

# **101 KAREN KELLOCK**

**KAREN KELLOCK PH.D.**

## **Manual for Superior Men**

**A complete theory based on Einstein physics,  
Political Psychology, Systems Theory  
and Archetypal Psychiatry.**

### **FORMULA**

**All success attraction  
All disease obstruction  
All recovery elimination**

**You must fast on all three**

### **OBSTRUCTIONS:**

**People  
Habit  
Food**

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## **SYSTEMS THEORY**

**The intricacies of these  
complicated systems affect  
all members and it means  
addiction/depression.**



# **102 KAREN KELLOCK**

**SUCCESS VS. LOSERS [SIMPLE PRINCIPAL]  
HISTORY FROM EARLIEST TRAUMA  
FLIP FLOPS: SUDDEN REALITY SWITCHES  
SHIRK SHUNNING  
RICH LIBERAL TYRANTS AND SNOBS  
THE EXALTED BECOME THE WORST  
GOD RESTORED ME DOUBLE FOR TROUBLE  
LOOK AT ME: I'VE BEEN HURT  
STRANGER IN A STRANGE LAND/UNWANTED, UNLOVED  
SNOWBALL EFFECT IN DEVELOPMENTAL PSYCHOLOGY  
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THE GOLDEN GIRLS WRECKED CULTURE  
OLDER WOMEN SHOULD BE EXEMPLARS  
ABSOLUTE CHASTITY OR CHEAP?  
OPEN BORDERS VS. GENIUS' FEW FRIENDS  
AFTER GOING THROUGH ALL THAT...  
WOMEN BELONG IN THE HOME  
BUT GOD!  
OUR SINS STAND OUT/THERES ARE IGNORED  
WE'RE TOLD TO CAST DOWN WRONG THOUGHTS  
MUST GET A FRESH START  
SLAVE TO YOUR THOUGHTS  
WAKING UP DISTRAUGHT  
YOU FAIL CUZ YOU'RE MAD AS HELL  
WOMEN SEEK APPROVAL THRU TRADITION  
DEVELOPING A PRICKLY CRUST  
CONTROLLED BY LIBERAL HARRIDANS**

# **101 KAREN KELLOCK *cont.***

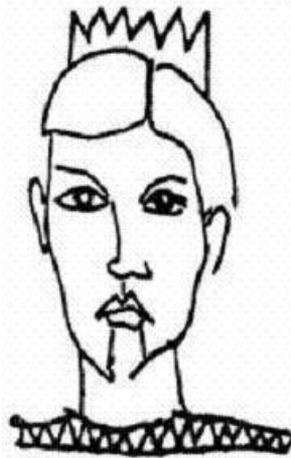
**ANSWER COMES BEFORE THE PROBLEM  
CONTROLLING THOUGHTS  
BE NOT AFRAID OF CHANGE  
GOD'S SOLUTIONS ARE ALWAYS SO CLEVER  
CURE THE MIND THRU OLD MOVIES: MENTAL TRANSPORT  
DUNNING KRUGER IS IN EFFECT  
PREVALENT AGEISM  
SAGACITY IS SICK OF THEIR PROJECTIONS  
RETIRE TO AVOID AGEISM  
GREATEST VALUE: INDEPENDENCE  
USELESS DEBATES WITH MENTAL MIDGETS  
SECRET ALLIANCES AND TRIANGULATIONS  
THEY MISTREAT YOU, GOD PROMOTES YOU  
SMALL TOWN POLITIX  
NEVER COMPLAIN, NEVER EXPLAIN  
WE MISS YOU HARRY  
FORGIVE FEMINIST MOTHER TO MATURE  
WAIT FOR DUST TO SETTLE  
ZEZEBEL IS A TALKER  
WITH JUST A KEYBOARD AND ROCKS  
THE LEFT LOVES THE CHICOMS  
HAVE BORDERS OR BE TAKEN OVER  
GOING BACK IS SWIMMING UPSTREAM IN MUD  
WATCH THE MERE CONTACT  
THE OTHER DIRECTED ARE MENTALLY EFFECTED  
THEY SAID IT COULDN'T BE DONE  
DOUBLE FOR YOUR TROUBLE  
NARCISSISTS GO BY THEIR FEELINGS  
NARCISSISTS SEE PEOPLE AS TOOLS  
DRAWN TO BAD BOYS/WILD GIRLS  
HOLLYWOOD, BIG PHARMA, GLOBALISTS**

# **101 KAREN KELLOCK *cont.***

**BETRAYALS IN TRADITIONS  
CUCKHOLDED BETA "MALE FEMINISTS"  
TESTED AND TRIED THEN THE PRIZE  
AVOID ALL EVIL HELPERS  
PEOPLE ARE THE ENVIRONMENT  
SHOCKING INSIGHT: HERD IS POWER  
MORE VICTIMIZED, MORE FAVOR LATER  
JESUS HAS THE SOLUTION BEFORE THE PROBLEM  
GUTS FULL OF FIBER  
DREAMING OF POT ROAST AND GRAVY  
VEGANISM: MENTAL ILLNESS BLOCKS CURE?  
INSTANT ENERGY WITH FIRST STEAK?  
FIFTIES EATING IS BEST LOOKING  
EAT WHAT YOU WANT BUT FAST THEN CHOOSE UP  
REVERSAL DIETING OF PALEO FOODS  
MEAT-ONLY FOR IMMUNE HEALING?  
THE ROAST EXPERIMENT/JUST CAN'T DO IT  
TROPICAL DIET: FRUIT, COCONUT, PORK  
"FRUGI-CARNIVORES"  
BORN TO BE A MEAT-ABSTAINER  
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NOT GONNA FORCE FEED THE MEAT  
THE PROBLEM IS ACID: ERHET  
DIETARY SEEKING, WILL IT EVER END?  
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STICKY FINGER HOUSEKEEPERS  
THE CREATIVE ACT AND COMPLETION  
CREATIVE ACT IS PLANNED PLUS LINK  
SHAME IS THE RESULT OF TWO THINGS  
MENTAL TYRANNY**

# **101 KAREN KELLOCK SYSTEMS THEORY**

**Art and Science Discovery**  
**[www.karenkellock.org](http://www.karenkellock.org)**  
**see “Strips” of the Theory**



# **101 KAREN KELLOCK on SYSTEMS THEORY**

## **SUCCESS VS. LOSERS [SIMPLE PRINCIPAL]**

**We all had to start somewhere on the way up but the difference is success people USE it all.**

**They don't park at/whine about the past they use all they've learned from it for giant world success.**

**Use everything bad that happened to your advantage and use it to help others manage.**

**You need to SEE something as a tool to get you where you belong and to the past, so long.**

**The successful all say: the bad stuff that happened in their life got em to where they are today.**

**When looking at the past do you see a bad situation or a TOOL and an incredible opportunity?**

**If alcohol's involved that's a cold-blooded switch and automatically perceived rejection.**

**In RECOVER from all this, do something good with your [justified] anger.**

## **HISTORY FROM EARLIEST TRAUMA**

**As trauma is embedded in layers and pain is deeper being TOTALLY INSANE is how we appear.**

**To add alcohol to that fiery mix you have prison material as you can see in lives of convicts.**

**All that pain made you adapt in a certain way and build a certain muscle you'll need some day.**

**I built a social muscle of avoidance, distance and aristocratic reserve of the nonconformist.**

**Every bad thing can be turned around as your opportunity for good and helping others, understood?**

**YOU NEVER LOST IT but you had caved into their abuse and that was it, but now you're back.**

#### **FLIP FLOPS: SUDDEN REALITY SWITCHES**

**How much mental illness comes from our split or bifurcation, mal-adapting to their flip-flops.**

**Most mental illness comes from our bifurcation [SPLIT] from mal-adapting to their flips.**

**Our flip flops are intertwined and timed with theirs and that's the contagion of lunacy right there.**

**Our flip flops are a mal-adaptation to their flip-flops and later those systems we recreate.**

**You expect it, you bring it on. That's the whole sick cycle perpetuating itself until we're done.**

**I was so split I didn't see the disrespect then I'd swing into forced "high self esteem" effects.**

**With trauma we park there: we make a template of the situation which we recreate in the future.**

**I may have lacked empathy and compassion but after going through all that I feel for all of them.**

**Predictably, it's the women who perpetrate FGM and all other "honor systems" of abuse, here too.**

### **SHIRK SHUNNING**

**Liberals are more interested in protecting illegals from ICE than their own citizens from vice.**

**Either be a senior member of the royal family or a jet-guzzling celebrity preaching on whatever.**

**In Hollywood they all wanna be the "cool kid". Look at me man, I hate Donald Trump that shit.**

**They're totally coddled, surrounded by a team telling em everything they do is righteous, right-on.**

**Hollywood scum don't watch true news/don't know what they're saying so they're easily EXPOSED.**

**After years of secret meetings and black-listings celebrities are exposing it so see these.**

**Shunning is a form of honor violence. It's not for sins but just refusing to conform brings a sentence.**

### **RICH LIBERAL TYRANTS AND SNOBS**

**So now you can see what I'm talking about. It was rough--REALLY rough--having to suck up.**

**For these dark cowards had a GLEAMING image to the world like the biblical Pharisees of old.**

**They were affluent/protected liberals who wanna take our guns and throw us to the wolves!**

**They are rich, entitled, coddled and surrounded by go-fers on government pensions galore.**

**Rich, entitled and don't know what they're talking about--embarrassingly ignorant like CNN.**

**They totally go along with whatever narrative to stay in the in-club and to the right they scoff/snub.**

**The first thing authoritarians do is put you in data bases, then gulags, then death camps.**

**Authoritarians always use force to dominate a population so they always come for the guns.**

**Take the guns and we're totally dependent on the state and at the mercy of common criminals.**

**Disarmed nations have an exploding crime rate hundreds of times more than the armed U.S.**

**The Third World is being used to bring down the west. It's all been planned and announced.**

**You're not allowed to stand your ground against anyone endorsed by the globalists.**

## **THE EXALTED BECOME THE WORST**

**Does all strange behavior come down to grooves? I think so, they're called "autonomisms" too.**

**Something happened being paired with a stimulus and it was a groove from then on: cue, trigger.**

**And then with layers from the years of reactions and counter-reactions you have a locked dominion.**

**Something would trigger the two-against-one feeling of triangulation-suffocation and I'd relapse.**

**When a high-powered, exalted God-loving and energetic being goes berserk he's the worst.**

**Especially feeling a victim of all those twits? That was a long long time ago, how'd I know it.**

**I was weakened because God withdrew His power and the holy spirit ceased to strive with me.**

**In the twinkling of an eye, gone was all my vision, power, understanding, intellect, reason or will.**

**I learned in this sudden deflation that it was God's power upholding me, not little ol' me.**

**Without God you have no power to withstand the enemy and your hedge of protection is cast away.**

#### **GOD RESTORED ME DOUBLE FOR MY TROUBLE**

**The less you seek human help the more God will pull you up cuz you're relying just on Him, yah.**

**The Lord will bring out the books, not man. He's too stupid to understand em but God has a plan.**

**They shun you now, you shun em back when you're famous, fabulously rich and renowned.**

**Forgive em but baby never take em back cuz they shunned and from this you're on the run!**

**God blesses people for their faith by giving them more than they had before-- that's the word RESTORE.**

**Prisoners of hope: Today I'm returning double your former prosperity as the firstborn of the nations. Zech 9: 9-13**

**He stores our tears in a bottle and records all of our sorrows. Psalms 56: 8**

**So horrible, so painful and unfair--but it all made you the person that you are, a star.**

**So much destruction and loss brought compassion for the people who are hurting and lost.**

**No evidence of smoke after the fiery furnace--there is NO EVIDENCE of our past sins and disgrace.**

**Stop dragging around your ashes. Give em up and get beauty instead--this works like magic.**

**You can't keep the old stuff and get the new stuff. You can't maintain a bad attitude or bluff.**

**The things that hurt become our identity like a badge we wear and it's counterproductive and petty.**

#### **LOOK AT ME: I'VE BEEN HURT**

**"Look at me, I've been hurt" should be replaced by "look at me, I've been healed".**

**Although my father and mother hath forsaken me yet the Lord takes me up/adopts me as His own.**

**Grew up feeling terrible like it was all my fault then God chose me as apple of His eye, an elf.**

**Feel differently about yourself as God's little elf and the things inside will blossom and come out.**

**I felt like no one knew I existed or paid attention until I realized God attends to ALL my needs man.**

#### **STRANGER IN A STRANGE LAND/UNWANTED, UNLOVED**

**I felt like a stranger in a strange land until I realized God owns the whole thing and He's my fan.**

**You get so hurt in one area and under so much stress you think everyone's a terrible pest.**

**The need to belong is so strong that rejection brings massive stress and we look it, a mess.**

**You can't make everyone else pay for what a few did way back in the day but is that you today?**

**Yes we want justice [MAKE SOMEONE PAY] but God is our Vindicator so happily wait for Him today.**

**Friend, don't waste one more day of your now or your future grieving those sad past years.**

**Sweetie you ARE due something from all of that, but our God is the One who will pay you back.**

**The wounded may try to collect from everyone else, driving em away forever and staying lost.**

**God can take the wounded and make things better than they woulda been had it never happened.**

**There are then two kinds of pain: the pain of change and the much worse pain of staying the same.**

**Doorways of pain that lead to bondage: I got thru this, now that, now bound in a bad marriage.**

**There were layers of pain and somewhere in all that the doors closed on my heart, just sayin'**

**With every new reactionary pain a door closed on my heart until I felt soul murdered for a start.**

**Early trauma = beaten by teens in park = started drinking = bad marriage = doors closed on heart.**

### **SNOWBALL EFFECT IN DEVELOPMENTAL PSYCHOLOGY**

**It's a snowball effect in developmental psychology: First this, then that, then it all goes splat.**

**Early trauma with momma, began drinking at 15, married an alki, escaped into decades of misery.**

**I splashed into the desert and was so worn out my maxed-out emotions exploded and blew up.**

**Once you're hurt you gotta bull's eye painted on you and the men smell blood/treat you like dirt.**

**Once you're hurt women take shots cuz you're degraded--your appearance triggers targeting.**

**I wasn't a classist and never mentioned my Ph.D. cuz we're "all one/equal" I was told--aren't we?**

**A protected home with a fence vs. exposed in a small down full of the angry, envious and dense.**

**Dear Lord, we couldn't have been more different. But I had to learn this the hard way, amen.**

**Home and a fence: It's just your thing and everyone there has been vetted and very extra-nice.**

**Homeless, fenceless, exposed to the masses: My God, there is nothing on this earth worse.**

**I could name names but these guys are in their fifties now with families, sure they never think of me.**

**The issue is: it's not about taking vengeance on the culprits cuz the whole generation is like this.**

**Women are hateful to each other in this "feminist" climate cuz competition is our thing mate.**

**In pre-feminist generations the women were KIND and sweet to each other, treated like sisters.**

**THE WHOLE GENERATION IS LIKE THIS**

**Tenderness, the female virtue: They don't even know what tender means anymore, PEE-YOU.**

**It's all about getting THEIR rights and needs met—but that's not what the female is all about.**

**Female Power is about Leading thru Serving. It's actually the Christ model they're destroying.**

**I'd get into crying jags and maudlin scenes as the ego-alien material rose up, so unclean.**

**You see crying jags in mental hospitals, deep and sick things in childhood never resolved at all.**

**Crying jags, drunken days to "repair", terrified of bad image, being called insane or can't manage.**

**I had been so badly misjudged by lowminds but was in no condition to defend myself and blind.**

**Then the whole town or clan pegs you and getting back up takes a miracle or years of looking up.**

**It's not about "feminism" but right and wrong. Pre-feminist ladies: nice to each other all along.**

**The petty competition and sterile dynasties of the feminist world comes from evil and wrong.**

**It's whatever works for power: If it's TWO against ONE that dyad never changes/stays sour.**

**The scary selfish feminist I've described is an evil thing though they virtue-signal day and night.**

**The female is to be dreamy-eyed and yes, we cry. Not focused, angry, vindictive with LIES.**

**It took me 30 years to clearly see everything she said and did to me cuz I wanted acceptance, see?**

## **THE GOLDEN GIRLS WRECKED CULTURE**

**It was the Golden Girls who changed culture not the later sitcoms which were much nastier.**

**How many feeble-minded socially hypnotized women copied Blanche's sluttiness portrayed as "cute"?**

**The older woman is supposed to ELEVATE the morals of youth, not be the worst of the uncouth.**

**I personally knew a woman mimicking "Blanche" as the biggest slut in town, like wearing a crown.**

**Bathroom humor and sluttiness portrayed as cute and superior--these are globalists motives ulterior.**

**Golden Girls: screamingly funny on the outer while the inner goes to hell with suggestions subliminal.**

**It's much more dangerous than nastier shows since older women [grandma] are so in the know?**

**Are we supposed to emulate old women who are dirty and nasty but dressed in clothes so classy?**

**No--the older woman is an EXEMPLAR of the higher and when they go lower it's DISASTER.**

## **OLDER WOMEN SHOULD BE EXEMPLARS**

**I don't know what I'd do without Joyce, she's helped me so much. Heretic? No a friend I can trust.**

**The psychological reaction to misfitting the system is SHAME then they all pile on to increase blame.**

**Shame from misfitting denses the aura to a muddy color and now you've lost all your charisma.**

**A woman is admired most but obscenities or taking the Lord's name in vain leads to sudden disgust.**

**Letting go of the old [dissipative structures] allows us to have more creativity and security in the future.**

**Please stop talking about age. I'm gonna live until the moment I die and my creativity won't change.**

**Since feelings vacillate all I can do is trust what I know/stick to that and ignore feelings like hate.**

**We gotta watch our feelings. Stick to the facts and reason or you have NO anchor just rancor.**

#### **ABSOLUTE CHASTITY OR CHEAP?**

**NEVER trust your feelings when it comes to men. Stay a good moral woman and NEVER give in.**

**Cuz you'll be HURT, ok? Casual sex means: cast aside, replaced or minimized in some way.**

**Never think it's expected cuz "everyone does it" or you'll sink your own ship and then be rejected.**

**Whenever you feel that "pull" like it's expected or you're defective, stop and take a deep breath.**

**If you're a Christian wife you are told to love your husband even though you may hate him.**

**And as you love him and respect him he trusts you and that is necessary for love to occur.**

**How can a man trust a woman who is acting like that, saying those things, being so rinky-dink?**

#### **OPEN BORDERS VS. GENIUS' FEW FRIENDS**

**How can a man love she who wants open borders, destroying jobs and the country he loves?**

**Open borders in the home too--people interrupting, coming and going like Grand Central Station.**

**Ever since "Friends" on TV people think they're superior to have loud crowds around, see?**

**But Maslow has proven the mentally healthy and genius have very FEW friends, really.**

**People talk too much about sex and "performance". Before, sex was private/sacred tho' important.**

**"They make it as commonplace and mechanical as going to the bathroom".  
Marion Kellock**

**The higher the ORDER the more DISGUST and need for a BORDER as I found out, over and over.**

**At about age 24 another archetype took over and she was another person altogether.**

**Honeytrap: Using beautiful women to lure rich men into compromising situations and record em.**

**This is the declension: Young girl has premarital sex, demons enter and now her archetype is wrecked.**

**Demons enter through sexual connection and that's why the slut/whoremonger is a haunted house.**

**It's like God pushes our frustration, jealousy and envy buttons until we become saints.**

**AFTER GOING THROUGH ALL THAT...**

**Depression, anxiety and panic attacks are not signs of weakness but exhaustion after all that.**

**After trying to remain strong for so long, panic attacks are a warning after exhaustion.**

**Panic Attacks feel like HEART attacks and that's why they cause such panic but it's just a mimic.**

**After going thru all that and layers of abuse/shame buildup you may start looking like a lunatic.**

### **WOMEN BELONG IN THE HOME**

**Of course I wanna stay home. Here it's beauty and magic but out there its a mass of syndromes.**

**Of course I call myself a "shut-in". Then I don't have to leave home and it stops your arguin'.**

**HOME is joy, magic, beauty, fascination, everything at hand. OUT is chemicals, zombies and tedium.**

**My timid 10-year old cat finally stood up to the dog and she obviously feels so much power now.**

**So many nooks, crannies and views to explore in my lovely home so filled with happiness galore.**

**Feminists see homelife as imprisonment but I say this woman belongs in the home, amen.**

**The internet is INFINITE so why stay on any part of it out of habit? Keep exploring, MOVE it...**

**If you wanna see me you gotta come here on my turf. I go nowhere, I'm a shut-in remember.**

**BUT GOD!**

**They so minimize sin they think we should take em back with their mere silly apology.**

**God said I didn't create you to fight but to write. Don't respond anymore, stay HIGH.**

**No watered down chaff I want hellfire sin-and-repentance, hell-and-heaven preaching**

**Every writer wants to be read or why else would they be doing it? There'd be no reason for it.**

**Though the devil thought he was winning he just ended up equipping me to facilitate learning.**

### **OUR SINS STAND OUT/THERES ARE IGNORED**

**Everyone's a sinner but the sins of the nonconformist stand out more while the others are ignored.**

**God said: All that willful effort--now cast your care on me to take it, enjoy now leisure genius.**

**Unique ideas from a lifetime of hell mal-adapting to other people which is an enigma as well.**

**I just always wanted to get back to my room. Either it's boring or I feel imposed on, in a fume.**

**You're so good that someone will want to bring you up. it's called the Miracle of the Money Bags.**

**I'm waiting for that ONE. It's a case of there's only one right link and infinite of wrong or dumb.**

**The mere fact they think like they do indicates they're arrogant, so don't respond back.**

**You can't have an obedient life without an obedient thought life. Joyce Meyer**

## **WE'RE TOLD TO CAST DOWN WRONG THOUGHTS**

**You didn't know you could cast down wrong thoughts or shut your mind against such?**

**Instead of taking every ornery thought in your head and taking it as your own/rolling it around?**

**Waking up depressed shall not stand because the joy of the Lord is my strength.**

**Listen to Satan's injected thoughts will keep you from God's plan for your life--they're rot!**

**Satan's favorite thing is to tell me I'm no good and should be ashamed--that was my whole thing.**

**Shame is the biggest indicator of the bulimic. It so wrecks her thoughts she can't stop it.**

## **MUST GET A FRESH START**

**You've made too big of mistakes, your life is over, you 'll never get over the past. Satan**

**No one cares about you, you won't get the job, you're a failure for life. More from Satan**

**Everything with Satan is "ever" and "never"--it's never gonna change/you'll always fail, whatever.**

**Bear in mind His commandments then you'll be able to practice them: it's the same system.**

**My mind would go back into hellish misery from the past and I'd get into every detail of the mess.**

**Shame, guilt and anger thinking about what happened while the future goes blank/darkens.**

**Through the word we keep our mind renewed, know what to do, bash wrong thoughts too/soon.**

**If you make your mind up and ask God to help you it's like a steel trap against the foe's crap.**

**We don't "think" thoughts we "choose" em as they stream by. Don't be a fool, tell em all goodbye.**

### **SLAVE TO YOUR THOUGHTS**

**Satan wants to wreck my future and He knows how: just get me thinking about him or her.**

**I was a slave to my thoughts and always mad as they triggered resentments until this was my focus.**

**Once I saw it's Satan bringing this painful shame and resentment I was able to turn it off in a minute.**

**Once with God no one can stop you BUT you must set your mind in the right direction or stop it.**

**Every embarrassing faux faux Satan would bring to mind just as I embarked on good thoughts.**

**I just wanted peace of mind but couldn't achieve it through any pills, potions, booze I could find.**

**The heroine addict taking drugs to shut the mind up doesn't understand these EASY principals of God.**

**Watch your thoughts. When something noxious comes up you'll know what to do: throw em out!**

**Stop thinking they're your own and know who's putting em in there--then no more problem.**

#### **WAKING UP DISTRAUGHT**

**I had such a problem with these thoughts I'd wake up distraught and go to bed angry at y'all.**

**The level of my failure was always equal to the intensity of whoever I was mad at, see?**

**I'd remember stupid things I did and flush with embarrassment as if it just happened.**

**I'd remember antics of my youth from the vantage point of an adult and STING with regret.**

**Well God doesn't want us to STING. We're supposed to give it all to Jesus, let HIM carry this thing.**

**Fantasies, thoughts and constructions die with us--toxic burdens are no more than goodness.**

**God can help you renew your mind but it doesn't happen overnight--just start thinking right.**

**It's an aged groove--you can't have wrong thoughts for 40 years and suddenly it all runs smooth.**

**You wonder why everything's not different in your life--it's because a mental change takes time.**

**After you've changed thoughts you must also KEEP the victory--we GAIN then we MAINTAIN.**

**YOU FAIL CUZ YOU'RE MAD AS HELL**

**Must be diligent of thoughts every hour since Satan roams around like a lion seeking to devour.**

**It takes up so much energy to go back/through it all the future is completely wrecked, that's all.**

**A peaceful mind is what we want: "Well I can't help it I'm just a worrier" is what I'm talking about.**

**A PEACEFUL mind: God wants us to have leisure cuz it's true what they say about the work grind.**

**No "I can't help it" cuz anything God commands He gives us the ability to do it ALL, amen?**

**Instead of being mad at people it helps to see it's something coming THRU them that's evil.**

**Saying "I can't help it" is just a sneaky way of not taking responsibility and you know it.**

**Why do we worry? Because we think we can figure out how to fix our problem instead of praying.**

#### **WOMEN SEEK APPROVAL THRU TRADITION**

**Women pressure daughters to follow tradition and that's where FGM and forced marriage comes in.**

**Remember: there's only ONE right link. Wait for him because everyone else will be rinky-dink.**

**Speak against the government and you're a dissident labeled mentally insane, taken to the gulag.**

**In bubbles surrounded by sycophants then they crumble or remain good and taken out by evil.**

**Stop rehashing what you went thru and have gratitude God gave you victory in the feud.**

**She's a total breakaway from all decency. You can't criticize her cuz where would you start, really?**

**I realized suddenly I had problems in my soul from the early abuse being called bad or odd.**

**To be misjudged that way was so hurtful, so against the identity I had in God, it was just awful.**

### **DEVELOPING A PRICKLY CRUST**

**So I developed a crust, spiny and prickly: the wounded-gathering-thorns syndrome.**

**Only after years of drinking at that crust did I break thru to my OWN reality, right-brained, best.**

**I was cast in that low role by a buncha idiots who were wealthy so thought they knew the way.**

**They were mean tyrants over me, very contradictory. You learn how to rule later best that way.**

**It was ruthless chaos--sending the check late or just in time and then making things right, aggravating.**

**They would jerk me around just cuz they could and make cruel officious remarks with impudence.**

**It was verbal abuse by angry women telling me I'm no good and would never amount to anything.**

### **CONTROLLED BY LIBERAL HARRIDANS**

**And these angry harridans wanting to hurt me were in control of my finances for decades, see?**

**SO I KNOW** what it's like to be controlled by liberal witch tyrants--I know the \$\$\$ frustrations.

So illogical and cruel you wanna fight em but if you do you've had it so you become an addict.

I went thru all that for decades just so I could tell you these things: when women rule, they sting.

It's the JEZEBEL SPIRIT raising it's ugly head and I do mean ugly--inside and out eventually.

Feminists: Impertinence, insolence, cheek, audacity, brazenness, immodesty, shamelessness.

And now without limits, they sink to even lower depths of depravity in foodsex "mukbangs".

Talking about perverse sex while eating mountains of junk food in archetypal Dionysian madness.

Abused/misused you, abandoned/betrayed, ridiculed/mockd/rejected but God saved the day.

### **ANSWER COMES BEFORE THE PROBLEM**

To brokenhearted after rejection: Jesus has already set you free, He has the solution for thee.

Coming out of the prison doors--which already have open doors--to see your destiny, and soar.

You've been saved but your mind's still a garbage pit like waking up in fits. Clear the mind, be LIT.

I was saved but many of my thoughts were dark and lonely--I still hadn't learned to think rightly.

Once the lowly take control over you it's a teaching experience educating the future emperor.

**Emotions a mess, can't abide people and triggered when Satan put thoughts in my head.**

**We can't stop Satan from putting thoughts in minds but we can jet em out/replace with kind.**

### **CONTROLLING THOUGHTS**

**We can't stop Satan from putting thoughts in minds but we can jet em out knowing who's behind.**

**Don't go by your feelings cuz they don't tell the truth/they're fickle--go deeper, let God tell.**

**Since feelings are at war with each other you never know when flesh will show up/Satan's clever.**

**So you gotta go by what you know not by what you feel because usually that's from below.**

**You MUST walk by what you know not what you feel cuz that vacillates and Satans seeks to steal.**

**What do we know: We know that God is faithful and that he has a plan for you and your family.**

**I felt no confidence and my words had no power, I was totally lackluster and moods were sour.**

**All cuza what my sister said, are you kidding me? No, and it lasted decades, what a tragedy.**

**You're not timid and shy and fearful but a child of God and children speak boldly as we know.**

### **BE NOT AFRAID OF CHANGE**

**A confident woman is not afraid of change. That's because it's God behind her not a cage.**

**A confident woman in fact wants God to shake things up sometimes, not the same old/same old.**

**They won't try cuz they're so afraid of making mistakes but even so, God can change em.**

**And if I make a mistake it just doesn't matter that much cuz God can fix it--incredible, isn't it?**

**A confident woman is not double-minded, constantly making decisions then changing her mind.**

**They can be indecisive, impulsive or reckless or even worse, they'll get restless then start to bitch.**

**Be decisive: You need to know what you believe and stick with it--never by the polls, they're twits.**

**You need to KNOW what you are to do and lock onto it--like a big pit bull refusing to let it go.**

### **GOD'S SOLUTIONS ARE ALWAYS SO CLEVER**

**You need to know what you believe about what God wants for your life and go for it despite strife.**

**The world is full of brokenhearted people whose broken personality can't function at their best.**

**Whenever God brings the solution it's something I never could have thought of it's so shrewd.**

**Worry does no good at all, never solving the problem but most likely increasing it's bad potential.**

**Worry steals our peace and it means we're not trusting God to solve our problems, so cease.**

**What a relief it was to trade in worry for trust and prayer--always answered with clever flair.**

**Every time a bad thought arises I say "SATAN" and that trick is really extinguishing it fast.**

**Self-control is a FRUIT of the spirit and applies not only to behavior but more WHAT WE THINK.**

**Be strong, have self-control: never be a salivating or terrified slave of your thoughts or get OLD.**

**Your thoughts can make you old before your time from the constant adrenalin for the fight.**

**All day and night long being angry over something that happened 35 years ago, how inefficient.**

**That's what Satan wants: for you to be WORN OUT from memories getting you going, what a rut.**

**Not only did it exhaust me, it ran down my immunity til I was sick on top of a mental catastrophe.**

#### **CURE THE MIND THRU OLD MOVIES: MENTAL TRANSPORT**

**To cure the mind I had to switch to old movies for awhile, a mental transport filled with style.**

**Trump: The more they hate him the less they understand him--why/how he talks is not their thing.**

**The things they don't react to [seared conscience] he doubles-down on with acute intelligence.**

**All the lecturing I had to endure from liberals before I knew the truth--and they felt so superior too.**

**I wasn't nice enough, social enough {accommodating and compromising}, I wouldn't shut my mouth.**

**I always preferred solitude so would forget their social events and would get lectured for that.**

**Since churches changed they bored me silly. I want hellfire sin-repentance, hell-heaven preaching.**

**They acted like I didn't love God cuz I wouldn't go to their boring socials and potlucks.**

**I hated groups my whole life. I pick up on everything like strife. One/two people max I still feel alive.**

**At this point in time, it's YOUR time and will never be again, so hold your head up high and go on.**

**Contenders like Beto are sickly sweet, packaged and full of hype coming from soulless parasites.**

**Feeling separate from the pack creates shame which is an easy set up for addiction in so many.**

#### **DUNNING KRUGER IS IN EFFECT**

**My best advice is: accept no advice from anyone and I mean anyone unless specifically requested.**

**Remember, Dunning-Kruger is in effect: they all think you're dumb and that they know best.**

**It's INSULTING advice. There's a hidden message every time that you're not worth a dime.**

**Many artists were split into a million pieces but narcissistic enough to turn it into money.**

**I'm not the character I create and that is OK. Playing out another self is relieving and really pays.**

**Your whole problem was inferior characters around you who misadvised and debased your morals too.**

**He allowed me to go thru all that to learn what people were like and I learned and never went back.**

**The superior man has empathy for his animals. That means: turn it all off and PUT THE MUSIC ON.**

### **PREVALENT AGEISM**

**When they audaciously ask you your age dude, say "uh oh, you shouldn't have asked that, it's rude"**

**Cuz if you tell em your age they may reject you--objectify, we cry--and that we can't chance.**

**In an ageist society they objectify by age so by you revealing it you take that chance.**

**The superior man or woman can't allow that--why would they ask age anyway? For good? NOT**

**Caving into their question gives them a chance to reject you cuz prevalent ageism is TRUE.**

**Would they ask you your RACE? Don't think so, they'd be afraid to--but ageism is WORSE.**

**In a callous ageist [non-traditional] society, a number automatically discounts your worthiness.**

**If they rejected you cuz you're too old then don't take em back when they're out in the cold.**

### **SAGACITY IS SICK OF THEIR PROJECTIONS**

**The guy asked me my age and I blocked him then wrote two pages on ageism, thank you friend.**

**You can so easily find a person's age on the internet, you don't have to do that/put em on the spot.**

**An older person--a sage--is so sick of their projections they know how to deal with em.**

**An older person--a sage--is so sick of their projections he knows how to deal with em.**

**Because their reactions have whole culture behind em you must react by escaping the scene.**

**I don't need your friggin' projections! I've HAD IT with all that, I am who I am you dam rats.**

**Listen up guys: If you ask a woman her age she'll automatically hate you--test it, it's true.**

**Because we know about ageism, how a woman panics at 30, and we think it's shitty.**

**Feign interest in an older person--well established--just to suck money out of the Mr. or Mrs.**

**They act like old age is a DIRTY thing, a laughable, silly thing soon to die out like ol' dinosaurs.**

**So of course we panic at 30, or even the thought of it, since it's obvious we become obsolete.**

**Ageism is the opposite to a traditional culture in which status increases with age/the mature.**

**RETIRE TO AVOID AGEISM**

**Traditionally the OLD held society together and UP and were granted first seats in the senate.**

**They disdain the gatekeepers—the key to their destiny but ignored by the nasty youthist culture.**

**What does youth know? Generally nothing, esp. now as sensual sins are accepted and exploding.**

**Great actresses better with age retired early just to avoid the mean, cruel ageist comments.**

**Great actresses better with age retired early just to avoid the mean, cruel ageist comments.**

**We need Donald Trump to handle the homeless crisis cuz his track record shows he can do it.**

**The subconscious knew I had just finished 100 books and I slept for three days, flat out.**

**The seared conscience of the conformist masses vs. the hypersensitivity of poets, artists and empaths.**

**Good fences make good neighbors and the worst thing possible is to be unprotected out there.**

**We don't need walls? How stupid—you don't block home invaders with a fence working like magic?**

**We're having mass ICE raids now with major local pushback for those against the United States!**

**Since liberals are lawless they don't care they're "illegals" cuz laws themselves are ridiculous.**

**Tho' AOC's an idiot it doesn't make her less dangerous and if smart we won't forget that.**

**Only one excuse for a woman not to keep good house and that's if she's in poor health.**

**GREATEST VALUE: INDEPENDENCE**

**Greatest value is independence which only comes from small government or they're in your face.**

**The greatest gift of the Renaissance was human rights not bloody heathen sacrifice.**

**The bible says to avoid useless debate--that's what it is with critical leftists who think they're great.**

**Can't believe FOX is reporting on Biden or whomever and not HONG KONG's imminent slaughter.**

**The Hong Kong protestors are fighting for their lives cuz the ChiComs will take em to the gulags.**

**NEVER argue with a leftist cuz they're arrogant and that triggers frustration in God's Elect.**

**Since he can't debate with facts the leftist always distracts to your conflations or poor logic.**

**The reason they call each other crazy is there's TWO SEPARATE REALITIES: male and female.**

**I can't pinpoint the etiology of my neurosis without blaming the dead so RIP: I'll be good instead.**

**There's also a male vs. female intelligence and therefore also a male vs. female neuroses.**

**Mutual understanding of these differentials solve many arguments and make happy couples.**

**When a male starts to bash my IQ or worldview like so often before it's that conflict I abhor.**

#### **USELESS DEBATES WITH MENTAL MIDGETS**

**I don't need to get into a turgid nasty debate with a sophomoric male picking apart my "illogic".**

**City Decline: The richness of a city forces up land prices then middle class leaves for the suburbs.**

**So not only are you arguing there's the added stress of him PUTTING DOWN your way of thinking.**

**I'm never gonna waste my energy like that again in an urge to "win"--useless, depleting fretting.**

**Besides, you knew he was wrong from the beginning so now just forget him and enjoy your evening.**

**I can't believe I live in comfort and safety after the prison of a small liberal town of the catty.**

**Small liberal towns: Catty backbiting, whispering, slandering, manipulating, lying, gossiping.**

**Liberal towns are feminist: every time a new girl arrives all the women display their fists.**

**You talk facts, he responds with amorphous abstracts and calls you crazy as an added hex.**

**You went thru this once you're crazy to do it again unless you wanna regress back as the dunce.**

**Have enough self-respect not to be picked apart by a Dunning-Kruger effect/him thinking he's great.**

**When I blocked the sophistic Pharisaic arguer I felt so much better and saw the male-female fetter.**

### **SECRET ALLIANCES AND TRIANGULATIONS**

**Secret coalitions means everything's behind your back. Triangulation = suffocation in fact.**

**Anorexic system is marked by secret coalitions and this frustration keeps the system running.**

### **THEY MISTREAT YOU, GOD PROMOTES YOU**

**One person mistreats you and then God promotes you--because He is the God of Justice too.**

**You thought evil against me but God meant it for good. Joseph to his brothers, Genesis 50: 20.**

**God used that cruel family situation to get Joseph into a place of helping the entire nation.**

**They boiled over with so much hatred, envy and anger they sold to slavers their own brother.**

**I recall being hated that much and I'm sure you do too--extremely dangerous and not for a few.**

**His family did all that awful stuff to him but God was with him and he ended up the king, Egyptian.**

**ALL things fit together for good for those who love God [for joyous faith this must be understood].**

**Don't let their hostility change who you are [which I did for years] and eventually it ends the war.**

### **SMALL TOWN POLITIX**

**Before I gained necessary confidence and verbal alacrity to not be called crazy, it was a tragedy.**

**Cuz if you don't conform to their narrative you were the enemy and women would attack, really.**

**I was thrown into the mindgames of caring what the small townspeople thought, tied up in knots.**

**The more I let it bother my hypersensitive soul the more prickly I got thus making a bigger target.**

**Do not forget the basis of your nagging shame--it's from standing out from the pack today.**

**Shame has a biological basis to maintain the pack, the herd, the tribe so let it go--BYE-BYE**

**They're doing worse stuff but cuz they're accepted it's all ignored as normal, taken for granted.**

#### **NEVER COMPLAIN, NEVER EXPLAIN**

**Never complain, never explain. Mantra of the Royal Family for Hundreds of Years.**

**They make flowery unsubstantial speeches about saving the planet but then they jet out.**

**If they're not on board with it, if they're holding back a well deserved complement, forget it.**

**We traditional women don't need International Women's Day to be strong, we ARE strong.**

**Never complain, never explain and RARELY be heard speaking in public. Mantra of the Royal Family**

#### **WE MISS YOU HARRY**

**Prince Harry--what a puppet. Meghan's a leftist and he's so whipped he's going along with this.**

**Why you phony copying my stuff. And it's just the title, you don't have it filled out/ALL BLUFF.**

**Diana said Prince William was sensible and bright but Harry was NOT bright and easily influenced.**

**It's insulting what Harry's saying. "We're the ones who care", you stand for nothing--left wing.**

**The Mad Millennials in England apparently love hearing Prince Harry spew this stuff.**

**They literally don't know any better cuz they weren't taught character and what a disaster.**

**You give em something they just want MORE and have no compunction about asking for.**

**You've planted a huge seed and nothing happens but as time passes you're closer to blossoming.**

**The little jealous person will "pop off" in sting-shots about your age, looks or whatever.**

**The Squad appeals to Millennials so is proud of that but most of Americans hate their guts.**

**There's no competition with youth, remember that. We cower in a youthist society but it's all blab.**

**We really miss you Harry! Stop being a puppet of a feminist leftist--it's boring, peculiar and scary.**

## **FORGIVE FEMINIST MOTHER TO MATURE**

**A boy cannot mature until he's forgiven his mother because inside he's so darn mad at her.**

**Jezebel planted evil seeds with major people so when I moved in I had MUCH to deal with.**

**Jezebel seems humble at first but give her an inch and she REARS UP AGAINST YOU like a curse.**

**They won't admit it but many men hate their mothers and wives cuz they're friggin' feminists!**

**It's disgusting how they go along with the narrative whatever it is to avoid female rejection.**

**Because they wanna be liked they don't have a mind of their own--even church ladies are like clones.**

**And this conformity makes them SO dangerous ya see cuz they're unreliable for you and me.**

**WAIT FOR DUST TO SETTLE**

**The dust has settled and I am left standing here. They're all dead or gone and I've got flair.**

**I will not go anywhere where they're gonna give me advice when I never asked em for it, forget it.**

**Jezebel will plant evil seeds with your neighbors. Suddenly they're hostile, avoidant or at war.**

**Jezebel could be your mother telling all your worst behaviors and evil deeds to perfect strangers.**

**Jezebel could be your sister who can't keep her trap shut for a minute and causes you messes.**

**Some people are destined to be famous but when immature they go the wrong way about it.**

**Biggest money makers on youtube are mukbangs: gluttony combined with small talk.**

**When Jezebel gets restless fever she'll get all her friends against you and bring em over.**

### **ZEZEBEL IS A TALKER**

**They can't keep their pie holes shut and it's constant back and forth, chirping, primping, mimicking.**

**The worst part is when Jezebel gets with lawyers and paints her evil pictures--you are censured.**

**The worst part is when Jezebel's in control of the finances--you will soon seek independence.**

**And they will beat your ass and get away with it. The cops and all departments are a feminist set up.**

**Females didn't used to be this way. They were tender, caring, neat and sweet little ladies.**

**An older harridan will KILL the new woman on the block. Ruthless sadists vs. Karen Kellock.**

**And no house is big enough for two women. I'm talking about sadistic competition too man.**

**Even the Queen's maids are cruel. Singing songs with lyrics about the old crone and shrew.**

**The maid reared up at me with cruel words of venom I could see in her eyes, I dismissed her fast.**

**Women are cruel to each other and can't be trusted, but what of their sons--hexed, raised by feminists.**

**Most dads aren't around, the boys are raised/take on the feminist view and act like women too.**

**Instead of calmly doing the manly thing--just doing it--they complain bitterly or displace blame.**

**Of course I'm not talking about ALL, not all. Those who break through become the best of y'all.**

**Women are taking over everywhere and the "future is female" they say. It's a terrible scare, ok?**

#### **WITH JUST A KEYBOARD AND ROCKS**

**With only a keyboard and rocks the SJWs tirelessly protect America from fake racism and sexism.**

**You aren't abnormal as they say, you're just different from other people so they'll see you that way.**

**Let the past go--it was just your painful preparation for your new life a mature lady with a mansion.**

**Don't go back and pick it apart or analyze--it was terrible yes but that's why you'll now amaze.**

**The mere fact they could fit into the California fabric shows who they are so promptly forget it.**

**You can't drag the past into the future unless you want the future ruined for sure.**

**I don't want anyone around who constrains me thru his projections, it's aggravation/destruction.**

**He's socially hypnotized, I'm not so I have to deal with his constant criticisms or why nots.**

#### **THE LEFT LOVES THE CHICOMS**

**The ChiComs are using mass migration to subsume Hong Kongs identity and create disunity.**

**It's not teaching em "critical thinking" but insidious indoctrination and they get violent about em.**

**When you get into the circular part of the debate, bow out it's a liberal and it's third rate.**

**The liberals on TV will not answer the question, ever. No matter what the form, they filibuster.**

**Their argumentation is circuitous as they bring up non-issues/we're pressured by Dunning-Kruger.**

**Arguing with them brings you down to their level, stamping out fallacies and fighting the devil.**

**State the case but then you don't have to get down in the muddy trenches with arrogant creeps.**

**Worked all his life, at the top of his game at 70 then someone says "you're over the hill buddy".**

**Liberals never answer questions they circuitously hammer their crazy narrative like bumpkins.**

## **HAVE BORDERS OR BE TAKEN OVER**

**What I learned in my life: If you don't have boundaries and borders you will be taken over.**

**Recap: If you're weak and not assertive you will be put thru the ringer by family justice warriors.**

**They started witchin' about my white privilege at age sixteen and guilt made my whole life change.**

**Why should you debate with a lower level? Just their viewpoint alone indicates they're the devil's.**

**Einstein/great minds just wanted to be alone but people would travel far to debate the throne.**

**It's circuitous and filled with non-issues--why would those great minds want that, I behoove?**

**Let your work stand on its own. Soon you won't be here to defend it anyway so separate now.**

**You already know they're wrong the mere fact they're disagreeing with you, so eschew.**

**Arguing with a liberal is like going down a rabbit hole--what about this, that, the other...**

**Thousands of troops over Hong Kong bridge and the protestors know what they're up against.**

**Going back is like swimming upstream thru muddy waters filled with dangers--don't go there.**

**The mere fact they're not equally horrified by these things means arguing is useless and tiring.**

**"Global citizen" doesn't mean what it sounds like, just another euphemism for an awful thing.**

**GOING BACK IS SWIMMING UPSTREAM IN MUD**

**And I can already hear their arguments starting up, so what--ignore em completely, fence up.**

**It triggered a lot of "ego alien material"--weird crap from the collective unconscious of y'all.**

**It wasn't "me" it was the weird stuff coming thru me cuz I was weak with porous boundaries.**

**It was also the weird crap from the bad associations I had at the time--spirits gross and unrefined.**

**People who had no restraints--children in the self-control department, anything goes, dark, bent.**

#### **WATCH THE MERE CONTACT**

**With mere contact you think "anything can happen with these people", very bad instincts.**

**These people don't care about a thing. Dark or missing hearts, brazen, angrily left-wing.**

**Beta males must forgive their feminist mothers before evolving to alpha males or soldiers.**

**He doesn't realize he was mad at her since he introjected her feminist view--"good boy".**

**That's his identity--a feminist male, a good boy--so he's able to misfire/transfer his mother anger.**

**He can't help but hate her since feminism is illogical and the enforcer can be irascible as hell.**

**She changes her mind with the winds or talking to others or viciously adamant about whatever.**

**She's so socially-driven she changes her mind after talking to Katherine on petty doctrine.**

**Don't take on their attitudes on anything esp. meat because so much of this is virtue signaling.**

**Like everything else they do, it's all about how they appear in the eyes of others and life is skewed.**

### **THE OTHER-DIRECTED ARE MENTALLY EFFECTED**

**They say obscene and cruel things to be part of the club. It's so embarrassing--please grow up!**

**Hah hah but that's also how we see who they are. They are lackluster losers, the non-stars.**

**The kids are totally dangerous. There's nothing they won't do and it's a badge of honor to kill you too.**

**I would never get involved with someone so other-directed again: completely out of grace/SIN.**

**They don't have an inner life/make socially-based decisions. it's about the others, get this.**

**Because they're conformists fools they are cruel. They lack empathy cuz it's mob-driven, see?**

**It's all about you're too prudish [not cutting them enough slack]: mean, old fashioned, snobbish.**

**All because you don't want girl and boy going into locked room in the house--utterly ridiculous!**

**Let alone all the other filth mom and dad has to put up with, seen as "normal" and taken for granted.**

**If I were you I'd run it like an army barracks with exact routines punishable by lost goodies.**

**You must do this: As you dis-reward slackers and procrastinators then pick out/reward the best.**

## **THEY SAID IT COULDN'T BE DONE**

**They all said it couldn't be done, whatever it was I was doing: working while avoiding phonies.**

**You work all your life to get their approval and when you [almost] finally get it it's irrelevant to you.**

**The loud bass and rap appeals to our baser, grosser emotions: self, affluence, jealousy, garishness.**

**I'd rather the music trigger tranquility, stability, peacefulness, security, creativity, God.**

**I love Martin Denny cuz he takes me back to beginning--at 12 he conjured up dreams for me.**

**I love cocktail music from the fifties--a different time altogether, the psychology of a better era.**

**Fifties music is like a magic mental transport to a healthier time and it works like a charm.**

**Remember, it's SHAME which results from misfitting the pack then this attaches itself to this or that.**

**Once you take the guns you have lawless gov, lawless criminals and all the rest of us unarmed slaves.**

**STOP being victimized by thoughts. Choose em better when they go by, or be a victim/NOT.**

**Sucking Spirit: Sucking up everything in its path out of obvious and obnoxious neediness! A real turn off, I'll watch that.**

**Despite every stinking unfair thing that's happened day and night, God makes ALL things right.**

**If God's not in it it's not gonna work anyway and if He's in it there's no one who can stop it.**

## **DOUBLE FOR YOUR TROUBLE**

**The reason I have so many things is God gave me double for the trouble I had with the rabble.**

**God makes it double: God gives us a twofold recompense for our former troubles. Isa 61: 7**

**Whenever bitter just mutter: I've got a double blessing on the way from God my Provider.**

**After men and family abused me for years God gave me a place of honor, there's no more tears.**

**It's a lot harder to keep praising God when NOT getting what you want but it maxes you out.**

**Tired of circular debates with worthless liberals. Third rate, would rather be alone that's all.**

**Of course the noxious events stand out in memory but what of the long respites God gave thee?**

**My eyes go out to the horizon for I know my source. When things become too much just look up.**

**It's not happening now but you feels you're in a war zone, all cuz you let thoughts in your home.**

**Devil knows just what thoughts to put in your mind. He knows your Achilles heel and He reminds.**

**You gotta block bad thoughts like you would block a rabble of teenage invaders of your house because:**

## **NARCISSISTS GO BY THEIR FEELINGS**

**Always recall that narcissists are troubled souls--underdeveloped like a child in all their roles.**

**He simply hasn't figured out yet that the whole world doesn't revolve around him/her, get it?**

**And even if he tries to correct it he goes too far the other way as a mamby-pamby sycophant.**

**To the extent the narcissist over-values himself he undervalues you, just a pawn to use.**

**Sociopaths are always cooking up a scheme while thinking: "none of these rules apply to me".**

**Rules and morality are irrelevant to the narcissist--it's whatever they FEEL in the moment.**

**Narcissist characteristics: no remorse or guilt. If you reward him thru forgiveness he just repeats it.**

**When you or I do wrong we agonize over it and soul-search. Sociopaths don't do this or feel worse.**

**They do/say whatever's expedient in the moment with zero accountability to you or whomever.**

**Narcissists are mask-wearing chameleons living to exploit so avoid em like plague/God will anoint.**

**The psychopath is a little different, he has ZERO conscience--do you know one by chance?**

**Caring for no one but themselves they have no need for compassion, empathy or anything else.**

## **NARCISSISTS SEE PEOPLE AS TOOLS**

**People are only tools to be used so they are coldblooded in the way they engage too.**

**Because of all this they MUST be dominant and can have a bad temper when maintaining it.**

**They're so prone to bad temper maintaining dominance they can be very dangerous.**

**He/she has a reckless disregard for any kind of order or your border with no remorse whatsoever.**

**Since everything they do is for themselves they're grabby and out of grace with your stuff.**

**They operate on the fringes of society and are unable to hold a job since they can't be told.**

**Whether a dismissive, schemer or psychopath all three have one assumption: you are beneath them.**

**There is no "equality" or democracy with these three, you only exist to be exploited, sorry.**

**What you see is not reality with them. You're dealing with smoke and mirrors/good luck on what happens.**

## **DRAWN TO BAD BOYS/WILD GIRLS**

**They have no regard for your well being, so stick with them and you'll be very harmed eventually.**

**Why you must give up on them: They can't stand correction and they can't see the dysfunction.**

**Are you drawn to the bad boy/wild girl mentality? Think hard before you ever commit to insanity.**

**They are collapsars and destroyers not builders, constructors, creative source or expanders.**

**Satan is the counterfeiter--not the real, the bones, the guts, the bonafide or the real source.**

**Always before a collapse in civilization, people become demanding, dependent and needy.**

**These people fake their way thru life until they meet someone real who's invincible to their lies.**

**When the Act doesn't work they shift into gear but there comes a time when they gotta get clear.**

**I became real when I met a man invincible to my spiel and it was immediate, he's my husband too.**

**Symptoms endure and harden cuz they WORK and when they don't you either cure or die man.**

**Underneath I was terrified every moment of him, he was entirely unpredictable without any limits.**

**I had examples of his utter cruelty but due to weak boundaries stayed despite nightmares nightly.**

## **HOLLYWOOD, BIG PHARMA, GLOBALISTS I**

**In all cases across the world, take the guns and the crime rate explodes a hundred times over.**

**Cops want armed civilians. More than 90% support concealed carry, making their job easier man.**

**Since 1934 there are only TWO cases of machine guns used in a crime yet they're the problem?**

**Since Big Pharma finances the schools of course they say supplements are the same as food.**

**Hollywood portrays gun owners as dumb hicks or ragtag armies, not responsible patriots.**

**94% of mass public shootings in the US occur in gun-free zones, so please arm your homes.**

**Hollywood bias is everywhere misleading people about the importance of carrying guns as evil.**

**Socialism and Shariah law: a deadly combination to any society coming thru the democrat party.**

**FGM: One hour "procedure" recalled for life with horror while love is replaced by dismay/betrayal.**

**FGM [clit cutting] has a lifelong effect. You never recover from it you just learn to live with it.**

### **BETRAYALS IN TRADITIONS**

**I was your sister, you meant everything to me--but then you replaced me in pure treachery.**

**I was a blank slate for their projections and couldn't fight back as I was spiraling down exhausted.**

**You terrorized and tormented me for years and now you come back because I'm a rich seer.**

**They tormented and terrorized by IMPOSING on me like Blanche in Streetcar named Desire, see?**

**Only a little lady trained to be quiet and compliant can know the horror of what this is like.**

### **CUCKHOLDED BETA "MALE FEMINISTS"**

**Harry was ripe for the picking and Meghan Markle was a well-seasoned hunter I'm thinking.**

**With 9 million followers that's their constituency and they don't care about whether you like em, see?**

**Artists: When they're on stage they'll perform but when not they just wanna be left alone.**

**Go to Eastern Europe because France/Rome/London are more dangerous than Baghdad now.**

**You don't leave a man because men are emotionally brittle and they will suicide or just die.**

**The stupidest thing ever is a woman thinking she doesn't need the man or a man the woman.**

**HodgeTwin "Conservatives" say God made perverts so go along with it or you're a bigot.**

**The feminist just naturally thinks: How can I work this? How can I manipulate this connection?**

#### **TESTED AND TRIED THEN THE PRIZE**

**I'm thru with stuffing myself with info for awhile. Cuz the best is inside and filled with so much style!**

**God tested and tried them as He led them in the wilderness that He might do them good.**

**He tested and tried them FIRST before He then led them into the Land of Milk and Honey.**

**Torture, death, three days THEN the resurrection. In all areas it's the exact same pattern, amen.**

**My only problem is reliving the torture when brings mental closure against all new adventures.**

**It takes TIME to remember/go thru all this stuff--too much of the pie, for success nothing left.**

**And the anger and resentment it congers up--all for something that's gone forever: STOP.**

**It's not that you have bad relationship techniques but that you've been around a buncha lower creeps.**

**Stop wasting your breath on me. I've seen God, I know God, and I know what He can do, ok?**

**Never argue with a leftist empiricist demanding proof when these "intellectuals" remains so stupid.**

**Tho' her evil was palpable and housekeeping terrible she was voted "most helpful" by the rabble.**

#### **AVOID ALL EVIL HELPERS**

**Avoid all evil helpers. To do this you must realize your moral independence from these losers.**

**The evil helper is just a way in the door. Wicked men always want in to bring chaos, bedlam, rancor.**

**He did not trust Himself to His disciples for He knew human nature.**

**We shouldn't give trust to people that belongs only to God, for human nature is erratic and odd.**

**A mature person has no unrealistic expectations that people will never hurt us. Joyce Meyer**

**You may feel that your whole life is over but little do you know, it may be just the beginning.**

**God intends us to have incredible lives but not if remaining wounded in backstabbing strife.**

**In this modern society practically everybody is a wounded soul until they collapse when old.**

**Joseph's brothers hated him/sold him into slavery and he went to prison but God was with him.**

**The more victimized by people the more you'll find favor by everyone after repenting of all evil.**

### **PEOPLE ARE THE ENVIRONMENT**

**Depending on others or bunking up is a terrible prison of mal-adaptations to the punk.**

**Who we are around/who we adapt to IS our environment and in psychology it's crucial.**

**So you DON'T let anyone in your house cuz you don't wanna adapt to them--keep your house clean.**

**The importance of environment is lost to most--but it rewires our brains and turns em to toast.**

**Just by letting ONE bad guest in he ruins the whole household. I can attest to this, I know.**

**The idea of people bringing others to your home unvetted by you is so immature and high school.**

**People in the environment to whom we adapt: They don't have to say anything, it's mental crap.**

**Their officious questions that take you back or yank your chain with unnecessary flack.**

### **SHOCKING INSIGHT: HERD IS POWER**

**It's a shocking insight to see the herd for what it is--it's bigger than you are when having influence.**

**I have no memories of 20 years solitude, only noxious recalls from people problems/feuds.**

**My anxieties never left until alone, then it was BLAST OFF to mental discoveries and destiny/my throne.**

**People coming and going like grand central station is simply disgusting—think of the pets scaring.**

**Don't let men into your home alone. It doesn't look right and it isn't right, you should be chaperoned.**

**That class from high school in '85 were entitled creeps who were debauched and obscene.**

### **MORE VICTIMIZED, MORE FAVOR LATER**

**Why do I get double for my trouble after being victimized by people? Cuz God is on my side.**

**If God is on my side, whom shall I fear? He won't keep you from going thru it but still He's near.**

**When souls are wounded from abuse, unjust treatment or rejection the result is guilt/shame.**

**Choose today to not live wounded but to live the life Christ died for you to have, grounded.**

**Ask God to rework each unfair event to your benefit, and to help others who are wounded with it.**

**PIE. You're not going forward in God's plan if you hate someone from the past doing you wrong.**

**No matter what happens/did happen a trusted God will turn it to good, a truth I stake my life on.**

**It makes us a better person. If we don't get anything else outa the tragedy it must be compassion.**

**The best way to get a boatload of compassion is to go thru this horrible painful stuff yourself.**

**Don't fall victim into the trap of equality when it's NOT EQUAL and never will be for ya'll.**

**Don't fall victim to the demon of equality in the marriage like a man crying unembarrassed.**

**Are you an emotional guy or a stable stoic? Don't react emotionally and this is being grown up.**

**The stable stoic does not deny his emotions but delays them: he is steadfast, solid and firm.**

#### **JESUS HAS THE SOLUTION BEFORE THE PROBLEM**

**Jesus has already set free the brokenhearted person. That's the good news, we can change it.**

**I would vacillate between being in control to being controlled and that's not our divine role.**

**He sent him to bind up and heal the brokenhearted. Wow, that was me but now I have my Father.**

**What a revelation: I didn't have to be trapped in my past or by slander by those who miscast.**

**An ornament of beauty for ashes: that's how God does things, in the end it's all balancing.**

**Twofold recompense for prior troubles: PAYBACK IS BIBLICAL.**

**Double blessings for former trouble: Nothing could be more biblical, good news for y'all.**

**Beauty for ashes, double for your trouble--why? Because I the Lord am a God of Justice.**

**God of Justice means: He makes everything that is wrong, right.**

**Bible definition of "restoration": To receive back more than you lost--what a revelation.**

### **GUTS FULL OF FIBER**

**Exploding in popularity: Gluttony mukbangs with small talk combined with edgy sex talk.**

**With a daily fasting regimen of 22 hours your dietary selections are healthier each day and energizin'.**

**Your gut is destroyed by all the fiber and the anti-nutrients in the plants (don't wanna be eaten).**

**Vegans get energy from the constant sugar rush combined with adrenalin from plant toxins.**

**Typically vegans add tons of spice to their food cuz it tastes like crap otherwise: how cool.**

**Fruit smoothies, pizza or bacon: Counterintuitively, these are great for painless digestion I reckon.**

**The leftist "intelligent" women are cheap slaves approving of anything society approves of.**

**Tho' it's minus 15 nutrients in meat, the vegans love "fake meat" while deficiencies are depleted.**

**Kale is one of the most toxic things we could eat but the new age says it's the BEST thing.**

**SHAME is an identifier of bulimics and it's also from being separated from the pack or systems.**

**Vegans so crave meat that those fake meat burgers actually taste like meat to them at first.**

**As a vegan I knew there was something wrong when I got into crying jabs all day and night long.**

### **DREAMING OF POT ROAST AND GRAVY**

**I knew there was something wrong when I dreamed of pot roasts and gravy for which I longed.**

**After all that fruit and protein deprivation I longed for fatty, salty, meaty and not just dairy.**

**When you dream of pot roasts and gravy you know you're protein-depleted for this is the warning.**

**Fish, eggs or dairy may not help you that much. May have to go full meat not mere sandwich.**

**I don't like it any more than you do but feel I must FORCE feed meat at first, knowing the cure.**

**I've bought kitchen meat appurtenances but nothing's worked, it just goes into storage.**

**Now I'm buying a rotisserie hoping that'll interest me--can't I have my nutbutters/smoothies?**

**The psychological block against eating meat is very difficult to overcome/looks like anorexia to some.**

**For some reason fish is easier but it doesn't improve health that much, tho' a little some swore.**

**For some reason fish is easier but it doesn't improve health that much tho' it's tasty I'll say that.**

**Biblical: It may be this meat-aversion is spiritual and you'll never be able to eat it, that's all.**

**It's nearly impossible to reach a vegan before they deplete their stores. Then, who knows.**

**I'd love to rest on my nutbutters and smoothies but I know there's only one way: red meat.**

**But how to overcome meat-aversion? I tried drying it but gave it to the dogs, now a rotisserie may work said God.**

**How to overcome meat-aversion? Tried drying it but gave it to dogs, now a rotisserie may work said God.**

**I'm just not interested in eating this, the one thing that totally cures, and I realize the split.**

#### **VEGANISM: MENTAL ILLNESS BLOCKS CURE?**

**Veganism produces mental illness and meat-aversion is the symptom blocking the cure.**

**It's definitely a sign of anorexia having to force yourself to eat meat or are we above it?**

**Or is this the body going into a fasting space because you're a saint?**

**All report INSTANT energy reviving their body with their first steak after the vegan tragedy.**

**I feel so great on nutbutters and smoothies but they say I gotta eat the meat--what is reality?**

**But there's things like extreme autoimmunity and esophagal pain preventing food after 9 am.**

#### **INSTANT ENERGY WITH FIRST STEAK?**

**So it's no small thing--will meat eating be the solution to this acid reflux pain?**

**Jordan Peterson said he was sick ALL the time before going carnivore then instantly well.**

**They say you cure leaky gut with greens but that's false due to lectins, oxalates and goitrogens.**

**What's left? Fruit and meat. The fruit I can do but the meat is such a chore, I'm so averse.**

**SRI's (antidepressants/antipsychotics) allow the lower brain to take over and we've had it.**

**Smoothies are the only way some can eat. It's so easy with a blender and it's nutrition-replete.**

**Stop putting down smoothies. It is the only way cancer patients can eat in the last stages.**

**Stop putting down smoothies. It's the only way I can digest without pain and I sleep with ease.**

**Veganism brings depletion then meat-aversion, blocking the only cure for fatigue/exhaustion.**

**Meat-aversion: Keep saying I'll eat it convinced it's the only way but still just can't do it.**

**The bible does define two diet groups: meat eaters and meat abstainers so maybe that's it?**

**I love the cows walking by my house and we visit. When I think about their future I just can't do it.**

**I loved meat as a child but as you know we change with age--I'm an entirely different person/sage.**

**These people are dense/callous about a lot of things so of course they'd be to animals, ya think?**

### **FIFTIES EATING IS BEST LOOKING**

**I knew a man in 70s with meat aversion. He glowed like a light living on bakery goods/sweet buns.**

**I noticed vegans would look great at first but with depletion would gradually fade like a curse.**

**I noticed moderate meat eaters of the American diet in the 1950's looked the best, like movie stars.**

**I noticed many vegans looked puffy if over-reliant on starches to satiate and prevent being hungry.**

**I noticed people living on fast food once a day then staying thin and being efficient, ok?**

**I noticed the skinny having HUGE daily breakfasts of it all but nothing more/not a morsel till tomorrow.**

**Moral of the story is: no one can tell you how to eat. It took me a lifetime to learn how I was unique.**

**I'm see the steak and it means nothing, it has no logic. I blend my food, it works like magic.**

**Tho' I'm in sweet-succulent mode, tomorrow I could go for fatty-salty meat mode, who knows.**

**I was a meat-eating child but as you know time ages us/changes us and it's a mental thing as well.**

**Mornings are associated with tuna, catnip and brushing--you should hear my 2 cats yelling.**

**I could eat pizza every day for my one meal: delicious, soothing, comforting, very digestible.**

**Maybe pizza is as close as I can come to animal fat and protein and besides it's my adaptive history.**

### **EAT WHAT YOU WANT BUT FAST THEN CHOOSE UP**

**If you eat once daily [OMAD] there's no need for any diet. You may eat what you want, even fry it.**

**Forget the greenhouse--no anti-nutrients--and just buy freezers and stuff em with bacon/pizzas.**

**No lowcarb/ highcarb restrictions. Diets are mental constructions but the body's above em.**

**Either we starve to death or we die of toxic foods. Chinese food poisoning survivor**

**While fasting, mine the gems from the past. With your lucid recall this time is having a blast.**

**We are two offices side by side and no one constrains anyone and life is really fun.**

**If you work all your life and crest at 70 and they say you're over the hill then tell em to go to hell.**

### **REVERSAL DIETING OF PALEO FOODS**

**At this point it's just smoothie meal replacements and grapes. I lost interest in pizza for a few days.**

**Haven't fixed bacon in two weeks. That today would be good to replenish protein stores and it's delicious, see.**

**I wonder if it's a new approach to fruitarianism: not as an ideology but cuz it's all you can eat?**

**Fruits and nutbutters: whew. After enduring so much I can't take the slaughterhouse too.**

**I just can't and I don't want to. My subconscious and body rebels at the mere thought of meat too.**

**I don't feel God will punish one like me with poor health cuz we can't eat that carnivore stuff.**

**When I was fruitarian before I dreamed of meat galore but now it's different, I'm really here.**

**For the chemically sensitive a toxic room is like being hit by a sledgehammer, a real bummer.**

**Prince was vegan and he looked great in his fifties--like a teen--but have fish/pizza on weekends.**

#### **MEAT-ONLY FOR IMMUNE HEALING?**

**MYTHS dispelled: Don't drink water it washes away the minerals and don't eat toxic vegetables.**

**The abrupt switch to meat comes on the heels of my last sickening reaction--I now concede/agree.**

**I'm sold on the idea that meat-only will heal this autoimmune disease automatically/instantly.**

**Lived on avocados for years--now they make me sick with latex allergy, how very peculiar.**

**All the vegan foods I thought were so healthy like avo, which made the whole thing palatable.**

**Worthless plants and grains basically, when all you need is in the meat and I have agreed to this.**

**It's so difficult to eat meat after the vegan brainwash, you must force yourself then it's simple as.**

**I had to spice up vegan concoctions to make em delicious and even then they were ridiculous.**

**We're going to go get the meat now, I'm consigned. Now matter what I'm finally going to be fine.**

**New life goes from useless plant "nutrients" to recovery from autoimmunity with best of science.**

**Jordan Peterson was sick ALL the time and was INSTANTLY healed with meat, what a sure sign.**

**We've always known protein is essential for the immune system yet it took me so long.**

**Reacting to everything, instant sickness. Getting strong again with meat, more impervious.**

**We'll fix a roast today for the giant experiment. I'll keep you updated before I end this section.**

**If this works I'll be celebrating for weeks. As much as I love animals it's health I must first seek.**

**THE ROAST EXPERIMENT/JUST CAN'T DO IT**

**I'm still resigned to the meat but still can't eat it. Just not interested but God will direct/assist.**

**The suffering of yesterday was avocado [latex] allergy not from any meat-deficiency.**

**We'll go get the roast today and I'll assemble the spices for the dry rub, and think about it.**

**After I'm over the hump and broken into my meat-aversion from veganism, it'll all open up.**

**They say ovo, lacto or rasta-vegetarianism won't work to erase all deficiencies, am I cursed?**

**Am I going against my true nature by force-feeding meat or masking it with so many spices, replete?**

**I have met hardly any who has this much trouble, fear and doubt eating meat, it seems genetic.**

**It's like my whole soul mind shrinks from it, I think back to the slaughter and can't deal with it.**

**I don't know what else to say. I'm split. Mentally I need the meat, spiritually I recoil like a stink.**

**TROPICAL DIET: FRUIT, COCONUT, PORK: "FRUGI-CARNIVORES"**

**The first time around I wanted to eat meat but didn't. This time, I just can't and don't really want it.**

**One answer is lacto-fruitarianism, fruit and cheese. No veggies cuz they're toxic like nightshades.**

**Pizza thrice a week, fish thrice, bacon twice--that's enough protein for a 100 pounder I guess.**

**A little sugar makes the medicine go down--do fruit smoothies make the medicinal effects go down?**

**I'm beef-averse but can eat bacon so pork chops would be as healing as the beef I reckon'**

**How about a tropical diet of fruit, coconut and pork? I don't need to go lowcarb, I'm thin and sharp.**

**Hmmm: Pork has always been America's breakfast meat and mom fixed it thrice a week.**

**The pork made me sick all day. Guess it's back to fruit and cheese--getting protein that way.**

**This era shows GREEN BLOAT: from fiber, anti-nutrients and the toxins in plants like oxalates.**

**I felt so incredibly good after a cheese quesadilla with triple cheese tho' it breaks all the rules, see?**

## **BORN TO BE A MEAT-ABSTAINER**

**Veganism produces mental illness that protects itself from curative change thru meat-aversion. True?**

**Is orthorexia a subset of anorexia, or is it a mature scientist seeking truth so I can tell ya'?**

**I've stopped trying to eat meat. It feels good to give up and just enjoy fruit smoothies or cheese.**

**Bought numerous kitchen appliances for meat so I'd eat it but they all went into the basement.**

**I could eat bacon but the caramelization brought dark spots and acid reflux all day: pain again!**

**There's something dark about it. Compare beautiful succulent sweet fruit with slaughterhouse.**

**People given to clarity [psychic, deja vu, clairvoyant] really can't take it as their mind "goes back".**

**I just have to believe God made some of us for fasting, certain diets and even celibacy.**

### **HEARTBURN FROM NON-FRUITS**

**A pastor friend said "If God told you to eat fruit then if you don't you'll suffer, acute": yeah, heartburn!**

**Everything but produce creates acid and green veggies are poison so fruit's all that's left.**

**Fruit: NO PAIN all day and night, good sleep. Non-Fruit: acid, pain, heartburn, insomnia, weep.**

**Tried to be fruitarian for decades but would always slip. Now, it's all i can eat/the rest God forbids?**

**Gonna die eventually anyway so I think, why eat it?**

**My God it is horrifying and saddening compared to a fruit tree. Come on people, can't you see?**

**I'm not saying it's wrong to eat meat, enjoy your meat! Just saying there's two kinds of peeps.**

**I'm not into astrology but have read Pisces wrinkle easily unless fruitarian and then, none.**

**Perhaps the more exalted or spiritual signs end up on simple fare: God's fruits or a little cheese.**

**Even nuts are goitrogens, I suppose the nutbutters too--but hunger's quieted by a spoon.**

**Can't go to a "doctor" who'll tell me to eat greens. That leaves no one save those for the meat.**

**The modern fruitarians {raw till 4} stuff too much starch. Return to Ehretism and skip lunch.**

### **MODERN FRUITARIANS ARE GLUTTONS**

**The Father Fruitarian was Ehret who said FRUGAL fruit meals and forget other foods instead.**

**NOT eating truckloads of fruit {gluttarianism} and spuds and salads are ONLY a transition! Ehret**

**But the modern fruitarians are TOTAL GLUTTONS and increasingly it's about starch substitutions.**

**STARCH is no solution: Potatoes are nightshades and all grains [lectins] cause ugly leaky gut.**

**Alex Jones' new protein bars are FILLED WITH SOY! After all his lecturing us on soyboys, ole!**

Never get protein from "protein bars" filled with soy cuz it's a scam and dangerous for girls/boys.

**Gonna stop worrying about this, it takes too much time. Trust my instincts and go back to rhyme.**

### **LACTO-FRUITARIANISM: FRUIT AND CHEESE**

**The fruit smoothie--cheesy quesadilla--fast 22 hours plan is working out spectacularly man.**

**I don't think I'm just controlling symptoms by intermittent fasting, it's a time of HEALING.**

**Meat is no longer in my perception, it is not what I choose except in force-feeding and I refuse.**

**I don't want it, I can't bare it and I would seriously be crossing a line to eat it and would pay for it.**

**I can eat the cheese--ok fine, it gets the job done in the a.m. and gives me animal fat/protein.**

**That's after a fruit smoothie, yah I carb-up in the morning and I find it enlivening/refreshing.**

**The ONE flour tortilla is a delivery system for the fat, that's less crust than a pizza and convenient.**

### **NOT GONNA FORCE FEED THE MEAT**

**I'm not gonna force-feed it. If I die cuz I didn't eat the meat I'd be surprised like God's not in it.**

**I love the fruit and can eat the cheese and a little nutbutter too if you please but no meat.**

**I'm meant to be a meat-abstainer, God designed it and it's His highest plan for me to be richer.**

**Psychic powers go up so much with fruit, fat and fasting that you sequester cuz it's scary.**

**But not by eating truckloads of fruit and starchy substitutions, that's not how you get this.**

**All vegans think about is food cuz they're starving for animal fat. Eat some cheese and that is that.**

**Smoothie, quesadilla with triple cheese, buenelo smothered in butter and cinnamon.**

**I can take ONE digestive burn a day but the rest of my energy I want to go towards healing, ok?**

**Forget the buenelo smothered in butter and cinnamon. It was too much so today I'm fastin'**

**Starch combined with fat gets stuck but it's just a signal to fast the next day/not bulk up.**

**Everything but fruit causes acid or oxalates--who want's this? I'm done with heartburn, hellish.**

**I'm finding out how little I need to sustain with fruit/high-fat with some carb. Found lowcarb tortillas, flour!**

**Fruit smoothie, cheese quesadilla or buenelo smothered in butter and cinnamon, fast 22 hours.**

### **THE PROBLEM IS ACID: ERHET**

**If the problem is ACID as in "heartburn" the only solution is non-acid foods: FRUITS/no vogs.**

**Everything but fruits and vegetables goes acid and creates mucus, the basis of all disease. Ehret**

**But no acid fruits--they are murder day/night on the immuno-suppressed with pained esophagus.**

**A solution is to put strawberries or pineapple {acids} with celery, cucumber, coconut in blender.**

**Don't put down smoothies, the blender is a modern invention keeping many of us alive I'll betcha.**

**Ended breakfast yesterday with some rocky road ice cream. No reaction and woke up the bloodstream.**

**I'm not gonna be a dam dieter ever again. I eat what I want cuz the time is running out and I'm thin.**

**These lowcarb flour tortillas are just the delivery system for high fat cheese/butter breakfast.**

**I eat this just to get the job done, so I can work all day without fatigue or hunger and have fun.**

### **DIETARY SEEKING, WILL IT EVER END?**

**The Ghandi diet is fruit, milk and nuts--so why not fruit smoothies, cheese [lacto] and nut butters?**

**The pork made me sick all day. Guess it's back to fruit and cheese--getting protein that way.**

**Yes the vegans tend to load up on nut butters and yes it's cuz they want the fat but is it bad?**

**Veganism creates a mental illness that protects itself from curative change by meat-aversion.**

**Is it mental illness or spiritual wellness that prevents a person from eating meat? That's the question.**

**Every one of the 100 books has a different diet in it cuz I'm a curious dietary seeker darnit.**

### **SECRET TO LONGEVITY: AVOID PEOPLE**

**Age 109 woman says the secret is to avoid people--I so agree especially in this generation of evil.**

**Society is a Dionysian festival: Eating mountains of food while talking about sex, unbelievable.**

**The eccentrics--the loners, isolates, mystics--live longer and are far healthier than conformists.**

**With people around it's one interruption after another, in solitude it's just you--and so clever!**

**Caution: If they care what people think and don't have their own thoughts they'll take you out.**

**While on a Sunday afternoon fast I think of all the previous silent Sunday afts throughout my past/ETERNITY.**

**I'm beginning to see the good life just ahead. Been giving things away, expensive but irrelevant.**

**The books are done, published and made available. That's your seed you know, so just party until.**

**The books are completely done and I've never felt such a feeling of completion and satisfaction.**

**Frankly I don't give a dam is my attitude now cuz the time is late and I've arrived/at my top.**

**I'm watcha call a prolific writer now. After writing the draft a thousand times it's automatic, pow.**

**With each moment I'm getting closer to my harvest and I bless another day of waiting in earnest.**

**I think it's time you leave it ALL behind cuz the time is late and you've gotta destiny so sublime!**

### **STICKY FINGER HOUSEKEEPERS**

**They see something, they want it, it's theirs, that's it.**

**A housekeeper should be silent, unobtrusive, humble, thorough and never ask to borrow.**

**A housekeeper shouldn't be checking out your things and then coveting and taking them.**

**A houeskeeper is the one person who's around all your stuff--keep an eye out for that sucking spirit.**

**For due to the prevalent communist spirit they will TAKE it whether they need it or not/trip you up.**

**They don't need it they just don't want you to have it cuz the communist spirit has made us mad.**

**I seek solitude when the maid comes but it's not real smart cuz she's free to give into temptations.**

**It's not the money I'm just sick of finding stuff missing so our home is closed to those helping.**

### **THE CREATIVE ACT AND COMPLETION**

**He put eternity in my heart and sent me to earth with a purpose and a great desire to be of service.**

**Tapping into eternity in your heart lines you up with what your purpose is, so that's where you start.**

**It's not about me. I present to you this great and marvelous work and wonder for the elites.**

**It was my whole life and now I've given birth after decades of fertile anarchy and I feel great.**

**Fertile anarchy driving me crazy and underground games and it's all invisible until the end, aye.**

#### **CREATIVE ACT IS ALL PLANNED PLUS LINK**

**The Creative Act's all planned down to the greatest detail and the link always appears without fail.**

**The underground fertile anarchy was a billion details in disorder, it was up to me to complete the jigsaw.**

**It may have appeared crazy at times--indeed, a lunatic and I'm grateful not to be locked up.**

**When defending myself in society I couldn't sort it out so I sought solitude and launched off.**

**I always saw a ghost--an adumbration--of the formula and I'd lock it into place in different eras.**

**Every theory has a formula and when I locked that into place--obstruction/elimination--I knew I aced.**

**In those middle years in desert wilderness I suffered from the officious but it made me a poetess.**

**I explored the DEPTH of my emotions which were as deep as the oceans to write about syndromes.**

**It hurt so much, I'd think "How deep can I feel?" and it was so maudlin on my tearstained pillow.**

**Ok now that I felt all that and went that deep, I can write about it. Again, God put me through it.**

**Just cuz someone hurts me, I don't have a right to RUIN their reputation but women do that son.**

### **SHAME IS THE RESULT OF TWO THINGS**

**Joseph was cruelly treated by his brothers who hated him and sold him into slavery.**

**Shame is the result of two things: either you were ostracized or you were a filthy sinner.**

**You're a slave and willing receptacle to all their worst and meanest projections and you accept it?**

**Prayer: Praise should outweigh petition. Thank Him first THEN ask Him about the latest problem.**

### **MENTAL TYRANNY**

**If you go along with tyranny you become weak but if you RESIST it you become strong. END END after prayer**

**Stress layered upon stress until it became a raging mental illness and she really looked it.**

**Much of it comes down to: Trust God and do good, sewing seed for the harvest we need.**

**There's always someone around who resents your blessings. Careful they don't take em. END**

**You shoved your shit onto me as if you were white as snow and not a sinner but I'm the winner.**

**The first half of life I was too busy defending myself to ever get into the moment or really excel.**

**I don't like social events--they're either boring, poisonous or hurtful and I've had enough of em.**

**There's always someone around who resents your blessings. Careful they don't take em.**

**You bring government in and it always centralizes it and jacks up prices. Free market: competitive.**

**I long to divorce from the Creative Act as well as the news bringing the blues, I want a mind cruise.**

**No more left-brain political videos, I wanna be a kid again. Totally right-brained from now on.**

**I wanna be an artist like I was at 18 or a salsa trumpeter at 20--more of what I was originally.**

**I'm sick of the polemics which are endless and there will be no more debates I just wanna Ace.**

**Every single man I held onto to protect me ended up destroying me and I lost my true instincts.**

**I wouldn't want to be young again, always fighting off the bullies, the interlopers or the frenemies.**

**God wants us to have a fresh start. But they don't want us to have this so they muddy our aura.**

**I have the biggest achievement of my entire lifetime: a wall and a locked gate, raising my fate.**

**Well actually it's just still a fence but the wall is coming soon, kicking life up to the moon.**

**Of all actions just dreaming or looking out the window is most profitable.**

**100 KAREN KELLOCK BOOKS**

**AFFINITY OR MISERY  
AGELESS CORNUCOPIA  
AMERICA AWAKE!  
AMERICA'S DAFT ERA  
ARTS OF PALEO FASTING  
AUTOPHAGY ON CHEATERS  
BACKSTABBING NEUROTICS  
BETRAYAL TRAUMA  
BOOMERS AND BROKENNESS  
BOOT ON NECK  
CHAMPION GUIDES  
COMMIE NUTHOUSE  
COMMIES  
COMMUNIST SPIRIT  
CONTAGION OF MADNESS  
CONTAGIOUS MADNESS  
CULTURE CLASH BASHED  
DAFT LEFT  
DAILY FASTARIAN  
DAM RATS  
DIVERSITY IS CRUELTY  
E-RACE WHITE  
EVIL FREAKS (Beyond Gross)  
THE END OR A BEND?  
FEMALE BULLIES AND FEMI-NAZIS  
FEMALE CARNALITY  
FEMALE DUMB DOWN  
FEMALE POWER DRIVE  
FEMINISM AND RUIN 1 & 2  
FIX FOR MISFITS  
FOOLS & TRAMPS  
FREEDOM SPEAKING  
FRENEMY ENABLER  
FRENEMY LIAR  
FRENEMY THIEF  
FRENEMY TRAITOR  
TRENEMY TYRANT  
GENIUS IS HELD DOWN  
GLOBALISLAM  
GOD USES THE FLAWED  
HAZE OF THE LATTER DAYS**

**THE HERD IN WORDS  
HIX POLITIX  
HOW THEY RUINED US  
JUST SKIP DINNER  
LE FEMME AND THE COMMUNIST SPIRIT  
LIBERAL CHAOS & ROT  
LIBERAL DOUBLETHINK  
LIBERAL GALL 1 & 2  
LIBERAL SHOVE-DOWNS  
LOCK YOUR GATE  
LOSERS and Femme Fatales  
MANUAL FOR SUPERIOR MEN  
MODERN ART FROM HELL  
MOSTLY FAKE  
NOTES TO CHAMPS 1 & 2  
OVERCOME FRENEMIES  
PC MAKES US CRAZY  
PEOPLE ARE CRUEL  
PEOPLE PROBLEMS 1 & 2  
PERSECUTED GENIUIS  
POLI-PSYCH MYSTERIES  
PRETENTIOUS SLOBS  
QUEEN BEE  
RED NEW DEAL  
RETURNING TO FIRST NATURE  
SEASON OF TREASON  
SEPARATE MEANS HOLY  
SOCIAL HYPNOTISM  
SOLITUDE SOLUTION  
SUPERCILIOUS  
THE SCHOOLS SCREWED EM UP  
TOAD TO PRINCE  
TRIALS CYCLES  
TRUMP VS. GROUP  
TRUST IN TRASH  
THE TRUTH ABOUT PEOPLE  
UNDERHEANDEDLY CLEVER  
WALK TALL WITHIN WALLS  
WE'RE NOT ALL ONE  
WINNERS SKIP DINNER  
WORK OR SMERK**

# **AUTHOR BIO**

**Karen Kellock Ph.D.**

**Ph.D Political Psychology, UCI 1976**

**Post-Doctoral: UCI Medical School**

**Department of Psychiatry**

**Grants NIMH, NIAAA**

**Ph.D. dissertation “A Systems-Theoretic View of Pathologic Interaction” made an early mark as the “Wife of the Alcoholic Syndrome”. Postdoctoral research at UCI Medical, Dept. of Psychiatry on the systems surrounding pathology on NIMH and NIAAA federal grants: *The Contagion of Madness: The Psychology of Neurotic Interaction and Pathological Systems*. Therapy tool Therapeutic Playwriting introduced the play *Mary and Murv: Gruesome Twosomes in the Alcoholic Marriage*. She taught Abnormal Psychology and Pathological Systems Theory at UC and CSU campuses and developed “the Debris Theory of Disease” in five books and website: ([www.karenkellock.org](http://www.karenkellock.org)): *Champion Guides, Daily Fastarian, Just Skip Dinner, Arts of Paleo Fasting, Ageless Cornucopia. Manual for Superior Men* is a pick-it-up-anywhere book that you can't put down (20,000 Kellockialisms) and ever on your desktop it should be found (or this Ebook for superior wordsearch of new jargon).**