

Me

Welcome to my side of the world..

~ I looked up to see the thing from my dream,

but all I could see was a sky filled with stars... ~

Att bara tänka
på sig själv är
mycket
beroende-
framkallande.
Sök hjälp.

Here is where I live :)

Here is where Ive been as far I remember.. not much.. but yet a few places..

A few "dots" are still missing.. Ill add them asap...

~~~~~

- The truth... is to be found everywhere !!-

-----

&rdquo;Not to do any evil,

To cultivate good,

To purify one&rsquo;s mind-

This is the advice of the Buddhas.&rdquo;

-- the Dhammapada (183)



\* Torsås - 6 months

\* Nybro - 1 year

\* Göteborg - 6 months

\* Karlskrona - 1 year

\* Borås - 6 months

\* Helsingfors - 4 months

\* Åhus - 2 months

\* Kristianstad - 2 years

\* Köpenhamn - 6 months

\* Västerås - 1 year

\* Vetlanda - 3 years

\* Växjö - 1 year

\* Kalmar - 7 years

\* 2008 Olofström

\* ill be back.....

-->> in the above named order....

~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*

( its also at the darkest hour we learn...)

~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*

& Then I started to travel around in Europe...

- \* France (gone there a few times... must be tha Lavendar, not the wine.. prefer Italian!)
- \* Italy (ever returning.. Loadsa reasons & good friends.. Mountains...Take a pick..)
- \* Germany (a few good friends, I did work there too..)
- \* UK (almost mooved there permanent.. Looong story...friends..)
- \* Nederlands (Dutch.. a few very good friends...)
- \* Belgium ( chocolate!!! !! & my ancestors...one side)
- \* Austria (those powerful.. mighty mountains...)
- \* Swiss (those beautiful mountains...& chocolate then..and a monk friend :))

~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*

~

Love

and respect

Should it be

so

damn

hard?

~

this very moment..

I am becoming aware that I just passed some of the life lessons I got.. I tend to give everything of myself to others Without hesitation..This had to stop - I must share, not give everything of my energies away. I learnt to say no, take criticism in a better way and not fade away. This I discovered was due to low selfesteem..I am born as many others so

called dandelion, suburb flower.. though I do not like the comparision I understand it. as a child, I walked on my own on ways noone understood always helping and always collecting stones.

as teenager I got more into "dreamstate" of mind.. often black/white.. where I got confused as in "awake state" the black was soft and caring and white sharp, in my dreamstate it was complete oposite! the black was sharp as a knife and the white so soft and comforting.. I know this have a significant value in my life - I do not Hoover over its facts , just accnowledging its source.. good and bad.

The growth contained many mind escapes.. I easily traveled into other dimensions, some not so good as I was not ready to face them and got taken back by what I call my guardians. I shosed the life that was not an easy one, the many lessons Ive had so far is rare, now and then Ive had alien feelings.. that I do not belong here, but I cant put my finger on how and why. my family around who raised me was not my parents but grandparents.. were christians with a leaning to buddhism as my grandfather was into this path - he taught me without words of this.

sometime ate the age 20 I closed myself and had a child, this led me to understand i entered some circle , one which I intended to brake. the circles that had been going on in the family of mine stopped ith me. there is no abandoned small children now, no abuse and violence is silent. awareness of those patterns came then.. the time I had to contribute my will and power to end this came shortly after.

at age 30 I started to meditate as a way to relaxation, it became clear to me that I had been meditating all my life but didnt knew - they called it "daydreaming and hopeless to talk with" ;)I joined a meditationgroup that created a huge change in meself and the way I understood life around me, compassion and awareness.. to help.. to not harm.. some years ago during a meditation I realised that we all are healing the earth during our meditations (as we connect to earth and ground and then to universe to free the flow of power.) I am sertain that when we meditate it is healing. Several times I came to talk with people in different places and different ways to find out in the end they have similar problems - to get grounded. some more evere then others.. as this have been repeted through many years I figured I had a task to do.. and tried as good I could so far to help with these issues..

I also came to understand I answered questions just as a thought came up in others mind.. this is a bit uncomfortable for some people as they dont know how to handle this I understood.. and having this in mind - I try to not talk without thinking in order to brake the information a bit..I know I am extremely sensitive to other peoples energies and try my best to protect and activate my bubble of protection.. sometimes cross my arms in a simple way.. During a massage course the others sometimes complained that my hands burnt them.. and afterwards it showed they had some damage in the area I was working with.. muscular or "bodily pain" (this I found was blocked experiences placed in the bodymind - but of this the course refused to work further.)I am exploring my body to understand the pains and where it comes from , as I get the feeling it is all about memories.

now, at the age of 41 I realise I came a logn way.. I can look back and see how much I accomplished in my work both with self and others.. and I still know I have a long way still ;)the question to write and essay about me and some things made me start write, to start hesitate in middle - is this relevant? erase and restart some parts..the question is for me to understand - where am I right now? Where have I been? and what do I understand so far?I guess I have loads yet I cant remember atm but this will be for now..

The meditation I am working on is walking down a sellar to enter those reooms I never open the doors to.. I will clean up in those rooms and note whats in there.. its a dark and narrowed stariway down, but one I must tidy up.. for this I am ready and have prepared.. you see, I have some memoryloss from youth due to difficult family issues, so to forgive whatever happened and work from there.)

oh.. I am still collecting stones 40 years later.. they protect and I love them :) \*hehe\*







