

Play with your heart in life

De root of spruality is selflessness.

Let go pain

Het leven is dansen zingen lachen lovemaking

not seriousness

living is about the coming of god in yourself

dont be afraid

let go ego

let go fear

live like an eagle

fly in freedom

it's love

dont cry

loving

need to give up suffering

joy is the new purpose of being

life is great

life is a flower

don't hesitate

action is required

dont sit down and wait untill your flower bloom

act like a mouse that wants som cheese

like a flower that reaches for the sun

love is main thing to follow

it;s not bad

sex is not a bad thing

it's life

it's the end

ing and new beginning

lets talk about flowers

they bloom it takes time

no hurry no hesitation

when its time they bloom

give up your indepency

share with the world

no more killing

its impotrtant to understand that we are from individualistsic person to become a new kind of unity space

all sharing water food joy

it's important to understand the main purpose of living

it's dying

let me explain

its damage its pain its experience

slowy mankind is trying to *live with* no more fear no more sorrow

no blaming someone else

responsability to find your way

internal communication is the key

Look inside to find the place where there is joy happiness peace and quiteness  
You'll find disturbance on the way, pain

but life *is in* you  
dont be afraid of yourself

don't run away  
tho have a good time mean suffering  
when you dont suffer you dont need good time

give your neighbour a present  
A small one  
not necessarily a car  
dont hesitate to love

spice up your life with garlic and rythm (risho) (miso)  
do  
it important to celebrate your own being  
in the past, present tense and to determine your future

Our time has come  
the time of humanity is disclosure  
its a miracle  
its time to know what you want and live for yourself and your fellowman

Now and then we talk about life but its a *main* feeling to mistake it it with knowing  
life is having experience not knowledgje

noone but noone will fight his own seperateness by losing his freedom.  
it's ridiculous  
you can't seperate your inner feelings its a mistake of humannity to solve his own problems  
no such thing as lovelessssness  
its only seperation from god  
its an idiot concept of pain  
its no life  
its a mistake  
its the lonesome tribe of selmon dagelet of suffered a great loss  
so what im trying to say  
its time to decide what you want  
happiness and joy or pain hurt suffering and  
its only separation of love of inner feeling of gratitude and peace

no more bad feelings and thoughts

loving trust and (geborgenheid) is the most important thing in your life

i greed you  
this is michael (mitzel)(michel)