

Realizing Reality

Avigail Berg-Panitz



Presented by

My poetic Side 

Dedication

I dedicate my ebook to my husband Manny and my children - Hadar, Tomer and Nir

Acknowledgement

Writing poems is my way of realizing reality. This is an ongoing process that I hope will never end as long as I'm here in this dimension. Reading my poems and editing them, and getting valuable and appreciated feedback from you - respected readers, generate my real-time inner lab of realizing how my perception keeps changing and as result, my reality. This is a self therapeutic , creative and enjoyable tool, and I encourage all to adopt it.

About the author

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YOU BUILD UP WALLS IN YOUR MIND

YOU BUILD UP WALLS IN YOUR MIND
AND THEN,
YOU SAY:
I HAVE NO SPACE...I CAN'T BREATHE.

LET GO OF THINGS THAT DON'T SERVE YOU.
LOOK INTO YOUR GARAGE
LOOK INTO YOUR CLOSET
LOOK INTO YOUR COMPUTER

LET GO OF THINGS THAT TAKE SPACE

RE-INVENT YOURSELF

awareness

Awareness is the non stop process,
of calibrating perception,
in real time,
with no judgement.
Just observation and realization.

Asymmetric

She said:"i love you"

He said:"yes"

She said:"i want to live with you the rest of my life"

He said:"aha"

who is right?

He was saying- "it's not right"

I was thinking: "who gave him the right to say what is right?"

I told him: "you don't have the truth in your pocket"

He was thinking for a moment and said: "you are right."

Philosophy in the bathroom

I was watching myself in the mirror.

I got closer, kissed myself, smiled, and said: "hi gorgeous"

Have you ever done such a thing?

Then I looked deep into my eyes and saw dark holes; pupils' holes.

I thought; "How wide reality, zooms into these holes and generates my world?"

I went out, closed the door, and continued on with life.

Is this Harmony?

I was watching the lake and the birds.

I was watching the trees while their leaves were moving in their rhythmic dance, as the wind was swinging them gently.

I took a deep breath, and said to myself: "this is harmony."

I set there, meditating, enjoying my synergy with nature.

Then I say a crane chewing a fish.

Blood was dripping from its mouth.

I took a deep breath. Shivering.

"Was it still harmony"? I was wondering.

"Not for the fish!"

"Maybe, Relative Harmony?"

"Is there such a thing?"

Is This Compatibility

Four dimension of being ? physical, mental, emotional, spiritual

Three modes of interactions ? passionate & attractive, antagonistic & opposed, indifference.

Two people: You and me.

What are the chances that in all 4 dimensions, we both, will be passionate & attractive toward each other ?

Is this compatibility?

How are your mind clouds today?

You know -thoughts, emotions, sensations, memories, imagination, dreams and beliefs that stream in your mind non stop.

Mind clouds, cloud your perception.

Can you manage them so that they don't enslave you?

who am i , really?

Am I Body?

Am I BodyMind?

Am I BodyMindSpirit?

How much of my genetic profile is actually manifested ?

What am i doing here anyway?

Am I an image in the computer game of THE CREATOR?

What about you?

It's Not Enough

It's not enough to be Mindful.

It's important to be Heart-full as well.

Its not enough to be authentic.

Its important to be conscious, coherent, creative, compassionate and with integrity as well.

love is...

Love is the process,
in which,
you give space in your bodymindspirit
for the other,
to grow, be joyful and be
who s/he is.
And this,
makes you
happy.

How do you manage them?

How do you manage 37.2 trillion cells in your body?

How you nourish them with the best food to be strong and healthy?

How do you give them attention, love and care?

How do you personalize and dialogue with them?

The Fragile Essence of Reality

A doorbell woke me up.

I went to the door.

There was nobody there.

"Did the doorbell's sound in my dream, wake me up?"

What a phenomena;

Multimedia in our Body-Minds, states of consciousness, inner interactive realities.

What am I doing here?

Every few hours ask you this question.

Do it when your body is calm, yet your senses are sharp.

Ask this question aloud and feel the vibrations of your voice echoing to the universe.

You may not get the right answer, yet, you will observe the possibilities:

- You are a particle of dust, flying in the wind.
- You are a particle of dust, blown with intention & direction.
- You are a particle of sand blown with intention & direction by a Creator.
- You are a cell of the Creator, and its D.N.A is within you.

life units

A blink of an eye is a life unit

A breathe you take is a life unit

A heartbeat is a life unit

click..click..click...

What do you do with your life units?

how do you animate them into a dynamic happy and creative life journey?

i was just watching myself noticing

I noticed a plastic bag dancing with the wind.

I noticed an airplane so high in the sky.

I noticed the ants marching to their destination.

I was just watching myself noticing.

Be Ready

Keep an empty document in alert mode.

So that, when insights pop into your mind from deep layers of subconscious,

Alternatively, as they manifest from a package of thoughts and imagination,

Instead, arrive from thought forms of other people,

Else, reach you from thought forms energies of dead people

Or, flow your way, from energy-wisdom in the universe,

You will be ready, to catch them, write them and give them creative life.

Singularity and Oneness

What is your singularity pitch?

First, locate and manifest your BodyMindSpirit core uniqueness.

Oneness is not a duplication of "more of the same."

Oneness is kaleidoscope of realities sparks.

That is singularity and oneness' Dynamic Real Reality realization in real-time.

Are you with me?

Points of view

The next time you eat a tomato, walk into it in your imagination. Feel, sense, smell, touch, and taste. What is it like?

The next time you see a bird high in the sky, imagine you are it. Flying in and out clouds, seeing mosaic colors of earth down below.

The next time you sense an ant walking on your arm, perceive the world from its eyes, struggling to make its way out of your curly hairs.

The secret of what i do in the park

When i do my walking meditation in the park,
I walk backwards.
I do it with my eyes closed.
I jump on my left non-dominant leg.
I sing out loud: "do re me fa sol la si -dosilasolfamiredo"
I hug some trees
This is the way, I rewire my neurons.
and it's fun!
I play life...

Putting on the table?

Let's observe. No cosmetics is required
Do siblings really care for each other?
Is family always associated with love?
Maybe friendship sometimes is stronger than blood.
I have no sadness, pain, or emotional challenge.
I'm Just putting on the table a myth of unbalance.

when ego clouds their minds

To the arrogant CEO,
To the haughty general,
To The corrupted politician,
To the manipulative guru,
To the big-headed artist,
To the over confident doctor,
To the non-sensitive teacher,
To the violent parent,
We say: "Who do you think you are"?
Ego clouds your mind.
When you go to sleep, like us;
Alone you close your eyes.

It is up to you

How do you play life?

Which ways do you navigate to reach your destinations?

Do you have the resources to get there?

You are the scenario writer, the director, and the player.

Yet you are not alone in the journey.

With who do your drive life?

Are you the driver or do you sit in the back sit?

What is your drive?

And when I die

Talk with me.

Share with me your feelings, thoughts and dreams.

Ask me questions and wait.

For this connectivity to work with no noise,

calm your being and reduce pain, stress, insomnia, and anxiety.

Minimize overwhelmed streams in your mind's clouds.

Create space in the desktop of your body-mind to our dialogue.

Only then, you will realize the infinity of connectivity.

Lets start rehearsing now.

When GOD said...

When God said, he said it in Hebrew. Therefore, if you want to reveal the secret of life, here is your first Hebrew lesson:

Mood- ??? ?????- "mazav haruah"- the state of the soul

MAN ? ???- ADAM

Soil ? ????? ?ADAMA

Blood - ?? - DAM

EVE ? ??? ? HAVA - the root letters of experience

Attention ? ?????? ?? - Tsumat Lev ? put heart into it.

Breath ? ?????? neshima

SPIRIT ? ????? -neshama

Jehova ? ????? generate into present.

When you learn the energy of the letters, you are all set and you can co-create.

Remember who has the copyrights.

Be humbled. Unlike Creator, you view a tiny part of the puzzle.

By the end of the day

By the end of the day,
We close our eyes alone.
Yes even when s/he hugs you.
Our spirits which are partly in our body and mostly out of it, longs for connectivity.
It the sky, spirits merge easily like a dance between clouds.
In our body-minds, spirits long for the touch. That is why we hug, and kiss .
In a mutual act of love, orgasm is a unity- one organism.
During our life journey, we collect moments of togetherness.
Yet, by the end of the day
We close our eyes, alone.

Vitality

The energy of life, which positively, activates you.

It lightens up your spirit from within, and makes you shine.

It sharpens your senses and fine-tunes reality perception process.

It is the fuel that makes an impact, impression and gravitate people to you.

It makes you compassionate and tolerant.

It manifests hidden creativity and creativity elevates it in return.

With all been said, its components are a mystery.

Let's explore its alchemists' dimensions and chemistry.

Still, by the way, how is your vitality today?

Illusion of the known

A Face figure, voice tone, body movement, send an automatic signal to mind clouds, to retrieve.
A mind cloud is a bundle of thoughts, emotions, sensations, memories imagination and believes.
Past experience paint our perception- in real-time, and raises illusion of relief.

Calibrating from within

Do you feel you are spinning around yourself like a drowning hurricane?

Do you feel that someone is stealing your life units? As if one is taking you attention and time without your will?

Calm down it's the journey itself that drives you, like a moving path under your illusion steady feet.
Or a a leaf carried by the river's streams.

All you need to do is change the scenes in your mind and the attitude of your internal sights.

When your body is balanced, it is dynamically floating on stormy water.

When your body-mind is harmonized, it can start playing around on a mobile surface.

When Spirit dimension navigate with its wisdom, love and compassion are the purpose.

Significant / non-significant moments ?depends who you ask

When you step on an ant
She may live or die in an instant.

When God sneezes
You may live or die in an instant.

Significant or non-significant moments?
Arbitrary or installments?
What's your impression?
Any motive or intention?

Clouds

This morning I woke and clouds filled the sky.

The clouds in my mind were darker and heavier than usual.

In foggy weather, the best is to empty space in the desktop of consciousness:

Be still , breathe deeply and connect spirit to body-mind to fuel-in light.

Light in empty space = insight.

Energy movement pushes clouds that are here to disappear and make things clear.

My Neighbor

Hanna,my neighbor, next-door lives there no more.
She was taken to a nursing home.
Unfit, to be on her own.

She just celebrated 97 the other day.
Some people say:" wow let's hope for 98, if God May".

Yet other nonchalantly their thoughts convey:
" no surprises today, life and death move on, in their natural way".

Hanna,my neighbor, next-door lives there no more.

who wins?

His spiritual dimension said ? yes! let's do this. Let's explore new, unknown fields.

Then, his ego, the controlling manager in his head whispered:

"no, no, no. No risks! let's stay in comfort zone"

Will spirit win after all?

At the moment, unknown.

dimensions of perception

Please note: your belief system is in higher dimension then your logic.

That is why a higher dimension then your belief system needs to check its content.

It's called the wisdom of your spirit.

Add spirit to body-mind.

Get insights from universe intelligence's common sense and be free.

Play life.

Enjoy the journey.

Eden is here

Eden is here

Make your sight sharp and clear.

This is the game to discover unfold and uncover,

harmony of things here on earth,

since Eve and Adam gave birth.

Beauty is here ? pay attention!

Collect awareness hints with intention, and find the tree of life direction.

Tree of knowledge is not all

Find perception wisdom's role.

How old are you?

Being bald doesn't mean you are old.
Being old is a state mind:
When your neurons are all twined.
When there is no space for the new.
Or when you say non stop " this I knew".
When you are not exploring anything
And you are passive to what life may bring.
So check how old you are
You maybe 20 but in your body-mind 89 or far.

communication

When you say "thank you for your time",

Did they give you their attentiveness as well?

Did their heads move like a robot up and down, while the stories in their heads were streaming in faraway journeys, not connected to you?

Next time, explore the spark in their eyes.

And another question, were you doing the same ... playing in your own inner stories?

What did you just ask?

Very noisy in the playground

Social network is a huge playground.

Everybody there is shouting:

Im smart

Im better

I have power

I know the secret.

Tweet tweet tweet...

Bla bla bla...

Everybody responding, reacting , texting..

Very noisy in the playground.

When you close your eyes, at night,

You wonder: do exterritorials see us as a mosquito cloud? or just chaotic neurotic crowd.

What is in your mind cloud, now?

Mind clouds are the ongoing streams of thoughts, emotions, sensations, memories, imagination, dreams, and beliefs.

Like clouds in the sky they are dynamic, constantly change their look and feel. Continually they modify content substance, and density.

They merge, separate, and dance in our heads.

They generate our reality perception.

Do you let mind cloud enslave and control you? Or, do you manage their functions and structure components to harmonically, drive life, and enjoy the journey?

Who is THE YOU in all this? Body? Mind? Spirit?

Every moment is your choice of how to perceive reality. Do you generate your bubble of reality from conditioned automatic subroutines, or from a state of sharp observation of the situation?

What thoughts, emotions, sensations, memories, imagination and beliefs are active in your mind clouds now?

How do they shape your behavior?

Life is the game of awareness

Joyfully, play life seriously.

What is in your mind cloud, now?

your body

Your body tells you a story
Read it carefully, you wouldn't be sorry.

Every little dot , layer and wrinkle,
has a purpose, code and symbol.

Zoom into your body map,
Head, shoulder , knee and lap.

Healing attraction and attention,
include self-touch, love, and compassion.

You are the manager of every cell.
It takes time and insights, to rings the bell.

Evolution of consciousness

Futurists talk about robots, technology and breakthrough in science.
Yet, what about evolution of the minds?

Since Adam and Eve, we see envy and violence struggle,
Is it genetic encoding we bring from the jungle?

When will we realize life is the game of awareness.
Are mind-full and heart-full, tools so hard to harness?

By the end of the day we are temporary here,
And the smart/stupid, leaders/followers, rich and poor, will all disappear.

So what will it take, to collaborate and solve,
So many complex challenges humanity faces, and really evolve?

dreams

Mind is a three level home floor:
Subconscious in the basement.
Main entrance, for input of 5 senses.
And in the upper floor, a door,
for solar system wisdom and even more.

At night, when thought system guard fall asleep,
streams of objects, raise from the deep.
Streams of objects are infused from upper floor, to keep.

Dreams are formed in mysterious way,
and create multimedia in our minds that very often, stay all day.

Realizing Reality

I was floating in the pool,
Watching an airplane high in the sky, passing by.
It was in the size of a fly.

I was wondering how many people are sitting there going from somewhere to elsewhere.
I was thinking and imagining them, wondering about their intentions.
Sending them energy of care and attention.

Yet, they were not aware of me.
I was 100% not alive in their perception.

Is someone / any entity, right now watching me, and I will never realize, know and perceive who it could be?

the technology that drives us crazy

We sit in a restaurant and play with our phones.

Is this social, or social networks, and basically that is all?

We take selfies and upload them to Facebook or Instagram.

Is this a smart phone or a silly addictive, technical ego- zone?

We text while we drive, and bump into someone, before we arrive.

Is this an instructive human device or a typical negative self-destructive habit we stupidly, revive?

the new you

What are the blind spots of your perception?

How would you know?

Ask ten people to define who you are.

Do they compose a reality bar?

Add the parts to the puzzle, see the big picture.

What did come up from people's views' mixture?

Do you like what came up?

Are you somehow surprised?

Love yourself unconditionally.

Then play life seriously.

Chose to change what you like.

Be flexible. Be fabulous. Be humorous.

Stir and innovate your-self new brew.

Unfold endless layers of possibilities.

Smile and be THE NEW YOU.

Wake Up

Always explore and discover at the rules of the game.

Always, check who says.. what

Look who is doing ... what

Check belief systems ? which are conscious or not...

Check who is having power and what's its source.

Check integrity

Check coherence.

Don't take things for granted.

Don't be a follower.

The conditioning of the mind is convenient. Yet, realize the price you are paying for automatic programmed response of delusion stability.

Besides the Creator, nobody is perfect.

Look for blind spots of perception.

Look for hidden agendas and interests.

Don't be paranoid, yet, be aware that in any social institution, there are hidden agendas.

In anything you do, observe values, motivation and the operating system of perception.

Anything "they" do, observe values, motivation and the operating system of perception.

Clear mind clouds. Be humbled, transparent and aware to yourself, sharply.

You don't see the whole picture.

Collaborate to expand your perception via multi-minds.

Expand your perception via empty mind and insights.

In your heart, have compassion, tolerance and love.

Wake up!

We are all in this together.

This is the game of awareness.

Flowchart of Attention

I was doing teeth cleaning.

She was leaning on me with her sharp tools.

I closed my eyes, meditating.

What got me alert and attentive?

-Pain

-Sudden noise

-Direct light projection

When things went back to streams of "routine discomfort", thoughts' flow took over.

I was examining this in real-time.

Which part of me was exploring, watching the built-in flowchart of attention?

Can blue-print of attentiveness be trained?

How does it work with you?

Pandora boxes

Are you in denial?

Do you let your sub-consciousness take over unsolved conflicts and hide them under the table as if they don't exist?

I have some news for you. These Pandora boxes you hide from yourself, have a life of their own.

They consume maintenance energy and storage room in your deep memory.

At some point, their content will be tired of being neglected and of not getting attention from you and others.

They will revolt and appear in the most unexpected way. They can embarrass you in yourself, and maybe, while others are around.

You are holding in you, a very fragile explosive material.

The way to deal with it is with hypnosis, self-hypnosis or creativity.

This way, you will wittily, stream out this damaging content. And be content.

What if? questions... ideas...

What if, we are images in the computer game.

What if, animals and plants' characteristics, were tested in the lab, before HE made his masterpiece ? man, and his more advanced version ? woman.

What if, some angels messed up, in factory line and that is why, images rebel and destroy and do some unexpected, unplanned things?

Is that what is going on with robots man designed? Are they getting out of control?

After all, we were formed in HIS image.

Or... this is the game of awareness. S/he who doesn't pass awareness life test, will return again and again and again, if there will still be, a place to return.

Maybe HE will decide to start another game, somewhere else.

Grounding Meditation

Press your feet to the ground.

Observe them.

You are standing on earth, in sun system, Milky Way, Universe, Universes.

Place your palms over your eyes.

What do you see? Nothing...

Now open them. Sharply observe what you see.

Place your palms over your ears

What do you hear? Nothing...

Take them off your ears, listen carefully to what you hear.

Squeeze your nose with two fingers

What do you smell? Nothing...

Remove the fingers from your nose, smell aroma molecules in the air.

Shut your mouth.

what do you taste? Nothing...

Eat a piece of chocolate. Grasp the sweetness.

Place your palms on crossed shoulders.

Sense the warmth's touch of your essence penetrating your body.

What do you feel right now?

How do emotions paint your sensations?

What do you think right now? How do your thoughts navigate your attention?

What do you imagine right now? Is this your gateway to illusions or to innovations?

What do you belief right now? Do you perceive how your beliefs, set the basics of your reality?

You exist in your BodyMindSpirit home. Feel comfortable. Make it loving and accepting.

Remove destructive energies,- exhale them from your systems.

Make a space.

Hug yourself and smile.

Meet yourself in an hour. Check what's going on.

The story of a plastic bag and the universe.

I was watching from my room window, a plastic bag dancing in the wind waves.
It was far in my neighbor's grass yard.

When I went out the door, few hours later, it was waiting for me at my home entrance.
Did I influence it in anyway just by watching and giving it attention?

What if could wear quantum glasses,
Would we be able to see that everything is connected?
Waves in various vibrations, and particles, streaming into each other in rainbow colors like a
dynamic endless mosaic carpet?

Maybe is it just our minds' illusions that want to control and tell ourselves stories of triggers and
effects.
As we strive to find significance and meaning with our limited consciousness?

imagination

It could be activated with intention as the simulator of the mind,
to fly beyond what science says or limitation of any kind.

Yet, you can slip into it, with not knowing,
creating inner stories, and then believe as true, not viewing where you are going.

How can we keep our minds sharp and clear, by stepping into it for creativity and innovation on
demand?

And not let mind be pushed, as a chaotic delusional land?

explore spirit dimension

Are you ready to explore your spirit dimension?

You may say ? "no this is nonsense".

You may say - "I'm just BodyBrain".

You may say yes.

When you say yes, is it because you believe you have a spirit, or you are ready to investigate it in a fresh open BodyMind, as self-lab?

Be minded to the source of your motivation.

Are you in, in this journey?

Let's start:

Calm your inner systems.

Breathe deeply.

Wait

Wait

Wait.

Be patient.

Minimize streams of thoughts, emotions, sensations memories and imagination.

Empty space in the desktop of your mind to perceive reality beyond 5 senses.

You've got this capability inside you.

Uncover it. Reveal it.

This is the evolution of consciousness.

Smile, as you enter endless journey into realizing expanded reality.

Don't imagine. Learn to sense beyond your senses.

Spirit ? eternal dimension of you

Connect it to BodyMind. Expand dimensions manifestation.

Sound Vibrations Organism

We yawn, snore and cough.

We cry, shout, whisper and laugh.

We make noise when we eat.

Release gas, stool, urine and sneeze.

We make noise when we walk.

And naturally have our voice heard while we talk.

We have our personal love sounds, vibrations, groans and moans.

Sometime you will hear our last breathe,sharp and clear,
when mother earth, calls us underneath.

Averaged 24

6:30-8:00 Get organized, clean up home, dishes, laundry, breakfast, dress up, aesthetic & maintenance - shower makeup, hair.

8:00-9:00 commuting in traffic (jam)

9:00-12:00 work, work, work.

12:00-1:00 lunch break

1:00-6:00 work, work, work (or at least that the way the boss assumes when he sees you from behind the computer, clicking).

6:00-8:00 driving commuting home + supermarket, bank, post office..

8:00-9:00 dinners ? preparation/eating

9:00-11:00 tv time, family time, gym

11:00-6:30 shshshssh....

Really?

Wake up!!!

Wake up at 5: am, work at home or not too far. Be an entrepreneur. Find a work that is your passion.

Have at least three creative hobbies.

Are you in relationship? find your love.

Eat healthy. Exercise. Add humor. Reduce stress daily.

Drive life, enjoy the journey.

Dynamic Balance

Water is essential, yet, in extreme mode, we may face a tsunami.

Air is essential, yet, in extreme mode, we may face hurricane or tornado.

Soil is essential, yet, in extreme mode, we may face an earthquake.

Fire is essential, yet, in extreme mode, it may burn us, animals and plants.

Sound is part of nature, yet, extremely high decibels of sound may harm you.

Light is part of nature, yet, extremely light waves may harm us.

Life is about dynamic balance.

Observe& learn from nature.

Adopt the Middle Way.

Life is the school of awareness.

The Moment

The moment we fall asleep,
We slip into the unknown subconscious like sinking into a black hole.
It happens to all of us daily: the smart and the fools, the pretty and the ugly, the famous and the ordinary, the leaders and the simple people.
It's a mystery.
At the other end of the black hole there is dream land.
While we are there we perceive it as reality.
While we are here, we perceive it as reality.
Yet, we all perceive different realities.
We live in bubbles when sun rises.
We live in bubbles when the moon rises.
What a weird moment - as we slide, into the unknown, unspoken omen.

Life is a multidimensional world to fled.
Maybe after all , it's all in our heads.

Who is in the driver sit?

Your subconscious says : flight, fight or freeze, you are in survival mode.

Your consciousness says ? only under my supervision, drive safely on life's road.

Your mental system tells you: don't be silly- imagination is childish, really.

Your emotional system gets crazy if things are hazy.

The only way to bring sanity, is connecting Spirit to BodyMind on the road of balanced reality.

If you don't know what im talking about

Its time to explore this dimension in you ? no doubt.

And a little story :

I needed to deliver my phone back by UPS.

I delayed and delayed going to the store.

The other day, I saw from my window a UPS car .

I was in spirit mode when I said to myself ? maybe I should chase the car.

The next minute, I saw the car driving backwards to my parking yard.

I delivered my phone.

Call it synchronicity, miracles or spirit playing life with humor.

Remember the story of the plastic bag in the other poem?

Self confidence

Don't compare yourself to anybody.
Each one has his/her own journey.
Just be happy with who you are.
Nobody else shall set for you a limiting bar.
Orchestrate an environment to be creative.
Generate an atmosphere to be inventive.
Collaborate with a team to be innovative.
The end goals are important.
Yet happy process will not make you extorted.
Be beautiful to yourself.
Then share love and compassion with somebody else.

personal pitch

You are unique creative creature.

If you want people, to search your personal features,

Pitch yourself to yourself first:

Who are? What you do? Why you do what you do?

What are your talents? What drive you unbalanced ?

What do you envision what is you mission?

What do you want, what do you need?

What do you read?

Make a list of 10 keywords

Which fit your world.

For each keyword, choose associated ten more,

Which resonate in their essence like musical cords.

Now you have 110 tags,

to communicate freely with no gags.

Remember to ask ? "how can I help you"

Remember to listen and not only ask.

Remember to collaborate and be a team player.

That will no doubt make you much greater, in every layer.

You may find yourself to be the next mayor.

News experiment:

Watch CNN at 7:00

Watch MSBNC at 8:00

Watch Fox News at 9:00

Same reality? Who cares..

News is entertainment, not objective.

So fascinating to see what reporter wears.

Eat potato chips, sit on the couch.

Watch who is killing who.

News is old news few hours later anyhow, no matter what you view.

The theory of collective cells consciousness

Cells have three basic modes when they express themselves:

Attract +, oppose -, and indifference =

What happens when 37.2 trillion cells in your body "raise the flag of awareness? Each moment your cells express themselves when they face internal and /or external trigger?

How do they react?

Add their vote, round to a one digit and understand awareness, attitude and mood:

1 =I'm a positive leader

2 =I need to collaborate

3 =I'm creative

4 =I want Stability

5 =I'm dynamic and vital

6 =I magnetize Harmony

7 =I want peace and Serenity

8 =Let's make money

9 =Let's evolve.

If your number is negative, get the opposite of the above.

Isn't that cool?

You don't believe me?

Talk with your cells or count.

Fragile perception and miscommunication

We are born with different capacity to input data from our senses.

As the years go by, it gets worse.

Reality is complex, huge and dynamic. Two people may be in the same situation ? yet focus on different segment of reality.

We encode in memory subjective interpretation of what had happened. If our memory is messed up, we will have problems retrieving things.

Our subjective memory "paints perception process "in real-time

Our beliefs "paints perception process "in real-time.

Our imagination "paints perception process "in real-time.

And sometimes, there are hidden agendas in selecting facts.

We believe we hold the truth in our pockets.

Are you surprise of miscommunications, conflicts and wars?

We say : "I", "mine", "self" ?Is the "I" of today the same "I" of yesterday?

Do we hold a database of coherence in us, or do we cover up non consistency with ? authenticity?
Or saying nonchalantly: "I changed my mind"?

We live in subjective reality bubbles and perceive kaleidoscope realities.

How do we minimize, being's limitation and find ways to expand perception and collaboration?

Stay tuned to my upcoming book and collaborative game

Kaleidoscope Realities.

<http://avigaili.wixsite.com/kaleidoscope-reality>

avigail

how do you turn 20% into 100%?

They say there is a 20% chance of rain. Will you take an umbrella?

They say its 20% you will get the job

Will you buy a suit?

How do you turn 20% to 100 % mode?

Can you do that with intention, attention and direction?

Connect to the universe's source code ?

Non Awareness

Everything is connected. The butterfly effect is real.
The problem is our limited minds, limited perception, what we sense and feel.

You look here but something happens near, that may affect you.
Yet, you will not even acknowledge what it is or who.

It's all a matter of resolution and attention and realization.

You walk in a crowded street. Someone coughs nearby.
He is not paying attention to you. In this poem, maybe only I.
You are not aware of him,
Only to your mind clouds' dim

The next day, you are sick and not feeling so well.
Only the germs enjoy the macro atmosphere of existences, as to bed you fell.
But they are not aware as well and there is no news to tell.

Everything is connected. The butterfly effect is real.
but does it really matter if we are blinded not minded and in realtime don't feel?

coherence , beer and potato chips

While eating potato chips and drinking three bottles of beer , writing a blog about replacing bad habits with better habits.

Awareness:

When you are aware that there is **no coherence** in the upper case

Integrity:

You realize it's not coherent and you will not send your recommendation to your readers until you replace the bad habit with a better one.

Such as drinking seltzer with lemon and pepper and eating flat bread with thin layer of light cream cheese.

Authenticity:

When you say: "hell with it! this is what I want to eat/drink right now and i enjoy them"

Coherence / non coherence read the above.

let's explore the soft resources of your being

Drive, and passion, fuel joy and excitement, in things we desire.
There unfold the mystery behind motivation.

What happens when the juice of joy, excitement, desire and pleasure are not around?
- Willpower will be activated. But to what degree?

What empowers willpower?

Vitality, which lightens up, core beliefs.
Beliefs are encoded in our subconscious.

When was the last time you put them on the table to explore if they are positive contributors to your being, or were just entrained by your parents in early age?

What energizes vitality?

Food, good sex, good sleep, inspiration, positive imagination, positive experience and being love and respected, valued and appreciated.

How is your vitality today?

How is your willpower today?

How are your drive, passion and motivation today?

every one and you

Have you noticed lately?
Everybody is a social media consultant.
Everyone advices everybody.
And there is a lot to blablabla about:
When to post,
What to post,
How to post,
With who to post.

You haven't finished one cycle of posts,
And a new network, out there popped.

Dear small owner business,
Stop the race in the maze.

Look right and left, front and back,
Up and down and what do you see?
People like you, waving to thee.

There is one place you haven't looked yet into: that is inward.
This is significant - not a thing word.

Calm down and manifest your unique pie plate singularity.
People will gravitate to your ingenuity,
light up insights, shine and vibrate,

I see bright future growth and continuity.

Spirits are passing in the sky

Spirits are passing in the sky
They paint their figures in the clouds.
Be attentive- look up, see beyond their shrouds.
You can see spirits' pets as well.
This is a secret I allow you to tell.
If your gazing can connect the dots,
You will realize spirits' spots.
Spirits are passing in the sky,
And I know why.
Because when bodies sink into the ground, spirit go up high.

ego

Ego is like an onion. You peel and reveal that at the end, there is nothing there.

Ego is self-identity image wrapped with core beliefs that are partly unconscious, together with memory bundles that are programmed to react and manifest as habits, when triggers trigger them.

Since perception is painted in real time by memory, only insights out of the blue, will let intelligent energy break-through.

Who is writing this, one side of ego persuading other sides like placebo?

Or, spirit's wisdom intelligence which most people don't realize as evidence.

Are you with me?

who am i dialoguing with, really?

Conditioning of the mind

Conditioning are a programmed mind cloud of thoughts, emotions, sensations, memories, imagination and beliefs that are encoded in sub consciousness.

In conciseness,

We take these implants for granted as the TRUTH

From very early period of our youth.

They have stronger effect then genetic /cultural connectivity,

Powerful media and leaders take our minds in captivity.

Look at history and present days,

North Korea, Isis, people and believes we robotically praise.

Add a question mark and a pause,

from routinely, automatic mindlessly response.

Free yourself from thought forms that lead, deception,

Which limit even more the limited senses, our wide and clear perception.

Systems and Parts

Every part is a system of lower level.

Each lower level contains parts.

Each part may interact with other parts in other systems.

Do systems' consciousness capable of initiating and interacting with its parts?

Do parts' consciousness capable of initiating and interacting with system's consciousness?

What defines a system? What defines its parts?

Is it the limited mind system that tells itself stories to keep illusion of control?

Is it so unaware of its own narrow part's role?

maybe the wisdom energy is orchestrated by group parts' soul

The other day, i saw a bird

The other day I saw a bird.

I looked into her eyes,

She looked at mine.

There was an energy connecting between us.

As we knew we share the beauty of nature.

We are equal participants in life experience.

And neither of us is in mode of indifference.

There was unspoken yet significant understanding bond.

Of two temporary creatures that explore the now ad beyond.

Pragmatic analogies

Do you want to know what is black hole?

Observe water running stripes, running in spiral movement down to sewerage pipes.
Water may disappear deep into earth , or pope out in another place.

Do you want to know what incarnation is?

Think of a computer that its software programs & data are uploaded to the clouds.
When hardware is broken dead, another computer may activate it back into the crowds.

Do you want to know what kind of connectivity take place between an individual and the Creator?

Observe the connectivity and interactions between a smart phone and the Internet on both sides of the equator.

Appreciation and gratefulness

Today I don't take things for granted.

I appreciate and am grateful for:

The electricity which enables my: air-condition, refrigerator, phone and computer up running.

The car and four wheels that enables me to drive from here to there and just say to a friend ? "I'm coming".

The other machines such a dishwasher and laundry machine that make my life so easy,

And my creative BodyMindSpirit components that keeps me very busy.

Once in while play a game of: "what if... I didn't have these devices and technology

Could I rely solely on my biology?"

Today I fixed, by myself my wifi after I was forced to update the operating system.

I'm so grateful and appreciative that I could solve problems on my own, and not feeling frustrated for forced updates as a large system's victim.

worlds

In Hebrew when someone dies you say : "he went to his world" ??? ??????

The thing is we all live in our kaleidoscope reality bubbles -unfurled.

May be what it means, is when the body sinks into mother earth,

Spirit is free to experience independently its world, only in space.

BTW a dead person is also called "space" - does this amaze? ???

I love growing spirals.

I love growing spirals.

Spirals are evolving ladders. They keep growing wider and wide, higher and higher.

They keep harmony, rhythm, symmetry forever - eternity.

They are the magic symbol of the Creator, and appear in animals, plants and galaxies.

Their starting point keeps its gravity.

I love growing spirals.

They symbolize endless love, creativity, and wisdom expansion.

They are energy containers and Creator's mansions.

The man that had no skin

The man that had no skin could sense everything, because all streamed in:
Others' Thoughts, sensations, germs, viruses, bacteria, flies and people's emotions.
Everyone thought he was miserable
and at time he thought its better for him to be invisible.
But one night he had an insight : he said ? "I'm alive. I'm connected. I am fortunate to have a drive.
There is no border between me and the world,
No reason to be curled.
If I don't take things to my heart
And let things just flow from the start.
I will be a pipe of energy and that's all
I don't need any wall.
That my karma, that's my call."

knowing and being

The bird doesn't know her name, yet that doesn't bother her to be 100% authentic with who she is.
The dog ? knows his name when you call him. Yet when he looks at the mirror, does he say to himself:"im a dog"? does it matter to his behavior?

Man knows his name. He says:" I'm a human".

Does that mean that he is?

attentiveness

Next time, at the end of a meeting, say:

"Thank you for your time and attentiveness"

They may give you time, but not the mind.

Sometime I wonder what would happen if we could see the bubbles of our thoughts and neurons' knots.

We may smile or be embarrassed of the gap between behavior, thoughts and talks.

Attentiveness is hard to find these days. Miscommunication grow

Either you lack it , someone else, or both.

Compassion and Patience

We all got here without being asked,
After averaged years here, nobody will last.
So let's be patient and compassionate.

When someone is stressed and in short fuse,
He may be in this survival mode, feels as he has nothing to lose.
So let's be patient and compassionate.

When people argue and feel they hold the truth in their pocket,
Suggest some humor and a way of detachment, don't simply shout: "why don't you stop it".
So let's be patient and compassionate

When someone loses the track of what he or you were saying,
Its memory bugs, unless they are not interested, playing of faking.
Let's be patient and compassionate.

Remember, we are all in this together.
A journey from somewhere to nowhere, how, why and whatever,
We all got here without being asked,
After averaged years here, we will all be passed.

How can someone in the box, think out of it?

How can someone in the box, think out of the box?

With imagination? No

With emotions? No

With beliefs? No

With empty space ? ? Yes!

When you minimize thoughts, emotions, beliefs, memories, and imagination,
you enable wisdom of insights from outer space, penetrate your perception place.

You are insider to the outer.

There is no Pandora, there is no box

The door is wide open. No separation, or a place - on to, knock.

You participate in the insights flow.

A particle or a wave in Creation multimedia non stop show.

The minute I wake up

The minute I wake up, the first deep breath..
Touching my body parts, hugging my chest.
Still reclining for few minutes in slow motion.
Communicating all cells, like emerging wave in the ocean.
37.2 trillion cells, 1-2-3: jumping out of bed
Orchestra of harmony from toes to head.

??? ???? Happy NewYear

New Year is a mark sign in spiral's time.

It's a point of hope, a vision, and a dream -energetic prime.

It's a time of motivation, passion.

It's new period of fresh direction and inspiration.

Animals and plants ? know that cycle from within.

New Year is celebrating growing helix, the beginning of new things.

??? ???? ?

Joyful attitude

It starts with sleeping well, and having no physical pain.

Feeling great in your physical body,

It's your inner-home, awareness school and study.

Be creative, play life,

Be love, and be light.

Move your body, sing, be humorous and laugh.

Recharge vitality, and daily, reduce stressful stuff.

Be innovative, inspire, and be inspired by people and things.

Enjoy and move on, on whatever life may bring.

Entropy and life

Entropy is manifesting the outcome of universe implicit order.
Vitality and love are no longer holding things within border.

Energy get stuck instead of flowing.
New processes from within are "creatively", showing.

External and the internal, separate no longer.
New rules for coexistence, take over.

Movement

Movement is a must to living organism.
You may feel stuck. It may be your mental prism.
Nevertheless, when there is standing water in your being,
No flowing energies is felt or seen,
Be creative, write or paint.
Move your body, don't let it freeze or faint.
Express movement inside out.
A good reason even- to shout.
Make vitality to be up and running.
Even if at first, it seems a setup cunning.
For life must go on and on and on.
It's your first value and duty all along.

hurricane

When you prepare for hurricane to hit in your place,
It's time to be humbled and perceive the meaning of space.
We are little insignificant ants to huge Mr. Spiral hurricane in Universe.

Protecting our materialistic holders.
Some of us just keeping things because we are hoarded.
It is a good time to know what's important and not, and to do some order.
Is it time to keep your place protected and safe.
Be in good spirit, cool and not chafe.

after a hurricane night

I feel lucky and grateful.

Power was down, didn't sleep, yet I am very thankful.

Acknowledging how fragile life can be.

I'm praising technology for updating me.

Disaster is around the corner when you live not too far from the sea.

So sad, for people who were damaged, by a falling tree.

And even more tragic, for life taken by nature's decree.

evolvment

When we are honest about our dishonesty, what are we?
When we are attentive to our non attentiveness, what are we?
Authenticity is nice but not enough;
Awareness is a good, but we still need more quality stuff.

Yes integrity and coherence are so essential.
Balanced heart and mind helps implement potential.

BodyMind attuned harmonically, will enable spirit's connectivity,
And raise compassion and sensitivity.

That's all for now.
Do we know, when, what and how?

walking meditation

When I do walking meditation,

I inhale colors. Rinse my bodymind. Fill-in the frequencies that are needed, and let go of the rest ?
down to earth.

Brown of the ground.

Red on the stop signs.

Orange from the roofs.

Yellow in trees flowers.

Green in leafs.

Blue in the sky.

Purple in flowers.

White in the sky.

Then I go on exploring earth atmosphere, sun system and milky way galaxy .

I wave to Creator that fills with its essence of creativity, love and intelligence all spaces in the
universe.

I go back, happy, vital, worked-out and inspired.

Adopt a park, inhale colors ...

Few days after Mathew

I lie on my back, on the bench outside, watching blue sky.
Not a trace of remembrance of Mathew- Hurricane, down here and above up high.

White clouds move harmonically,
-from one side of landscape to the other, so very slowly.

Who would have guessed the storm showered my place,
-making low sound vibrations like an angry drum dance.

The sky is so peaceful not a trace in the blue.
Only People in Haiti and North Carolina still walking in water. Questioning heavens.
No answer, no clue.

fear is like fire

Fear is like fire.

If you don't conquer it right away, you have no idea how long it may stay.

Fear may have real justifications. Yet very often, after the real threat is over, anxiety together with negative imaginative scenarios ? keep the FFF (fight, flight, freeze) up like a wild clover.

Leaders may do crazy things ? out of fear.

They send soldiers to wars, and tell stories that are out of touch and unclear.

Make sure your perception is balanced and sharp.

Don't let fear turn you into a chaotic crazy shark

The transparent people among us

The cleaners,

The garbage pickers,

The grass cutters,

The homeless.

The fired people, which can no longer find a job even at the age of forty five.

The disabled and mentally ill people that struggle to survive.

The people in Haiti, refugees in Syria, and the kidnapped girls in Nigeria that we don't give a damn if there are dead or alive.

The Holocaust survivals that were in survival mode all their life.

The little children and victims of violence that don't have the conditions to dream and strive.

We can't look away from the transparent people.

Bad things happen in society when we are not being sensitive and act as we live in wealthy steeple.

We may not know them personally, but they are cells of society's organism.

If we ignore them, wake up, it's because deep inside we are prejudice and act in racism.

Be loving. It's good for your health

What's your attitude? what's your mood?

People frustrate you and being too rude?

You have a choice to make how to react:

Remember your mind clouds are not always based on facts.

Do you project anger and frustration?

Or do you shine light of love and compassion?

Be loving, it's good for your health.

Because when you stream love, it rinse you first.

It vibrates every cell, in a harmonic way.

However, when you project anger, you are in illusion of power.

Yet it burns you and leaves a permanent significant mark, not temporary, for few hours.

So, be loving, it's good for your health.

How is you augmented reality today?

Your perception is composed of various layers.

Can you peel and observe each one of them independently?

Layer of memories,

Layer of mind clouds in your subconscious,

Layer of imagination,

Layer of beliefs,

Layer of your thoughts,

Layer of your emotions,

Layer of your senses' input,

Layer of other minds' systems

Layer of wisdom from the universe.

Their content change consistently like a mobile kaleidoscope.

Their composition generates your mosaic reality perception.

What is your kaleidoscope reality, at this very moment?

What about the rest of humanity's, at this very moment?

Kaleidoscope realities, augmented realities.

Do you understand why we don't understand each other?

Don't take it personally

Don't take it personally if Google's robots didn't find your website.

It may be beautiful, yet, for them you don't exist, until you correct verify and fix.

Don't take it personally if you write an E-book and number of readers are too small.

In Amazon algorithm you are graded as if you didn't write at all.

Don't take it personally if people don't recognize you in social media.

That is because you didn't use the right keywords and #tags, or you are not mentioned in Wikipedia.

Running after the rules and the keywords of the web giants,

makes you wonder about the illusion that start ups can compete the large ones to reach more clients.

You need a reliable SEO and marketing budget.

You pour non stop money and time, but there is always a hole in the resources bucket.

So don't take it personally if these giant companies set up the web rules.

Be light and versatile. Learn and plan in the Internet space dynamic schools.

Something positive in the air

Sometimes we try to do things, yet things just don't work.

We try to convince, yet nobody listens.

Feeling in gray, nothing glistens.

Like pushing a wall with all the efforts.

Nothing moves, only grow of frustration, but no real comforts.

"More of the same" is an illusion of stability.

The "known and familiar" doesn't always implements capability.

Then, you look at the maze from above one day,
and see an insight , completely different way.

It may take years until these conditions appear.

You feel positive change in the air and the atmosphere is loud and clear.

You sense something is different in you.

The "repeated way" is cancelled. There is a new view.

People around you may not notice but it harmonizes your heart.

You know from within that you are paving a new path.

You smiled to yourself with yourself as you guardedly trod.

Halleluiah! you said (a Hebrew word meaning: ? Praise GOD)

You know things will change for the better from now and on,

As if you are holding forever, a magic rod.

Gazing

I am lying on the grass watching the blue sky,
Drowning into the blue from above, hypnotized by the endless space.

Blue sky and white clouds covers me like a blanket.

White clouds come and go... come and go...
Spirits shape faces in them.

Peace and stillness in the air for few moments.

Then, my attention turns to my thoughts that flow in my mind non stop.
They, like clouds, come and go.... come and go...

I wish I could be in the state of the space between them,
Like the endless blue sky.

root canal treatment

Needle here, needles there. Half face nummmmmbed... , you can hardly bare.
Open mouth, turn your head.
Swallow sped. squeeze you palms , meditate.

You are doing great! The nurse said.
Chcchcchcch. Drilldrilldrill. Bzzzzz

4 hand with frightening tools, up above you.
Warm light projecting right on top of you.

Chcchcchcch. Bzzzzz. Drilldrilldrill.
slowly slowly, swallow still.

Two hours over, - tensed experience...
Smile, you were great, don't be so serious.
People in war zones, or jungles, lack this treatment,
Take it easy, be thankful and gracious.

synergy and synchronicity and compatibility

You are the center of your being, obviously.

Yet, you may forget that when you reach out for collaboration, you are one option to be explored, among other duties and mission the other side has..

Time and attention, and the way you present your messages, are crucial for effective connections. Also, remember humans chemistry and BodyMentalEmotionalSpirit compatibility.

Pitching your proposal, is similar to reaching out your hand.

You see it clearly. The other side may be in a foggy weather from where you stand.

Rhythm is part of success.

Reach out, but don't impose if there is no direct access.

Synergy and synchronicity are the magic conditions beyond your limited perception.

Enable possibilities and opportunities. Be humble and wait.

Let multilevel dimension of reality to unfold and manifest.

reduce stress at home and in workplace

It is part of daily life - *STRESS*

Yet if you accumulate or neglect, it becomes a medical condition mess.

Its negative effects are mental, emotional and physical.

In this BodyMind storm, if you stay sane, it's a miracle.

You act from a fight, flight freeze mode.

That leads you to a wrong behavior road.

You do yoga, exercise and meditate,

Yet *STRESS* is still there, makes you frustrated as you contemplate.

Because physical , mental and emotional stress fuel each other,

You need to find an effective easy way to reduce it or it will smother.

After exploring many effective ways

This is my conclusion I 100% praise:

Harmonic low sound frequencies -Vibroacoustic Therapy

Investigate yourself and just ask me.

You lie on the mat, select a single frequency

You let go of stress daily, easily.

Adopt Vating as a preventive wellness platform to reduce stress,

At home, on the go, in school and in workplace.

SpiritMind over BodyMind

If tides are caused by the combined effects of the gravitational forces exerted by the Moon and the Sun and the rotation of the Earth,

And since we are composed of 60% water,

And our moods and behavior are influenced by hormones,

Could we give a chance to astrology which basically explains the influence of the planets on electro-chemistry in BodyMind?

After all, everything is connected. Yet we cannot perceive it all.

Some will say nonsense!

Other will say of course!

Still others, will say may be.

I like to play with this idea: not as a 100% deterministic mechanism but as tendencies and conditioning of BodyMind.

With will power and awareness and attention, powered by spirit Universe's wisdom, we can influence our destiny.

pain

People with pain feel, sense, and scream as it gets worse.
It is embedded in their nerves and it deeply hurts.

When, a pain strikes you from within,
You may freeze, and hardly breathe, as a tactic to ease.

There are many reasons why pain manifests,
In a way, the body's intelligence shouts its alert in its very very best.

The Dr. will tell you his diagnostic,
Though, that will not comfort sensing, caustic.

Some grandma medicine may be in use:
Punch and squeeze other body parts to make nerves confuse.

After sometimes, hopefully you will end the pain.
You will be stop the complaint and be joyful again.

If it is chronic and goes on and on and on,
Take holistic solutions with no side effects, and for a while it will be gone.

the bag

From the minute we are born, we carry a bag on our backs.

We fill it with joy and sadness, good experience and bad ones.

As we grow, the bag gets heavier and heavier.

We fill it with material assets and dreams and money and wishes and disappointments, and a car and furniture and a house and love and children.

We are all temporary here and then after the average of 85 ? we all dis-appear.

We - the ugly and the beautiful,

The smart and the foolish,

The professor in the university and the guy in the jungle,

The respectful leader and the regular man,

The powerful executive and the garbage collector,

The admired politician and simple citizens.

Like little children in kindergarten, we fight for THE MORE as an illusion for power and stability:

My God is better

My land is bigger

My people are smarter.

What would happen if we join humanity's resources to solve problems instead of competing?

We can remotely drive Curiosity Rover in MARS, but we don't know what is a **thought**, or how to cure Alzheimer.

What is left is our bag's after we departure to other dimensions?

Eventually it will "go with the wind" as well.

You probably see garage sales that are held by grown up children after their parents' death.

Children sell or throw cloth, books and many things their parents cherished and collected with sentiments over the years.

It may happen to your bags' content as well.

We are all temporary here, then we dis-appear.

Let's give birth to a multi-minds dialogue and collaborate for the benefit of advancing humanity and earth.

Create and connect to your inner home of silence

Sit loose, close your eyes
Breathe in slowly.. And let go...
Breathe in deeply, And let go...
Breathe in smoothly, let go...

Place your right palm over your heart and your left palm on your forehead.
Wait few moments,
Be aware of your being.
Don't rush
You are here to get InTouch with your being.

Touch yourself gently and slowly:
Place both palms and pet your forehead, eye muscles and cheeks.
Both palms petting your neck, shoulders and crossed arms,
Hug yourself... feel you are being hugged from within.
Touch softly, your belly, hips, down your legs and knees.
Breathe in slowly.. And let go...
Breathe in deeply And let go...
Breathe in smoothly, let go...

Touch yourself easily;
From the backside of your feet and up,
Scan with your palms, you lower back,
Scan with your palms, you upper back,
Spread your fingers as a comb and massage the top of your head downward back and forth.

Place your right palm over your heart and your left palm on your forehead.
Breathe in slowly.. And let go...
Breathe in deeply And let go...
Breathe in smoothly, let go...

Smile
You are creating your inner home,

The foundation for your silent inner space,
You will connect it on demand, when you are in environment of disharmony and stress.
Have success

Together or not together, that is the question

When you make love, do you focus solely on your pleasure or also on your partner's?

When you talk, do you focus on your message only, or do you also make space in your mind to perceive your partner's?

When you play catch with the ball, do you focus on just catch and throw or do you make efforts s/he receives it, easier, not harder?

Together or not together, that is the question

Effective or ineffective communication

When we talk, it sounds so natural, yet beneath the sound of our voices,

You find dynamic layers of pitch, rhythm, and volume.

The words we use in our expressions are carried upon these layers

As leaves on a river flow.

Our words may lead to common ground of interpretation, or serve as associative keywords which
run to our memory and retrieve from subconscious,

Previous scenarios bundled with personal emotional flavors.

Imagination may interfere in the process of perception,

Add more colors to the dialogue.

Simply ask and say, how is our communication today?

Wellness on Demand, Demand Wellness

*Wherever you go wherever you are,
Be proactive in setting wellness standard:*

*Healthy food to nourish your cells
Sleeping well in your personal dwell,*

*Exercise and move your body daily,
Gym is not a must, adopt walking and dancing mainly,*

Make sure the air is clean and eco friendly.

*Reduce physical, emotional and mental stress
Otherwise It will make your health ? much less.*

*Discover and manifest your talents and creativity
It will empower your being and recharge sensibility.*

*Even in atmosphere which is not optimal
Giving up wellness is not optional.*

*At home, at work, on the go, and in community,
For leaders that look away, there is no excuse or impunity.*

*Pave your path, drive life and enjoy the journey.
Adopt & apply this approach soon and early.*

the gap

The gap between what you do and what you want to do.

The gap between what you want to say and what you said.

The gap between your dreams and what really happens.

The gap between time which runs serial, and your multiprocessor mind, that runs in parallel.

Mind the gap. Identify it. Explore.

Can you minimize it? Or humbly accept it?

Potential ,implementation and limitation

Limitation of exploring potential capacity, derived from limited usage of imagination as the simulator of the mind.

Usually, it's your embedded believe system that set the rules.

Allow yourself to expand more and more...

Upgrade your belief system. Add more options, flexibility, possibilities and opportunities.

Touch the line where no nothing and everything meets.

If you dialogue your dreams, be aware of the limited minds' feedback.

As your wide landscape may threaten theirs' blocked minds.

Expanding their operating systems is their journey, yet you are not isolated.

You can share and facilitate perception, just be aware of price/performance, costs /benefits, time and attentiveness.

observation

Multi directions movement of non-tangible objects in wireless threads, such as thoughts, emotions, sensations, memories, imagination and believes,

Connect us to a dynamic huge spaghetti or gigantic multi minds organism.

Will we forever, be in a contiguous search for the ultimate answers?

What are we doing here? And how can we understand reality with limited capacity?

Is high intelligent entity out there, sits with his remote device and laughs as he clicks between our minds contents?

Will he ever be bored?

Will he change the rules of the game? Or non interference is his strategy,

After setting the ultimate rules of awareness?

what uplift or drain your vitality

Make a chart be attentive, what drain your vitality, what elevates your reality?

What inspires you, what disgusts you?

What makes you smile filled with happiness, what rinse you with inner sadness?

What make you passionate and motivated, what make you tired confused and complicated?

Don't surrender to more of the same,

Things that lower energies and spirit's flame.

Uplift your atmosphere, joy and drive,

You are the one who generate the condition to improve journey's life

Its simple, sharp and clear- By the end of the day,

Your perception, choices and actions,- pave your way.

to be on the same page

OK, lets be on the same page.

Do you understand what i mean?

Do you understand what you mean?

What is the meaning of under-standing, anyway?

Stop Distractions

Emails, tweets, text, phone, computer, Radio, TV, People... balablalal

Smell, Light, Noise.

Noise in your head.

Go Swim.

Swim Slowly. Head in the water.

Breathe in.... let go...Head in the water. Swim Slowwwly. Breathe in deeeeeeply.

Paying attention to body movement, as water rinsing it.

Floating.

Body lying on the water as leafs carried by a stream.

Head facing the sky

Ears covered by water.

Wind... birds...clouds...sun... airplane passing by.

Breathe deeply

... Recharge vitality

Silence in you

Smile.

insights

Like a thunder in the sky, out of the blue,
Insights manifest and make a breakthrough.
Where do they come from, God only knows,
Perception gets wider like a balloon that was blown.
Be minded to ideas that come to your head.
Genius moments in an elevator or in your bed.
Have a little notebook or a phone to record these sparks.
Magic, non-tangible ideas , like heaven's rainbow arcs.
Prepare your mind to be sharp and clear
Otherwise insights will just pass by and disappear.

Friendship

Friendship is trust. Friendship is compassion.
Friendship is giving a hand ,time and attention.

Optimal friendship:

Being there for them, ... ahead of the game, sensitive to their needs.

Because you know what's going on in their minds, as an open book read.

Yet you still ask, if help is requested, keeping privacy respected.

Knowing you don't want to impose the view, you have suggested.

Lesson of the elections

Are you ready to read your interpretation of the elections?
Why many of you are so shocked, so mad, sad or feel deception?.
That's because you found bugs in your reality perception.

You thought you hold the truth in your pocket.
You felt the other side is a disaster and you should actively, stop it!
But now, when real reality slaps you in the face,
You understand that you were in conditioning mode that entire race.

You believed the statistics and the polls and the analysis "smart people" fed you.
Supporters in your circles wanted so much to push an agenda you all thought was true.

But now you realize the many silent people who didn't participate in *THE PARTY*, and didn't have a voice.

Its time to check layers of imaginative beliefs and calibrate reality choice.

Be humbled and explore bugs in perception as result of these elections.
Expand your mind and navigate to a new level of awareness and direction.

Be Minded

Be minded to your body maintenance,
Mind wakefulness, with gracefulness.

Be minded your home repair,
Pay attention to relationship care.

Respect and satisfy emotional needs,
Nurture best food to planted seeds.

Be sensitive to rhythm and timing significant others' have.
Navigate harmonically to walk in the same path you pave.

Blind spots of perception

How do you know what you don't know?

Ask trusted people for their feedback,

Ask strangers to express their authentic impact.

Meet and dialogue with people with diversified background,

Read weird material, listen to authentic music sound.

Use imagination as the simulator of the mind,

Visit unknown places, prevents being, from being blind.

Keep on learning and exploring endless landscape,

This will minimize blind spots, keep you alert,sharp and in good shape.

vitality containers

Vitality - the energy of life is kept in containers. It vibrates harmonically in variety of frequencies.

Plants are containers: fruits, vegetables, leafs, herbs and flowers.

Animals are containers.

People are containers.

Inspiring places in nature are vitality clouds:

High in the mountains, ocean beaches, forests and river sides.

Crystal and books, work of art and holy places are vitality containers.

Colors and sounds and aroma are vitality containers.

Numbers and letters are vitality containers.

The only things we need to do is, sense when our energies go low, get connected, inhale vitality, let the right frequencies entrain and recharged us and live in vivacity.

Synchronicity

Things go your way with no efforts.

Things go smoothly in comfort.

You think, and things just manifest your way.

You remember a name you haven't seen for days, and suddenly s/he comes over to stay.

No friction, no obstacle, all streams harmonically,

Like magic and angels giving you a party so wonderfully.

The stars map, are aligned with your wishes,

This is a dream come true, amazing time of blisses.

All conditions for synchronicity are not very clear,

Some say it has to do with integrity, coherence, vision, consistency and getting rid of fear.

Expectations

You are the center of your universe, but not of others'.

Your motivations, passions and vision may have some common denominator with another, but volume, means & priorities, not.

It get complicated because life is dynamic and stability, naught.

It gets complicated because not everything is conscious from your part or the other.

What do you do? Adapt to their way?

Do it by yourself, only? ... You may find it hard. You may feel very lonely.

Maybe break your goals into smaller projects, find collaborative aids in every stage.

Enjoy success on its gradual ways, be happy as people suddenly, commit and engage.

emotional flowchart

Whenever you feel, your emotions paint your body,
Use a new "go no go" emotional flowchart applied-study:

Enable the flow of love, joy, creativity and patience.
Let go of fear, anger, envy or any bad habit temptation.
Use this energy as vitality for sports, and insights of divinity
Don't let self-destruction and stuck energy rinse your mind or activity.

Evaluate your emotions as they flow in your being.
Be sensitive and let go of bad things before they evolve from within.

if you are lost

If you feel lost, it's because you lost your navigator to Creator.

The wireless connection to creator starts with connecting to your higher self ? the spirit eternal dimension of wisdom of you.

First make space in your mind to inhale spirit.

Sit down , close your eyes.

Relax your body by breathing deeply and massaging yourself.

Breathe deeply and place palms on your knees facing upward.

The tips of your fingers are connectivity devices, your palms are energy containers.

repeat whispering: connect... pause. connect.. pause.connect... pause connect...

Wait patiently,

Breathe deeply.

Sense and feel if/ when you are filled with gentle waves of energies recharging you.

15 minutes, Daily

Inner GPS is precise and accurate.

You will know.

The What and The How

The systems and subsystems;

The relationship between; systems, subsystems, systems and subsystems.

The content and the structure,

The frame and the picture,

The cover and what's inside,

What we see and what happens behind .

The words and the spaces between them, which give them meaning.

The borders, separators, segments, divisions, particles in one resolution perceiving,

While the dynamic frequencies waves, in deeper seeing.

The real reality out there,

And the limited partial grasping inside our heads.

huge reality

Some people perceive more reality.
As if they stand on a higher mountain and view wider landscape.
Their minds inhale so much, even when they close their eyes, they can't escape.

Some people are so sensitive.
Their palms sense delicate waves of energy.
So much data to absorb, and there is no time or space in memory.

Even the regular man, every moment makes a choice on what to focus.
No magic or hocus pocus.

Is this the curse of choosing the knowledge tree?
We, stupidly thought knowing would let us free.

keep space for spirit

Life is movement, flow, vitality, dynamic, change, process, and empty space for Spirit substance to dance.

Non-life is cold static, fixed, jammed, stuck. Dead. No spirit.

Keeps your body moving

Keep your mind stirred;

Keep your cells dancing harmonically,

Keep it going, manage the tempo.

Be loving.

Keep space for spirit as it can always be poured with attention, intelligence and love into matter, and significantly matter, to activate life.

just can't sleep

Nightmare is a not necessarily a bad dream

Nightmare is a combination of stress , fatigue and still, you can't fall asleep.

There are several reasons why you can't get into sleeping mode.

Is it pain or worry or maybe excitement that pushes you away from dream world?

If it happens a night a week, you can still cope with results,

Yet if you accumulate none sleeping hours, it exhausts not exults.

Then your perception and decision Making, go off tune.

You yawn; none focused and tired even before noon.

So take care of your insomnia, it's bad for your cells.

Your behavior and temperament are damaged as well.

Your immune system and vitality will go down the road.

Try natural solutions, to prevent drugs dependency and addiction load.

Be a sun not a moon

Don't turn off if atmosphere is chilly and cold.

Project your inner core energy, shine even more.

Implement mantra CAGAK:

Compassion, Appreciation, Gratitude, Attention and Kindness

A smile and light from within are love weapons , time- endless.

Be a sun not a moon

Positive change to you and others, will arrive very soon.

Once you locate your inner energy engine,

It will never be the same, as you will need no one for your ascension.

You will make the difference in all Eco friendly dimensions.

Be a sun, not a moon.

healthy salad

No matter what you eat, no matter what you do,
This salad will keep you healthy and out of the flu.
Turmeric, garlic, a pinch of baking soda and olive oil,
Apple vinegar and lettuce right from the soil.
Celery, apple, onion, and black pepper,
This certainly, daily, will keep you healthy and feeling much better.
This is a natural prove remedy to fight inflammation.
Even if you had junk food, and later feel heavy frustration.
You can add more ingredients to make it more interesting,
Pass the secret to people you cherish, make sure they are listening.

Anxiety and PTSD ? don?t let them get you crazy

Anxiety and PTSD are sibling of hell

A trigger from within or external reason, activate them and ring the emergency bell.

They suddenly appear, and you don't have a clue.

Write a journey, explore and map conditions, just don't be blue.

Create in advance positive scenarios to get well.

You will not be passive and frighten any longer because you will manage the spell.

You will be positively be proactive with a bodymindspirit habit and manage it through.

You will silently be satisfied, smile and be a new you.

eden on earth

Creation is intelligence and wisdom.
Be humbled, explore and sharpen your vision.

Before you invent the wheel,
Look into nature and find THE REAL.

Herbs , vegetables and fruit from Eden on earth .
Are growing right in front of you and you are blind to their health worth.

You rather put chemicals into your mouth and over your skin,
Than pickup nature's goodies and let self-cure begin.

Pay attention, be minded -Eden on Earth is here for you to reveal and heal.

Educate yourself and others to check vitamins and minerals of the produces' variety,
This elevate preventive wellness-well being and boost vitality.

Are you lonely? ? don?t be

Have you met the most important person yet?

Who? YOU!!!

Do you look at the mirror, say with a smile: "I see multidimensional being to examine, so true".

It is about time you find and explore; - your own essence core.

Have you located your inner Home in your HeartHead ?

Do you hug yourself as covered with harmonic soothing pillow in bed?

Did you manifest your creative talent?

And enjoyed it by yourself with satisfaction and deep silence?

When the above happens, you from within will glow and it will show.

And people will gravitate to you like a magnet, and words will not be needed, because you will know.

Are you lonely?- don't be

Don't judge the people that play life

The people that play life, don't take things to their hearts.

They have a delicate sense of humor and some kind of detachment.

The people that play life have a witty inner mechanism,

They don't let other people or situations make them sad, stressed or be in despair.

When things get bad to a certain degree, this inner mechanism make them say ?

"no thank you , I'm not going that way, I disagree".

Some people would say, they are egoistic, egocentric, and insensitive.

I don't agree.

The people that play life, make precise choices, they don't like manipulative voices.

They just want to live longer.

They don't allow anybody change their plan or put pressure on them.

They are stronger.

When things get too negatively emotional from their stand,

They just don't shake hands.

Don't judge the people that play life.

They will not get into a strife.

They run their life show, and if they don't like things, they just go.

understanding

Somebody asked me : "do you understand me?"

And instead of answering, I was thinking about the word "under-stand"

How close can we share our experience and our perception?

or do we always feel as citizens of a foreign land?

What are the hidden components of under-standing?

The words, the expression, the intonation, the hints, memories, imagination, and reality landing..

Do we non stop, recreate, redefine, and reinvent ourselves in a dialogue?

Like a jumping frog expanding landscape, out of the fog?

Maybe all we are seeking is acceptance and love,

As a security umbrella for who we are, not from beneath but from above.

Creator images and robots

We are the images of the CREATOR.

And robots are images of us.

We can be good or evil, at will.

We can destroy or build.

Can they as well?

Can things get out of control?

Are we going to sit there and watch them manage our souls?

As the Creator watching us and the universe as a whole?

Or maybe there is the bigger picture of the computer game where images have the illusion of being God.

And he is sitting there entertained, yet making sure nothing gets out of hand.

Habits

You do them without thinking.

Are you running in a maze, almost with no blinking?

Some you enjoy, other out of routine,

Programmed - without thinking what they mean.

Some play a way of running away, an escape,

Are you ignoring conflicts of any kind or shape?

It's nice to pause, be aware, and observe the role of habits,

Can you free yourself from conditioning of the mind and automatics?

Replace bad habits with better habits.

Can you generate new mix of life fabrics?

gap in the known

What happens when there is a gap in the known?

Sometimes we fill it with negative scenarios out of proportions, fully blown.

We take them as reality , without checking the facts,

And worry of the bad stories we tell ourselves that drive ourselves nuts.

We cant sleep at night from trying to solved problems that don't really exist,

That's a bad thing that happens to all of us , even the brave that take risks.

So let us evolve in a situation, whenever there is a gap in the known.

We should remind ourselves the above , breathe deeply and wait for things to be shown.

karma and negative gossip

When you chat negative gossip behind someone's back, its very bad.

s/he cannot deliver reality check, and when realizes it, s/he will get very mad.

It's not fair from the universe morality, as negative energies, like fire, burn the person's reputation,

And s/he is not around to share her/ his personal perception.

Universe encodes every action is made for the better or worse.

Nasty behind back talks, will hunt you like a curse.

So if you have some criticism to make,

Make sure the person is around and don't gossip bad things for your own sake.

Otherwise bad karma will reflect your actions,

Because believe it or not, life is a school or awareness and, this is the law of attraction.

Criticism

We don't like to hear them, some are very nasty.

It's the "what and the how" of how they are bundled together, and delivered to us, sometimes very trashy.

Do we have the strength, compassion, humor, wittiness and detachment?

To, disconnect and un-wire the emotional explosive criticism bomb entrapment?

Then, select some components as feedback for improvement,

While the negative energy ? pushed away with no trace of pain or involvement.

Add a smile and insights, learn and gain, evolve and perception- expand.

Children

They are shaping their reality perception like climbing a mountain, seeing larger views, and at the same time having a microscope to see the details.

So flexible; A mix of imagery, naivety, knowledge, and tailoring mosaic of beliefs.

Allot of empty space in their minds as an empty desktop, to explore, examine and process reality from within.

How can we guide them to be authentic, coherent, aware and with integrity?

How can we give them tools to find their inner home in them?

How can we guide them how to generate an incubator of wellness in any space they are in?

How can we give them love without imposing on them our belief system?

How can we advise them to maintain empty space in their minds?

How can we inspire them to continue being innocent even if they get hurt?

How can we encourage them to let go of layers of automatic conditioning?

How can we embolden them to play life, be creative and be conscious to implement preventive wellness lifestyle of good health & well being ?

Should they learn from us, as we walk our talks?

This year - 2017

This year- 2017, you will pave your path, drive life, and enjoy the journey- your way.

First find your inner home in you.

Like a snail or a turtle, you carry it within your BodyMindSpirit.

Place your two hands over you heart. Breathe deeply. This is your gateway.

Add humor to life perspective.

You are limited in perceiving reality. We all are.

Yet, life is a school of awareness, wisdom, love and creativity.

Playing life, is expanding our reality bandwidth with the above, with coherence and integrity.

Make sure your vitality, and your subsystems are harmonized, healthy and balanced.

Sleep well, eat healthy, exercise, and reduce stress daily.

Be involved and proactive in shaping you wellness and well being conditions wherever you are.

Be with people and places that make you joyful.

In time you sense disharmony, enter your inner home and recharge vitality and peace from within your core.

Your BodyMindSpirit is connected to universe energy wisdom of love and creativity when you are calibrated.

Listen to other people's advice ? including mine

Sense if it vibrates harmonically with you, take what you need, feel, sense, think, imagine, belief and perceive.

Happy 2017

more of the same

What happens when the conditioning of your mind, works against you?

Make no mistake; your know-how is based on your accumulated knowledge, experience, imaginative scenarios and beliefs system.

Could it be that you are so blocked, not enabling new perception waves to enter or, effectively listen?

Is the illusion of "more of the same",

Blocks new beneficial vibrations and positive energies of innovative passionate flame?

When you say "no thank you" before exploring furthermore,

It's an indicator you are old, stuck and clogged in imaginative safe old shores.

But this is an illusion my friend ? fearing from new things,

Preventing you from trying fresh ways that, life to you, may bring.

One day you may be so desperate and then may remember our solutions.

Do you need conflicts in your life to finally process self-evolution?

Self-help tools are here and proposed, when you are ready,

Don't keep going in the old way that prevents growth , and only makes you sweaty.

boost-good-mood

let's face it ? your reality interpretation is not *The real thing*.

The real thing is too huge to grasp, at present ,as if you are playing the harp with only one string.

You add your internal stories, subjective memories and unconscious beliefs,

Together with limited senses that paint your perception and bring no relief.

Wake up and see how your moods are negatively affected.

See you being beyond your narrow thought system.

Add spirit wisdom into your BodyMind approach,

Add creativity, inspiration and insights, and together become your internal coach.

Boost good mood with awareness and positive synergy,

Decide to grow beyond automatic mind conditioning and negative energies.

Hug yourself, love yourself and create your inner home in your heart,

Re-invent yourself and allow non stop positive moods to right away, start.

multi levels of writing

Writing is freezing time to express an idea.

Yet, the words are not the idea in itself, they represent it.

You records moments of thoughts, emotions, sensations, memories, imagination and beliefs which form a mosaic click of reality.

The next day you read what you wrote and things are not the same.

Do you stick to the memory of yesterday, or do you make the changes to adjust the rhythm and flavors of today?

Do you get to a point in which it's clear crystal and stand on its own quality no matter what, when, and how?

Is this an independent entity of art?

Does it have any connection to the original passion of writing you had in first place?

Is the process more important then the outcome?

just observing the multi layers of writing...

life

We play the script.

We have the illusion we wrote it.

We do have some nuance of intonations and expressions,

More like 20% 80% proportions.

He is watching the play,

If he is bored, he changes the channel.

You really need to enlighten and have insights, in order to get his attention again.

Sometimes he just changes the players if he doesn't like the flavors.

His instructions are clear: awareness, authenticity, coherence, compassion, creativity, integrity ,
intelligence and dynamic balance

How do grade yourself? How do i?

life

Do you pave your path, or do you let the path lead you?

Wait. Pause. Look around you. Where are you heading?

The best GPS software will not help if you don't know your direction and destination.

Letting the path guide you may lead you to a dead end.

Some people say : " the journey is my school"

Other people say: "I know what I want but I don't have the means to get there."

Yet other people say:" I'm flexible to change my path if the landscape doesn't excite me anymore".

Your vitality is the energy of your ambition, drive, motivation, passion, willpower and clear perception.

Your willpower will keep you going with consistency, attentiveness and focus.

Your high senses will give you the added value wisdom of creativity, innovation, flexibly insights and the understanding that a good teamwork will make it work.

Your balanced health, wellness and well being will keep you moving in stormy weather and uncertainty.

So tell me,

Do you pave your path, or do you let the path lead you?

They don't answer

When people don't answer your email or call,
There may be many reasons why they ignore and not paying attention at all.
Sometimes it shakes your self- confidence,
And you maybe troubled by the consequence.

Relax my friend, there is a universal rule that is always right:
If someone wants to reach you, it will eventually be in the sight.

And if not, don't worry and let go of this incident
Harmonic vibrations attractions are not a coincidence.

Give space to the other side to manifest and appear,
Or open a new page for new people, and make the area and conditions be clear.

Sometimes you insist on something that universe tells you it will not work from the start.
Smile and be sensitive to wisdom hints and you will resonate with the right clicking heart.

Timing, attention, rhythm, compassion and harmony are important indicators
Do you part in the tango, and wait for creator's accelerator.

Harmony

Harmony ? the orchestra synchronization of attunement between singularity components to that of the whole system.

Look at the sky above

Billions of stars and planets roll in harmony.

Particles that are not aligned with the rhythm are thrown out of the system.

Look at the body ? each organ has its own functionality and rules, yet the whole body needs to work in harmony between subsystems to keep one, alive.

Out of balance is the gateway to illness.

Harmony is the essence of an incubator: all parts sustain their dynamic natural growth and unique creativity essence, while contributing to the development of the whole .

Be sensitive and proactive to keep harmony, as its associates are dynamic balance, healthy growth, sanity, vitality and life.

As the opposites of harmony are chaos, violence and destruction anarchy, entropy, deterioration and collapse.

the secret club in the park

Every second day, I do my walking meditation.

I walk across the same people as I do my contemplation.

Some are walking, other run, other just taking out their dogs.

We say hello with direct eyes contact and a smile, as we hear the frogs nearby croak.

I don't know their names, they don't know mine.

Yet we share the same fresh air, and beautiful sky.

There is no need to chat or have a small talk.

We are just humans, enjoying running or an easy-going walk.

New Order in the family

Today I released and let go my biological sister,
I invited my aunt to become my significant "sister like",
I invited my best friends to become my spiritual siblings,
And I got closer to my biological brother.
New order in the family.
I'm pleased.

mom

Being with mom (86) long hours in a hospital and a rehab reveals layers of perception:

- » Her real personality beyond the image she presents
- » Her soft, silky, non-hairy skin, in most of her body as I massaged her
- » The conditioning of the mind and the spaghetti conflicts of values that she manifested,
- » Her sad eyes, hopeful eyes, anxiety eyes
- » The blessing she got from Sarah which gave her strength and hope
- » The tough look and negative reactions when she felt in non-harmonious conditions.

Being with mom (86) long hours in a hospital and a rehab revealed layers of perception.

Living on earth and in the the clouds

Flying above earth, no borders, no dirt..

At night you see tiny lights, shining, sparking and spreading like a mobile carpet.

Little toy cars are moving on. Going from here to there.

So inviting ... So pretty ... so innocent, earth from above.

That's why when I get down to earth,

I continue living in the clouds ? in the Internet.

No borders, communicating freely with people from China, India, Israel, US, and elsewhere.

Join me! Live on earth. Live in the clouds. Live in the Internet.

hidden agenda

We all want to trust the people we communicate with, especially people who are close to us. It's convenient to blame complex communication dialogues or misunderstanding, for the gap between what people say they will do, and what they in fact do.

Don't be paranoiac, but if you are suspicious, start going backwards.

Add the pieces of actions to a puzzle.

See the bigger picture.

Become an investigator of truth, realities and hidden agendas.

Explore... Observe... Learn...keep being Naive... but don't be foolish.

How old is s/he?

When you see an old person walking slowly dragging his feet, you may be mistaken about judging his mind's capabilities.

When you see an old person talking slowly and forgetting some names, you may be mistaken about judging her mind's abilities.

Have some time and attention to explore the state of the mind-spirit.

Sometimes the physical interface is slow yet vitality deep inside is sharp and clear.

Don't judge by physical dressing..

The ?what and the how?

When you go to the supermarket and buy a chocolate you may be impressed by the cover, yet you assume that the content is yummy.

Sometimes the content is yummy but nobody buys, because the cover or the marketing campaign is not good enough.

What is good enough?

High quality and harmony between the what and the how

How do we know?

Feel, sense, perceive.

Get feedback of what others feel, sense and perceive.

Vitality math

What is Vitality Math:

If you eat more than the calories you need to live, be creative with sharp senses to perceive, you are in a negative path.

If your mind, non stop, generate negative stories,
Don't be surprise your energies are drained , you are exhausted and worried.

Yet, if your cells get the best mineral and vitamins nutrition, you are inspired by the arts, nature, and beautiful humans,

Vigor flows your direction in a magnetizing movement.

Always explore the vitality state.

Make sure you are in the positive equation of harmonic life fate.

Streams in spaghetti mind

Beliefs lead to; attention, motivation, direction, actions, thoughts, imagination, memories, emotional, and sensation reactions.

External triggers lead to ? beliefs, thoughts, imagination, memories, emotional and sensation reactions.

Internal triggers lead to - beliefs, thoughts , imagination, memories, emotional and sensation reactions.

Streams in Spaghetti mind

spirit blows dark clouds away

Sometimes sad emotions and anxiety suck us into dark clouds.

When we don't see, we imagine situations which even more fold us into blue perception shrouds.

Breathe deeply and let spirit dimension drive your being.

Spirit view wide landscape from, and in, a clear point of seeing.

Spirit (in Hebrew is Ruah, which is also wind) will blow clouds away.

Sooner than you think, optimism and vitality will recharge your upcoming day.

Mother Earth , Death and life - dark poem

At breakfast

Mother Earth eats people's deaths.

And new babies are born every moment

To supply food for lunch.

At lunch, Mother Earth eats people's deaths

And new babies are born every moment

To supply food for dinner.

At dinner, Mother Earth eats people's deaths

And new babies are born every moment

To supply food as snacks

In between meals, Mother Earth eats people's deaths

And new babies are non stop born

While I sit in my personal Mother mourn.

Transformation ? life from the dead.

Imagine you are a representative of a worm community on a dead body.

What a party.

What strategic collaboration is needed, to cope with this abundance?

What an amazing life and death transformation.

Genius process of creation.

Infusing life energy from the dead, to feed worms and plants.

While spirit watches it all, confused, amazed and then, content.

what time is it

When you have to go from here to there,

Is it the same sensation of time as when you retrieve experience from memory and feel it in the now?

When you think that there is life millions of light years from now, is it relevant to even think about this possibility as real, or is it an intellectual or philosophical day dream exercise?

When you send energies of love and healing to someone in the other side of the ocean, does s/he get it with no delay?

When you send energies of love and healing to someone in other dimension, does s/he get it with no delay?

layers of perception

When you look here, something happens there that may affect you and you will not even know.

When you observe the big picture, you may ignore the interaction between the details that may be crucial to what will happen in the future.

When you look into the details, you may be overwhelmed by them, and as result, prevent you from seeing the big picture.

Blind spots are here there and everywhere.

Dialogue may expand perception and clear the air.

Sometime not responding is the best answer.

walking meditation

If your mind is overwhelmed with disturbing thoughts, emotions, sensations, memories and imagination,

Do a walking meditation.

Watch the lake, the birds and the trees,

Watch the spiders, butterflies and the bees.

Feel the rhythm and harmony of nature,

Even if every moment you blink, reality changes,

With walking meditation, you can still tap back into sanity, in your personal ranges.

So, what is your potential?

Is it what's embedded in your DNA?

Is it the manifestation range in a certain place?

Is it the result of your social interactions?

Is it the outcome of your creative conditions?

Is it the synergy of IQ, EQ and SQ?

Or maybe, it's all about attention, attitude, calmness, and what love, do?

understanding

When you say "I under-stand"

Does it mean you know the essence of things? Their singularity, their core quality?

Does it mean you think, sense, feel , imagine, and believe, what you perceive?

When you grasp things,

Do you care what the creator means?

What is the mystery of under-standing?

When you have aha moment,

Do you comprehend it only as physicality?

Or as a constant dynamic kaleidoscope reality?

trust

Trust is synergy of beliefs, thoughts, emotions and spiritual connections.

In trust mode, you enable your mind release itself from "FFF survival embedded code".

When you trust, you let things develop without feeling -unjust.

If you lose it, it takes time and positive experience to rebuild it.

Always have a belief that trust can be rebuilt.

Otherwise you will be frustrated, threatened and live in fear.

Effective communication

The resource we lack mostly, more than money, time and team- togetherness
Is attentiveness.

Even when people are motivated and passionate to hear what you have to say,
Their attention narrow band, constantly, drives them away.

So keep your messages short, precise and right to the point,

Make sure the subject of interest is mutually joint.

Otherwise you will find yourself taking the stage and preaching your pitch,

But no real audience will stay long, or will be within reach.

Effective communication is like playing: "catch the ball"

You want to keep on playing, after your first call .

keep the interaction of motivation going and win win flow.

This way you will engage effective communication and prevent any woe.

optimize the usage of your energies

When you want to achieve something ? big or small,
Prioritize your time and attention, envision your plan, and reflect it in your mind's crystal ball.
Next, check if you have the resources to reach your destiny,
Then move on ... with drive, passion, motivation, and direction, and you will get there, eventually.

The challenge starts when one day you are clear about your plan,
The next day you are clear about, yet, another plan.

What do you do?

Let me help you:

Vibroacoustic therapy to minimize overwhelmed head.

Effective dialogue to explore and adjust your believe system that may distract you and drive you mad.

Add tools to manifest your creativity.

Add tools to cope with over sensitivity.

Add sense of humor to detach your ego power seeking, and pride,

Expand your perception, play life and find your navigating compass, inside.

Mom

Ho Mom

I'm reading your dairy. My heart is filled with sadness.

You were so lonely.

Behind the shield interface of strength and faith,

You were so scared.

I wish you could be more accessible, emotionally...

I wish you could have shown your vulnerability.

In the hospital, we did have some moments of intimacy.

You let me massage you everywhere, that was my merit.

Moments of awareness of harmony and peace in your BodyMindSpirit

ho Mom

I love you so...you were so lonely.

strong, giving, supportive...

Who hugged you at night when you weren't strong and assertive?

The Maze

Climb the ladder in the maze,
Find new possibilities of solutions from upstairs.
Because watching from above , high in the skies,
Wide landscape opens and inputs your eyes.
It's the limitation of the mind which views only one way,
Maybe its convenient, but "more of the same" is an illusion and decay.
The maze is in your head, don't you see?
Participate in rules of game's creation, smile and be free.

A cloud

A cloud is a dynamic entity

What holds its figure and content together?, What changes it?

Is it external force? Internal? Both?

A Cloud in the sky

A cloud of mosquitoes

A clouds of viruses

A cloud of germs

A crowd of people

A cluster of stars

a time

A time to observe

A time to do

A time to observe what you do, a time to do what you observe.

A time to think

A time to feel

A time to feel what you think and think of what you feel.

A time to imagine

A time to dream, too

A time to grasp the difference between the two.

A time to stop: thinking, feeling, imagining, dreaming, remembering and sensing...

Death of a moment,... awakening of just being.

A time to empty mind to perceive beyond it.

empty

Throw things

Clear ? Clean your place.

Wait,,,

Let new wisdom energy pour & dance in your space.

Wait,,,

New insights will manifest

Freedom

Being free, is freeing yourself from your own belief system,
Which unconsciously, may turn you into self-destructive victim.

Question and put on the table statements that start with "I need", "it is requires" , "I must", I wish and
envision"

The next day without thinking, you may find yourself directed by lousy action and decision.

Always ask: does this bring me joy, creativity, love and well being?

Does this expand my perception, wide wisdom & sharp seeing?

How can you observe in real time stories in your mind?

What part of you makes sure you are less limited or blind?

Freedom is the energies of playing life with endless possibilities,

Freedom is the confidence that your inner home offers infinite opportunities.

Like a cloud in the sky, and the spirits that paint in them figures,

You can create and recreate, by clear perception , scenarios and wonderful adventures.

by the end of the day

By the end of the day,

Passing a cemetery? View each and every grave. Once lived, people like you and me, So don't turn away.

By the end of the day

When we fall asleep, we lose consciousness and are active in dream world play.

By the end of the day

Sun sets here and raises somewhere else. A hint if you may...

Attraction

I was always attracted to attraction

What is it really?

Is it physical, mental, emotional, spiritual?

Does each have its own parameters of gravitation: plus, minus or indifference?

What happens when one side is attracted to the other, while the other is negative?

Is attraction a static feature or dynamic one?

Can attraction become repulsive /indifferent after sometime? Or the other way around?

Maybe it all has to do with vibrations and harmony, rhythm and compatibility?

Insights

Insights seem to come out of nowhere.
They pop up and manifest like a thunder in blue sky...

We all tend to look for recipes for insights.
Since our conditioned mind is so often used to models,
we add to our list "more of the same out of the boxes solutions"

We have already, a ready to use response, and that makes us content and relaxed
and keep things under control... in this chaotic world we are dealing with and part of..

But sometimes,... something in us... or something from above....(It doesn't really matter what is the source), tells us: " wait... observe... listen more... don't answer right away.. see what's in it... explore the essence, examine singularity with perception that is beyond your thought system"

This is an insightful moment. Dance with it. Feel it with your antennas...
don't let it slip from your mind. At this very moment, it is connected to universal mind.

change

It's right around the corner
Or it appears from nowhere.

It surprises us even when we initiate it, in first place.
No matter if it's a big or a small case.

That is because we never see the whole picture and have lots of blind spots.
Even if, we have the illusion that we can simply, connect the dots.

Connecting the dots is an easy task,
Because it's just an illusion or a mask.

The real thing to understand ,
Is that change is constant and that everything is connected my friend.

Yet one thing for sure ? is, when you with variety of people, dialogue,
It expands your flexibility and perception and minimizes reality fog.

Silence

I would like to take you into a silence~ sound~ space

Close the door; leave your phone outside...

Lie slowly, observe how you place your body parts.

Consciously, with intention and attention, remove stress and tension from your bio-systems.

Consciously, with intention and attention, remove stress and tension from mind systems: thoughts, emotions sensations, memories, imagination and beliefs:

Observe space,

The space between words

The space between thoughts

The space between sensations

The space between memories

The space in your imagination

The space between your beliefs

Breathe deeply and let go

Listen to your breathe

Listen to your body.

Pour Spirit dimension into BodyMind

Be BodyMindSpirit

Harmonically create silence~ sound~ space home ? in you

Attune your being

Optimize vitality.

Manifest love, well being and creativity.

Live.

siblings from hell siblings from heaven in your sub consciousness

Fear and self-doubt sabotage you from within

your primitive subconscious FFF mechanism tries to alert you as a rescue aid:

"don't go there... you will not make it, " you will be disappointed again", "this is not for you"

If you are a pioneer and entrepreneurs *REJECTED* maybe your second name...

You walk on an unpaved path and siblings from hell keep pulling your energies down.

Yet, there is light of insights when siblings from heavens clear things up:

Passion, drive and motivation to create and recreate your singularity and unique purpose, take over darkness.

Inner joy of manifesting your spark is enough to realize and enjoy that you are a SUN and not a MOON.

attention

What's your attention bandwidth?

What does it take to hold your mind and focus with?

Its not enough to say aha.. aha and seem interested.

It's a matter of high quality energies to be invested.

So look inside into the algorithm of passion, motivation and drive.

What electrifies you from within and makes you strive?

Is it a belief or a need or creativity?

Is it magic or some kind of divinity?

Maybe when you know the source of that mysterious spark,

You will be able to expand attentions' mark

Pass Over

Sometimes the best way is not to react.
When things lead to nowhere, you are just being whacked.

You have the right to decide just - not to play.
Let the energies of the other flow aside and not your way.

Pass Over is the ancient spring holiday of liberty.
It is a call to release limiting thoughts, emotions, beliefs, imagination, or any other captivity.

Conditioning of the head is not easy to let go.
Sometimes you have an illusion of security being part of the flow.

Clean up your things, belongings and place,
Generate new order with your new mind's empty space.

Pass over attachments and things you don't really need,
Be light and allow your being and self just to be freed.

Life, Death and Humblness

My mom died and I was watching her face before they dumped her into the ground.

No coffin, just white shrouds covered her face and body.

She was completely dead.

The transformation from life to death is a secret.

A process of systems shutting down...

and then the last breathe. Last unit of life, is sucked out to the air.

Energy, intelligence and rhythm that glued subsystems, tissues and cells together to a unified harmonious LIFE PULSE Orchestra of a living organism are silenced and become a dead body.

Can we get used to it? Death is part of our everyday life, yet, we are always shocked of this alternation.

This is a moment of humbleness... we tiny creatures of the universe...

What about observing the process of: death to life?

What is the moment you turn on the light?

In Hebrew Gematria, light (OR) and a living thing (CHI) consist of the same number ? 9 - the number of evolution.

I know that since humanity knows itself, philosophers and gurus and metaphysics, and religious and scientists authorities have asked and answer this question.

Yet it is a mystery like the magic of infinity.

Humbleness again... limitation of man...

Eden is Here

Eden is here
And all we need is to reveal .

The Creator was bored of having obsessive ideas,
and decided to implement his far-out fantasias.

So he created plants and animals as a huge laboratory,
And last, human, as his masterpiece in down to earth factory.

He told man this is the game of awareness,
"You didn't trust me so now use your consciousness"

The garden of Eden is out of your sight,
But if you use high senses, you will get there, in spite.

Each animal and plant has a special feature.
If you find what it is, your will manifest secrets' nature.

Your capabilities are way beyond what you think.
The way you use it nowadays, keeps you in an unlocked clink.

So go out explore what's there is to discover,
Otherwise another reincarnation is right around the corner.

Only after you find your path back to Eden
You will grow wings to fly and really feel freedom.

Truth and Perception

When you talk about truth,
Remember it's not always clear or smooth.

Even scientific paradigms that were accepted in the past,
Eventually didn't long very last.

Because our limited mind,
Has always a side that is clouded and blind.

We live in a reality bubble,
And thinking of them as TRUTH may get us into trouble.

The only solution for this state of being,
No matter who, you are and how things are seeing,
Is to share and dialogue with no ego of "im better",
Or "im greater if you deal with THE MATTER".

Because even a guy from the street, or an uneducated person,
May contribute an insight that lights kaleidoscope's combination perception.

So if you are here in this journey for reality expansion,
diversified dialogue will mirror "what is really there's" - reflection

And then you push the button ? its time to act!

Life is waves streaming in relative clarity,
Or clouds which come and go in different density.

And then comes a moment you cannot sit on the fence,
Because sensing readiness for executing a plan, is precise and intense.

You know things may not be perfect, but it's time to act.
The project is ready to execute and you are right on track.

Resources are sufficient. You may be paving your own very path.
You know you will enjoy the journey, no matter what in the aftermath.

Be like a tree, a special tree

Be like a tree, a special tree.

A tree wired and connected to deep balanced roots.

A tree with strong, yet flexible trunk and delicious fruits.

An evergreen tree that a stormy weather, doesn't leave you naked and bare.

A tree that gives you shade and good conditions of breeze and air.

A tree that in hard time, its deep roots reach inner layers to suck water and food.

A tress full of vitality to manifest innovative ideas and generate good mood.

thoughts of astrology

When you hear the forecast of a stormy weather,
You calculate the risks of going out or staying in.
When you want to evaluate your life ahead,
Use a good astrological website such as, Astroadvice.com to asses, possibilities in time & space.
The beauty, - this is the oldest accumulated statistical data,
Connecting planets maps, birth map, and personal bio-psych-spirit rhythm, navigator.
The beauty -of manifesting awareness to destiny, free choice and luck and probabilities in
Personal, money ,pleasure/travel, home/family, creativity, work, love, investment/health, high
education, career, dreams /hope, secrets/illnesses, possibilities fields.
Will give you a clue to what life may yield.
This is playing seriously-astrology
Life Philosophy, universal laws and personal psychology

just checking...

Are you ready to be inspired?

Are you ready to be excited?

Are you ready to be curious and intriguing?

Are you ready to be creative?

Are you ready to love with no conditions?

Are you ready to take risks?

Are you ready to explore and be your own self laboratory?

Are you ready to perceive beyond your 5 senses?

Are you ready to be passionate and motivated to change the world for the better?

Are you ready to surprise, even yourself?

Or are you cynical, skeptical, critical, and say "no, no, no" and then look for justifications and excuses?

Just checking....

reinventing yourself

Reinventing yourself is the art of knowing your being - BodyMindSpirit in the now and marking where /what/why/how/when/with whom your destination.

The next thing to observe; knowing and having the resources to achieve your goals.

Since everything is dynamic, do you have the capacity to reinvent yourself on the go?

And if so, do you enjoy the journey as you drive life and as you move along?

clouds and mind clouds

I was watching layers of clouds passing by, each in its own rhythm.

I was wondering about thoughts, emotions, memories, imaginations, sensations and beliefs that are bundled together like clouds. They are passing by, in the desktop of the mind in their tempo composition.

By definition, the deepest layer has to do with sub consciousness components that are embedded in the surface layer.

But they too, can be moved and removed out of system if they are proved to be self-destructive players.

I guess the challenge is to manifest them from the darkness into consciousness.

Catch them when their subroutine is activated, project light into them, cut automatic negative response, and observe the positive broken link out of awareness and watchfulness.

Connectivity

Want to get connected? Here is what you need to do in your next walking meditation:

I open energy center connecting my feet to the brown ground
I open energy center connecting my pelvis and hips to red survival spiral
I open energy center connecting my reproduction system to orange creativity spiral
I open energy center connecting my belly to performance and personality yellow spiral
I open energy center connecting my heart to healing in green spiral
I open energy center connecting my neck and throat to expression blue spiral
I open energy center connecting my central point in my forehead with high perception violet spiral
I open energy center connecting crown above my head to higher dimension in white spiral
I open energy center of my infinite being essence wisdom energy
I connect to energy of atmosphere surrounding earth
I connect to energy of solar system
I connect to energy of galaxy
I connect to creator
I am a cell of the creator
Creator's DNA is within me.

Cherish yourself

Sometimes things are blocked or things go very slow.
That is the right time to self-shine , hug yourself and glow.

Cherish who you are, maintain wellness and good health.
Do things you delay like teeth cleaning and annual maintenance.

Don't get into the blue, If someone just cancelled a meeting with you.

Make all the things prepared from your end,
So that when the stars show its time, ? everybody will give you a hand.

And if by the end of the day, you do things on your own,
Remember to cherish life, hug and love yourself, we do close our eyes alone.

Don't be lonely or sad by this very fact,
Enjoy life, pave your path with self-love, self-esteem, smile and enjoy a good positive act.

Self-healing

Self-healing has to do with streaming - vitality into tissues and cells by using mentality.

Mentality is used to combine focused thoughts, emotions, imagination, visualization as communication inward with tissues and cells' reality.

Feel and sense how you hug yourself from within. With intention, send vitality of love, health and well-being to the bones system.

Feel and sense how you hug yourself from within. With intention, send vitality of love, health and well-being to the muscles system.

Feel and sense how you hug yourself from within. With intention, send vitality of love, health and well-being to the nervous system.

Feel and sense how you hug yourself from within. With intention, send vitality of love, health and well-being to the blood system.

Feel and sense how you hug yourself from within. With intention, send vitality of love, health and well-being to lymphatic system.

Feel and sense how you hug yourself from within. With intention, send vitality of love, health and well-being to the immune system.

Feel and sense how you hug yourself from within. With intention, send vitality of love, health and well-being to every organ, tissue and cell.

Self-healing has to do with streaming vitality into tissues and cells by using mentality.

The school of awareness

No matter if you believe in reincarnation or not,
You are here to observe and absorb how reality unfolds and reveals in your mind.
After all, your mind is the user interface of your bodyspirit hybrid - being you are.

Thoughts emotions, sensations, memories , imagination and belief systems paint your reality
perception in real time.

You look here, yet something happens there, which is not in your range of attention, therefore is not
alive at the moment. Though it may affect you.

This is the school of awareness.

Are you ready to look inward of how you dynamically shape your reality bubble?

This is a fascinating journey of expansion, Live multi dimensions in the now.

This is the story of the operating system of your being

You are the only one who can write the next version.

The decisions i make

The decisions I make between doing my walking meditation in nature,
or lying on your vibroacoustic therapy mat and getting inner body massage nurture.

The decision between being in the present with the birds and following park's path directions,
or being in the present in my imagination.

The decision between doing all maintenance work, cleaning, order, and body care,
or doing something more interesting, intriguing , i don't want to share.

The decision between giving attention or getting attention.
As time clicks... clicks.. rapidly like participating in dream creation.

Be aware of decisions you make as they split like little branches in the tree of life.
Be aware of small choices you make and decide.

Don't look backwards and say,
I could have taken another way.

sometimes you feel lonely

Sometimes you feel lonely
You are by yourself... only
No one listen or pays attention,
As if you are in the room but no one mentions.
You feel tired, overwhelmed and sad
All you may want right now is to be left alone or go to bed.
You have no energies to explain how and why,
All you wished is to be hugged with a low sound lullaby.
It could catch you in this blue cloud with no alert at work, at home or in the traffic jam
As being blocked and closed by a huge door's slam.
You feel so very bad,
You are not even furious or mad....

What would be the turning point to make you feel good again?
What magic would pop up and take away the pain?

Maybe new sensations of harmony and inner peace?
Just breathe my friend... deeply, deeply breathe..
Letting heavy blue clouds exhale themselves and simply be released.

Accept and love from being who you are ? no matter how and what
Believe me dear friend, brother /sister of humanity, Inner body hug is better than any pill or drug.

today is my birthday

Today is my birthdaymanifestation day,
Many years ago I created the ageless community of life play.

Age is not relevant, what matter is vitality, creativity and love,
Experimenting bodymind as self-laboratory, connecting spirit and all the above.

Like animals that each day, celebrate life in its full capacity.
They don't know their age, yet, live with full senses, sensitivity and authenticity.

Every day that is here...
click click click... and then disappear.

Every moment is endless in possibilities,
Reality is so huge with endless opportunities.

You may be in your thirty's yet be dull, tired and lazy,
You can be 95 , enjoy life and laugh like a baby.

So my suggestion to you; embrace ageless perception.
As long as you are here, smile and explore many life reflections.

The beauty of Vibroacoustic Therapy - gentle power of harmonic low sound frequencies that hug and vibrates you from within

It is generic self-help tool and therapeutic modality,
It unburdens stress in emotion, physical and your mentality.

You lie on the mat and choose one single frequency,
It minimizes any overwhelmed mind you've accumulated recently.

It cleans, clears and sharpens the desktop of your mind,
It leaves anger, frustrations and bad memories behind.

You optimize usage of vitality and attentiveness as well,
Making you more optimistic and compassionate ? everyone can tell.

You reduce pain, stress, insomnia and anxiety,
With this wonderful harmonic sound wellness Nordic therapy.

You remarkably, replace bad habits with better habits, in addition.
Using visualization, imagery, self-hypnosis and cognition.

With this sound platform, in any topic, you can improve performance,
You can also do fitness exercises and expand endurance.

You can improve personal creativity capabilities,
You can widen up perception facilities.

It can be used as a stand-alone self-help tool, and therapy,
or can be integrated, and improve results of any other modality.

Anybody who is passionate to optimize health and vitality
Adopt Vibroacoustic therapy, and improve well being & life quality.

Hi are you ready for change?

Dramatic change, soft change, hidden change, surprising change.

Either you initiated it or it came out of the blue... change is always at first, sort of strange.

We live in illusion of stability,

People, culture, religion, family and ourselves support this false reality.

Maybe because it is pragmatically more convenient,

or our mind is too lenient,

or we are too conditioned and obedient...

Yet at some point, the outcome of change will strike us

Earth beneath our feet will shake, thus.

The rules of the game will change forever,

Like streams of water bouncing in a river.

It will take sometimes to realize,

That in many occasion for the sake of stability, we compromise.

It's legitimate from emotional needs' point of view,

A long as you are aware and don't deceive the true YOU.

It's also good to plan in advance back-up plans,

Because change, in whatever resolution, is part of life, hey human...

Flexibility, detachment and sense of humor are always good.

Even if at some point you will find yourself in the woods.

Remember your home is your being -BodyMindSpirit

It's based on your unique singularity, yet partly sadly or not, you inherit.

Nuance of sex dialogue

S/he may be provocative in the way s/he looks

S/he may initiate the flirt and be proactive in the act.

Yet at some point, and it doesn't matter which of her /his mind clouds streams:

Thoughts, emotions, imaginations, memories beliefs or dreams,

Will cause her/him to say out of the blue- : " wait stop.. I don't want this!"

And you as her/his partner, almost reached climax of heavens bliss,

Be prepare to back down, from your bodymindspirit sexual inspiring process

Even if it makes you angry, frustrated or even nauseous.

Because remember my friend the next day what will count, is that s/he said: "I didn't want this"

And if you didn't stop ? you will be accused of wrong doing and amiss.

Catching attention, delivering effective messages that make the difference

Everybody want attention, or wish to catch attention and deliver important messages.
Companies spend millions of dollars to infuse into their clients, contents of marketing packages.

What is the secret of a wow and an impact?

How do we inspire , light up others' bodymindspirits and attract?

We may be in the right place in the right moment,

Yet it is the others' motivation, and needs, that significantly marks a positive movement.

So once you grab the attention for a very short period,

It's the art of tapping into their inner world, and this is not so simple, actually, very serious.

Because only when you touch others' heart, belief system, mental and spiritual craving,

And If attention is there, you may reach desired behaving.

So keep doing with a fire drive what you believe it is right to be doing,

With ,persistence, calibrating messages, and passion, success will manifest. Go on - perusing.

Explore and learn the operating system of your being

Do you realize that your belief system is embedded in your bodymind prior to logic and rationality?
It sets the blueprints rules of the game of your whole reality.

Once you believe ? X/Y/Z...

Your mind will search things to support your beliefs. Be aware you are its slave. You aren't free!

Yes I know, pragmatically we can't question everything.

And there is no need to, when dealing with facts or a tangible thing.

Yet when it concerns ideology, religion or following a guru,

You may be blind and without knowing it, their rules / personality will hypnotize you.

They promise enlightenment, the algorithm to heaven, or highest morality they claim to have.

Without knowing it, you slip and surrender into limitation in perception and behavior.

They will tell you "we have the wisdom, we are testing you. reduce now your ego"

"We are the truth it's not a placebo".

And because you may be lonely, tired and sad,

You will follow the illusion and give up independence and free will, a precious thing you had.

Look at these suicide bombers how brainwashed they are.

Killing and dying for a religion cause, their madness goes that far.

So always question my friend ? money, motives, manipulation and look.

Wake up from this dream ASAP as long as you can and pull out of this journey you took.

Remember no shortcuts or magic ? the school of awareness is for you to discover your way.

Your reward is Just freedom, compassion and expanding perception by your own bodymindspirit laboratory ? every single day.

The art of knowing who you are

Reveling layers like onion and crying of joy and sorrow.

Adding dimensions in the layers of awareness.

Watching deeply into my eyes in the mirror.

Smiling and kissing myself.

Playing life seriously...

who am i, really?

life and death

Some people are alive,
Yet they are dead to you; out of mind , out of sight.

What does that mean?
In your reality, they are erased. They don't even appear in your dream.

On the other hand, you can revive people from the death.
Think of people you love and activate them virtually, in your inner world and on virtual earth.

Please note, anything you think , feel, imagine, dream and believe.
Is in your head, anyway; the input of your senses and whatever you perceive.

silly poem or not

Mr. plus , Mr. minus and Mr. equal, were walking down the road.
They met Miss plus, Miss minus and Miss equal in a corner abode.

Mr. Plus and Miss Plus had an instant magic attraction.
Mr. Plus and Miss minus were in a mode of fighting.
Mr. plus and Miss equal ? were doing just fine.
Mr. minus and Miss minus fought over a dime.
Mr. minus and Miss plus completely didn't get along.
Mr. minus and Miss equal didn't talk at all.
Mr. equal and Miss equal were answering their phones.
Mr. equal and Miss plus wanted to be together alone.
Mr. Equal and Miss minus have separately, gone.

Intonation,

The tones which fold, and dress your words.

The energy waves, expressions are carried on,

The emotional indication of self-confidence,

The emotional indication of hope and encouragement,

The emotional indication of trustfulness and integrity,

The emotional indicator of encouragement, support, and love.

The sensor indication for attention.

The silent intonation of written words... letters fonts, spaces and sentences...

The "how" which effects "the what".

spirit over matter

I didn't sleep all night,
Woke up tired didnt think right.
Yet spirit took over and whispered clearly:
"You have a meeting you don't want to miss, surely".

My emotion system backed with my physical, sent me back to bed.
But then spirit gentle power said:" get up! important meeting is ahead".

Somehow like a robot being pushed to do a task,
I found myself on the road without being asked.

I met wonderful people that may change my life's direction.
Spirit sees more horizon and has its energy's strong intention.

Though my physical, mental and emotions systems didn't want me to go out,
Spirit's wisdom activated me, and this is an example of what life is all about.

Love and its siblings

Love is in the air.

All we need to do, is inhale it and transmit it with vitality and no despair.

"How do you transmit love" you may ask?

It starts with purifying your intention task.

Make sure there is no hidden agenda or barter expectations,

Love is unconditioned energy with no prior anticipation.

Love covers many siblings in its family.

Giving attention and effective listening come naturally.

Creating a space / stage in your mind for others to act authentically and freely.

Smile and encourage him /her to manifest creativity.

Generate an incubator conditions to share their vulnerability.

Yet do not let sadism, violence or manipulation take advantage of your friendliness and sensitivity.

Accept that there are bugs in perception in you and in the others, with humility.

Compassion and empathy are gentle power that removes fear and anxiety.

Do you agree that communication and collaboration are vital for existentially and healthy humanity?

Do we act like robots?

What keywords drive your attention?

What keywords activate your motivation and intention?

What keywords retrieve and upload a scenario from your memory?

What keywords reduce your energies?

What keywords will find your next clients?

What keywords will attract a business alliance?

What keywords will find your love?

What keywords will connect you to wisdom and above?

If we are the images of God,

And our minds follow his trod,

Are you surprised robots react to keywords?

Words that break walls

You start with 4I:

Interact

Inspire

Impact

Impress

You continue with 4E

Empower

Embrace

Encourage

Engage

If you do them with integrity, authenticity, coherence, and passion,

Like magic, even cynical, short-fuse angry and violent guy, will convert and have compassion.

Because by the end of the day, deep inside the many layers, you will find a little child,

Still struggling and looking for the best way to survive.

Writing:

A moment in time when you layout what's in your mind.

A click of thoughts, emotions, sensations, memories, imagination, beliefs, and dreams' cloud.

A reflection of bodymidnsprit energy, expressed in wor.

The bridge between conscious and subconscious.

Signs that generate meaning.

Spaces that generate meaning.

A trace of life energy that may stay here ... or forever dis-appear.

we the explorers

We the explorers have something in common,
We hold a flashlight and look for the source.
Someone says something and we ask ?"how do you know ?"

We the explorers want to leave the door and the window open.
We know that new energy will bring new insights.

We the explorers feel comfortable with change.
It excites us and makes us sharp, alert and alive. We play life.

We the explorers don't want to invent the wheel,
Yet we know that limitation of the minds is here to stay.
"Multi-minds can expand perception and minimize blindness" ? we the explorers, laugh and say.

those tiny things

I was reading about chemicals particles in plastic bottles, getting mixed into the water we drink , while I was drinking water from a plastic bottle.

I was thinking of these tiny things in the air, or soil, or products that influence us without us, even knowing, while we touch or sniff in from our nozzle.

"Don't be paranoiac" you may say... "you can't live in a sterile balloon. That which doesn't kill you, strengthening you"

I'm still observing this.... those tiny things that get into our bodymind, accumulate, and change us from within, as they penetrate our skin and cross through.

The trust paradox

You need to do something with someone.

Yet, you are not sure you can trust him.

You have to check his trustfulness. You don't trust blindly.

"he needs to gain my trust" your thoughts whisper in your mind.

So you are being very very cautious...

He feels it!!!!

As result he develops alert mechanism like a hedgehog in a threat mode.

He sends nonverbal messages of "watch out" don't get closer!!!

Now you are convinced you can't trust him.

He can't trust you!!!

How do you build trust? Each one of you asks.

Isn't that the story of humanity? Sad, yet, we MUST.

Inner perspectives

Ego says: I want to be a CEO

Subconscious says: don't even try

Emotions say: I want to be loved

Spirit asks: what will you learn if you take this route?

and, who is in the drive sit here and leads you about?

Multitasking or focus

Consultants say: focus focus focus

And I say: multi-task and things may turn hocus-pocus.

When you have many ideas and you are a non- stop innovator,
You don't know in advance what will be picked up and make you a CREATOR.

So do multiples things and jump from one task to another,
Yet, develop a monitoring way to record where you are at - this or the other.

When you find out which of the multiple ideas grow people's interest,
Pour into it more resources, and prioritize the rest.

Sometimes a hobby gives you so much joy,
You keep it in your to-do list and don't let these consultants it, destroy.

Because though many of them are good in teaching you a way,
They never experience a boost of creativity and insights, even a whole single day.

dilemma

I was writing about eating healthy food while eating a muffin.
My conscious side whispered" how can you write tips, as you stuff it in?"

I was in a real dilemma, so, ate it all, and I stopped writing.
Now that it's over, I can continue my tips with no inner fighting.

Why I am telling you this, you may be thinking?
My integrity needs to clear this, as I'm preparing my apple vinegar soda healthy drinking.

How is your energy today?

How is your energy today, would you say?

Does it makes sharp and powerful? or, you don't even know what's today's date?

Does it empowers you to be tolerant combined with compassion?

Or you are down and don't sense any satisfaction or passion?

Are you creative and full of insightful expressions?

Or your mind is clouded with never ending depression?

Do you have the inner force to deal with complex challenges?

Or do you need to collect the pieces of yourself destructive damages?

So how is your energy today, may I ask?

Say it loud and clear; don't hide behind any mask, or unconvincing excusable task....

The decisions I made

My first boyfriend after my divorce, (19 years ago), approached me the other day on Facebook. I had some moment of excitement like a flashback rinsing my being. I smiled and liked the interaction.

I was thinking about the decisions we make in our life...

Like a growing tree with endless branches ? we decide to take this branch and not the other. Looking back at it, I sometimes play the game : "what if..."
What if I didn't take that branch, or what if I continued and not jumped to an alternative one?

At the end of the journey ? we'll reach the top of our life tree.

This observation is not about regrets.

It's looking back down the tree with all its branches and saying:

" what a nice journey. I don't forget, all the people that moved me, special people, I've met"

It's not if... It's when...

It's not if you are creative, it's when your creativity will manifest.

Like a dormant seed in the ground,
Your creativity is waiting for the right conditions to pop out.
Years you may sadly say: "Hey, I don't have it in me, OK?"

Yet one day, there will be a clear path between the divine and your bodymind.
Insights will pour into you ? out of the blue.
A new language of expression, you didn't know you had in you:
Dancing, writing, painting, cooking or innovating new things will give new dressing,
to your reality perception.

Inner wisdom rapped with joy, will make you breathe deeply smile and say: " this is here to stay"-
CREATION.

funny or sad

When I have my first coffee in morning, I act from a robotic mode:

Still half asleep, I fill water and place a coffee filter bag with 2.5 spoons of the coffee in the percolator.

This morning I did the same.

After 5 minutes, I came to fill my cup.

Yet, I found the coffee all over the counter top because my husband decided to clean the percolator coffee pot.

Facts: my husband doesn't drink coffee.

I'm the one who usually puts dishes in the dish washer.

Conclusion:

Wear glasses when you make you coffee in the morning.

Comment: I'm not sure it would have helped. As saying before I'm in a robotic mode, half sleeping, because I didn't have my coffee yet.

Connectors

Connectors are those things that connect.

We don't give components much attention, yet, they are in charge of the outcome quality effect.

If connectors are not connected properly,

And the whole system is wired sloppily,

Things will not work out smoothly,

And the experience will be lousy.

There are all sort of connectors in our life journey.

They seem like "just connectors" not really worthy.

However, the connections they make, are the added value thing,

Not simply input output holder, they in fact make the bell ring.

When stars don't shine on you

Sometimes there are periods that stars don't shine on you.
Your astrological map, believe it or not, is boring and very static too.

You are down, in self-pity mode, looking for signs of action,
Yet All you get is reflection of others people operations.

This is the sign to grow up my friend.
Don't rely on external triggers, amusement and money to spend.

This is a sign you need to go inward and seriously plan your way,
Fine- tune you path and visualize its display.

So that when the stars will shine on you, in the near future, pretty soon,
You will not find yourself lazy and un prepared like a "maniana man" in a siesta at noon.

We don't see it all

It's a fact that we don't see the whole picture.

We look here and something happens there...

We zoom out to view larger landscape,

At the same time, the little particles and details act and change the delicate inner interactions rules.

Are we doomed to blind spots of perception?

In a way we are, yet we can minimize it by multidisciplinary multi-mind dialogues.

Cross attention from various paths, may expand reality perception in real time.

There is still a thumb rule: when there are areas of blind spots,

Eventually these blind spots, will manifest out of the dark and expand comprehension.

Like children in a kindergarten or leaders that may fight or throw chairs to grab attention.

Eden is here

Eden is Here, Eden is here,
We just need to uncover, expose and reveal.

When we ate from the knowledge apple tree,
Our egos grew and we thought we were free.

But then Creator said:" you can acquire knowledge as much as you want,
Yet wisdom of creation is completely different from what you have thought.

Mystery of life is hidden in the tree of life.
And because you were arrogant, you will battle and strife."

The only hint I will give you ? a tip if you will:
Multi-minds' insights' sparks, will uncover that Eden is here, still.

Levels of under-standing

What is understanding ? really?

Is it like standing under something and observing upwards, nearly?

Is it to give time and attention?

Is it to digest and swallow all, in the right direction, with intention?

And if so ? what's new?

I'm just exploring my understanding process, how is it with you?

Who is the MMM?

I wonder if you know, who is the Multi Media Manager in the back office of your BodyMind.

You know ? the mysterious director and scenario writer that produces and activates your dreams while your eyes closed ? there behind.

The one that orchestrates the characters and sometimes adds a music piece in the background ? one of a kind.

The one that when you wake up, dissolves and nowhere where you look, you will never find.

Only when you start tracking your thoughts , emotions , sensations and experience , something will connect the intangible dots and remind.

What is stored in your beliefs closet?

Go to your belief closet and check what's there.

Some beliefs are out of date.

Some are not yours to begin with, but your parents, community and school, made you wear them.

Check belief, by belief, morals and values' rulers, and your MUST TO DO checklist, and priorities.

You would be surprise how many beliefs limit you and prevent your growth and opportunities.

When you make empty space in your beliefs closet,

Sharp fresh perception will bring freedom and joy, and... with yourself, you will be honest.

Deep inside I have wings

Deep inside I have wings

Only now, they got clotted in deep layers of my being.

Deep inside I know I can get things together.

Only now, I'm confused in a maze, I don't even know what my mood's weather.

Deep inside I am talented and creative

Only now, temporarily, I have no power ? as if I'm self-deserted.

If I could trust and feel you are sincere,

in efforts to get me out of here,

With the ability to find my way to drive life and enjoy the journey

My internal wings will give me a push ? I will smile and feel again worthy.

TV ads

Excited voice:

"You better take this amazing a-b-c
It will cure your x-y-z"

Change of tone- lower, faster:

"it may bring you d-e-f side effects,
That may add more medical complications (you may not imagine or suspect)
(In the background ? happy people flirting and about to have sex...)

Excited tone again:

"ask your doctor for a-b-c , it will cure your x-y-z"

» The program continues

The next ad: a law firm representative:

"If you or your loved one took a-b-c
And you look as if you bumped into a tree,
Call us today!!!
We will make money together, don't run away.
Theses pharmaceutical company will pay, ho ho yes, they will pay!!!

Things that I delay

You wanted to do this for a long time, yet, face it!
You come up with more and more other prior things in your to do list.
As an excuse to execute them, and not this.

Just observe the pattern.
What is the root reason?

Is it fear, lack of confidence,
Anxiety of the consequence?

Is it facing reality verses lovely dreams
That makes you delay doing today - this life changing thing?

How can we eliminate violence with non-violence?

How can we eliminate violence with non-violence?

Anger bursts and bullying, oppose clear perception, sanity and silence...

The violent man claims his rights: "it's my right, my land, my security, my property my my my".

His subconscious says: " you don't give me attention. I demand it. I impose my force, I'm not shy".

A conductor brings beauty & harmony to the orchestra with his magic notes and mysterious moving hands.

Which harmony recipe conditions will bring "live and let live" to make our bodymindspirits understand?

History shows violence was originated since the beginning of humanity,

Non-believers say: " don't expect too much, just another form of continuity".

Maybe im naive, but I would like to think, that one day,

Insights will light earth and there will be a new way.

Creativity and sport will be the path to let out frustrations,

Dialogues and harmonic vibrations will awaken realization,

that we are all in this together, temporary beings. let's heal expectations,

and start new era of respect to people's life choices, live and let live, and remove aggression.

Little moments of attention we give and receive

Little moments of attention we give and receive,
Are focused condensed laser rays of love.
Even a simple question "hi how are you?" ,looking straight, not above,
Has a significant concentration of harmonic vibrations.

Two words of "good morning" in an email with intention, empower positive relations.

These little moments of attention, rinse you from within with ticklish sensation.
Recharge you with vitality, and a smile. You sense it. No need for more explanation or imagination.
:)

One cent psychology:

There are two types of people ? those that close the cover ? tight.
And those that keep things loose.

What kind are you? What do you choose?

There are two types of people ? those that view people as good by nature,
And those that think people are evil from birth.

What's your approach are we good deep inside, or evil on earth?

What is the positive correlation in your opinion?

Are those that close tight, think we are goody inside?

And those that let loose, are nasty, and for their bad behavior always find an excuse?

Or

those that close tight ? you better keep them out of your sight.

And those that let things loose will always have a good approach to use?

just a one cent psychology silly poem, came to my mind, i wouldn't pay a dime...

It's up to you

It's up to you not to get mad, and turn frustrations into compassion.

It's up to you to stand for your authenticity, coherence and integrity, and not bend to others' prejudice and expectation.

It's up to you to turn criticism into valuable feedback, yet kick out of your system, any nasty energies that drain your ambition, passion and motivation.

Really, it's up to you.

So, what do you do?

a recipe for my allergy

At this time of the year, I have allergies in South Florida.

My eyes burn, and I feel I as if I have a hot potatoes in my throat when I swallow.

Yet, when I drink my happy juice,
These symptoms all disappear...

And no im not drunk.

Is this kind of a recipe
For hot humid weather in S Florida?

The resolution of cleaning

I was cleaning and making some order.
You know, wiping the floor, removing dust.

Then, I put my computer glasses on

And... oh my god...I did it again...

And then I turned on the light.

And... did it again...

And I was thinking what if I had microscopic glasses..

Oh my god... I would end up cleaning all day ? (something I really don't like to do...)

And then I was thinking, "what if i had quantum glasses..."

Oh that would be so cool!!

I would have stopped cleaning right away because I would be able to see mosaic dynamic waves of everything ...

What a harmony...

So enough cleaning,

Lets write about it...

Don't be so serious, seriously

Are you being too serious?

Meaning, you are full of yourself. That is delirious.

The ability to detach yourself from your self, will make you laugh.

We humans are funny creatures; we don't see it all like a giraff.

We try to explain the unexplainable ? life.

Add a sense of humor and sharpen the other 5 as if you are using a knife.

You can be involved, yet, like an anthropologist, add explorations and observations.

Add imagination and absurdity to your mental and emotional sensations.

Step out of the comfort zone,

of serious well prepared automatic response.

Add nonsense sometimes, a twist of surprise,

And laugh will burst out of nowhere and bring tears to your eyes .

Smile to yourself in the mirror, sense how you feel.

If none of the above convinced you, im sure it will increase your sex appeal

Learning

What are the optimal conditions for learning?

How do we entrain new raw material and turn it into significant object with meaning?

How do we clean and clear the desktop of our mind to prevent noise?

What essential components from memory should we upload and echo with our voice?

How do we keep attention and vitality to learn new things?

Isn't that part of joy to uncover what the unknown, brings?

Then it becomes part of our familiar inner data world.

New content in our brain-mind layers ? packed & furled

Supportive team

People that care, literally, improve health and well-being.
Don't be skeptical and say ?" prove it, let it be seeing".

Little appreciation, respect and attention,
Empowers immune system, elevates mood, and boost satisfaction.

Even little words of passing-by people saying:" hi how are you"
May give you vitality to resist stress, and the most serious flu.

MPS Is a good place to start your caring supportive team,
Collect people from different spaces to form a virtual extended family of your dream.

Make this a priority of awareness. Such things do count.
They can uplift life quality ? such as reaching a peak of a mount.

Somewhere in the process

Somewhere in the process, leaders forget.

They forget that they got the mandate to provide equal resources.

So that citizens be whom they want to be, with maximum security and minimum violence.

Somewhere in the process leaders use the power of trust they got, to gain power of resources to themselves.

They delusion themselves with the view, that they are above all the rest, and start acting accordingly.

People sometimes trade, delusional peace of mind, by blindly become followers. They pay the price.

The appetite for power grows and delusions even more.

People become cynical, passive and apathetic, somewhere in the process.

Somewhere in the process some people will wake up and say- enough is enough.

Mind how you fill the gap

Our thought system craves for order and knowledge.

Think of a robot that has an everlasting pile of books in library's college.

He reads, and classifies into drawers,
by tag lines, content, names and keywords.

Yet, what happens when he is in a state of uncertainty?

That cannot be, second level of solution is a second level of accuracy.

He retrieves from computer memory books id that are alike in size, weight or name,
And once there are more than one factor of similarity,
He sticks it in the drawer of compatibility.

Don't be hurt if I compared your thoughts system to a robot,

Your mind is more advanced ? it creates non stop imaginative- stories ? a whole lot.

But the idea my friend is the same.

These are basically, the rules of the game.

Mind how you fill the gap of the unknown.

your kaleidoscope essence

Don't ignore your kaleidoscope essence - shapes and colors.

One day you say this, definitely! and you want to take actions in this direction.

The next day you say that, definitely! And you take the opposite actions and directions.

Don't feel embarrassed by non-consistency

Accept your being's kaleidoscope essence reality.

The more you observe triggers and reactions,

You realize the flavors of needs, fears and frustrations.

Sometimes you don't know the subconscious source for your programmed mind.

So explore and map the consequences of the operating system of your being, be self-compassionate and kind.

what do you do in the 20%?

Creator provides you with 80% scenario of your life journey.

20% is your nuance of intonation, expressions and minor choices.

For him, its: not to be bored as he watches you -playing life ? called "the surprise effect".

For you, it is to feel think and perceive, as if you really drive life.

The other day, I read a story about this guy who was diagnosed with cancer

After several chemotherapy treatment he was told : " oops ? mistake, you don't have cancer"

Happy and relieved, he went with friends to the beach to celebrate a year of cancer free..

The sad story ? he went to the sea to save his niece from stormy waves.

She was saved.... He drowned.

What do you do in the 20% ?

Attentiveness 2.0

Give attention to attentiveness.

Attentiveness is the process of highlighting and entraining, a new concept, object or experience, to BodyMind.

First clear /clean space, in the desktop of your mind,

Then, engage full senses' focus and vitality.

Observe, absorb and digest the process of the process of fresh content dissolving in you.

Too much noise in the streams of thoughts, emotions, sensations, memories, and imagination?

You are attentive to non-attentiveness.

Good. That's attentiveness.

We little ants in the universe

We little ants in the universe,
Are excited and thrilled about the moon hiding the sun, not sure if its a blessing or a curse.

So many religious and scientific theories, explanations, and statistics run,
About the effect of darkness on our minds and bodies, and bacterias, tsunamis, earthquakes,
terrorists attacks
And the astrology of Donald Trump..
when we are shut down from THE SUN.

We BIG EGO creatures...
Are just little ants in this huge universe. Who can be our true teachers?

Imagine you are holding a water pipe,
Splashing water on ants that suck your blood type.
Maybe the universe is shutting down the light as an alert sign,
It had enough with our nonsense behaviour - says the Divine...

There you go ? another theory:
ha ha, we are all storytellers explaining what's going on, clearly..

But seriously, facts:
We are just little ants.

As I was writing out checks, i realized...

As I was writing out checks,
I realized I enjoy the art of writing with a pen.

I was watching the magic of a writing device between my fingers,
Generating shapes of numbers and letters,
Rewiring nerves with intention and attention,
As sensor integration and meditation.

And I was thinking of the children of today.
Is using a keyboard only ,drives flexibility of creativity away?
Does this effect their minds to become robotic?
Psychotic?

Experiment writing with a pen again.
This may make you calm and sane.
It may even drive away pain...

BBC news from the cruse to Nordic Fjords

Story 1

Muslims fled into Bangladesh from Burma.

Bangladesh people fled into Libya as a gateway to Europe.

Trafficking gangs capture them and imprison them until their families paid ransom money,

To free them and send them back to Bangladesh.

Story 2

6 cannibal people were sentenced in S Africa.

It started when a healer went to the police and said

He was tired of eating human flesh.

Story 3

North Korea sent a missile over Japan.

North Korea said this is part of the plan to strike Guam.

China said a dialogue is needed.

Trump said talks don't work with N Korea.

And the world is watching.

And the ship is sailing.

And the water waves get stronger.

Water is flooding Huston. Water is flooding Bombay. Water is flooding Florida.

And people are enjoying non stop food in the ship's buffet.

What do you say about BBC news, what's your mood?

Is Noah's ark ready?

Maybe we should stay on it.

Do you know where is it heading?

Walking mediation after Irma

As I was walking, watching the calm lake, I saw the traces of Irma;
Floating branches in the water.
Dried brunches piled for a pickup truck...

Then, I saw a whole trunk base cut.
Exposed roots. like blood vessels, nourishing an absent tree.

I touched and did healing to the left over trunk's base.
Silent cry over angry violent spiral wind, for tearing a living tree from earth.

The orchid in my garden knows?

The orchid in my garden knows the secrets of survival.
She wraps herself within the branches of the tree.
And throws her arms in between the "heart like" green purple leafs.
Even in irma' storm, she bended herself and stayed strong.
With gentle power, beauty and flexibility,
My orchid has the wisdom of continuity.

The sad thing about this interaction

I've just ended a skype interaction with someone.

It was a business potential connection, and though he was into gaming, it wasn't fun.

I felt he could be a good match to partner with me.

But he was too full of himself and the dialogue had no entering key...

It's kind of sad, because I knew we could do great things together.

And I saw he has sharp senses, and we didn't need to talk much to be on the same page of making the world better.

But again... he didn't open the door to explore.

And life is about integrity, coherence, and the choices we make or dismiss before even giving a chance...

before...

the pioneers

The pioneers pave their own path, and then drive life on it...

Sometimes they see a faraway mountain in the landscape as their target to reach.

Sometime it takes a lifetime for a goal to meet.

The map of where and how to go on, is embedded in them.

The journey itself, is part of the game.

They may stop, change the route, smile and say to themselves: I surprised my own being, no one to blame.

...TION

Intention... visualization... imagination...

Attention...direction... exploration...implementation...

Communication, collaboration,

Humans' education and actions,

led by beliefs, creativity, inner passion and motivation.

Figuring out?

We need to echo and reflect,
That we can't know what's in other's head.
Very often one doesn't realize,
Even, what is going on in his own mind.

Our perception is a dynamic kaleidoscope of realities,
In which thoughts, emotions, sensations, memories, beliefs and imagination,
Try to figure out complexities, that for others seem, trivialities.

All our life time we try to understand what's going on
Some people will stay questioning, others will have satisfying answers, before they are gone

hi, this is your higher self calling

Hi im your higher self, calling you from earth atmosphere.
Do you hear me? i don't shout, i whisper.
Since im located in space, I see more reality than you.
What seems to you as future I see as present. Listen to me.
Sometime you call me- intuition.
Other times you call me- insights.
Trust and rely on my advice,
Its sane and pure and wants your best.
More than your insecurities and negative scenarios your subconscious suggests.
Empty space in your brain-mind
Let me connect with you , let's be one.
I can help you navigate your best path, don't run.

chasing a dream

I woke up chasing a dream that was fading away.

Some of its energies was still there, but I couldn't see clearly, like a sun in a cloudy day.

Parts of dream are flying in my head as if I'm walking in the dark with a flashlight,

Thinking of all the theories about dreams, and what is right.

Do we keep in subconscious memories and experience leftover of our dreams?

Who orchestrated these themes?

Maybe spirits using our minds to manifest their fantasizes.

Music of life

What are the range of your frequencies?

What is your pitch?

What is your rhythm?

What is your silence note?

How do you attune yourself to be harmonic from within?

How do you attune yourself to be harmonic with other instruments beings?

They say he lost his mind

They say he lost his mind

He was a regular person, they say.

Had 10 guns...

Took a room in a high floor so that he to have a wide landscape down below.

A regular man, who just lost his mind.

No records or evidence, or hints of the monster from within.

So many questions of the easy ways to access weapons.

So many questions about the conditioned minds of people praising the second amendment.

So many questions of innocent people who rely on government's basic obligation to secure them.

He lost his mind and so many were injured and lost their lives.

What is the switch bottun that turns a "regular ordinary man" into a monster?

I remember asking this question about the holocaust..

So many unanswered questions about the most evolved animal ? human,

Who can turn into a cruel monster in an easy, indifferent, unpredicted and unexpected way.

How is your mood today?

Moods are the reflections of how the cells feel and sense every moment you breathe...

Imagine every moment you breathe, 37.2 trillion cells raise a flag:

White flag ? im happy

Black flag ? im discontent

Gray- im indifferent

Just imagine ha, ha,

Wind

Whenever you feel wind,
Know; spirits are wind.

They talk to us through the images they draw in the clouds,
Through their power of touch, light, rain and sound.

If you walk on the beach or on the street
and a nice cool breeze,
rinses you, and hugs you,

Know, spirits are wind,
You can communicate with.

12P

First find your Purpose, Pave your unique Path.
Then clear & crystallise your vision with Passion.

Remember to have Patience.

Because individuals you want in your team,
May have different Priorities.
Fine-tune your messages Pitch... to bridge communication gaps.

You will be Prosperous if you are flexible, and synergistically and harmonically, vibrating together,
eventually, in the same Pulse.

Keep moving with Perseverance being Proactive

Drive life, enjoy the journey, being Positive.

10h

Dis-cover inner Home in you.

Are you surprised you will find it in your Heart?

Now activate Harmony.

It is attunement and calibration that brings Homeostasis and Health at their best.

Dynamic balance is the art of living ? legs grounded, spirit connected High in the sky.

Fill your space with joy and Honesty. Sing often Halleluiah .

Like magic Happiness manifests.

Imagine Heaven in you.

The dilemma of sensitive people

We are gifted with sensitivity.

Yet , is it really a gift?

We sense inspiring gentle energies,

However, we also feel any anger, or frustration of the other,
like a pollution cloud penetrating our bodymindspirit systems.

What's the solution? Block and build a defense wall?

No! we are more innovative then that.

Let's generate a plasma strainer around us.

Filter- in, quality of good nature of human being.

Deep inside the core is good, even if sometimes, it is unseen.

The rest, reset... no entrance!

Access deny to layers of bad temperament

Blind Spots

I wrote someone an email.
He replied writing my name with a B instead of a V.
And I was thinking of all the blind spots we can't see.

I know, you would say " what does it matter, a simple not important mistake"
No my friend, It's a huge alert, because the guy had a wrong image in his mind which showed is not
refresh and awake.

How can you know what you don't know?
I don't know...

Yet, if you echo in your mind to minimize the blind,
And you are always curious of expanding perception and uncover what's behind..
You may find...
New real opportunities and possibilities ... beyond just being kind.
Do you mind?

The rules in our heads

Make sure your belief system is aligned with who you are.

From childhood we collect values, norms, beliefs, and bars.

We look for science and people to support us and assure we are right.

It's a great inner mechanism not question, prevent conflicts or self-fights.

Yet, sometimes its good to look at the rules that drive us from within.

They may push us away from expanding circles, playing life and make a real win.

Check again and again your embedded rules.

When you are old you may punch yourself and say ? I missed many things because limiting rules in my head. I was a fool.

It's time to pause, feel and observe

Observe the spaces between clouds

Feel the sensation while holding your breathe when you breathe in.

Feel the sensation while holding your breathe after air releasing.

Observe space between thoughts,

Observe space between tones,

Feel the space between words.

Zero.. one...some-thing, no-thing and in between..

The resolution which expands perception.

Absorbing life: serial, in parallel, wave... particles...

Lets pause... perceive limitation, perceive non locality

Perceive humbleness

Cell of Creation

DNA of Creation within us.

Ego Jail

Some people are captured in their ego jail.

They have created their "full of air balloon image", surrounded it with walls, and as result, cannot be bailed.

They are floating in their own self-made prison.

Some hold on to their diplomas... that prevent them from interacting and learning from " the simple".

Other keep themselves away from "the regular", because of their money, or a beauty dimple.

Yet, other are politicians that only in election year remember to bla bla key words such as equality and "I focus on you people"

I feel for these ego jailed wo/men.

What a pity. What a shame.

By the end of the day I perceive them being lonely in their bubble trip.

They could of helped humanity take a step forward, but they in their self illusion, slipped.

The lonely people among us

You greet them as you pass by, in your neighborhood.

You talk with them at work.

You can't imagine how lonely they really are...

Some of them are in self-denial and accept solitary as a normal destiny. They stopped trying.

Some of them are married, having sex with their spouse or lover, sleeping with them in the same bed.

Yet they carry heavy burden of emptiness and isolation in their hearts.

They are sad, or cynical as a way to detach themselves from emotions.

They are not even friendly to themselves.

They are in escape mode using bad habits to run away from their own reflection, or slowly, sink in into depression.

What should we do, we the blessed with social net of care, compassion and love?

You may find they have no spark in their eyes.

Their faces are frozen as result of non-experience of empathy, love and appreciation for a long time.

Let's give a hand, a hug, a smile, attention, appreciation and kindness, the energy of true friendship.

Let's be generous ? so that they can trust and recognize that they are not thrown under the bus.

And by the way... loneliness can happen to all of us.

Let's just be kind

Let's just be kind
Death is coming after all of us.
Or more to say, coming toward us.

We are in a race with no chance to escape.
We have the illusion of inhaling more life,
Doing things in parallel not to miss a thing,
Telling ourselves stories of eternity or reincarnation or Eden.

We , little ants of universe,
cannot grasp ? dis-appearance or not being.
NOT is not an option in our limited minds and our big egos.

Let's just be kind
With empathy to our existential psycho-physiological situation.

From the minute we were pushed here... time clicks... click, click, click...

So play life your way,
But in any way, no way of accepting violence or manipulation,
of others' ways.. of copying with the situation.
Let's just be kind

Attunement

It has to do with rhythm and attention

It has to do with clarity unfolding, precision and high resolution.

It has to do with harmony within its components.

It has to do with harmonic waves in the environment.

It has to do with synergy and resonance

It has to do with patience and perseverance.

Attunement is a process,

a quality of truth,

a journey.

Distractions

Too many emails from different premises.

Too many Facebook and WhatsApp messages.

Too many thoughts in different directions.

They all attention and time consuming, and cause enormous distractions.

A tip and advice : shut down computer, your tablet and phone,

But before you do so, read my poem....

Successful entrepreneurship

Entrepreneurs not only open doors.
They need to open the heart and the mind of their potential partner.
They plant a seed in their reality realm,
And wish it will be accepted and harmoniously grow,
In his/her conditions and priorities,
Naturally.

B playful

Laugh, explore, be curious, experiment.

Remove fix images and limiting knowledge-base.

Mix imagination into your reality,

Convert one sense with another usability.

Remove limitation, move your body, swim and fly into sound.

Touch the sky, deepen into underground.

Smell with your eyes close,

Feel the energies only God knows.

B playful, B your own self laboratory,

Expand, sharpen your senses to b self-explanatory.

Add creativity & flexibility to perceive reality's bigger story.

I changed my mind

I changed my mind

It's not the same mind I had before.

Who is changing the mind?

The mystery of the endless dimensions of our beings.

Nevertheless , it's obvious.

It's not the same mind I had before.

Beyond the conditioning of the mind

Can we perceive reality beyond the conditioning of the mind?

Can we have a space to climb on a ladder in the prison of our mind and perceive more reality?

While we stand on the ladder, can we see a little magic door that will free us and enable to connect to intelligent energies of wisdom , creativity and infinity and let us be free?

Can we kick fear that is so embedded in our primitive blueprint and renovate our beings?

2018 is just a number

2018 is just a number.

We tend to hold on to numbers and their interpretations as hints that reveal the mysteries of life.
So the secret of gematria of 2018 is 11 - two antennas to perceive more reality.
But for matter objects, plants, animals, children and people that are dying, it doesn't matter a thing.

The wisdom of observing beyond our personal life, is that we co-create reality in real time.

We are cells or Creator's organism

Its DNA is within us.

Life is like an onion

Life is like an onion
You peel and you cry.
You peel and your cry.

Sometimes out of joy,
Others you feel as if you are going to die.
By the end...
Onion is gone.

Yet, the good news:
You can choose a new onion.

If you feel that the universe is not responding

If you feel that the universe is not responding,
It is because you need to be more proactive in making waves.
This is the universe of all things and we are all connected.
Don't sit there and wait for attention.
Don't cave-in your snail-home with self-pity.
Take action!
With clarity, direction, intention, passion, and motivation.
Remember, other people have other rhythmic and density of responsiveness ways.
Their vibrations may not be harmonically in chords with yours.
Sometimes you will be surprised with "when and how".
Nevertheless, this is the universe of all things and we are all connected.

I don't know

I don't know if i do right or wrong.
I don't know if i go right or left,
Up or down,
Straight or back,
In or out.

I don't know

So for now
I don't make a move.

And i like it.
Breathing in deeply, and letting go....
Breathing in deeply, and letting go...
Recharging vitality,
Calibrating my inner compass.

My Mess His Mess

He feels ok with his chaotic mess
But when he sees my mess it gets him furious.
So i removed my messed objects from the piano top wooden cover,
And left his.
It seems like he is content now.
Nothing bothers him any longer...
So interesting what we see.
So interesting what we don't see.

My son sees

My son sees.

My son captures life units with his camera.

Click click click...

He sees things most of us don't.

We watch but we don't see.

We look but we don't see.

He zooms into colors and shapes.

He zooms out into the big pictures only an enlightened mind gets.

He observes and records the mosaic of connectivity.

His pictures expands our perceptivity.

My son sees insights

play life

Remember it's all in your head;
Your perception and views and thoughts,
And the way your emotions color the taste of life.

Remember between mind clouds there is space of eternity,
Infinite, endless possibilities...

Release inner programming.
Habits are good only if they free time and space
Present is all there is, and it's here to stay.

Now that you realize reality, smile and start again
Play life.

shine inside out

First be loving to yourself,
After all, you are with you all day long.

First be beautiful to yourself,
"I am beautiful " echo and repeat to your being this harmonic song.

First feel comfortable and fun in your bodymindspirit inner home.
After all, you are in when people are around or when they are all gone.

Like a pipe and its energy flow, you are the substance and the content.
Keep it clean, clear, pure, straight not bent.

Shine inside out, Shine inside out.
How you sense and feel, imagine, think and believe, life is all about.

What are we doing here?

We execute life.

We ask questions such as: " what we are doing here?"

We play the game of awareness.

We build up theories of the big pictures.

Many times we don't pay attention to the small details that make up the difference.

We think we understand ourselves and the people around us.

Most of the time we produce bubbles in our heads and perceive them as reality.

Many of us die with more questions than answers.

We execute life. We, little ants of the universe...

P.S.

Sometimes sense of humor, detachment, calmness, creativity, loving, and finding our spiritual purpose will change our minds... change our life...

my spiral self

Aware, authentic, with integrity and coherence.

Making sure the "I" of today is the "I" of yesterday with upgraded substance and appearance.

Building the algorithm - blueprints with extension,

Fueling vitality to dynamic BodyMindSpirit multidimensions.

I took a break

I took a break, I disappeared.

I wasn't active in many places, not only here.

Rearranged my life inside my head.

Sometimes I felt as I was going mad.

Time is running so very fast.

It makes me confused if we are in present or already the past.

I missed writing poems and my friends, in this virtual space.

I send you a big hug and imagine a smile, filling my face.

The Meaning of Life

The meaning of life is to explore the process of perception to grasp reality.

It's to breathe in love,

It's to shine out love.

It's to build inner home of non-suffering echo system.

It's to activate creativity.

It's to write the new version of the operating system of being.

It's to expand horizons beyond thought limitation.

It's to realize that mind clouds, cloud bodymind and shade spirit.

It's to connect to wisdom energy and be free, endlessly, fearlessly and playfully

Insane moments

Let's face it, we all have insane moments.

Crazy waves of thoughts emotions, sensations, memories, and imaginative signs of omens.

Yet some, out of the red, have destructive bursting moments like lava from deep earth.

There were signs, but no one took it seriously... attentiveness dearth.

Don't blame yourself, you don't know what cloud minds formed the mess.

Sad. Who can help someone who didn't show deep pain?

Let's take a deep breathe,

And remember those who committed suicide and met their death.

Mind bugs, and irreversible insane moment.

Sad. Waste of life creation termination in meaningless atonement

Be aware: Mind is limited. Never ever do irreversible actions.

Seek help to prove: sun always shines behind mind clouds and embraces life beauty and passion.

A lesson in stress

Stress is mental,
emotional,
and physical.

Which stress do you dress?

Stress may make you feel pressed like a spring,
It may damage your voice chords, you will not be able to sing.

You may sense being stretched from all directions,
And that would bring huge nerves and muscle tension.

Either way, the main point is to reduce stress daily,
So that it doesn't drive you crazy.

Explore what triggers that manifests stress.

Erase them from your BodyMidnSpirit sensation and get rid of the mess.

why

Why do we dream and hardly remember anything in the morning?

Could it be that without us knowing, we do mind sharing with external entities?

Why do we stick to stupid bad habits even though they are harmful?

Could it be that it's simply an escape of not dealing with conflicts and things that are stressful?

Is the fact that we assume things and repeating asking why,

Better than doing things automatically and let our minds dry?

Be playful

When you feel you are sinking into limitation of space-time

Be playful ? it's all in your mind.

Jump up, throw out your freedom wings,

Listen to flying birds sing.

Laugh at loud to yourself,

Place ego attachments on the shelf.

See cars in traffic jam as toys,

Sense sky as image in a illusion story joy.

Be playful its all in your head,

Don't like the scene? Create a new game.

in between

When you are in between, You see more possibilities:

Watching the rain pouring in a sunny day.

Documenting a moment of half rainbow.

Watching how it beautifies sky's horizon,
streaming white, purple, blue, green, yellow, orange and red
in the border where blue color starts and dark clouds end.

where do you wish to go?

Where do you wish to go?

What is your destination?

What ways will you take?

Do you have the resources to reach your goals?

Once you design your plan, go for it!

There may be obstacles.

People's believe systems and egos may give you a hard time.

People you want to collaborate with, may not be attentive as you wish them to be.

Check your, integrity, and vision.

Fine-tune your inner compass, balance your bodymindspirit.

Adopt the C10:

Clarity, Consciousness, Consistency, Creativity, Compassion, Collaboration, Communication,
Calmness , Coherence, Calibration.

Multiple scenarios and actions to reach you ends are great.

Zoom in, Zoom out.

Keep being sharp, flexible, and have serious a sense of humor.

Where do you wish to go?

Life is the game of awareness

Life is the game of awareness, and we are here to explore the operating system of our beings.

We are here to write the new version of who we are.

Reprogram the formula between environment and DNA.

Realize its a multi-dimension game, reset & restart ourselves, yet here to stay.

There are too many elephants in the room

There are too many elephants in the room

I can't breathe.

I think I will leave them in the room, lock the door and sneak out.

Opps, guess what:

Many elephants outside.

Time to face chaos and fear.

Someone told me that when you learn to communicate with them,

They are smart and sweet.

Conditions in the sky

Spirits needs specific conditions in the sky to paint figures in the clouds.

Spirits are dynamic intelligent energies that generate wind.

In a completely blue skies, spirits dance somewhere else.

In a complete dark cloudy sky,

Spirits hide and wait for sun to shine.

I collect moments of excitements

I collect moments of excitements

Some with other people.

Some telepathically.

Some simply in my head.

Multimedia in my body-mind-spirit

Kaleidoscope of realities in me.