

SMALL TALK BEFORE APPLY TO WORK (..or sort of that) *

**This Booklet / Brochure should permanently change Your Perspective and Mindset on most Critical & Deepest Questions at the Basis - Concepts of Values are Our Objects of Interest. Let's train Our Skills to find and see different and alternative Points of View between the Lines, in the Process and Daily.. For Nothing Else Matters!*

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WELCOME! SPECIAL THANKS TO:

LATVIAN ACADEMY of ART'S

Master of ART's Ms. SANTA VASIĻJEVA & Her Mr. L.

OUR CAT (*Mr. DZINTARIŅŠ*)

*He's always guarding my Mom (Dr. Med. VINETA JUSTE)
and maintain Calm at Home and Space*

LATVIAN HOCKEY TEAM

NATIONAL GEOGRAPHIC & RĪGA's ZOO

LATVIAN ACADEMY of CULTURE

LINUX OS

STATE POLICE, PARAMEDICS, FIREFIGHTERS
& RED CROSS

FOR ALL THE ANONYMOUS ANGELS

and

ALL THE STRUGGLING REBELS
of ETERNITY..

ETC.

SMALL TALK BEFORE APPLY TO WORK (..or sort of that)

Chapter 1

The right notes I still haven't found to express my opinion – like in music. I string thoughts into sentences on paper. In two-dimensional letters that, in Your imagination, turns into the meaning already in four dimensions.

What does it mean for me to be understood?

I only have one Life and one Home (Earth) to pass on to future Generations, Minds and Worlds.

Every person is a different World, and there are interactive energies in the universe – no matter how far apart star systems are from each other, with the help of Light, we can reckon that we are in one Universe, we are bounded and united. Only the time before birth and after death is in another Universe – or so far away that its time lights have not yet reached our environment.

People gather and fight for their rights – not bad. But how often do people really fight for internal and mental values – how we nurture ourselves. These are usually Grandmothers who wanted to teach their descendants how to Love Life, how to Love work, how to Water flowers and tomatoes, how to feed and burp babies. The value of money must be learned by earning and so then its value become understandable. money travels from one pocket to another, and commissions are paid for transactions. Regular staff. It's necessary to mention that not all the World's money can be earned (the maximum You can get, is that Your portrait is printed on a banknotes and coins, and also seems necessary to mention, that portraits of the richest people are not put on money – even though what is true wealth; is it Power?). By money You can buy Experience. And by that manner we gain Experience – like solving our financial problems. Money is something that seems relevant to most people in all social groups.

This book or booklet, or brochure will not be about the positive or negative impact of money. I leave considerations about wealth to You privately and hope You get valuable Experience with That by Your own – later You will find something money can buy.

You know – every coin has two sides. I just complement this topic with an ancient truth that: as long as money is in Your wallet, it does not belong to You – it belongs to the State.

On one hand there are Your issues and past struggles, on the other – this brochure with philosophical and anthropological stuff.

We both want one thing: to have more good time, and therefore this book is dedicated to peacekeepers and how we talk and react to restless spirits. A person who has something to say can find listening ears, because hes or hears issues considering truth, then always opportunity for it can be founded to be heard or noticed, but whether it will really be passed forward for further, remains a question – which way the word will be spread.

Life presents different situations where we have to deal with other's opinions, but please, do not discard Your thoughts and values for peas. Do not give Your pearls to pigs.

Sometimes simply sacrificing Your time for the sake of others can be valuable with the highest value.

Therefore, it turns out that we are donating together now – You have a book to read, and You have something to read and browse. That's for a moment.

Eureka.

I really want to meet my Children because it seems that I can teach them something, but I do not have Children at this stage of Life and may never have them, but I want to give Children (even Orphans) at least what they Love most – laughter.

Dear parents – let's be wise and keep our tools in order to pass on to our Children an example of Love for work, order, discipline and wisdom that comes with Love for things we do. Let's pass on to our Children the hopes for ideals that have brought us joy – maybe even our unfulfilled dreams.

Yes, even in the hardest times, we can find hope and – It can't always rain. But we losing our Loved ones, please – we're not allowed to transfer our pain to other families. Don't let our grumpy mind ruin others health. We are talking about Death, which will come for

everyone. No one has stayed above this Earth yet, but as long as we are here – it is our Purgatory.

Everything around us are tools, everything in our minds – potential. The future belongs to Children – so let's Love them and give them lessons how to sing, instead of screaming.

(I know that my Friend Edgar is reading now these lines, and his little Inside-Joker is looking for where to cling. I will tell him, and You also - it is easier to put this book aside and just call me on Mobile [LV Phone Nr.: +371 29747507] so I could tell You how this book will end. But please, if You'r on to reach Author - then please, please consider Donation for www.sae.lv as Charity for Good Vibes.

We can speak in Latvian, English and Russian.

Maybe leave Feedback, Comment, Rate or Note at Bookstore after last pages are readed).

Sing something sometimes. That way, You'll giving hope for saint Spirit and Angels, and if there are birds around on Open-air, and if they will hear You singing, then if You hear them on other side – that means that they'll actually sing also for and with You.

Cherish Birds – they will sing at Your grave when every body will forget You.

Someone has shown them this theatrical expression, namely a song. Songs are the themes of Angels. Songs are the same dimension as Light, as art, as creation.

Logically, a song also ends, like a candle.

Our only hope may be that when We stop singing, someone will continue the melody. That's actually a spiritual practice.

If I have to argue why and what about this book is created: very simply - the author has an overwhelming desire to express himself, and there there are certain things, that must be told without interruption. If the conversation and topics could be exposed in a verbal dialogue, probably We get off topic and fail to reach productive agreements.

Our thoughts may resonate, but We most likely will not be friends - it is better that our friendship is mental torment and resonance, than naive and Childish flattery.

Every writer's primary tool is their language and vocabulary, but not every writer has something valuable to say.

Don't give up: don't jump off the bridge, don't tie a rope around Your neck, don't swallow all the sleeping pills at once, don't stick Your head in the oven or cut Your veins, keep safe from the trains. Your Time is not come yet. Maybe it sounds naive, but You are The One, who can still bring the Changes for Good.

You can speak and must argue the truth and it's interpretations. And You can also surpass the problem that prompted You to "lay hands on Yourself" (commit Suicide) because if You were ready to part with this World's Life, You can also set aside all the problems and be/live above them. What You gain actually is higher standards of Life. But effort must be made because yesterday's shadow can still remind itself today.

Chapter 2

The authors cat assists by sitting on the lap, and the radio plays in the background. I hope the New One will be better than the usual, and the weak one will rise to fill the time with pleasant presence.

You can start a new Day with a new impulses – because cognitively (with mental abilities) we can turn time this way and so, that we unite brothers and sisters through songs.

Make Wolves pride with Your Awwwwuuuooo.

At least Once per Day – Do it now!

In our new Day, a few more enzymes needs to be added and generated. In matter that it has never been done before transitional times. We need to learn to assess what is grain and what is chaff. In the transient and enduring, everything needs to be sorted out what can and cannot be changed. For every ant in the Forest, every bird on Open-Air besides the window, every little beetle, every fish and every deer – each has its daily routine, values and goals.

There is still enough time, but the time is no longer presented here, and only Energy remains, and it resets dates.

If God builds the Church, then the Devil hangs the Clock on it (relative note).

In the circle of Life It's always about dance of the Moon and the Sun, the Roots and the Body – movements and changes must be understood as basic value – so goes the flow of existence and eternity.

Everything depends on how the Wolves will gather.

If You're afraid of the Wolves – don't go into the Forest! But on the other hand – if the Wolves come out of the Forest for You? :)

Power can pause the moment, but hope for the next Breath remains as an unconditional reflex, and it must be respected that Your body does something regardless of Your will. You cannot pump blood with deliberately while Your sleep – the heart does it without Your permission or noticing, or check out's. Four chambers.

If You have thoughts of Suicide, the seeking for Help from Higher Power may help – calling a crisis hot-line can also be considered as an option, and it's not the worst option, but perhaps You're tired of talking on the phone. Understandable.

Go – look forward. Sing a song with pray for Higher Power and don't be shy to cry.

The other side of the medal – seeing the patterns and formations of human behavior, it is predictable that our, forgive me – raped Mother Earth has little left, and due to our irrational action, the entire Planet is being destroyed – this is about climate change, which worries most people, but still the same people who understand why everything is bad and are informed about the causes of climate change, still, for their own comfort, load money into cars and burn fossil fuels, drink and lead to rivers drying up

Marking: The diversity of Life should be preserved and cherished – because it is not just our future, it is also future for our next generations.

For Example, Greenpeace and in the manifestos of many nature reserves and funds, and in the philosophies of many Reggae music artists have highlighted the hope to pass on more vital future to the next generations and to guide the way with Light like from candles.

Just as every Birthday – for Earth, every Day is both the first and the last.

Chapter 3

A little about friendships.

When You're looking for a Friend, it's very difficult to find one, but when You go to others as a Friend – then Friends are all around. Friend's time.

Friends, come together so each of You can find some peace of Mind, understanding and maybe – fun under this Sun.

Are we friends? We sleep separately, but wake up together!?

I can give a person a chance, and if he gives me a chance, then maybe we should cooperate on mutually beneficial principles and try our Best communication skills. Friends are needed for the common cause. Not always that who wants to go together, wants to steal.

Sometimes two heads are better than one. You should look at the partner as You would like to be treated. If we hope to have respectful attitude in business, but if the partner will put himself higher than the agreed amount or will exhaust Your nerves just because he paid something, then, I suppose You should that it will be necessary to apply the basics of psychology and explain basics of respectful cooperation on deal like for little Child with reserved attitude

Note. It is certain that the Friendship based on Business is better than Business based on Friendship.

In the History of the World, there were many Gods and Myths, and Legends, and Sources, and all in their Time and Form wanted to gain Power and Allies.

What is a Friend for You – a Shoulder, a Brother or Sister, Support, maybe gifted Peace?

Here is the Phenomenon of the Human Factor – like sometimes it seems that God is small, but I am so big. Yeah, God is a small, so small like a Child, but His Voice, when it comes to expression, is like Thunder.

The mystery, where in one hand is a blue and in the other a red pill – the Matrix chooses the most Interesting one and We can meet new Friends on the Way. In our Reality, it is

likely that when You run from the Wolf, You will meet the Bear. Let's respect the Wolves for their songs, let's Thank The Cosmos for the Hood together with the Crows and all the living beings all over the rest of the World, because today we are breathing - Yeah. With "Thank You" is not enough – enzymes will be needed. Each Hope needs Wings and You can gain them with attitude to Higher Power and new, refreshing Rain in Desert.

Bless Yourself every Day, Love every Day. Simplicity, truth, and awareness will find a free niche in Your head. There are still so many undiscovered regions in Your brain, and You still have the time for Your nerves to struggle with good stuff today. I wish You get karma with the Wolves.

You can try out to train the ability to visualize thoughts because hope needs goals as reference points. Let Your ambitions eat Your nerves. If You have something in common with a Friend and You find Yourself in a state of struggle, then in the hard times, You can understand how much You can rely on a Friend. After all, You can also talk about trivialities, about small everyday joys. About health – a little about that.

Chapter 4

Moving away from what was previously written, let's throw a loop over the events of the my last 24 hours.

After a night of nightmares and a late morning, during which a patient called me three times, who has been treated in a straitjacket for five years, and another dude called me twice – I ignored these calls because I wanted to wake up in a different reality. I wanted to be fresh and well-rested. I am too accustomed to sleeping pills – I slept both for myself and for You and woke up around 8 AM. Undone tasks and shame are creating "voices" in my head. I don't distinguish whether they are good or bad thoughts – they are voices calling from a parallel World where I needed to "catch the train" today when I overslept a work meeting. The voices don't stop. A Friend came to visit, who also tried to commit Suicide. I lost to him in chess twice. I think I become indifferent to victories or defeats in chess. It's healthy to orient oneself.

Marking:

It is healthy to orientate where and why we find ourselves and to see vectors for the agenda of the Day. I noted this because sometimes routine defines our circumstances.

One can only reckon what mental parallels, which fundamentally do not intersect, are – for example, human Life, which can not be bought, while other vectors reign in the material World where everything is buyable and sellable.

But the Cat live on all parallels, in all fields – always adequate. Meow.

Insight for this section: it is better to do something and not receive money than to do nothing and not receive money – because, if You do something, then at least You can gain Experience points. It's about routine and daily struggle - just do what it takes to feel better than in useless existence.

Chapter 5

You can look at the Life and notice, that all temporal things as waves washing up on the shore. Each lived Day is like a new wave crashing against the shore, and afterwards with currents taking it back to the sea. Time with God's speed raises waves one after another.

The ocean as the cradle of Life in the transferred sense is the element for travelers, and it seems people are like ships, which have traveled in my waters through different stages of Life – many of which the colors and names have already been forgotten. Meanwhile, some have white sails. At those, the mind and spirit becomes joyful and uplifted because white sails symbolize Love, Respect, Faith, Hope, Dignity and Harmony. It's actually a standard color – a noble color.

The author's favorite ship, hopefully, has not capsized – it may have just walking aground somewhere. Somewhere, who knows - it is not seen on radars.

"How so?" You will ask. That's because She, my beloved one, currently wants to hide and probably thinks that I, being powerful like Neptune, I am angry or something. But She is mistaken – She has spit overboard, and now She thinks that there will be a punishment

from me, but She still has the most beautiful sails, and no mermaid deceives sailors as beautifully and easily as Her laughter. And as long as there is sunlight, let our Latvian flag flutter and shine on that mast. I don't know – maybe She is passed away and Her corpse had given back to Mother Earth. Author lay no responsibly on You.

Life's lessons show that happiness cannot be bought – You can only share with it. So I will send vibrations into the ether. If She wishes, then She can catch the winds freely – just need to untie the knots. We still have many miracles ahead – let Her navigate by the stars, the Moon, and the Sun, and let Her manage to make a wish just at the moment when a comet falls. After all, there are also armies of dolphins that will support noble sailors. We all are immortal – that's enough on/for this manner.

Eureka!

While the ship is not docked or at anchor, it is considered in motion – hope for the waters be clear and clean!

Note. Respect the Pirates – for every Occasion.

Chapter 6

We live on one small Ball, but how we divide it – roughly as if Fleas think that the Dog belongs to them (Australian Natives proverb).

What Flesh is. It is a Temple of the Soul, and the flesh must be kept pure and sacred. If You peek through the keyhole as others make Love, and if You feel drawn to it, it's still not a dignified thing to do. Maybe You need lessons in this regard – but is it, or isn't it Love? If it's perversion, then it's really sad.

Don't wash Your dirty underwear publicly.

If You simply lack sexual activity, then You are fine psychologically about it, but if what You want is indulging in and/or defiling the flesh, then perhaps the only way for You not to end up in Hell on Earth is to turn to the Holy Scriptures (Bible and New Testament) as

quickly as possible. It is easier for a camel to pass through the eye of a needle than for a sinner to enter the Kingdom of Heaven.

Chapter 7

If the Roof of Your House leaks and lets the Rain through, so the Fire in the hearth won't stay there for long, because neither Gravity or some imaginary Elements cannot be fooled with illusions.

It is impossible to psychologically compensate for a leaky roof. A step to the left or to the right with fantasy, trying to create what is desired in the imagination – and truth and hopes lose their wings. A leaking roof should be repaired as quickly as possible - both literally and figuratively.

Light was created during the Day, and as we live our lives, it shoots out, radiates, and illuminates in various vectors, leaving memories as a part of the Experience where there wasn't enough Light.

Hope for tomorrow must be practiced with prays as well as creative and practical achievements. Hope for tomorrow comes along with some changes – for whom should they shine if not for You? Hopes are for friendship between every bee, every stream, every sparrow and finch, every wolf, and deer, even for ants, birds and fish, cat and dog.

I apologize, but one must not lie, neither to others nor to oneself, because there is something in common in the laws of the Higher Power and Karma. Every Intention is a Vibration like Waves. Tell Yourself: "I am as calm as the Sea."

Chapter 8

Making something delicious is a good achievement, but it's even tastefully when You're hungry at the moment. Everyone gets hungry at some point, but how true is the saying that "The full don't understand the hungry"? Yeah. Whether You believe it or not, this saying works, and it's not without reason that it's become folklore. Similarly, the simple truth that

works well is the message in the Russian saying or proverb: "муж и жена – одна сотона" (The Husband and His Wife – They're one and same Devil). This story isn't about solitary dinners but about relationships where there's working an Unknown third Party.

If someone is involved with another person who is married or in a relationship, then practically, this person has no prospects in dealings. Those who are in relationships have a Divine union. It's about three people whose interests are divided - one will be against two, who, in turn, are united in a relationship. Who will win? Of course, the sacred union.

It's acceptable that sex unites more than money.

The fact, that sex life is the most relevant and strongest glue, is Norma. The third has no chance against two who have a Union. Let's skip and not talk about prostitution and/or porn because if it is a voluntary act, then, sadly (authors opinion) it still has no future.

Chapter 9

If a person puts money at the basis of all interests, then they think they can buy everything. And here, where practically everything can be bought, we encounter true gems - family, the spirit of home, reputation - things that cannot be bought without Divine blessing. These are positions and togetherness that demand "let it be better (!)", "let it be healthier (!)", "will it be more interesting (?)", "how are we getting along (?)", etc. If we can't handle the questions asked earlier, then something might not be right with our priorities.

It is possible that the sins of the past will be written off - then the credit goes to Karma. It seems, however, that the Supreme Power is not a naive little Child, and if We fails, He writes it down. It's a little scary, and it's not a joke, because the Earth is not only simply round - what You send forward will hit You in the back of the head anyways after it has flown around the Globe. It's healthy if there are brains and sometimes a little insolence is allowed. But if lies are allowed, there will likely be voices in Your head. I say this as a warning to myself and You, because we have to share this World and it depends on both You and me - how we pass it on to the next generation. Will the next generation have anything to do here? Standards and principles are the main basis on which to base our responsibility for the next Day. And it assumes that there is something to fight for.

How do we get over the voices? In health and self-criticism.

Chapter 10

Let's enjoy the flow that comes to You from Above.

We must create - the Higher Power always gives us different choices from whom to choose the Path. We just need to formulate what is most important to us and let our consciousness listen to the surrounding environment. If the question is right and honestly formulated, then the consciousness will hear the Answer from Inside, and it can heal and do amazing stuff with Us.

Hope is an option. But there's also naivety, which seemingly calls out the right numbers for You in the lottery. If the meaning of Life for You is based on lottery principles, then go ahead – You can choose Russian roulette already right away. Choose the highest stake and exclude the value of Life. Work is work and it is Ok if You have Job.

Do You put money on gambling - Hmm... Remember – at the end of the Day, the winners always are the Casinos - that's all You need to know about it.

Chapter 11

I don't know what is to be departed from Life, and I don't know what will happen when they declare me in cemetery, but as long as the Sun shines and the Spring flows somewhere, we don't need to rush to find out what the stiffness of death is.

Fact that the Arts Source is going along with Holy Spirits presence, is as clear as 010/101. Some People do think that every Profession is an Art, but not every thing that the author has tried to make into a work of art actually always becomes one. Sometimes everything may seem meaningless. Maybe do check the moment, maybe the circumstances are enough good for the creation of a new piece of art – that's for You to think about. If You consider to take a break from reading – keep in mind “Changes are absolutely common”.

Note:

This piece of writing here are created because many do not have yet understood what to do with their Lives. What's the Point of all?!

Answer: just the Future and good Work with good Intentions have meaning.

The Higher Power will understand if You doubt. If You doubt - listen. A decision stands in front of You. Good intentions - they will enlighten common Generations.

God and Karma will pay it back to You for Your struggles. Do the Things with good Intentions and something valuable will always will come towards.

While You are reading this – try to catch up The Presence of Something or Somebody that is guarding You. The author isn't trying to lure You into blur, but pay attention at the Power of thoughts - well, reading is a magical process because thoughts tend to materialize. It's about how We keep mind as sharp as possible.

Chapter 12

If we now focus on the main Issues of this Brochure, then let everything go smoothly. This writing can be useful if You or someone close to You have suicidal thoughts. At the center of the composition is a Person who has come to the realization that Life has no meaning. We could indulge in the adventure and slit our veins, but then we would disappoint the manufacturers of knives and razors, as we would have misused their products.

“Don't jump under the Train. Pity for the Machinist”, (Russian proverb).

Can Suicide be justified? In some ways - Yes.

It is justified if a Person chooses Euthanasia and/or donates Their Organs to others. But simply dying despite Your Loved ones and relatives, is selfish, self-serving, and disgraceful because then it seems that Everyone around has been foolish or even more foolish than the departed. It's selfish because if Someone takes their Own Life with a rope around their neck, with pills, cutting veins, or jumping off a bridge, it seems that the Egoist shows that They are much braver than others by avoiding Responsibility and thinking that Their act assumes responsibility. But it's abstract responsibility. In the end, the author cannot imagine anything funny, cheerful or point in the act of Suicide.

Without preaching any Religious aspects - a Person can hear the voice of God or Consciousness – Call it how it's comfortable for You, and it will always be Honest. But if You are tormented by the presence of the Sin of Death, then indeed there is no point in Living.

Note:

If You are a murderer, then You shall Die. If You are a thief, then You also shall see the Face of Death at some wonderful Day.

If You are a King in this Life, perhaps in the Next, You will reborn as a Slave.

In order to give meaning to this Treatise, the Author distances Himself from everything that has not been Experienced on His Own Skin.

Chapter 13

Let's start with memory, which is like dreams. Like dreams that can be "sketched and confirmed in facts."

What from Life should be remembered, if there are doubts or no desire to return to past mistakes? One must be honest about everything, and then there will be less to remember - because lies, which have infiltrated subjective chaos, are likely to illuminate in the most dreadful way, place, and form.

I would like to talk about beautiful things and feelings that would be comfortable to increase and live in, but now there is a comfort zone that sometimes needs to be left to appreciate it again.

Perhaps for a Suicider, it is shameful to admit Their feelings or deeds, which They consider more important than peace and liberation – for example it seems easier to commit Suicide than to look in the face of Friends, Relatives, Loved ones, and speak out Their shame.

There are hardly many people who enjoy going to funerals. Subjectively, the author finds no joy there. Clothes in mourning colors, pairs of flowers, wreaths, sad faces, and humble silence, some tears and broth at the wake.

What to say about the wake? What will guests eat at Your funeral - rhetoric, sarcasm, but with a Taste of Reality. But there are also Birthdays - That's the Opposition.

After all, the World is for the living, but funerals are Affirmations of Memories and a stage of Life with a time fixation for someone who has been alive and carried their Word. There are different People, but no one has remained on Earth, and You know That as well as I do – so bring one more Time the Voice out loud to cherish Wolfs.

Awwwuuuhhh!

;))

Chapter 14

A disclaimer. Fractals of fantasy.

Take a pause and imagine that it's a quiet Winter morning. Everyone is still asleep, but You already have Light. And You want to keep this Moment for Yourself. You want to prepare the World for a new Day – how will You start it?

How will You make things happen for the Better?

What are You skilled at and what still needs to be learned?

The voice of intelligence is slightly audible.

Again – Experience comes at a cost.

If the question is "does Life have meaning," then the answer will be "subjectively listen to Yourself" and/or "transcend it." And that, in turn, is the most difficult task, because the Man who's going to Suicide already sees how He or She have defeated Everyone who is "wiser" than them, or maybe ready to give some advice.

Ironically, but that's the motivation for a Suicide to strive for something, to hold on to something, the last act that the Suicide will perform with great attention and determination – the Person who want's to commit Suicide will try to leave an impression on the Earth that it is to blame for all the Subject's Problems. But still, in principle, after all He or She would like to say "Thank You" to someone. It is maybe one of the most important bound with whom our subject would like to interact, so pay attention to subjects desires.

And there is also a counterargument.

Life has no meaning. There are only Actions with motives and inner Voices, which can lead, honestly – to a Deadlock. Almost everyone Who has encountered imperfections in this "World of Humans" has thought about Suicide. God has placed a spark in everyone,

and let's respect it as an Art Discipline that should not be restricted by our ego. If restricted, then there are two options:

An Explosion where the spark leads to thoughts of glorifying Suicide and the object of Suicide wants others to share the blame for their death.

The second option: the spark lacks fuel, kind words, and good deeds.

The spark fades and fades until its carrier no longer believes that it can turn anything for the better. The Suicide performs a protest action against the stupidity of the World. And that, in some way, requires a moment of silence.

A person goes through Life and sparkles until the last Moment – all that's left is to capture the presence of the Spark in the eyes of others and in Light movements. Like dancing. You can always dance. Dance until it hurts. Dance even until You vomit. That's how Music and Dance Gods, and Arts are praised.

Chapter 15

The author imagines that You are now standing on the edge of a Cliff with this Book in Your Hands, ready to leap into the abyss.

The author says: "Jump. Do it beautifully, so that in the End, there emerges a good piece of art from Your flesh down there."

The author can say this to themselves as well, but if it weren't for the fact that Art saves the World, then the paradox – and that's the key to the book.

Reflection in time, space, and energy underlies all beliefs. And if You still want to end it, then Art no longer matters either. Maybe You want Us to photograph and present Your flesh shattered on the cliffs as Your Art masterpiece? There is objective science and it can relatively solve something, but Your brain is still an unexplored Phenomenon.

But living can also be despite others or even despite doers, but the real challenge – to live with selfless Love.

Eureka!

Chapter 16

Light in a lamp doesn't come from nothing – it arises from Our belief in electrical energy and/or fuel and the opposites there are mining and electrical wires.

“Like the Master makes a Cup – but useful is emptiness of a Cup, or the Master builds a House, but useful is Free Space in thy House, or the Void in the Wheel between the spokes – they determines the Lightness of the Wheel. Everything that's Exists is Material, but Useful is Non-existence environment. (Ancient China (LaoDzi) proverb)”.

So, in non-existent space, our planet travels. We just don't know how to look at it, what perspectives there are? Can we influence it? Suicide can shut out the universe, and that's nothing funny. So what are the prospects? Where do we steer our Earth? LoL (Laugh Out Loud).

Children and Childhood can steer the Planets – believe it or not.

One Day You feel one way, another Day differently, but do Your thoughts really belong to You? How do You perceive Yourself as a reasoning being? The Supreme Power works and shares all That is good with others according to Their merit and earn, and You practically can't control it.

Most people, in their selfishness, think subjectively that They are always the main one everywhere. It's a Self-positioning in relation to Society. With such thinking, one can end up with a Rombergs posture (psychological pathology), but that – in turn – is not suicidal, funny, but not suicidal. If a patient with Rombergs posture is saddened, they seek the guilty and responsible, but the unanswered question "who is to blame" prevents Them from Suicide.

Chapter 17

The biggest Mistake One can make is to blame or burden a Child's Psyche with responsibility before They have fully understood themselves. Only Children can propel the Planet – not Us or Those stuck in Routine.

Children are worth putting hope into, and practically, We have no hope of salvation without them. However, generational conflicts often arise, and parents often want to see their

Children fit into certain molds (sports, music, forced school activities, etc.). This often happens unjustifiably and instills fear and complexes in Children. Yes – perhaps training and activities prepare Children for future competitive conditions, but as They grow up, most Children face the fact that their true calling and desires are not understood and require a completely different approach. Thus, Children are traumatized, but fate gives Them choices as well as to Their parents – something parents must understand. But a priori, the winners are Children because they already own the Kingdom of Heaven according to the Holy Scriptures.

The most tragic thing is a Child Whose Hopes are dashed. Remembering Childhood, We also recall the decisions We made. And They were always associated with good hopes, entertainment, games, or getting to know the surroundings. Some tried to protect us from "wrong impulses," but a Child's desire to explore the Surroundings is more dynamic than Parents' ability to always provide upbringing and control mechanisms, and practices everywhere and always. If a Child is deprived of hope, They can easily decide to leave this World – That, unfortunately, is Reality. Unfortunately.

Many adults manifest Childhood traumas in inferiority complexes, which can lead to Suicide. Sometimes Children are exploited, and in many countries, it is prohibited by law. From Childhood, We can take some memories – something We remember from the human factor and adaptation to the environment.

Speaking of Children – what can a Orphan say?! It's practically unrealistic to hurt an Orphan more than They already are living without parents. As God allows it – Orphans are particularly delicate, and one should never cause pain to an Orphan.

Chapter 18

Let's not talk about mental illnesses – most of them distort reality or replace reality with illusions that seem more convenient or advantageous to the subject. This is also largely about mental illnesses – people do not resonate with the universe and the truth of the universe's laws. Of course, there is reality and as many people, so many realities. So many worlds.

But it is just like in traffic rules – It is written that Everyone participating in traffic can expect that Others on the Road also follow the same Rules. Also in healthy society We should have Rights to count on each other in any life's situation, on the roads, or in any current environment. So equal conditions for Everyone. One Law, one Truth for Everyone – even for insects, fish, mammals, fungi, and all living Beings – because nothing, that is alive, seeks Suicide, and only Predators have the right to take the Life of Another Creature to sustain Themselves.

What is the opposite of Truth? Answer: it's another Truth? (Authors Fathers proverb). It's a little bit rhetoric issue.

Chapter 19

There's no need to fear death because it will come to everyone, but perhaps it's not necessary to mention it directly to a suicidal person, unless the intention is to offer an alternative to "Today." After brain death, there's no longer the capacity to express oneself. And if You still don't know why to live, then ask Yourself: what good can I do and what will it be "Just for today."

The author is aware of what He writes and thinks, and the Story is about legal Euthanasia, which the author himself will desire when his sexual abilities are lost, and his head is filled with cotton. But in a conversation with a suicidal Person, one must understand their motives for ending Their Life, and One might even get angry with Them because Life is not easy for Anyone. Rich people cry, Children cry, Mothers cry.

If a person cries, then most likely they are not mentally ill because crying is not a sign of weakness – it's a manifestation of consciousness in the face of reality, and remember that after the rain, there will always be the Sun (if You're lucky, with a Rainbow or even Two). Trying to suppress Tears can only increase Them, and crying can become uncontrollable – crying transitions. The same goes for Laughter – it can become compulsive and/or hysterical. Perhaps it's just necessary to objectively observe the Subject – if there's laughter where compassion or mourning should be.

Chapter 20

The One who has decided to face Death has probably heard all the World's Anecdotes or wants to hear some unheard ones, and if it's the latter, sarcasm can be applied to everything – because only dark Humor can amuse Someone Who wants the whole World to be Black. It's not even Hope that everything will be black, but rather the hope that in darkness, One can see Contrasts, which are possible, albeit harsh, but truly filter by applying the values of Light and Dark Forces as Benchmarks. Where the naive is rewarded, but the wise simply participates in contrast as a Clown. Of course, it's not always like that – and One cannot write a universal Formula for all Jokes, but can one laugh at death – it's a sensitive issue when discussed with a Suicidal Person. Sometimes yes – You need to cry at Psychotherapist or on Someone's Shoulder, and if we're already at Tears, our Chances have improved because Tears help to release in the whole Universe. And Vision becomes much better. And for those with clear Vision, the Soul is clear.

There are Justifications, there's Reality, there are Enzymes, and there's Death – in between, somewhere, You were also There.

Death is just a part of Reality – therefore, in Conversations with a suicidal Person, it must be kept in Mind that in Their part of Reality, their Sun and Rays of Hope have dimmed, clouded by Unhealthy Clouds. Most likely, the suicidal Person will evaluate the World from their wounded Ego Side – perhaps it's bipolar Disorders that are generated in one hemisphere of the Brain and, when dominant, become Mania or Obsession. Ultimately, Suicide is a cognitive Decision and contradicts our Assumptions about what is Healthy.

On one hand, there's Karma, the source of reality and truth, which is like the Holy Spirit, which is at basis of Fate and shows the Subject the same thing and values that the Subject has projected onto the surrounding World. It works like a Mirror of the Soul with a component of the Holy Spirit, and the Mirror's duty is to be objective and, more importantly, to look into it, to see and perceive subjective Self-esteem, and no matter how much the visible may be disliked, it's still healthy, very healthy and serious.

The author has faced the Desire to end Life and has been close to death, but the Holy Spirit had mercy and gave Life anew. And again, we have the opportunity to resonate because I'm alive with a blood pressure of 120/80 before regular Morning's Coffee.

The author has also encountered other people's hopeless words and attempts to end their lives, but it must be remembered that Life is full of questions to which answers have not yet been found and to shed Light on some of the mysteries of the World would be the healthiest approach to time and the phenomena of Life.

The end will come for the suicidal person's Life (just like mine and, of course everybody's), but it can be postponed for a while. Fear of Death is irrational stuff. It can and should be postponed for an indefinite period, giving the subject some soil for questions to which they have not yet found answers.

In general, no one needs a Suicide if he has made the decision to leave. He remains one-on-one with God and it's likely that He or She will ignore the Holy joys of the spirit of creation, because the act of Suicide seems to attract more attention from those around than any other act of action.

In the name of the Father, the Son and the Holy Spirit - live! Count petals, paint landscapes with colors of hope, find little joy in a little soul that has entered this World and cannot help itself to survive yet.

How to the insect still needs to learn the Sun, so the suicidal person can be offered to look back on his past, and look at the perspective of Life and it should be done out loud, and, if possible then You should speak about what's hidden - the falsehood that is connected to previous Life Experiences. Because the Devil will want as more Souls as possible, but if the leader of the discussion himself has a dirty conscience, the dialogue will most likely reach a dead end. Therefore, keep Your feet warm and Your head fresh.

The stakes are high, and the conversation leader must offer for the suicidal persons Mindset some choices and/or alternatives. It's necessary to find and offer the opportunity where there has been a vacuum of thoughts in the subject's head. The fears of death of the conversation leader himself can interfere with understanding the direction of the suicidal person's thoughts. The suicidal person sees death as an exit from problems. The exception may be religious fanaticism (perhaps like Suicide-bomber, Who's sacrifice in Jihadi will be awarded in afterlife with a lot of Virgins. Muslims belief).

Sacrifice is based on fanaticism, but to whom, if not to God, is it worth sacrificing? Our World rulers must understand that time is running out, and there's not much time left for the World created by God could be handed over to the Children. For the new generations, we have prepared a lot of garbage to sort through. It remains to help those who want to help others – and so many still want to live.

"The eyes are scared of work, but the hands are not" (an old Latvian proverb). The eyes show a dead-end, but the energy put into work can turn out to be quite easy and healthy to prolong Life – no matter how absurd or naive it may sound. Work reflects in eternity.

Chapter 21

Reality is absolute, but its scales, as we perceive them, can vary depending on one's state of consciousness or from subjective and objective viewpoints.

With introductory words, boundaries are conditionally marked regarding the direction in which thoughts flow when addressing and engaging in a discussion with a suicidal individual.

Your conscience should also not suffer if You have not dissuaded the Suicide from fatal actions - so maybe You should have an understanding of the activities of the Suicide's (subject's) Mindset and the value System that has disappointed the subject – it is something like empathy.

Light. God said "let there be Light". The author offers a Light Switch in the form of this book, which You may need to turn on someday - Light in a Man whose mind has darkened.

Once empathy is established, suggestion must be made. If You are a Doctor, simply remember the Hippocratic Oath and act accordingly, but if You aren't still a Doctor, then read following lines carefully:

I swear by Apollo the Healer, by Asclepius, by Higeia, by Panacea, and by all the Gods and Goddesses, making them my Witnesses, that I will carry out, according to my ability and judgment, this Oath and this Indenture.

To hold my teacher in this Art equal to my own parents; to make him partner in my livelihood; when he is in need of money to share mine with him; to consider his family as my own Brothers, and to teach them this Art, if they want to learn it, without fee or indenture; to impart precept, oral instruction, and all other instruction to my own Sons, the Sons of my Teacher, and to indentured Pupils who have taken the Healer's Oath, but to nobody else.

...

[That's the beginning of the Hippocratic Oath – If You read digital then probably You can use this Wikipedia [Link](#)]

No one is born perfect in this World – that's what modern medicine believes, but in ancient China, Doctors were paid because there were no sick people in the village. It's a good Feeling – to be healthy.

Since the thought of the motives of this book arose, not even a month has passed, but the author has already had to apply the themes discussed in this brochure. If everything is positive for a person, then there will come a time when the "ship" that carries everything will either be overloaded or will encounter the biggest waves, and then one will have to "throw something overboard." It's the same with a person and their expectations of everything they can understand and endure.

Chapter 22

People are not hermaphrodites (organisms that reproduce from themselves – those without sexes). Humans have a gene for reproduction and passing on Experiences. But how qualitative the path to its fulfillment is depends on You every second.

Yes, You may want to give up on everything and engage in unconditional sex, but as long as You see another person only as flesh, You will not understand the motives of Love. Well – flesh remains flesh. Love is a sea – a sea of emotions. For Lovers: a hundred million Light-years of health!

Chapter 23

Voices in consciousness tell the author that Suicide should be prevented. And perhaps what was and what is yet to come is worth something. Maybe something will be useful to You. Take it for good.

In the end, we are all for preserving Life. What happens in the author's head – both demons and angels are in one pot, and hopefully, You can distinguish which voices are most important.

In Your hands is work dedicated to spiritual growth and how to resonate with a suicidal person if You encounter one.

It's for everyone – whether it's a fanatical workaholic, philosopher, gardener, or suicidal person who hasn't managed to grasp the meaning of the World and Life. If some thought dominates on You, then Your field of vision narrows, but if it does – it's desirable to deal with it by finding affirmation points (affirmation is a psychological compensation process).

Chapter 24

In principle, will the other half always answer all Your questions – let's not be naive. No, the other half will only answer enough to guide You in the right and healthy direction (if it's fair and good being)

Let's not be naive – sometimes we also have to be disappointed, and hopes have not justified themselves. Accept that responsibility in relationships rests on everyone involved (in case it involves more than two partners). If there are conflicts, wisdom is needed, and if it is presented even in one of the parties, then the other half may only need to count to ten, take a deep Breath of stress, and exhale Love.

Wisdom begins with the Subject's ability to look from the outside at the conflict between oneself and the other subject as if from the outside. Its philosophic issue.

Chapter 25

I. Separation and loss are an integral part of Life. When we accept it, we lighten our emotional burden. It's important to remember that every loss brings opportunities for a new beginning.

II. No matter how difficult it may seem right now, time heals all wounds. It's not a quick fix or a big bang but rather a necessary process to restore our mental and emotional well-being.

III. Empathy and understanding are crucial in relationships. The ability to put oneself in another person's shoes and understand their emotions fosters a stronger bond.

IV. Self-confidence and self-respect are the foundation of successful relationships with oneself and others. Love Yourself and respect others—it's the path to a Life filled with Love and understanding.

V. No matter how complicated it may seem, it's never too late to start anew. Every moment is an opportunity to get back on the right track and move forward.

VI. We all have the right to happiness and opportunities in Life. It's important to take responsibility for Your Life and do everything necessary to achieve Your goals.

VII. Self-discovery is the first step towards a fulfilling Life. Seeking fun and adventure helps us discover our values and interests.

VIII. Don't let the past control Your future. Each new Day is the beginning of new opportunities and challenges, and You have the Power to choose how to utilize them.

IX. Support from family and friends is essential to overcome difficulties. Don't forget to share Your feelings and ask for help if needed.

X. Ultimately, Life is a gift to be cherished and celebrated every moment. Love Yourself, Love others, and enjoy the journey You've been given.

Chapter 26

Unexpectedly, the question "Why me?" arose in our lives. The answer for Yourself is like: "Because I am alive." Principles of reflection. Everyone is endowed with something special and everyone can shine like a star in the winter night sky. The key is to find Your own special talent. And everyone has one. But effort must also be put in because shining means "burning."

To the suicidal person, a journey must be offered from the past to the future — yes, the author has a time machine with a free spot for You and them.

But time is more precious than You think. Always. That's a Eureka.

Everything around us is alive, and if You knew that, remind it to our subject. For example, not only those with four legs or two eyes are alive; if it rains outside, then the rain is alive, and if a computer is working, then it has electricity, which comes from some nature's source, which also happens to be alive. Even if You don't see the point of Life right in front of Your nose, think about what's behind You — are You facing the Sun or turning Your back to it? There's a law of the conservation of matter and a law of the conservation of energy. Everything is so interconnected and alive as much as we allow or interpret it, or perceive and understand it through concepts, associations, and senses. As a philosopher once said, "The World belongs to the crazy."

I'm not crazy, just crazy — "The King is dead, long live the King."

The King must supplement this book with justifications for his madness—so You don't fear that I might devour You. The author eats something every Day, and nerves also so partly it makes him look sexy gray.

Chapter 27

Somewhere, sometime, our ethereal essences will meet. Health is a risky area for everyone. You must be healthier than me. You must be better than me. You must be better than yesterday for Yourself, for those around You, and somewhere the author still hopes to hear Your voice or greetings on the radio. Author is on playful mood.

Is it worth repeating? Only one Life is given, and as You know well, yesterday cannot be regained. We will take more or less from yesterday's Experience. Creativity is today's priority.

In essence, You need to be a bit of an artist so that tomorrow is better than today — start with this moment, this instant. Set the tone, set the conditions, set off — everything ahead to be taken in hand and accomplished. You know You're not alone in this World, and even if You're ashamed (like the author), You can confess to God and ask that God, through the Holy Spirit, give You more favorable conditions for creation. Art requires sacrifices, and Your voice to echo with a Light Breath and also with Prays.

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You won't deceive Yourself, You won't break Yourself

You'll hope – Mornings Love when the Sun rises

You won't doubt and scorn Yourself

You'll see far into the Future when the Sun rises.

You'll want declarations of Love for Yourself more than necessary

Your closest ones will remain indifferent to You

You'll want another Day for Yourself

You'll get it at breakfast – coffee with honey and milk

And let Your voice resonate Further

May Your hope come true and succeed

Go Gain..

*

Chapter 28

This book in Your hands is because my relatives morally supported me during its creation, friends waited for it, my mother waited, and unexpectedly, it's in Your hands.

Of course, contact with the Suiciders Mindset during his act is, in principle, a rare phenomenon because either He plans his departure intimately or blatantly publicly. And at what moment in Your Life's journey can You encounter a Suicide? It's like a lottery, and perhaps You can even unexpectedly recognize depression in One of Your Loved ones. Depression is present in almost 96% of Suicides.

This booklet or book doesn't need to be carried everywhere — logically, reading this book and absorbing what's said here should give You fortitude — how to become better, more empathetic, and ultimately more resilient to resonate with the person who is contemplating Suicide, and by resonating, restore to Him the sense of the value of Life.

Most people have thought about death and/or what awaits them after death. And there are some who have gone to the brink, where one step and You fall off the bridge, one step and the ground disappears from under Your feet, and the noose tightens around Your neck, one glass of Water with a handful of pills, and You won't wake up anymore.

Yes, the author has attempted Suicide, and yet in this reality, which the author now understands with the laws of logic; but not entirely, because there is a Divine component and Karma. All that's left for us is to identify ourselves and see ourselves only as tiny specks in this Purification on Earth.

The World is for the living—Christianity proclaims that. This book is in Your hands because perhaps someone among Your Loved ones doesn't want to live in this World. That could be it. It's conceivable because nothing happens with or around us the same even if You suddenly fear it, then steel Your spirit and continue.

Life demands sacrifices — living is risky. Notice that to live is also to feel pain at some stages. It's like seeing contrasts — warm and cold, Day and Night, causes, circumstances, and consequences, and finally You are awarded with Experience.

To everyone who is alive, everything seems self - evident, and there is only one truth, one reality — Your own; but there are things we cannot understand with our minds. Yes, we can manipulate, but there are limits beyond which our Power ends. Our Power is to breathe, but our Power is not to tell oxygen to be wherever we want to go. Our Power is to drink Water, but it's not our Power to make ourselves breathe underwater like some fish. There are limits, there are contrasts, and there is faith in Experience through which we perceive the World and exist in it.

You must help the subject see Life as clearly as possible. Man does not live by bread alone, but by every word. And just as there are many social animals that live together friendly, until the boundary beyond which they perceive a fight for resources, for status, for Power, for the best morsel, for the safest nest as self-evident. In essence, Life has only three tasks — to fight for resources, to fight for the best partner, and to fight with death — practicing it, time passes on its own.

Is the one who wants to die already reached the lowest point of his existence, where beneath him there is only unrequited Love and/or disappointment in Loved ones who have deceived him?

What — there's nothing left to fix?

Is the Sun no longer a needed?

All that God has given to Man — is it no longer needed?

If the author (as a proxy) has to answer the Suicide's questions, then most likely, we will end up with absurdities and contradictions.

And yes, the author is for euthanasia. If the subject cannot be dissuaded from voluntarily bidding farewell to Life, then at least hope should be left to those who remain! After all, one can bequeath one's body to medicine, and perhaps some organ will be useful to someone else who still believes in the fight.

This could be the end, but the author would like to dedicate a few more words to You, the reader, on the journey of Life.

Chapter 29

See — maybe You've sacrificed time for Love or art, which are actually the main and most valuable things in Life. But maybe You feel sorry for Yourself and don't understand why so little happiness is given to You. It's understandable when reflecting. It won't always seem to You that everything is adequate. After all, in reflection, the contact between subject and object is at the speed of Light, and maybe that's why You can't catch the moment to manipulate. All that's left is to remain honest. Breathing and essence. Between sessions in front of the mirror, You should feel Your ego, manifestations of pride and vanity. And perhaps You will come to the realization that comfort will always be too little. Stinginess and ego often go hand in hand. If You are a modest person, then ask Yourself "Why?"

The World needs to be shown honestly, from the bright and dark sides, but the main thing is to stay honest, and then almost everyone appears equally. Almost all people, in some situation and context, thinks the same or very similarly. It's like a reflection.

If the person who is about to commit Suicide in front of Your eyes is felt cognitively and empathetically, then there are prospects for both of You. There's no need to put an end to everything — is it really not interesting what will happen tomorrow?

Chapter 30

Yes and No. How to caught up the process between contrasts..

As a Child, envying parents who messed something up and didn't keep their word, I wanted them to suffer, to feel guilty that I erased my Life. But. But I didn't plunge a knife into my belly like a Harakiri samurai who lost a fight. I had to accept the rules of this World, and if we follow the principles of the existing World, then I began to parasitize since Childhood. That's my confession here about my first thoughts of Suicide act as phenomena.

Supplementing, I must say that I have been on the verge of suicidal thoughts and actions in adulthood around the age of 22, but with the help of a Higher Power, I have overcome it.

I wanted to die and thought that death would solve my questions of fate; I had been close to helplessness when my cardiogram was almost a straight line.

In Childhood, it was difficult to find motivation to do something I didn't want to do. School was an inquisition, Childhood was full of duties, but I had to be silent, one who hesitated to express his pain, submitting to the pressure of family, school, and institutions.

In Childhood, I knew that I wanted to learn and live in a completely different culture, but now it turns out that here and now I am with my pluses and minuses before You, and yes, I have something else to say thinking about the next generations and the waves we will leave on Earth.

Chapter 31

There's no time. How often people use this excuse, which is a position where one side values their time and energy more than the other's interest in being connected. If I don't have time to write, but I write, then we can say that this writing is work – I prioritize the creative process.

It is well known that "It's good there, where I'm not at the moment."

And the fact that You are reading this means that I have worked and wanted to be useful, productive, creative without exaggeration. I also feel the need to give value to Your time, it flows while reading.

How many have committed Suicide just because they lost time or a fateful opportunity? Time is for Life, but remains after death? In the face of eternity, the physical body gives up. Life is long, but eternity is short.

We cannot win the lottery of time a second time. You won time at birth and have reached the level to be able to read. And so we share time. We are in the same time, in the same Life, in the same distribution or, as modernly said – in/on the matrix. Energy flows within You. And You need to realize that Your interest in reading this book is not determined by how much this book has cost You, but by how You feel and learn to understand something. Everything is in the process!!!

Reassess Your values and let Your time be filled with good goals.

To prepare You how to talk to someone with suicidal thoughts – that is the main subject of this brochure. And we adhere even more strongly to this setting.

Many have grand plans, but suddenly something goes wrong, it seems that an insurmountable coincidence of circumstances has plunged You into problems – that is because God gives to each according to their merits, and the Holy Spirit balances between where on one side are Your plans and on the other – God's plans. Understanding of the Higher Power (e.g., God - the Father, the Son, the Holy Spirit) can be subjective for everyone – call it what You want, but perhaps the best thing I want to say considering all this, is that the Higher Power can good listener to You and if You have doubts about one or other issue - listen calm to Yourself. Also always some hopes must participate in conversation with Your Highest Power – then don't be afraid to ask Your most important question to it.

Note: Perhaps psychiatry conversations with the Higher Power could be determined as “Voices”, but there are also psychiatrists who consider Jesus as schizophrenic.

Chapter 32

How to justify one's existence - a question of eternity.

Simple mathematics - as long as waking up in the morning and everything in between while closing our eyes at evening and surrendering to the enchantment of dreams at night, is more or less balanced, there is no need to call doctors. Doctors in the best sense of the word are those who have conscience and are familiar with the Hippocratic Oath. I fear that only such a doctor can influence the consciousness of a Suicide. A potential Suicider should ask himself - "Will only Loved ones see and Experience rebirth from Day to Day", that's not even a question. It's a cornerstone of fulfilling the Day, and every Day it stands out in a new Light. Everybody's are special, and when we see ourselves in the mirror, we only see how well we can control the same things that others see - there is no need to consider the content as packaging. Well, there is a mirror, there is an image, but the content wants something new, well, if You can accept Yourself, then that's enough. Yes, the author has no basis to be a Narcissus, but the author is still a bit of a narcissist, and subjectively it seems that anyone who looks at themselves in the mirror from one side also

Loves themselves - but that's the author's subjective opinion, which does not claim to be absolute. The Power of the mirror is not in its projection, but in its content - the first mirrors achieved the reflection effect with a silver layer behind the glass, so that's why Vampires didn't reflect. I offer You to check if the Vampire hasn't bitten You - look in the mirror. Check! It's important! If You don't see Yourself in the mirror, it means You will live forever, You will have to sleep in a coffin during the Day, You can only be killed with silver bullets or a stake in the heart, and You will want to drink blood! Good perspective.

Chapter 33

When someone asks what Love is, it's likely a silly provocation, because 96% of beings have idealized someone in during Life's journey and it seems like Love functions are fulfilled. Every living being somehow wants to reproduce, and therefore, subconsciously seeks the subjectively and objectively best potential partner with whom to start adventures of Love. On other hand – an unfulfilled Love is casual norm. For somebody's, and especially for naive characters phenomena of "broken heart" can lead to thoughts about act of Suicide.

Spiders mating and Love acts are fantastic because some spider species and breeds females devour males after they have fertilized them.

But if that matter is arranged at the altar, then at that moment the partners seem to be in harmony. Unfortunately, the temptation to "conquer new continents" breaks hearts over and over again. The author judges it because he uses Love as something obvious, but still the time and a lot of other resources must be sacrificed for the Love.

Active acts of Love from sensitive, but unemployed or tired ones faces with dangerous borders beyond "the rest" can be set at psychiatric hospital. Love is the same kind of work as any other objective work, just with the difference that You can rely on Your partner about everything. If someone starts to doubt about Love standards, that's slippery and dangerous. And if deception or deviations from the highest cultural standards are allowed, then one of the partners may start to wonder does dreams casualie didn't become into nightmares. And it's much worse and more dangerous if one or the other partner has sinned and betrayed the other's trust. After the fact of cheating, a decision may be made to leave for both: the one who was deceived and the one who cheated even it's regretted and was not forgiven.

Time and distance also can be a challenge for relationships. In this case only relationships with weak constitutions won't withstand it.

Main thing – don't leave the fire unattended. Fire is needed for hearth and preferably resonates with it. Resonate with fire and protect it!

Chapter 34

If the motivation for someone's to Suicide is an unattained position at work and/Power, then maybe they need to be given that desired Power – perhaps He or She could know better than anyone else what to do with it. But You also can't promise anything on behalf of another. Likewise, even if for the wealthy person Power is needed to be "closer to the cash register" and their fulfillment is more and more money, then perhaps it's a sign of mental illness – a spoiled Narcissus or a Romberg's pose.

Because what is bought with money is only temporary, but what doesn't seek wealth in Life may deserve it more than anyone. Let there be contrasts.

It's not as simple as $2+2=4$. In reality, $2+2=4+VAT$ (Value Added Tax).

Yes, the author also has to pay taxes for the fact that this book is distributed and produced overall.

Was all of this necessary? To make swings swing, they need to be forced. To make a mirror reflect, it needs Light. For words to be fulfilled, language and meaning is needed. To understand something, vibrations are necessary. To prevent a person from jumping off a bridge, they need to be convinced that maybe hanging is a happier death. Because we all know the famous saying that for those destined to sink, no brick will fall on from the roof (it's of course sarcasm, but it's tempered with thoughts about death)!

Chapter 35

Not everybody's parents are alive, and among us are Orphaned Children who no longer remember their parents. They the Kingdom of Heaven belongs to them. Orphaned Children, unlike ordinary Children, have their own – their incomprehensible understanding of Life and Freedom. Practically, one must not even attempt to manipulate the psyche and/or values of an Orphan. Blessed be every Orphan. Orphans lack something – and it's irreplaceable. They exist among us, and their truth is based on an understanding of the principle of the Holy Spirit. Perhaps You also no longer have parents and sometimes You feel very confused.

The author is no allowed to change the psyche of an Orphan because the psyche of an Orphan, stands above the regular Childs struggles.

In God's plans an Orphan undoubtedly navigates better than a Child whose parents have their cares and desires to protect their offspring. In my World, not everything is perfect, but at least my Mother for me helps to understand what's necessary, and part of the proceeds from this booklet will go to Mother – I should be thankful for the typewriter.

Never ignore an Orphan's plea, for they undoubtedly turns to the World with a desire to see or feel some justice – the only exception being if the Orphan is mentally ill and needs specialist help. Orphanage Children are our Youngest brothers and sisters – and if You suddenly encounter someone on a bridge who wants to jump, maybe ask if they happen to be an Orphan, and if they are – offer them a hand, a shoulder, and kind words, and maybe You'll become friends.

It shouldn't be about dependence, but friendship can be set for a while – it turns out, that You'll simply have give hope, a Light for a little while longer for one (and intermediate hope maybe for many).

In essence, we can divide everyone into two categories – the respected ones and the mentally ill ones, but undoubtedly, we ourselves can suddenly find ourselves in that other category, even it seems like in a completely innocent situation. That's probably not Your competence to set diagnosis – Your mind can play tricks. You should remember that for any case.

Let's hope for a Higher Power to not to take away our Sanity, for if it isn't present, then our infantile Mind can lead us "into the swamps" where, once awakened, we will pray again for the Higher Power to give us a "fresh Start."

In principle, this book is meant to give hope.

The author is definitely sure that Life will not bring only happiness and joy. Some stages of struggle everybody must overcome.

Hopes can give strength to endure the moment for every positive aim, but in the Suiciders Mindset, in turn, looks at death that it will bring a new peace, eternal sleep and distance from secular Life and it can manifests. Maybe the act of Suicide must bring pain for a relatives to feel them guilty for not taking the Suicide's wishes seriously in this secular Life. That's very egoistic – but sometimes the pain and ignorance from relatives can push Subject to rediscover the values of Life. You should notice and keep this chapters lesson in mind for any occasion.

Is it really sacrifice of Life, or farewell to everything that brought joy and happiness, or maybe about not having anyone among like-minded people with whom to stand out with – are these really topics that need to be hidden? Maybe. But You should grow and become wiser Day by Day. Objectively, if You notice some deviation from the norm, then those are already red flags.

If You notice that Your conversation partner doesn't resonate with everyday sparks, it could be a symptom of psychological or mental health pathology – mostly it's about depression. And, in turn, depression is main substance at the basis for most Suicides. Also, if Your partner of conversation lacks a sense of humor, take it seriously because every person's psyche must contain also a component for healthy fun. It's not just about sense of humor, but also about objective and clear state of thinking and subjects Soul!

Therefore, it is clear that Life is a gift, which no one else should try to take away or damage – there will never be an excuse for that.

Well, hoping that the author's Mother is still alive now when You, dear reader, are reading this book, the author dedicates few lines for Her: "Dear, dear Mother – You wanted celebrations in Life, You wanted tangible happiness, but alcohol, in its incomprehensible way, has distanced it to the point where death stands between You and what You wanted.

I cannot blame You for drinking alcohol because You are no longer underage, but I can't to tolerate it. You think it is an undiscovered new distant World for You that needs to be explored, but unfortunately, alcohol does not reveal real happiness – it brings only states where You are easily influenced and manipulated by Dark Forces. When You sober, You are more likely to gain God's Speed A PRIORY.

Well thank You for pointing out the enemy to me – the alcohol factories.

I shall try to deal with them when You're gone. Anyways, Thank You Mom for bring me to this World and/or purgatory.

Dear Reader – stay sober if it's not to hard for You. The joy of Life is more Colorful when You are clean.

Chapter 36

Yes, books are available for teenagers, but alcohol, on the other hand – Is not. But let's not be naive – Children, if they really want to, can get desired alcohol, getting and finding drugs is not an impossible mission either. If K9 units go to schools, they won't leave empty-handed, and they will find Marijuana in about 73% of cases in modern city's high schools. And that's the reality for today.

Children emulate, and if parents shows an example with those beautiful bottles and all that stuff regarding alcohol and debauchery, what is forbidden for Children, and is called like "something from the forbidden shelf". Please, don't be naive, it's just a foolishness on the part of parents. Author also had Experience with forbidden substances – so in conclusion, it was actually wast of nerves and must considered as regrettable.

So the Children also get bored and they unconsciously start to mimic their parents.

Yes, the Children really sometimes are bored and curious, they want to have Experience of the grown ones and are provoked into foolishness with intoxicating by alcohol, smoking and psychotropic substances, which in turn stirs up Karma against the health. The causes of this foolishness must be understood – as soon as possible.

For example.

Real musicians should know and realize that a song diluted with alcohol does not actually resonate with Angels. Even if it does resonate, it does so with distorted vibrations – impurely.

A songs and music should be like a prayers – that's the author's belief.

Associatively speaking about Mother, the author humbles and respectfully asks the Higher Powers not to be harsh on Mother. Because when a person loses an attachment figure, they also lose an understanding of what has been fundamental – it has been something akin to the component of Love in the process of Life. Unfortunately, no one is immune from losing Loved ones, and each time one must learn to live and coexist with it. And then the World becomes a battlefield. However, the main things still remain, that goals must be clear and the motives of actions – justified.

Our time belongs to us – that's what we might think, but in reality, our time belongs to what we dedicate it to, and by choosing to submit to Life, we celebrate moments like festivals. Maybe You are One of those, Who can't imagine festivals without uncorking a bottle. But maybe alcohol should be used for disinfection and compresses.

Chapter 37

If Anger overwhelms us, then we urgently need to assess ourselves in Time, Place and Space. Of course, everything has its own Time, Space, Place and Purpose.

It's not always guaranteed that You'll catch the subject before it jumps from the bridge, but if we don't try to talk it out of action like that, then the leap is likely to be a manifestation of the dark force, and unfortunately, someone will feel the void of a Loved one's departure in a terrible way before their time. If a person's (the subject – the Suicider's) motivation is such that the World will be better without Him, then there are two possibilities:

- A. One – they have sins or voices speaking through their conscience out of mind;
- B. Other - it's self-rejection, an awareness that subjectively the person's personality is damaged or there is a sense of complete non-belongingness to the collective Feeling.

Perhaps Karma knows better why the subject needs to stand on the edge of the bridge, but on the other hand, a person is just a piece of flesh with not much comfort.

Maybe the key question here could be “Hey, look around You, can't You influence anything?”. Just think about it for a while!

Chapter 38

Mental health – how to look at it? It's better not to look at it, but force to set it on work mode and enjoy changes, that comes from and in the process.

The boundaries of norms are like words written in beach sand, washed away by a new wave, and if the thought is to sprinkle happiness, then it's a practical and good way to wish on something – ideally, if those desires are not just good wishes for Beloved ones, but wishes in general for everybody who needs Help from Higher Powers with best standards. It's a belief of Author and, as Author sees Himself as pagan, then it some sort of pagan prayer – can it manifest the help of a Higher Power. Try out! :)

The Water, with all that lives in it and is noble and it absorbs information – the mind and wishes brought to Sea can be Childish.

It's worth to emember Lyrics words from Metallica's Song “King Nothing”

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Be Careful what you wish

Careful what you say

Careful what you wish

You may regret it

Careful what you wish

You just might get it!

*

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May Your Mind become sharp and have the desire to work - Force it!

If the words You dedicate to somebody are not based on anything, then it could be classified as some sort of improvisation - also part of Life where are oceans of possibilities. That's the Life where also the Vacuum persists .

Absolute truth, if it is meant to answer on two or more question at once, cannot be written or spoken in a way that it works right. There are always different point of views and backgrounds of Experience of involved in conversation. Here we face the paradox that we live in the same plane but each looks at others from their own hill, from their own tower. Whether what You read and understand here is passed on depends on how You resonate with this booklet – well then beyond it's about etheric vibrations.

You are capable of reading between the lines. To understand what's not said or written in straight way – maybe You need Experience lessons. You can imagine dialogue with despered Mindset. So read also the body language and impulsivity of the subject (the Suicider).

It seems that what suits everyone doesn't fit nobody once again.

One joy is already that this booklet has been passed to You and reached You – because it's not just about selling book, but the book or brochure it self is for educational purposes.

Doubting oneself likes nobody, but it's also self-work and self-awareness.

Fundamentally, work determines a person's value. But there is a circumstance that transcends mere existence – i.e., fear. Fear and its accompanying stress. Now we have come to the point that emotions are needed to overcome, they must be digested and spat out.

From the perspective of human behavioral norms, in situations where You feel fear, You can overcome it maybe with 'Light of Holy Spirit' – it's like radiating Love. There's also a saying "If You're afraid of Wolves, don't go into the Woods."

And there is also another saying "If You run from the Wolf, in hands of the Bear You will find Yourself".

So standing on a bridge (maybe on some rainy autumn evening) can be long, and not just talk with despered ones is important, but also prays must be dedicated to the Higher Power. Do You, if You have to talk to a Suiciders mind, have the Experience to base Your

words on to real and valuable stuff? Maybe it must be just a flow of energy what must be passed, but can You spread the Word with joy, and hope?

When You were alone, You probably have prayed to the Higher Power, and assume that the Suicider has also prayed, but the Higher Power has listened to You, whereas the Suicide – subjectively thinks that he is not been heard.

It's about fears where the Suicider has already lost in their own mind, and there is the other side – the courage to die.

Affirmation helps overcome fear, and in our case – the dialogue between the Suicider and the interlocutor, “The last partner of conversation” – maybe it's You.

For example, the interlocutor's task in the ideal case is to achieve and remind through dialogue that the subject's desire to jump from the 9th floor is not interesting and also poses some other, greater challenges;

For instance, death Today is not a solution – it can be delayed.

Act of Suicide is like surrender, most likely it's a "painted" landscape of "great happiness" in the subject's imagination – an illusion in which they cannot include themselves, most likely due to a lack of patience. If the subject's motivation to commit Suicide is because their quality of Life is not like what they have seen in TV commercials, maybe, because he or she is disabled, then they need to be explained for what purposes they receive a pension.

Maybe a person has all their senses but cannot arrange their Life to be as interesting and dynamic as in commercials, then we should show to Him or to She alternative where Life is more interesting than in commercial. We can offer an adventure maybe. If Suicider posses with a money, then He or She can buy Experience to understand how advertising and marketing work – maybe Suicider can imagine as option some short advertising material about an for Life's values.

If it's the Child who desires to live like in commercials – then it's worth tears or desired thing must be brought.

If You have nowhere to put the money, then it's possible to support nature conservation funds and organizations (e.g., Greenpeace, Worlds Health Organization, Linux, Reservation funds, etc.).

In no circumstances You must not lie to the Suicider!

Lies can only Anger and break the fragile empathetic relationships that have been built up for a long time and lead to another disappointment, which in extreme circumstances can be the last disappointment (You already understand why it can turn out to be the last one). The Suiciders most suffer is that nobody's match their concepts of Life and values to whom they are attracted to and, therefore, everything (hopes or calculations) has lost meaning for them.

Chapter 39

The struggle that ends in death may seem absurd from a logical standpoint, but for some, it's a choice, an avoidance of Life's routine. Life itself is a miracle, and we giving a value for it living Day by Day filling it with thoughts and actions – each Day is unique in some way.

A suicidal person may want "more" but He or She can't understand how heavy that "more" is to achieve, if it's not on they're daily task schedule. Well, how realistically achievable their goal is and for what cost, that remains main question.

But if a suicidal person doesn't know something interesting about themselves, then that's a good reason to continue the conversation – between the conversations leader and the suicidal person. If the desire to end it all is insurmountable, it's a battle between good and evil, Life and death – it's the daily reality for many conscious individuals – each of us. For all of us who want to feel good, we just can relay on calm Sunset and fresh, new Sunrise.

How to live? How to change the past? How to save Yourself? Will anyone remember me? Thoughts consume the brain, and Life can lead to the question "What's the point of it all?"

In the Author's imagination, You are now standing over the railing of the bridge and will immediately make the fatal decision to jump into the gorge to Your death. If there will be no more Us or We this is talk for the last time, then give me a task - what should I tell Your Mother, Father, Brothers, Sisters, Children and what You want to be written on Your tombstone, and also – whether You maybe have any debts.

Eureka!

The author sometimes feel fears. It's mostly about unnecessary sacrifices – is it Time or Money. Almost every healthy living being want's to have more joyfull Experiences, but it can not be valuated, if You never had carrying pain and Feeling of guilt. Maybe use Vacuum and talk about things You've never ever thought. So, who will be first who will be not enough patient and start new Breath in Vacuum – that's a deep-divers challenge. Do You enjoy the journey through Time and Space?

Everyone Experiences their own path, and the price of Experience is material or emotional. Experience helps to evaluate oneself among others.

That's why Life is given – to see, to feel, and, damn it - also to cry and shout in loneliness if struggle goes over the edges.

Chapter 40

Since ancient times, hope has accompanied us, embedded in our existence and genes, placed there by the Highest Power that has guided us. More or less, we have accumulated subjective Experience, and these concepts we're discussing here, we hope – can be grasped. Writing creates automatically – how to accept and apply it, depends on how deeply the suicidal person's dark voices reside and whether we can "pull out that tooth" that has become purulent, suppurative and only causes pain and torment to the host.

We have nights, we have daylight, we have oxygen, and sensory organs. And actually we have more than four elements besides Earth, Wind, Fire and Water. Yes, we also have the option to exit the game at any time. What will remain after us? History and/or statistics. There are so many Lifeforms. Each of us has our own name, but how much content? We only have as much as needed - a small moment in this World, and once, everyone will be recognized by their deeds.

Are there are necessary to mention examples? Ask maybe Your own Highest Power maybe few of following questions.

Can advice from someone mentally ill should be taken seriously?

Are You healthy, fair, and useful in the face of existence?

Do You take responsibility for Your judgments and realize that You cannot build Your happiness at the expense of others? Do You understand that the possibility of errors in Your judgments is also present? Can You breathe underwater? Can You move objects without touching them? Do You understand music? Can You possibly tolerate, that the World offers You much more unknown than You predicted so far?

In essence – what is Art?!

You won't return yesterday, but it's not necessary. Your memories belong to You only as much as You want to return to them – You can linger in sentimentality for a while and keep what You've Experienced as a lesson from pasts struggle, which, has remained ethereal and sacred.

You don't own anything more than what is given to You by the Highest Power, and boasting about Your possessions only makes sense if You want to change them. How much or how little You own – it all wouldn't exist without the Highest Power, and no matter what – it comes at the right time and in the right way, known only to Power and Karma.

The author does not claim to justify people's destinies and material conditions because many have less or nothing, while others have more. There's an old Latvian proverb "Don't count money that's not in Your pocket," which can also be likened to health and/or family status – that only a status or position in society and anthropology!

So, those material values, which one person may have more or less of compared to another – can create a deceptive Feeling that there's injustice in the universe. But have we ever thought why someone has more or fewer things, more expensive gifts, and toys?

Children tend to be materialistic when it comes to toys that parents give them, or when another Child's parents pay more attention to their Child, and then our Child might start to compare goods, saying that the other Child's parents are better than their own parents. For example, it might sound like: "I wish I had Tom's dad – he's cool," or the same about moms who are in some ways stricter with their Child – the subject.

Chapter 42

Perhaps it's better to perceive our existence as a purifier, after which we will end up in hell or paradise. It would be naive to pretend to know for sure that we will end up in paradise as it is offered to imagine in the happy Childhood cartoons like "Bible Stories" based on motifs from the Old Testament.

Even tomorrow could be paradise. Even this moment could already be paradise. Perhaps paradise is the Life we desire. Perhaps paradise was yesterday when we didn't want to die yet. Perhaps hell is already available on earth today – You, perhaps, have searched for good, but You are hindered and now it's just a torture

An old Latvian proverb says "Peace nourishes – anxiety ravages and destroys." Perhaps the solution is in the middle way – that might be where we call "wisdom lays."

Chapter 43

As long as You have Your daily bread, the Divine accompanies You, and may peace and moderation be with You and within You.

Today, You can still think of something out of regular stuff. Hmm... don't think about that!
(Author laughs)

Do think about a song – the first one that comes to mind and sing or moan, or roar it. This chapter is Yours. Let Yourself Rise and/or try out Vacuum.

Chapter 44

We can't predict everything accurately, but there are fundamental things that we consider as basics - Loved ones and all five elements of nature (Water, fire, air, earth, and (for someone) hope).

It isn't easy to maintain and get along of those basic needs - You have to force Yourself for a little to keep the listed ones in balance, and by balancing between them, we can hope

that when we think about Elements at some point, in the Process the Art can be born in time, or at least something similar.

There's a saying "Art will save the World." And even if there's no longer a reason to live – let Art live!

Leave Art as evidence that You have lived.

You can resist everything that burdens You, that annoys You, that leads You into routine, but You cannot fundamentally change the elements of Life and existence. Perhaps Your Loved one has left You, perhaps You have nothing to feed Your dog or cat, perhaps You can't sleep at night – You are not alone. There is always someone You can ask for a helping hand, for advice. If there's no one to turn to, then author assumes that there's no point in continuing Life and live on. Your Color shall not blur. It's perhaps the best Color that's created.

Well Rise again "The King is dead – Long live the King!"

You might want to give up and not work, but before You, there have been philosophers who haven't found meaning in Life – remember that Art will save the World. Art will save the calendar, and something must be written on Your Tombstone too.

Well, Long live o mighty King!

Trying to find happiness in the social environment, You must also be ready to encounter someone else's misfortune. The author's wish is: if You go to help someone, then may the Light System also reward and feed You - Day after Day, until the sand in the clock of Your fate runs out.

Treat every invention as a gift from Heaven, because we have so much evidence of ancient civilizations that lived but disappeared from the ancient past. They have created so many interesting things and many puzzles for us. So much has been put into the cradle of civilization and is found all around us.

This book doesn't travel backward in the calendar, but perhaps You have discovered fewer wonders than the author and there are still a hundred years of Life ahead of You to fill. The Higher Power gives You these lines so that You can figure out what You need in Your Life and what to give, to give up, to sell – not only material things are valuable. Life is in motion. May there be enough in Your Life - it's a struggle once again. Sincerely Wish You well.

Important Note: Don't underestimate small Children – most likely, they haven't yet Experienced what Life offers them; they don't yet know the consequences of their actions. Be careful with infants as they can swallow something inedible. And be grateful to the Higher Power that You are alive because You too were once an infant who put everything in its mouth. But You survived – You were fed and protected, and cared for – for at least 4 years, still You were in an unconscious state and someone probably needs hear "Thank You" for that.

And not just feeding You porridge, but most likely – even from the breast. And therefore, respect Your Mother – and if You have lost Your relatives, the take care about Homeland. She carried You – You don't even remember. She carried and protected You. Can You say You've done anything greater than creating and protecting a Child? You have a responsibility (at least) to Your Mother's or - in some cases to Homeland's hopes, who wished for nothing more than for You to live. You can still become whatever You want – You can at least imagine it. If You still have questions, then You are capable of spiritual work.

Chapter 45

Time must be filled with Love, and if Your Loved one has started to break the commandments, then that's already a red flag. Look within Yourself – if their actions don't resonate with You and aren't related to You - relations must be set on truth. Always.

The author mentions Love as often as Suicide among all else because, essentially, that could be the key. Just like a small, even insignificant – sacrifice in the name of Love is a blessed deed, because only with Love can You enter a new Day. The Higher Power will take Your Life away if You don't practice Love, and/or maybe You even hear voices for/against sins. You're reading this, and the Higher Power offers You new choices, which practically always are based on Love rather than atrocities. If it still seems like atrocities, then turn to the New Testament – that's all I can say if You don't understand the principles on which the Power of Life is based. The New Testament could be the next useful literature after this booklet.

The fact that everything is connected is nothing new.

Enjoy the Freedom in this moment. You can and should take a new Breath and feel Resonation with surroundings. Without exhaling, there would be nothing. Pain without euphoria, darkness without Light – as mentioned before, we have contrasts between good and evil. We can only change perspective of colors and don't forget about contrast's.

In Life, there are dimensions (at least 6) that stand above instructions. Just like in music – notes without an instrument are nothing; and here's the paradox – the Voyager I and Voyager II satellites were sent into space and they carry golden records with song recordings, may never be deciphered, may never return to Earth, but the message that Earth and science exist – it is proof. Author won't catch either Voyager I or Voyager II, but behind them, they send their hopes so that they fall into good hands. Space is full of Life. Attachment to the Earth's atmosphere is placed in a cradle.

Let's give the thought that everyone has their own superpowers – yes, everyone does. Let there be hope for these abilities to manifest and be realized during Life. Keep in mind that in regular Life, You may also encounters, destructive examples or suppression of impulses, and it may seem that reality is somehow incorrect. Yes, You may be right – perhaps You feel with some sixth sense that the World is turning in the wrong direction. And yes, perhaps You Love the World, but it really goes the wrong direction! What to do?! You need to formulate or visualize the circumstances and awareness of the problem is already half of the solution.

And what will be the next step – a question of whether You will be able to fight for Your truth, whether the World needs Your fight, and whether Your hope goes hand in hand with the balance formulas of the Higher Power. The content and packaging are who You are, and the more qualitatively You shape Yourself, the greater the chances that You will hit the target someday – sooner or later in this or another reality.

The fact that the World yields to You if You truly desire something was already mentioned in Paulo Coelio's Book "The Alchemist," and isn't it true, because hopes are as real as Fire, Water, Air, Sand and Sound?

Chapter 46

The sparks of Life are subject to the waves of Life, which toss and break us against the cliffs of the shore. Follow lighthouse lights. One wave strikes us, while another washes us away. But aren't these just different levels to embody – and perhaps Life underground is just as beautiful as Life above ground. Isn't hell just a threat for the weaklings? Hell is perhaps a high-speed highway where the subject always misses the last bus. The dimension of unfulfilled hopes – that is hell. But we must be careful about what we wish for – because sometimes we might actually get it. Sometimes hopes remain unfulfilled because relying on primitive calculations, the subject has not been honest, and logically, they become disappointed – but isn't it the grand plan. Then ask Yourself a question – can You redirect energy towards the Light even more precisely? If You don't want to answer the previous question, then Your idea to jump off the bridge is just a Childish whim. Forgive me, but everyone has cried in this World.

Author: my words are stolen, my existence is a foolish mistake, but my body is composed of food – everything is so arranged that You shouldn't take me as some kind of standard or model. The author has built himself to die, but when he feels the joy of existence, the essence of Life, and its meaning, he refuses to accept death as a desired outcome. It may sound silly, but the inclination to die and live all the time is in balance.

In principle, we don't have much more than traditions – Christmas, Easter, and other holidays where we raise a flag and hold our heads up high. Holidays are elements of existence that somehow give us a Purpose to live – to live from one holiday to another and greet our Loved ones. Being able to share the good - that's the Purpose of our existence, and perhaps, perhaps reading this further doesn't hold much meaning for You.

The key is found, and nothing more needs to be offered to the Suicide – but it's a shared responsibility. And the Suicides Mindset maybe is not yet stable – time must pass until they settle down and reorganize some values of Life. But We continue. Life is a collective soup pot in which we each are like cooks. Consciousness is for understanding, consciousness is for self-affirmation, consciousness – to share. The Suicider may want to leave to not bother others, but maybe it's because others haven't appreciated their contribution or hopes.

Lies and "voices" are in the structure of the Suicide's thoughts, and only with the help of the Higher Power can lies be dissolved in existence or in the ether.

And the sea retreats, but the shore awaits it again – and new waves form. When the shore Cliffs crashes, it's part of the cliff and part of forming new waves but now we know the main thing – that movement is Life, and new units are formed in volume and then – those are Concepts and Laws of nature forces – the System's nomenclature.

Fitting into the System as an individual is like skillfully surfing the Waves.

Yes, someone will have to live in the marsh too (even a Beaver needs a Friend). In the vast sea of concepts, the swamp may seem like a good place for a healthy existence – in our case, the swamp is just an example of the contrast between different states of Water, where on one side there are Ocean shores and cliffs, on the other – dams, lakes, and rivers; You can choose where to go fishing.

Eureka!

Even in vacuum Life forms - it's universal proof of existence of Life. There was experiment about it in a completely vacuum-sealed and sterile room - new bacteria still emerge. So, in a person who has emptied themselves completely to commit Suicide, hope to form new look at Life's values, assumptions, or concepts can be found and forced. This means that it is necessary to discover within a person and offer them to see the phenomenon of Life where they no longer see it. It's hardly possible to create and illuminate without Love. Darkness and Light will always be in conflict, but Light triumphed over darkness, and knowledge was revealed. Life is not possible without metabolism and Light relationships with darkness. Sometimes it seems that Love is not possible without disappointment. From disappointment to new hope – that is the path the author chooses for himself, and today too, Love must be given a try.

Chapter 47

Conscience is a sensitive instrument and the best tool for maintaining psychological well-being.

Each era has its secrets, but only controlled emotions and thought substrates are shown outwardly. Most often, it's with the aim of manipulating or feeding one's foolish ego (the author's subjective problem).

Is Life possible without Love? You'll find the answer to this question if You're afraid to express Yourself honestly and straightforwardly. Hopes need wings, but only action and consequences matter because after one hope, another is not far off. Success in work nourishes and soothes some of the voices of hope, if they are with adequate demand.

The only thing that can bring hope to the World is conscience, which speaks and is respectfully listened to. I would like conscience to be based on Christian values, but often we only hear conscience when it's already too late. If a person lies once, then most likely there will be a second time – lies will eat away at their soul. Karma will return lies to the liar, and then the little demon, which has nested in the person, will be subject to the laws of Karma. Blaming oneself for something unpleasant is common because it seems that self-Love has become so common; even if someone is causing annoyance. Conscience will immediately kick in and can lead to a Feeling that is capable of depriving a person off the ability's or act, making Man paralyzed or, better to say - stigmatic. the ability to approach everyday tasks simply.

Others consider the presence of conscience as voices that need to be treated by a psychiatrist – but who benefits from that? That is a rhetorical question.

Life is basically is easy to handle, if avoiding lies. Why can the author judge this? Because he himself has lied and "was covered" up on lies, but then criticism was found - lies "ate away all the nerves". The school of lies and deception was been costly and valuable in order not to allow lies anymore in Life and in practices of communication.

Sometimes a Suicider is so afraid to honestly admit his mistake - rather it chooses to stand face to face with death, rather to talk.

Lies cannot transform into objective reality, but with alcohol and intoxication, they can subdue a third person and affect their capabilities to judge think clearly - it is possible and even convince him or her that black is white. Unfortunately, that's not difficult. Simply resonating with alcohol and some third-party/foreign interests, the truth "can be excluded from the agenda." If we encounter such pathology, then that is already deception. From Experience knowing how it works, the author talks about it, putting his hand on his heart and saying, "please – You can set a drink for me." Drinking alcohol lets all sorts of nonsense goes through the filters of consciousness. For example, when the required stage of cheap alcohol is achieved, the scammer can easily make the victim - object set to transfer all their property to the scammer even "thank You for Your services" can be heard from victim. Unfortunately authors Mother once was deceived that way - there are a lot of naive ones. Especially Youth.

You're surely familiar with the reality offered by alcohol and those "fires" that "explodes" in the mind through percents of alcohol of a drink – all this can not go without consequences. Joy from alcohol lasts an hour – but the Day is ruined. And Alcohol is Black Magic.

Chapter 48

Thinking alone with oneself can lead to absurdity, but who will determine where the boundary's are when a person can no longer identify themselves with who they were yesterday. And that's a cool phenomenon because changes in nature are happening all the time – something is moving slower, something faster, but changes happen. And the phenomenon of Life is being able and knowing how to adapt to nature. In Buddhist schools in Tibet, they also seek an answer to the question: "Where did the room gone when I left it?"

There is no person in the World who is not alone in their deepest essence of being.

It's good if You need a break from friendship, but it's a pity if You don't even have anyone to order a tea with. It's a pity if You've outlived Your friends; it certainly wasn't a desire for selfishness – if there are no more friends, whom You probably for a joke order to go fuck himself or, in god's sake, fuck the duck. There are no ideal levels of communication between two people - the third opinion could be some kind of judge, because two will struggle. The trust with the interlocutor or partner needs to be achieved in negotiations and dialogue, so the standard is when You can afford to order for a Friend a drink without fear that the subject will jump off a cliff. Be strong and wise. But daring to talk to a suicidal person is risky always - and some help from relatives must be applied and hope, once again, must be presented.

Egoism is in eternal struggle with altruism. Who will win and bring the best to the World around us? Here's a significant old Native American Indians saying that can help: "In Your mind, two wolves are fighting – one black, the other white. Which one will win? The one You feed."

Quality of Life and Joy here should be understood as the ability to be empathetic with other people, nature and environment.

The author is also selfish, and no matter how much he tries to resist, egoism sometimes speaks with voices, fears, or needs, but it doesn't always win. He would like to shift responsibility for the circumstances of his Life and existence onto others, but it's pointless

because it would only be avoiding responsibility, a destructive approach to circumstances, and knowing how complaints look, it would just seem pitiful from the sidelines.

The author doesn't complain, but trying to understand what's going on in minds of the majority of society, it seems that most people are unable to distinguish a healthy boundary between their needs and the needs of society. The World is full of uncertainties. Risk is a part of every decision. And risk is also a part of every inaction.

Considering that responsibility is both for action and inaction – we return to Karma or/and Higher Power, they are and will be the judges not only on judgment Day, but daily.

Sooner or later boomerang goes back to it's thrower.

Chapter 49

Can there be an absolute calculation for expressing time – a clock and a calendar is just a part of plan, because we fill the Time with emotions. Are there absolute calculations for expressing kindness and gratitude – perhaps dealing with money and taxes in modern World should be added to each of the aforementioned quantities because we live in a society with its own rules. How to find advantage in situations dealing with society.

One round ball travels through space, and we, with our petty problems, with our little egoism, tear our hair and beat our chests, and scream at the universe: "Me.. Me.. Me..Mine.. Mine.. Mine.." But only one true calculation matters to a person – it's the acceptance and Love of another being.

For example: there is marriage and it's an institution that faces continuous challenges (maybe try to avoid bad struggles) – healthy for You, me, us. The decision to Love is a decision made with calculation, but the decision to Love must involve to sacrifice some comfort. But there are some, who to thinks that everyone deserves more good for themselves and less effort.

In principle, Life has not yet been won. There is still a cultural phenomenon remaining. And for a person who has decided to Love, it probably the best choice of all.. A, on other hand, on the person who has decided to Love must not trust – they are unpredictable because

they see themselves as a potential source of pain for others. Will a loving person yield before discovering the pain of another, which will need to be healed again by recognizing the boundaries of closeness and intimacy in such a way (this question comes from Vacuum)?

For a person who has decided to Love, it remains to surrender their will and mind to something higher than themselves. The work on oneself for a person who has decided to Love will never seem fully completed. Every moment is like holding onto bare electrical wires, which keep a person in spasms until it falls asleep.

Love is interesting, but it also kills. A person wants to rule their Life, but Love rules over Human once it's revealed. And here are the deeper motives of Suicide – Love gave Life, Love may also take it away.

Life doesn't belong to a person, and a Suicide is willing to give up. If a Suicider is disappointed in Love – in Karma, then may God stand by You if You try to turn suicidal thoughts into an imagined reality or lies. Lies exist. And lies kill faith in good. So, avoid lies, because they may be at the fundament on/in Suiciders Mindset.

Even hope, built on naive plans, begs for mercy in agony – but You shall not lie, don't do that, don't even think about it. There are many techniques and charming methods, but the truth stands above like the brightest gem in the king's crown.

Chapter 50

Oh, Experience – how precious You are. Every Experience is valuable, and there's no doubt about it, but the Experiences that have cost money or losses tend to stick in our minds the best. So that's the price for education.

After all, valuable is every word that comes Your way and it's associated with mental activity. It's often said that only cheese in a mousetrap is free. So the question arises: do I also need to build my mousetrap? And the answers can be different; ultimately, one has to try out their own mousetrap. Isn't this book a mousetrap too? The author can enter this book and it seems like a squirrel wheel – starting from wherever You want, You'll end up in the same place (words from Vacuum again).

This book doesn't guarantee success in all discussions – we're just trying to break down the standards on which Your usual everyday choices are based, replacing them with the ability to think empathetically so that You see the World around You more vividly. Yes, contrasting colors can also cause headaches, but in the end, there will be an evening, eyes closed, and "You're not here."

Chapter 51

It's dizzying – so many impressions from everything around, that it seems – You may feel, that there are no boundaries at all. Good Morning, my Friend. Your entire imagination is based on patterns and examples, but finding a new goal – that's a challenge and a higher level, it's a level with standards. How interesting from an anthropological perspective is the phonetics of a word when parents give a name to a Child – it's a code that a person tries to decipher their at some point, and in the end, it turns out that the word still has no symbolic meaning. Surely parents should set the offspring with imagination, in fact – in everything. Imagination is everything on which a Child's development is based. And to not make this book too melancholic, we can just for a second smile about our Names – stretch or twist Your name. It's the most innocent joke to laugh about – Your name, Your parents' imagination, what they've put into it. In every language, there are slang words and proper nouns, and pronouns, and adverbs.

Chapter 53

Not everyone can be saved because there is such a complex balance between the living and the strangely cold or strangely overheated. Today, the author spoke with a person who has attempted Suicide several times, with a guy who was recently released from the Psychiatric Hospital due to his ambitions and suicidal motives, but who has started to explore Life and tries to live with, what he thinks, are bipolar disorders. And the author also learned about the Suicide of a Friend's husband, who fell off a cliff in Spain. And the author left a message in the Friend's mobile phone voicemail, who has also thought about Suicide at some point, because his father, John, also died by Suicide.

A PRIORY:

1. Based on general statistics, everyone dies.
2. There are battles between good and evil. And sometimes You have to be a little evil to give Life meaning, but this meaning must be transformed into Experience, which again faces new choices between the right and wrong decision(s).
3. Not everyone acknowledges, that he or she living wrongly, and the author also feels part of these mediocrities. But as the Latvian folk artist/musician Kaspar Dimiter said in song lyrics, "...there is no such thing as a Desire to end."

Let's think - how do little animals feel Life and destinies? Little animals don't need psychiatrists - just Love and food are enough to domesticate almost any creature. Animals (except snakes and maybe Medusas (author not sure - is it animal or other form of living being)) value good intentions and friendship highly.

Perhaps it's also necessary to explain what a Friend is - a little Friend. It is a being capable of sharing peace and abundance, as well as the gentleness of the soul. What is the soul - psyche (Latin "flight of butterfly").

Perhaps one request from the author - don't calculate how much this book cost You and the time spent reading it, but give Mom a glass of Water or Light a candle if You are alone.

Chapter 55

If You find me under these circumstances written before, then You've traveled in time. I don't even have a plan to survive until morning, but tomorrow I'm scheduled to do my regular stuff.

The author contributes his time and effort into Your hands in booklet form and some abstract moral scales for You to navigate where and how to conduct conversations, which You might not even want to happen - it's like an insurance case if there Suicider is meet.

We can laugh - a smart person has to learn to predict how he or she will feel on daily bases.

There is hope from author, that You will manage to find Your way to balance, based on the ability to travel in time, space, and agendas. Remember what psyche* is and good luck to You!

Don't give up everything for pennies and stick to the hope that not only the Sun will delight People tomorrow, but also the Moon will delight ghosts, whom You send to please Your chosen one. May ghosts will become jokes (Latvian proverb "Spoki - Joki")

Everyone needs to sleep, eat, and wash, pray and gather, there are duties, and this is not a Life without hope. Everyone reaches the truth in their own way, and work is a fundamental value in order to fit into society, but work is not always just a Light performance - if You are left alone, still try to achieve work efficiency and don't deviate from the set goals and standards.

Can psychiatry help or help Yourself?

Chapter 56

The abilities to work is now the sole property of the majority of people in current and all circumstances. Preserving this or recovering it as fully as possible, is a duty that every conscientious citizen should take to heart, especially for those on whose shoulders relay the responsibility for the well-being of an family.

Therefore, the present era demands that health issues be thoroughly researched and illuminated for the widest masses of people. While we enjoy the Feeling of health, we almost fail to appreciate its immeasurable value. It is only at days of illness that most people come to the realization that health is the most precious asset and that it is our duty to protect it as if it were given to us only once, just like our Life. In our time, this realization is particularly important because modern development has led us to a rapid race in all human fields of work and issues, and from each present-Day person, the highest level of work efficiency is now demanded.

Chapter 57

What one considers right and necessary, the other may interpret as something incomprehensible – and here is the art of discussion with argumentation. The course and outcome of the conversation depend on both parties, and it is easiest to argue; perhaps vitally important information, if it is based on true knowledge rooted in classical literature.

Classical literature can be considered a set of basic concepts from the World's artistic heritage – music, painting, sculpture, literature, textile art, and so on. Textile art is wisdom that relates to higher mathematics and is so magical that textile art is the oldest form of the calendar.

Man will die, and evolution will prevail – can that be Issue for Question?

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Epilogue

Author avoids to speak or write down here about His own Love struggles.

Is there a hope – Yes, it persists on %

Father's (Mr. Tāivaldis Justs) spoke:

"There is a Law of Material Impermanence and There is a Law of Energy Impermanence".

Actors Mr. Edgars Liepiņš (1981. LV) saying:

"Everything is allowed and coordinated, if it's printed on".

Author's Grandmother Dr. med.psych Mrs. Biruta Merca. Her saying:

"If You can distinguish what is Art and what isn't, then You'r Ok"!

One psychiatrist once told to the author:

"If the Ideas arise, then You are mentally healthy."

This Creation will also reach the some psychiatrist's Hands.

So Greetings goes to Dr.'s Med. Psych:

*I.Cera, I.Treimane, I.Ķiece, M.Valters, R.Kuzņecova, J.Kaļiņina, E.Zubača, I.Veita,
V.Pokrovskis, J.Prokofjevs, Dr.Losevičs, A.Saulītis, E.Tērauds, Taube,
J.Vrubļevska, Respect of course for prof. Raisa Andrēziņa and Her Legacy
etc.*

Greetings to Jr. Dr's psych:

*Вадим Халилов, Māris S., Jānis, K.&P.Bieziņi, Esēnija, Lāčuks Māris, Coiffeur
Vineta, Костя, Līga, Silvija, Elita, S. Bendrāte, A. Būmanis, Agris, Maija, Aija
etc.*

*

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Post Scriptum

If You readied so far – but You still want to get most out of Your consciousness from content of this Brochure, then maybe turn to English saying:

Hip Hip Huray, the King is dead – long live the King”!!

Paradox – is a person (The Author for example) admitting to not being in full mind entitled to write books and even demand a fee for it?

MAY THE FORCE BE WITH YOU!*

THANK YOU!*

*

*

*

If You Consider to reach The Author (ETC +2),
then use Dedicated Mobile Phone Line: +371 29 747 507
and maybe You can Consider Donation or Feedback
for Good Vibes for Co. "S.A.E.",
sae.lv.

**Psyche* - Flight of a Butterfly (Latin)

Author: Matīss Justs (MerCS) ©

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