

→ NOT ALL POWERS ARE PRESENTING THEMSELVES WITHIN EACH ONE OF US IN EQUAL MEASURE!

→ THERE IS NO "SIN", JUST IMBALANCE!

# Story XVIII / Ep. 28

## BEING HUMAN SERIES

### IV Zeal for Death OR CRAWLING FOR DEATH

GLUTTONY: the human tendency to take out the pain towards the least deserving thing - OUR BODY

- there is danger in doing things to our extreme
- there is joy in giving yourself the balanced version of indulgence, savouring, rest for life
- there is importance in realising that we are MORE than our bodies, there is an intuition + a soul guiding us.

put INTO BODY

- 1 DRUGS Medication - "look at the industry"
- 2 legal drugs - "food industry tinkers"
- 3 legal drugs - "why have plants been made illegal, can I believe the legal industry?"

1 if they would be interested to HEAL people, or teach people how to CURE themselves, they would go bankrupt + eradicate themselves.

2 FOOD INDUSTRY - sugar is a legal drug + introduced in the first few years of human's life

processed fat + GUTS

AS WELL AS alcohol that is also legal + has an enormous high social standard/importance

3 I mean mainly PLANT MEDICINE the last decades show an increase in research + an overwhelming FLOOD of evidence in the benefits of it.

put ONTO BODY OR DO TO YOUR BODY

- compulsive behaviour patterns such as OCD or other "dis-orders"
- sex as a means to cope/cover up (avoidance or numbing pain/emotional or spiritual harm) OR as a form of control
- self-harm in the form of cutting (inflicting pain the regain a sense of control)
- self-harm in the form of eating dis-order

→ Mary Magdalene Revealed by Meggan Watterson

IMPAIR HEALTH } UNCONSCIOUS  
IMPAIR LONGEVITY } SUICIDE

NOT DO to your body

"SLOTH"

- not doing what body needs
- movement is needed we are made to be hunter/gatherer/wanderer

- not understand the body needs motion, from the cell, to the blood, to the hormones, the lymph, the digestion!

- ↳ without movement energy isn't moved
- ↳ without movement stagnancy and further on decline happens

- forget that we are not "just" our body, we are also (arguably mostly) our soul + spirit!
- ↳ if we do not recognise this INTERCONNECTEDNESS we disregard the WHOLENESS that is us

## EXERCISE "REFLECT ON YOUR OWN TIMELINE" SELF ACTUALIZATION THROUGH SELF EMPOWERMENT WITH THE TOOL OF SELF-ETHNIC RESEARCH!

CHILDHOOD / EARLIEST MEMORIES

1 think objectively, from a birds-eye perspective about your life + note every situation/phase past/present where one or multiple of these factors affected/impacted your life

3 How do you WANT your FUTURE TO LOOK LIKE? FUTURE SELF

2 write down the situation/describe the phase + follow yourself throughout the week if you apply them still + WHY?