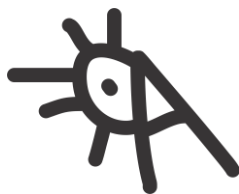
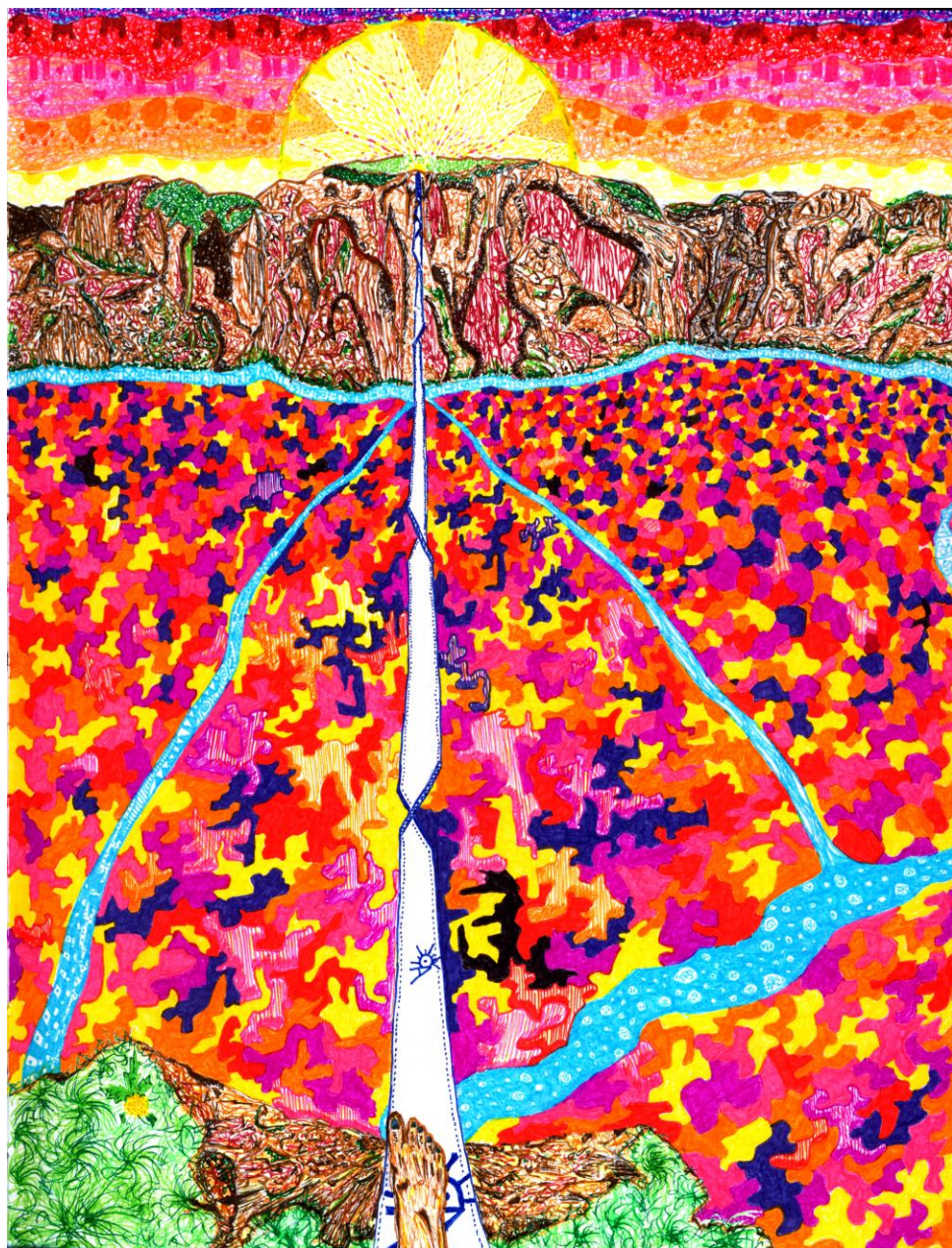


Expedition of the Psyche

Diamond Edition



ANDREY PSYCHÉ



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DEDICATION

When all I could do was talk, one person came into my life and challenged me to put my money where my mouth was. Because of her, every piece of my creative personality came to life starting with that original abstract painting which birthed the man I am today. Without her, without that painting, and without this book, I would have never challenged myself to tackled one of my greatest limiting beliefs. My confidence as a creator came from shattering that first expectation, and if it wasn't for that push, the life I have today would have been just another parallel universe that I didn't have any awareness of. Thank you Ashley Mitchell for being the catalyst which delivered me to the person I am today. Words will never be able to describe my appreciation for you and your friendship.

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1 HIGHER PERSPECTIVE

A picture might be worth a thousand words, but how much is an emotion worth?

With emotions, we are able to convey blocks of thoughts, feelings, scenarios, and ideas. By communicating through our emotions, stripping away all of the unnecessary fat from our experience, we are able to bypass the filler and head straight into the main course.

As we move about our life, if we are clear with our desires with everyone that comes across our path, we will meet some that oppose us, and others that will be happy to participate in our venture. When we are up front and honest about everything that lies in our heart, the worst that can happen is we get a no; but we are also free to continue our search as soon as that interaction is over, saving us time and energy trying to get something by beating around the bush or trying to manipulate someone against their best judgment. By being completely honest with ourselves, we gain an ability to be completely honest with others and with that, we accelerate the pace at which our desires take shape. There is no greater gift than completely accepting one's own thoughts and emotions to the point of being completely confident in voicing your inner thoughts to the world.

There are many people that are capable and willing to help others. We just have to give others a reason to think of us as a friend. Someone that understands what they are going through and their mind set. Someone that feels like they feel, that thinks like they think. They just want to feel a bond as much as we do, and that is what connects us all. By being completely honest about our emotions, we build a relationship based on honesty and truth. Operating in complete freedom from one's insecurities, we give that

same permission to everyone we interact with. They become more open with us, as they should; we gave them a reason to open up, to feel free, accepted and loved under any circumstance.

If we can gift someone full honesty, we will find that more people find this as an attractive and pleasurable quality, than not.

Be fresh by putting weight behind the words we use. Make them valuable and backed by our whole soul. Dig deep inside our heart and find a sincere emotion that we can share. Offer them a piece of love that they could look back throughout the day and smile. Give them a reason to doubt less and look at themselves in a brighter light.

Most of us don't know our strengths until someone sticks our nose in it and tells us. Be the person that goes around and pointing out the light in a person's features, mannerisms, taste, style, or quirks, and tell them how much love and happiness it makes us feel. Tell them we appreciate them, and send them on their way to spread that joy far and wide.

Be sincere and confident in the way that we feel, and people will be attracted to our clarity. When we give out our love, the time will also come for us, and then others will find us and give that love right back.

2 IT IS WHAT IT IS

When we find our passions, our dreams and desires, we get an idea of who we are. We see a goal that we are striving to reach and whatever paradise we can envision for ourselves, and just go after it. We see it every day, not necessarily the whole picture, but a portion. We can taste the sensations that wash over us as we imagine every piece falling into place; and the taste intoxicates us.

But, whenever the chance arises, take some time for peace and quiet to think about our desires and goals. See them unwind before our eyes and accept the storm of joy that rains upon us.

To anticipate the feeling rewards us with the sensation of having our goals before the world gets a chance to give us the “real” thing. Practice visualizing the desired aspect of acquiring our goals and savor the feeling of our hard work paying off. We can reach an image in our mind, where we can believe even for a moment of thought that we attained the nature of joy and happiness from our projected desires. This moment connects us to our end goal and draws it closer to us, acting as a guide, eventually bringing us to a moment in time where we and our goals are united.

With practice, this becomes as easy as breathing.

As we move through life, everything that we will require to achieve our goals will attract itself to us. Just as a huge space rock gathers smaller boulders with its gravitational attraction to eventually accumulate itself into a planet, so must we attract the connections, conversations, lucky finds, coincidences, and synchronicities by creating a strong field of attraction with our intentions. This will allow us to collect enough momentum to

nudge us in the right direction as we drift moment to moment to get to a place where we will come across all that we have ever desired.

We become one with the flow, moving with energy, allowing it to carry us along its gentle currents, remaining in our lowest energy state instead of pushing against the current and paving through tidal waves of circumstances in order to do everything OUR way.

If we get a desire, we hold the desire in our thoughts; we get closer and closer to it. This is why any form of meditation is important. It allows us to sharpen our mind into a samurai sword that gives us focus, agility, precision, and strength of mind.

This mental swiftness will attract individual particles of energy that we require in order to manifest our objects of desire.

If our focus is on love, pleasure, and prosperity, it will be pouring out of us, like waves of energy extending golden tentacles out of every pore, grabbing and pulling in every bit of desire that is in our reach.

If we maintain our focus on the good, the good will come to us.

If we give our best, we will receive our best.

If we give love, we will receive love.

3 PSYCHOPATHY

Every day that we wake up, we face an ocean of stimulants, many of which occur from our exterior world. Each light particle bombards our occipital lobe with a series of action potentials rushing through each axon, escaping from the tips of hundred of dendrites, neuron to neuron. Communication and connectivity intermingled and propagated among each hemisphere of the brain establish a way for us to conceive the random array of light to merge into an image that we can perceive to be at our eyes that we can interact with.

Sight itself is not enough for us to get around this world; we also have touch, taste, smell, sound. All of these have been the ways that our bodies evolved to detect change in the universe. These are the ways that we are able to see the contrast, e.g. hot or cold, soft or rigid, sweet or sour, loud or quiet, etc. What we sometimes forget to include into the picture of the way we see the world is that there are other ways of perceiving everything around us. Every single one of our neurons are connected in a way that is completely different than the brain connectivity of another person, leading to differences; differences in interpretation that show how different paths can get us to the same conclusion. Through these light differences, we already perceive different worlds.

The amount of cells we have to sense touch in our finger tips, or our lips, can vary. If we have fewer antennae to catch the information coming at us, we will have less of a spike in activity and we will experience a lesser experience than someone else with more receptors. This happens all over the body. With vision, having more or less rods and cones effects our way of seeing colors, or how well we see in the dark. With smell, having more

receptor cells on the olfactory membrane will allow us to experience a world much like a hound; one that can collect the scent of something, and follow it with precision, allowing us to have a way of seeing with smell. A mix between the sight and smell, we begin to experience synesthesia, a crossed signal between two senses. Our world doubles by combining two senses together, doubling the amount of information being utilized for observing the universe around us, effectively doubling the size of the universe itself, at least in our minds.

Why stop there, if we increase the amount of taste receptors on our tongue, or differentiate it to a more refined state, we can start to detect the most subtle of flavors; an ability that breaks up the food into many different particles and micro nuances by having receptors for each possible interaction between molecules, we will be able to experience a new world of taste. Now we are capable of detecting the slightest of changes in our produce. We can tell if the food is lacking in a certain nutrient, or detecting finer amounts of toxins that could be present. This would allow us to know more about the environment it all came from by tasting whether or not the plant was malnourished in some way; not enough water, sunlight, micronutrient in the soil, etc. This can allow us to build a picture of the origins of the food and have knowledge whether or not the climate it grew in was unbalanced. We can start to notice the slightest of changes that might occur between a certain area produce is grown, telling us about the climate, rainfall and sunshine, richness of the soil and have an idea of the environment around it. Adding another layer of seeing and experiencing the world that is around us; another layer that would give us more information about how the world actually is. Perceiving something that others cannot and being aware of more information gives us an advantage at navigating the dark waters of life.

Our ears work by picking up sound vibrations that are in a particular range of hertz, range of frequency by vibrating little hairs in our inner ear to match the same frequency as the sound wave, creating a visual representation of the movement of little hairs, moving in the shape of the original sound wave, from which the sound wave travels through the brain once again, allowing us to translate one particular wave in an infinite sea of waves. We can only catch wave that range between 2 Hz and 20,000 Hz, but what of the rest of the sounds? If our range gets skewed by either having more or less stereocilia, or more or less specialized anatomy, we would be either limited to a smaller range of perception, or open up to a range that has never been experienced by us. Blind individuals start to repurpose their occipital lobe to translate sound inputs, allowing them to “see” through the sounds that they are able to

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catch, giving them larger equipment to decipher the minor changes of sound. Directionality, speed, timbre, etc. begin to play a bigger role in their life because they are able to decipher and incorporate more information for their understanding of the world. If we were to harness this, we would be again thrown into a chasm of new experiences filled with new information and new depths of reality which others cannot perceive.

All of these combined form an alien vision of life. Surely, something that cannot be perceived must not exist. But if it permeates through us and we have no equipment to pick up a signal, it will pass through us without sounding any alarms or starting any electrical impulses, bypassing us completely unnoticed.

A world so infinite, so vast, coexisting with everyday life, passing through us, existing outside our perception, interacting, colliding, interfering with each other or combining into something new. These waves, just like the ones we pick up with our senses, carry their own information that carry along worlds never before conceived; and if some have a wider range perception, it would allow them to "see" the world from a larger, more complete perspective, submerged in worlds that are interwoven with the life that we all go through every single day.

Every organism has his own "umwelt" and if we can peer past ours, what will we uncover?

4 RAPUNZEL

Being stuck in our mind as a hostage victim can sway anyone into falling into the despairs of this world. Being mentally abused and handicapped by our own thoughts lock us away from ever experiencing the world as it is meant to be.

Under every opportunity is a disappointment.

Under each encounter, a jackass.

Under each success, a reason for failure.

We view life under a dark tint, as if life is dampened in all possible ways. It appears dull and humdrum. In this society people get prescribed medication to numb the thoughts that cause us discomfort.

This combats the need for the mind to suffer in the environment that it created for itself.

The question is why?

Why create an environment where we cause ourselves pain and deliberately disrupt the homeostasis of our own bodies?

Our body tries to keep a balance that keeps everything running at its best, so all individual parts are interacting properly with the rest. All the necessary chemical reactions proceed as needed. All the proper hormones get distributed to where they need to be. All cascading effects lead to proper nourishment of the cell on every level. All waste is taken care of properly and all cell replications are made sure to be executed perfectly.

So when our minds interfere, our homeostasis gets interrupted. We disrupt the balance; disrupt the thoughts, the hormone uptake, and the replication efficacy. We disrupt the way our bodies function and put our well being on the line.

What is the purpose of this phenomenon?

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Why does this pain occur within our minds?

Might there be a hidden answer behind the demons that plague our minds?

Perhaps there are benefits of experiencing these discomforts for it could teach us how to overcome the very thing that restraints our ability to become whole. Perhaps the poison is the cure.

The very thing that holds us down can be the thing that sets us free.

We all deserve to be happy. We all deserve to live. We all deserve to prosper.

Our weaknesses one day might very well be our greatest strengths.

5 VISCERAL AROUSAL

Many things can surprise us when they finally open up. Like a sunflower, opening up to the morning hue of purity, coming back to life as it wakes up to the daylight and releases all that it held dear during the night. It exposes its leaves to the sun, absorbing the precious energy. It tracks it though the day, taking in all that it can in order to grow and thrive. As the sun begins to set approaches, along with it, every living creature that is dependent upon it also lays down for rest. We close up again until the next encounter. A relationship that lasts a lifetime.

Exposure is a healthy and necessary part of life. Without exposing ourselves to the world, we never get a chance to absorb all of the energy we need to move forward in life. We must take in all that there is to take in, but in order to do so, we must be completely open. Our mind and our hearts need to be ready to absorb the potential that we require in order to achieve a full and prosperous life. If we are not completely open, we miss out on all the wonders that life has in store for us. We miss out on life itself. If the sunflower fails to take in the energy that surrounds it, it will perish. As will each and every single one of us, by being closed off from one another, do we create a famine that ravages our very lives.

Notice all who chase and overindulge power, money, and get addicted to things that point us all to the destruction of the planet itself. The hunger cannot and will not be satisfied until we find that which will nourish our soul.

For every plant, opening up and receiving energy from the sun starts a chemical reaction that produces sugars it needs to survive. When we open up, we receive the energy that is abundant around us from our peers, our

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friends, our connections, and most of all, ourselves. We find that we are not different after all. We are just like every other living creature out there, experiencing our own reality, doing our best to accumulate resources to sustain the best life that our environment allows for us.

When it comes to the glorious sunflowers glistening in the morning light, they are stuck in one environment their whole lives. They are sedentary and can't change their circumstances no matter how hard they try. We, on the other hand, live in whatever environment we create in our mind. We have the power to change the environment we are submerged in and steer our life and outcome into nothing short of our imaginations.

Everything that we can possibly conjure in our thoughts can be brought to reality by opening up to our friends, our peers, our loved ones, our world, and most importantly, ourselves.

We can't find the beauty that we seek to experience until we have experienced that beauty within ourselves, and then share it as far and wide as we possibly can.

6 THE CLEANSE

Trying to get anything done in a messy area can be frustrating and painful due to the inability to get into a flowing state of mind. We are always interrupted by having to locate something that throws off the momentum. It takes up extra room on a subconscious and conscious level, tunnels our vision and our ability to see and think things through past a certain point. It fills up the physical space around us, and fills up the space in our mind for continuous thought.

See it as piles of debris being thrown onto a racetrack. The driver can go on forever driving around the track, zooming through, circle after circle after circle. We start throwing things onto the track and the driver will need to slow down or even stop at times in order to continue. He will have to avoid these obstacles that we threw in his way. The same works with our thoughts and potential. The clutter takes up the physical and mental space.

If we are ever faced with the feeling of being stuck, we need to consciously inspect our surroundings. Have we been paying attention to all that is accumulated around us?

Have we placed our focus on the things that have been under our nose this whole time?

Have we taken the time to actually open our eyes and see past the lens of our thoughts?

We can find that through the process of giving focus to all of these things that have been in front of us this whole time, and organizing them into their proper places or getting rid of them altogether, we are simultaneously doing the same in our mind. Our physical reality is a direct representation of our mental state and the thoughts that we continue to have on a day to day basis.

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As we go through the motions of organization, our thoughts become more collected because just like in our daily activities, we are able to find things when we need them. Everything runs smoother because there are no distractions for us and we are able to be as productive as possible. Our mind can have free reign over all that we want from the world; capturing ideas and revelations with ease.

We are no longer slowed down by mental clogs. We are able to reach smooth flow of thoughts that allow us to be more productive in the exterior world once again, bringing in our dreams directly to us, as we enjoy the process of achieving those dreams.

7 MENTALMORPHOSIS

We can see a pattern start to emerge in the world. As we zoom in to the smallest of niches, it always resembles what we experience on a daily basis, and continues on to that which triumphs us in size. We can see these principles reoccurring everywhere we look. We are no different than the bacteria that our skin is crawling with. We are no different than the animals that we keep as pets. We are all a part of a living, breathing, forever expanding universe; an expanding oneness that seems to be separated into infinite sea of separate nodes.

As we begin to learn about natural processes of cells, microorganisms, and atoms, we gain knowledge of solar systems and galaxies. As we gain more knowledge of the exterior world, we gain knowledge of the internal world. Anything we observe is a reflection of ourselves, and everything else in the world. As we look closely at any object in this universe, as we focus more and more energy and attention toward one aspect, it begins unfolding into the universal code that formed it all. We begin to uncover long awaited secrets to all the questions we have ever thought about our mind. Every piece of matter that we can experience holds within it the structural code of the universe because there is never any difference between what or who we are and the world we experience as being outside of us. Everything we see is connected and made of the same principles as everything else. We all have the same abilities to become creators of our own experience.

One thing separates us from happiness, and that is the thought that we are separate from it. We accept the fact that we need to seek it out from the external world. But it's found deep within; we just need to focus on it to

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allow it to grow in size. All we have to do is watch the fire, burning away, delivering us to places in life that give us a sense of intense fulfillment. Our passions start to manifest themselves in front of our eyes. Very slowly we begin to notice little things around us change, one idea and thought at a time. This eventually leads us to seeing a completely new world all around us; an oasis in the middle of a desert, a paradise from what once was hell. And the only thing that changed is our perspective. Finding a life that once felt irritable and annoying, to one of endless wonder and amazement. A life that fill us up to the brim, and continues to fill us up until we overflow with joy and happiness, leaving nothing but a sensation of purity and streams of tears rushing down our face.

8 EARTH 2.OH

Planting a seed of love into the hearts of all that we may come across might be the only true act of love that they will experience in their lives. As we get lost and wonder through the same cycles, all it takes is a smile, a kind gesture, and a sincere heart to warm them up to all the possibilities life has to offer.

When we get low and feel confused by life, we feel like there is no way out, and we are being led down a path that we didn't want to go down; minute details will flash before our eyes to serve as signs to turn back. We continue down this road because we are following the momentum of our previous choices, and we don't know that we can stop and turn around, or veer off at any time.

We have no obligations to anyone in the world to do anything that they may expect from us.

We have no obligations to wake up each and every day and remain the same person.

We have the ability to see each day as a new opportunity.

We can wake up as an author of everything that can happen. As the director of life, manuscript in hand. Every day is filled with opportunities to grow, expand in knowledge and experience. When we open our eyes, we can imagine it as a new beginning, a rebirth.

The night before, we closed our eyes and stopped observing the perceived reality. When we awaken, we get a new opportunity to do things anew. We get the blank script, and it's up to us to fill it in.

What do we want to happen?

Where do we want to see ourselves?

Who will we have to become in order to achieve our goals?

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The mirror neurons in our brain work wonderfully in aiding our learning. We experience the growth of our own neural pathways just by observing the performance of an action done by someone else. This is a great way to learn without having to do any conscious actions. We can hijack this principle to further aid our growth by building a person in our mind; someone that can achieve everything with swiftness and ease. We get an image of what that person does, what they look like, how they makes others feel, how they're perceived by others, and any other details that may bring the image to life.

We create them in our thoughts, and ultimately become them by aligning ourselves with the higher standard of our "perfect specter".

Every day, we get a chance to become closer and closer to the person that is getting everything that we want. We get closer to connecting with the right people that appreciate us, and whatever we chose to do with our life. Once we begin giving love, we have everything we need to be connected to every other person connected to love. Through a network of love spanning the entire world, just like individual neurons in our brain form a bridge of myelinated axons together in order to transmit electrical impulses between each other, so can we share our desires or needs with one another until we reach a state of mutual satisfaction.

Once we reach out and connect, we can function as a world consciousness that can allow for deeper understanding of life.

If we all connect to each other, we become unified in our focus, and sustained focus is how we make any idea into a reality.

9 WHISPERING ROSES

Love is such a beautiful thing.
There is never a wrong time for love.
When we give love to one another, we give love to ourselves as well.
Nobody can make us feel loved more than we can. Only we are capable of showing what true love really means to us. Only we can unlock the true power of love.

Once we spark the light of love inside ourselves, a spark that envelopes us into a firestorm that leaves our heart and body burning with the sweet and purifying energy of love, we can start to share that spark to as many people as we choose.

We begin to acquire a taste of passion, a taste of desire, and an undeniable experience of being alive. We become completely attuned with ourselves and create the ability to find love in every interaction, with every person we meet, at any time, because our love no longer depends on external circumstance, but extends out from its birth place.

We no longer depend what happens outside our mind, or heart, because we have all the love we will ever need inside of us, so full that we exude love through our seams, giving everyone else the one thing that they all long for. Once we can give ourselves true love, we can become beacons for more love. Love is free for everyone and pays off in infinite ways. We have all had a person that we would do absolutely anything for. We remember how bad we wanted to put a smile on their face. We remember how much love and happiness we felt coming from them. We remember how much we cared and how much good we wanted for them. We wanted everything for this person. We never wanted them to be hurt by the world. We remember all the good times we had because we wanted nothing but the best for this person. We remember this love because all we wanted was to give this love,

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unconditionally. We wanted nothing in return, only to have the chance at providing a source of love for this person.

For some it might be familiar love, for others it might be romantic love, but for all, it should be self love.

Take that love that we have for that person and direct it inward. Treat ourselves exactly how we would treat the one person we would die for. Don't ever talk ill of ourselves. Always give ourselves the benefit of the doubt. Always believe that we can achieve anything our mind conceives for us. Always be present. Always strive for what is best, no matter the challenges.

Once we do that, love will be inside everything we look into, and then we will truly understand that life is nothing but what we see in it and what we make of it.

10 ZUGSPITZE KEEBLERS

Life bombards our senses with millions of stimuli, and the ones that we pay attention to become the reality that we chose to live in. With each decision we make in our minds, we set out our expectations of what we think we will see in the world, what we want to see in the world, or what we think we will see in the world.

These decisions that we are making, thoughts that we are producing and experiencing, they allow our mind to start to give us an idea of what the feeling of living through a certain situation would be like. That's why when we think certain thoughts, we allow our mind to observe them to become more prepared to receive the stimulus that will make us feel just as we have practiced. Practiced meaning we have already thought about this before and felt the emotions that accompanied that thought. If we think thoughts that get us angry, a fight will follow us everywhere we go. Thoughts of jealousy, we will find that too. Thoughts of love, joy, prosperity, and we will find ourselves inside situations that deliver exactly that.

Out of every single possible piece of information that penetrates our mind, we get to decide which of them we get to see come to life by focusing on them. We have the power to build our own nightmares and live in a personal hell. Or, we also have the power to live our wildest fantasies and feel as good as we ever wanted to.

We put ourselves into a state of being where we are noticing what we need to see and experience to draw us closer to our dreams and desires. We get sucked into the wormhole of experiences that gives us everything that we need to have in order to live a successful and prosperous life. We start to notice things that previously held no meaning to us, and now, they are exactly what we need in order to move forward with our ascension in life.

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We begin to find interactions that progress our thinking from sources never before seen, or were not allowed to be seen due to the dark cloud engulfing our mind. All begins to move us closer to the things we desire the most. One thought, one stimulus, one moment at a time.

Feeling is believing is creating.

11 IMMERSION

-Excerpt from a message I had to send when my path was being questioned and I felt like I was at a fork in the road.

“I came into your life because I knew you were struggling. I saw that you were not receiving any respect or gratitude for all that you were doing. In doing so, I have stumbled across a new found love for who you are, as an individual, as a human being. I see your struggles, I feel your pains, I carry your burdens, and I love you for exactly who you are and all you have gone through to get to this point in life. Everything that you have ever done to support not only me but your whole family is beyond what many people are capable of. Your ability to love runs deep within your heart, and it can be felt through distances far and wide.

Everything that you are today, has allowed me to become the man you see in front of you. You have passed on to me a perspective of life that has turned everything on its head. You are the reason I was able to find my voice, my calling, and my passion in life. You are the reason I am able to reach so many people and bring them tears of joy, happiness, and love. You are the reason why my heart burns so brightly, gives so generously, embraces so tenderly. You gave me the one thing in the world most people go life times without ever realizing that they are missing. You allowed me to find myself, my true self. You allowed me to find unconditional love, a love that stays with me even at times of despair and trials, a love that powers me to strive to become better, stronger, wiser, and most of all, happy.

All of this would have been squandered if I didn't seek to give something back. To give back the love that you were sharing with us. It is your love that inspired me to shower everyone with the feeling that most starve for throughout their lives.

If you saw the look in their eyes, your heart would melt from the pure joy that washes over their soul; all of this, because of you. You are the reason

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thousands of people are experiencing these feelings, even if for a short glimpse of time.

This is why I have to do what I know what is right in my heart. Not only is it right for me, but the world and each person in it.

You wanted a partner, and you got one. One that is taking us to places you haven't even dreamed of, a partner that is focusing on the beauty of life, not the fear, that does not sway due to the opinion of others, one that leads into the darkness up ahead with no hesitation.

You want a helper, well I am not it. You want a lap dog that will fetch and dance to your whims, I am not it.

My time is more precious than you can imagine. All that I do and capable of is priceless in this world, and if you simply want a helping hand, go buy one elsewhere.

Whether you see this or not, doesn't affect me one bit, because it is true in my heart and the approval of others hold no weight in my decision making, because I feel, hear, taste, smell, and see all that I need within myself.

That's what people seek for in a partner, not a lap dog. Either accept me as I am and allow me to bring in total freedom, prosperity, well being and happiness, or watch me walk away."

No matter what we are experiencing, no matter the circumstances of our environment, by doing what we known is best in our heart, by doing what feels right, we set ourselves down a path, one that is not always pretty, but one that is always worth it.

For it is the unpleasant moments, the ones that rub us the wrong way that allow us to chose the type of person we are or want to become.

Every moment contains every possible outcome; we must keep our mind sharp. Grind into a point and use it as a tool to be ready for anything our life throws at us. By staying true to ourselves and to all that we know, we allow ourselves to walk into a battle that defines our life and walk out standing taller than ever before.

The trick is finding something to take a stance so firm for.

12 FEAR

Fear robs us of the opportunity to be happy. By living in a society that propagates fear across every possible avenue, we become more vulnerable than ever. If we succumb to this persistent illusion, any hopes or dreams of an exciting and meaningful life can be tossed out the window. Fear prevents us from attaching ourselves to the idea that our dreams can ever become a reality. We instead hide behind a blanket of insecurity because we don't have the belief in our ability to take the necessary risks to get what we want. So we settle for what comes.

Fear makes us complacent with whatever scraps get thrown our way in the means of life experiences, and diminishes our self-worth for the experiences we are striving to feel.

We are selling ourselves short.

We deserve an experience full of wonder, love, and fulfillment. We deserve every single blessing that ever crossed our mind and brings a smile to our face. The only thing in our way is the fear that we will never attain it, and our lack of self-worth.

With fear lurking in the corner of our psyche, we are never fully able to achieve anything that can bring us deep joy. We must conquer fear. As it arises, we must defeat it. We must tackle it to the floor and stab it with a mental sword that we have been sharpening every day with the thoughts of self love.

Just as the old tales of damsels in distress, knights and dragons, we must become the knight and slay the dragon in order to reap the rewards that bring us love and happiness.

Fear is not something to be avoided; it has much to teach us about the depths of our mind. Through fear, we can identify exactly what we need to do in order to grow past our current environment and our current way of

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thinking. Fear provides us with a magnifying glass to see what lies within our heart, what we keep so dear and intimate, and the things we wish to never be without.

Once we can use fear, we can use it for personal growth and confronting fear is no longer uncomfortable, only exhilarating.

We find strength by staring fear in the eye.

13 QUIET COMPANY

Everything in this world requires some form of attention in order for it to exist. If nobody can perceive something to be true, then it doesn't exist in our reality. Only when a person can see it and have knowledge of it does it begin to separate itself from the background of life and stands out in our perception of the world enough so to become an identifiable object or idea.

The universe is built to observe itself; all the information always returns back to a single point in order to continue forward and be able to adapt or grow with the new information acquired.

This natural response begins to skew when our desire for observation becomes toxic and we seek external attention in order to feel alive instead of relying on self-awareness.

By attaining focus from others we get a natural rush of energy. Many people get stuck inside that intoxicating element of social interaction. We seek approval from others and fish for their attention in ways that aren't always healthy for our own well-being.

Attempts to remain at the center of attention eventually drive us to the loss of what makes us who we are. Our actions come from a place of pleasing others rather than ourselves. If all our thoughts and motivations come from the pleasure of others, we never develop a personality that would make us feel like a true individual. We become nothing but a combination of what others want us to be, none of it being us.

Getting into our minds, giving ourselves the ability to think our own thoughts, feel our emotion, believe our beliefs, experience our own joys and sorrows, accept our moments of confidence and insecurities, allows for the individual to build a personal sense of who they are, independent of the environment around them. No matter who is around us, or what is happening, we can always have faith and confidence in the person that we have found within ourselves.

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With every single discrepancy we clear up within ourselves, we let go of the hooks others have implanted deep within us to control and manipulate our behavior. We start to have a choice of what we want to reoccur in our life, giving us the power to construct our own mind, our flow of thoughts, and where we place our focus, to ultimately regain the power over the construction of our destiny.

When we live through the eyes of another, we have to conform to an unpredictable world; one that has no clear answer to how we can or can't act, always living in a state of uncertainty, discomfort, and fear. Once we can let go of seeking attention from others and focus on giving ourselves the awareness that we require to exist, we start to feed the person that we want to be instead of the person that others want us to be.

By choosing to put our own needs and mental health above the needs others, we gain the freedom of clarity and purpose, eventually finding our own personal island of paradise.

14 NO VISION REQUIRED

"As above so below, as within so without, as the universe, so the soul." —
Hermes Trismegistus

Life works in a beautiful harmony.

It can be viewed as an interstellar dance.

From a smaller perspective, all that we see around us is chaotic motion; it's unpredictable and we never know what we are going to get. If we zoom out until we can see ourselves as an infinitesimally small dot in the darkness of space, we can start to see all the chaos calming down to a fluid movement of energies.

When we begin to extend our perception far inward, our mind expands forever out. The further inside we go, the more we learn about ourselves; our preferences, our desires, our motivations, and our heart begin to speak for themselves. The more we know about life and the universe, the more we know about the rich worlds that comprise the person in the mirror. The road map to living the life of our dreams is located inside our mind. All that we wish to experience is already inside of us, the only thing we have to do is establish it in our mind and we will begin to notice it occurring all around us, filling our focus with a sense of wonder.

Everything we seek, we pull in; it gets attracted by our thoughts and intentions. It all rushes through the night skies, moving, colliding, merging, slithering, closer and closer to us. This dance is happening all around us. We are submerged in it like an ocean of color, music, and movement; buzzing, floating soaring, weaving, and zooming each thought and desire past our very eyes.

All available for each and every single one of us to enjoy and appreciate, love and utilize for further growth which leads to more and more and more.

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Join the dance of life.

15 SCARLET LOVE

The burning embers of love ignite within each of us when we can truly be accepted by another human being. Total and complete acceptance of another is the baseline of having and keeping any relationship pure with good intentions. Freedom of expression allows us to flourish into a dance of weaving vines, intertwining as they grow higher and higher, providing strength and support for one another.

Entering into a symbiotic relationship with another being, one that provides the nutrients needed to become our true selves opens doors into a realm of mature love. There is a mutual benefit for our interactions because we are able radiate our love further and deeper than we could ever before, but also continue to develop a stronger and more mature understanding of one self and one another which births a connection that defies the limits of our perception and supersedes space and time. Life becomes our playground.

A love that allows for growth is the only thing that will ever satisfy our thirst for adventure, search for higher pleasures and higher states of existence. A love that sees all that we are, every fault, every polished edge, every choice we have made and every consequence that we have dealt with, every wrong turn and every sprint to the finish line, each disappointment and celebrations and does one thing and one thing only; find the beauty that lies in each moment that has allowed for even a sliver of an experience that lead to a lesson which allowed for growth. Growth that allowed for us to have been swayed ever so gently by the choices that we made, eventually brining us upon a place that allowed us to meet and cross paths in the first place.

A love that gives us the freedom to breathe, be ourselves to the highest degree, and have the other appreciate everything on whatever level it

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resonates within them, leaving no room for judgment of past events. A love that inspires us to be open and bloom as much as possible.

Two individuals that have reached the full capability to look deep inside and find the love they have for themselves. Two individuals that found a reason to love each and every decision and mistake we have ever made. To love for simply being.

Love ourselves until there is only understanding and compassion for everything that we have gone through. We are able to see the light in every crevice of our life and accept it the way it is because it gave rise to the weathered warrior we see before ourselves today. We endured emotional droughts, tests of strength, valor, persistence, and struggled to survive, which brought upon the world a captain, sailing through the choppy waters of life, collecting battle scars and maintaining repairs, always in search for the treasure in a destination far away. We realize that each battle fought and each victory attained gifted us with a piece of the treasure map that slowly points the way to the buried treasure of our dreams; slowly putting the pieces together to create a comprehensive picture that allows for direction and a destination.

Things take time, and we must cross the ocean until we reach the treasure chest filled with our wildest desires. As we sail through the clear, sunny, and pleasant weather to faraway lands, we have no worries about anything in life. We look around us and appreciate the ride; appreciate the scenery, the smells, the glimmering water, and the color of the sky as we sail closer and closer to the shores of paradise. We are gazing out into the distance, a fresh breeze softly caresses our face, and we have only one thing in our heart; a pure prism of light, radiating throughout our whole body.

We are this at each and every moment of our life. Bask in the things that let us see the connections between everything that is happening all around us and always reach for more.

When we find an individual that feels the same way, we have a relationship destined for success.

16 PHOENIX OF THE WATER

Our ability to be happy doesn't depend on the situations that we face throughout life. It is not based on anything but how we feel about our life. No matter how little we may think we have, as long as we count our true riches we will live a life with a heart that is overflowing with love.

We can find a reason to be grateful for anything that can enter our experience. Whether it is “good” or “bad”, we can find a reason to be the lucky recipient of what life decided to reward us with. The “good” brings us our dream on a platter, the “bad” teaches us exactly how we can reach our dreams. If we accept everything that comes our way as a challenge or a game, we can keep a healthy distance from the pain and look for hidden truths within, observing everything around us for clues to be grateful. In the end we can always find the things that bring us a sense of beauty.

We fly through the ethers of space, swim through the oceans of energy that if were visible, would blind us to everything else due to its density. We attract what we put out into the universe, and by feeling and living it in the moment, we attract every possible piece of the puzzle needed to build our dream life.

We flow through this life, doing everything that we need to do in order to leave a positive, loving, and bright impact on the world. We make the needed connections with our fellow brothers and sisters on this ride, and we help one another other reach our highest purpose. We give them a piece of our heart as we move through their timeline, and they give us a piece of theirs. We share with each other something that we cannot get anywhere else; a unique contribution that only we could have provided.

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Once we all understand that we are all in the same boat, we can give each other the love that we ourselves want. We know that we are all exposed to the same issues; we all fight the same battles, except on our own terms. We can accept that and show empathy toward one another; whether human or not. We grow the same connection with pets, and animals all around the spectrum of life.

We love, connect, grow, and spread ripples of joy and happiness along all the lives that we have touched, and ultimately all the lives that they have touched as well. We create a never ending ripple that creates minor changes in how the outcomes can carry another person on a wild adventure.

We are all connected; we are all each other's mentors and each other's students.

We get what we ask for; consciously or not.

No need to be afraid to reach out and connect with the people around us. It's like a heart to heart handshake. We acknowledge them as the wise and divine being that they are for the mere fact of existing, and allow them the freedom to be themselves as long as our freedoms do not overlap with each others. We respect, love and desire nothing but the best for each; to follow our own dreams, to have our own thoughts, to shape our own destinies, to move our own mountains.

Spread these wings and fly, but only if we feel like it

17 RA UNCONDITIONAL LOVE

When we do what we love and not worry about time, we are able to tap into the infinite creative potential of our internal world. A big change comes when we ignore the outside world and focus on our own needs. The external world is relentless about keeping us engaged with its dance of fear and temptation, and if we can let go of it, we find inner strength.

This dance stops us from achieving our personal dreams. The only way to move forward is to focus on our current situation and create an image of the future we are striving towards.

We can use focus to notice the life around us; notice all the little details, the “coincidences” and synchronicities. Every detail that comes to us happens for a reason.

Our dreams are happening around us.

Everything we have ever wanted is right in front of our nose.

It is all staring us in the face through each emotion that we come across.

We are able to see the universe unfold in front of us. We see people pop into our life, exactly the ones that we have been hoping to find; the ones that hold the keys to all the locked doors we have been knocking at with no answer. We start to notice little hints from the world, and if we pick up on them and we bring them into our reality, then we are able to explore their significance and their deeper meanings to allow us to make more informed decisions from that point on.

People will start to look at us with awe in their eyes. They see a being of so much love, so much light, that they cannot but help reciprocate the same feeling of love and support. We become bonded, like a neuron communicating with its neighbor, so will we, be able to expand our power and reach to achieve things that might have felt impossible before, yet now

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become as easy as breathing; and the experience of every piece coming together so perfectly, is succulent.

One neuron is capable of synthesizing certain neurotransmitters and change its polarization, but cannot do much by itself. Once it starts to reach out and establish connections with its neighbors, it gets connected to a force that shadows its own.

And it is now at our command.

We start behaving like the head of a collective mind. We are now capable of using all available resources, all connection, all different pathways, to reach our intentions and goals.

By connecting to a wide and powerful network of capable, likeminded people, we gain the ability to work in unison on projects on a world scale that can deliver us our dreams, and depending on our scope, can even create a brand new world free of corruption and unnecessary suffering.

Connect and thrive.

18 RAMOTH

The resource that we all so take for granted is time.

Each moment that passes through us, can be felt, observed, and enjoyed to a point of complete bliss. We can extract the potential energy of life through a single moment of inspiration.

When we invest our time in something, we are infusing the gift of life straight into it.

If we choose to work our time away and follow that path money has placed in front of us, we end up trading our precious life force for a tool. We are using a magical recourse that escapes our existence with each blink of the eye to accumulate a tool, like a hammer or a ladder, in order to feel satisfied or superior. Eventually, we acquire enough hammers and ladders to fill our homes, and every building in the world. Now we have a world full of hammers and ladder, yet not enough time or space to enjoy the miracles of life.

Most people end up waiting until retirement to start focusing on who they are, what makes them happy, and how to use their time to reach fulfillment. They wait until the very last moment of life to experience all that was going on around them every moment they were alive.

Understand that equating our time with money, will always leave us empty handed and empty hearted. The only way we can extract happiness is by being happy in the moment, whenever, wherever we are by pure appreciation and exploration of the moment. If we can accomplish that feat, and manage to retain a natural balance, then we can find what it is we really enjoy and start to find ways to monetize it.

Our time is the ultimate resource; one that allows us to accomplish everything in this world as long as we use it constructively. Everything that

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could possibly improve our life, our well being, and our state of mind become a priority in our day. Using our time to focus on loving and positive thoughts gives us the blueprint of what life full of wonders can taste like. Then, with each moment that we have been given, we can start to compound the value of each one in a focused direction to create a foundation of bricks that will sustain the dream life that we are always reaching for.

We can use our time to move forward every day, physically, spiritually and emotionally to be closer to our true self and lead a life of adventure.

Gain control over time and we gain control over our destiny!

19 COLLISION OF THE MINDS

Many times we get into heated arguments with others because they have a different perspective or view point on life. Thinking that if we don't change their mind on the way they live their life, will make our way of living somehow worse. So we try to convince others that they are wrong and we are right. Our way of life is the right way and theirs is not.

We learn to fear ideologies that differ from our own through years of brainwashing by the media and society. But, through diversity, we are able to merge different ideas and see the contrast between the two. This will allow the idea to experience difficulties, and attempt to survive. Through the battle that it endures, overcoming obstacles and stumbling across holes that weren't thought about before will lead it to refinement. This is the basis of the scientific principle. Get the idea out to get reviewed by anyone and everyone and have them try to poke holes from any direction they can. If they succeed, back to the drawing board, if not, the idea is something special. Imagine the disarray if we all got attached to the very first thought that came to our minds.

The contrast that we receive from differing viewpoints allows us to see a bigger picture, a whole image of what life can truly be. We are all little universes full of our own thoughts, our own ideas, our own beliefs, own fantasies, heartaches, achievements, and stories of every little tiny bit of self that makes us up. Every experience and belief that we have makes up the whole that is us. By sharing that with someone else, we reach the ability to see the world twice as big. We see what other experiences might feel like and develop our own experiences through it. Within diversity, we find little miracles in differences of opinion, helping us become the person we want to become.

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Interactions with new people that have a different worldview lead us to see what they believe, what shapes their motives and their desires, without letting go of our own. In essence, entertaining the idea of how life would be if we were them, keeping what serves us, and leaving what we didn't need. That way we end up cherishing our fellow brothers and sisters for the mere fact that they exist because they become that which allows us to inch closer to our ultimate self.

Be free to be who we are, but don't take away the right of another to have that same freedom, and together we will grow.

20 CORONAL DISCHARGE

Do we feel happy, peaceful, prosperous, powerful, free? Or miserable, anxious, shattered, sad, manipulated?

We attract what we are.

We are nothing but a character with habits that we have acquired from the years of action, sprouting from our words. This all starts with the very thoughts in our heads, which are only attempts of each of us to interpret our ever changing states of emotion.

We will find along our journey everything we will ever need to thrive in a material world, or we find the excuses which prevent our success. More importantly, we will find a person in the mirror that is worth all the riches in the world, or someone who has earned the pitfalls and despairs that haunt us around every corner. We prove it all to ourselves through every word, every action, and every habit that springs out of us.

In order to become the person we want to become, we have to follow a path filled with countless obstacles, which will eventually deliver us into our desired life. We cannot remain the same person that is miserable and beaten down. We can't base our decisions from the feelings of depression, anxiety, or pain and see any change for the better. We must transmute it into higher states of being. No matter how much money or material possessions we have, the true riches in life will forever be unattainable if we remain stagnant.

The pursuit of material goods isn't a bad one. We are here in the material world and should be able to savor all of its fruit. The problem arises in the lack of appreciation for all that we have. Without the appreciation for what life is, fulfillment will never be attainable.

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Revising our thoughts, mind, and beliefs only leads to new experiences. They will only be unique to us when we achieve a change in our thought patterns. If we don't change, we will continue making the same mistakes. We will re-encounter the same issues time, and time, and time, and time, and time again. If we don't want more for ourselves, we will never get it. We all deserve to be living a fulfilling life and we all have the tools inside every one of us to reach our full potential. The only thing that we need is the desire to grow, the knowledge that we are worthy, and action.

Only when we reach a point of identifying our desires, can we start to move forward in our life. Our desires are what will keep us happy and striving for more. Not the actual physical thing, but the desires themselves. The desires build passion and drive, in order to go forth and achieve them. The true joy is within the path that presents itself in front of us when we are chasing our dreams and happiness. The path that gets placed in front of us, the road that we get to walk, all the stop and scenery and friends that we meet, those are the things that allow us to build a sense of fulfillment in life. Then, when we get to our destination, we set another desire and begin the journey once again.

Create our desires within, and watch them spring to life.
Have courage in your abilities and always keep moving!

21 PANDORA'S BOX

When Pandora's Box was opened, all of the illnesses and curses flew out to plague the world of mankind. In panic, Pandora rushed to close the box and in doing so, left one single thing to remain. The one thing that she kept from being released into the world would be the one thing that would allow us to cope with the new found "demons" ravaging the world.

When life gives us something, whether a new opportunity, a new encounter, a new idea, or even any daily decisions that we have to face throughout the day, we have choices. We always have choices whether or not to open or close a "box" and release its contents to either benefit or plague our life. With every decision that we make there are always things that happen outside of us, pieces that are going to move, interaction that will occur because we decided to take action in one particular way or another. When we act on our desires, we always find the reality that we want, and every human being deserves the choice to act upon their freedoms. Even in the face of danger, we all have the ability to ultimately decide for ourselves in order to engage or disengage from a certain "gift" that someone tried to give to us; hence we all have a choice to whatever we bring into our experience. When we receive something unpleasant, something that causes discomfort inside of us, we have to remind ourselves that the reason we are experiencing this feeling is because we took the necessary steps in order to get the results that we are presented with. We can either learn from this event, learning the ins and outs to prevent it from happening in the future, or play the blame game and get stuck in a perpetual cycle of despair.

By following the course of events, we can choose to react in a few ways; some that allow us to grow and build precious life experiences in order to become better, or to get buried deeper and deeper in the misfortunes that

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others might desire for us. Our choices allow us to overcome obstacles that we previously thought to be impossible. We get faced with situations that test our will to live, to fight, and to stay in the process of evolution. We get tested with battles that allow us to conquer our deepest fears, insecurities, and difficulties that we have never foreseen to occur in our life. We get an opportunity to walk out of the lion's den beat up, but stronger than when we entered; it all begins with a choice.

We don't always have the opportunity to open the "box," sometimes it is opened for us and we must face the consequences as best as we can. If we follow through with the actions that preceded the events of hardships and difficulty to the end of a misfortunate situation, we allow Pandora's Box to stay open until the very end, effectively doing that which Pandora herself could not do; release the totality of the contents, the bad and the good.

When Pandora felt too fearful of what was to come, she slammed the box shut too early and left Hope locked within that box. We can learn from our mistakes and keep the box open long enough to see our problems to the end, making sure our suffering wasn't for nothing.

We can take full responsibility for everything that has taken place up to this point in our lives and allow hope to course through the world once again.

22 BIPOLAR SPECTRUM

Everything in life, both itself and its opposite, is a part of a unity that encompasses the range between two opposing sides and builds up an array of emotions and thoughts that can be had.

It is up to us which end or single point of this spectrum we experience, either the lack or the abundance of said experience. Just like Love and Hate, we have to care about someone, their opinion, and their existence in order to give them so much attention that both love and hate provide. Love and Hate consume our thoughts, our motivations, desires and actions. Love and Hate are the same emotion, just on different ends of the same stick; we simply chose to experience it through a variety of positions.

On one end, we can choose to see the fear that accompanies the lack of our desire. This pushes our perspective of our existence to sway toward the lower end of the stick. Our fear of its loss or lack is the very thing that perpetuates the loss of the thing that we are so attached to.

On the opposing side we have total purity. We have the loving and pleasant thoughts and emotions washing over our experience. We have no fear of life or all that can come our way. Our perspective is littered with points of light that enhance our experience by providing us with wisdom of how everything that we desire to achieve or attract to ourselves already contains a small piece of information that allows us to bring forth the material desire from our heart to our reality. With each piece that we gather, we can see our life getting brighter, more prosperous in all possible ways as we get more experienced in extracting happiness from life. Our desires end up coming to us from every direction. Highs that bring such elation and fulfillment to us, that at times it can be a whole body experience of pleasure

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rushing through each cell, perpetuating head to toe, leaving only a wake of goose bumps and erect hair follicle in its path.

Many people can experience this and get overwhelmed with the thoughts in their mind and begin to experience anxiety. If we allow this feeling total control of our bodies, we are allowing it to wash over us without any resistance, it will pass smoothly and enjoyably. If we attempt to resist it, all of these energetic currents find that point of resistance, most likely a thought we fear or haven't accepted within ourselves, and supercharges it, giving us "anxiety".

The key to focus on is acceptance of whatever might happen.

Operate from the perspective that gives us most pleasure and understand that when people use fear in an attempt to motivate us into action, we can know that they are acting from a lower point of the spectrum and are trying to pull us down to their level of perception. They are unable to see the joy that is all around them in every moment, so they feel the need to make everyone else stare at the disfigured wall that they have created in their minds, trying to ease their suffering by suffering in good company. Instead, decline their invitation to their "hell", live our life loud and proud with light in our hearts, and one day, we will lead those same people to their own "heaven" by showing them a better way.

23 BALANCE

Our brain is split into two hemispheres, two different sides doing their own separate function of observing the current universe that is happening around us. The way the two separate sides communicate together is through the corpus callosum. This neural net of cells connect and relay the information between what one side of the brain is perceiving with what the other one is perceiving and acts as a bridge to connect the two impulses into a whole unified image.

Left side of the brain is masculine in nature. Focused upon executing functions and analytical thought; e.g. Logic, language, reasoning, science, numbers, things that are rigid, that travel in a straight line, that you can measure up and down, that can be easily observed and executed. The masculine side allows us to make a decision and pursue it until its completion. We are granted this ability to plan and execute our deepest strategies upon our life and anything around us. We are able to see with our mind's eye, with practice to astonishing detail, making it possible to bring any idea it to life.

On the right hemisphere is where we create the idea. On the right we engage in creativity, imagination, intuition, insight, music awareness, and anything else that deals with the internal world. It's the feminine side of the brain which deals with emotion processing and connecting life experiences into a quilt of wisdom. It allows for the pleasure and desires of this world to enter our mind and carries with it whimsy, freedom, higher levels of love, and appreciation of the tiniest of details. We are able to observe the world from a deeper, less physical and more symbolic, spiritual way.

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The use of one over the other is detrimental. We become overpowered in some aspects but starving for others and our life will always present obstacles that reflect our imbalance. If we are heavier on one side rather than the other, like most of our society is structured to favor the masculine nature of our mind, it will numb us to the total reality that we are meant to experience in our lifetime.

The key to a healthy, happy, prosperous life is balance, on all planes of existence.

By allowing ourselves to be free to both be analytical, decisive but also free and whimsical, we become to incorporate a larger volume of integration between the two hemispheres. We are able to draw more neural growth in our corpus callosum, leading to a larger, more diverse network of connections and level of communication between our two halves, unifying the mind in the center with each expansion in thought, leading to a state of whole brained thinking, literally closing the gap between the two halves to form one whole.

Accepting our individual parts of the brain and their respective roles, we can show ourselves acceptance in the identification with things that don't "match" our sex. Gender roles are a social construct, and a bad one at that, which serves a platter of confusion to people that fall outside of the typical ideas. By understanding that we have both the feminine and the masculine aspects inside of us, we can confidently know that we can choose to pursue and develop whichever one we feel suits our needs best without having to undergo drastic medical procedures to prove anything to the world. By growing our drive to execute ideas and develop empathy, we can finally embody a true sense of balance within our minds, leading to better practices in the way we treat humanity and the world as a whole.

The answer to life is never found in either extreme, but in the middle path of moderation.

Allow ourselves the freedom to act from our heart.

24 QUINTESSENCE

Can you inhale all that is around us?
And palate the beauty that is in the air?

Can we see the glow of life that is burning within us and watch it seep out
into the world all around?
Dispersing equally among our surroundings until every available cubic
centimeter of space is soaked in the glowing aroma of our soul?

Exude it from our pores
Infect all that encounter it
Forever impregnated with the essence of our love
A seed
Left to germinate
On its own whim

Are we waiting to sprout?
Or are we in full bloom?

Either way
We are playing our part
And regardless of where we are,
Rest assured
Love IS in the air!

25 CONSUMPTION OF THE EARTHLY DIMENSION

Being free, being open, and being honest. Not hiding anything behind a shroud of secrets. Accepting and embracing our dark side as we do our light. The only true way we can ever get close to another individual is to be as open and honest as we can be with ourselves.

We all have things that we have gone through, done, or been a part of in our lives that we aren't very proud of. These are the things that make us insecure about what others suspect of us.

We hide underneath layers of fashion, technology, and excuses that sometimes we aren't even able to recognize it ourselves. We allow our circumstances to drive our life, not the other way around.

The only way we can ever start to make an impact on our self and the world, is to release the tension that we have between who we see in the mirror and the person we perceive to be us from past experiences.

The person that is staring us in the face every morning as we brush our teeth is a brand new being. Each morning, as we wake up, we have the choice to start anew. To choose the person that we want to be, not the one that others shape us out to be.

By giving in to our insecurities, we allow ourselves to act in the ways others expect, or want us to act. We do things that others will perceive as "normal."

The path that we take when we heed to the crowd is one that prevents us to stand out and create.

It prevents us from making something for ourselves, and out of ourselves.

We are preventing ourselves from following through with our ideas because new things require us to expose a part that has never been seen before.

That idea frightens us.

We are forced to stand out and do something different, something that others might or might not approve of. If we give in to our insecurities, the birth of an idea has been squashed and squandered.

To give in to our insecurities means to give up our freedom to live the miraculous life that we deserve, in all of its glory.

We don't have to hide behind the shadows of mediocrity just because excellence stands out. Don't allow the insecurities and thoughts of others to deter us from the goals and ideas that we know will make us happy.

Allow ourselves the acceptance to everything in our lives, the good, the bad, and the ugly. All that we have been, all that we are, and all that we are not. Only through the acceptance of self will we get the total freedom to the ultimate goal.

To be.

26 SEEING BLUE

Your words penetrate deeper than any dagger known to man. They slice through my heart, releasing all the built up pressure that has accumulated over the years. Your words carry with them, so much truth, so much love, so much emotion. Every note that floats out, reverberates through the cell of my heart, filling me with sensations of pure light, energizing every blood cell that rushes through me, leaving little deposits of gold into the fabric of who and what I am.

You embellish my life.

Every moment with you is a moment in paradise. My heart flutters from the ecstasy it finds in every melody that flows through my inner thoughts, soaking every memory, washing over me from head to toe.

Each heart string plucked over and over again.

Each nerve firing a symphony of impulses brighter than any light show known to man.

Each emotion that surfaces though the voice of your heart gains momentum through each tone, each chord, each verse, reaching out in infinite ways, inviting me to connect.

Connect to a source of love, a source of light in this world.

I'm pulled to a separate universe, a world all my own, in which I feel so understood, so loved, so moved.

You speak with such emotion, such confidence. I can hear each intentional quiver in your voice, every inclination, and every piece of your heart is displayed in full nudity.

Purity and love infused through your words feel so warm and satisfying to the ear. With every moment that passes, you allow me to remain in an environment of pure bliss, bathing in the sunshine of your soul, no matter where I might be.

You flow through my veins, where ever I might go.

27 CUTTLE

Life tends to give us a new environment with each passing moment. Just being in a new global location forces our body to acclimate to the air and microbes that are prominent there. Our bodies must keep up with the changing tides of bacteria and viruses that are forever interlocked with us in a never ending evolutionary race; which one can kill the other. Viruses and bacteria are always finding new ways to evolve past our defenses, and we combat this by evolving new mechanisms of detection in order to survive. As one evolves past the other, the other gets put into an environment where they are forced to evolve past the thing that is slowing them down, in order to bring the opposing forces to become ineffective until they evolve past the barriers that the other has set into place, and the cycle repeats.

It's important to follow in the example of our own body and be ready for an ever changing environment, always ready to grow past its obstacles in order to remain in the state of most well-being. We develop ways of detecting change around us. We start to notice things that give us an accurate prediction of future circumstances, which we have proven to ourselves through trial and error, pleasure and pain, and instead of finding ourselves in the same pitfall, we learn to avoid them altogether. We notice a pattern of occurrences that scream out at us as we learn to identify our own resonance.

Déjà Vu?

As we begin to notice these changes, we are able to modify our behavior to comply with the new environments, choosing the path of least resistance. If we can adapt to our environment as soon as it changes, we don't have to deal with the battles that accompany misaligned ways of interacting with life. If we can adapt quickly and learn from our first bout, we save ourselves the precious time of repeating the same lesson over and over again, and simply skip over the unnecessary pain that we have already gone through.

EXPEDITION OF THE PSYCHE

We save the time it would have taken for us to go through the experience again, the time to recuperate, the time to connect the dots, and the time to feel comfortable once again.

If we see our life seeming to have a pattern in any possible way, we can understand the pattern of our thoughts. Change the pattern in our thoughts and watch our old patterns of behavior fall apart.

Be ready for constant change, and for those capable of accepting the chaos, find peace.

28 BLOOD OF GOLD

There is a common thing that we all fall for at some point in our lives. We fall into the race of chasing the dollar bill as being the source of all that is happy in the world. We think that by chasing the dollar sign, we are simultaneously chasing our dreams, goals, desires, fulfillment, passions, and all that will bring a sensation of being alive.

Sooner or later, we come to the realization that money holds no true essence of happiness or joy. It is simply a tool, a resource, a step toward all that we actually desire. Once we have achieved a state of comfort in life, extra money provides us with no extra happiness, no extra love, and no extra fulfillment. The money itself has no intrinsic power, it still comes down to all that we hold within our heart, rushing through our veins, pumping, circulating with every passing moment that determines how we use our tools to shape our reality.

We are the center of our happiness. We hold the keys to our dreams. We allow money to be utilized for more. We create life, moments of love and excitement, feelings of prosperity and direction. We can have all the money in the world and still miss the point. Our passions, our drive, our goals, our heart, that's what will bring us to our desired destination. Money is simply a tool in our experience. And once we find that which we enjoy doing so much that it gives us the sensations of life, money loses its allure.

Achieve knowledge of what actually gives us the sensation of prosperity and wealth, then stay focused on it regardless of monetary situations. When we radiate joy from within, the world has no option but to give in.

29 EXPANSION

In order to go on to the next level of existence, we must eventually expand. This applies to life on many scales; be it cells, amoeba, fungus, or us. As the microbes seek more resources they go into an expansive state where they double the amount of information they possess in their lives at that moment, by multiplying and consuming all that is around them. Their sense of the world narrows down to whether there is food or not, and that information gets relayed to whether or not it feeds. If resources are a plenty, we will try to expand as much as possible to thrive and reach massive numbers.

We do it to gain more information, to become stronger and more resilient to whatever the environment throws at us, acclimating to all possible environments, but ultimately, to survive. In order to become bigger, stronger, and smarter, we must be able to let go of who we are right now. We can't get to the moon by keeping one foot on the ground. We aren't going to get into the place of our desires by holding on to the life that held us back from our dreams.

We must be able to release all attachments that are hindering us from moving forward and start grasping all the things we have been craving our whole life.

Release the hooks that don't serve us and attach ourselves to the best possible feeling that we can for the time being to keep grappling up the mountain, reaching for new heights with each breath. Find elevations that we have only dreamed of, only heard of. Reach the place that we once believed was impossible. Find a place within ourselves that entice tears of joy to flow down our cheeks with daily experiences.

It's possible.

Grow; do not let others to place a limit on how far we can go in life. We are infinite and so is our potential. Do not cap our ability because of the ideas of someone else. They do not have our same experience. No one can ever compare to us. We are original and that is why we, and every other person

in this world, are pure art. For the simple reason of existing, playing our role in expansion, sending out thoughts which turn to desires and eventually gets brought to our experience. We are the reason for growth. We are in a state of daily evolution to become better than before.

Learn something new every day; consume new knowledge, and experience expansion, one bite at a time.

30 GESTATION

As conception of an idea or a human being begins, we must acquire the proper pieces into order to combine them into something that will begin to evolve and grow into a more sophisticated and complicated array of information, eventually creating a convoluted mesh of networks that communicate with each other through naturally seamless, and uninterrupted momentum.

We do not need to go into our mind and physically control our breath, heartbeat, blood pressure, or lymphocyte that fights with its life to protect us against foreign invaders. Our body spent the beginning of our lives setting up the proper connections and procedures that allow us to have our own programming, our own pattern of functionality, own algorithms of action that act to digest new information and incorporate it into the fabric of who we are to keep us moving and functioning at optimal efficiency.

By providing time and proper nutrition, we reach a state of well-being that exceeds our control. Once we provide the proper components, nature takes everything that we have given it, and just like a loving woman, returns it to us tenfold. By giving all that we need to build a long lasting idea or product, we must find out how its cogs interact with one another. We must find out the most basic ingredients that work together, and focus on building up. Start out with these small, attainable goals, ones that provide us with a piece of the puzzle, and once we have it, place it aside and focus on the next. Just like in nutrition, get an array of vitamins, nutrients, and minerals, and allow your body to sift through everything that it needs, and expel the extra nonessential parts.

We are simply gathering resources for our mind and body, then relinquishing control of what we think needs to happen, and allow ourselves, and life, to move our dream forward. All we need to do is gather the ingredients and let the world sift through what is needed and what is not. It will pick out the best of what we have, combine it with other aspects

that we might have not imagined in our struggles to align with our goals, and receive a beautiful baby. One that isn't at all close to what we expected, but one that we will love and cherish for all eternity. The love that we experience will radiate from within us, and trump any feeling we have ever had in the past. Even the expectation of how we thought life would be becomes nothing but a superficial fairy-tale, because the real thing could not be more delicious and satisfying to every receptor in our body.

From a healthy body, a healthy mind, a healthy baby, or a new and exciting idea, we can allow ourselves to breathe freely and seek the joy that is present in our life. Allow ourselves to focus on the bare necessities of what makes up happy, excited, and productive, and keep doing it. Eventually, the years of preparation we have tucked away by simply doing what we felt was right and following our bliss, will combine together into a hurricane of success that we had no previous knowledge of.

It will all make sense in retrospect. Every piece will stand out as bright as day and all we can do is marvel at what has transpired.

Stay vigilant and trust that we, a highly evolved species, can work alongside nature, even if our mind doesn't allow us to see it that way. Follow our gut instincts, our intuition, and we will never be led astray. Allow ourselves the proper time to get all the pieces together. Until then, enjoy all that is going on around us, because the true art and satisfaction is found in the process, not the results.

"Give me six hours to chop down a tree, and I will spend the first four sharpening the axe" -Abraham Lincoln

31 EXTRATERRESTRIAL DREAMS

What we experience in our day to day reality, in every circumstance, every interaction that we witness and participate in, ultimately leads us to the validation of that experience through the way that we felt about it.

Did we have fun?

Was it boring?

Did we feel comfortable or anxious?

These are the ways that we can categorize a particular moment that we experienced. We build a narrative about the experience in order to make sense of the situation. Emotions end up driving the way we think and what objects fall in our line of focus. This leaves the experience totally dependent on our emotional state. So why not cut out the middle man and chase the emotions that give color to the experience, instead of putting all the weight on the external stimulus.

We possess the most accurate compass in life that indicates all that is good and bad for us; a compass that provides us the guidance necessary to lead us to the best possible outcome that can be achieved. A compass that guides us through the toughest of moments in life and a tool that allows us to experience our most sought after pleasures. That compass is emotion! If we only allow ourselves to listen to the little voice inside, we can know what feels good and desirable, or what's undesirable. The desirable thoughts will lead us to desirable pathways leading to desirable outcomes. Listen to that voice that indicates to us all that feels good and follow that.

We have the freedom to be exactly who we want to be as long as we respect the same rights of others. There is no competition occurring in between us. We all deserve the same things in life. The same love, same happiness, same fulfilled desires and same tenderness. By accepting the fact that we are

worthy of it all, we can seek to fulfill these desires which bring us a sense of joy and fulfillment.

We get too caught up paying attention to how others live their lives, what they think is OK and what isn't, and we get derailed from our compass. What they want from their reality might not be what we want, but if we put all of our focus on it, we slowly start conforming to their standards, and away from our own.

By desiring the best for ourselves, we automatically desire the best for the rest of the world. Here, we realize we are one with each other. All going through the same life, all trying to figure out exactly who we are, simply trying to find our way back home.

We go back and forth, repeating the same mistakes, walking into the same traps, perpetuating the cycle of misery. We can't seem to move forward and things don't seem to get much brighter. But by reaching within ourselves to a feeling that feels slightly better, we make forward progress which gets us closer and closer to relief. By following our own personal compass, we can never be misled.

If we always strive for improvement, we will eventually find our way to bliss. It all starts with one step that we consciously decide to take each and every day.

32 DEATH

The transcendence between the earthly plane and what lies beyond is never a comfortable one for us as a physical being to comprehend, let alone accept. The idea of not existing makes absolutely no sense for us, so we hide from it at all expense.

As we are today, we are living as a flow of energy and emotion behind optical orbs of our own perception. We flow through this universe just as every other wave that coexists along us as this very moment. We are always moving, fluctuating, and vibrating at, and even after the death of our bodies.

Death remains, for some, the fear that engulfs their entire life. A fear that they cannot overcome. Limiting their life to seeing nothing but death's shadow slowly creeping toward them, closer and closer, until they get sucked up in its very essence, leaving absolutely nothing; no light, no sound, no trace of any existence of life whatsoever.

To those who have made peace with death, know that it's not death that is to fear, it is the lack of life. That is exactly what we end up with when we live in this fear, but when we let go and focus on taking in all that each day has to offer, we experience complete freedom in thought and action. Free to do anything we have ever dreamt of. Striving for more, trying new things, and accepting difficulty until our comfort zone becomes limitless. Instead of hiding in a box where there is us and rejection, embarrassment, or complete failure; a box where no light ever shines because the fear of what may lay outside prevents any joys of life to penetrate through to our heart.

By accepting that death is a celebration of life, and a time to rejoice in all that was achieved by being an observer of all the things that stood in the way of life and all that followed to bring them to the side of victory, can weaken the grasp of death over anyone's mind.

Following the journey of exactly who one was, from birth to expiration, and allow the lessons and adventures to trickle through the mind and morph into exhilarating feelings of gratitude to have the opportunity to live such an existence. To have made an impact on lives, past, present and future. What else could bring intense flavor to life?

Death isn't the loss of a life or the end of the book. Death is simply a period at the end of a sentence. It might signify an end of one thought, one idea, or one experience, but what follows is usually a brand new sentence, ready to surprise and delight us more than the last one. In a universe that is always expanding, always growing, each sentence that ends leads to a brand new, more prosperous world.

Accept death, and let life in.

ABOUT THE AUTHOR

Andrey Psychè, also known as Andrey Pavlenko was born in Magnitogorsk Russia in 1991. His family migrated over to the United States in 2002 which allowed Pavlenko to experience a whole new world, new perspective, and gain opportunities that would otherwise be hidden from his life. Initially, Pavlenko set off to explore the scientific world, placing his trajectory toward becoming an MD, but after completing his prerequisites, earning a B.S in Biology from the University of Washington and working with a doctor for over a year, he declined his offers to attend Medical School and found himself in the middle of a custom manufacturing business his mother owned and operated. By applying the same learning techniques he used in school, he quickly taught himself how to program and run CNC machinery which broke the seal on whatever was keeping his creative juices bottled up, allowing a brand new life to pour out, birthing Andrey Psychè. Psychè began his work very modestly with small engravings. After deciding he wanted to see what he could create without using fancy tool and solely rely on himself, he picked up a bucket of paint, started flinging pigment onto whatever would accept it, stumbling across creation which depended largely on the complete loss of control. This played hand in hand with Psychè's new lifestyle of meditation, health, and inner work which reflected itself to him in the abstract composition of his paintings. This led him to translate his first painting into his first book, "Expedition of the Psyche" which revolved around ideas of philosophy, psychology, and self improvement. He continued to evolve his visual art, always striving to expand upon what he has already achieved. He learned that you can reuse the same art for inspiration, to dive deeper and expand on what is already present. He learned how to become his own muse and

later went on to stumble upon music. He learned guitar and began putting his new means of expression to use by writing his own songs. He still credits his rapid growth in music and songwriting to his understanding of the abstract principles that his paintings taught him. “Art is art, whether it’s paint or music, they share the same fundamental processing that allow the artist to interchange the same techniques between disciplines, which at the same time reflect life itself.”

Psychè now spends his days teaching in various schools, passing on his knowledge of art and his understanding of his own life onto the youths of tomorrow, hoping to influence in any way the next generation to keep certain qualities of thought in their mind. He says there is nothing more creative in this world than sculpting the mind of future generations, and if we are to evolve as a society, the answer is and always will be in education.

Through art, we can learn much about the artist. Through the artists, we can learn much about ourselves. Through ourselves, we can learn much about the universe.

You can view and purchase the 32 images that inspired our author directly from his website www.andreypsyche.com/writing