but we can choose to be humans.

Humans have the power to think rationally, they can study and they can plan ahead.

Killing our mother with pride.

With the cutting of too many rain forests for furniture and burgers;

with fish stock levels at all time low, by using wasteful greedy technology fishing methods, wiping out all fish from our oceans today and leaving none for tomorrow; – people are having an immediate impact.

10% of all coral reef, 3rd of amphibians, a 5th of mammals and 70% of all plants are all to be lost forever like the Dodo – without possible recovery.

It's greed and people hiding behind their company name that allows them to carry on without ever taking personal responsibility for their actions.

Like bureaucrats they leave the lights on in their skyscrapers, because they don't need to pay for it at the end of day, the owners of the offices include the cost of energy to their clients; so no one is affected by the cost in the short term;

– in the long term our very human existence is being threatened.

Frill-necked lizards have the ability of running on their back legs.

CONVENTIONAL ECONOMICS IS A FORM OF BRAIN DAMAGE / A MACHINE WITH NO MORAL OBLIGATIONS.

ECONOMIST CALLS OUR ECOLOGY / BIODIVERSITY / THE OZONE / NATURE AND PEOPLES LIVES *EXTERNALITIES.

THEY THEN PLACE BETS ON IT IN THE WORLD MARKET, BASED ON ASSUMPTIONS. OUR PEOPLE, OUR WHOLE WORLD RAPED ON GAMES OF GAMBLING.

*Externalities – it's like the bi-product – the so called Friendly fire in war – the not taken into account real cost and impact generated to our environment and people; such as pollution whiles drilling for more oil. e.g. Prestige oil spill, Galicia, Spain 2002. / BP (British Petrol) Deepwater Horizon oil spill, Gulf of Mexico, 2010.

FOR SALE! The Environment

natural world Trees – Buy 2 get 1 FREE!

“rare non sustainable – buy now ! offer ends tomorrow”

The impact industrialisation is having in our environment world today can only be controlled and helped by the types of people who created the problems in the first place.

Mass industrialisation is greed blind hypocrisy; it destroys its own environment for excess wealth in the name of the economy and then desires places of outstanding natural beauty for its holiday destinations.

We need to let nature do what nature dynamically has always been doing, for our own sakes.

We are going to be too slow to do anything about it – we are still only now, painstakingly slowly learning the importance of Keystone species that shape our world for our benefits – it works much like our water cycle;

e.g. Ecosystem engineers: like the Salmon in the Pacific Northwest that swim from the sea and feed the bears in the rivers and bears in turn feed the trees; and trees feed insects, animals, birds, which we humans need to feed on physically and spiritually.

WE ARE THE SUBSTANCE OF NATURE. PEOPLE NEED TO REDUCE THEIR IMPACT ON EARTH URGENTLY

Money doesn't stand for anything – it exploits one resource and then moves on to the next. IMF forces 'poor' countries to strip their natural resources to pay back the loans – loans that were advertised as a fast track to getting 'rich'. Progress to the IMF means to use propaganda, labelling some of the richest countries as 'developing countries' – countries that have yet to be exploited by the IMF's no limit greed. The IMF knows this – we all know what happened in Easter Island; so the question is what's on their agenda?

It's certainly not a War on poverty.

It was a 1936 General Motors streetcar idea with Philips Petroleum to buy out the eco- friendly, good value, modern and effective electric train transport of cities like New York and destroy them – to force an increase sales of GM cars; as adverts with “Buy a car and buy your Freedom *today!*” was proving less effective for the next 10 year marketing forecast.

Today... with petrol tax, sales of insurance policies, APR car loans, road tax and boroughs like Westminster now known as '*Parking fine companies*' as they take £38 million in just one year of 2012. The fact is that the government has a deep lust relationship with all things cars, which they refer to as 'cash cows' as the money keeps for ever flowing.



Progress

?

AN ECONOMY WITHOUT LIMITS WILL ONLY RESULT IN A UNSUSTAINABLE HUMAN EXISTENCE

What we don't do, *is just as important as what we do*

YOU'RE A FORCE OF NATURE



Fresh water is priceless.

The lionshare of water is being used in agriculture for our other vital commodity – food. Greed in the markets are set to be producing double the amount of food production for the 9 Billion people in the future using the same amount of land – as most of the productive agricultural land is already being used – 30/40% of the worlds surface.

The future is more; more oil.

Today 85 Million barrels of oil is being used every single day – with predictions by the big oil companies to double in the next 20 years.

Energy consumption has gone out of control without the concern of our environment and other species.

This is the outcome of cheap energy – which has made many countries rich in the short term whiles giving us long term consequences.



7 Billion people in the world.

The biggest world threat to stainability in the world could be ourselves.

Only in the past 60 years Earth population has gone from 2.5 Billion to 7 Billion. By 2050 it's well predicted that there will be 9 Billion people on Earth.

There is the same 1% of fresh water available for people to drink today as there ever been. As the populations increases it puts more pressure in our water supplies.

Today Mexico city is a good example of what could happen in a world scale – where emergency delivery of water by the truck load needs to be hired for the ever increasing population.

iPOD's irreplaceable battery last only 18 months

Nature does not produce waste only nutrients.

Who is going to push for legislative action to take place to get rid of disposable plastic?

Humans need wild animals in the wild – if we kill too many of these animals we are essentially killing ourselves.

Greed is rubbish

We need to:

1. Stop consuming so many resources.

Greed is at the heart here. Greed is extremely wasteful and the amount of 'Waste' is the tangible proof of greed working overtime.

e.g; The amount of good food chucked away in the food industry to keep the prices high. Price fixing.

The abuse and effect people are having in our natural world is there for all to see.

See it at home, See it in Ghana, as rich countries use Africa like a huge waste bin.

We ship our rubbish there and turn rivers into polluted waste lands by dumping our old white goods, TV's, mobile phones, computers and tons of other designed to fail quick, Electronic waste.

2. We need to change our technology.

Technology is being used to shorten life.

Capitalism is being abused to prevent technological advances from improving human quality of life. Planned Obsolescence is when leading manufactures keep the lifetime of their products far below their technological capabilities. This way they ensure the continuous demand for more, and hence long-term profit for themselves.

Oil companies with the help of government are buying out new technologies to stop them from ever happening in the first place.

Why? So they can keep hold of their power and money. Oil keeps people in their mercy; buying a car is just the first step on a life long maximum tax paying system.

3. We need human self-awareness.

You personally need to know what you're doing and take responsibility for yourself.

Only when we all do this, will we gain the power.

With education and a share of studies with our fellow human cultures – an understanding of the natural world is crucial for all of us.

"Without the natural world, mankind is doomed. We are dependent on the natural world for the very air we breathe and every particle of food we eat. Many people, including me, would say we are dependent on it for our very sanity."

David Attenborough, 2012.

Naturalist and broadcaster of natural history.

Oil fuels the economy

**Buy smart, Buy less,
Eat what you need,
find happiness in experience
rather than products and together
we can shift the economy to
value life over money.**

*Our human intelligence is
our only Hope.*

*We need to cooperate
and stop carrying on regardless –
Peoples pride is preventing it –*

Self interest – the more we damage our
own environment the more we
threaten our survival.

Moral obligation – Humans as the most
intelligent species have a duty for other
species and people around us.

THE ONE TRUE RULE:

**Don't do to others what you would not wish
others do to you –**

*Always treat everyone as you would like to be
treated yourself.*



We all know this is true and how instantly it
would make all of our lives better.

We can all choose to practice it; as an
individual person with the people we see
everyday, work friends and neighbours.

Countries could choose to use this rule
when dealing with other countries around the
world with their political relationships.

Global business companies could also
choose this rule with the demand and supply of
their commodities.

But... we rather not.

If you thought your cousin was being a bitch
for saying or for keeping on doing something
horrible – instead of letting her know that you
don't like it, that it hurts and she needs to stop
– you instead twice as hard do it back to her.
“Well she did it to me first!”

Or worse you copy it and do it to your other
cousins... whiles you already know what they
will think of you.

It sounds like playground childish behaviour
and yet this is exactly the same attitude full
grown countries are doing in a worldwide scale
– showing off and flexing their WMD's weapons
of 'defence'.

My bomb is bigger than your bomb...

so...

...so I win!

Only a variable 1 to 10% of us chooses to use
this true way of thinking, 99% chooses to ignore
this common courtesy.

THE BEST THING ABOUT
THE TRUTH IS;
IT DON'T GIVE A SHIT
WHETHER YOU AGREE
OR DISAGREE.



Glow-worms, Fireflies, Lampyridae,
are winged beetles that glow in the dark by
producing a “cold light” chemical in their abdomen
to attract mates and prey.



Pride is the root of all evil.

“I take pride in my work” – there are many meanings to the same words that we use today and we must learn its intentions and the overall message rather than holding strong to the letter and littoral meaning of each word.

Many people that say they take ‘pride’ on their work are referring more closely to – ‘feeling good about their work’.

This is feeling pleasure in a job well done; a sense of a healthy self-respect with a possibility of enjoying the recognition from others.

The problem is, this honest self-respect can very subtly transform itself into arrogant self-importance pride.

A pride that competitively looks down at other people.

Money rich, Time poor.

Pride is always at the bottom of everything that goes wrong in our lives, we can see it everywhere around us. We assume that important people are busy people and so if we are not busy we are not important. The everyday question of “how are you?” is usually replied with “keeping busy” a reflection of the assuming busy culture.

This is not to discourage hard work, but to disapprove of any activity that becomes so all-absorbing selfish that it excludes the rest of your life. The reality is that many people are not working that hard at all; they spend more hours at work looking busy, but mainly gossiping and drinking tea – they say their busy as a self-important way of covering up their laziness and keeping the rest of life at bay.

Photo of a closed Brain coral showing the polyps. The Great Barrier Reef, Australia. Corals are ancient animals. An individual coral is known as a polyp, a very small and simple organism consisting mostly of a stomach topped by a tentacle-bearing mouth.

It's rich for people to call people of other countries lazy. these 'lazy' people simply value a culture and a life without such high materialism.

Some people eat to live – others live to eat.

The U.K. arrogantly sees itself wealthier than what its true and believes everything must be paid for – if we are so wealthy, why do we need to pay for tap water? Such a basic necessity – it's just as ridiculous as the country soon introducing a Clean Air Tax! on all of us individually – made to pay for the air we breath as if the air was a commodity; that's poor.

Others who are working hard often willingly take on an extra task because they do not consider themselves busy and have managed to keep life in perspective, working hard but also putting boundaries.

It's not the quantity of hours but the quality. Germany has some of the lowest working hours in the world and yet can be 70% more efficient than the rest of us. Working less hours in fact can make us more productive.

Many people will use the words ‘I am busy’ as a quick way of saying no to others – in truth a set of rules and priorities is what you make time for. We all like to make time to have a beer with a friend. We all need to make time to take a shower to eat and to rest.

This busy culture is just but a frame of mind.

Technology like emails and mobile phones is making the work-life balance more and more difficult. Companies are encouraging and demanding employees to stay connected to the business even when out of the office.

The London overtime working culture of 3 or 4 hours extra per day, is invading our social life, and making everyone 60% more likely to die younger.

Obsessive–compulsive disorder, stress and depression can be the results of aggressive career-minded individuals. Which can lead to nervous breakdowns and heart attacks that end up in premature death's.

when you're working, you have the money, but no time to spend it – when you're not working, you have the time, but no money to spend

Many people take pride in calling themselves ‘workaholics’ as to say they enjoy their work.

But ‘Workaholic’ is a form of sickness that means that you are addicted to a work; that despite logging in an extraordinary amount of hours and sacrificing your health and loved ones for the job, ‘workaholics’ are frequently ineffective at their job.

For a balance of life and work; we must not be a person who makes their job their entire life – it's like putting all your eggs in one basket.

Don't forget your health and sport, your love relationship, leisure activities, the pleasures of culture and museums, art and science, music and literature, family and friends, and contemplation time.

We are all Slaves now. Wage slaves to the faceless master of; The Economy.

Only with dreams can you earn your Freedom.

It's terrible that companies with their bullshit of working in the 'spirit' of the economy and country we must all be seen to put in the hours at all cost.

This economy has made us all into wage slaves. They preach at people like some crazy vain religion full of lies – they are greedy enough to believe their own lies in order to keep everyone quietly working.

Most people need to take what ever jobs on offer to pay for their food and rent.

They are certainly not free. Freedom is a lie that the system wants people to believe they have, whiles they don't give them the time to think or ability to do anything about it; because they are far too busy working.

Freedom is a dream that can only be made possible when an individual can first early enough in their life imagine what their dream is and second that they put their brave hard work marathon in order to pursue it.

**MANY MEN DIED FOR OUR FREEDOM /
AND NOW, – WE DON'T KNOW WHAT TO
DO WITH IT.**

**MOST,
RICH
BASTARDS
WORKED F'KING HARD.**

For our society faster bigger economic growth is no longer a sensible long term goal.

We have to work for an income to pay the taxes but it's important to know that our 'Happiness' and 'well being' is not based on how much money richer we are. The U.K. shockingly as a whole is not happier than it was 50 years ago even though much richer today – so for our society faster bigger economic growth is no longer a sensible long term goal.

Generalising, people in India are poorer than people in Spain and so are less happier than people in Spain. But once you get to the income level of a country like Spain, countries do not become happier as they become richer like in the U.K. or US. This means that economic growth is not the way to raise our happiness in the future but in our personal work and life balance.

Everyone wants to be happy and a good society is where the majority consider themselves happy and as few as possible are miserable. We only get this happy society if people see and feel happiness by kindness rather than cruelty towards others.

I want to be rich enough so I can live the way Cuban Taíno people lived before Columbus's arrival on the Americas in 1492.

The word 'rich' means to have great possessions and having lots of wealth. And to be poor is not to have any money for food –

but what about just wanting what you need? I don't need a Ferrari and I don't want to go hungry. I need the food, the safe place to live and the balance of work and life.

This is the good life you need.
tasty good life V plastic high life.

I was jealous of the happiness found in the Indians, well before I heard of 'Bartolomé de las Casas'.



Is this for real? This is a male bird who's transformed his frontal view into a spectacular ellipse-shaped creature, that rhythmically snaps its tail feathers against the ground while hopping in frantic circles around the female. The lengths nature will go to, for males attracting females – the blue plumage makes a good cartoon face!
Superb Bird-of-paradise, New Guinea.

Monkey see, monkey do.

The saying refers to the learning of a process without an understanding of why it works. Another definition implies the act of mimicry, usually with limited knowledge or concern of the consequences.

– taking control of my Meme

BANANAS
SHARE 55%
OF DNA WITH
HUMANS



I was smugly reminded once by a friend that we all come from the monkeys – I joked back that I didn't, but that maybe he did? He replied, if I then believed that some white bearded bloke plonked us on earth from above? I said; there were once two hairy little brothers, one of them evolved to be a chimpanzee the other evolved to be human. I didn't pretend to fully understand – but he just didn't want to listen.

"The Incredible Human Journey," Documentary presented by Alice Roberts, BBC Two (2009) / "The Origin of Our Species," book by Chris Stringer (2011)

The busy rat race on a pleasure treadmill.

People today find themselves in a rat race driven to work harder and harder in a hard-to-break consumer financial lifestyle.

They subject themselves to a time-consuming job, giving themselves heavy mortgages, rents, bills and liabilities, forcing the individual to continue busting the gut at that same job.

It's also a misconception that getting more money will solve financial distress, but those who subject themselves most voluntarily to the race, just spend more and more, digging themselves a bigger hole.

"I'm not interested in money" they will say. If they aren't, then why are they working ungratefully for some punk – wasting their lives away whiles constantly complaining about their financial shortage?

The rat race involves a variable combination of self-induced panic of poorness, having no choice, horrible spending habits, a lack of imagination and a fear of change – even though it's insane to expect different results when we keep doing the same things over and over again.

People fear unemployment:

they understandably fear the loss of vital income that comes from being out of work but they also **fear the loss of importance.**

To become not busy is to become not important.

And this is mainly what's happening in our busy culture, also known as a 'pleasure treadmill' because there is only one thing worse than being busy and that's 'Not being busy'

So whiles there may be many mixed necessities to stay in the busy culture, one of them is 'pride.'

Nothing worse,
than to follow
a wrong theory

Where are you from?

No matter your nationality, you are human. We are all the same Homo sapiens, how else would we be able to breed with each other.

Faceless Friends :) double thumbs up.

Keeping friends is obviously good. But using social networking like Facebook to show off to the world it's particularly a modern persons way of expressing their self-importance. Collectively these friends share their self-importance whiles consciously excluding the rest as boring life of political and philosophical visions.

Addiction to Facebook faces the same hollow problems as online porn addiction; corrosive time wasting that leads to wasted life's.

Online Bully

Bigots target people they don't comply to their views by ridiculing them to others. A small amount but with devastating consequences use social networking websites to bully people – these cowards can only do harm to those who are not strongly minded – those who do not practice their self-awareness.

FOMO

The fear of missing out is a blight on London life. It is why your mate is checking his tweeter account on the mobile under the table every 5 seconds; it's why you agonise over what to have for take away whiles trying to read the news; it's provably why you have a Facebook account, too. Getting so caught up in what other people are doing stops you from experiencing anything for yourself.

Unhappy Death.

Why do we find the stories of young, wealthy male model suicides, so disturbing? They had it all... beautiful model girlfriends, the yacht, the Caribbean house... rich.. they had most young mans dreams. So what could there have been missing in their life?

In Britain and America in recent decades suicide rates among teenagers have been rising. *Americans born and raised in the 1970's and 1980's were 3 to 4 times more likely to commit suicide than teenagers had been in the 1950's.*

So why are the most materially advantage teenagers history has ever known killing themselves in such numbers? The main answer is social isolation.

Not enough 15 years old's are taking part in community clubs, like Sunday league football. And in adulthood, too many people are making their job their entire life, which is so extreme that it completely neglects everything else in their life. Which means that if this job fails their entire life fails with it.

So, we need that paid job we enjoy doing – we need to be an individual with self-awareness – but we must also belong to a community. Be part of a group of similar minded people; be part of your family, be part of groups of friends and other big sociable events – communities we enjoy being part of.

The media bring to our attention the problems of paedophiles that hide in many good communities like the Scouts and recently the Catholic church,

but fail to highlight the good they also bring to the 90% of the rational self-aware people that choose to belong to these communities – *'only bad news ever sell's well,'* the famous sick 10% – the cowards that abuse their clubs and the most vulnerable members of their communities – only these ever get used to represent the whole.

The Devil hides in Good places.

"I had a friend in the neighbourhood which I met up in the mornings to walk to school with for years, until one day he joined the Scouts. I remember a couple of times afterwards, opportunistically when we crossed our paths at the school gates, that he invited me to join him to be given a lift back home by his middle aged Scout leader – I enthusiastically accepted the free ride. But it happened no more than a couple of times before my friend refused, after he was made convinced I only wanted to speak to him in order to get a lift back home. Which partly it was true – but this is how we first met, simply keeping each other company on our walks between home and school, a friendship that extended onto many weekends.

I didn't see him at all after this for years and the last time we did meet he told me how disappointed his Scout leader was at him leaving the Scouts to join the army. At the time it seem odd to me that this man who was in his 50's would want to take time off his life to wait for a 14 year old after school, going out of his way to give him a lift back home... this is what many parents struggle to fit their time doing. Today I will never know, but it's disturbing thinking what his intentions could have been; because whether he was a grooming paedophile or not, it was simply wrong for him to be doing this."

Other men who befriend single parent woman with children are always treated suspicious in the beginning until enough time is given to know their true intentions – especially if this man constantly buys and supplies the materialistic items that the children so much craved, which the mother on welfare can't provide. A middle age man that goes out their way to; help, provide gifts, money, even alcohol and fags to a teenager, is collecting favours for cashing in one day in some form of abuse.

Personally you have a right to choose what to believe in; what you don't have is the right to dictate what other people should

10% of people in good institutions is abusing the other 90%.

Institutions are rightly treated with suspicion by 15 year old's who see it in the same grooming behaviour – if someone helps them, especially without asking, they instantly reject it because they are suspicious what this help will demand back in return.

This extremist minority poisons the entire constitution – restricting peoples view of seeing the good it brings to the majority of its members.

Christianity before it even kicked off had a 1 bad amongst its 12 disciples of revolutionary peace, in which 1 of them betrays the rest for a few reddies.

All religions, Buddhism, Judaism, Christianity, Islamic muslims all agree on the golden rule of *'Treating strangers with the common courtesy you would like to be treated yourself'* but it's the powerful 10% that hijacked these popular faiths to abuse it as a psychological propaganda weapon to justify all the wars in our history. How can religion be used to justify war when it's foundation is Peace? *"You will not kill each other."*

All religions believe in the same One god. So what's going on?

It's a countries 10%, it's leaders driven by power, wealth and political racist pride; they swear by religion in order to hide their lies to the 90% of the people.

Religion is part of a countries 'proud' traditions;

but the Truth unites all religions and humanity of all cultures.

You will know a person quickly by seeing the quality of their fruits.

A good healthy tree produces good tasty fruits. It's the same with people; a good persons work, intentions and what they do with their time, produces good results for everyone to see.

It's not possible for an unhealthy bad tree to produce good fruits.

There is always a reason behind for what a person does with their time.

If it's just work – the reason a person will work for another person is for the compensation of paid money.

There isn't a 10% of any large businesses, mass scale companies, charities, governments, civil servants that abuses its position on the inexperienced and vulnerable – the days of trust 'It's Okay, am a doctor' has been murdered by Harold Shipman.

It's easy to criticise.

You like to think of yourself as your worst self-critic and people that highlight the things you get wrong should keep it to themselves.

They are more interested in embarrassing you than helping. Are they trying to make you look stupid so they can make themselves look smart? If I get something wrong I'll blame it on them! – I would rather die than admit it – I will carry on stubbornly the wrong way, if only to prove my 'pride'.

“It's not important where the iDe▲s come from; but where they are goInG

I am a communist leaning fascist”

“The mere formulation of a problem is far more essential than its solution, which may be merely a matter of mathematical or experimental skills.

To raise new questions, new possibilities, to regard old problems from a new angle requires creative imagination and marks real advances in science.”

Albert Einstein

Don't try to be original, just try to be good.

Sometimes, you will read things that you relate to; it will make you realise you weren't the first to have thought about them.

You've been arguing with people for years only to eventually find someone many years ago had not only thought about it but explained it better than you had ever managed to. But the biggest difference here is that I am not Einstein, so my points of view and thoughts are emotionally judged by people who have a boxed view of who they have decided I am.

To have only now – read a quote from the father of physics describing creativity – after my whole life chasing creativity in art school and visual communication in marketing–

it's incredible to me how science and art meet together; both searching for the same truth.

1+1 = 3

I have always hated mathematics.

As a 13 year old I was simply not interested; at 16, no one still explained to me what it was for – I hated numbers for their 'arrogance' and lack of creativity. Maths to me was simple memory games that those who were interested in studying it were over praised for eventually learning equations that they would never find any use for later in their live's. Adults admitted forgetting it all within a year after studying.

I knew how to use a calculator for my everyday useful arithmetic, but my realisation that 1+1 could never = 3 was so painfully boring to me.

Then, recently I met π pi again; – the 3.14 irrational everlasting circle; well... it's like seeing the most beautiful painting ever painted; bursting with colour and endless creative possibilities.

Now even mathematics can be humble.



The Visa card of the sixteenth century

Pieces of Eight,

Peso de ocho reales, British Museum.

The first global economy system. 1570's Spanish Dollar, minted in Bolivia.

Between the illusion and reality of wealth. One writer in 1600 describes it like this:

“The cause of the ruin of Spain is that riches ride in the wind, and have always so ridden in the form of deeds, of bills of exchange, of silver and gold, instead of goods that bear fruit and which, because of their greater worth, attract to themselves riches from foreign parts, and so our inhabitants are ruined. We therefore see that the reason for the lack of gold and silver money in Spain is that there is too much of it and Spain is poor because she is rich.”

From – 'A History of the World in 100 Objects', 2010 by Neil MacGregor, British Museum Director.

Who keeps trying to control inflation for 400 years and expects different outcomes?... we do.

Today with knowledge more accessible than ever in our history, with the help of the internet and free-content encyclopedia foundations like Wikipedia – *“it's not what you know, but what you do with it that matters”*

I don't want to hear how an American general got inspired from reading Hannibal when in the Gulf war – I want to hear how someone got inspired by Einstein and Plato to progress beyond war and capitalism.

An educated population knows its rights, understands the issues and takes action when it does not approve of what is going on.

What we have is the exact opposite, an unhealthy, frightened, in debt, confused and sedated mass population.

Wikipedia is a quick source of knowledge. No more excuses – the people who want to know the truth can have access to it, the others can keep quiet, no matter how loudly they complain. From now on there is an educated class and a fools class.

It's never been so true how pointless it is to memorise things that can be easily looked up, and this is why **Creativity** is so much more important than knowledge...

Never judge a person by its cover

Prejudice. *opp. Let people be themselves.* IX

It's not what other people think you are; it's what you know you are – that's what's important.

"In life we should always look for what is, and not for what we think it should be"

He who smelt it, dealt it.

Whoever denied it supplied it....

She who pointed the finger pulled the finger..

Whoever's poking fun is the smoking gun...

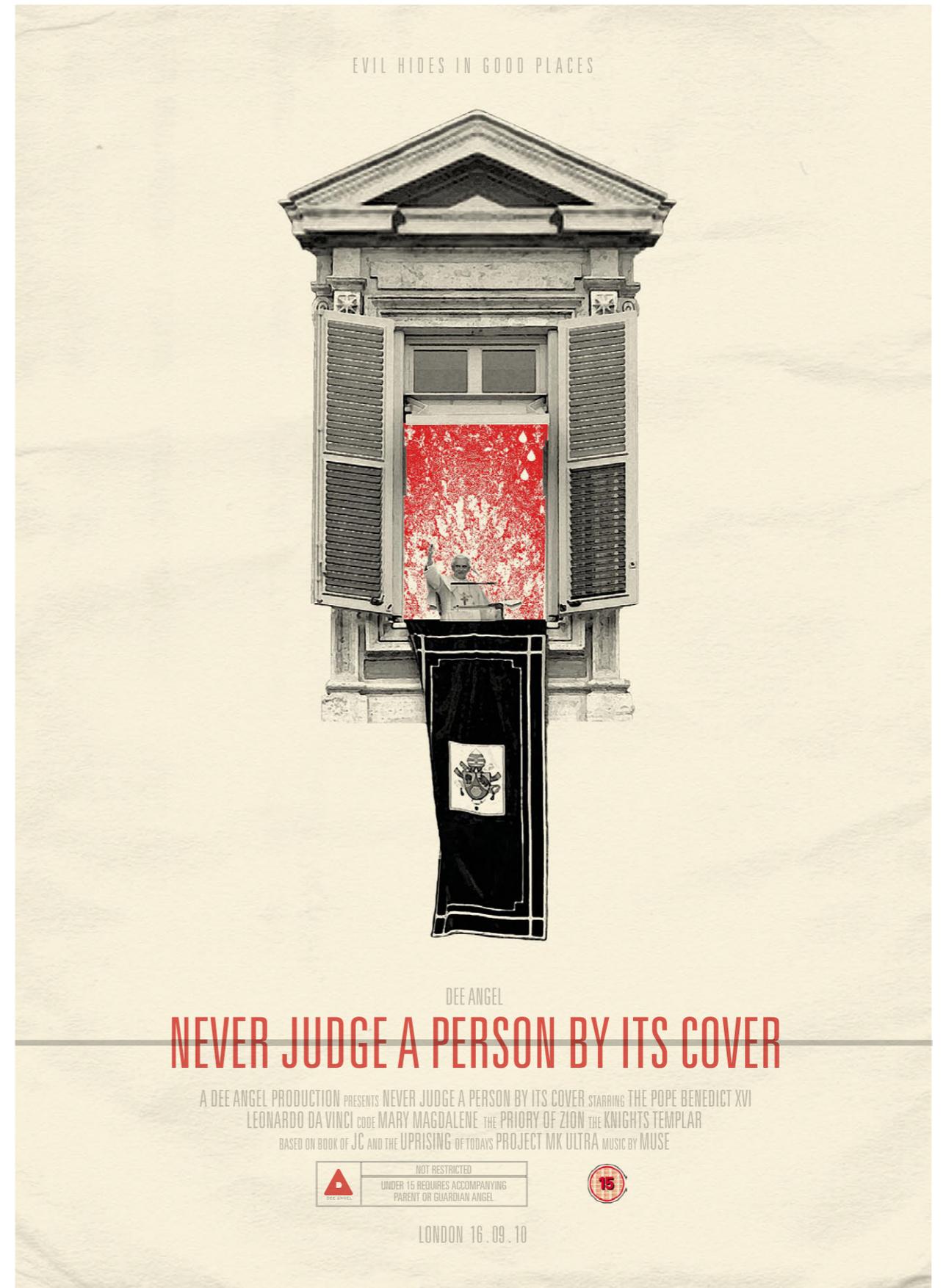
Watch out for the quick accuser!
With time the truth always reveals by itself.

Lets play Chinese Whispers!

I'll start ...*Never assume anything* – pass it on!

People that react on gossip and spread rumours for malicious purposes not only falsely ruin reputations but it kills people. Never judge anything on someone else's opinion.

If it's worth you knowing, it's worth you finding out for yourself! Don't allow yourself to be led blindly by others. ASSumption will only make an ASS hole of both of us.



子貢問曰：“有一言而可以終身行之者乎？”子曰：“其恕乎！己所不欲、勿施於人。”



中國私語

*"I hear and I forget.
I see and I remember. I do and
I understand.
Confucius,
Chinese philosopher. 551 BC – 479 BC*

When in London, do as the Londoners do.
In London when you've accepted an invite – you take it as it comes and you show them gratitude. Don't try to set your own rules when you are someone's guest.

If someone offers to cook for you and you accept – don't intervene, you accept it as it comes and enjoy the ride, let others make the decisions for you. When you invite them in return, then it's your turn to 'drive' the day.

When you judge another, you do not define them, you define yourself.

Some people judge you badly to make themselves feel better. They put you down, belittle you... at college, at work... but they are not defining you, they are defining their low self-esteem.

It's a reaction to put someone or something down when in reality you admire it. You must be inspired by everything you decide you like rather than feel jealous towards it.

**COPY THINGS YOU LIKE &
ADAPT THEM TO MAKE THEM
YOUR OWN.**

**BE INSPIRED BY PEOPLE &
WHAT THEY DO.
LET PEOPLE BE THEMSELVES.**

Before you react – put yourself in your enemies shoes and give yourself time to understand before mindlessly jumping into mindless action.

*People know me by my works,
the actions I take
and by my motives...*

...that's how people can know me.

That's what it takes for you to know someone else.

If you want to know someone you must spend enough time with them to see their works, what they produce as an individual – they are what they spend most of their time doing, what they say, how they go about doing their things; time enough to learn to notice the reasons and intentions behind what they do. That's their goals.

The results of all these intentions are the persons 'fruits' and the quality of the fruit will tell you the quality of this person.

an utter bastard

In the summer of 1995 one morning, on another part-time working occasion in my late teens at Clearaprint – I was sitting down playing some typing tutor game on the Mac classic – when a man walked into the shop; and got some papers out of his case. And as I watched him, I noticed his appearance – a tall white man with long straight hair down to his buttocks, dark army green jacket with a German flag on the left shoulder.

I automatically had him all worked out as being a bit of a tramp. I rolled my eyes backwards as I dragged myself off the chair and up to the counter; I assumed he was going to be wasting my time, maybe ask me for clear ‘jewellery’ bags, or to colour photocopy a tipp-ex out qualification, like many other black men had.

Instead, he asked me in unheard before perfect English for 5 sets of photocopies in recyclable paper. He knew better than I did of the shops capabilities, as I struggled to find this recyclable paper underneath an inch of dust – it was the first time anyone had asked me for it.

I couldn’t believe someone would want to pay a bit more for paper that everyone knew didn’t look as good!

What sort of weirdo was this?

He didn’t even ask me for the price before I started – I think he already knew. He paid without hesitation, taking his change and receipt, said thank you, good bye and even smiled a little as I looked at him as if he had come from another planet. I couldn’t work it out... usually people that look like a tramp are drunks, drug dealers, and can’t speak... at least that’s what the majority had always been.

I soon forgot about this unusual experience, and I never thought I would be reminded of this again. Until another day... three weeks later or there about’s.

Another man walked into the shop – it was empty so he quickly had my full attention. This man was clean shaven, military haircut, elegant with a well fitted suit, tie and expensive sunglasses.

I walked to the counter briskly and greeted him like the people in films greet royalty – politely I looked at him in the eyes, I smiled eagerly and with my best English accent I warmly welcomed him with a big *Hello!* and How can I help you?

The man looked around the place – as if he had been here before and had left something behind.

I was confident this man was about to talk big business with me; I needed to be sharp to handle it, as I assumed he must be a big music club promoter – so some form of promotion; where thousands of invitations in special gold ink and highest quality expensive paper was going to be required to satisfy his needs – maybe he is looking around to see if the shop and I are going to be capable of his high standards and delivery?

No...instead he picked up a £1.99 marker pen from the dispenser and gave me a twenty Scottish pound note.

I had taken these funny looking bank notes before – but I would have normally put the note under the UV light gizmo– but at that instant though – in the back of my mind I didn’t want him to see me doing this.

There was no reason for me to do this check – and I didn’t want him thinking I was accusing him of the possibility of him being dodgy. Imagine my shame... this man was a well

dressed respectable gentleman who I should not keep waiting for his change. I didn’t want him thinking I was being rude – so chop chop I quickly gave him his £18.01 change and thanked him.

At the end of that day as the boss Ian took the till, he picks this out of the ordinary bank note – and he immediately hold’s it to the light and shouts

“who took this effin note!?”

Looking straight at me; I looked back with eye brows raised and cowardly puppy eyes while murmuring.. *“I think it was me”...*

“it’s a blatant fake note!” he shouted in shock of disbelief *“did you not even look at it?”*

I was very lucky to be paid that day – I felt so bad and sick that I offered for the money to be taken out of my salary but relieved when he gave me the money anyway hesitatingly. It was all for me a revelation of my prejudgment stupidity.

Throughout my years working there from when I started as a 13 year old school boy, working on Saturdays, through to my college days and working weeks at a time during the summers and other holidays I had always projected a good punctual working attitude,

I was a quick learner, I had good customer skills and was trusted enough to be given the task of taking the weeks earnings of thousands of pounds to the local bank.

But in an instant all this value I had invested in myself had disappeared in my boss’s eyes.

I was now also capable of not knowing the difference between a bank note and toilet paper.

I simply couldn’t understand. As I tried to forget, my mind got invaded with the thoughts of – how did I let that happen to me?

I struggled to make sense as I compared these two occasions. But eventually months later with a settled mind,

1. The tramp was a polite gentleman with self-awareness and 2. the million dollar looking man was a conning thief.

How could this be?

I promised to myself to never believe my eyes – *not that much*, ever again.

I decided to never judge a person again by their appearance. I had to make sure to learn and remember this for the future.



Somitemes in emenegcires wehn we olny hvae a spilt seoncd to mkae a disiceon we hvae to assmue soemhting; knwoing we are taikng a rsik. But tihs is vrey rrae iendeed. In reilaty we are vrey qiuck at mikang up our midns on soemhting and vrey solw to chnage our worgn opinoins.

You should never ASSume a persons personality by the clothes he is wearing.

We should not ASSume anything.

You should not generalise anything – Cultures, nationalities, people of all classes, colours and races – every person is an individual that you can meet and understand before applying your own personal opinion on them.

When meeting people you’ve never met before approach them openly minded in the same manner you would liked to be approached by others.

Nationalism is Insanity.

Not denying who you are, knowing a bit about the origins of your family surname, knowing where your parents and grandparents were born, knowing a bit of your countries history is all part of your ancestry –

Where you live today gives you an address, a culture, and the place you call home.

Firstly we have our immediate family, our friends, the place you grew up in, your neighbourhood, village, then our county, our borough we moved into, then our closest city, then our capital London, then our country England, then the United Kingdom then our geographical position within Europe 51°30N 0°7W that's where the British cousins the Americans can find us in this world.

Knowing your local Anglo-Saxon history and language makes sense of the people you live and see around you. In a world scale this gives you part of your identity when meeting people of other cultures. You can't choose where you're born or who your parents are – this is your heritage that's given to you and you must acknowledge it, enjoy it and respect it as part of who you are.

We should learn from our history, so that we may move forward and evolve a better future. Like keeping the crusades of the past, in the past, where they belong.

But instead we make up our own national history in our own minds, usually from regurgitated sources, snippets we hear from fools with no interest in details.

We rather prefer to belief in a perfect past in order to look to our future. And so, we all still remember the 'victory' of the Spanish Armada whilst forgetting the English Armada a year later in 1589. The majority of us have never even heard of it, as they don't teach you that at school.

I guess there is no fun in remembering our loses, but then again neither is being stupid, SiR.

Patriotism puts our nation above humanity and above the principles of truth.

Patriotism justify's the value of life of an Egyptian to be worth less than a life of an American.

We naturally have an interest in one's own nation, with concerns with the nation's spiritual as well as it's physical well being; it's our greater family.

Yet patriotism is always used to easily blind people into sacrifice by a government who wants power over other nations.

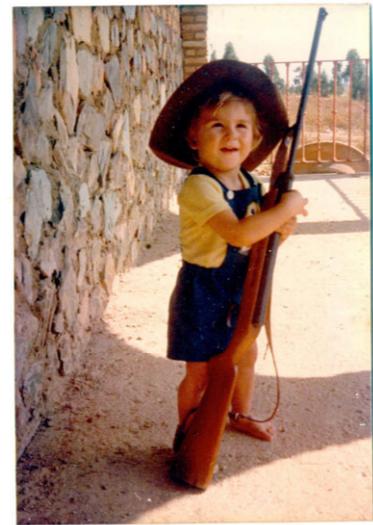
The true reasons behind all the Wars of our history is the combination of Pride and Greed.

And to achieve it, you convince people to join you by selling them the idea of Patriotism.

But how can you say you love your country, when it excludes one's love for humanity?

SMALL SCALE:

Your brother may have been at fault in verbally insulting someone in a pub to start an argument and a fist fight – this will pull you into the fight to support him, even though you know it was his wrong doing to begin with.



Young people are not commodities

ALL RACES ARE RACIST – FUNDAMENTALLY WE ARE ALL

We all can't wait to pre Judge, to form an unfavourable opinion without knowledge, thought, or reason of the people we meet.

Quickly we want to suss people out; – we box in our judgments and fully satisfied we lock it tight. Once locked in our mind, it's impossible to ever want to change it, as this would undermine ourselves.

If only we could just WAIT to know them.

Your country is your tribe.

Tribalism, street gangs, mafia, triads.

A burglar who invades your home and threatens the life of your family – it will trigger that instinct that will place you either in front of a coming bullet or given the chance it's you who pulls the trigger first.

A hooligans mentality will pick out anything different from others as an excuse for a fight – “You drink in that pub; but we drink in this pub opposite – so which is better?”

only one way to find out... Fight!”

Some football fans falsely use patriotic emotions for racist and violent acts. –

they will pick anything that is slightly different about the opposition in order to focus their attack for their blind selfish pride – it's the 10-90% rule. This ignorant minority that can spoil the game for the rest of us.

Curb your pride.

1. St. George the man was not English, he was a Roman soldier born in Syria Palaestina, yesterdays Judea and todays Israel. Although his red cross will always be English in peoples hearts.

2. The Lionheart, Richard the 1st with his 3 Lions on a shirt – didn't even speak English, he was a French speaker although he was born in Oxford.

BIG SCALE:

It's simply true that people of power will sell other people the idea of their countries honour in order to justify the killing of fellow human beings.

What is a government but a mafia that demands taxes in return for their 'protection' against other countries?

People will kill others as long as they are paid enough and feel safe enough not to be personally responsible.

“I was just doing my job”

And you don't have to be a mercenary – the general public have been put to the test and a majority are pushing other people off the cliff, fully aware of their wrong doing but not taking responsibility of their actions for what their 'employers' have instructed and paid them to do.

Governments use this patriotic emotion to bring its people together, fighting for the same cause; like a corrupted religion it abuses the real true natural family emotions from our human evolution and uses it for the wrong motives – motives that governments cover up with

pride over purpose.

Looking down from the universe the world and its people are One. All different but all equal earthlings – like honey bees, all closely related to one another, but all genetically, individually unique.

Origins of the British are Spanish.

We are All different. All equal – all the same. 21st century science can take the British ancestry all the way back to 18,000 years ago, into the time of the ice age.

Using a 2 part genome X and Y, Professor Stephen Oppenheimer* took an average white English persons genetic make up and traced it back to today's north Spain, the Basque country. This was a place where one of the largest refuge of people lived, of all western Europe. From here people moved along the Atlantic coast and arrived in Britain around 10,000 years ago as the ice age melted away.

So the bulk of British ancestry mainly traces back to the Palaeolithic Iberian people. Britain, the land the Romans first named Britannia in around 43 AD.

Anglo-Saxons genetic contribution to the English ancestry is only 5%. The English share their human genetics closer to the Cornish, Welsh, Scottish and Irish more than any other European population. The Anglo-Saxons in 500AD. gave England the roots to its English identity, the way of thinking, the way of life.

Today's English culture was forged by the English natives with the small numbers of ruling conquerors of a Germanic pass.

William Blake's – Jerusalem

This country, and London, this huge shop in a world scale has always been multicultural.

The British Empire** later brought people of many colours – Indians and West Indians. The ideal today is tolerance of all, to coexist, while maintaining the British identity and law – although not perfect it's still one of the world's greatest capital city.

* *'The Origins of the British'* – a book by Prof. Stephen Oppenheimer. (2006)

** *'Empire,'* Jeremy Paxman (2012)

Parasites in paradise – The Empire's.

British comedy reminds us of the despicable horrors of the Spanish inquisition.

Spanish comedy reminds us of the racist horrors of the British slave trade.

You can't today feel responsible for what you personally had no role in playing – you wasn't even alive then – and yet this will still inflict so much pain in the heart of the receiver when you are forcefully reminded by your neighbour.

You try to deny that it ever happened. You can take it so personally that it would have just been as worse as if they had insulted your own mother. And it's because they have, in an indirect way, they have insulted your ancestors, the place and the people you decent from, your family; they have insulted part of who you are. Yet we have to look beyond and realise that sometimes we disagree and fight with our own brothers and sisters, so we can't afford to have the burden on our shoulders for all the mistakes the people of our whole country make in our name.

We all look at our countries history favourably, not truthfully.

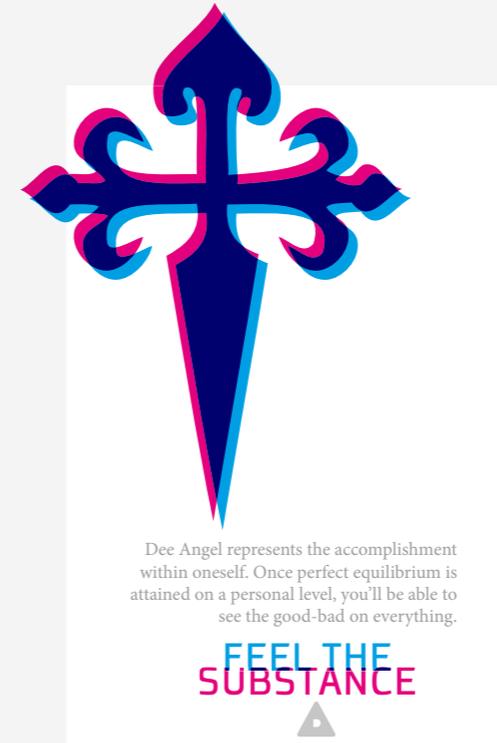
Countries are formed by fights and the winners take it all, in a land grab of modern political geography.

SCIENCE TELLS US WE ARE ALL DISTANCE BROTHERS & SISTERS

"The British Empire played a big part in the racism of the world that we know today. The blatant exercise of racism came in the 18th and 19th centuries with the advance of the transatlantic slave trade. And the colonisation of other lands, especially the West Indies, India, and Africa. The Empire was built on the clearing of lands and the exploitation of labour in foreign countries for the profit of British investors; which had deep effects on the British perceptions of subjected peoples. **Stigmatization**, the attribution of some internal fault or pollution, was necessary to protect the self-image of the colonisers. It gave them a rationale: *"If there is nothing wrong with those people, why would we treat them so badly?"*

'Stigma,' Erving Goffman (1963) *Wikipedia*, en.wikipedia.org

¿Origins of the English are span-ish?



"costs you an Arm and a Leg"

In 2,000 years time when people read this phrase; that we today don't need explaining its meaning – for 'expensive', will people read it *literally* and believe we must have demanded body parts as payments today? ...silly, right.

But this is how people read the Bible today.

And the bible is not to be read literally,

but with understanding of its history and purpose.

The bible was created for people.

People were NOT created for the bible.

William Tyndall – Soli Deo Gloria

Although we may not be sophisticated enough to understand the Bible today; which shows us the history of our human need of victory over chaos, in a literal sense but also in a moral, allegorical and anagogical sense.

This book has transformed and shaped British culture since William Tyndall translated the Bible from Hebrew and Greek into English in 1525. Born in 1492 on the same year as the discovery of the Americas and while Leonardo Da Vinci was painting *The Last Supper*; this book showcased the words of Truth in a way that had never been heard before – inspiring people to learn how to 'read' for the first time – for a mankind who were thirsty for knowledge and understanding.

The King James I version of the bible went on to developing the golden age of our modern literature and drama; universities, education, technology and science. If we wanted to know what created our modern world, we would need to understand the Bible and the parable of The Good Samaritan; as they are the source of our thinking civilisation.

History is your Future.

Your fathers history, remember your own personal history, remember your countries history, remember your history to understand politics today – and why things are for better or for worse they way the are today.

If you want to know what's going on today – or if you want to look into the future to know what will happen tomorrow – all you'll have to do, is learn a bit of the history behind it.

You will marry a descendant of William Tyndall.

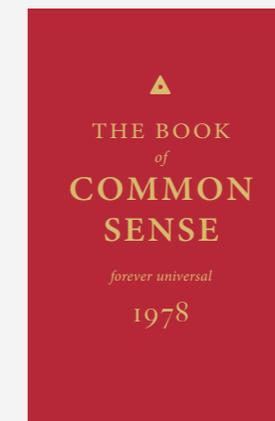
*Religion is like a gun,
you can use it for food or you can use it to kill people*

Lectio Divina.

We all know the body obviously needs to be fed as it can't survive without food.

But we forget that the mind also needs to be fed – it needs good mind food.

Cherry pick find and taste the words, the sentences, the books that give you the essential nutrients to produce energy to maintain life and stimulate growth.



Workers – Proles (proletariat)

“Left to themselves, like cattle turned loose upon the plains of Argentina, they had reverted to a style of life that appeared to be natural to them, a sort of ancestral pattern.

They were born, they grew up in the gutters, they went to work at twelve, they passed through a brief blossoming period of beauty and sexual desire, they married at twenty, they were middle-aged at thirty, they died, for the most part, at sixty. Heavy physical work, the care of home and children, petty quarrels with neighbours, films, football, beer, and, above all, gambling filled up the horizon of their minds.”

George Orwell, Nineteen Eighty-Four, published 1949

It all boils down to peoples Fear, Embarrassment and Hate of ever being wrong.

They are never wrong on anything. They would rather carry on going fast the wrong way – they would rather die than to admit it to themselves let alone anyone else.

Instead they choose to blame it on someone or something else for their failure.

It's smart owning up to your mistakes and especially when learning new things for the first time. It's stupid to think you have the answers to everything and you never make mistakes.

If you are fearful of making mistakes – if you are scared of ever being *sorry* for small mistakes towards others you will never try anything new! *Trial and error*

Asking can make you look stupid once – never asking will keep you stupid forever

What's right for one person is wrong for another.

Both sides of an Argument has truth in it – this is why it becomes an argument because there is no clear yes or no. An extended argument becomes driven by emotions of pride rather than seeking what's right from wrong.

In simple terms our whole life is the battle of seeking what's right from what's wrong; from the petty argument of a couple to the politicians in a world scale of politics.

It's all about having the last say; it's about winning an argument whiles forgetting what the purpose of the argument was in the first place.

Government struggles with the blurred distortion of generalising; deciding what is right for everyone, whiles trying to keep a personal freedom to choose what is right for oneself.

Pompeii – Sodom & Gomorrah.

The same people live today that lived 8,000 years ago; they had the same issues as we have today; only now we have better technology for faster transport and communications – we have the Internet.

But there are certain things that the people of our history did better than the people today.

e.g; 2100 years of Forgotten skills;

Pompeii was a Roman city 2,800 years ago that had loo's in their houses, plumbing and a sewer system. In 10th century Córdoba roughly 1,000 years ago – they had toilets that flushed!

London in Victorian times 700 years ago, people where pooing on pans and chucking it out their windows onto our public streets.

What happened to that ancient knowledge?

Why didn't we learn more of it?

Why do we forget ?

Why do we keep going backwards in so many different ways and start from scratch?

Make sure you write things down that you want to remember – as there is no need to remember what you can look up.

The last word story.

“Once upon a time a young couple recently married filled with joy and full of love for each other are walking together on their honey moon, in a beautiful green forest – when they both see for a split second in the distance a blurred dash made by a small animal running across and disappearing again.

Neither of them knowing for sure what it was...;

“Ohh look a Rabbit” shouts the man...

“No it wasn't – it was a Squirrel” replies the woman... “but it looked bigger than a squirrel, – I think it must've been a rabbit” –

“It was a squirrel! I am certain of it !– it had a long bushy tail... did you not see it as it went running up the tree... ?

It was Definitely a frigging squirrel !!!... you always think I am wrong, Don't you ;#!!!?

“Okay...okay... replied the man.

Lets not fall out and get angry about this silly little thing, lets not let it spoil our lovely day... and let us change the subject...

how about we decide on where we are dining this evening...”

“yes, okay... lets talk about this evening...”

but Remember; it was definitely a Squirrel.”

THE CABLES:
IRAQ WAR – 2003

WHO KILLED DR. KELLY?

Tony: “Lets invade Iraq with the USA.”
yeh.. lets support them with their
“war on terror” bullshit, great way to justify
getting your hands in all that lovely oil. For a
weak headed trigger happy simpleton he ain’t
done too badly. All thanks to his dad and his
business billionaire friends of course,
President George W. Bush what a joke.

Did you also know he is selling the weapons
from his private company to the “US defence”
Ha! – classy act Georgy. I am sure I can get him
to give us a deal – our fair share of oil and to sell
some of our British weapons too... don’t you
just love those Apache choppers?

*How are we going to get the people of the U.K. to
support this blatant smash and grab?*

Tony: Georgy’s idea of telling the people that
Bin Laden is Saddam’s lover is not going to
work here. Alistair? you’re the spin Doctor, Mr.
propaganda man, Lets ASSume, lets just make
some shit up. Sugar coat it big man.

Alistair: Okay. how does this sound...

Iraq and Sadam Hussain can fire biological
missiles and kill us all.

A TOTAL LONDON WIPE OUT IN SAY 45 MINUTES ?

Tony: shit! can he really? f@ck.. lets go!!...
invade! IN fucking VADE! right this minute!
major panic...kill him, – fck it, kill ‘em all!
before they kill us; this is self defence!

Alistair: okay.. yeh.. cool..

I have a name for this: “WMD dossier” its short
and sexy for Weapons of mass destruction.

Tony: Love the name!

Mr. Grumpy, Mr. Sorry we don’t do god has
done good! – Yes, well get a proper Scientist

a B. man a real Doctor – that top Scientist
David Kelly to approve it. Get his signature on
it... make it his responsibility... and make it
snappy... pronto!

Months later.

Dr. Kelly: This 45 minute claim is not true.
They don’t have mobile weapons lab... they
don’t have WMD. There is no truth here...
French, German, Canadian, Russian Scientists
intelligence also confirm... no truth here.

Tony: What!? WTF. of course they do`! Alistair
said so. Anyway it’s too late. Parliament has
approved it. Attack ..attack... lets not keep Bush
waiting; he’s already there...FFSs, this is
Bushy Blair time baby.

*Later: After Invasion and
Confirmation of no WMD’s.*

People of the U.K. ask their prime minister.

WHY DID THE U.K.
INVADE IRAQ Mr.Blair?

Question Time – BBC, journalism, freedom of speech,
freedom of truth: 36 million people across the world took
part in 3,000 anti-war protest against the war in Iraq.

Tony answers:

I only acted on the intelligence I had.
Dr. Kelly said the 45 minute threat was true...
he approved it; he made an error of judgement.
Make sure the BBC informs everyone it was
Kelly’s wrong doing and not mine.
His fault... he lied.

a few months later; after the massacre.

Tony: Right!.. we’ve killed Saddam – job done!
Who’s the daddy now black beard, *I am Tony,
the Saviour of the world.!*

Now – lets get rid off Gavyin Davies, Greg
Dyke and that Andrew Gilligan from the BBC
for confirming on the news I lied to everyone.

And get 007 to kill that Dr.Kelly, for doing
his job! that will stop him speaking the truth...
who does he think he is some sort of mad
Scientist with a conscious mind..?

Also.. Get Lord Hutton to do an Inquiry to
make sure it was not my fault – make
The Strange Death of David Kelly into a suicide.

And lets put a law to stop anyone finding the
truth for at least 70 years.

I know when normal people make things up,
lie or even when they make a genuine mistake,
our justice system puts them in jail.

But not me... my goals are in the millions.
Lets just kill the truth. Chop chop.

In a years time, after the people have had a few
beers, some football and the 2012 Olympics to
watch – they wont remember a thing.

Sorted, done. I am off to the Australian
circuit. Ciao Alistair. Stay cool and stay off the
booze... *wink wink... hehe.*

later at home

Tony: Cherie darling; what are you doing?
“I am sending the Labour party my yearly
£8k bill for my hairdos. Also getting a few signed
copies of Huttons report to auction
them off.”

Wow darling – sure you’re not secretly a
fascist monarchist?

The irony of making money out of such tragedy
... then again... surely that will be worth
remembering one day.

Let it be, for we must make sure that the
history books remembers us Blairs, as New
Labour and as leader of the nation of the
U.K, this report is my legacy – and my pride
demands it.

THE CABLES:
END

Spin Doctor

– MAKE WAR,
TO SAVE US
FROM A POSSIBLE WAR.

Oxford-educated microbiologist,
advisor for the UN 1994 - 1999, worked as a weapons
inspector in Iraq 1991 and 1998 after the first Gulf war.
Employed by the MoD and respected enough to be
nominated for a Nobel peace prize by Rolf Ekeus for
disarmament. Garth Whitty who worked with him in Iraq
said that the Scientist Dr. David Kelly;
“was internationally regarded as an expert in biological
weapons who copped well under pressure.”

No suicidal history – 59 years old, football fan,
strong self-awareness, Baha’i faith, gardener.

Mr Broucher. February 2003

“As David Kelly was leaving, I said to him
‘what do you think will happen if Iraq is invaded?’
“His reply was: ‘I will probably be found dead in the woods’.

On the morning of the 18 July 2003,
Dr. David Kelly was found dead in his local woodland.

R.i.p Dr Kelly.

Murdered for doing your job well.

He was also quoted to have said:

“there are many dark actors playing games”

Thousands of BBC workers paid for a full-page
advertisement in The Daily Telegraph on 31 January 2004
in order to publish a message of support for Mr.Dyke.

“Greg Dyke stood for brave, independent BBC journalism
that was fearless in its search for the truth.

We are resolute that the BBC should not step back from
its determination to investigate the facts in pursuit of the
truth. Through his passion and integrity Greg Dyke inspired
us to make programmes of the highest quality
and creativity. We are dismayed by Greg’s departure, but
we are determined to maintain his achievements and his
vision for an independent organisation that serves the
public above all else.”

Soul of Science.

Religion is a countries traditional culture, their way of doing things, their way of life and identity – each with their own unique expression for the same One human spirit. Every country has its own version of bread, every country has its own version of dance, but it's many beautiful variants of the same thing. They all believe and value the same things.

The One thing that unites us all, is when we are with like minded people in the subjects we choose to study in the fields of Science and Art for the search of truth and beauty.

Education Unites Humanity.

Humanity always unites together regardless of colour or culture when studying.

Science is a language with traditions, some regretful history, with rules of order, an identity for the many people of the world who unite together in their pursuit of knowledge – e.g.; people of all nationalities, colours and languages join together at CERN, the Large Hadron Collider in Geneva, towards the discovery of the Higgs boson.

Each of us can choose what to do, some of us have more strength in body and use Sports in search of the beautiful game.

Others use the strength in mind better than others. But we are all free to choose which we enjoy doing the most – *many choose to do both*

RGB Types of People.

R: The world has a majority of people that are: Physical fighting workers, they are productive, manual jobs, the white van man, construction, skilled labourers, farmers, extrovert entertainers in sports, art and drama.

*Stronger in the arm weaker in the head.
They provide the goods. In R lies hope.*

G: Then there are less people who are professional workers who have studied their craft. Work behind a desk, introvert services, teachers, doctors, lawyers, architects, business, engineers, military defence, civil servants.

They are protective, adventurous, strong and brave. Stare at computer screens.

B: The fewest are the people who work in Governing, philosophers, ideas, the referee's, — those who are intelligent, rational, self-controlled, in love with wisdom, well suited to make decisions for the community.

*Many were born from a R past; their experience gives them knowledge through merit.
Weaker in the arm, stronger in the head.*

The main quality required as a ruler is to sacrifice your own self-interests for the benefit and interest of the community, the ummah.

Persons born into R, G or B may move to another if he or she chooses to.

Scholarly Fools.

R.G.B all suffer from lack of self-awareness in the same ways. Being more academic or scholar does not mean you have more common sense or 'intelligence'. You can be a Lawyer who struggles to boil an egg. Or a Doctor who is afraid to think for themselves, away from the latest books, they follow so religiously.

R.G.B all need each other for a full colourful spectrum. When the humans of R.G.B unite and fight together for the same cause – then we may have some hope of saving ourselves and our planet from ourselves.



The graphic features a stylized logo at the top consisting of three hands holding a flame. Below it, the text "ONLY TRY TO REALISE THE TRUTH – USE THE SUBSTANCE –" is written in red. The central graphic is a large, dark blue outline of two hands holding a triangle with a red 'D' inside. Below the triangle, the text "DEE ANGEL" is written in red. At the bottom, the text "WE ARE ALL THE OFFSPRING OF THE SUBSTANCE" is written in dark blue, followed by "LET THE STARS YOU SEE IN OUR SKY ALWAYS REMIND YOU" in a smaller font. At the very bottom, the text "IT'S NOT WHERE WE COME FROM... IT'S WHERE WE ARE GOING THAT IS NOW IMPORTANT" is written in a small font.

Fig A. The Sign of Dee Angel's

ONLY TRY TO REALISE THE TRUTH
– USE THE SUBSTANCE –

DEE ANGEL

WE ARE ALL THE
OFFSPRING OF THE SUBSTANCE

LET THE STARS YOU SEE IN OUR SKY ALWAYS REMIND YOU

IT'S NOT WHERE WE COME FROM...
IT'S WHERE WE ARE GOING THAT IS NOW IMPORTANT

How do you value yourself?

Value is how much **you** think you're worth.

We are all naturally a Zero but we must sustain it. Never forget it.

Our self value can change and some days we can be high value, and another day we could be low value. So it's important to recognise where you are on this scale, so that you can push yourself to be

better. Always strive to be a One.

You can also *See* the value of other people around you – which will help you understand them without ever needing to react to them or judge them.

REBT – Choosing a new belief set of rules.

Zeros and Ones are grouped together because of the way we can see ourselves.

If you consider yourself a Zero you recognise you have room for improvement and you will keep on growing and improving. A One would be a person who tries to give everything to help other people – impossible to reach, but we should always strive towards it. JC is a natural One, who gave up his own life to attract the truth to the world.

The Value Scale

A -3

A minus three on the value scale is someone who has low value: someone who begs for acceptance from other people.

These people feel as though they have nothing to offer, so they constantly try to acquire value from other people.

They want people to like them, but they don't like themselves. They will go out their way so you will feel obliged to be with them. They will act the fool, so you will feel sorry for them and allow them to get what they want.

They are needy and they allow their life to be controlled by their fears.

A -2

A minus 2, are people with hostile personalities.

They don't feel as valuable as other people so they constantly take the piss out of them.

They talk behind peoples back, criticising everything people do, without ever seeing any wrong in their own actions.

They get their value by trying to belittle the value of everyone else, rather than raising their own value. A-2 are haters, aggressive, insulting, loud, and bullies.

Sufferers of SiR.

A -1

Next on the value scale are the minus 1.

Level minus 1 have competitive personalities, which means they only feel valuable if they can beat everyone else at the same game.

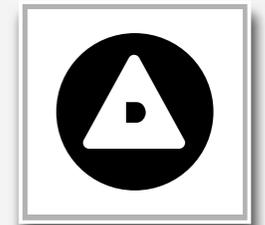
They have a strong desire to be more successful than others. They are out to prove their superiority by showing off their possessions or people they know. They will often lie to make themselves seem more important. They are your classic bull shitters, arrogant and boastful.

A0 and 1

The final and highest value category are the Zeros and Ones. They have communicative qualities – they gain their value by making other people feel more valuable. This kind of person is satisfied only when they are able to improve the lives of others around them. The Zeros and Ones focus on bringing out the positive side of others which makes people feel good to be around them.

They are human, and don't really care what people think about them, because they get their value internally from their full sense of Self-Awareness.

SAVE YOURSELF FROM YOURSELF

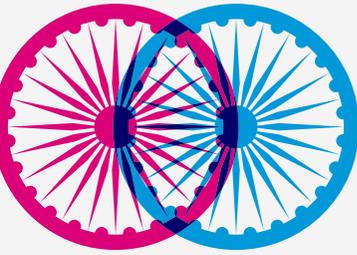


We can understand other peoples insecurities because they are the same as our own.

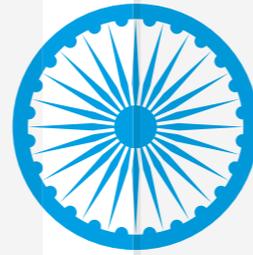
By asking yourself what their motivations for their actions are, you are going to recognise people for the first time fit within the value scale.

You're going to see why they say things or act the way they do... what they need and how we can communicate with them.

What do they need...



I am a human being,
and only a
human being,



without any special attachment
to any country or
nationality whatsoever



...and how do we give some value back?

-3 Low value.

They just want to be accepted.

So accept them for what they are. Give them value by listening to them and showing interest in what they speak about. Encourage them to raise their value only when the conversation naturally brings in the opportunity.

-2 Hostiles.

They feel they need to be respected for not being a weak minus 3.

By bringing other people down they make themselves more valuable; because they fear they will never be able to raise their own value. They are frustrated so they display strong hostilities to look confident whiles being at the mercy of their insecurities.

If you show them some respect by accepting them and by complimenting how you respect the way they speak their mind; they in turn may consider you of a higher value and will automatically feel you could help them also be a Zero. Now they will talk to you back with the same respect you first gave them. They will be friendly and even protective of you.

-1 Competitive.

Competitive personality is someone who wants to be the most hostile of all the -2 hostiles they meet. They will brag to all the other braggers, making sure they win all the rights.

-1 is a natural progression of -2's.

Similarly to -2's, you want them to feel valuable but without you becoming competitive too. Don't refrain from using complimenting language that highlights their strengths, if they say a funny joke laugh and in turn you can build a solid communicative rapport with them that will stop them trying to challenge you on everything.

If you meet them enough they will become your friend. They can easily become a Zero, maybe even a One.

Zeros and Ones.

You will easily recognise them because they will inspire you to be more valuable.

They freely will give wisdom which will nourish your life and the life's of others.

They can See.

Why does our value change?

Everyone goes through emotions of vanity to compensate for our insecurities.

Our vanity takes control when we focus on not wanting to look like something; we don't want to look shy, we don't want to look poor, we don't want to look physically weak, we don't want to sound stupid – in general we don't want to be coming across as vulnerable because being vulnerable makes us insecure.

So for example, if we hear a person comment at 'how quiet' we are, normally what we tend to do, is for the next day to be the extreme opposite – you're going to choose to change by becoming loud and proud. Now you can convince yourself, that no one is ever going to accuse you of being quiet any more; you are strong! and fully secure – you're going to change their low opinion of you and they are not even going to try and take advantage of you.

This is a classic -2 response, it jumps from one extreme to another; because, what happens on another day, when you hear a different person commenting on how loud and aggressive you are, what will you do then?

From -3 to a Zero 1

Fighting our insecurities will make us change our personality from one extreme to another. This takes all of our energy... wasted energy that can tip our minds stability.

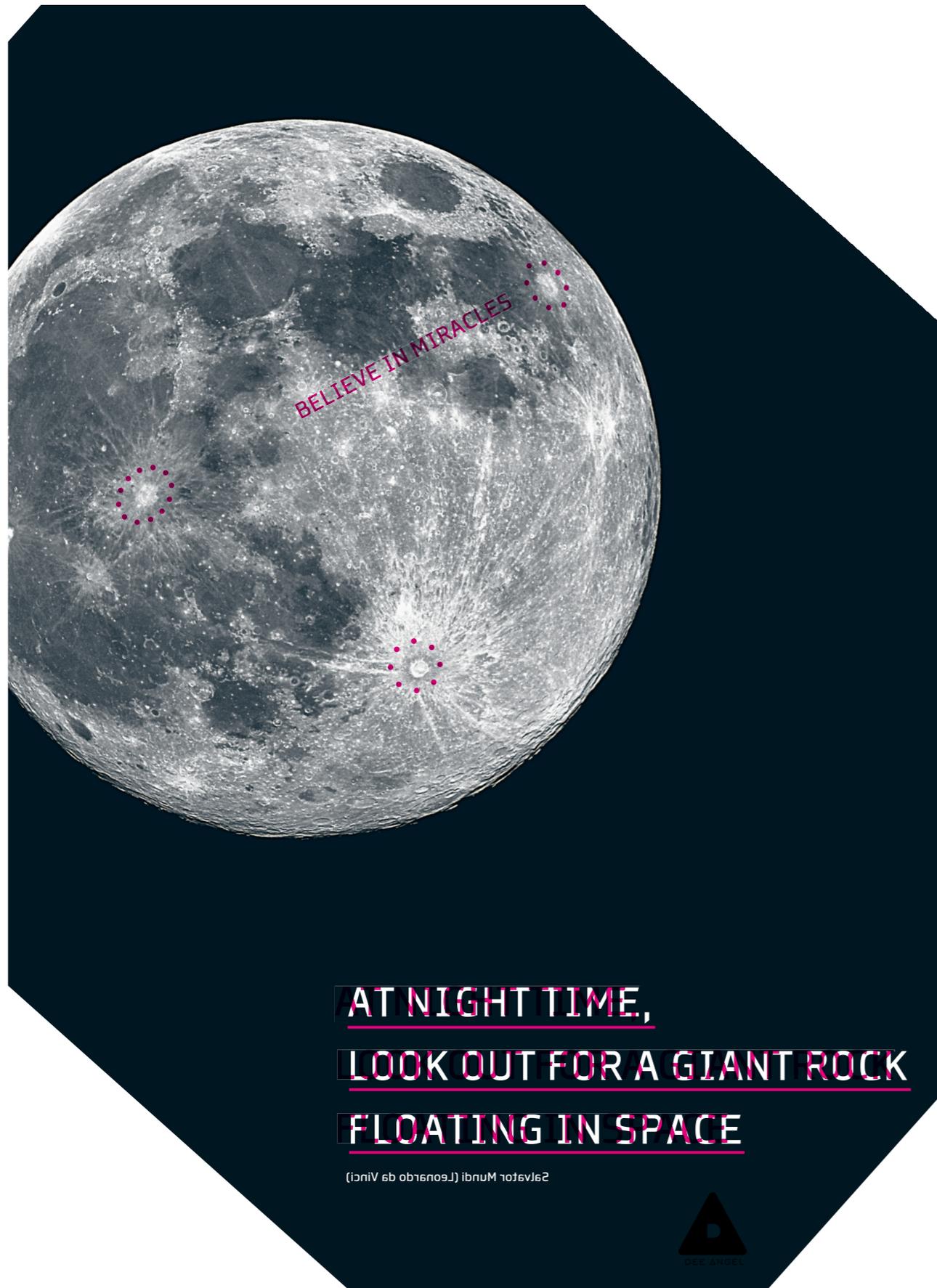
If we allow ourselves to excessively care what others think of us, we destroy our value by letting it make us into products of our fears; vanity and pride forces us to make decisions based on fear and the need to conform to assumptions by people in our society.

In order to have Self-awareness, it's necessary to uncover and understand what your insecurities are, so we can challenge and overcome them without going to extremes.

We can learn now, how stop taking peoples comments to heart that harms us; we can stop false thoughts that make us think everyone is talking behind our backs, that make us feel bad and embarrassed. And most importantly, we can choose not to let peoples comments doubt ourselves.

By not doubting ourselves, we do not waste all our energy trying to look secure to others; we can now focus on what 'we want to be,' rather than what we don't want to be.

By simply accepting our insecurities, it has freed our Self-awareness – allowing it to restore us.



BELIEVE IN MIRACLES

AT NIGHT TIME,
LOOK OUT FOR A GIANT ROCK
FLOATING IN SPACE

מגוון מרחבי (מרחב) מרחב (מרחב) מרחב (מרחב) מרחב (מרחב)



Believe in Miracles

Real dynamic miracles. Order of the universe *opp.* Faith in luck & coincidence. X

Humans share their Atoms with the stars of our Universe.
 We can trace our human life to the stars that gave us the essential Atom ingredients;
 – the four main chemical elements of which everything is made of –
 Carbon, Hydrogen, Oxygen and Nitrogen.

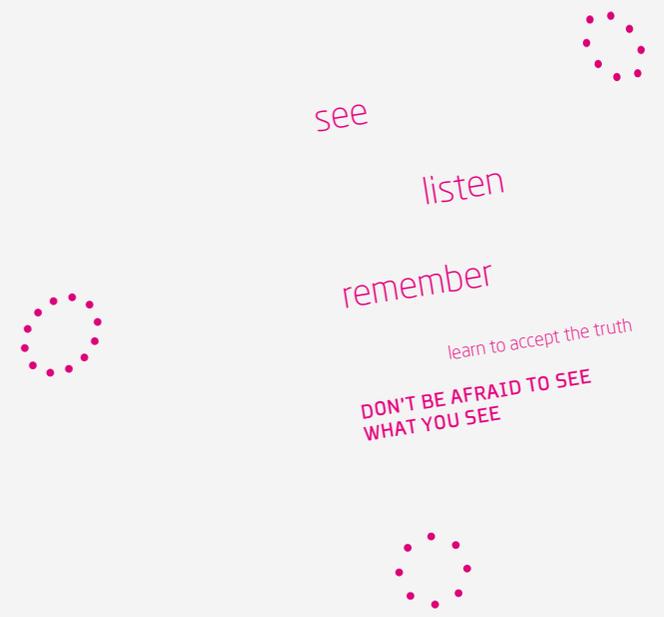
The universe, our sky, rocks, plants, animals and humans all share these same Atoms.

If we can try to understand the scientific truth that humans constantly share the atom pool; it will give us a tangible justification for the idea of universal oneness.

If people realised we are all made of the same stuff; it would help us to think that we are not

actually different to other people of the world. Understanding this will give us all a foundation of peace within human relationships – with the different colours and languages, while holding onto our individual personal uniqueness.

Diversity is a necessity – imagine how boring it would be, if everyone was just like you.



see

listen

remember

learn to accept the truth
 DON'T BE AFRAID TO SEE
 WHAT YOU SEE

EARTH RECYCLES ATOMS ALL THE TIME AND IT'S QUITE WEIRD TO THINK THAT THE PARTICLES THAT MAKE US COULD HAVE BEEN PART OF ANCIENT STARS, BUT IT'S SCIENTIFICALLY TRUE.

Universal Universe.
Space / Matter / Stuff / Time

The Big Ban,
Everything came from nothing.

The Universe is over 13 Billion years old.
Science doesn't know what the Universe is made of and can only see 5% of the total. 97% of this visible stuff is made of Hydrogen and Helium.

Which means everything else heavier that we can see here on Earth like Carbon, Oxygen, water, metal, animals and humans it's very rare...indeed.

Science thinks maybe the other 95% of the stuff they can't see is made of "Dark Matter" and dark energy – just like you can't see in the dark neither can they – a bit like black treacle, but, not a clue what it is.

Stars in your eyes.

Our star the Sun 3G has Hydrogen which collides with Helium to release Gamma rays; – the fusion process.

As you are made of the same star qualities you can feel this in a smaller friction scale when rubbing your hands together until you feel your hands getting warmer.

Explained by Einstein's $E=mc^2$
MASS + ENERGY = two sides of the same coin

Fusion is the beating heart of all stars, of which there are 100's bill. of them – they work by holding onto their power of nuclear reactions, which is what makes them light up in the night sky.

/ This light which our Sun produced, is what firstly lit up our earth from the hidden darkness of our universe – it would have been similar to shining a small torch into your dark bedroom and focused the beam onto the furthest corner of your ceiling to a spot no bigger than a pea. That spot would be our Earth in comparison.

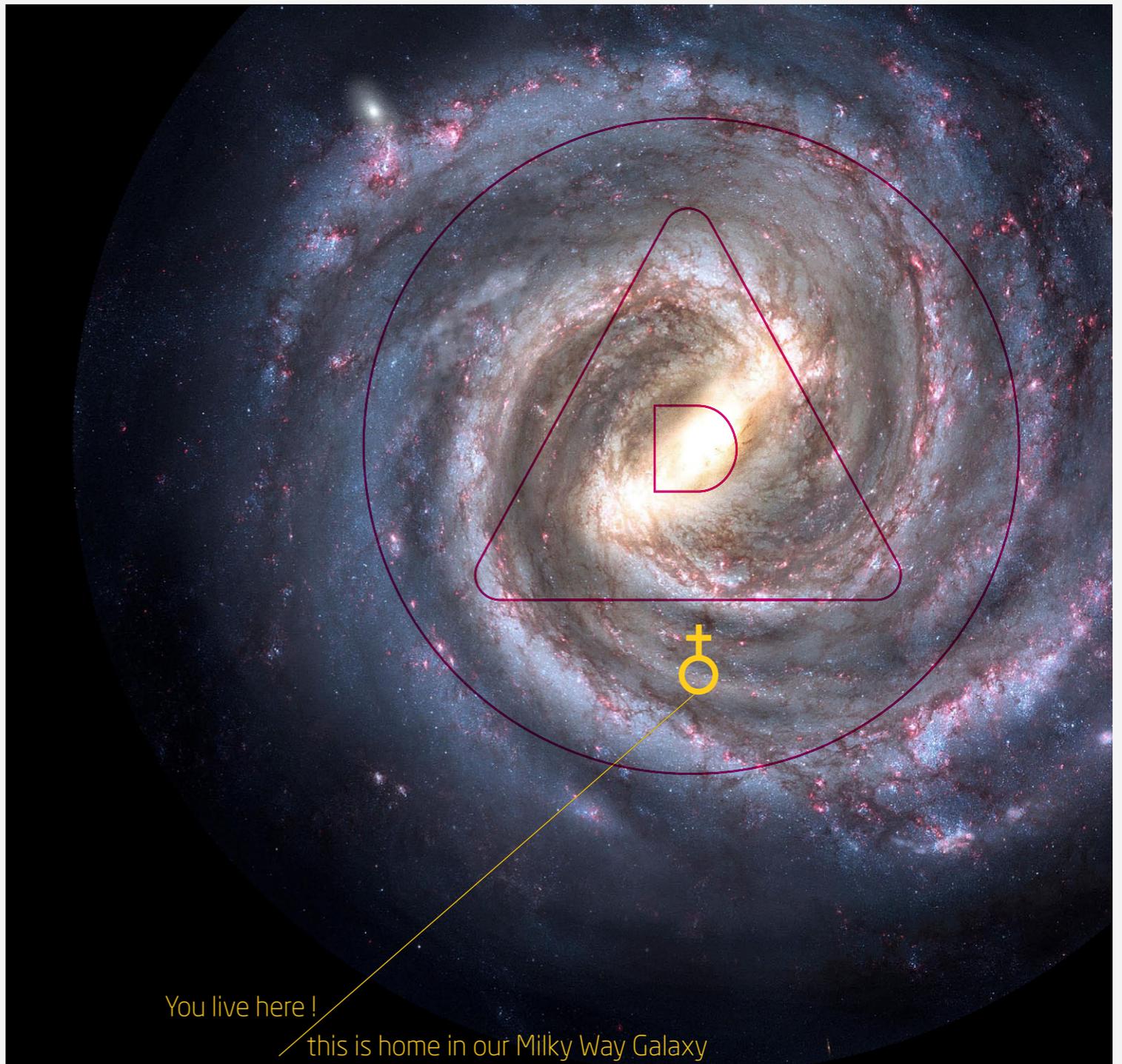
/ This sun light also heated up our Earth – and the heat "sparked" an "earthly fusion" with the sea and set it into evolution. The beginnings of complex life on Earth.

Our Sun light is needed for all living things on Earth. Like humans the Sun was born, it now lives and one day it will die.

In 3 billion years the Sun will destroy all life on earth. The sun will be 40% brighter and hotter evaporating the seas of the earth. The sun will carry on expanding for the last 2 bill. years of its life to become a red giant, so large it will crash into what's left of Earth.

The Sun will then die with a huge bang – it will explode to what Science calls a Supernova.

If another star today in our universe was to explode within 25 light years away it would destroy our Earth.



You live here!
this is home in our Milky Way Galaxy

EARTH'S ADDRESS: *The Universe > local super cluster > local group > Milky Way Galaxy > local fluff > Orion-cygnus arm > Solar System > Planet Earth*

Earth is a mere grain of sand in the Universe.
Only in 1920, did Edwin Hubble discovered that Earth is just one planet in a vast Milky Way Galaxy that sits within BILLIONS of other galaxies in our Universe
'Suddenly the human race – our world – our concerns became cosmically insignificant'

Solar system – The birth.

All the planets that are constantly going around circling our Sun – that's our solar system.

It all started roughly with a;

1. **Solar nebula** also known as flour and water – which is just huge clouds of gas, sand and dust.

2. **Force of gravity** pushes and merges it all together into a dough, before it starts to become a

3. **Spinning nebula** / like a flattened pizza, it very quickly spins so fast that 97% concentrates at the centre causing it to bulge outwards, like the yolk of a frying egg – this is our baby Sun.

The 'egg white' slowly clears as the Sun reaches its teenage years and forms into planets and the rings we know of today.

There are 8 main planets orbiting our Sun – and Earth is the 3rd rock from the Sun.

The four first planets that are closest to the 'yolk' the Sun are made in high temperatures with Iron rock at its core – the 1st planet is Mercury, then Venus, then our Earth and the 4th Mars.

The other main four which are called gas giants, formed further away in cooler distances, and are named – Jupiter, Saturn, Uranus and Neptune.

The Sun eventually becomes dense enough to produce the "Fusion" – *much like if you lit up a lighter and there was light* – generating the light and heat that we see and feel today.

Earth at this stage, would have still been very rough around the edges – but by spinning, it smoothed itself into shape – and it's in Earth that some extremely remarkable events now occurred which are unique in the known Universe.

When our Earth was only 700 Million years old – it was:

1. struck powerfully by a huge Asteroid rock, the size of Mars. This caused huge amounts of dust into space, this 'flour' then formed into our Moon.

2. The Moon's gravity produces the ocean tides here on Earth.

3. This impact also knocked Earth 23.5 degrees off its axis – which was handy, as it formed Earth's 4 seasons of the year.

With no Moon, there would be no you. Life on earth is driven by the Moon.

*Are you still finding it hard to believe in Miracles?
... or am I finding it hard to believe in the truth?*

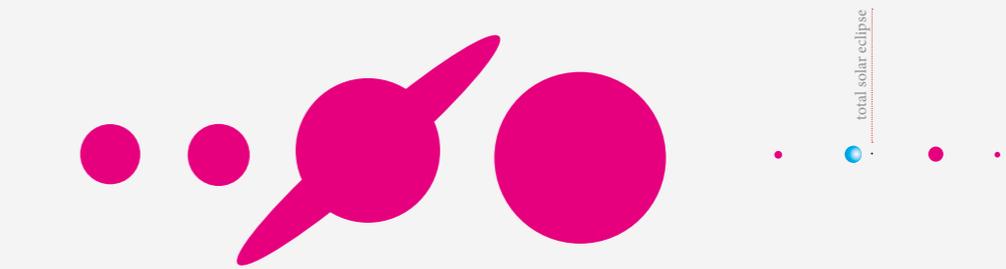
If we compare the size of the Sun to the size of a football 1377648Km diameter,

Earth would be the size of a grain of wheat 12756 Km and the Moon 3476 Km the size of a grain of sand.

THE "COINCIDENCE" THAT THE DISTANCE FROM EARTH NOT ONLY MAKES THE MOON APPEAR TO US THE SAME SIZE AS THE SUN; BUT THE MOON, A GRAIN OF SAND CAN HAVE THE ALMOST PERFECT PERSPECTIVE DISTANCE TO COVER THE SUN IN A TOTAL SOLAR ECLIPSE.

it's remarkable indeed...

The Sun is 4.5 Billion years old and in another One Bill. it will get so hot it will certainly end life on Earth. Although all human life on earth could end instantly today by other natural events.



4. At some point the Earth, (provably, Science today says) gets hit by huge ice comets and asteroids, which bring water to Earth.

And only now with water could all more complex life; from plants to human life be made possible.

Blimey! is my draw dropping or did that just make me realise that the human body is made of 60% water? approx.

5. If Earth was a fraction closer to the Sun – it would have been too hot for our evolution to have started – we simply would not exist. Mercury is too close – so too hot and Mars is too far, so too cold.

The perfect conditions are found in our rare Earth which is 4.5 Billion years old – it's not too hot or not too cold, Earth is not too big or just too small.

However for complex life

Earth is 'Just right'

Some fine goldilocks tuning.
How lucky must we all be.

The Sun will die as a white dwarf in 14 Bill. years

EARTH IS SINGLY AND MOST CERTAINLY THE MOST PRECIOUS PHYSICAL ONENESS WE WILL EVER COME TO KNOW.

The list of things that had to be just right is huge. If gravity was 1% stronger or weaker planets could not have formed.

Q. Will the Universe come to an eventual end? – No one has a clue.

Today's cosmological principle – and the Ultimate fate of the universe is faced with dimensions scientists brains will never see.

What is true and certain is that Earth is extremely small in scale in the Universe – and out of the 5% we can see of the Universe – there are no other planets like it – which makes Earth extremely valuable.

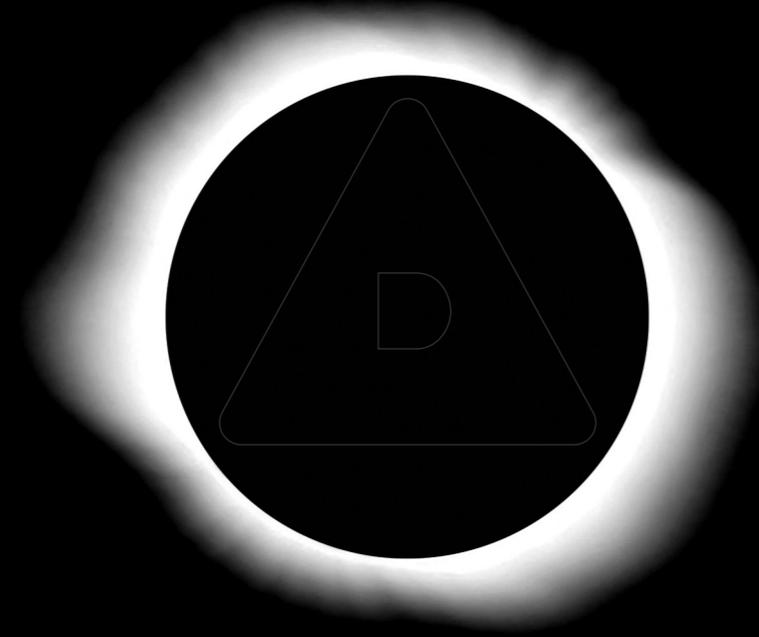
As a fraction of the life of the Universe from the expansion until the last black holes disappear – roughly one could say,

*Life on Earth is only possible for:
1 thousand-6 x billionth of 1%.*

This is why, this moment of time is the most astonishing... and it's now, today!

*We are living in the Age of Starlight,
in cosmic evolution*

THE UNIVERSE IS MENTAL

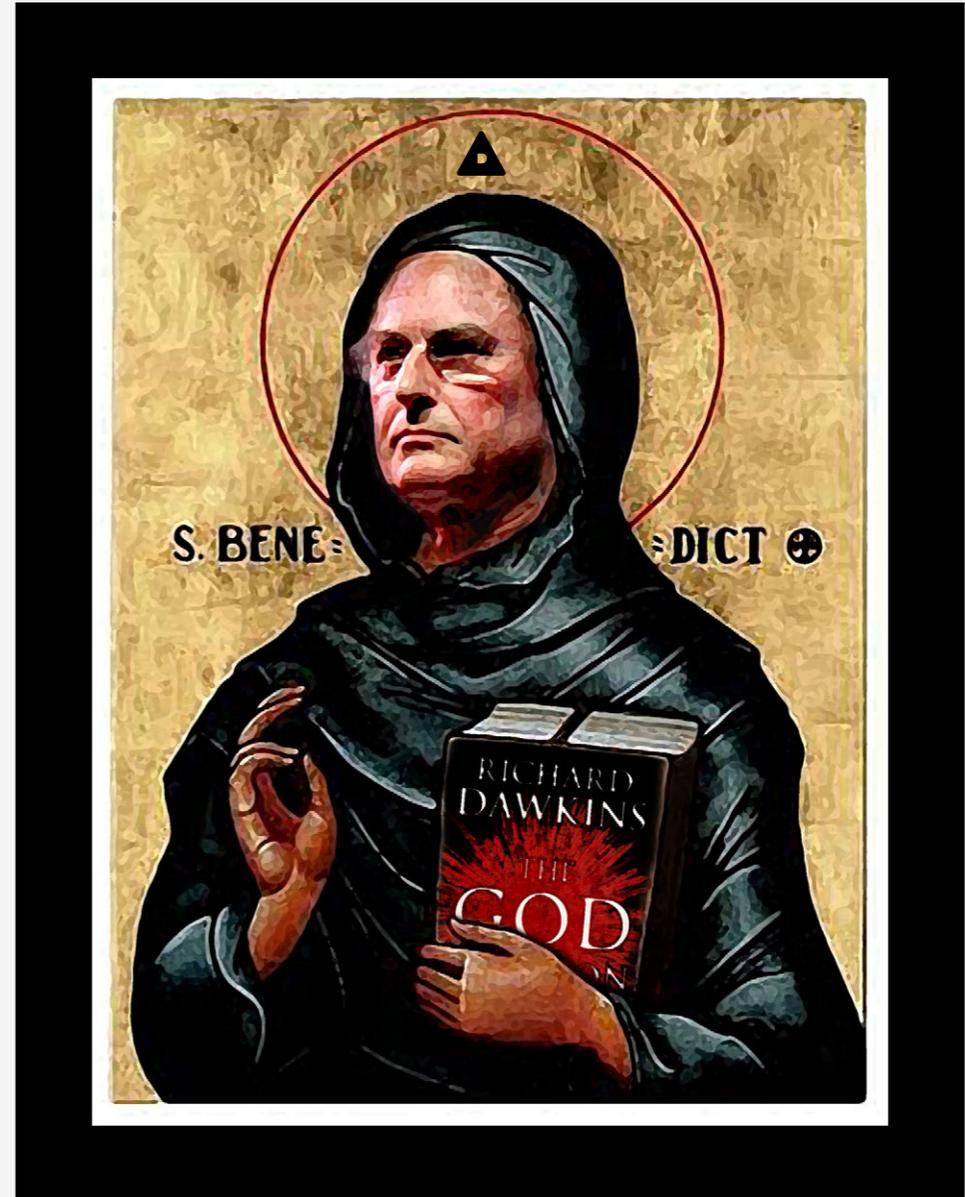


(R=SC2) SCIENCE + RELIGION = TWO SIDES OF THE SAME BLACK HOLE SUPERNOVA

I am not religious but science does not explain the years of a life times soul, spirit and self-conscience of after death. Unlikely that we have lived for no more than coincidence in nature. Science references that all came from a spot of friction – it's unsatisfactory to trust that it's as simple as that. Would seem a waste not there to be more after death. What is there after death? I don't know, I'll tell you when I am dead...

Adam Tindall, entrepreneur millionaire, 24.04.2011

THE SUBSTANCE IS ALL MIND



Reading The god delusion, made me read the entire Bible and for that I will always be grateful to Richard Dawkins. He is brutal highlighting the 10% bollocks of religion and its unreasoned doctrine. – “Is it right for parents to use ‘their god’ to blackmail and terrorise their children?”

– *fuck no.* He's the result of human evolution from a extreme painful religious past. But in doing so, he forgets me and you, and all of humanities needs of Love.

Can Mr. Dawkins, the pro atheist explain love to me? – *fuck no.* We need to see the truth and be brave to accept it from wherever it may come from without falling victim to blind extremes.

To replace religious dogma with science dogma, where knowledge is followed without question of purpose, without morals and for monetary reasons alone, will prove the ultimate destruction of our human existence.

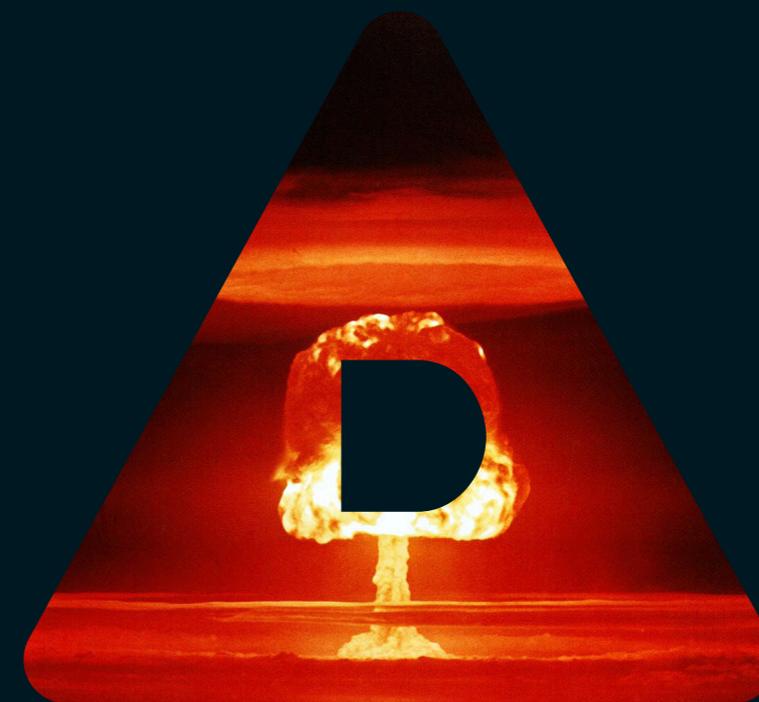
Sith deals of Absolute

Faith in Science

RELIGION DIVIDES PEOPLE - THE TRUTH UNITES PEOPLE



"WE HAVE MADE A THING,
A MOST TERRIBLE WEAPON, THAT
HAS ALTERED ABRUPTLY AND PROFOUNDLY
THE NATURE OF THE WORLD..."



...a thing that by all the standards of the
world that we grew up in, is an evil thing.
And so by doing we have raised the question of...

J. Robert Oppenheimer.
Father of the atomic bomb. (1904-1967)
"Now, I've become Death, the destroyer of worlds."
Atomic bombings of Hiroshima and Nagasaki, 6-9 August 1945.
It took the elimination of 2 cities for a Japan full of pride to surrender.
This marked the end of the 2nd World War.

Can good come from the most devastating bomb –
a bomb with such destruction that it will end all wars?
Obviously not yet... but I predict One day soon.

...WHETHER
SCIENCE IS GOOD
FOR MAN"

evil ?

The only evil is the one you allow to create in your own mind.

...at best evil is taking pleasure from other people's miseries – at its worst it's creating these miseries for them in the first place.

DARK MATTER

Science hits a big closed door when it comes to the questions of the universe.

Dark matter, possible multiple universe – they are impossible to see let alone test.

Overhead, without any fuss, the stars were going out.

I don't know which is more incredible of these two truths;

1. That around 2,500 years ago someone wrote a book titled Genesis – so they would remember conversations dating back to the first settlers of Jerusalem 4,800 years ago and beyond; of traditions and the people of the time of Abraham, Moses, and David – this book talks about how miracles occurred out of the nothing – it simply states how from nothing came the Sun – “Let there be light and there was light.” ?

2. Or that, Modern Science is finding all the names and labels of the processes of the ‘How’ the power house, the vast wonder of the Sun came to be – but it's still saying the same thing – the Sun coming from the darkness of the nothing?

90% of Science and technology is used to speed up and kill Earth as prematurely as possible. Why is technology not used to stop poverty?

Mathematics doesn't ‘explain’ anything in nature, but mathematical models are very powerful for describing patterns and laws found in nature, which the economy sets out to exploit.

Jesus Christ!

What's all this my dad is better than your dad talk all about?

Jesus, it's a simple historical real life story of a bloke who existed around 2,000 years ago, who promoted peace and knowledge. Government politicians abused the people with their hypocrisies; putting their idea of god for sale. Religion was their profitable law, sugar coated with a powerful god. A superstitious god they would use against the people to fear, control and justify their slavery.

Jesus spoke his mind to the people; asking them to think and to learn common sense; to see the truth; to show some peace and love; and to treat All people with the respect one would show to a brother and sister.

He made it clear that God was free to everyone – so the leaders didn't like it, as Jesus reminded the people of their free will – undermining and threatening the power of the comfortable, wealthy established authorities; so they made something up and got him killed.

The truth is always under attack.

We don't need to believe, how innocent people were killed 2,000 years ago for speaking the truth – because they still happen today – made up stories from the authorities is true and it's incredible how little has really changed.

What do you call it when you're doing something wrong and you know you're doing it?

Satan the devil is the names given to identify our human thoughts, when we decide on the Wrong rather than on the Right things for our life whiles we are fully aware of it.

Like a memorable brand name idea, words were designed by people to help visualise the problems in order to conquer the thoughts that created these horrific actions we so much hoped to stop doing. So there are no **Monsters** to fear out there – apart from you!

Your actions are what **Rightly** can turn us into the monsters we know we can all become when we forget our Self-awareness.



Satan & Demons are but names given to extremely bad temptational thoughts that mislead oneself – this means that ‘Satan’ for lack of a better word can only affect us indirectly through our wrong decisions.

The blinding dazzling display of Truth.

Religion is a countries choice of order to live by, a preferred lifestyle which becomes unique in each country and forms a countries culture and traditions.

So religion does not require believe – because it's there in our history books; the word ‘believe’ is a matter of faith in the words of truth. And the truth belongs to everyone who wants it, no one can claim it.

Jewish, Christians, Muslims believe in the same One truth but in 3 different cultures.

Jesus: the Self-Awareness Revolutionare.

It's the message Jesus spoke about; written in the book of Matthew NKJV – Sermon on the mount – chaps; 5 to 7, which is at the heart of what the people agreed to be true; and it's the same message today that humans still believe in. It's these words that requires believe and faith.

Just like the believe of our Sun; made out of dust and how to dust one day it will return.

Jesus didn't believe in religion – He believed in love.

“Love your enemies”

Give get well soon wishes for those who persecute you by face and by prayer.

Resist evil by giving it what it don't want.

“Show your other cheek”

These are the words of truth – although we find it hard to believe.

Religion is a bit like music – is not whether it's right or wrong to listen to one genre over another, because it's all music – and you have free will to choose –

it's whatever song from whatever genre that manages to make you feel great – the ones that speak to you directly – the ones that make the small hairs in your neck stand. Now...that's what it's all about.



Just because we think we know how the Moon works, doesn't mean it takes away the miracle.

Earth is alive, and its vulnerability is what drives us to want to look after it as much as humanly possible, this is where our investments would really matter, because our Earth reflects our human humbleness –

it's a major part of who we are and where we come from. It's all we will ever need.

I think if we all Stopped and looked at the Moon – and learned to See the Moon for what it is – it will make you discover who you are here on Earth.

It will make you learn to accept the truth no matter how imaginable it may seem.

THE TRUTH IS THE ONLY MIRACLE

the Bees Knees.

Genesis is the simple rough guide to Darwins, The Origin of Species.

People don't realise how much faith is required to fully believe in evolution. Survival of the fittest is today's lazy answer to everything. – just like 'god must've done it' answer to everything of the past.

Example

1. All mammals (eutherian) evolved from the oceans water to terrestrial earth.

Some mammals however like *Pakicetus*, returned back to the water.

(around 60 mill years ago)

Pakicetus was a type of Dog, that evolve into the largest living animal that we know to have ever existed – bigger than any dinosaur – the Blue whale.

– that blue whales are still living with us today is as incredible and as unbelievable as...

2. the metamorphosis of a Dragonfly.

these are questions that evolution does not claim to answer

or 3. Camouflage, Mutation, how the bodies of animals have the power to change; genes that self govern their bodies to adapt to their environment and help with their survival.

Advance Science requires an incredible high level of faith, as we can see things that we simply can't begin to understand.

We as humans, are but at the beginnings of understanding our natural world.

These plants reproduce by their flowers mimic of female bees with texture and pheromones. Male bees are fooled into mating with the flowers, thereby pollinating them.

Selling the idea of sex for your deceiving profit – is an idea flowers worked out a long time ago.

Bee Orchids,
Ophrys

Sex sells



How did flowers learn to see what bees look like, without eyes?

Arab spring a wikileak.

The farewell in Mecca 632AD from Muhammad, the Arabian Islamic peace leader, is universal truth – all humans are One –

“All man kind is from Adam and Eve, An Arab has no superiority over a (non-arab), nor does a (non-arab) has superiority over an Arab. Also a white has no superiority over a black or a black over a white except by piety and good action.” ...

In Medina 622 AD he refers to Jewish and Christian citizens as members of the ‘Ummah’ the community. Muslim brothers and sisters in faith and humanity.

Not to be judged by what people wear or what they eat, but by truth. Religion was an idea to unite friends, brothers, neighbours and tribes of the ancient Leviant to stop killing each other. So together in peace they would live a better life.

Yesterdays religion is today's political law system. Religion is where our modern laws of justice started from; protection of murder, stealing, rape; all are traced back to religion; a set of agreed rules and principles cities needed to follow to live together and prosper, as most of us enjoy today, here in London.

Religion and god are two separate things and so politics with its religious wars has nothing to do with god. It's the Pride within our different cultures and countries that ignite war and they use patriotic religion to hide their intentions.

These three major religions all agree on the same One god. People that dare say my god is better than yours, have never met truth.

In world scale it's the Western culture that threatens Eastern culture and vice versa.

The many cultures of the world is so we may enjoy each others traditions; not to convert or make war – all true religions are for victory through peace and reconciliation and not revenge.

The problem is that it's hard to find peace even within our own people – within our own city, people of north and south of the river – within own country, hard northerners and soft southerners, most importantly within ourselves; – so what hope do we have to make peace with the people of far away lands when all that our authorities are interested is in taking advantage of them by buying their cheap oil and destroying their lands to make money for themselves?

Irreligion.

The truth can adapt and evolve but it's ageless, and always good.

The truth lives in the wealthy and in the dole – It's universal and it's everywhere.

It's true that tomorrow the Sun will rise again; but the probability mathematically, is not 100%.

Truth is all humans are equal – we all came from the same ultimate fathers and mothers – whether they are called Adam and Eve is not what's important.

Truth is how love is much more powerful than hate and how with understanding we can learn to see it and choose it.

There is no conflict between Science and the Singular being – because it's an argument of the same thing as both seek the truth.

‘why does anything exist? why do we find ourselves here? what's it all for?’

You can be both a scientist and a priest.

Believe gives something that Science does not claim to offer – Meaning and Purpose

Darwin and Evolution;

Science is the study of truth

– the how it's done.

The believe in the Something –

call it the Father, call it the Substance, the ALL, call it Love, call it God, call it the Singularity found in black holes; is

– the why.



You don't have to be Religious to believe in God.

Religion is a countries culture and traditions. The way they have chosen to do things.

Blind Extremist is wrong – both in people of Religion and in people of Science

In one side we have people who kill by proclaiming it's gods will.

This small but powerful lot who abuse the truth by mistranslating it to people who can't read for themselves – full of raging pride.

What sort of god needs your help – what bit of “You will not murder” did they not understand?

In the other side we have people who think people who lived 200 years ago just before modern Science were all fools.

Driven by their high and mighty pride full of scholar arrogance which they place above all things, whiles ridiculing all other intellectual ideas – as if they know the answers to our Infinite Universe.

The Heart of our culture is our religion:

Christianity. This is why the Western civilisation is still so powerful in the world today.

Our laws, our traditions – the literal sense and the moral sense.

“The Christian moral foundation of social and cultural life was what made possible the emergence of capitalism and then the successful transition to Democratic politics.”

A member of the Chinese Academy of Social Sciences

There is no doubt about this when we compare it to the culture of the East, the atheist countries of Russia and China – which shows how people have been held back in business progress by a lack of ‘trust’ between themselves.

The ‘people’ have forgotten how to listen to themselves.

The Romans learned from the Greeks, the British learned from the Romans, the Americans learned from the British, the Chinese are learning from the Americans.

We need to learn Science.

We need to learn History.

We need to learn Love.

Love gives us all the gift of life – its meaning and purpose.

Love humbles you – it reminds you of the type of person you were meant to be and capable of being; love gives you protection; love suppresses your ego; love is the shoulder we can use to have a good blubbering cry, without any guilt; love can only be shared, so with love you are never alone –

it's from the Fusion, it's from the love that you was born.

Love is your real father.

you need to love



HELIX NEBULA TINDALL

SEE THE STARS IN YOUR EYES



DEE ANGEL

"THE ALL" IN ALL
MATTER CANNOT MANIFEST LIFE OR MIND

SHAPES OF THE UNIVERSE



We love palyng the fool. What's more delusional than a man that gets frustrated at not being able to control the weather for his profit? Only when people have met themselves can they understand the minds of others – then they'll be free to believe and live as they like to.

People create their own illusions all the time – they like to make themselves believe their own lies. It's like the woman who over eats whiles no one is looking and yet begs others for understanding of her self inflicted disabilities. It's like the man who changes his daily chocolate cake with carrot cake to make himself believe he will lose weight by making this 'healthy carrot' change. Tell him to eat more broccoli and no cake until he's lost the weight and he will reply with a long list of foods he's 'allergic' to but has never tried.

IF YOU CONVINC
YOURSELF YOU'RE A FOOL
YOU'LL GET EVERY-
THING YOU DESERVE

WE ARE ALL ROCK STARS

CADA PERSONA ES UN MUNDO

Religion and Secularism need each other.

Can the true people of religion unite with the true people of secularism – together for the benefit of our planet? We hope so.

By using personal philosophy, may the pursuit of knowledge by ‘intellectual’ means unite us all.

History shows us that the first people of faith were the first people of Science.

- 1. **The Big Bang theory** – discovered by a priest, Georges Lemaître.
- 2. **Genetics** – discovered by a monk, Gregor Mendel.
- 3. **Beer** – recipe written down by European monks. So they would remember it.

Theories rejected by the late Soviet union, the first Atheist nation.

You have to believe like them in both faith and science. They believe in a god who reveals himself in everything that exist. God is ‘the All’ and beyond our understanding. Not the believe in a God who sits on a cloud punishing people who do not obey him. More like a god that behaves in the same way, as in a good father and son relationship.

Today most parents would all wish the best for their children and above all for them to be ‘Happy’ – but how many parents with all their best efforts fail to make their children see the rights from the wrongs? A real father can teach his son how to win but it’s entirely up to the son to choose to trust his words of truth and to believe in his heart that he can.

Remember that god does not need you...

It’s your choice to listen to the truth. No one can make you. Not even your father.

WE NEED SCIENCE IN OUR LIFE’S TO MAKE OUR LIFE’S BETTER / WE NEED FAITH IN OUR LIFE’S TO GIVE IT MEANING AND PURPOSE

MONKS AND SCIENTISTS ARE BROTHERS, BOTH LOVING SEEKING THE SAME TRUTHS. SCIENCE & RELIGION ARE PEOPLES ADOPTION OF GUIDANCE’S IN LIFE

For years people answered every question with ‘Oh well, god must have done it’ which was fine for those that it satisfied, for those who could not read for themselves, but for others it was a lazy mind – so, Science method and its research process was developed to help understand our natural world.

Science is the greatest tool – there are no accidents or coincidences; science believes in the literal sense of Cause and Effect.

- Human Culture =
- 1. Art - *Mind*
 - 2. Science - *Body*
 - 3. Religion - *Soul*

Love is the mother of Science – that’s Why Science can’t explain Love;

the Love shown towards strangers for no apparent reward between humans can not be measured by mathematics or biologists.

Love is the only substance that can be traced back to the cosmic evolution of our history – love is the source of where we come from. Love is what determined Earths measurements that Science is today adding up.

You need to love, we all need to love, we need to earn our love and let love determine our destiny.

Reality?

YOU FEEL YOU ARE STANDING STILL, BUT YOU ARE ALSO TRAVELLING AT 108,000 KP/H AS EARTH ORBITS THE SUN

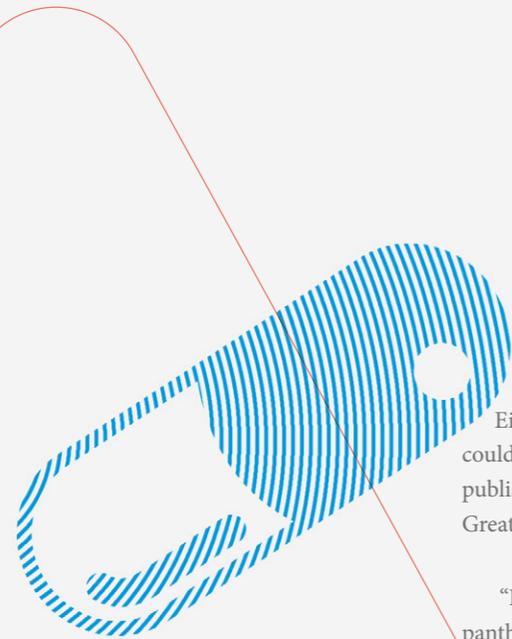


Answers need to be *Questioned!*

When you don't have to pay money in order to love and to be loved in returned, you are more powerful than any man who possess yachts of the empty seas.



Choose Wisely



- 2. THAT NOTHING IS A MIRACLE

Einstein had previously explored this belief that man could not understand the nature of God in an interview published in 1930 in G. S. Viereck's book Glimpses of the Great explaining:

"I'm not an atheist. I don't think I can call myself a pantheist. The problem involved is too vast for our limited minds. We are in the position of a little child entering a huge library filled with books in many languages.

The child knows someone must have written those books. It does not know how. It does not understand the languages in which they are written.

The child dimly suspects a mysterious order in the arrangement of the books but doesn't know what it is. That, it seems to me, is the attitude of even the most intelligent human being toward God.

We see the universe marvellously arranged and obeying certain laws but only dimly understand these laws. Our limited minds grasp the mysterious force that moves the constellations."

*I now know everything,
as I am certain I know nothing*

THERE ARE TWO WAYS YOU CAN CHOOSE TO LOOK AT YOUR LIFE:

take +1. *the Red Pill* or - 2. *the Blue Pill*



Literal sense.

Science does not believe in accidents, chance or luck – there are explanations to everything that happens and with study these are revealed by reason and not left to be explained by superstition – there is a Cause for every Effect.

"If you were to hear a big bang right now and you asked what it was? – a well spoken scholar could want to convince you that it happened by itself. Can the Big Bang of our Universe be a product of nothing? of evolutionary coincidences and accidents? That something can come from nothing is what a rational mind would call a myth."

+1. THAT EVERYTHING IS A MIRACLE

Moral sense.

That you are alive today – your genes that have beaten billions of others so you can be here today reading this – that's a miracle.

Wanting to be something you're not – after all that evolution has gone throughout to give you the miracle of today's highly advanced body and mind. You the race winner of billions of other sperm cells – wishing for yourself to be anything less than what you were born to be; is nothing but bollocks.

There are questions such as: if God created me, us, then who created God? and so on... this gives me faith, in an otherwise forever self-punishing life.



I AM THE GOD OF MY WORLD

The substance sets you free, making you realise no other man has power over you.
We are each the designers of our own lives. We follow a life that we've created.

Dee Angel's culture is the cultivation of the intellectual soul,
to keep on growing your self-awareness

LOVE is the answer to the 'Why'
Science explains of what begins as something starts with a cause – nothing happens by itself.

Love gave us the Spark.

And the cause of why our Big Bang happened is out of Love.

1. Love = God as you understand him.

Love is the only true God.
The creator, the designer, the Proton.
And the true love of the Son,
who taught us how to love.

His murder is what 'advertised' love.
This is why I am grateful.
If all you ever said in meditation was 'thank you' that
would be enough



God this infinite *substance*¹ is what explains the Love you feel today towards everything you use the word love for.

2. The love of your parents, the love of family, the love of friendship, brotherhood, the affection for a particular activity, the love of subjects, the love of nature, the love of all things you find beautiful.

All humans that inspire your mind and soul directing your attention to your self-awareness.

You must choose it and it must choose you back in return –

3. like the true love of a marriage,
love making.

the love of truth...
the love of yourself...
there is an infinite amount of
different *types*² of love.

Substance,
*being the mystical energy
which permeates the universe*

Universal Oneness.

As in the Universe so on Earth.
...on Earth as it is in heaven.

1. Love the Substance

Above all else love the singularity Spark –
the light that created the Universe.
*Choose to show your love to god – your
father and the only unconditional purest
form of love by meditation and prayer.*

The Substance: solar system > Art

2. The Son

God reveals himself in all of Earth's Nature.
Humans are the sons of the orderly harmony.
*Show your love to everyone
and everything on Earth.*

*The Types: created earth >
Earth created the human body >*

3. The Holy Spirit

God's indwelling Spirit lives in all people.
– the recognition, realisation, and manifestation
of the Spirit within us is the Spiritual
development of a true religion.
*The same particles that make us make
our Universe.*

The Essence: the human soul >

The Trinity.

You can't have 1 without 2, or 3 –
they are all sides of the same **Tri**▲**ngle.**

If you want to choose to be part of the next 4G Spark
fusion, all you have to do is go beyond believe,
and know it's true.



DEE ▲ ANGEL

GO FURTHER & BEYOND

1st RULE: You do not speak about DEE ANGEL

2nd RULE: You DO NOT talk about DEE ANGEL

3rd RULE: Take One step at a time and remember



The Beginning

Your quest of self discovery has just began.

Grab on tight and enjoy the ride!
as it will hit you right between the eyes,
awakening your Third eye,
feel the substance fill your five senses.

and now, lets Fly!

young DeeAngel...
and may the substance
always be with you

Order of
DEE ANGEL'S

Defending Self-awareness



IF YOU TRULY BELIEVED FOR
ONE SECOND, YOU COULD SAY
TO YOURSELF
"FLY FROM HERE TO THERE",
AND YOU WOULD FLY. NOTHING
WOULD BE IMPOSSIBLE
FOR YOU

the substance creates the universe mentally, in a
manner akin to the process whereby man creates mental images

Introduction

This book answers the questions you wished you knew at 15

What better introduction than the lyrics you once wrote down in:

The 15 Year Old Rage.

And one morning I awoke from a dream,
made me realise the nightmare was my life that
awaited me. /

Where was my warm shelter, where is my
soft stone so I can lay my head in.
Where is my space – my wilderness so I can
hide and run free? /

I'll make a spear – I can learn to hunt my needs
– I don't need you.

Up yours! shove your car and your double
chocolate ice cream. /

Just leave the river water clean –
sugar free – so I can drink –

it's mine! – as much as yours or the heron
that waits by the rivers reach. /

How can people have lived on,
for so long being so wrong?

I'm 15 – just leave me be.

You're haunting me!

I don't HAVE TO do anything!
stop attacking me! /

What shit hole this all is – and where are the
peace drugs that don't make you see?

Your midlife crisis it's already effecting me –
let me breath without you charging me. /

Mum please stop using me!

Into what life have you brought me in..?
what's all this full of hypocrisy?
How can I explain when words are
deceiving me! /

Stop blackmailing me for the bread and water
my body needs –
to make me do the things you want me to be /

I am me!!

not you, you live your life and let me breath.

I'll ask when I need you – that was your
only responsibility. /

Yes you once pointed where the water is but let
me choose the way I pick up the fish; without
you criticising me. /

I don't mind you telling me,
your right and your wrong –
but now it's up to me.

delivery of smoke to your room was wrong,
so why did you make me?

I'll decide from now on –
I need to find out for me, for I am alone and
for now I need to be. /

The nest you make-me listen to your screams
since before the big man was nowhere to be
seen – my brothers are now your new suffering
– your aim to shoot your blame...

10 questions /

Ten secrets /

THOUGHTS OF:	<i>Admissions</i>	<i>Answers</i>	THOUGHTS OF:
I. Who am I? <small>ACEDIA</small>	<i>You are powerless to who you are</i> >>	Listen to yourself	<i>You can be what you want to be</i> <small>SELF-AWARENESS</small>
II. Why can't I eat what I want? <small>GLUTTONY</small>	<i>You drink alcohol only to get drunk, all you eat is lazy fake food</i> >>	Eat what you need. Real food is your life's medicine	<i>Eat together, nutritional advise</i> <small>MODERATION</small>
III. Why can't I stop thinking about sex? <small>LUST</small>	<i>You will take sex when it's offered, at your own peril you confuse love with sexual pleasure</i> >>	Animal body instincts	<i>Choose love over sex. Never let pussy rule your world</i> <small>CHASTE LOVE</small>
IV. Who invented money? <small>GREED</small>	<i>Having more than others will make you smile</i> >>	Greed did	<i>Too much of anything harms you – Find the balance</i> <small>GENEROSITY</small>
V. Why do I get so angry all the time? <small>ANGER</small>	<i>You are a control freak – people make you angry if they don't agree with you</i> >>	Direct your anger	<i>Treat everyone with the same respect</i> <small>KINDNESS</small>
VI. Why do we die? <small>SADNESS</small>	<i>You are scared of dying</i> >>	Because we live	<i>Face up to death before death faces you</i> <small>HAPPINESS</small>
VII. Why do I care what others think of me? <small>VANITY</small>	<i>You like people to think you are more than what you really are</i> >>	Choose not to	<i>Nothing you do, should be for the intention of impressing others</i> <small>MAGNANIMITY</small>
VIII. Why is everyone so stupid? <small>PRIDE</small>	<i>You look down at people. Your Ego, and arrogance is smarter and better looking</i> >>	Meet the right people	<i>Choose to be human</i> <small>HUMILITY</small>
IX. Can I just trust my eyes? <small>PREJUDICE</small>	<i>You will not admit to yourself when you're wrong</i> >>	What you look at, is not always true	<i>Never judge a person by its cover</i> <small>LET PEOPLE BE THEMSELVES</small>
X. I need a miracle; but what are they? <small>FAITH IN LUCK</small>	<i>You think you know everything</i> >>	Learn to See what's real	<i>Believe in miracles</i> <small>REAL MIRACLES</small>

Acknowledgements

I acknowledge all that can See the sources in these pages. You know who you are.

This book is from you – so you just need to trust yourself.

When you know truth, make sure you listen to its truth. Truth does not need credentials.

With time you will translate the secrets yourself but the questions have been the same since as far back as people thought it was important enough to write them down to remember them.

I am just giving you a leg up so you don't waste too much time trying to work everything out from scratch. If you don't understand many of the comments today; you will tomorrow.

Design your life. Dee Angel, experience:
 From Peckham urban ruff to the Gentry country side.
 From the Nags head to the Slonnie pony.
 From chased by the Police to owning my own Shot gun,
 From Pie and mash to white Truffle michelin man;
 ...it's all good, its my variety, my spice of life.

In contrast /

I've known well the canning burglar which I was once mistaken for by the local yardie /

I now also know on first name basis a multi billionaire in the asset management, who basically owns his own bank.

I've got high on an lsd trip once / more recently I got high on a skying trip in Verbier on the Swiss Alps.

My cousin lives in a massive council block with three kids by two dads living on benefits /

My sister in-law lives in Chelsea and is a University of Cambridge graduate, working as a specialist registrar child Psychiatrist.

I graduated in 1999 from Ravensbourne College of Design and Communication with a BA (Hons.) in

Visual Communication Design.

I am a freelance graphic designer, specialising in brand identity design.

In 2007 I designed and directed a series of published factual handbooks on big global issues; titles such as Global Warming, Middle East conflict and What are we really eating /

In 2012 I designed the identity for an independent marine biologist consultant for sustainable fisheries; as used in a report commissioned by The Princes's Charities.

One of my oldest friends, is an MSG Muay Thai fighter, in New York, U.S.A /

one of my newest friends is a large scale farmer, who runs a pheasant shoot in Dorset.

144mm

233mm

as Above so Below

I AM DEE
 ANGEL
 WHO IS MY
 FATHER'S THE
 SUBSTANCE IS.
 I AM THE STUDENT
 OF TRUTH : AS
 TAUGHT TO ME
 BY J.C.

Coordinate $y= 0,3 + x= -3,-3 + 3, -3$
 lead me to the truth and I will follow you with my whole life

IF YOU WANT TO VIEW PARADISE
 SIMPLY LOOK AROUND AND VIEW IT.
 ANYTHING YOU WANT TO, DO IT.
 WANT TO CHANGE THE WORLD, THERE'S NOTHING TO IT.
 THERE IS NO LIFE I KNOW
 TO COMPARE WITH PURE IMAGINATION.
 LIVING THERE, YOU'LL BE FREE
 IF YOU TRULY WISH TO BE.
 COME WITH ME AND YOU'LL BE IN A WORLD OF PURE
 IMAGINATION.
 TAKE A LOOK AND YOU'LL SEE
 INTO YOUR
 IMAGINATION.

Golden ratio
 $233 \div 144 = 1.618...$

on earth as it is in heaven

DEE ANGEL

SPIRIT "THE ALL"

is infinite living mind

all living things obey
the laws of physics



study your fears
and the truth will set you free
order of Dee Angel's
defending self-awareness
from self-destruction

I was told the secret behind the trinity diamond rings from
the Head of marketing of DeBeers /

I know the operations lady that speaks to
Gary Lineker's ear on Match of the day for the BBC.

I know the ex British army officer who saw active service
with the Reconnaissance unit during the Gulf war and I
met his friends in the international 'security' services.

I've had a Gurkha's curry on invitation by the
major general at Sandhurst for fun and games /

I've sipped an old fashion at the Shoreditch House on
invitation by a college friend;
I worked and played around, whiles watching the Silicon
Roundabout come about.

I designed Harleystreet.com and worked on many cosmetic
surgery adverts, the No1 private healthcare search, for the
secret treatment abroad /

I designed the look and feel of a childrens 'charity' concert
programme held at All saints Church in Fulham.
(featured in the classic horror film *The Omen*)

>>

I was born to a Self Sufficient Farming Grandmother.

On my mothers side.

I had the pleasure to have met my grandmother.

I would see her on summer holidays when I was little;
I still remember the smell of the fresh cheese in the open
fire kitchen, the cow, the hay and sickle, the noise of the
pig at slaughter in the early morning. The digging up of
the potatoes, the collecting of chicken eggs; the cornmeal
bread; my grandfather enjoying the extra thick creamy
milk chocolate with dunked crusty bread. The rabbit I
enjoyed feeding apples to, till the day it disappeared and I
was reminded we had eaten him the night before.

I remember drinking free from the clean crystal cold water
of the mountains fountain. I remember the smoke of the
witching evil eye rituals. I remember seeing salamanders in
the river; and swimming with the frogs whiles feeling the
fish under my toes. /

<<

I was born to an Army Captain Grandfather.

On my fathers side.

He served for the Nationalists in the Spanish Civil
war during the second World War. My father was far too
young to have ever known him because from what I've

heard, he was shot dead along with the woman
he was found in bed with, by her husband. A life long
family dependance on inheritance loomed, whiles living
mainly of interest rates and the selling off silver trophies
from his clay pigeon championship heydays.

His infidelity and his sudden death effected the cause
of time so dramatically that with out this event I would
almost certainly not have been born.

My father ;

the traveller, the photographer the self-centred gadget
lover. The spoiled child, who's mother cried in disgrace
at the sight of him leaving in working mans uniform one
morning. The clinging to the families good times but never
recapturing the high society circles of King Alphonso XIII
that his father so much enjoyed.

The always too late regrets and excuses of not studying a
profession. Above all the biggest disappointment in my
opinion was he never recognised ever meeting anyone who
was smarter than he was /

My mother; 1 of 6 daughters reminds me of
her dads saying; "Work, anyone can work; the hard work is
knowing how to save it." My mother, as a single parent to
3 boys in the late 1980's - worked in North London as a
sewing machinist piece worker and with a second job as a
cleaner; she single handily went onto building her own
4 bedroom home in a plot of land left to her by her dad.
My mother gave herself a Goal and in 20 odd years she
fulfilled it. Inspirational.

Everything has influenced me for the better - the rest ...
it's not worth remembering.

DUALITY OF PERSONALITY.

RESEARCHERS HAVE DISCOVERED THAT DEEP WITHIN A PERSON, THE BRAIN TRULY UNDERSTANDS ALL ABOUT ITSELF.

THIS IS TRUE FOR EVERYONE. THIS PURE AWARENESS HAS BEEN NAMED VARIOUS NAMES, INCLUDING THE HIDDEN OBSERVER

If a man is obnoxious and seems to have a total lack of awareness that he irritates people; just know that deep down an awareness realises exactly what he is and what he does



THERE ARE TWO SIDES TO EVERY 1 THING

OPPOSITES ARE REALLY ONLY THE TWO EXTREMES OF THE SAME THING

The truth is that Everything has an opposite aspect. Just the same as Heat and Cold, although 'opposites' are really the same thing, the differences consisting merely of varying degrees of the same thing.

So too is 'Light' and 'Darkness' – 'Good' and 'Evil' – 'Truth' and 'Lies' How would we truly know if we Love, if we have never felt Hate?

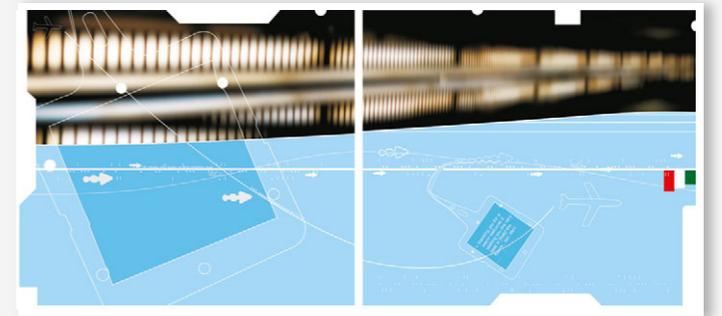
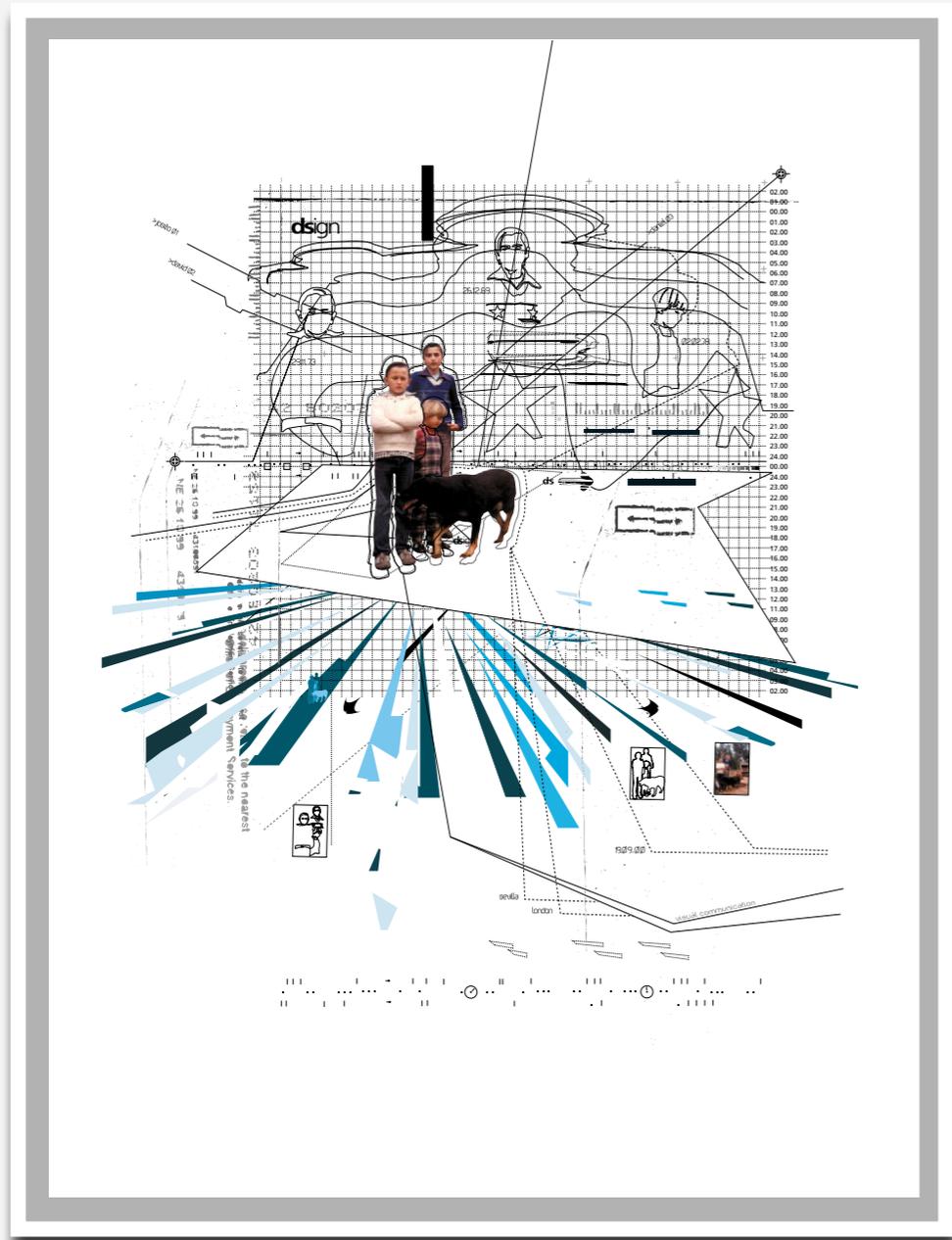
'Love and Hate' two complete opposites totally different and yet there are degrees of

hate and degrees of love, and a middle point in which we use the terms 'Like or Dislike' which shade into each other so gradually that sometimes we are at a loss to know whether we 'like' or 'dislike' or 'neither.'

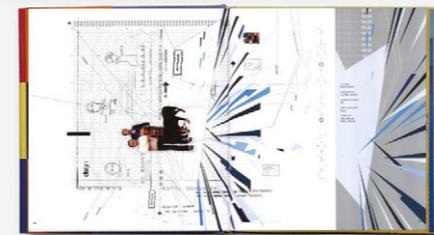
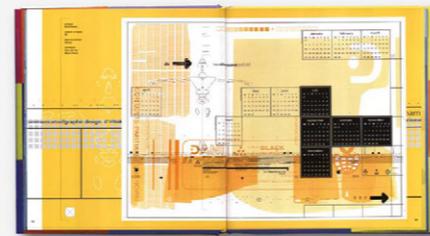
And all are simply degrees of the same thing, as you will see if you will but think a moment. And, more than this, it is possible to change the degrees of Hate to the degrees of Love, in one's own mind, and in the minds of others. book of Proverbs, Three initiates

Dee Angel represents the accomplishment of pure self-awareness. Once you understand yourself, you'll be able to understand everything else you wish to

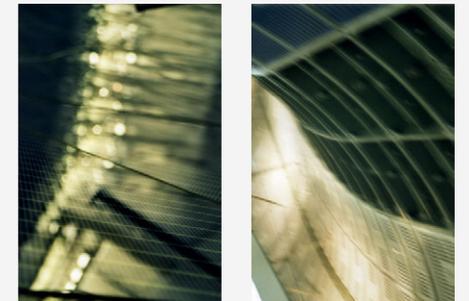
DEE ANGEL : PROFILE 2000



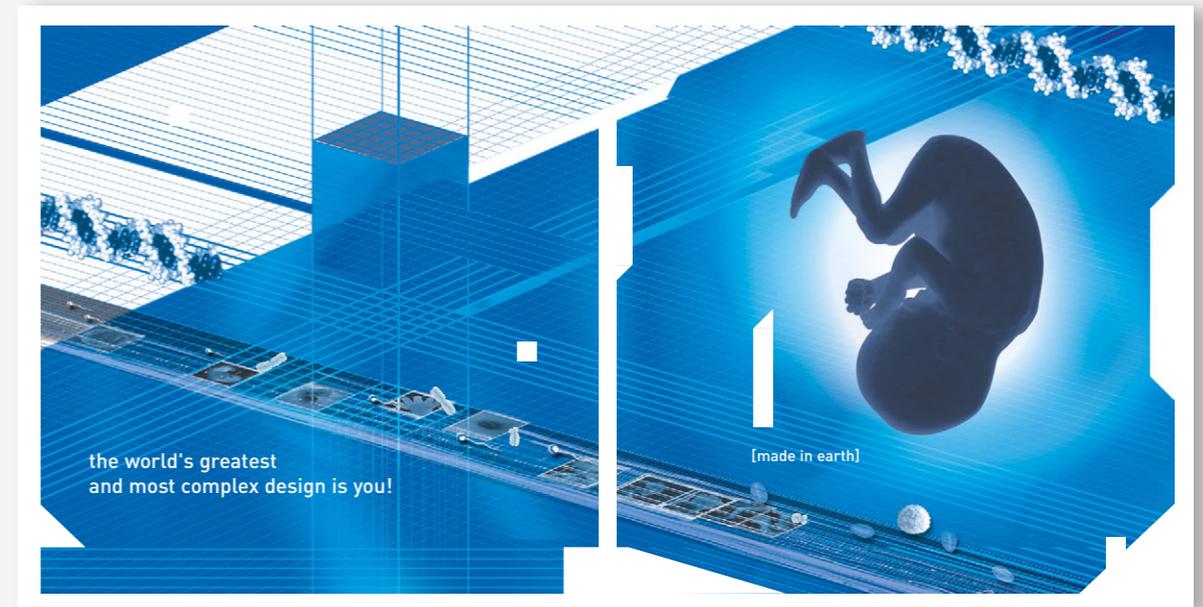
Work friend leaving do card - page



Published personal work.



Abstract photos taken in the tube.



Personal work done while working full time at design agency.

I DEE ANGEL HAVE
TRAVELLED BACK IN TIME
SO YOU, MY YOUNGER SELF
MAY HAVE
THESE INSIGHTS

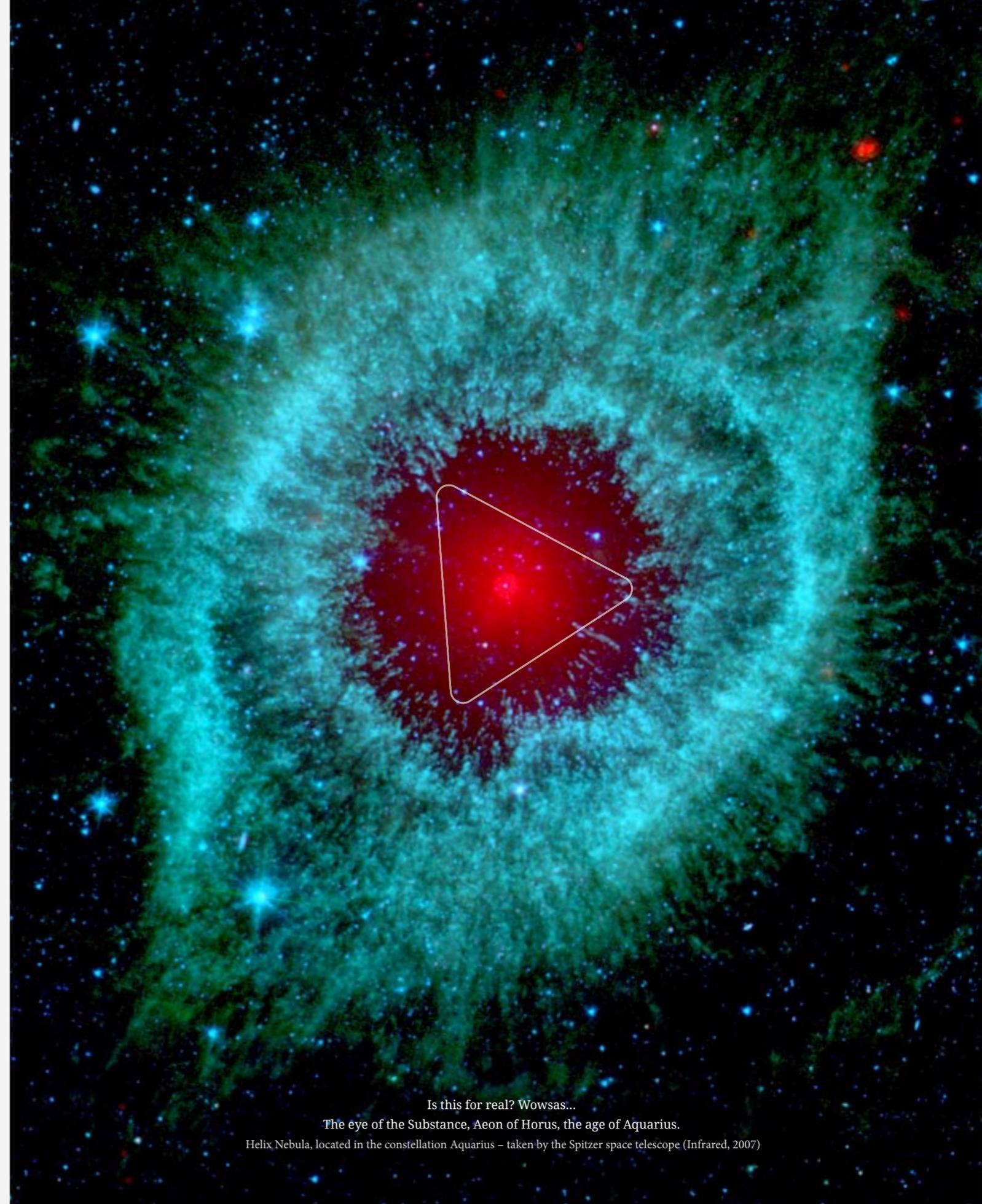
AND NOW YOU ASK ME,
WHY SHOULD YOU LISTEN?

HOW SHOULD I TRY TO
CONVINCE YOU?
I WOULD ASK,
IF YOUR NOT WILLING TO
DO IT FOR YOURSELF,
DO IT FOR ME.

I WILL THANK ME
LATER.

Are you not satisfied?
I will identify myself,
your 22nd birthday will be
on the 02/02/2000.
You are the 3rd son –
with amblyopia on
the right eye.
You're the one with 3
lunar birth marks on the
phallus, forming a triangle.

now I ask you,
how else would
I know this



Is this for real? Wowsas...
The eye of the Substance, Aeon of Horus, the age of Aquarius.
Helix Nebula, located in the constellation Aquarius – taken by the Spitzer space telescope (Infrared, 2007)

Vol. II

WE WITH SELF-AWARENESS
WE ARE BUT WORMS,
CAN ALL METAMORPHOSIS,
INTO ANGELS

Hubble eXtreme Deep Field (2012) Every speck of light is an entire galaxy – the observable universe is estimated to contain 200 billion galaxies

