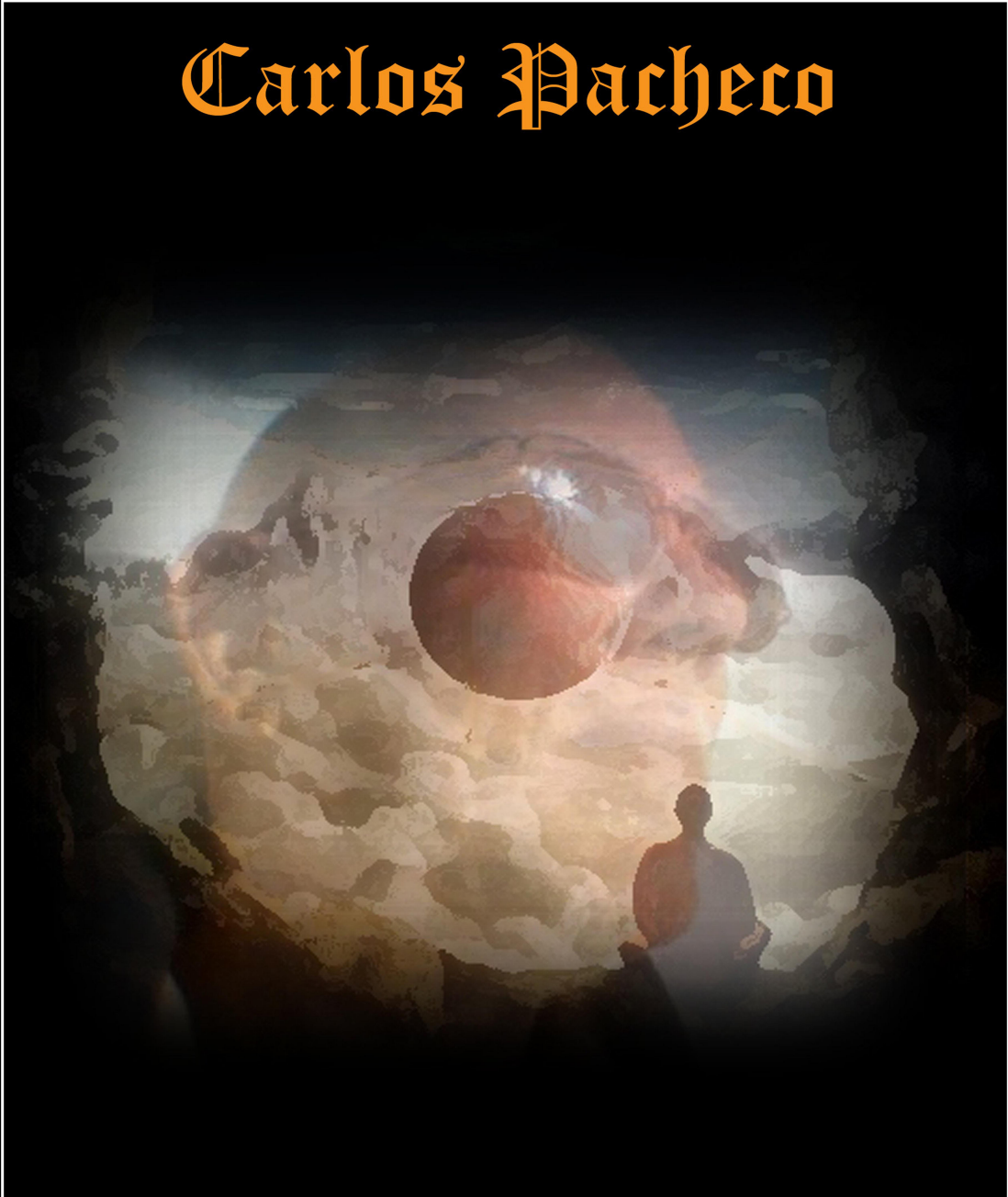


Carlos Pacheco



The Diary of Thoughts
Volume Two

2nd Edition
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This second work is dedicated to my late wife Eduarda Pacheco who passed away the 23rd April 2011, in her memory as a beautiful SOUL she was.

On this document, I tried to write about our life, but I finally realized that it would be too painful for me to do it as we shared almost half a Century of our EXISTENCE. We were born side by side as neighbours and found it out while at Secondary School. After that, our lives became only one. We were friends, brother, and sister, lovers, even accomplices in particular contexts of LIFE.

I started to write my first book when she was still by my side, and she always refused to read my thoughts as she completely knew what was animating my EXISTENCE. She knew about my IDEAS & THOUGHTS, my BELIEFS & CONVICTIONS, my PRINCIPLES & VALUES. She knew that I was not perfect, and she accepted me as I am.

During almost half a Century, we integrated so deeply in each other's characters, that we created an unbreakable link that surmounted all UPS & DOWNS we had to face in our RELATIONSHIP as a couple. We dedicated one hundred percent to each other and created our small but beautiful World.

She understood my weaknesses and accepted my failures, the same way I did towards her LIFE, trying to make all her dreams a reality, doing everything that I could, even what I couldn't do, just to see a smile of HAPPINESS on her face.

This mutual veneration and dedication were so unique that when she passed away, I felt as if half of my SOUL had left my body, half of my EXISTENCE beside her, not only physically but spiritually speaking. She is consistently present on my daily LIFE, and the only thing I ask GOD is to be able to join her, the moment when my mission is done in this dimension.

As I said before, I tried to write about our lives, but it was too painful, and I think that she would like that we would keep those moments to ourselves as so unique they were.

GOD bless you my dear wife Eduarda, wherever you are.

Carlos Pacheco, Consthum, Luxembourg, E.U., the 19th July 2013

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THE DIARY OF THOUGHTS – PART ONE

I. NATURE & SPIRIT - ABOUT LIFE

It is very clear that our present experience is based on an accumulation of facts and events coming from the PAST, from ancient times, old CULTURES, still rich as they represent the roots of THOUGHT, the origins of the human SPIRIT as it was initially given to us by THE CREATION herself.

While reading about HISTORY we reach constructive conclusions as everything GOOD & BAD, is clearly demonstrated in each Chapter, each PATH of human EXISTENCE. At a certain point, we can examine the different cycles that occurred and what they represented to each period of CIVILIZATION and we learn about our PAST, our ORIGINS.

It is my BELIEF & CONVICTION that the primary purpose of LIFE is to reach a level of INTELLIGENCE that will allow us to UNDERSTAND, therefore finding a way to solve our problems and obstacles. I reach the conclusion that there are lots of contradictions implied in this whole process of LOGICAL development that is implicated in LIFE herself. After all, without CONTRADICTIONS it would be too easy to apply LOGIC itself, meaning that both are inter-dependent, inter-linked as everything is.

One of the conclusions that I reached is that human beings are submitted in this DIMENSION to their natural INSTINCTS for SURVIVAL, which leads to their CONTRADICTION regarding BEHAVIOURS & ATTITUDES. Due to that fact, the supposed EVOLUTION of the human being is primarily restricted to this factor since our MINDS are not prepared to rationalize every fact and event that occurs around us.

In the end, we find ourselves completely alone in the middle of similar BEHAVIOURS & ATTITUDES, sometimes considering that we are different while we are all the same in what concerns our mutual natural born INSTINCTS.

Conditioned BEHAVIOURS are imposed by SOCIAL & ECONOMICAL systems that reign in SOCIETY, and that creates for us the impossibility or limitation to EVOLVE the way we were supposed to. If we add to these elements the human weaknesses such as POWER & GREED, we'll quickly reach a point where that supposed EVOLUTION no longer exists, or it's only apparent as we start reacting as machines, robots, controlled by those same systems.

POWER & GREED adulterated what was supposed to be SHARING & GIVING, mostly regarding CULTURE as the act of colonization was made by force and not under a basis of FRIENDLINESS & KINDNESS. Instead of interacting, learning and sharing different CULTURES, human beings imposed their rules by massacring, even exterminating very wealthy CIVILIZATIONS that could have

brought us lots of KNOWLEDGE, the same KNOWLEDGE that today we so desperately need to have as all the technical formulas are reaching an end.

One phenomenon that obeys to a particular cycle in SOCIETY is related with SPIRITUALITY, which happens when SOCIETY itself deals with lots of difficulties in SOCIAL & ECONOMICAL terms, when everything becomes harder to get, causing FINANCIAL & EMOTIONAL instability. That is the moment when SPIRITUALITY becomes active and people start to use their SOULS to find the way to achieve a better degree of acceptance and at the same time understanding better what all those old VALUES & PRINCIPLES meant in the PAST, the fundamental role that they have in their LIVES.

In my first book, I wrote about POLITICS & WAR and RELIGION & CONVICTIONS and certainly these elements interfere predominantly in our life in SOCIETY, affecting our WILL to live in PEACE & TRANQUILLITY, mostly in SPIRITUAL terms. Due to POLITICS & WAR along with RELIGION, old CIVILIZATIONS were utterly exterminated as it happened with the Native American people along with other amazing rich ancient CULTURES.

Recently I took some awareness about how wealthy and powerful the Native American CULTURE was and still is through a prayer spoken by an incredible person. Russel Means was born in 1939, and he is an Oglala Sioux activist that always fought to maintain the roots of his native CULTURE, even considering the tragic circumstances that involved the colonization of America.

Listening to a prayer called "The Lakota Prayer", I felt the profound message that is contained in his words, and I started to appreciate, even give the right value to this old CULTURE. Native American culture is not only based on SPIRITUAL principles but also because it expresses the RESPECT that the same CULTURE had towards NATURE and all her elements, towards all living beings, mostly towards LIFE herself.

I allowed myself to mention this "Lakota Prayer" in this book, also reflecting the same RESPECT Russel Means put in his words. I tried to make a connection between those words and what I feel about LIFE, about my EXISTENCE along with yours as we are all part of each other, even without knowing it and at the same time making some comments about different parts of this beautiful speech.

Russel Means starts and finishes his PRAYER in a Sioux dialect, and he mentions this word that is a fundamental key to human understanding about how inter-connected we all are:

"MITAKUEYE OYASIN' - WE ARE ALL RELATED!"

In my first book, Chapter Thirty - "Everything is linked", I dedicated some simple words about the meaning of this sentence as it's a fact that we FEEL its meaning deep inside and only try to ignore it. It's a certainty that we are all related in some way, not only by our physical similarity but also by our SPIRITS & SOULS,

independently from our terrestrial and geographical origin, no matter the actual difference between our CULTURES, PRACTICES & HABITS, even PRINCIPLES & VALUES.

Inner THOUGHTS lead us to have a common COMPREHENSION based on our ways to react, to FEEL, to UNDERSTAND about our LIVES and at the same TIME putting ourselves in another person's place, mostly in what concerns the basic instincts of survival that guide us all. We integrate quickly on other people's sufferance, dealing with daily difficulties and obstacles that are similar to our own, the diseases that can affect and harm our well-being, by automatically comparing ourselves with all the ones around us.

This integration is also a vehicle that leads us to consider that there are always worse situations than our own and compare the different contexts. It brings us the right notion about how important our LIVES are and the way we should look at all events and occurrences that are regularly happening to other people and also what eventually might happen to us.

Once again, there is this **"invisible balance"** that forces us to get to those CONCLUSIONS, even if they are based on mere perceptions, reflections of our reasoning along with the FEELINGS that we have towards our species.

WE ARE ALL LINKED IN OUR FEELINGS TOWARDS EXISTENCE!

When we assist to children playing, we FEEL the UNION that exists independently of their origin, race or culture, where there are no HATE neither RACIAL factors that can affect that spontaneous RELATIONSHIP that is shared by them while having some JOY. In fact, they are all LINKED by the same FEELINGS of HAPPINESS & HARMONY and those don't have colour or race.

We are also related while SHARING all those moments and LIFE could be incredibly beautiful if we were able to keep on doing it as teenagers or adults, without forgetting this global phenomenon that involves us all called FRIENDSHIP & LOVE.

FRIENDSHIP along with COMPASSION are fundamental to achieve that absence of MALICE that gradually possesses us along some people's lives. Looking at others as we look ourselves in the mirror every single morning, would make a radical difference in social terms, even could change SOCIETY and its way to live, avoiding the implementation of social systems that can ruin us all.

Then, there is also the factor called HUMBLENESS, and this can be manifested by simple WORDS, BEHAVIOURS & ATTITUDES by being grateful for what we have and who we are and mostly to ask forgiveness for our FAULTS & FAILURES, not only towards people around us but mostly towards LIFE herself, towards THE CREATOR.

Russel Means continues his prayer by thanking the "HOLY GREAT MYSTERY", thanking for "Today", thanking the "Four Winds" and the "Four Directions". He continues by praising the "Four Points of the UNIVERSE", the "Four Ages of The Earth" and finally the "Four Ages of the Human Being".

"OH HOLY GREAT MYSTERY, THANKS FOR TODAY!"

Thanking for "**Today**" is imperative, but the greater part of us are so absorbed by our routines and habits that we just miss the greatest GIFT that we have, our LIFE as it is the most precious fortune we can dream having. We are conditioned to schedules, not conditioned by the TIME that NATURE brings to everything but mostly conditioned by the TIME that we impose on ourselves. We wake up in the morning with an alarm clock, rush to our jobs, fighting against the time that we have left, not that we're becoming unemployed due to arriving five minutes late to our work.

During the way, we don't look to the right or left, even if we find ourselves stuck in the middle of a traffic jam. We miss the trees, the mountains, the scenery, the landscape, the sky and the clouds that represent our MOTHER NATURE. It's just as if it was merely there as there are lots of cars and trucks in front of us and without noticing that, we are only missing it. In the end, we can count, remember how many cars we passed by but not one single memory of the most important things that surrounded us all the time.

COLOURS surrounds us all bringing the MAGIC of NATURE, each one representing her BEAUTY and interfering in our "**state of mind**" as one way for NATURE herself to create her ART. GREY frequently expresses her SADNESS and the absence of THE LIGHT, still this last one being always present behind that curtain of clouds or then showing her magnificence through the multicoloured "**rainbow of LIFE**" that THE LIGHT illuminates. We become ILLUMINATED every day!

The SUN and its colours match the SPIRITUAL world of lots of CULTURES. The Tibetans use ORANGE to express that connection with the SUN, with ENERGY, which contradicts Eastern RELIGION and its association with FIRE & HELL when the SUN is nothing but the primary source of ENERGY that allows us to live.

LET'S BE GRATEFUL FOR TODAY AS TOMORROW NEVER KNOWS!

The RED of the SUN mixed with those tones of YELLOW & ORANGE contradicts the WHITE, THE GREY, the COLDNESS, the STATIC, finally bringing LIFE to these last ones.

The BRIGHT side of things will always prevail against the existing DARKNESS that invades some SOULS, THE LIGHT that will bring us the necessary CONCLUSIONS to find all the possible SOLUTIONS. LIFE herself is an enormous

equation leading to a CONTINUITY of ANSWERS and defining multiple SOLUTIONS. There is a SOLUTION for everything!

THE PHOENIX is a MYTHOLOGICAL bird that remounts to ancient CIVILISATIONS as Persian, Arabic, and Chinese that reveals the will and at the same time the consciousness that there is no BEGINNING or END as we'll all be reborn from the ashes, from that fire that is RED, YELLOW & ORANGE.

The start of a new day is a new cycle that is brought by NATURE to which we are completely integrated, in a complete HARMONY, for those who feel it that way. It's up to each one of us to find the right message that is hidden within all that is presented to our eyes as we might see a cloudy sky, still beautiful as the blue sky, knowing that the SUN, the LIGHT always stands behind the grey clouds and will replace them.

In my first book, I related many subjects that are present in each chapter with their analogy with MUSIC as this one represents a lot in my LIFE. After all, LIFE is a big Symphony that is present. Even SILENCE is nothing but an interruption to the SOUNDS OF NATURE, and every single one obeys to a musical partition that we all can hear.

MUSIC is related to everything that we do and changes our "**states of mind**" and also fits our characters according to with our personal choices. Finally, it is the same thing as defining our SOULS. It can translate feelings of ANGER, AGGRESSION or COMPASSION & KINDNESS as they become a mirror of our personality, what we are, even if temporary, the reason why there is all this DIVERSITY of musical genres that surrounds us.

Depending on the content of each different "**state mind**", musicians give their messages GOOD & BAD, POSITIVE & NEGATIVE, expressing their "**inner me**" by doing so, meaning that their "**inner truth**" is always shown while they are creating either of those elements. ART, in this case, MUSIC, can be NEGATIVE in its content and message as everything else, but at least it's HONEST enough while spreading its message.

ART IS NOTHING BUT A PURE EXPRESSION OF OUR SOULS!

Coming back to Russel Means, his prayer and its connection with the musical expressions:

The 70's was a GENERATION of people that made a CHANGE in SOCIETY, it's VALUES & PRINCIPLES, mainly in what concerns areas of FEELINGS of LOVE & FRIENDSHIP, through musical manifestations that brought us the necessary content, the needed MESSAGE that people were waiting. Without pretending that this historical period in SOCIETY would bring final SOLUTIONS to everything that was going on at the time, at least it created a state of "**collective consciousness**", awareness about the existing SOCIAL & POLITICAL contradictions of that era.

This unique period in *HISTORY* of *SOCIETY* also unclenched an enormous process of *EVOLUTION* as it was just a mere manifestation of that **"whole phenomenon"** that was embracing *HUMANITY* to change things and events.

There is this incredible and beautiful old musical masterpiece where *CLASSICAL* integrated with *ROCK*, with a message about the **"beginning of the day"** as a new cycle. At the same time, it mentions those personal options we have to make while feeling the magic of each new start, our new daily start along with the motion; *THE UNIVERSAL MOTION*. Following *THE BEATLES*, *THE MOODY BLUES* came out with this fantastic LP called "Days Of Future Passed".

THE MOODY BLUES - THE DAY BEGINS
www.diaryofthoughts.com/thedaybegins.htm

To be able to share precious moments of our *TIME* with the people we *LOVE* is something that represents the biggest fortune of our existence. One moment, when *LIFE* decides that we have to leave and join a higher dimension, we miss them and regret all the lost minutes when they were joining us, sharing our worries and moments of happiness. It's for sure that the generation of the 70's gave us that message!

Similar messages from that same period can be found in musical works like "LOVE, DEVOTION & SURRENDER" from Carlos Santana & John McLaughlin, revealing that Occidental *CULTURE* can be fusion with old and ancestral *SPIRITUAL* & *DIVINE* values preached by entirely different people. At the same time, it shows us examples of that convergence of *BELIEFS* & *CONVICTIONS*.

SPIRITS & *SOULS* are identical, independently their *RELIGIOUS* practices and they reveal themselves by their identification, not by their labels or names as a result of a different religious *CULTURE*.

BELIEF & CONVICTION ARE THE UNIQUE AND UNIVERSAL FAITH!

Mentioning Russel Means again, he also considers that everything is resumed on four paths, this concerning *LIFE* and also our cycle of existence: childhood, adolescence, adulthood and finally old age, the fourth path that leads to a supposed end but maybe a new beginning somewhere else. All this is related with *NATURE* and its cycles as *SPRING*, *SUMMER*, *AUTUMN* & *WINTER* as we have to live along and adapt to it.

We have to change colours, characters, habits, and go along with that *FLOW*, that *ENERGY* that we capture from *NATURE*, even taking examples from the same cycles that also control the existence of all living beings. We are all related in a certain sense, even if that relation is translated on those four different cycles, meaning that our *EXISTENCE*, in every single form of *LIFE*, it isn't as diverse as that.

In reality, all living beings are LIVING in a unique way, their way, with different SENSATIONS & PERCEPTIONS about their EXISTENCE, where even the notions about TIME & SPACE are different, different WORLDS within a single UNIVERSE called LIFE. As these "worlds" are so identical in existential terms, but at the same time so different, we'll never be able to fully understand that relation with other living beings, resulting in a lack of RESPECT towards them.

*If we watch carefully, the animal world lives on a different basis than ours as they don't exterminate themselves just for mere pleasure caused by POWER or GREED, but just as a result of a natural INSTINCT for SURVIVAL. By doing this, they are respecting LIFE and that "**Invisible balance**" that rules us all, that rules the whole EXISTENCE, the entire UNIVERSE.*

*While surviving, old and ancient CULTURES maintained at the same time that "**balance**" and respected other living beings. They killed to nourish themselves, and the preservation and development of the other species were assured. Today, some animals are threatened with extinction due to the commerce that is practiced by human beings, when they put a commercial value on their lives. Some species are killed or mutilated just for money purposes. This cruel practice translates the lack of RESPECT towards LIFE and its natural BALANCE.*

Native American CULTURE puts in evidence the sacrifice, the role that animals play in our EXISTENCE with the purpose of feeding us, the same way they do within themselves but respecting LIFE herself, the same rules of surviving being applied. The contrary of that is purely criminal and contradicts the rules, the balance of LIFE.

The real similarity between humans and animals is very evident, namely regarding behaviour for survival, even through some analogies concerning physical expressions as particular physiognomies approach theirs. It's for sure that we are LINKED in several aspects of our EXISTENCE, and we are also inter-dependent as animals are part of our daily lives, from laces of FRIENDSHIP through the natural process of maintaining our survival as they are sacrificed to nourish us all, even bring us clothing.

*He mentions about the "Four Winds", particularly the East wind and everything that it can bring us in the morning, a new day to LIVE, a new STAR, the DAWN of a new day. At the same time, he considers it as a "**new start**" as he says that it brings us to CONCLUSIONS that will avoid that we commit the same MISTAKES of yesterday.*

*In reality, every single day is a "**new start**" that makes part of a cycle that is constantly repeating, a perpetual motion that is always changing and evolving. In our lives, we have several "**new starts**" in different fields, various activities even at the level of our private lives. A "**new start**" implies a "**new beginning**" and that fact brings us the necessary strength to adapt to all events and situations that we have to face.*

During the four different paths of our lives, we change, adapt and evolve, following the same cycle as NATURE. Therefore, this is a manifestation of the real similarity between both situations. Never forget we make part of THE CREATION that involves us all along with all material things that surround us.

IF THERE WASN'T AN NEW START, OUR LIVES WOULD BE STATIC!

Everything that is static doesn't EVOLVE, though it would become a contradiction in what concerns the development of our SPIRITS and our ACTIONS as a result of the first one. Once again, there is this LINK between concepts about LIFE & DEATH and the notion about a "new beginning". It also proves that the present cycle of NATURE that controls our EXISTENCE, brings a message of CONTINUITY, like trying to say to us that after all, there is no END but just a "new start", a "new beginning".

It would be the same as CREATION could express herself by words and say:

"LOOK AT ME! YOU ARE PART OF ME, AND I NEVER END BUT SIMPLY CHANGE"

We all change in one way or another during our lives as we have to adapt. NATURE herself adapts, changing colours that match her "states of mind", showing us colours that define her HAPPINESS & JOY or her SADNESS through the four seasons of each cycle of her EXISTENCE. We do the same as HER.

THE FOUR POINTS OF THE UNIVERSE - THE FOUR DIMENSIONS!

When Russel Means refers to the "Four Points of the UNIVERSE", he establishes a relation between the human beings and the cosmic influence that is present in our EXISTENCE. We are nothing but part of this infinite UNIVERSE that is present to our eyes through images of endless STARS & GALAXIES, endless SPACE defining CREATION herself.

This PERCEPTION about these four elements also brings us the awareness about a "fourth dimension" that is always present but not visible, and that's where everything has an explanation, still far away from our UNDERSTANDING. Finally, it defines that degree of FAITH & BELIEF that translates our CONVICTIONS, our PERCEPTIONS.

We are all living under the influence of that cosmic balance as even our Planet is submitted to this UNIVERSAL MOTION. Therefore, we go along with that perpetual movement without noting it. The presence of the SUN and the MOON makes us FEEL different states of mind along with different SENSATIONS that are related to ENERGY & TRANQUILLITY, the ENERGY that we need during the day and the HARMONY that we search during the night, that inner PEACE that is brought with the MOON.

He also relates these two elements with MAN & WOMAN as the SUN represents the strength of the male in his effort to protect his FAMILY and the protection of this one brought by WOMEN that are represented in their attitudes of COMPASSION, SUPPORT & UNDERSTANDING, by the MOON itself.

In this case, this also translates that these two elements are part of each other, they complement themselves as when the SUN disappears, the MOON comes along to illuminate the temporary and apparent darkness, still making a unique cycle, a never ending carousel of a beautiful CREATION.

His veneration towards the EARTH as our PLANET is expressed when he considers it as a **"tabernacle for worship"**, the way he had to compare it to a Church, the place where we thank and venerate THE CREATOR and everything that HE brought to our LIVES, beginning on our own. A place where we find inner PEACE & TRANQUILLITY, finally a place that establishes a LINK between us and HIM.

More and more, SCIENCE is establishing that LINK between everything that can be scientifically explained and the SPIRITUAL element that is present and translates that fourth dimension. There is this incredible documentary that shows exactly the direction that SCIENCE is taking, the CONCLUSIONS that are forced to be made in a certain way to reach a higher form of UNDERSTANDING about this SPIRITUAL element that translates THE ABSENT:

BEYOND 2012: EVOLVING PERSPECTIVES ON THE NEXT AGE

Russel Means also venerates everything that is green, especially the trees and he mentions about **"The Tree Of LIFE"** that we have to preserve and take care. In fact, LIFE could be presented to our eyes as a tree as its life is an example of being reborn all the time, nude during Winter, flourishing in Spring, adapting to the cycles of NATURE, still growing and becoming incredibly BEAUTIFUL.

He has this wonderful expression when he claims that the **"The Tree Of LIFE"**, has **"whispering leaves"** that finally could teach us the right way to LIVE and respect LIFE as she is.

He presents the image of this tree as a human being that is here to assist to every event, breathing our air as we do, growing and enduring time, evolving just by watching and consolidating its knowledge, just as if it was a manifestation of a passive way to reach UNDERSTANDING.

Several CULTURES worship trees as they represent that continuous process of NATURE. Science fiction is recently based itself on a similar notion as we find in the movie "AVATAR", a tree that concentrates all the ENERGY that maintained a whole frame network of INTELLIGENCE, expressing CREATION herself. This film is extremely well done as it also approaches other areas that are also inter-linked as they translate lots of fundamental notions about LIFE, about CREATION and all hidden answers that are there, present, still invisible.

Nourishing the "**The Tree Of LIFE**" is like feeding our SOULS, our collective SPIRIT as WE ARE ALL RELATED!

AVATAR

www.diaryofthoughts.com/avatar.htm

The fact that an AVATAR is created through the image of a human, through his projection in another DIMENSION, reveals the notion about that other PATH that exists, even if it is far away from our UNDERSTANDING. It also matches certain concepts about living different lives at the same time, in different DIMENSIONS.

It's like if our lives could be seen in a mirror where multiple reflections were projected in SPACE & TIME defining our individual EXISTENCE in each PATH, in each DIMENSION. Each one is different from each other but accomplishing the EVOLUTION of our SOULS, our SPIRITS until reaching a point of PERFECTION that allows us to join that HIGHER level of SPIRITUALITY called CREATION.

Maybe we are just floating between all those PATHS of EXISTENCE, each one defining the MATURITY of our SPIRITS, of our SOULS, still living at the same time. This probability is far way from our UNDERSTANDING as we are limited to our visual DIMENSIONS and if we weren't, we would already make part of this "**whole**" and HOLY MYSTERY called LIFE, called CREATION.

Concepts about REINCARNATION might be based on those visions about different LIVES in various DIMENSIONS, finally, where there is no BEGINNING nor END as we are just travelling through this INFINITIVE mainstream of ENERGY & LOGIC. This mainstream is the source to which we belong and came from, and to where we'll go back, though always making part of it while living, while breathing, while existing.

THE CELL

www.diaryofthoughts.com/thecell.htm

The same concept and message are present in the movie "THE MATRIX" that I mentioned in my first book as well as in the movie "THE CELL" that involves the "**dark**" areas of our MINDS, our SPIRITS. It establishes differences between GOD & DEVIL when a police officer uses the same technological methods to penetrate a killer's mind.

GOD & DEVIL as human beings name it, are nothing but opposite ENERGIES that creates a balance and in SPIRITUAL terms they define our OPTONS & CHOICES as we are nothing but MATTER & ENERGY and this last one flows between POSITIVE & NEGATIVE. Our SPIRITS are submitted to those two elements as we make part of them, and we are nothing but ENERGY.

The attraction for POSITIVE or NEGATIVE defines our character, finally our SOULS, definitely what we are, our "**inner me**", never forgetting that we all are

exposed to that *ENERGY* that surrounds us and that condition us all in a certain way. This constraint is one of the reasons why some people do unexpected things or have unexpected behaviours without noticing it. *POSITIVE & NEGATIVE* can be brought by other people, other places, even other events that have a large influence and repercussion on us all as we are all connected, we are all *LINKED* in *SPIRITUAL* terms.

DREAMS are a gateway to another *DIMENSION*. They are defined by scientific explanations about the way our brain works, but the real and final answers are very far away from reach, the same way as our brain is the only physical part of our body that is so complex that not even *SCIENCE* itself can explain its complexity.

There are people that while dreaming, touch *GOOD & BAD*, *POSITIVE & NEGATIVE ENERGIES*, even feel the presence of a third entity. Some *PERCEPTIONS & SENSATIONS* are vitally connected with that invisible *DIMENSION* that is present, still far away from our eyes. *DREAMS* about future events that happen without explanation or about places that we know without ever being there are manifestations of this connection.

According to human definitions, *HEAVEN & HELL* are merely the results of our *GHOSTS*, our *DEMONS*, the visions that we create in our *SPIRITS*, the reason why it is so important to direct our *THOUGHTS & ACTIONS* towards the *POSITIVE*, eliminating everything that can harm our *SOULS*.

But that's a reality that all those sensations towards *GOOD & BAD*, *POSITIVE & NEGATIVE* exist as they complement each other, though they live inside us. Our *CHOICES & OPTIONS* will finally define what we are, the road we chose to walk on, the *DESTINY* that is within our reach but some just ignored. *MISTAKES* are part of that path and we all learn with them. It's like a school, the "**school of Life**", never forgetting that:

**SOME MISTAKES...
ARE NO LONGER MISTAKES...
WHEN THEY BECOME...
CHOICES OR EXCUSES.
NEVER LIVE IN LIE...
NEVER LIVE A MISTAKE!**

MISTAKES are our mirror, not because we committed them, but mostly about the way that we put an end to them or simply carry them on our shoulders, our *SOULS*.

Once again I establish the connection between *MUSIC & EXISTENCE* with the content of the present chapter. *THE MOODY BLUES* have another LP from the 60's, "On the Treshold of a Dream" that is nothing more than the *CONTINUITY* of the previous one that I referred already. In this LP, they put in evidence the *ETERNAL CYCLE* where *DEATH* brings us to a new *LIFE*, where the *SUN* is

present to bring us the necessary ENERGY to regenerate and revitalize along with the messages coming from the animals, like the eagle.

THE MOODY BLUES - IN THE BEGINNING/THE DREAM
www.diaryofthoughts.com/inthebeginning.htm

More and more, PSYCHIC faculties are being used to determine and identify multiple situations that interfere with SOCIETY'S life and well-being. High intelligence services use these gifted people to help them to solve difficult occurrences that can drastically change the course of events and avoid human tragedies in certain contexts, at the limit even avoid what was supposed to happen in the first place.

In a particular perspective, it's like being able to change the FUTURE and contradict TIME, and it's coarse, contradicting all the concepts about DESTINY or FAITH. This sensation also causes controversial issues about RELIGION and everything that makes part of its learning and teaching on a different basis, under a different UNDERSTANDING.

HYPERSENSITIVE people are vulnerable to everything that surrounds them as their PERCEPTION of things, events, NATURE, COSMIC influence and all that makes part of that great mystery called LIFE is different and more accurate. By doing so, they become a target of NEGATIVE ENERGY that is expressed by human behaviour, even BAD events that can occur.

Normally, those people have an "open-minded" SPIRIT & SOUL, which leads involuntarily to give the "benefit of the doubt" to everything and everybody as they try to UNDERSTAND the whole reasons that are behind all those EVENTS & BEHAVIOURS. Some of them know how to handle this capacity, others just perish while being unable to UNDERSTAND this GIFT completely.

SOCIETY doesn't completely accept the different "states of mind" that can come from this kind of SENSITIVITY as it is given to a minority, in spite the fact that every one of us possesses those faculties deep inside, still being asleep. This fact creates a distance that is originated by that IGNORANCE and leads GIFTED people to isolate themselves from SOCIETY as a result of this INTOLERANCE & INCOMPREHENSION.

It's also a fact that individuals who don't have that capacity, fear everything that can cause doubt or a threat to their MINDS as everything for them is linear and has to be visible, sometimes contradicting inner living PERCEPTIONS that reign in their SOULS & SPIRITS.

Social systems use global multimedia means to achieve collective BEHAVIOURS and lead humanity to global ACTIONS. This is one of the demonstrations about at what point the human SPIRIT can be lead to reach CONCLUSIONS & ATTITUDES, at the same time being exposed to the GOOD or BAD way to put those same methods in practice.

IDEOLOGICAL principles interfere with our SPIRITS changing the essence of our SOULS and causing social conflicts that affect us all as we are all alike and coming from the same source.

WAR & MISERY are created by those false concepts as they even claim to be unique and the most truthful regardless that the purest PRINCIPLES & LAWS are written in every BIBLE, mostly the NOTIONS & VALUES that are common to the regency of our RELATIONSHIP as human beings.

Russel Means has this profound and wise sentence at one point of his prayer:

"OUR HEARTS AND OUR MINDS AFFECT INFINITY!"

This affirmation represents not only a CONVICTION, a BELIEF but the awareness of how deeply connected our SPIRITUAL world is and how profoundly it is reflected in this INFINITIVE mirror called EXISTENCE, called CREATION. We found ourselves assuring that CONTINUITY of THOUGHTS and our SPIRITUAL EVOLUTION will affect the EVENTS & FACTS that will occur in the FUTURE as that mirror will reflect itself continuously without an END.

This process also defines the primary purpose of CREATION that is expressed in that SPIRITUAL EVOLUTION that is the result of our INTELLIGENCE & WISDOM. These last two elements are nothing but the accumulation of all our PAST lives, all the learning, and teaching that we received from our recent and ancient ancestors and that brought us the KNOWLEDGE about their experience, their CONCLUSIONS.

The RESPECT towards WOMEN and their role in our lives is also manifested in his prayer, mostly when there is this RELATION that is established between the WOMAN and the MOON as they are purified naturally by the STARS. These words are like saying that WOMEN are the ones who ILLUMINATE us during the DARKNESS and creates that HARMONY & TRANQUILLITY that compensates the ENERGY of the SUN.

This allusion also extends its THOUGHT to the role of WOMEN as MOTHERS and where the NIGHT is the natural environment to reproduce LIFE through FEELINGS of LOVE & TENDERNESS as a result of this UNION between two human beings.

**WOMEN AS THE NATURAL CRADLE OF MEN IS SOMETHING THESE
LAST ONES SHOULD NEVER FORGET!**

**FORGETTING THIS FACT IS DENYING THEIR ORIGIN, THEIR
EXISTENCE!**

This FACT also represents the real similarity between WOMEN and CREATION herself, meaning that they are also protected by MOTHER CREATION as they

maintain that *CONTINUITY of LIFE* that has to be assured as *INFINITIVE* she is.

During my personal experience, I faced and assisted to numerous cases where children are mostly affected by emotional traumas caused by their MOTHERS, rather from their FATHERS as there is this inner need to receive LOVE, TENDERNESS & AFFECTION from the one who carried them in their belly.

Independently from the LOVE, TENDERNESS & AFFECTION that can also be brought by our FATHERS, we see them more in a different context, mostly related to the word PROTECTION. This sensation is connected with the toughness that is necessary to face LIFE and the role of a MAN to preserve his FAMILY against all adversities, contrarities, and obstacles. Still, the different roles played by our PARENTS, complement themselves without a doubt, creating that beautiful word called FAMILY and everything that it represents.

That is our cradle, our natural habitat, to find that magic balance that comes from NATURE, from LIFE herself, mostly bringing us the COMFORT that we need during that period of our EXISTENCE, still maintaining that same need and giving it to the next generations the moment we replace their roles.

Once again the two different poles are there, FATHER & MOTHER, the convergence of FEELINGS towards the natural result of their UNION, their CONTINUITY as unique SPIRITS & SOULS defining a sacred word called FAMILY.

The comparison between the animal world and human behaviour is once again present when it's mentioned in this Lakota prayer the examples brought by the WOLF and the BUFFALO as they mainly PROTECT their FAMILIES in the first place, maintaining that existing UNION within their species.

LIFE naturally brings balance into our LIVES and always open new doors. Most of the time we just miss all those messages that are right in front of us all, showing its content and trying to help us, and we just don't realize the central importance of its context.

It's true that we are all searching for ATTENTION, CARE & TENDERNESS since the moment we were born and that need is translated by our ATTITUDES, ACTIONS & BEHAVIOURS, even without noticing that. Animals have a fundamental role to play in this given situation. Their presence in our LIVES translates the inner need for the TENDERNESS & AFFECTION that we all miss and most of the time we receive those precious elements of GOD through them.

A true story behind this whole story that I'm writing concerns this situation when I was at home late in the evening when SUZY came into my house. SUZY is a beautiful dog and very special regarding being able to manifest her FEELINGS towards the ones she feels in her SOUL as FRIENDS and she really can show it. She used to show up once or twice a day and stay for as long as she felt like. She

slept on my carpet, right in front of my sofa, she ate something, caressed me and stood right next to me and then would leave, the moment she wanted to go back home.

This particular evening of yesterday, she decided to stay with me during the night. I was a little bit worried about it as her owners might be concerned by the fact that she didn't return home, but at the same time, I understood that she didn't want to leave, and I let her stay.

Late in the evening, about 10 pm, I started to prepare all the things to go to sleep, in a place where I stay every night since my dear wife passed away, the same spot where she left me right in my arms. It happened that when I laid down on that sofa, SUZY stood on her feet, put her front paws on the couch and laid her head on my chest. She stayed there for some precious minutes while I was caressing her. I wished that I had a camera to capture that scenery. It was a unique situation and translated the FEELINGS that a living being can have for us... I almost cried.

The beautiful thing about this is that this scene repeated several times in a row as she laid down on the carpet sleeping for some time and each time that she woke up, she had that same reaction. She woke me up with her tender kisses, with her paws on the sofa and putting her head on my chest. This situation repeated until she decided to wake me up at 5 AM and asked me to open the door, finally wanting to get back home.

This special context made me also think one more time, not only about how animal's FEELINGS can be so identical to humans but also lead me to reason about concepts of LOYALTY through real FRIENDSHIP. In fact, this brought me the notion about the several degrees of FRIENDSHIP, even LOVE that can be translated by staying beside someone that needs our presence.

This attitude manifests the priorities that FRIENDSHIP implies and its several degrees. In reality, by our choices to remain with someone instead of others, defines the level of FEELINGS of FRIENDSHIP that someone has towards another person, defining at the same time that real degree of FRIENDSHIP & LOVE.

In LIFE, even FEELINGS have a particular hierarchy and meaning that they translate their importance in our LIVES, the reason why we prefer to stay with somebody instead of someone else, defining their significance in our LIVES, finally defining ourselves.

*One of these days, a very dear FRIEND of mine told me that everything is mathematical, and he was right about that in some extension. If we connect human reactions as FEELINGS with a certain LOGIC line of behaviours, the final result of that "**mathematical**" equation will be expressed by the human attitudes, which is the same thing to say that we'll never be able to hide our choices, our options.*

FEELINGS OF FRIENDSHIP & LOVE HAVE THEIR HIERARCHY & CAN ALSO BE MATHEMATICAL AS THE FINAL RESULT, GOOD OR BAD, ALWAYS SHOWS IN THE END!

This 'result' is also a way to examine the significance that our presence has to another person's LIFE, putting in evidence that degree of FRIENDSHIP & LOVE that is supposed to exist, sometimes being there for some period, but if not strong enough and pure, disappearing along TIME, finally vanishing.

As a mathematical formula, the final result only translates the PURENESS of FEELINGS of FRIENDSHIP & LOVE that are permanently strong or that are just apparently there if they are merely temporary, the reason why we find FRIENDS for LIFE and other FRIENDS that are only present on some segments of TIME of our EXISTENCE. Maybe the difference of true FRIENDSHIP & FEELINGS and mere acquaintances is a way to identify our role and importance in some people's LIVES.

But it's for sure that SUZY made the difference between all those mathematical formulas!

In the middle of that story behind a story, there are fundamental VALUES & PRINCIPLES that gradually vanish from our MINDS, sacred words coming from our ancestors that we don't even consider anymore. When we mention them, it's most of the time regarding making fun of it as they no longer match this SOCIETY, namely the different way we acquired to communicate with each other.

In my first book, I mentioned FEELINGS as a third element that is present within ENERGY & LOGIC, creating a balance, a complementary LINK between them.

Talking about FEELINGS: for some people, it would be easy for me to lose my wife with whom I lived and shared forty sixty years of my life and the next day I would have to be laying in bed with someone else. That would be "**normal**" according to some "**macho crap**" that we are used to listening to in every single corner; still some different people see LIFE in a different perspective, mostly concerning FEELINGS and the word RESPECT. This last word is something that is absent from the dictionary of the majority of people.

In this particular aspect, I think I'm more like the "Sleepless in Seattle" movie character that is looking for something more than getting laid. It's easy to follow our bare necessities, but it is hard to find LOVE, AFFECTION & TENDERNESS while doing so. For that, we go to the Central Railway Station of every city, and we fool ourselves for some moments.

In my first book, I wrote and assumed some mistakes I committed in life, two of them involving this kind of context and where I got too involved. Those situations implied the sufferance of my FAMILY which is perfectly normal but today I regret it. In the middle of all this, I finally found myself out of time, out of space

and out of context, trying to change people's lives for better (which I did), but paying a hard price for doing so.

Today, being free in a certain sense as I'm completely alone, I measure consequences, never giving up in doing the best I can to improve or try to improve people's lives, but not getting too much involved. I create a reasonable distance between all the facts in spite of the fact that those bare necessities of LIFE are always present. FLESH & BONE are riding along our SOULS & SPIRITS making a whole that can become BEAUTIFUL or UGLY depending on the veracity of our FEELINGS.

As I told you, I'm also aware that I'm out of time. Maybe I was always out of time during my whole life. Maybe also one day, that "Sleepless in Seattle" miracle becomes real for me, as we never know what life can bring us. I call it the "**Law of compensations**", in this case, completely different from the "Murphy's Law". But LIFE is LIFE and people are people, and people are distinct from each other. That's why it's not easy to identify the actual TRUTH & LIE of each one of us as the GOOD, and the BAD are existing components, elements of us all. I always said to friends of mine that I truly love, care and respect, that:

IT ISN'T WHAT IT IS, IT'S SIMPLY WHAT WE WANT IT TO BE!"

RELATIONSHIP is a fundamental word and a constant element in our daily EXISTENCE. The significance of this word is only expressed by our ACTIONS & ATTITUDES towards people around us. That's what makes it so difficult as most of us didn't learn to ACCEPT our DIFFERENCES.

Some people mix ACCEPTANCE with SUBMISSION, and this last one can cause severe damage to a RELATIONSHIP, mostly when that desire for submission leads to DISRESPECT the ones we LOVE the most. Unfortunately, I knew people like that, and I was never able to accept it as it merely represents the SELFISHNESS of another person, the reason why their consideration for other people's VALUES & FEELINGS is meaningless.

By writing these words, I'm not trying to say that I'm an example of good behaviour or that I have a master degree in Social Sciences. It's simply the natural result of living in SOCIETY which allowed me to get to all those CONCLUSIONS about what is RIGHT & WRONG, LOGICAL & ILLOGICAL, and so on. It didn't avoid the fact that I had my moments of "**macho crap**" as anybody else, but considering my sixty years of existence, those moments don't represent a big part of my LIFE. I always tried to find a "**balance**" in spite of a certain "**bad**" character I used to have for an extended period.

Here we are again getting to the same conclusion:

IF WE DON'T LEARN WITH OUR MISTAKES, OUR BAD CHARACTER BECOMES WHO WE ARE AND SOMETIMES IT'S TOO LATE TO CHANGE!

After all, it's certain that I'm definitely like that "Sleepless in Seattle" guy!

SLEEPLESS IN SEATTLE
www.diaryofthoughts.com/sleeplessinseattle.htm

In THE DIARY OF THOUGHTS, Volume One, I dedicated a whole chapter to a subject that I called "Social Conflicts - The Power Of Feelings" where it is clearly written my perspective about this specific context regarding RELATIONSHIPS and the repercussion that it can have in SOCIAL terms. It's for sure that it would be more important to learn about the way to RELATE with others while being in school, rather than learn about RELIGION or other obsolete notions about PATRIOTISM, POLITICS & WAR.

Once again there is this connection between words as Russel Means says in his prayer that "WE ARE ALL RELATED" and it's true as RELATIONSHIP plays one of the most important roles in our EXISTENCE. We are even forced to RELATE ourselves with NATURE to adapt and survive, doing the same within a social context.

Within that RELATIONSHIP, there are FEELINGS that can be expressed in different ways. It is clear that when they are expressed with PURENESS, they make a sacred difference. I was always a person who thought that there is nothing wrong about true FEELINGS, and they have to be expressed as they come from our HEARTS. At the limit, I believe that we were all born not to LOVE one single person, but merely be able to direct those FEELINGS in a very honest way to anyone else and assuming the consequences of that natural gift. What can eventually happen afterward is the simple result of LIFE herself.

Recently, I wrote something that I am very proud of as all those words translate and show who I am, what I FEEL inside of me, the real Carlos, without LIES or GAMES. Maybe with some CONTRADICTIONS as these last ones make part of LIFE too, our DUALITY while manifesting who we are:

You were there (for me)

***You were there for me.
I could always see your smile,
even if it was just for a while.
A simple look, all the Joy
brought to my Life,
like a toy given to a child.***

*You were there for me
when I wasn't ready
for a new start.*

*I could only
deliver my heart,
my feelings, my care,
but didn't dare
to betray memories
still fresh, like the flesh
that I lost
and that I still can feel.*

*You were there for me
the moment
where everything failed
in my Existence,
when nothing else
could make the difference
but you.*

*You were there for me
the moment I didn't care
anymore.
When I just ignored
everybody
and started caring,
worrying, sharing
all your fears,
all your tears.*

*You were there for me
until you understood
that you had found
a Friend for good,
a Friend for LIFE.
Someone that cared,
that dared
to tell you about his Truth
along with yours.*

*Something
that he could not bare
in his Soul,
that made your Life roll
in a new direction,
just a reflection
of his feelings.*

*You were there for me
when I showed you
who you could be,
when you felt
my contemplation,
my admiration
for you.*

*The desperation
of wanting
to change your Life.*

*One day
you ran away
as you were afraid
to stay with me.
I started to cry,
I started to Die.*

*You were not there
anymore.
There was no sky, sea or shore.
Things were not the same,
there was just a picture frame
hanging on that wall,
to look, to stare,
to remember
when you were there
for me.*

(Carlos Pacheco, Consthun, Luxembourg, the 27th May 2012)

LIFE is like a book with different chapters that match the various periods of our road, our EXISTENCE. We are forced to read new chapters every single day and in each one there are different stories to tell. Along with them, there are different EXPERIENCES and each one of them leads to CONCLUSIONS, even resulting in a CHANGE.

As everything is constantly EVOLVING, we are also submitted to that process that is expressed by our ATTITUDES & BEHAVIOURS, mostly when we have to face and endure dramatic circumstances as DEATH of our beloved ones. But implied in that word CHANGE, there is also that CONTINUITY that we have to assure. Within that CONTINUITY there are FEELINGS as a precious element in our LIVES, something that is NATURAL and we'll never be able to contradict. The beauty of FEELINGS, the beauty of LIFE.

**NEVER BE AFRAID TO SHOW YOUR FEELINGS WHEN THEY
REFLECT THE PURENESS OF YOUR SOUL!**

FEELINGS are ETERNAL and have their place in SPACE & TIME. New FEELINGS will never replace old ones, both having their RICHNESS if PURE they were and are.

FEELINGS reassure us in our inner need for LOVE, TENDERNESS & AFFECTION. There is nothing wrong about PURE FEELINGS. It's not a MISTAKE, and it's far away to be a SIN.

Maybe we weren't even born to live just for one person but simply being able to address FEELINGS towards the ones we LOVE, contradicting all SOCIAL, even RELIGIOUS concepts about this subject. In reality, it's what is happening with millions of people's lives in different contexts and situations, but it is also true that when we LOVE somebody, nothing, and nobody will be able to affect that existing UNION and second options and choices aren't even considered.

If it was the case, the institution called FAMILY wouldn't exist, but we also have to consider that there are thousands of families that carry this designation as just a mere label, to maintain SOCIAL & RELIGIOUS habits and practices in a contradictory way.

*Establishing once again that relation between FEELINGS and movies, let me mention this amazing film with Ralph Fiennes, Kristin Scott Thomas and Juliette Binoche, "The English Patient", that defines the "**power of feelings**", even if they imply tragic ends in dramatic contexts. This movie also puts in evidence the possible MISTAKES that can be committed while nourishing FEELINGS for someone, still being beautiful in its essence and asking for a price to pay in our consciousness, our HEARTS.*

THE ENGLISH PATIENT

www.diaryofthoughts.com/TheEnglishPatient.htm

That's why FEELINGS can be so complicated and complex, still keeping its natural beauty, if they are PURE.

As you could see, this first chapter referred to several subjects that are LINKED in a certain extent. They only express learning and teaching coming from the ancient and recent PAST, from our ancestors and being practiced by ourselves.

Russel Means, ends his Lakota prayer mentioning the RESPECT that we must never forget about our ancestors, the only way to maintain the whole HUMANITY on a GOOD way, learning from the PAST and reflecting all those teachings into the FUTURE, into the MINDS & SPIRITS of the generations to come, our CONTINUITY. This is in fact is a great responsibility as the one our ancestors carried on their shoulders to build us the SOCIETY we are living in and have to preserve.

THANK YOU FOR OUR ANCESTORS!

RUSSEL MEANS
www.russellmeans.com/

LAKOTA PRAYER - FULL
russellmeans.bandcamp.com/track/lakota-prayer

Sun, Moon

**Sun, Moon
being there,
dropped by the spoon
of Creation.
What a contemplation
to our eyes,
filling the skies
of our imagination.**

**Sun, Moon
awaking our Souls,
putting energy in our goals,
making us live,
making us rest,
giving us the best
that we have to find
with our eyes.**

**Sun, Moon
it's like a couple
married for Life,
like loving and caring
for your wife...
forever.**

**Sun, Moon
meaning the contradiction
between day and night,
still...
a star will always be bright,
opening the road to our Happiness.
What a sadness
if it wasn't there.**

*Sun, Moon
making me think
about you and me.
How much I wish to see
the Tranquillity, the Harmony,
the one person
two people can be.*

*Sun, Moon
bringing the light,
bringing the dark,
bringing a new start
to every single day.
Making us all stay
looking...at
the Sun and the Moon.*

(Carlos Pacheco, Consthum, Luxembourg, the 28th October, 2012)

*Eric Burdon & War - Sun, Moon
www.diaryofthoughts.com/sunmoon.htm*

ABOUT THE AUTHORS

Carlos Pacheco was born on the outskirts of Lisbon, Portugal, EU, in a town called Queluz. Son of Rui de Sousa Pacheco and Isabel Maria Pacheco he reached Secondary School and stopped his studies to follow a professional career related to ORGANIZATION & METHODS, along with ACCOUNTING. He married his late wife Maria Eduarda Pacheco on the 3rd July 1971.

He joined the Army from October 1972 until April 1975, and he was classified first on Military Messaging Services. At the age of 38, he immigrated to Luxembourg as a result of a Contractual Agreement, after he accomplished professional missions in Switzerland and France.

At sixty years old, he decided to put in writing all his THOUGHTS, expressing, the best way he could all his inner VALUES, BELIEFS & CONVICTIONS, hoping that they would be captured and understood by some people as a message of SPIRITUALITY along with notions about LOVE & FRIENDSHIP.

His works reunite THE DIARY OF THOUGHTS - VOLUMES 1 & 2, THE DIARY OF THOUGHTS POEMS, and the epic Portuguese novel DREAMS LOST IN TIME. He also produced the joint-venture THE D.O.T. POEMS - THE AUDIO BOOKS with the prominent narrator from New York, Hank Beukema. Hank reads a great part of the poems included in the THE DIARY OF THOUGHTS books, written by Carlos M. Pacheco. This project involved their dedication and several months of hard work to achieve a 6 hour 4-set audio book collection.

Carlo's works in Portuguese are SONHOS PERDIDOS NO TEMPO - (DREAMS LOST IN TIME) and AS MINHAS PALAVRAS (Poemas e Pensamentos) - (MY WORDS - Poetry and Thoughts), the latter being a compilation of his poems in Portuguese along his most profound existential thoughts and different and subjective points of view. He also produced an audio book of his novel SONHOS PERDIDOS NO TEMPO, two files totalling 15 hours of narration of this work by the Author himself.

Rosalind Machard was born in Johannesburg, South Africa. Her TALENT as a painter translates her BEAUTIFUL SOUL, her LOVE for LIFE, her FEELINGS. Her VISIONS, her SENSITIVITY, her personal touch are going to be present in this book on a different edition, through her sketches, IMAGES that reflect who she is and what she represents, the reason why she is present in my LIFE and also the explanation why I finished this document.

Through our communion of THOUGHTS, FEELINGS & STATES OF MIND, we managed to achieve together the humble content that is expressed in all those

written words and at the same time, we consolidated our RELATIONSHIP as it is so special.

BEAUTIFUL SOULS are destined to meet each other, to finally identify themselves and try to give that same message, that same need, to all people around us.

Mary Anne Finnemore is a dear friend, a Tutor of English, Music, and Respite Care, who puts all her passion into her work. She collaborates on this project by giving her precious contribution in the area of text reviewing.

About Mary Anne: ECLECTIC: perpetual student of life, humanist by nature with a passion for music, avid outdoors woman, art, and life. MUSIC: piano my key instrument is a wonderful resource and teaching tool providing respite care for persons of all ages and abilities. Mostly self-taught it is my greatest joy. COOK: professionally for over 30 years in every aspect of the business applying my skills to respite care both teaching and specialized diets. TUTORING: English: Reading, Writing, and Comprehension are both a personal and professional mission of mine to help others succeed in their life which I have been doing most of my life paid but mostly volunteer. No subject is taboo, and no question goes without an answer, to the best of my ability. My purpose here is to see you reach your dreams refining your expressions to print.

May GOD bless you all!

PS: I would like to present my deepest thanks to a very dear friend of mine, Rosalind Machard, a great ARTIST, a great SOUL, a beautiful human being who helped me finish this simple book, also the author of the illustration that is present on its cover. She shared with me the most difficult moment of my LIFE and gave me the necessary STRENGTH to achieve what she called **“maybe the final purpose of my LIFE”**.

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