

Young Adult Superbook Book 1. Discover your True Nature then Live by it



Every self-help book written in human history offers discrete one-liners about what to do to improve your life but none addresses the engine that is your soul, essence or your true nature in a real way to show that happiness comes from a systematic release of the energy in your true nature or soul. Sadness or self-betrayal is the result of this natural energy not being used up, destroying a person from the inside. Fat and obesity are simply unused natural energy. They represent inner disharmony. First of all its a battle to discover you even have a true nature because the world indoctrinates you to its system. You might partially pursue your true nature as a clone within the system but youll never be fully enlightened until you discover you have this natural, intuitive standard within yourself of who you were born to be and how you should live day by day away from your cultural indoctrination in order to be in harmony with yourself which means to feel good, lighthearted and peaceful. You simply have to release most of that natural energy inside of you everyday which is different than the energy you might release pursuing the artificial values of the world, even though most of us have to do things not natural or inherent to our souls to earn a living. The battleground is to keep a light soul by constantly releasing this natural energy within yourself to be in harmony with your true nature. This earns self-respect and well-being. If you dont do this, youre betraying yourself. I believe self-betrayal is the most common cause of stress and mental illness. The problem is that the mental health industry seems to have missed it. This is why I say theyre a bunch of boobs, creating a bunch of fake knowledge about human behavior, trying to brainwash the people with it, pretending they know something deep and advanced about the human condition but theyre really just a bunch of low-level clones hiding

behind those stupid theories they created that don't make sense to real life like the subconscious mind. It's a joke pretending that we have something hidden and mysterious inside of ourselves not known to us that only one of them mental health professionals can decipher and help us with for a hefty fee. They're all lies but most of us are too brainwashed and intimidated by the fake mystique they put out about psychobabble to question it and say it's a bunch of crap. You either know your true nature and live to try to honor it or you're just another generic lost soul brainwashed by the world, probably deluding yourself and/or putting on airs about how cool and successful you are. The only real success is being true to your true nature. You are spirit and energy. Regardless of if you're poor, middle class, wealthy, Jew or Christian, you wake up everyday a free spirit with unused natural energy inside of you. The few really wise people in life know this and set on a course to release that natural energy as they live. This keeps you in harmony with who your Creator-God made you to be. Anything else is self-betrayal. You are simply energy and spirit to be used to have fun, live a rich life and do whatever you feel is right, just and useful to help your fellow man, the animals and the planet. You are your memories and experiences. They make up your cloud of consciousness. Go through life trying to make that cloud of consciousness feel good through what you do and think. People with lots of money and status try to come off like they got something special. They got the same cloud of consciousness that is life as you do. It's about what you do and think, not what you own or your so-called status which is what you think other people think of you which is negligible because most people spend their time thinking about themselves not about others.

Welcome to the blog of Joan le Grande. I'm changing the blog to english so forgive me the dutch articles before. I already translated a few, keeping it up! Anyway, stay tuned for lifestyle articles and reviews about games or other nerdy stuff. Enjoy! Categories Comics Games Playstation 4 Wii U Lifestyle Posted by Joan le Grande in Games, Playstation 4 Leave a comment Tagsexperience, first look, Games, Playstation 4, Playstation VR review, ps4 VR review, virtual reality

YES YES YES. I'm super hyped about the VR, but you obviously knew that already because of my last blogpost. There were a few hiccups because I ordered it online and I was working during the time it came. I stressed, freaked, jumped and finally gave up on the thought I got to play on the day it came out. But luck was on my side and when I got home, 20 minutes later the VR glasses arrived! In this post I will take you with me on my first experience with virtual reality. Was it as awesome as I hoped? Or is nauseating and not really my cup of tea? Read and find out!

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