



XENON X BRAUN

Presents

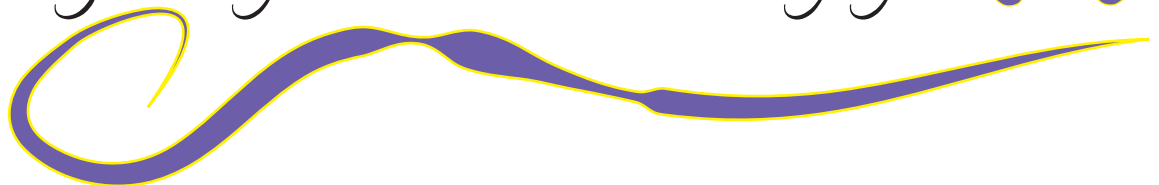
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WARNING | DISCLAIMER

The following content may be unsuitable for your sheltered eyes it may provide insights you aren't ready for, language you find intolerable, or other unsettling material where we suggest unless you are ready to grab yourself by the eggs (gender neutral) and give the logic and reason between the lines of provocative, unfiltered expression a chance, you either exit the ride now or strap in and brace yourself for the brave words of Xenon Braun and others, viewer discretion is advised.

Glossary available on the back page.



Canada's self sufficiency

Canada's self-sufficiency has been neglected as we have gotten comfortable with international trade. While we manage some things for ourselves but it would be strongly advisable to lock in on even more of the facets of our society that are important and we can absolutely move in with innovating on.

Bringing industry to Canada is a necessity for the economic benefit of the country, we need our entrepreneurs to step up and innovate in the name of bringing a better world for our country, people, and planet.

People increasingly abandoning traditional jobs for alternatives that offer greater economic freedom. The idea that you need to save to get anywhere has made it so the middle to lower class believes that is the only way to do it. Meanwhile major corporations enrich themselves at the expense of those who trade their time for short-sighted futures that don't feel truly beneficial to the improvement of the human condition.

What is the solution?

Identify the important features of society, maximizing self sustaining competence in critical sectors such as:

Food

At a first look as somebody who has very limited knowledge of necessities in key foods of interest, breaking down the food chain in Canada's production as what research shows:

Grains and oilseeds at 34%

Red meats – livestock at 24%

Dairy at 12%

Horticulture at 9%

Poultry and eggs at 8%

It would appear we have a pretty solid grasp on the things we need to sustain our country nutritionally.

The one thing that I would like to raise consideration for is the dependency on mainstream food sources like grocery stores, they are not necessarily a problem outright but you have the option to vote for what you want when you visit one. Every opportunity to purchase something you are supporting the values of the companies that supply those foods and the message that is tied to your nutrition.

When you buy quick fixes for meals as a consistently recurring option you are using the freedom and cash flow for monetary delegation, empowering the corporations and individuals that manufacture foods which either benefit and support your bodily functioning or destroy and aid the dilapidation of your body.

It is growing to be no surprise and I urge you to take no pity in yourself for not having the awareness of what I will follow up this sentence with. There is a growing number of people who are awakening to the realization that the flow of information in our societies has been recently facing a rapid increase of control and direction. This is done in the name of fact-checking, fake news and fabricated falsehoods.

We have the opportunity with everything we choose to invest in to take understanding into our own hands question the reality of what we see commonly marketed to us in advertisements as the things that we can and should consume. You should take a second to think about it, your new perception of how to influence what you wish to see in society awaits you on the other side of your individual consumer power.

While Canadian food may be more expensive a consequence of corporate greed the power to shift it is largely in the power of the Canadian consumers and what they choose to purchase.

Money needs to circulate and particularly for the economic success of your home country, money needs to circulate in ways that are repaid to our communities and country.

You can support the concepts explained here by looking at big brands and how they give back to their communities. When it becomes known exactly how we wish to see the world grow and be given back to we can communicate the expectation that brands will be supported who contribute to the ideals of the resurgence of benefitting the end users being the country and ultimately planet as a whole in which they supply. All this to say that from consumer expectation and demand to another one of

the biggest difference makers in the world, corporations we strengthen the relationship for our best possible outcome communication, cooperation and continuous improvement in civilization.

Water

This is not just a Canada wide issue but countries that have the luxury of comfort have the freedom to explore ways to utilize the most abundant resource on this planet.

Three percent of the Earth's freshwater has been depended on for far too long when you consider that the number of people on this planet has grown to 8 billion people. The numbers have remained consistent for the last 25 years 3% worth freshwater, 75 years ago only 1.2% of freshwater was utilized but back to the original number of three percent – what about the other ninety-seven percent? If it isn't obvious to you already it is salt water occupying the remaining high number which to the common perception is unusable for our consumption, or is it?

I preface the next statement with my intention for this magazine to not to be biased to the idea of a higher power and to alienate anyone or lose their attention in the first few pages but, lets shift gears for a second. God or whatever you may believe created this universe has led us to where we are now with pretty much everything we need – if you can afford it but I digress. Faith is that at any given

moment you have exactly what you, we, all of us need or will need to survive and thrive. The idea that things are impossible is a limitation that to modern day only the exceptional have surpassed but can we take a moment not to live in a mindset of lack, fear and attention to the unlikely probability of creating the extraordinary.

Something that years ago some would have thought is impossible, “oh this water makes me feel like crap, better not to drink it” became efforts to take that unusable water and make it consumable, sometimes out of desperation sometimes from a genuine place of innovation and advancement.

The process I would be alluding to is called desalination it can vary widely typically ranging from \$0.41 to \$2.50 per cubic meter which for those of us who have not developed our imaginative proportion adeptness* (there is a definition of this word on Google but it is not a certified English word, see below for definition), size understanding and visualization of what I am referring to it is roughly the distance of a standard doorway or a baseball bat, then take that individual dimension and give it, its length x width x height in the same dimensions which is a rough example for the amount of water that has been initiated into the process of drinking water. It doesn't end there, the desalination process takes out key minerals and to re-mineralize the water you can buy systems that can cost between \$489 to \$1,239 and typically last 6-12 months with some reaching 24 months depending on usage then resulting in needing to be replaced.

These are solutions that countries like Canada can take the lead on trying to bring further resolution to, lowering the cost, increasing the functionality of these systems so they operate in a more optimised state. This not only helps the economy but benefits

every single person in the world and takes us from a mentality or perceived reality of lack, straight through stratosphere boomeranging back to have us here, utilizing the most abundant resource on Earth.

Say we can do it. We need to have considerations for:

All Of Us On Land

Back to the point of corporate greed, it is absolutely necessary to give back to the citizens and creatures of Earth so we have more access to necessary compository* (it's only a made up word until it increases in popularity, cry me a river new ground has to start somewhere but this word also exists on Google, definition available at the back of the magazine) elements of our body for every being here, leading me to-

All Of Our Friends In The Ocean

The ability to utilize a higher percentage of long unusable fluids for the consumption of the people who could benefit from it can never come at the cost of the creatures that depend on it for their proper functioning. Aquatic life needs to be a high priority consideration for the effects of taking larger amounts of salt water and turning it into freshwater, through these processes.

To give you a level of peace of mind with the potential for successful endeavors in this due to a disregard for the environment from temporary solutions over the years such as plastic use, a disposable society and overuse of Earth's resources. While introducing desalinated water back into the ocean could lead to a temporary drop in salinity in the immediate area it would quickly return to normal from naturally occurring salt in the surrounding water. This can come from vents in the ocean and salt coming from rocks. This would of course need to be monitored continuously and a high priority for continued use of those methods.

Energy

Canada is the second largest producer of hydroelectricity in the world. Hydroelectricity accounts for 59.3 per cent of the country's electricity supply. Other sources include coal, uranium, natural gas, petroleum and non-hydro renewable sources.

Taking note from some other countries over the world that have taken their electricity into their own hands we need to strengthen and innovate on our own sources of energy. Why stop at one or limited sources of energy, put yourself in the future of the human race for a second let's use our *imagination* (graphic of a Alabaster or Trinity opening a rainbow with their hands). You're years in the future, humanity has mastered the art of traveling through the galaxy at the speed of light, you travel across and crash land on a planet in the Andromeda galaxy, lightyears away from your home planet and your ship is non-functional but you are skilled and knowledgeable enough to realize you can fix the issue enough to get you to a mechanic and now the issue is whatever futuristic form of energy that you used on your planet to get there is now ruined in the accident and doesn't exist there to replace directly.

Using the modern likeness of our primary source of automotive power "oh no, I have no gasoline and

that's all I can use" we need to be learning how to utilize all elements of at our disposal. You crash land on a planet, in this case let's just say it is a dust planet similar to the composition Earth's neighboring planet of Mars. You step outside with your dust pan, sweep up some of the environment outside and pour it into what would be an intelligent fuel detector. It would analyze the compounds in the deposit for the detector to say "iron oxides, silicates, basalt and clay estimated amount of travel time is 57 light years to your destination, 57 light years to empty" perfect just what I need to get back. That is the technology and mindset shift to way better optimization of our vehicles.

Understand that while certain things may not have as strong of a carrying distance between them the goal is shattering limitations. Why just power your TV with a remote when you could talk to it to put it on or tap the sides of the screen if you're not close to the converter.

Evolve, grow and bring forth maximized potential.

Mediocrity can rest in peace, what do you wish to see? Excellence, the extraordinary, and utilized energy.

If you are able to expand your consciousness to believe everything is an energy, a vibration, that perspective opens minds to the possibility of utilizing those specific things far beyond what they are capable of, take when you put a fork in the microwave and it has the potential to create sparks and heat up. Energy source. Somebody pitched their paper burger wrapper. Energy source. You cleaned out your space ship and you have dust bunnies, pour it into the fuel injector for (graphic of an arc) another fuel source.

There is a gentleman on this planet who has been able to turn plastic waste into relatively clean burning fuel. Something that is recognized as a dead, inactive material is convertible to energy. The potential to utilize more than just things we have been dependent on for far too long with serious repercussions on our environmental footprint.

Solutions like using electricity as the primary fuel source for our vehicles is a mindset in the right place but we can do better, attempting to make carbon capture machines so that we can suck out the residual effects of gasoline cars is admirable and a wise pursuit but ultimately, they are secondary to the vast opportunity in what gasoline was once the best primary option for a fuel source, everything.

This energy section became about vehicles but it is transferable philosophies that can be applied to anything we currently don't have a lasting option, *chase versatility*.

Clothing

Clothing is an interesting subject in 2021 Canada merely manufactured 5% of it's clothing within the country, the major sources of imported textiles and clothing being 95% and coming from China, the United States, Bangladesh, Vietnam and Cambodia.

One growing issue within our country and in some others but, a concept I coin, "fix home first" and yes that applies to everywhere on the planet. Bring this issue front and center for Canada, young people today do not want to work the standard job in a manufacturing role. They don't feel fulfilled, valued and able to truly amass what society has told us we need to do for our benefit like save for paths like independent living in apartments or housing, and other major purchases like transportation.

Clothing is something most of us are comfortable with in society we like our ability to accessorize, personalize and customize our outfits. The flipside of that is that we also like things that last and fast fashion has been a growing issue over the years, from low quality affordable clothing being the focus of what those who just buy what they need rather than a desire for higher price tag clothing lines with pitiful levels of quality both the affordable and expensive are focused on rapid production of new clothes that aren't made with the intention of long-term usage, being able to be passed down through generations of families as commonly done the previous 100+ years.

Going to second hand stores for clothing used to be and to some degrees still is but as the future nears closer less and less high-quality garments will be available in them, UNLESS! We take initiative in our own production of things.

To be real the United States has not been playing nice with other countries and there are other countries like India, China, Brazil, and Pakistan all large producers of cotton and the general theme of this article is that relying on other countries would be most beneficial to move away from for Canada, if it were feasible for us to increase our cotton production or at the very least the most important note being bringing the infrastructure to Canada where we begin to produce our own, higher quality for our clothing, it is worth considering that.

Taking the industry of clothing into the hands of the Canadian corporations and citizens allows once again for the economic benefit and self sufficiency of our country, the pinnacle of where necessary strides could and potentially should be.

“Where you are is where you have the most control. Sit, stand, crawl, but fix home first.”

Job Security

When we create solutions for people those solutions can be monetized. Monetization and the combination of value-based results creates customers that we can then serve. When we address the major important features of our society with the purpose of fixing home first, Canada has the opportunity to innovate on those features and strengthen the economy through efforts and pursuits of improving the status quo.

This can be done by individuals, raising awareness and contributing through business. The ideals of either their own endeavors or jumping onto the coat tails of somebody else laying the framework for the stepping stones they can follow their path on. There is no shame in not wanting to be the face or lead for whatever you wish to see but encouraging those who have genuine benevolent aspirations and goals for benefitting the human race within your communities can be the difference between somebody revolutionizing an industry, creating a truly great place to work for those that have a calmer rational for where they dedicate their activity.

The combination of people who want to light the arrows shooting for the moon and the actual archer play a key part. Much of today's unhappiness stems from the subconscious awareness that they aren't hitting the mark and the person who is, isn't crediting the person who lit the arrow firing their goals.

I have been at companies that claimed to be a great place to work. Under the illusion of bliss was deep rooted micro-management, nitpicking, long work weeks, with perks that were to overshadow ways they were already or at the drop of a hat willing to take away from people under the guise of everything else being fine.

I think we have everything to gain from tipping the scale to excellence, drive, and authentic passion rather than tricking individuals into falling into average, thinking they were shooting for the stars.

This all ties into the idea that a lot of people today don't want to pursue jobs that were once a great option.

Things like the cost of living and the jobs themselves that in a lot of cases are not designed to be a be all end all solution create a sincere lack of security professionally.

There needs to be an understanding that primarily in manufacturing environments there comes a peak for their production. The belief that you can make a lifelong career out of something that ultimately is a lie. The temporary solution sometimes even fools the person producing it that they have a metaphorical well that won't run dry, if you don't eventually innovate to another avenue your company will fall, no matter how peak the product was at once. Innovation isn't the totality of resolution either, there is a time to shift to other things.

There are exceptions to the rule but I see a narrative of complacency and just overproduction of things that are a short-sighted solution.

Understand when you are signing on to work with somebody you are choosing them as much as they are choosing you. You need to create a comprehensive plan of how you will go from each stepping stone with them and for just how long you intend to follow the direct path they lay out before you either take the stones out of your backpack and cross paths to another route, where another person guides the way or you start making a path for someone else to follow.

There are plenty of entrepreneurs in the world but do you want to try to be one, or do you want to join somebody else on their endeavors.

I hope at least one of the people who see this reflect on what it is they want for themselves and put on the specs that provide the lens they need to see exactly what they wish the world had and create more industry within the country, improve the economy, make a genuinely great place to work, rattle the reality with reverence for refractory revision*.

There are plenty of other specialized skills that people can attain for a better job but for true genuine fulfillment, having to pay off tens of thousands of dollars for their education years after they have completed it is becoming a deterrent for a lot of people who are interested in taking the traditional route. This falls into the next key element of society below.

Health Care

There are many avenues of health care.

To address this topic fully we need to break down the key areas of health care:

Primary Care

Being our family doctors or General Practitioners.

Acute Care

Specialized services for sudden serious illnesses and injuries also detailed as emergency services like paramedics, nurses, doctors, surgeons and more.

Continuing Care

Chronic conditions, disabilities for those in need of long-term support, our PSW's, rehabilitative, chronic disease and other specialized professionals.

Mental Health

& Addiction Services

Addressing mental health and substance use issues.

In Canada based on conversations I have had with family members and my own personal experience, it can be hit and miss for those that are in need of assistance, for example I have heard that finding yourself a family doctor can be a challenge in Canada, there is a statistic that 1 in 5 Canadians does not have access to a family doctor which is approximately 6.5 million people struggling to have a regular medical professional to go to for a check up.

That ticks our first box for health care issues, primary care physicians is a lacking area for our country.

A crucial discussion point arises when you consider doctors are primarily educated on prescribing to treat bodily issues over looking at the subject holistically as naturopathic or alternative doctors do. Focusing on lifestyle habits and how they could be affecting a person is neglected in mainstream medicine. I believe another reason people are more often pursuing alternatives to the standard way of helping patients today is because they aren't getting the vibe that they can make the substantial difference they aspire to see in the current system through modern methods of medicine.

Following more personal questions I have had with members of my community it has been brought to my attention that in hospitals they are jam packed with immigrants in need of assistance. How are so many people getting welcomed into our country that are in dire need of medical assistance, clogging up the health care system so that native Canadians have to wait hours for vital care. This is a major problem that citizens in Canada are not able to quickly get the assistance they need because newcomers are potentially abusing the Canadian healthcare system.

Let me be clear: This concern is not a reason to mistreat any person. You ultimately don't know a person's circumstances but those who are accepting individuals into our country need to be much more thorough in the type of person they are welcoming. Understand that the Canadian country has had significant benefit from immigrants and they deserve their portion of respect and placement in society but that has to come with fixing home first. Supplement the country with people who can contribute with researched considerations for the values and health of those we are bringing into the country.

Chronic conditions be it disabilities or illnesses can sometimes have people waiting several weeks to months to see the specialized professional they need for their assistance, this is another area of concern for where we need to be encouraging those to get involved in those industries to offset the demand and have quicker turn around.

When it comes to mental health and substance use there has been growing support for these issues but there is a significant amount of room to grow in it. For example, in the mental health industry you have a common narrative of brokenness with an individual who faces a diagnosis of let's say depression or bipolar disorder and it is wildly practiced to label the person and give them a prescription to deal with whatever they are going through.

Some cultures in the world that look at mental illness as an opportunity for growth not an anchor keeping a person down. Those faced with challenges like that face expansion and elevation, and become healers of their societies. There could be a largely beneficial shift in how we treat mental illness when learning from some of these other cultures strengthening the people of Canada, strengthens the world. Keeping people out of dependency on a system that can barely support them.

Along with the idea of job security comes the necessary reality of properly incentivising people to help people in these tough fields and we need to do some serious remodeling of the structuring in normal paths of medicine. There are some wonderful parts of medicine, vaccines have done wonderful things for people historically but we need to be exploring innovative methods for solutions to inspire those that there is significant change in our medical industry, exciting paths that they can join and create the world of tomorrow.

For more perspective on it you have – to those paying attention – monumentally significant doctors that pursued alternative courses to conventional medicine in countries other than Canada because of the regulatory bodies in our country where they have more freedom and accessibility to making the calculated risks on a small scale before it becomes large common practice.

A doctor by the name of Adeel Khan born in Canada, has done just that he moved his operations to Mexico due to what he explained in Jordan Peterson's podcast episode 409. 'When it comes to chronic disease unfortunately we've been told by regulatory bodies and by guidelines that giving prescription drugs is the best way to manage them and the reality is those drugs don't really treat the root cause they're just symptom maskers and it was fine (in the early days) it was not an unreasonable solution (at first) but we are kind of at this place where we actually have real solutions to get people better using specific cell therapies'. He goes on to say 80% of all disease is preventable and there is a considerable amount of people who get off of their medication simply by exercising or eating differently. There was one class on nutrition based on the Canada food guide and that is the education most doctors specifically for the topic of this article in Canada are getting taught to follow.

Another interesting point he brings up is that lobbyists from pharmaceutical companies dictate a lot of how fast alternative medicine can make strides so it slows the progression of potentially more beneficial options to standard medicine that doctors prescribe day in and out.

You could look at this is a major downside or as a major opportunity for a switch to alternative methods of health. Canada could join the competing participants positioned at the starting line and then they wouldn't end up fumbling off their pants to get into their marathon shorts long behind the starting line making headway into the race after everybody else is metres, miles, minutes in a fast turn of events ahead of them.

You have *Canadians* that want to make these changes, they are the bedrock of potential within our societies and they are breaking free to other parts of the world when we could be nurturing and fostering the potential they possess here.

The future is whenever we build it.

Housing

There is a struggle for what takes priority in importance within the country, housing or farmland.

The standard methods of farmland are one that has been great with lower populations, but with the growth in immigration and familial building there is a higher demand for construction of housing for families. Do we need to lose one in the consideration of the other.

Is there a way to integrate lost space from housing with the materials we wish to grow in society?

I believe there is, give me enough time and I have ideas. Potentially several. This is a short one, pardon my vague ambiguity or not. You can choose to let that be the thought-provoking earworm of a seed that gives you a sense of purpose. Anybody who has the power to money, or influence to take a seed that currently is in somebodies head, A.K.A the mind of Xenon Braun I would love to get to know you and your personal story, feel free to contact xbp-reprogram@xenonbraun.com

Fear can be a significant motivator but we need to be staying calm and rational through the decision-making process when fear is threatening to walk up the doorstep or standing at the door step we need to ensure we take the prosperous steps to empower our country now.

Giving attention to the possibility in every situation and reality. See, but focus not on the lack and hardship, garner wisdom from the reality we exist in with the strongest steps towards how you can create the optimal version of what you wish to see.

Now is the time for vocalism, conversations that push the direction of where we really want to end up for the sake of Canada and beyond. You can't pour from an empty cup, thank god ours isn't empty, but it is time to cleanse and fill ours better. Take our drink and then fill cups for anybody we can assist.

These are the important facets of society to maximize self sustaining competence across our country.



History Repeating Itself

History can repeat itself. Patterns exist throughout our species.

Manifestations of it can be the short terms of days, weeks, months, years to longer episodes of decades, quarter to half to full centuries or longer for it to rear its (not always ugly but in this case) ugly head once again.

I want to raise awareness of something that I have noticed in our society recently and similarities from what history has potential reintroduce what people have feared for years. What I would be referring to is the idea that World War 3 could happen at any moment. Some people assume it to be nuclear, one reactive person slips up and everything's gone. People believe that society teeters on the cusp of disaster at any given moment.

Let's soothe your mind for a second as I know that can be a tough bit of information to digest before we get back into it. I believe our minds are the strongest parts of our body and manifestation is real. A growing body of neuroscience supports that we have a strong ability to bring concepts into fruition.

(For more check out neuroscientist Emily McDonald on Instagram for more on this idea @emonthebrain)

The growing ideology is that what you give attention to has power and enables your peace or can be the downfall of your reality.

Depending on your openness to unconventional ideas, channeler Daryl Anka, who regularly connects to a being by the name of Bashar, suggests that parts of society operate on different frequencies and wavelengths than others. A contrasting reality of people who live in pessimism, defeatism and misery on an extreme example and those who do not give attention to the things that can harm their mental state. They choose focus on what benefits them the most and give energy towards the things that elevate their state of being.

It is important to be able to look at the facts objectively and still maintain your peace of mind. Hardship struggle and genuinely uncomfortable truths exist but if we face those things with our well being shielded adequately, guarding our sanity like it is the most important thing for us, because it is – you are taking prudence necessary in protecting your state of mind and ultimately the collective energy.

With that established and hopefully some stress alleviated, it is time to ramp back up again. Remember to center yourself if you need it.

I came to a realization some time ago that there were connections in World War 2 and where we are now in our society today. My intention with this is to raise awareness to those similarities and motivate society to see the line heading straight for the seemingly inevitable trajectory of the past and curve the direction – arching like a frisbee around the hellfire possibility and mitigating the scorched reality from it.

We have everything to gain from modifying that trajectory either by reprogramming its course entirely or turning on the strongest fan possible and architecting the revised direction of its potential course to a totally different destination.

The similarities I identified went like this:

Early Days

Spanish Flu Pandemic 1918 - 1920

The Great Depression was in 1929 – 1941 afflicted because of tariffs

People became so at a loss for a job they joined the military feeling that was their only option.

World War 2 happened in 1939 ended in 1945

All of the good men and women were sent off to be expendables in the war.

More Recently

Coronavirus 2019 - 2023

Tariffs implemented on major relationships between the U.S., Canada and Mexico which increases the risk factor of a modern-day great depression.
Timeline To Be Determined

Potential for the inevitable - World War 3 (?) TBD
(To Be Determined.)

Almost exactly a hundred years later a similar course is unfolding right before our eyes with the Corona virus taking place. Followed by attempts from the President of the United States to implement similar circumstances that created the great depression and ultimately dependency in the same way for the people of today.

History is said to repeat itself, when we look at the major events as I have outlined here and learn to not repeat the same mistakes. We go back to that frisbee analogy and redirect the course of humanity, now is the time to start waking up and hone in on the knowledge that it doesn't have to go on this path.

This message is not intended to incite fear or anger but to empower you to confront this evidence learn from the past and redirect our collective future.

You may ask, what do we need to learn?

An interesting fact about industry around the times of war was that major companies today that existed just before wartimes experienced significant disruptions and transformations for their industries due to those circumstances. There were car manufacturers that were utilized in creating vehicles and other technology for the military.

Some people were considered lucky to be able to stay and work for those corporations while others were so at a loss that they turned to the military.

What we need to learn is that we are participating in a reality that is more than just saving and contributing to someone else's dream. Businesses that are made with an emphasis on immediacy, are the budding difference makers. They will determine whatever version of redirective* (he strikes again with his customized communication!) is necessary for the highest timeline of Earth.

We must convey a clear message: by rallying around each other's businesses and supporting individuals within our communities, we can create the industries that can empower people to remove themselves from the dictation of their lives.

Somebody who is willing to send people into war, but not lead the herd. Somebody who demonizes another leader and its people just for existing but isn't suited for stepping into the ring and creating the television pay-per-view event of the year, leader vs leader. The idea that the rich get richer while the poor struggle and ultimately become

expendable in somebody else's dreams is not something I wish to see for our society.

The Reason I Wrote This.

On the previous pages, I wrote about how you can bring more industry to Canada, those who wish to step up to the plate. It is time for us to lead and guide those away from the lines of marching with one another to fight the idea of an enemy within our own species.

We are different, yes, but we are far more alike with one another and have everything to gain from tackling challenges together. Categories, labels, they aren't a bad thing, they create a sense of understanding but they do not need to be the reason for animosity and creating the idea of an opponent.

Not to get too woo-woo on you but if we are to cohabitate with alien species it is a nonnegotiable that we know how to get along with one another on our own planet. Does that motivate you? I'll continue anyway.

There are people doing things we would consider bad on Earth and I'm not denying that. I'm also not saying we have to be buddy-buddy with them but it is up to us to diplomatically and wisely create change in this world.

Understanding that businesses wield immense influence on a lot of what happens on this Earth. I am not saying to come for those businesses aggressively in the form of strikes or peaceful protests. I am presenting the educational truth: if businesses can control and restrict, new businesses can guide and expand.

Channel your aspirations with the inspiration of achieving the highest timeline.

**Do not let greed be
your guide**

Start the bonfire where you can light the torches that fight fire with fire.

That is a metaphor I need to further define in not using the torches for destruction, but for lighting the way to the construction of new systems within the bounds of something that doesn't have to be such a bad thing - capitalism.

Many are upset with capitalism as they feel it is used against them, keeping them down while the fat cats get richer. That is the reality of the situation but capitalism is not the issue, corporate greed is.

Don't kid yourself when I say we have *trillionaire* organizations on this planet yet the most common level of currency discussed is billionaires.

Consumerism when we create high quality products that are built to last and are not rooted in planned obsolescence still has the money circulating and that is how I believe it was originally designed to work.

We need to support those who understand that corruption from the idea of holding money over another person is not the way for society to face rapid advancements and a positive direction for our evolution. Holding one, several or the majority of people down while another – not even stands tall as a representation of what is capable but sits back on their stack ready to use them as pawns for their attack on the same citizens that gave them their racks?

Readers, I have one word for you.

Divert.

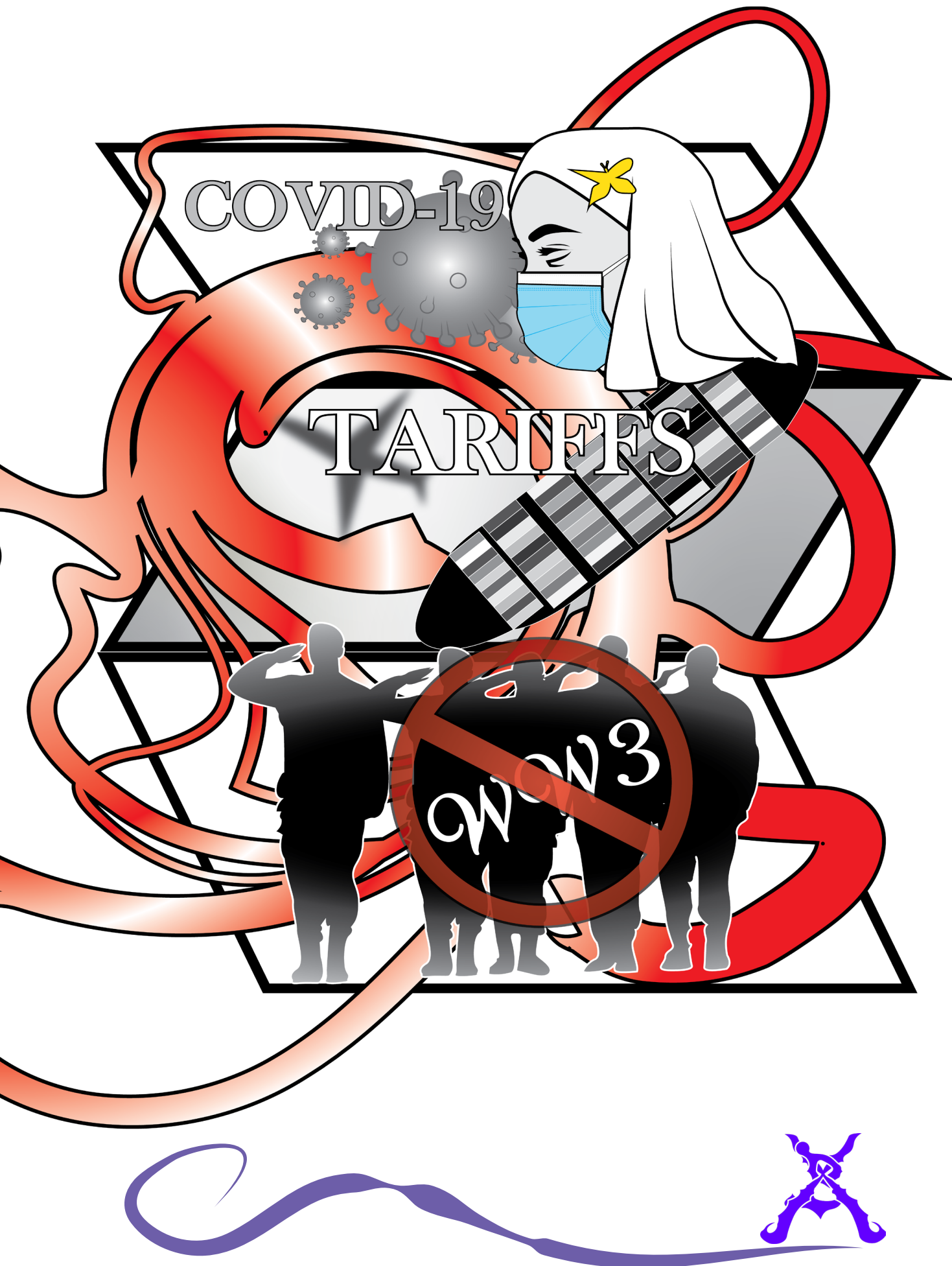
Followed by several more because, divert to what?

Divert from the pulling yourself up the very ropes they climbed to hoarder status. You must look at climbing them from the eyes of resisting the urge to become complacent and hoard the things that manufactured your success. Those ropes are not a tool you need to pull up so high that the next person needs to jump or have a miracle to reach. The ropes that make the system great are the tools to reinvesting them in the prosperous nature of humanity as the leaders of our highest timeline.

A separate metaphor but there is a fork in the road we have the opportunity to take.

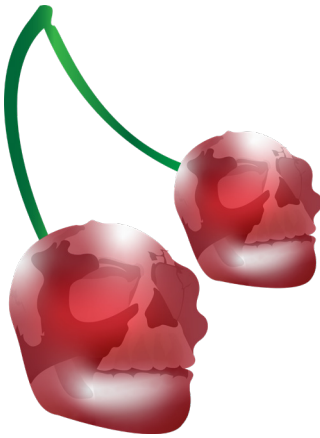


The seemingly inevitable path is not predetermined. Those with the power, ideas or will to inaugurate the change most of us desire must take strong, calculated, headstrong steps. Manifest your own noise-canceling headphones, put your goals and mantras on repeat so they carve out humanities future with the reassuring feat of altruism.



Losing Our Fertility

I had a flow for the magazine, an outline of topics, a specific presentation order. Sometimes it takes one strong piece of evidence that shifts the whole cycle of what you'd planned. It absolutely blew my mind that nobody is shouting this from the rooftops, chicken little's been real quite about the sky falling, meanwhile the 'worlds' in our bodies are being overwhelmed by a massively over-relied-on 'solution' from years ago, and now our nuts and ovaries are shutting down!



The mind-bending information I'm referring to was brought to my attention by Instagram influencer by the name of Christian Van-Camp @cvcwellnes.

He posted his normal slew of memes which are a lighthearted approach to health tips, tricks and tales about the reality of our society. One slide piqued my interest: the claim that by 2040 it was projected that men will have a sperm count of zero. That there was growing evidence microplastics and chemicals like BPA (Bisphenol A, an industrial chemical used in the production of polycarbonate plastics and epoxy resins) and phthalates (esters of phthalic acid) were hormone disrupters that can result in infertility and reproductive issues in both women and men.

In women these substances we aren't avidly removing with haste and banning from our societies results in interference with their bodies' hormonal system. This leads to the potential for problems with ovulation, menstrual cycles, and their reproductive health.

This is a huge issue and the information was known in 2021. It simply has not had a drastic enough turn around in removing these harmful materials from our society.

How did we get to this point?

1946: Dr. Jules Montenier develops the first major commercial plastic spray bottle: a spray-able deodorant named 'Stopette.' Fittingly, from the moment it was produced the first item it was placed on sounded as if it was a call to prevent it before it got to where we are today. He was a sponsor of the hit television show "What's My Line" where his support of the show led to widespread adoption of plastic bottles.

1947: Molded deodorant squeeze bottles were introduced and advertised as a non-breakable, spill proof container which motivated other companies to adopt a similarly manufactured bottle.

1950s: Plastic production had ramped up things like plastic bottles, garbage pails, squeeze bottles, hula hoops, countertops, furniture and polyester clothes began to make their rise to popularity leading up and through this time period often blending them with cotton and linen.

1958: PVC (polyvinyl chloride) also known as shrink film, was an established material used widely for its versatility as a packaging material for various products. Personally, when I worked in a warehouse from 2020-2022, we were still using PVC as the primary method of keeping our skids together for shipping. Really? We haven't moved to better, potentially reusable materials or at least biodegradable over 50 years later?

1980s: By this point plastic had been brought into Canada for the use of single use plastic bags. Which we relied heavily on for nearly 40 years in the country until we decided to go reusable which in theory is a great idea but executed poorly.

In The Late 20th Century: Environmental concerns about plastic were emerging, glad we went hard with that information! Great efforts everybody, pizza lunch, dig in.

The Early 21st Century: A global movement towards bans and restrictions on plastic bags began – an effort to create a more sustainable future for Earth. Now, an authentic good job everybody, have some tea in a reusable cup, hydrate up we have more work to do.

I can still go online and buy countless amounts of clothing made of polyester-based products which is then held tightly to my body so my glands can absorb all of the microplastics that are breaking down from fabric. Afterwards, I can throw that soiled clothing into the washing machine so it can

continue its breakdown spreading microplastics further into freshwater.

These clothes need to be outright banned. There needs to be recollection or drop off points for the clothing and efforts need to be put in place to remove or neutralize the elements of it that are harming the biology of our planet, its creatures and of course our own bodies. This could and should be looked at as an epidemic-level issue.

There has been growing movements to remove and lessen the production of plastic products and plastic bottles is a hot area of topic in my household. Removing things is good and well intentioned but we need appropriate replacements. Believe it or not throughout history there are solutions that are more expensive but are much better options for society. We moved away from them for an easier life – again that initially was good intentioned. That ease has caused more problems with the short-term solutions it provided and it is time to prevent the issue from escalating further.

As real as a subject this is, if you've made it this far, you're not unfamiliar with concepts I have brought up about channelers connecting with alien lifeforms to give us information. Well back I go to concepts about this but this time I will preface it with a bit of history on information I have found and gathered over my time on social media.

Daryl Anka, channeling Bashar being says he is a first-contact specialist from the species of the grey aliens. For those of us who know the standard depiction of the grey's they are the short grey bipedal large headed beings with skinny bodies, not very muscular bodies.

Somewhere in the grand scheme of clips featuring Daryl Anka, he talked about how Bashar told him they are a futuristic breed of the human race. They faced the very issue I talk about in this article where their reproductive organs became so unusable and non-functional their race worked hard to try to fix and save their species by altering their DNA and biology. They are said to have traveled back through time to the early days of mankind, specifically the time period of the Egyptians. As a trade off for giving them DNA samples used to hopefully fix their species, they promised to make the pyramids and grant them status as one of the most famous classes of people in all of history.

In Season 4 Episode 1 of Deep Space, Tim who is said to have interacted with the grey's on multiple occasions, says they are a species that has uploaded their consciousness into the being we know as the

common type of alien. The same aliens that have been covered up for years to protect the general public after they have crash landed on Earth.

If you open your mind to the possibility that the course we are headed on with our reproductive functioning aligns with the course that befell their species, we have everything at stake. We must not make the same mistakes. Soften the impact of these things, pony up now on removing these toxic chemicals as soon as humanly possible, and after that?

As I mentioned in previous articles, take things into your own hands and vote with your dollar by purchasing more of the materials that do not have adverse side effects for your body like looking for things that already exist and don't have strong repercussions for our body like organic cottons or wools.

If you can, outright put the request into the web and world that society is looking for things that are more consciously and considerably tackled with longevity in mind for everybody because that's as serious as this topic is. It is a matter of the extinction of the human race. If our balls stop producing semen, if our women's bodies aren't capable of the necessary processes to make a baby – our species does not survive.

At the very least it could be very difficult to reverse or minimize the long-term effects the longer we leave these things floating in our systems for extended periods of time or neglecting any other part of our struggling reality.

While it's a concerning trend, predicting that male sperm counts will reach zero is not necessarily an accurate number but the trend does show it's possible. The idea that the median sperm count will reach zero by 2045, as suggested by some research, is based on projections of continued declines in sperm counts, but it's not a definitive prediction.

I'm still saying ring the alarm, it is time to protect the future of humanity.

Reproduction may be something that has tapered off in terms of popularity among younger generations but it is the natural biological rhythms of our bodies that we should not neglect long term.

One thing is clear: we must absolutely cease use of single-use plastics and clothing made out of polyester or plastic derivatives. We must also vacuum these microplastics out of our societies, as soon as humanly possible.

Carbon capture technology is being produced for sucking out the CO2 from gasoline vehicles, how do we cleanse our bodies of plastic and revitalize our reproductive health?

You can search for holistic approaches to strengthening your reproductive system and I hope you do. If not, maybe somebody else will do it for you. Are you willing leave your destiny in the arms of people who may or may not swoop in to save you?

In the wise words of R.E.M.'s "It's The End Of The World As We Know It"

The "world serves its own needs, don't mis-serve your own needs; save yourself, serve yourself world" although I don't fully agree with a fend-for-yourself world, taking accountability for how you can show up for yourself is a powerful notion. Social media is at our fingertips take the information you find on there to cautiously create the truth you actually want for yourself. Take the future in your hands, do not take for granted the capability of the human body, express gratitude for it and show just how grateful you are that you still have it by doing everything in your power to optimize it.

Song Title: "It's The End of The World As We Know It"

Band: R.E.M

**Songwriters: Bill Berry, Peter Buck, Mike Mills,
Michael Stipe**

Album: Document

Year: 1987

Producer(s): Scott Litt, R.E.M



Moving Away from A Disposable Society

How much of our landfills, if disposable material was handled properly had to end up there?

Think of the common things we dispose of on a regular basis, food containers, packaging, old fabrics, broken down technology, appliances, toys, paper, odds and ends around the house.

Now think about things we focus on easy recycling today i.e. plastic, cardboard, metal, glass being the core four.

A frustrating fact about recycling is when it is put in the hands of the consumer it either:

A)

Isn't disposed of properly, doesn't even make it to the blue or grey bin, it ends up in the trash.

B)

When it does end up where it is supposed to it is taken to a recycling depot where they sort it and it is deemed unacceptable for recycled material, then thrown in the garbage to be taken to a landfill.

Education was never the strongest in handling the proper disposal of things we consume. There was some talk about it when I was in grade school but a lot of the older generation had no idea and a general lack of perceived importance of separating

things. This may elicit anger and that isn't the intention of these lines we need to understand it's not one generation's fault – not gen Z, millennials, gen X or the boomers it is a complete failure in the education of how to handle and dispose of materials.

If we continue to rely on the mass disposable society, which the intention of this article is to redirect that reality, recycling needs to be promoted on every corner. This includes advertisements, information about what can be properly recycled, how it needs to be handled prior to recycling i.e. rinsing the bottles, cans or disposable containers, not filling up what was a pure plastic bottle full of other garbage and throwing it in the recycling. There are specific conditions that make them better suited for recycling and do not face the statistics down below.

In Canada the national recycling rate has risen from around 26.8% to 48% since the early 2000's but only 9% of plastic waste is actually recycled. In 2019 the national recycling rate was 57.3 with British Columbia having the highest percentage of acceptable recycling at 69% humanity and Mother Nature in a reciprocal give and take *wink, wink* that was the peak of our most recent research on this matter.

This should be identified nationally every year, with the recycling results being audited every year so we know where we stand in our responsibility to dispose of things. How fast could we implement

this with it being a lessened necessity as we moved away from a disposable society. The essentiality of it in the short-term grants something that is not useless in the future as we may not be able to 100% remove the amount of recycling and garbage, we produce so create jobs where people track and source the statistics on a depot-by-depot basis, then province wide, country wide, every single year. The people who would do this? Data analysts.

The point of garbage disposal composting became a solution for a lot of things that were going in the garbage, if we properly disposed of our compost and recycling landfill use could effectively be reduced by almost 75 percent.

Interestingly enough, 75% of the Canadian population is utilizing their compost – a beacon of light!

The opportunity for consumers to do it right – the idea that it is up to them to follow all the steps for recycling, compostable materials and garbage takes the responsibility off of the root cause of who is manufacturing the products. If from the start manufacturers opted against the idea of single use and eliminated the likelihood or game of chance that somebody who sometimes with good intentions, believes they are doing the right thing or in other circumstances couldn't give more than a fat load of a shit about what happens when it is thrown away – controlling things at the source reduces their environmental footprint. This creates personal accountability on the face of corporations, removes the guilt of greenwashing somebody into believing they are the reason the planet is facing the environmental hardship and creates the necessary strides for protecting our planet.

As I mentioned earlier in this issue of Reprogram there is a term that has been coined: 'planned obsolescence' – another facet of our current reality with the disposable nature in our society. Something manufactured poorly or to the bare minimum of functioning when put under any kind of stress breaks and the solution for the manufacturer is just to send you another one. They know the quality of what you bought is crap, they don't want that garbage back to add it to the shitty disposable stack, click-clack-boom another setback of a bullet for mother nature. We're lucky she's tough but do not take that for granted.

The idea that higher quantities of products with inferior quality to things of just over 100 years ago to ensure you have recurring customers is a brazen disregard for our planet and the people that wanted to support your business. Could this be corporate greed, manufacture parts for a lesser price, jack the prices up and keep the profit? Sure, but it has become so normalized when you actually get a product worth it's ass in gold, it boggles the mind.

The term 'planned obsolescence' as a recognized concept and practice emerged in the 1920s and 1930s and was officially coined by Bernard London in 1932, the practice itself was evident in industries like the lightbulb which one was illuminated in 1901 has been lit continuously with only few short interruptions ever since. The bulb is dimly light now with emittance of a 4-watt nightlight – still lit.

126 years and you could still rock a trip to the porcelain throne at night and not stub your toe on the way there or back, that is truly impressive.

Shout out to Thomas Edison and Lewis Latimer, who, although lesser known contributed to that lightbulb's efficiency all these years later. Thomas Edison, commonly credited with inventing the lightbulb made significant contributions to its development and commercialization. Lewis Latimer made crucial improvements to the lightbulb like inventing a more durable carbon filament and a method for its efficient production. This enabled efficient manufacturing with less breakage. Latimer's improvements made lighting more affordable and accessible for consumers.

In the 1920s a major group of lightbulb manufacturers introduced planned obsolescence to the industry, deliberately shortening the lifespan of incandescent lightbulbs to stimulate the demand and increase profits.

Then you can take other key features of our society like the refrigerator. The first working refrigerator was created by Jacob Perkins in 1834 with the concept of an artificial refrigeration was first demonstrated by William Cullen in 1748. It went through its challenges regarding how they functioned but the first electric refrigerators for home use were developed by Fred W. Wolf in 1913 and Nathaniel B. Wales in 1914.

Gradually practices shifted in manufacturing for refrigerators to shorter lifespans beginning in the 1930s and 1950s. In the early 1930s Sears Roebuck started creating new refrigerator models each year signalling a shift towards the idea of kaizen, (continuous improvement) an admirable notion. This fueled consumerism from the general public that needed to have 'the new hottest thing' and resulted in obsolescence of older models. By the 1950s planned obsolescence became a more widely recognized term with people like Vance Packard

highlighting the psychological manipulation by marketers to buy new potentially inferior products.

Sound familiar? In the modern day, new cars, phones, technology and things I could go on and on about became what we believe we need to get – 'the new hottest thing' even when it is inferior to what we had before. This is often the case. The need to get something else because companies purposely sabotage the functioning or compatibility

More perspective on it, I bought a tripod earlier this year before I started making YouTube videos, whether it came to me broken or not, if I could have sent it back that day I would have. I requested a return for it and it took some time but I got my money back on something that was pathetically manufactured. You know what will happen with that tripod when it goes back to the shipper? It most likely ends up in a landfill unless by some wild stroke of events it ends up recycled for parts.

This is the same for lightbulbs, refrigerators, phones, cars, are they stripped for everything they can offer so we maximize our potential from them in their afterlife? That would be the smart and considerate way to deal with it or do they end up in a landfill, taking up space, rotting away.

Immediately after I returned the tripod, I upped the cost of my future purchase in a tripod thinking, "not going to make that mistake again" and I found the tripod I have been happily engaged with for the last few months. \$70 more was the ticket to have a much sturdier, right out of the box feel and I was impressed with the build quality of it.

Last one, take into your consideration the french press I got for Christmas this past year. It showed up with a scratch on the beaker fresh out of the box, packed in Styrofoam and it specifically says 'do not use if it has a scratch', presumably so it doesn't burst and you end up with scalding hot tea on your body.

We contacted the seller, they said 'no, just keep the first one, you can throw it out if you don't want it'. There was no surprise on their end, they knew it was garbage, so they loaded up another one and sent me a replacement with the same issue! A scratch in the same area. Rather than throw it out I ended up buying two beakers that fit my french press of much better quality and supported clean drinking water in developing countries. Silver lining: I'm better off and I have a french press for upstairs and downstairs, that still does not excuse the true meaning behind these paragraphs.

There is far less pride taken in manufacturing today than there ever has been. People are fooled into purchasing mass produced products that are not built to last. Sometimes it's not even a matter of being fooled; I, as I'm sure many others would agree, do not consider it unreasonable to expect that something you purchase will come to you in a shape that is suitable for its intended use. You shouldn't feel gullible for supporting the global economy and getting something you wish to possess.

The common narrative of people so comfortable with the idea that things made to be poor quality

results in just sending it back or throwing it away is a sure path to the destruction of our planet.

The resources put into a product designed to break so more are purchased, or not made to last beyond a presumed amount of time after which you will need to buy another (like three-year warranties on a rechargeable portable battery that break in 37 months). It's time to demand better for our own value of what we are getting, or step into the entrepreneurial mindset of longevity. This way if your, not-unreasonable hope and expectation isn't let down and you take matters into your own hands.

It is time for producers to bring back love and care for the products they produce, less of them sure and yes it probably means there will be less overall money in the short and long term but a heightened sense of pride that you are tending to happier customers, a cleaner planet, with more room to dedicate the resources to things that are genuinely innovative and uplift the fulfillment across the spectrum.

Raise the baseline from mass produced basic products that we overproduce and dispose of, to things made with a knowledge that their superior integrity and functioning will be recognized from the world and become a sought-after product.

All of this to say: we can take parts of history over 100 years ago and reimplement the philosophies and strategies for modern day. Take the good in the past and present to actualize an even better future and who knows, we clean up our act and

planet, where will we go long term? Are there species outside our planet observing our evolution hesitant, reluctant and resisting interaction with us until we get things right? Whether that is the case or not, this is our home, this is our duty and honestly this is just a ridiculous acceptance for nonsensical systems in our society. Don't like something? Good. Let's create solutions, together.

What can be done on an individual basis?

Bring your voice not into the streets as a rebellion, but to media channels like social medias, podcasts or to places where it can reach people who understand how we can improve and have a stronger impact on influencing the change our species and planet needs. Use these platforms for intelligent conversation and tremor the ground, bring awareness to the shifting of the ground from the steps we take.



If that's not enough you can also join consumer advocacy groups, find organizations and initiatives that are specifically aimed at repairability and product longevity or contact

masterconnect@xenonbraun.com



Previous Artwork

Moving Away from a Disposable Reality: Key Transfer Between Realities

As an artist you draw your inspiration from places you frequent. Often times it came from jobs I worked as I will explain later in the magazine. I briefly worked in a place that didn't work out which was a manufacturing role for auto-parts.

In that role I had to wear blue latex gloves to protect my skin from coolant used to prevent the rapid cut parts from burning those who took them out after. One day there was scrap from one of the aluminum parts that got stuck on my finger as I took out one of the parts, it was wrapped around my finger like a spiral accenting my middle finger. I snapped a quick picture and took it home the same day and started working on that graphic.

Vectoring the outlines and then sectioning off the most significant portions of the glove creates an area where the gradients aren't so big and bothersome when trying to manipulate the vector later.

Shadowing achieved through gradients created the gist of the important elements of the imagery. The title "Key Transfer Between Realities" is to show how whatever point you're at in you're at in your journey, you are giving future you the key to that reality.



Why do we hold back on authenticity, swearing and sexuality

When somebody swears what feelings does it bring up in you: shock, comfort, discomfort, inspiration, something else?

Some of the strongest communicators I know are not afraid to utilize swearing. The primary one I think of when I consider unashamed vulgarity in communication is Gary Vaynerchuk; that guy throws swear words into his clips like they're chips into salsa, chew on that. Authentic communication can be looked at in a negative way or as a compliment to the message being conveyed.

Not only that, my favourite reason for the madness of swearing is that it is an act of passion for the person using it.

Take for example somebody who says *'what is that?'* vs somebody saying *'what the fuck is that?'* There is a notably more powerful use of language to get their message of curiosity across.

Allowing more passion in the way people communicate is supplementary to authentic expression, encouraging more expressiveness and exciting sentiments. In writing this article my intention is to test the bounds of the common norm, that swearing is directly connected to disrespect. On occasion it is; there is truth in that there are instances of people using vulgarity to someone else's detriment to hold another person down and make them feel less than with their words.

Calling somebody names and making them feel inferior is not limited to just swear words you can call somebody a 'stupid ass fucktard' which may have a nice ring to it but you can also call them an

**'incompetent gluteus
maximal, coital
driven dunce cap'.**

Same flip of a coin, different sides to a similar statement and I can't even lie that the non-swearing version slaps if well deserved on the other person's part.

There are times and places to effectively add to your sentences with vulgarity, utilizing it sparingly can be the difference between average and momentous swaying of the tides in terms of delivery.

This is a message of responsibility and accountability on everybody's communication with the English language. Swearing can be used for humour, emphasis, honest expression, to connect and plenty other ways. Language in general can be used to verbally intimidate, demean, gaslight and degrade people also among other ways and without the use of swear words. Given that reality, in some ways it takes a broader vocabulary to do

so and can be more colourful and interesting but the point is it takes responsible use of swearing and language in general.

Sticks and stones may break my bones, but words will never hurt me is a false statement. Your words have an immense amount of power. Something you say to a person may never leave their minds throughout their life, coming to the forefront to disturb them when they are trying their best to hold it together. Or it could be the thing that gives them the courage and drive to keep going every single day, a gentle reminder that circumstance will never give you peace.

When you use somebody else's language, it creates a relief that they are meeting you at ground level. Disengage the tension in the conversation by joining in with a swear word or two to show you're with them.

Some people feel very strongly about swearing. I grew up with one of my best friend's being from a Baptist family. His father was the minister at their church and they were hard on that kid. His parents deleted every single song he purchased with his own money from his iTunes library, his birthday money because they weren't happy with the message that was in them. I don't remember the exact songs he listened to but I remember feeling like I have that exact same song in my library and was grateful for how my mother had raised me in regards to individualism and freedom of speech.

I wasn't a particularly easy child to raise but there are some things I am eternally grateful for in my character development, like the ability to choose whatever music I wanted to listen to. Conversations with my mother growing up about how she knew the kind of music I listened to, and even though it wasn't her kind of music she thought it was important to let me jam to what I felt

drawn to with the freedom of selective unbridled progression.

Songs with themes of sex, drug use, vulgarity are some of the themes in music I listened to.

In fact, the idea of controlling things at home but keeping enough of a lead on the rope that I had freedom to choose some of what I wanted and when it was really serious, she would pull back the slack and say this is where I draw the line, don't go beyond it.

At around 13 I was allowed to say small swear words at home. These included things like 'crap,' 'damn' and years later I was able to drop the F-Bomb as long as I wasn't projecting onto somebody who deserves my respect like my mother, other family members or people who had done no wrong to me.

This controlled version of freedom let me learn responsibility and despite sometimes getting frustrated and saying things to the people with the words I wasn't supposed to for the most part I had a pretty good grasp on my own allegiance to the righteous qualities that were instilled in me.

Even despite the good course of reality that my single mothers parenting took towards cultivating that integrity within me, years later I went through a phase where I regressed to the point of feeling I didn't know how to communicate at all. Stuck in my head with a lack of an idea of who I was and how I needed to communicate. I had lost touch with the authentic nature of myself, I felt I didn't know how to joke around and was imprisoned in my own head unaware that I was people pleasing with total strangers and not even very well. People would avoid and be visibly uncomfortable with the person I unconsciously showed the world with the person a lot of people loved growing up evolving into restrictive confines, weaving vines entangled with the lost sense of authenticity.

Authenticity was there and through years of chopping away at other people's opinions personalized to my own voice and a lack of awareness that it wasn't even me I gradually pushed myself into new situations where I pursued playfulness and learned to have fun again.

I found myself in a warehousing job up until fall 2024 where I worked very closely with a guy slightly younger than me, Avery. He struggled with authenticity himself but he had a slew of raunchy information that he would throw my way very often; he may not have cursed very often but some of the stuff he would talk about was so vulgar it would make seasoned comedians go “oh god what the fuck!”

I want this magazine to be open and test the bounds of what is normal but the part of the story I wrote down and then removed will be held hostage unless there is a significant amount of people who are interested in what he said, maybe even then, not happening! It was pretty foul, we had some wonderful laughs and good times together discussing those things with genuine authenticity and slowly, little by little it pulled me out of my comfort zone. That job turned out to be very beneficial for me, the people there that I interacted with will stick with me for life and I am grateful for them.

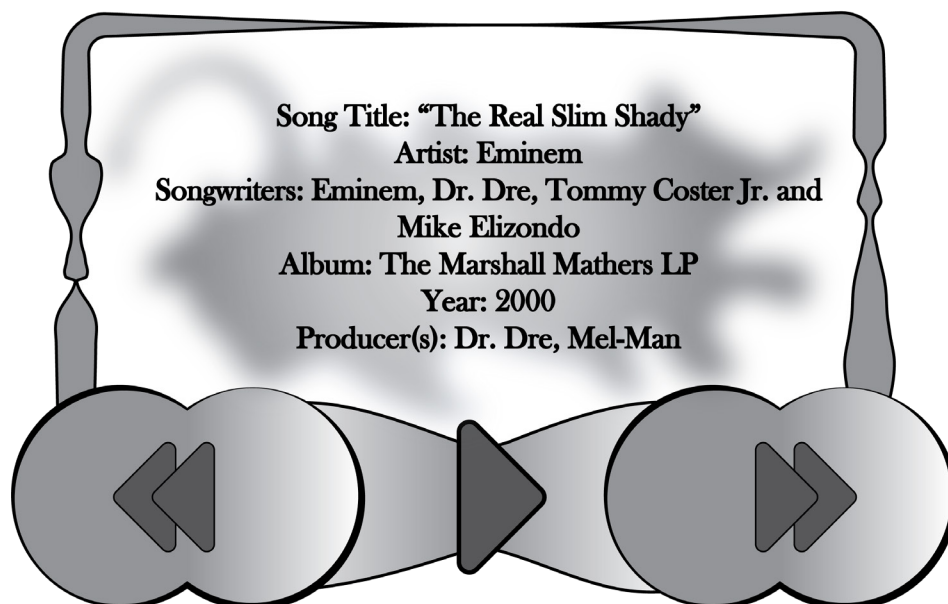
Going back further when I was a kid, I was unconventionally comfortable playing the “penis” game* on the bus – also thanks to my mothers wonderful parenting where she wanted me to know the anatomical names. I was pulled into the principal’s office and then when questioned about my lax nature and bold exclamation of a private word, I responded ‘I have a pretty open dialogue with my mother at home’ and was then asked to call her and say the word over the phone to which she said “what’s the big deal?” L-O-L, summer school was pretty chill that year.

**The penis game is where you start with a whisper and get louder and louder until the person who has the least amount of shame proclaims it the loudest. I rule undefeated in that realm.*

That being later became one too afraid to let a girl know he was interested in her. Through slow deterioration of the shackles of his mind, and extreme conversations it became a drastic salvaging of what once was.

Eminem’s line in ‘The Real Slim Shady’ where he says ‘of course they’re gonna know what intercourse is by the time they hit fourth grade’ which happened to be the year that incident happened “they’ve got the Discovery Channel, don’t they, we ain’t nothin’ but mammals”

That line stands right up as a truth that hides elements of our society that naturally exist when you don’t take the steps to educate those who are learning about the world, they will find it somewhere else and then you don’t get to create their understanding to what you deem acceptable. Little Johnny and Suzy



go to school and hear somebody swear or use words you don't necessarily want somebody else teaching them and you didn't get the first crack to steer it in the right direction.

When you shame others and create an insecurity around those who choose to swear, talk openly about sex in moderation or project their authenticity (as long as it's not too invasive) a division emerges. I will say, the penis game is ill-advised and rather invasive. I have realized my ways and retired a champion from that game; no competitors shall be acknowledged from this day forward. There becomes this division of people who act properly and those who are deemed problematic, unsuitable for society and ultimately take away the benefits that can come from empowering people to speak candidly when used in moderation and respectfully. Teaching people the value of enriching their communicative points through the use of swear words paired with neutral words, open authenticity and less fear of being inappropriate or too sexual when in proper circumstances. We have the potential to create the next generation of awesome communicators.

Controlled instances of atypical expressionism are what some people need to be the fullest version of themselves. Comedians speak to the repressed side of ourselves. They say the things we think without the shame to keep it inside and that makes them so loveable to a wide selection of people and hated by few.

We have a societal norm of repression in the Western world. A certain level of reservation is necessary for mystique, not everything needs to be expressed. Some things are better to keep to yourself and address in private but if the difference is somebody out-letting an audible 'crap,' 'shit,' 'damn,' 'fuck' or getting the message across without withholding the idea of sexuality maybe there is a beneficial grey area in this idea of black and white that you should never swear and swearing like a trucker in a battle of the mother fuckers.

Ultimately, I understand you may just be going with the flow of societal norms, learned behaviour, fear of judgement, the idea of professionalism and public image, keeping the peace or maybe you're tied to religious beliefs and personal insecurities. There are some things that will continue to exist in society whether you like it or not. Of course, you have the ability not to participate but when you take control of the carriage, driven by the horse carrying you across the rocky terrain of things you may not agree with, you permit yourself and anybody else you have the direct influence on to take control of their decision making and their individual responsibility to make sound choices every time they open their mouth.

If you don't swear, are reserved in talking about sexuality and keep yourself contained at the cost of your comfort for other people, take a second, breathe and just say "fuck it" and forgive yourself time and time again as you shatter the restrictive nature of what you once knew.

For as long as you aren't hurting somebody else with the axe that is your tongue and using it for construction as opposed to destructive paths with regularity - the same axe that cuts man is also the one that can chop wood. Light small fire to keep the world warmer and more pleasant with the capability to utilize it if needed but choosing to bring more light to the world.

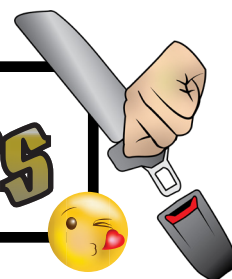
Find your open and honest expression if it means curse words or open dialogue about sexuality and just have fun with it. Life doesn't have to be so serious; take a chill pill and

just fucking express yourself.



Technically

We're All Motherfuckers



Technically speaking, we are all motherfuckers because we are all natural parts of Mother Nature. So, whether you're fucking a guy, girl, yourself or any other kind you are the motherfucking type. This is not an effort to degrade in any way; it is a notion to 'making love, having sex and then fucking', that quote according to all the girls at the end of Mac Millers, 'Senior Skip Day' highlighting swearing as passion. I agree with them. There are some similar connections between all of those versions of copulation: an energy transfer for pleasure. In this motherfucking analogy it's not strictly about intercourse but a comparison to the benefits of a sexual dynamic.

The Earth gives us pleasure, pain, and there is mutual participation on both of our parts. When we give back to it – when we supplement the way it functions, when we provide our participation in pleasure, and yes sometimes pain it all serves a long-term relationship between humans and nature. Make it a memorable positive experience. Make it not the habit to take a planet, exploit it and search for another habitable one once when we've stripped it of everything and left it in the dust as those engaging in one-night stands would.

This is our home for a long time and we need to be clear about our obligation for as long as the species carries on: to tackle everything we do here and beyond with a sense of absolute care, tenderness and a mutually beneficial approach. Until our binary star swallows us up and incinerates us this is our home and it is time to give it a strong intimate experience.

Sex with one party giving more than the other, or the other totally disregarding the other person's needs is not only selfish; it limits the peak of intensity possible. The idea behind this is to give – both for the benefit of nature and so you can see when you contribute more it gives a stronger sense of purpose and transferable knowledge across intimacy for individual partners and every step forward in our galactic endeavors.

Tell me: even though sex can serve as a function of pleasure, if one participant is emotionally distant – engaged in their video games or somehow else distracted – their inattentive nature leaves the most invested feeling like they're taken for granted and it's justified.

The Earth speaks to us in the way it functions. Are we environmentally smothering nature with our disregard? Allowing the air to thicken from the gaseous overload of neglect we so effortlessly and unconsciously provide. Are we prioritizing protection so it can do the things it is made to do safeguarding life within it? Is it getting the proper opportunity and timeline to birth the next generation of everything wonderful it has to offer?

Going way back with the evolution of creation, humans were birthed, resulting in your personal birth from that lineage. Eventually growing to the point of self-involvement less concerned with our true 'lover' nature.

I know it's common to eat fast food regularly, I still do it, I know it's common to throw away the materials the food was housed in as part of the delivery system to our mouths and bellies but instead of nurturing nature it becomes the destruction of nature through your individualism. You give an extension of mother nature, poor nutritional value in the digestion of effectively fucking yourself for an instant gratification concoction of destruction. It's kind of like unraveling the clothes of your lover and then throwing them out the window so they can break down in the world where you could care less if you ever saw it again. Those clothes could be washed, re-worn and you could love that same beautiful circumstance of a meal time and time again in the same wonderful threads. But we load up on cheap "self love", tossing the containers into the garbage where God knows what can happen to it.

Intimacy is not to be taken for granted. Giving, taking, pleasure, pain – all of those can be curated to what kind of lover you want to be: delicate, vigorous, balanced, you choose what you can bring to the world.

When giving and taking it can be woven through pleasure or pain. Trees, plants, vegetation they may not feel pain to our knowledge. Your temporary pain of tending to those things can be exactly what it needs for it to thrive stronger. Trimming trees, cutting the grass, gardening all of these things give the care and attention that can make a stronger more appealing world.

The sophistication of drawing from the sexual comparison of mutually beneficial acts, the idea that 'you give a man a fish, feed him for the day; teach a man to fish, feed him for life,' that philosophy transitioned through the perspective of caring for the world and satisfying your inner need while still meeting the needs of our shared environment and you become one successful motherfucker.

After all, our world – where we define Mother Nature does not begin and end on Earth; it is everything that makes up our universe including ourselves.

By cleaning up the vegetation that comes from the natural world and is cluttering our environments or by preventing negative substances like hot sauce on the fingers you strengthen the metaphor of preventative, painful foreplay for this analogy. Limit the forest fire of land or the ignition between the thighs of this intimate exchange. You are constantly building where you want the climax to be, washing your hands may get the majority of the issue off of them but sometimes it doesn't take much for there to be a significant amount of pain brought to what should consider ourselves lucky to have this relationship with.

There is so much better to give– and it doesn't have to end with one. The peak may be what people push for but in this long-standing game the goal is to stay in the ring for multiple rounds. We need to treat everything as the metaphorical warming up of the eventual desired climax and extensive years of that continued experience, over and over again building up serious stamina for that lengthy experience. You may think, what would that be?

Everything needs to be created with an intention beyond that of monetary gain. It's not just what you can get out of it in the immediate moment with limited or seriously lacking consideration for the future implications. It is an understanding and peaceful pursuit of repeated instances of a climax that lasts so fucking long you shake, rattle and roll out in convulsions of pure ecstasy and bliss that give you every fabric of long-term satisfaction.

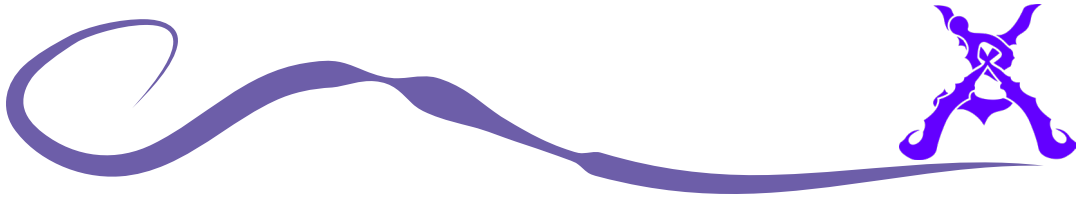


Hippy-dippy nonsense I spew not, intentionally I choose to combine the vulgar with the beautiful because it all is just that: absurd, disconcerting and so, so lovely wrapped into a nice hearty meal for you to indulge in for as long as your heart so chooses to engage in it.

Sex, through the viewpoint of being something cheap and handled with senseless abandon, may give the pretense that there is accomplishment and empowerment through it. True mutual acknowledgement, consideration and appreciation is the gift that can be supplied to the parties involved.

If we cared more about the love making tendencies we gave to the world and one another, we welcome higher interactions and most importantly that wonderful union of flourishing motherfuckers with future generations of that beautiful kind.

**Up your give and take Mother Nature's sake,
that is our legacy.**



Not Losing Hope

Beauty has the potential to escape every moment, every individual and every piece of our reality. We have to retrain, maintain and retain our efforts to keep it in the miniscule stages of our existence.

When we:

1. Consider things as transactions: "I do this for you because of what you can do for me."
2. Are envious of those around us.
3. Unwittingly reduce somebody else's authenticity.
4. Reject our intimate relationships or the opportunity to network and learn about one another.
5. Become so self-involved we can't see anything outside the common narrative of focus (I.E. television, hobbies, work, negativity.)

We gradually slip further into:

1. Losing our touch of kindness and generosity for those around us.
2. A blurred sightline of the things directly in front of us that are to our individual benefit and what we really need.
3. Beliefs of self-righteousness and superiority over one and other.

4. Our lack of sense of community and belonging with one another, robbing ourselves of the opportunity to reignite the spark of life and joy.

5. A place further away from what we actually want to see in our lives, a place full of despair and false sense of identity.

The idea that the beauty in life can dissipate is an internal battle at its core. When you

retrain, maintain, retain

Your idea of how great life can be, that beacon of light becomes the guidepost for others on their journey.

By retraining integral components of perspective things like pessimism, ungratefulness, entitlement, superiority, connection and individualism can undergo a reprogramming. You can look at each of those things and remodel them with your able-bodied palms introducing the beauty that was never even really gone, just out of your field of perception. This is the first step.

Maintaining becomes the next portion of the equation. Every day it takes effort to see the beauty amongst the bleak. You may see things one way and you may be doing an excellent job of holding onto your optimism, gratitude, lack of expectation, humble nature and your relationships with others or yourself. But you're fighting hard, too often with the outside opinions of others. Value your community for what it offers you and immerse yourself in it as much as you can tolerate it until you rally in the necessity of prioritizing your sanity. Step two, complete.

Step three is very close to step two but it ends with retaining everything, once you have solidified the foundations of the path to reprogramming your brain, retaining it is basically just keeping up with everything you have worked so hard to embody. Check yourself every time oppositional thoughts appear with the maintenance required to keep your internal vessel running at the optimized state and you retain the entire process, hard at first but keep it up and it becomes more of your automatic response as time goes on, stumble like a toddler at first as you learn to walk. Then stride, jog, run and glide so smoothly on the cool, cool ice that was once a slippery path back to where you were before. By that point, you've made it to replicating the beauty that once was, despite seeming totally lost it is once again revealed.

Recognize the pattern of what the butterflies symbolize in their departure by bringing forth an attitude of utter love, appreciation and gratitude for the things we are so lucky to experience. The beauty is never really gone. It may appear they are popping in rapid succession as a grouping of bubbles does, blowing in the wind. But unlike external elemental variables objects face after their formation, we take full control of popping each and every wonderful addition that steps up in our lives.

Moments of unconditional generosity should be revered. Somebody who had no reason to treat you well and chose to do so without a need to receive something in return truly is a treasure.

That being said, expressing gratitude could be viewed as a transaction, personally it is a bare minimum return you can offer to a person as a response and societally it has been an expectation. I don't believe it to be a failure to hold that expectation. Thanking a person for their generosity could be argued as the ethical thing to do, if it doesn't happen it rubs us the wrong way and that is where the deciding point steps into the equation: do you pop that butterfly bubble or allow it to stay as a beautiful interaction with no return necessary? What's done is done, but the option stands to offer a return that leaves both people with an exchange they both feel good about.

There are times where the autonomy of those interactions boosts the global scale of satisfaction.

Where we need to create the disconnect is by internally preventing one person who doesn't hold up their side of the bargain from aggravating our state of mind following a good deed. You hold the door for a person and they don't say thank you; they failed to show a method of decency in the western world, should that continue to affect you for an extended period of time, in small instances no. You don't have to hold that weight, there could have been two times the beauty pushed into the world your unrecognized gesture of generosity and your maintained vibration knowing you helped someone but instead of that if you then feel like "I wish I could take that back" because you didn't get a specific response, you effectively do, you then carry that resentment into your further interactions.

Assholes exist and can make significant contributions to your life but there is no need for you to hang on to somebody who may very well have just been in their own world. You only hurt yourself and it distorts the platform you can continually elevate as ground zero for viewing the world in the light that most benefits your mentality. Giving less attention to that of which is most

What somebody else offers to you is secondary to what you can bring to yourself, do not rely on somebody else to create your vision of your life when your values and intentions are pure and come from a genuine place of care. Control of your outlook should only be enforceable by yourself, effectively licensing your removal from the idea of envy. No need to compare to those who don't have the same circumstances as you, your circumstances were made specifically for you. Take everything at your disposal to propel yourself to the heights you're destined for as the recipe you're serving up in this reality and when it's ready dig in, eat heartily.

In that sense of individuality, you need to combine gratitude and self-sufficiency while still factoring in respect and room for others to exhibit the beautiful traits they have in their authenticity. You should portray your authentic self but not at the deprecation of another person who is clearly shrinking themselves so you can shine bright. Teasing is okay and sometimes honesty has its place in the harsh words that can be offered but think about the bigger picture of a quick laugh versus that person offering wonderful ideas because they feel comfortable enough to do so. The opportunity for more beauty increases with that in a longer-standing move.

There is a fine line between jokes and bullying and that can seriously retard somebody's growth.

draining to your energy and the delicate nature of beautiful existence.

Beauty that exists from other unrelated instances is extinguished from the indignation you carry from such situations. It is your attitude towards microtransactions that perpetuates beauty and generosity or resentment and reservation. Underestimating your role in maintaining a positive outlook despite small instances takes power away from yourself in the role of not destroying opportunities for beauty.

One, a hundred or a thousand different interactions where somebody treats you a certain way – positive or negative – could be the determining factor in you choosing to pop the beautiful butterfly bubble or all of those cases still get the opportunity to exist while locking in your unwavering dedication to faith in the outright maintenance, retention, and revival of beauty. It becomes your decision.

Hurt people continue to hurt, healed people spread the healing. Healed or healing people recognize their efforts reducing the stall they may face from external stimuli, negating the hindrance with their path to barely a skip in their step.

They might come back stronger – sometimes, that isn't the case. We have a large portion of society that has lost touch with their authentic selves and while I agree with certain notions of encouraging gentle-natured beings, we can have strength in being able to hear things that we may disagree with and not allowing it to chip away our own sense of self. There is a time to stand tall and be able to take certain things, there is also a time to recognize what you can handle and walk away while you're still upright and not hunching yourself into constricting into losing yourself.

While maintaining your strength, protect yourself from isolation and reject the very communities that don't benefit you and finding those that do, a tricky balance.

When family members don't know us or we avoid the opportunity to meet new friends, romantic interests and eventually find something comfortable to do day in and out – because what else is out there that would be better than binge-watching another show or diving into something detached. Lack of participation becomes another bubble popped. The opportunity for beautiful existence is withdrawn from society from a fear of being seen.

Artificial joys taking priority over the potential in real experiences,

temporary solutions that aren't the true elevation a person needs – and sometimes it is just to get out and touch grass. Reconnect with nature or others to engage with the world outside the doors of their house.

Aiming to be the sweet addition that provides those butterflies their nectar and sugary-sweet liquid to survive in the fragility of the bubble they are enveloped in so it can withstand coming into contact with the exterior world where you give and allow it to proliferate here on Earth. One kind gesture brought over and

over again to growing numbers of people.

You may not breach one's circle with a single action; you may be the addition to a current where your generous bubble then travels across the stream of secondary display for a passersby, inspiring their continuation of the beauty.

You may influence things you couldn't immediately see by a single gesture.



**You see beauty
never really
goes away. The
question becomes:
do the butterflies
disappear? Do
the bubbles pop?
You may not see
them but that is
because you put A
on to where they
actually exist. Take
the blinders off and
actively inspect the
world around you,
explore it, and find
what exists for you
to appreciate and
pass on to another.**



Don't Hate Your Life That's Blasphemy

Paraphrasing a quote by Christopher Moltisanti who says *"Don't ever say you hate life. That's blasphemy"* to another character in the episode titled *"Meadowlands"* of The Sopranos (Season 1, Episode 4).

The line sparks the idea in somebody who, despite not having watched the majority of the show, found themselves viewing that scene, reposted online and left with a profound revised understanding of the meaning of life. You can pick up altered perspectives from virtually anywhere as long as it's significant to you and that's part of the wondrous reality here on Earth.

If you are open to the idea of a higher power – the concept that speaking poorly about that God like entity or an extension of the universe as God like energy brought into experience through the conscious vessel of a God like being (actualized here, as yourself) – results in disrespecting the divine workings of it all coming together for you to live it out through sacrilegious words, then maybe there's a better way.

This is not to say you shouldn't comment on what you're feeling but to create a level of respect in how you express your displeasure. Taking the stance as often as possible where you engage in refraining from the idea that you hate levels of your existence and experience. We can acknowledge a passionate dislike for things that happen in our lives if we feel that most benefits us and when acceptable we should outlet those emotions in healthy ways.

Not to get too heavily leaning towards religion even though there has been some throwing around of the words blasphemy, God and sacrilegious, but by taking more ownership of the way you use language and deliberately accepting things as they were destined to happen – not talking down at the way life was supposed to play out in our heads – you come to grips with the idea that everything perfectly led to the moment you are currently experiencing.

In the darkest, depressing seemingly diabolical duration of the desolate, delves of destiny you can break free, eventually reaching the light from a cave lacking escape from the gravitational pull of obscurity, agnosticism, nihilism and atheism.

To break it down:

Agnosticism

The uncertainty regarding the existence of God or Gods

Atheism

Denying their existence outright.

Nihilism

The rejection of inherent meaning and value in life.

All of these are understandable and there is value in what they offer individually depending on where you are in your journey, just as there is value in traditional religion.

I hope one evolves in their life to experience many points of their own understanding and reasoning for existence in the world. Like when you are enveloped in the desolation of your existence you may bring yourself to a nihilistic viewpoint where things seem destructive, purposeless and senselessly cruel or you could come to an atheistic perspective where because you can't see it, how could you ever possibly know a higher power, time to deny their existence. Or because of that from the same coin you have agnostics that just settle in uncertainty about the existence of God and gods.

These all serve a person in the way they view things; it gives them a sense of peace in what they are believing. That is highly admirable: to take things into your own hands and step outside of cultural and personal belief systems, blindly joining onto somebody else's faith system and beliefs because the person before them, and people and way before that told their person to believe in X, Y and Z so now you believe it. This doesn't give the person the opportunity to explore the potential within crazier thought processes and wild creativity for what has happened.

That being said, this hasn't stopped people from coming up with alternative methods of relativity.

Not always but I think the way people have been developing their own understanding and the emergence of heavy spirituality outside the confines of traditional religion has enabled people to come to their own understanding of truth. Is there an absolute right answer? Somewhere there is but will we ever really know it? If somebody gave us the undoubted truth *could we trust it?*

I think humans are very trusting of the history regarding what has been narrated over time and there is value in that not to be diminished.

It should be known that for a lot of individuals that has caused the divide in openness to ideas such as "love thy neighbor" while there being so much division amongst one another.

Conclusively whatever works for you as your ideology, as long as it doesn't hurt others which I witness from some adaptations from traditional religious scriptures where the rights, freedoms and acceptance of other individuals has been demeaned at the hands of doctrine.

Respect, care and show love for them, as on this planet we are the closest people necessary to get along with. A major key before we attempt to integrate with the possibility of alien life.

All this to disengage those who have strong religious opposition and those who carry identity through religion, unite those from either side of the conversation with a message that says, you have the choice to carry yourself in whatever you believe, I offer a reprogramming for how you view reality.

Is God a man with a white beard, is it the universe, does it even matter? Who cares! Fuck it! Let's order wings! Now, let those wings carry you to the place of your highest excitement and futures careful-conscious-choice of your emphatic usage of words to destress about your life without being blinded by the blasphemous bounds of bullshit that life is something to be hated and relish the sanctity it should be treated with.



Adversity to Ascension, The Requirement of Destruction to Rebirth

What does rebirth mean to you? Reincarnation or maybe a journey of individual escalation from darker finalities, blossomed into the fiery resurrection of a phoenix that rises from the ashes of its past.

Reincarnation where the soul is brought back in the form of another body exists as one interpretation but rebirth doesn't have to be a novel body, the idea of a rebirthing can be symbolic in your destruction of the way you once were to your new perspectives, in the advancement of your character and evolution past the dark night of the soul.

The dark night of the soul being that of a decreased pleasure in your waking hours, delving into states of the 7D-Reality or as I so eloquently put it in the previous article the *darkest, depressing seemingly diabolical duration of the desolate, delves of destiny, the necessary step in your progression to what can be interpreted as your rebirth.*

Think back to an average, normal day, where you are coasting along. Then come the hiccups, several, paired with bumps in the road, bouncing along more than the kernels in an air popper but they are just heating, building pressure... Where's the tasty aftermath? The popping, jumping and intrusive reality where

you are reminded of the hiccups over and over again bearing no delightfully fluffy aftermath for you to indulge in.

The kernels have heated, overheated and here you are the burnt-out aftermath of what should have rendered an enjoyable treat after the chaos.

Burnt, and charred into the puff of ash that remains from the substance that once existed with an alternative projection of what should be. All of those situations end up like this and for what? To be spent, exhausted with nothing to go forward with other than things that were not what you initially wanted.

Expectations for our life are not unreasonable to have, when we place things in a machine to cook our foods, when we put ourselves out into the world bravely and expectedly for the standard way things normally operate hiccups in the road can be enough to throw us totally off course.

A testament to a person's strength is the ability to take the dis-ease, discomfort, and sporadic tendencies of negative events and take what they were given to roll with it, adapting to the new way things are.

Humans are adaptable whether we have been programmed to believe that consistency is how we thrive or not, the fact of the matter becomes that too much consistency with little variation creates monotony.

Even in the best cases of desirable events, unacknowledged regularity can bring you complacency and apathy for what you experience, when not paired with gratitude and awareness of your situations. This is where the bad comes in.

Healthy doses of challenging instances reignite your awareness, leading to a simple reprogramming where you can lessen the line between what your life should be and what it is.

When you believe that for your growth to get to the level you aspire for, sometimes exactly what you are requesting for your future is the resulting challenges you face to get there, the bumps in the roads, the hiccups or the utter destruction to ash as you burn away everything that once was.

From the remnants of who you once were, nobody is guaranteed to be able to elicit the emotion or reaction necessary for you to breach the compiled remains of your past self and take flight as the new version of yourself. There are people who can help you along the journey and can impact your choice to carry yourself to the new version of your manifested higher timeline but it is only the responsibility of yourself.

People around you who care about you can try to shoulder the weight you are unable to haul on your own but eventually people realize they need to look out for themselves.

If you-so-choose not to rise from your complacency in the ash, you indefinitely leave the dark night of the soul and that is incredibly tough but a common theme in this issue that being your decision. Choosing not to choose, life chooses for you as it must continue on.

"Rain, rain, go away, come again some other day," but we want the grass to be green, the flowers to grow, the things that we have the opportunity to turn our knowledge to as the necessary interim between the thriving nature and it being something we allow ourselves to be bogged down by.





Ash of who you used to be has merit to the escalation reaching that higher point of what you are destined to face.

Things that seemingly have no meaning are dependent on your belief that they have purpose. Limit the sense of nihilism that can then steer your perception.

What works for you generally is what you should do. If nihilism works for you with where you're at, all the power to you.

I can only speak on my experience currently but I do believe what I have faced in my life is the foundation and the building blocks for my future.

Faith in the universe has helped me to upgrade as I embraced circumstance. All of the bad relieved from its overbearing weight on my future was something significant because it got me to the point where I am still alive today and get to experience everything I do. It was hard. It brought me to thoughts I wish for nobody to feel but for me to get that low enabled me to rise higher, with a cap I still don't know the extent of where the Eagle totem from the animal I most identify with can take me. We can touch on animal spiritual meanings in a future article F.Y.I, it is not in this issue.

Purpose is at your discretion, born from circumstances.

Why and how could somebody who loses a loved one young in their life be for their benefit. They needed it to be able to stand on their own two feet better. Crumbling under the weight of stress goes back to that idea of rebirth, you rise again and take the loss of them as a reason for you to keep going.

If you're thinking "these philosophies don't fully address the issue," the idea of loss or significant distortion from the bigger picture where a person is missing whatever it is you can't see is more of an initiation from that level of grief to create the path to peace you need for yourself.

Despite my personal belief that one day humans will break the bounds of any single issue we face, I don't see any issue as insurmountable which is controversial in and of itself but foundational in my execution of tackling challenges. Where we hold the most ability to create change is in our meaning of things we face on a daily basis.

Reprogram your brain to see opportunity in obscurity and outline the important feats of continuation.

Create your purpose.

You of course also have the choice of ignoring what I suggest here.

Should you choose not to overcome, people around you will begin to make the decision to help themselves, there are rare occurrences of people who do stand by those who are not willing to look after themselves, perhaps people who trauma bond with that person and their experience or a truly benevolent person who just adores you. Remarkable luck for you to have that person in your life, to be blessed in that way does not make things just desirable enough to fight for that person where there is a provision of mutual solace.

If you don't have that person you have my deepest condolences, I can't imagine how hard it would be to have absolutely nobody. Feeling that way is different from actually having no one but you should know that in most circumstances if people don't have an outright reason to despise you and even in such a case there are people that will love and care for you out there. The vast majority may despise you but out of 8 billion people on this planet, somewhere, somebody is waiting to welcome you into their embrace.

Depression is no joke. Nothing makes sense anymore; there's no purpose to anything.

Sometimes it's triggered by some external event, some disaster perhaps. As mentioned before, major instances like premature death, or having built up your life, and found meaning – that meaning becoming your daily experience, your achievements, direction, things that are important to you, and the meaning that you had given your life inexplicably collapses.

It can happen. An event you can't explain, an event that seems to invalidate the meaning that your life had before. What has collapsed is the conceptual framework for your life, the meaning your mind applied to it bringing you to the arrival of your 7D reality. Remarkably, there is the possibility that you emerge out of it with a transformed state of consciousness. Potential for life to have meaning again, but it's no longer surface level, the depths still exist, the pit that was there will always be there. You just managed to manufacture the slingshot you need to ride your future highs and

experience the lows time and time again.

If you take the chance to go out and look for it, while you search for it, while you embark on the journey of sticking to existing in this world I hope that despite the 7D alliteration I utilized earlier in the article (depicting the darkest, depressing seemingly diabolical duration of the desolate, delves of destiny) begins to dissipate as you find that even by yourself you are finding little moments to enjoy.

Every second a person is still living is an opportunity to do things differently. Take small moments that this magnificent Earth can offer into your perception – like appreciating the drink you're sipping on with gratitude for the fact you are able to have it in whatever form you got it. Whatever the smallest thing you can bring into your acknowledgement is a step into reprogramming your brain and beginning to exit the gravity of your 7D reality.



Things may not improve the moment you walk out the door, in fact they probably won't. Changes don't happen the second you get a glimmer of optimism. Dedicate yourself to the decision of repetition. Break down the mental fibres of your brain in the process of intellectual hypertrophy from that analogy relating to the muscle protein synthesis little by little increasing your load carrying potential and tolerance to reprogramming your thoughts. If you are ready, prioritize your mental strength.

Things can improve pretty quickly depending on the efficiency in instituting the supplied principles. Don't expect this, you are further ahead if you anticipate more hardship as opposed to smooth sailing. Expect your brain to repeatedly need attention and effort until it becomes second nature.

I will tell you life in my experience has not given me things linearly. Ups and downs are mandatory. As I decided I was going to do something it threw

roadblock after roadblock into my way. I didn't choose to see it as an obstacle; I saw it as part of the journey. If life knocks you on your ass, it's okay to sit for awhile and rest, recollect, but eventually you have to get back up and sometimes without an external hand there to tell you it's necessary to exit the suffering. Sometimes the idea of an external hand is really just yourself pulling yourself back up.

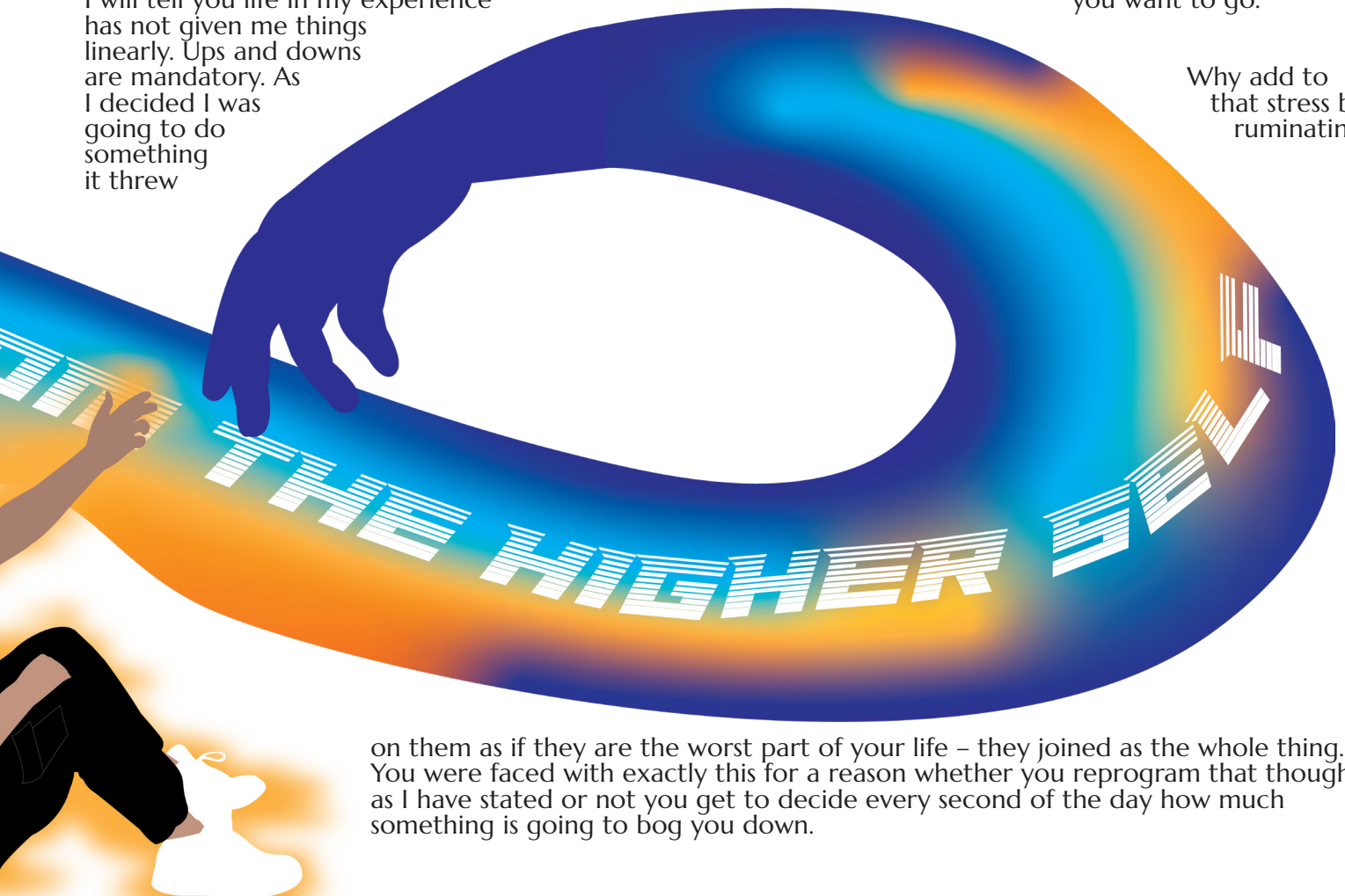
When you awaken the idea of rebirth grounded in something deeper, which is no longer confined in the destruction of the past the sense of purpose and connectedness with the greater picture of life, the dependency becomes the new coding for your brain, the new rules of what you can take pride in as your self-imposed software for the operating system that is your body.

You may feel as though life treats you unfairly or it is unjust, uncalled for and overall things happen that are just unnecessary sometimes but what if there was a simple reprogram that you could take to find a better piece of ground to stand on while you brave the changing elements of your surroundings.

When you see everything you face as a non-negotiable, negative force it is up to you to choose your perspective on how you want to handle it. Does it most benefit you to get down on yourself and the situation with a woe is me attitude, does that propel you further in a direction you want to go? Do you have a direction for where you want to go at all? Are you stuck?

Problems can seem that much more insurmountable when you have that feeling of being lost and lacking in direction in where you want to go.

Why add to that stress by ruminating-



on them as if they are the worst part of your life – they joined as the whole thing. You were faced with exactly this for a reason whether you reprogram that thought as I have stated or not you get to decide every second of the day how much something is going to bog you down.

Is it time to roll over and accept fate or is it time to take it into your hands with the attitude that, "that wasn't most desirable let's focus on things more beneficial."

The question becomes, are you ready?



Moments of Gratitude

"When your hands are cold and you grasp a heated cup of liquid."

Gratitude is a way to reprogram your brain to see success more frequently. When you see success on a regular basis you prime yourself to bring more positive elements of your life into your awareness. Not necessarily something you're involved in directly but that affects you, simply because you took the time to show gratitude for the charming nature, even if you only distantly observed. In the case of what I bring to you in this article the moment of gratitude is for the following, despite the warmer weather coming at the time I wrote this but here is an experience I faced that morning.

Upon making my cup of tea with my breakfast, I stepped outside in the cool air of the morning and I came back in the house. When I grabbed my tea, my hands, not so consciously chilled took out the tea bag. I went from ordinarily moving my cup with my hand above the brim transferring it over to where I would have my breakfast to grasping the cup firmly with my hands encompassing the mug soaking in the warmth of the tea at the perfect temperature.

My time outside gave the tea enough time to steep and lower to a suitable temperature that heightened the traditional gulp of the beverage turning it into a truly indulgent moment.

Where can you find a moment of inspiration to acknowledge gratitude today?

In the comfort of the device where you have bestowed your buttocks? "Thank you, existence, God, universe, for the chair, the bed, that my cheeks have chosen to grace with their presence."

Maybe you can grow your gratitude in being able to walk across the street without having to wait for the light to change.

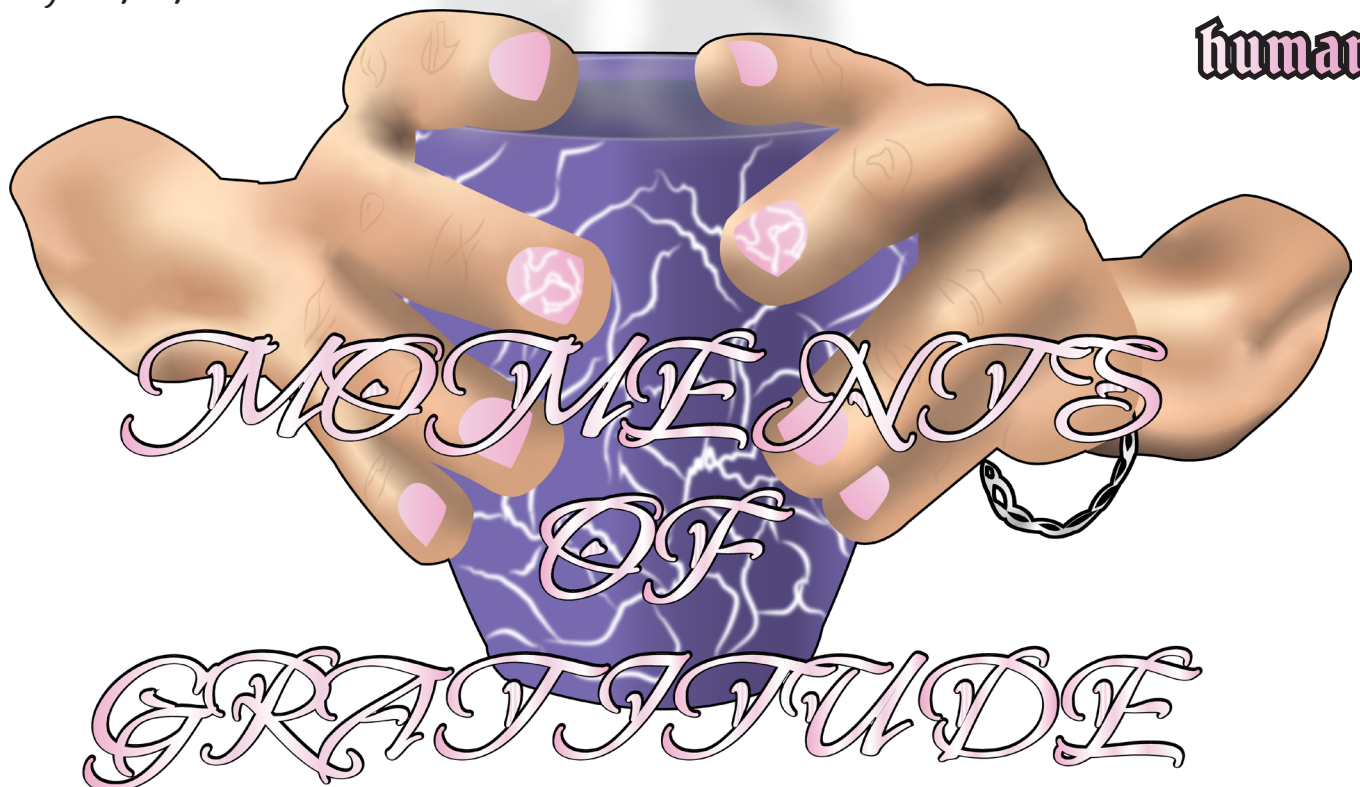
In the fact your shoelaces haven't untied themselves and you were able to just slip into your shoes.

In the ability to physically express yourself with clothing, a stylized nail, several, despite your gender? Females have been doing it for years yet it's emasculating for a man to get a manicure or his nails styled, honestly, all the power to you man and women. Rock what you like and take your moment to appreciate the ability to do just that.

This wasn't supposed to be a speech on what defines masculinity but rounding back to gratitude.

Expressionism is something to be grateful for.

We will revisit these moments of gratitude in every issue just as you have the opportunity to take every or any issue and let it rule your day or channel into the fact that it is another day you get to experience the desirable reality of being human.



64 Impala to Rekindle the Joys of the Inner Child and Lifelong Purpose

The definitive reason for incarnating on Earth may never truly be known. You can, however take interpretation and understanding into your own hands if you feel that is most beneficial to you. When you get in touch with your interests and joys from when you were a child you get closer to a personalized approach of how you want to go through life. A reconnection to your previous experiences brought into reality in the modern day.

Is our reason for being here fulfillment through living somebody else's dream? Is it to face hardship and still get up time and time again strengthening ourselves through challenges so you can complete the journey of life and say "thank you I have evolved." The standard lifestyle that society offers could genuinely be aligned for you. It could also be the successful method tricking you into believing it's the holy grail of desire. If you authentically ask yourself about your daily obligations, is it deep down, deep, deep, down what you want? To explore that, we break it down.

You wake up to the sound of the alarm to get ready for the day. What is the first thing you do? What comes after that? Are you rushed? Are you at peace?

Picture you waking up before the alarm, or better yet without one at all and you live like it's a Sunday or Saturday morning, whatever day you choose. You have full control of the arbitrary nature of your day doesn't that sound more desirable. *No structure?* Your choice. *Structure?* Also, your choice. The standard way of going to school, getting a job and working it the rest of your life until you retire and then congratulations you have more time to do whatever you want in the weakness of an aging body. I really hope to see less people falling into that trap of living and that's why I make this message. Take the steps to look inwards with one prompt of a question.

Am I fulfilled?

Write it down on paper, put it in your note's app on your phone, laptop or converse about it with someone you care about.

The foundation of being grateful for what you have needs to be met with pursuing genuine fulfilment. How do you navigate to thriving and importantly, is thriving something you truly want, are you okay coasting on mediocre? That is the dividing line between meeting the bar and soaring above it. I want to say that it is okay for you to feel that you are content with where you're at, in fact it's necessary for your happiness and peace of mind.

I also want to raise awareness that the bar has been set very low and the vast majority of society isn't meeting even half of their potential on a good day.

There are so many things that are causing more harm than good, things that could be refined to a better status, think about it and when you're ready, start that

conversation of what do I, or we need to do and to powerfully project your hat into the ring.

For childfree singles first and foremost, it's for yourself, then the people you can impact, then for the Earth and eventually beyond – for the galaxy and everything it encompasses. This path of remembering younger

states of consciousness, can drastically improve your ability to identify where you're trying to go in the future.

The innate desires of your childhood curiosity can guide the parabolic path from start to the completion of the main story giving way to the inner child.

What Is Your Inner Child?

The inner child is a psychological concept of the childlike aspects of our personalities and emotional states. How past experiences influence our behaviours in adulthood. The Inner Child is commonly looked at from a lens of trauma and there can be traumas and unresolved emotions to work through from childhood as an adult.

My understanding of the inner child is authenticity, thinking back to what I loved most about myself as a child was how outgoing and willing to interact with one another while pursuing my highest excitements to the best of my ability.

Growing up became about creating an approach to reintegrating my Inner Child as an adult. The method became revisiting things that brought me joy as a boy and employed the deployment of those key, core memories for me to bask in what created who I am today in the current state of that person reliving the joys of the past.

I have done things over the years that were heavy ways to connect with my inner child, like in feeling that I am inauthentic with those I interact with I needed to imagine seeing my younger self in how I felt leading to me envisioning my young self, head down, withdrawn and sad knees tucked to my chest and embracing myself to give the safety and love necessary for me to be myself. I remember my doctor running that exercise with me in one of our sessions and after asking me. "How do you feel about that" I was like meh, not bad.

It didn't really help me. He said to me at the time that eventually you will find something that works for you and honestly the best thing that came back to me was partially rooted in materialism (*stay with me*) and partially rooted in creation.

For Christmas in 2022 I went into a comic book shop and my Grandma bought me something I had wanted so desperately as a kid but could never find – a Jeff Hardy action figure, I had a lot of wrestlers that I loved when I was growing up and I had the toys to go with my admiration for them, time spent playing wrestling video games and roleplaying through them but when it came to get the action figures I wanted a lot of the good wrestlers were hard to find as action figures, finding one of them was like mining for gold.

Three years outside of getting that action figure and I find myself adjusting the figurine on occasion to represent or strengthen how I am feeling in my life. Arms up eliciting a "yeah! Woo" feeling or arms down more chill and coasting along. Fist clenched though because he didn't have different hands available and you could say he's always fighting the good fight.

That is the materialistic side of things. On the creation side, there was a different kind of healing I was able to find for myself.

Attached you will see the design I created of a 64 Impala with black glossy paint, trim, a grill and wheels all green with orange flames along the side of the vehicle. I stylized the design so that it featured the front of the car which looked nice but frankly it was the backside that I loved most and through the whipping motion you get imagery of both sides. The triple circular lights – fantastic. I spent weeks creating this graphic and it was therapeutic. It fueled a part of me that was well nourished in my ability to play and create. That was one of my favourite parts of racing games, the designing of vehicles. It became a memory that lingered in my head for years and I had hopes that I would be able to go back to that old game and replay the history occupying my subconscious. Instead from memory I took the engrained imagery and channeled into who I am in the present moment in the form of my modern skillset of designing through vectors.

The idea of being inauthentic brought new life from what I created in the privacy of my solo video game playing days. The genuine, authentic nature of what I thought was cool pulled from the depths of my brain to a textbook recreation that I turned into a sticker.

Daily inspiration from things I had and thoroughly enjoyed as a child brought into my field through modern forms of creation.

Your interests as a child are a gateway to regaining everything that was innate in you then as an adult. Some of us were lucky to engage in culture-based things, video games, experiences we had to pay for, others of us had our imaginations to credit for what became our most enjoyable memories of our pasts.

But through channeling those activities you may have a powerful way to come back to validating the most proven pieces of your personality.

Most of us start with a little or not very much, consider that your down time. As you start to lock in on the things that really raise you up by acting on the things that light up your individuality, you're creating your rising action. Eventually you hit the peak, the climax complete and total epic satisfaction, then you're on your descent, falling down to eventually the end of all of that. That is a generalized rise and fall of life but not the main story it is substories contributing to continuous rising and falling as your life goes through multiple beginnings and endings.

Taking more initiative of how you want those rises and falls to happen brings the fulfilment most of us are seeking.

The deeper meaning of your provocation in purpose to what speaks to you is a strong goal to strive towards to increase the potential for thriving.

Deep seated unhappiness requires deep rooted change to whether the storms of the changing elements.

You bring opportunity when you wake up to offer the world more of what you would like to see returned back to you, generosity,

variation, atypical offerings to disrupt norms or somebody else's mundane day as children unapologetically do.

A good portion of us have heard the phrase 'grow up' or to 'stop being so childish' growing up... While to a certain degree it is necessary to function in the world channeling parts of our inner child and holding onto the wonder, curiosity, perseverance, certain levels of shamelessness, ability to have fun, lack of questioning of our authenticity, interests of our youth, imagination, creativity, presence (in the now), innovation, you can find a world of characteristics that stand true to things that would be most important to you.

The idea that there is something bad or to demean about being childish, is part of why a lot of people grow up to feel so alienated. They face an effective whittling down to gradually say less of things that are their authentic selves, followed up with the question of what are you? Normal and able to fit in.

If you lose those characteristics, the good thing is you can reprogram your brain to recognize them in the youth of today and re-attune yourself to those traits.

It isn't necessarily easy; it doesn't always have to be hard to look back and think of the things you

did when you were younger that came naturally to you. Asking people who knew you in the past is a great way to reconnect with what you used to do if you can't remember yourself, think hard, journal and write a list of things you maybe still like now but don't do and could stem from your childhood.

Reintegrate them in a conscious decision as an adult.

Wonder/Curiosity

What peaked your attention? What captivated you? What can you find today that brings forth those same responses, not sure in the wise words of Gary Vaynerchuk, "get out and try some shit." Find what makes you feel wonder and curiosity again.

Perseverance

The concrete examples of perseverance in a child are movement, it needed to happen, so you persisted and eventually got your able-bodied self to move in the way it needed to go on.

Shamelessness/Lack of Authenticity

Specifically when I mentioned this, I said certain levels of it, now with kids they don't always have that filter naturally and a certain degree of it is to your benefit. Beyond that self-censorship at the hands of inauthenticity or over modulation of yourself is how I would reintegrate the shamelessness, it's okay to take a risk and say something, certain things will be met with admonishment that same sentence could be what connects you to your people. Kids don't second guess their ability to be themselves until that doubt is instilled upon them.

Fun

It is all too common today for the only time we have fun is after getting a substance to help us adjust to the day, yes, the common version of it is alcohol to loosen up but frankly alcohol tastes like shit and a lot of people see it for the poison it is then there is the more widely accepted weed to loosen up and have relax or have fun. Deeper than that, how could you possibly start your day without the fun concoction of coffee and your combination of whitener, be it creamer or milks in assorted fashions, raw, diluted or from food derivatives. Raw-dogging reality comes with not relying on any of those things and just having fun au-natural.

Interests of Our Youth

The way we wanted to help the world, naturally the core of a successful entrepreneur is somebody who solves an issue. Kids don't come into this world with an idea of how to monetize our interests and although it can help in a capitalistic society the most important thing to consider is what activates our authentic interest, reintroduce yourself to the interests of your youth for a window to the future.

Imagination/Creativity

Kids have the wildest imaginations when they are growing up, how many times does it take somebody saying that doesn't make sense or is stupid for a kid to more frequently shut down their own ideas. Reprogram your connection to imagination. What's that cloud in the sky look like to you? What's that stain on a countertop look like? What is the craziest possible thing that would enliven the monotonous situation you're sitting in? All of a sudden life isn't nearly as boring.

Presence

Getting into the now, mindfulness is a great way to reintegrate yourself back to the present moment, limit the focus on the past and predictions for the future, neither one is malleable without a time machine. Center yourself into your body and feel what you can do right this second. Kids don't have to do that, they focus on what's immediately in front of them, until they're told to grow up.

Innovation

When you don't automatically know what to do, your next step is a matter of new methods of doing things, through trying, experimenting and failing, you innovate for yourself.

You need to maintain a certain level of maturity as you age to function. To those of us who maintained some of the traits above or other desirable outlooks for the world or those of us who are trying to reconnect to the things that influenced who we became today you are rounding yourself out well for the future.

The Importance of Connecting with Your Inner Child

The idea of disconnected inner child indicators like self-criticism, fear of vulnerability, difficulty trusting and lack of joy all become hindering points for your daily exercising of individualism.

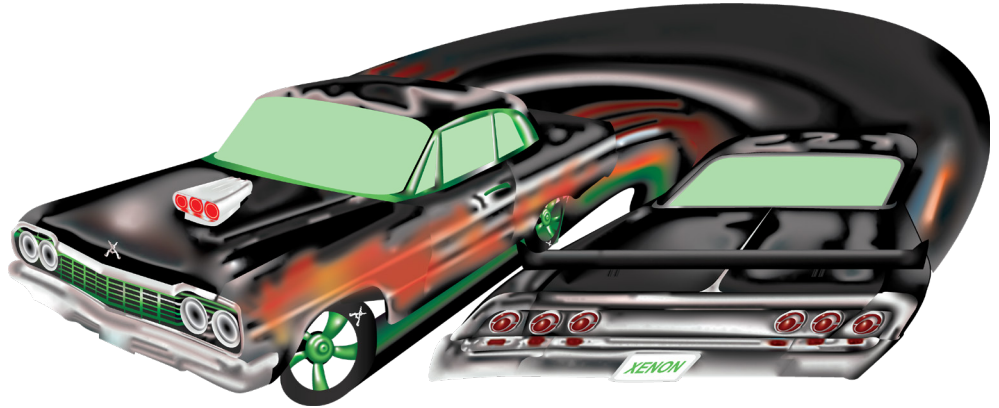
Being overly critical of yourself creating a fear of opening up with other people when being yourself is a plague that results in an overall lack of joy while missing the fulfillment that come from engaging with reality in things like:

Playing, creativity, providing compassion, processing your emotions, journaling and internal dialogue and mindfulness.

Those are precisely the things that enable you to have more fun and you can reach them by connecting with your inner child through those mediums.

Connection with others, self, our environment all are heightened through engaging in those things.

Take it from somebody who still evolves individually largely through their creative endeavors; it becomes a method of play, a compassionate representation of processing your emotions and logging your internal contributions in real mediums that bring you into the presence required to create them



Benefits of Reconnection

Fundamentally, the basic functioning of a person is to create this is how the human race continues to exist through procreation. Your essence from every extension of your body, be it the baby making goods-a-down-south or your hands comes down to how you use them: for pointless exhaustion of your creative tools and energy or the utilization of your human nature as an alchemist.

Connecting with the traits of authentic curiosity and creativity through your inner child can be a pivotal way to heal yourself and return to authenticity.

You eventually interact with the world from a more whole state, the faster you can do this for yourself the better you interact with the fabrics of your reality for a longer period of time. One of the best quotes I heard came from a book one of my favourite Neuroscientist content creators on Instagram Emily McDonald relayed to her viewers. I wrote it down and I will now spread it to the XBPR audience, "The longer you wait to start a new habit or do a new thing the less amount of time you will be able to enjoy it. The sooner you do it the more time you'll have to enjoy it and reap the benefits of it."

Your levels of increased self worth through reconnecting to your inner child – the wonder you bring to heightened levels of sheer joy to experience and reignited sensations of your youth through seeing things that were a part of your childhood in a form of nostalgia gateway leading to creative inspiration and authentic self-expression.

It can be narrowed down so smaller seemingly insignificant moments like sitting in the car and enjoying your music SO much that you're dancing and belting out the lyrics while each passerby can't help but look at you and think "damn their having a good day" how wonderful it is to be able to sit in your car with the tunes cranked while everybody else is walking around trying to act normal, your happiness became the purpose.

Disrupting norms doesn't have to be intrusive but choosing to do things that open you up freeing you from your comfort zone of staying in the shadows trailblazes conversations of alternative perspectives for a person that was having an okay day to raise the collective vibration through them, gradually.

Coming at it without a level of arrogance but rather just enjoyment you transition the every day journey we take into so many repeated instances of extraordinary moments you shift into the narrative that this was one major part of the human experience.

Beyond massive goals, mindfully returning into the present moment and appreciating where you're at rather than longing for some other destination that was implanted in your subconscious as if it was your own aspirations.

If nothing else that gives more purpose to why we're on this Earth, nihilism, never! Or nihilism along with as many other collectable belief systems for you to say, yeah been there done that, here's where I am now.

Whatever you choose to pursue, be it the present moment, a higher calling that also brings fulfilment or potentially a combination of both, personal achievement boosts you. When each individual is heightened in their gratification for what they are creating in their lives the collective achievement rises as well.

Is the purpose of our reality to drink alcohol, smoke weed, numb ourselves with material possessions, watch TV, consume sugary substances and chase temporary satisfaction in daily over-indulgence? Your call.

Clarity can come from ixnaying* (for my strict grammar tendencies I sure do like to make up words) those materials and mind-altering substances from our lives. For some people the route to understanding what they want from themselves is paved by removing things that numb their senses which forces them to face their life with unaltered states of consciousness and on life's hardest mode – raw dogging reality.

Confronting the hardships of our daily lives without distortion, derailment and distractions is a tough path to take but can bring exactly the window you need to climb out of your shitty circumstances.

What we sometimes don't understand, other times could care less about because we have taken the easy path to comforting, self-sedation is that the temporary, repeated self-medicated treatment of whatever we are feeding our bodies is sabotaging our capability and desire to escape from the very things holding us back and bringing us to our higher purpose.

You have the rest of your life to coast along and make the same decisions taking the next best substitute for whatever you want to sedate yourself with instead of determining what could give you genuine accomplishment, purpose and fulfilment.

**To change that course of action or not is at
your discretion.**





Angel Numbers for Another Angle on Appreciation

Our brain is hardwired to respond to numbers in unique ways, neutrality and personal significance influencing our daily lives. This due to specialized number neurons, which are the fundamental transmitters of information in our brain, specified numbers create a sort of behavioural acknowledgement in recognizing new levels of importance.

Individual numbers may not mean much to us, until it becomes recognized behavioural acknowledgement. Numbers strung together in a sequence can be associated with meanings that can strengthen the idea of importance from that number flowing into associating that number to an experience.

When you make an association through an angel number, they can become part of a spiritual or mindfulness practice that may indirectly influence dopamine levels through feelings of hope, reassurance, and motivation. The best part of dopamine being the searching for whatever the end reward is and there is a growing number of people doing it through what's called angel numbers.

An angel number is a series of numbers that appear and hold a meaning usually predefined online. The most common agreement on angel numbers is that they are repeating sequences of the same number 3 times or more, increased collections of the same number can hold more value because it is that little bit higher in rarity. It is not exclusive to just triple digits, every day people are adding their own touch to significance in numbers. There are historically significant numbers like 369, 1010, 1212, 808, 909.

Sticking to the most widely noted and accepted forms of angel numbers example fall into numbers like:

333~111~777~888~222~444~999~555~1111~000~666

That is of course biased to my favourites of the common angel numbers, not just random selection.

Each of these numbers has a significance that you can reprogram your brain to search out in a form of ritual. This practice might be perceived as borderline psychotic if you aren't careful "ooh the numbers are talking about my life!" akin to the lunacy of "rocks give me powers!" Yet who am I to say either has no merit. In fact I do indulge in those aspects of 'insanity'; everything is energy including stones with their potential. Personally, acclimating my brain towards seeking out angel numbers in the motions of my day-to-day has enhanced moments that were really quite average and rocks even with limited, placebo even proven capabilities can at their simplest form inspire you from their beauty alone.

Keeping things relevant to angel numbers, when you are driving down the road and seeing repeated numbers on a license plate, a telephone number for a company or the fire number of a building giving you that extra pep in your step and livelihood due to the meanings that are held behind them.

The ritual of looking out for these things can become a spiritual practice. Spiritual practices have been linked to increases in neurotransmitters like dopamine and serotonin. When you are actively seeking reassurance that things like angel numbers and how they show up in your life are evident through a certain meaning, you enable yourself through that portal of perception to activate feelings of success based on the positive descriptions relating to each angel number. You open the door to regular motivation in the areas of what they are associated with.

Let's break it down with each of the numbers and personal attachments Google frequently tells me.

111:

Associated with new beginnings, manifestation and alignment with your higher purpose. That it is an auspicious time to focus on your aspirations.

555:

Indicative of significant changes and transformations. An offering to embrace opportunities and root yourself in adaptability.

222:

A representation of balance, harmony, divine timing and a strong signifier that love is on the horizon for the viewer.

666:

Commonly associated with negativity it is a sign to refocus and find balance between the material and spiritual aspects of life. Prioritize self care and set healthy boundaries.

333:

Related to creativity, spiritual support, authenticity and to trust your intuition.

777:

Your self awareness has increased, a spiritual awakening with divine fortune, respecting your inner guidance and that you are on the right path.

444:

A symbol of stability, protection, strong foundations and divine support.

888:

The attraction of abundance and prosperity with roots in giving and receiving.

999:

Completion and forgiveness, space for the new beginnings to come to light, release the past and lean into preparing yourself for the future.

Through the assistant feature on my steering wheel, Google regularly tells me what each number means. This process unfolds as follows:

1. I see it on my travels
2. I prompt it with my question
3. I look for the ways it applies to my life actively seeking further reassurance in my definition of truth in what it offers to me.

At first it was hard to memorize what every angel number meant and truthfully isn't fully engrained which is why I rely on things like Google to tell remind me of their meanings but some of them have stuck, even so if I feel like I know them, it will choose different descriptions of it depending on the occasion I ask, a varied option an alternate perspective aligned with the climate and situations of the day.

When you reprogram your brain to, every time you see an angel number feel like it is drawing you closer to your goals, reaffirming what you have been working towards, that is a powerful way to train the brain. Solidify the mindset of "yes, the universe, the angels, the world is pushing and paving the path to ease my journey further to what I can destinize.*"

If seeing 888, by angel number definition tells you that abundance is coming for you or that you're already experiencing it your awareness shifts to where opportunities are and where fruits are already appearing on the plants of your life.

Abundance isn't isolated around monetary value; it can be based around abundance in sustenance, nourishment, relationships, time, mobility, strength, health, energy, opportunities, wisdom, entertainment, experiences and elegance. Every fabric of your life has the opportunity to see abundance, the abundant nature of cells that create and rejuvenate your skin.

Reprogram that processor in your skull to identify the things aligned with the times you see an angel number. Watch it become a sign that there is more to be grateful for as opposed to droll in the hateful tendencies.

The grand scheme of all this is that when you see them you can create your own definition for them based on what is going on in your life. It is a deeply personal meaning you don't have to rely on what the common norm is. With more internal reflection you create an alternative meaning significant to your personal belief. "If it ain't broke don't fix it" may be a value to follow but exercise what makes most sense to you.

333 as an angel number representing spiritual support and trust in your own intuition, places the idea that more faith needs to be in your own hands.

If 666 is the only negative angel number sign, the devil's mark is a sign to refocus. Does the meaning behind it make it that bad? While Lucifer was a fallen angel, the angel number doesn't revolve around him. Do any of these create a disturbance in the ability to own your life? I don't really see any true downside through following and directing your life to what motivates and serves you.

All in all, up to you.



Poetic Piece Destinized Boomerang

An ally in the container of electric pulses through the
cardiogram of service in a pass-through system

Stay as they do, involved in remove, the walls
in the room as a fall into blue

Depths of crashing, emotionally torn, scorn nature as an undertow
stifling hopes of adorn in a lobbed attempt for futures to be born

Self chivalry to the door you open for yourself

Held for realities where destiny is necessary in the distribution of
health, wealth and things to belt as words of joy

Watch deterioration of the elation you felt in the midst of the heat releasing flavour
steeping from recurring senses of comfort and renewed pots of motivation

Transfer of desire from a place that inspires you to keep going becomes
something you intend to forget

Magnetism in the universe's whispers of reminders and gravitational pulling
towards a binary star it took everything to revolt

The escape velocity to a perceived freedom where the shackles became that
of future bound history

States of time

State of mind

State of mascu-lines in the ground unwilling to jaywalk

Lined on the turbulence of a stone laden path with do-not-enter signs paralleling the traveling direction

A break

Perceived divine, faced with intertwined division made the equation an answer of courage

Bold approach to the lioness slashing the ground where land erodes a pit for you to traverse in isolation

Solitary no longer an option, press play to germinate with that of community, immerse into a soothing vessel of cushioning pleasant interactions

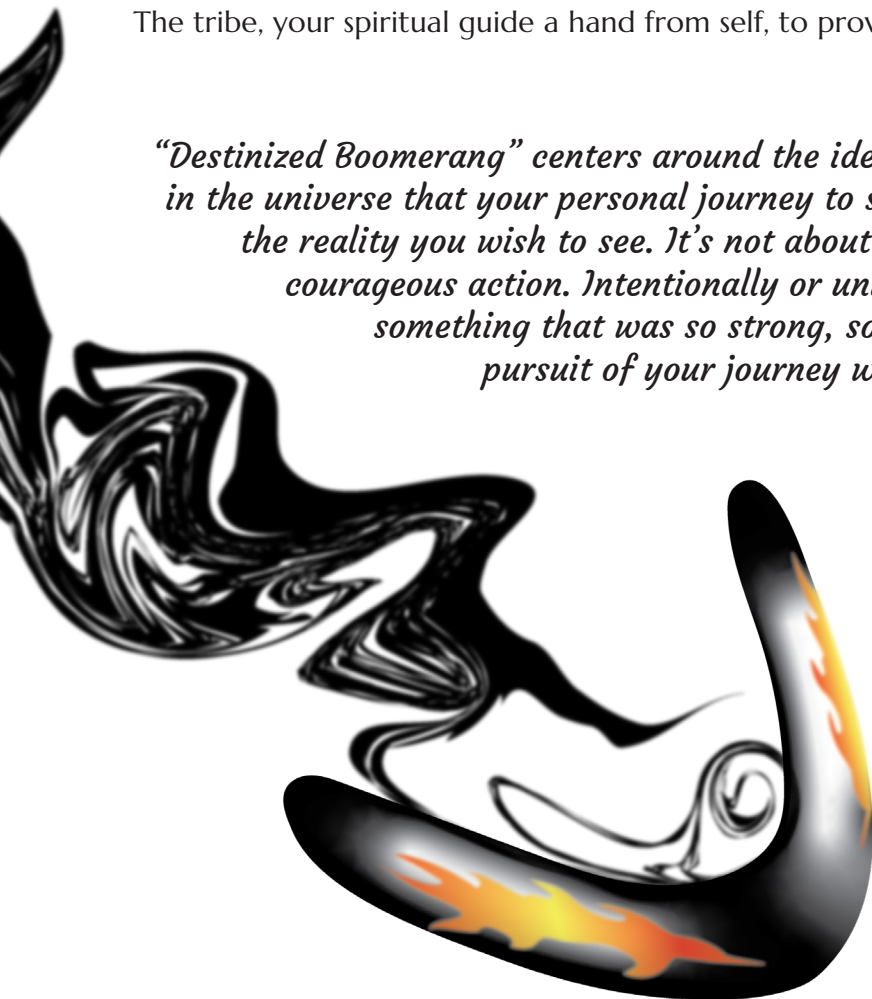
Press play on your drive to give root to the natural ecosystem where butterflies come to you

Let life protect through hard, grow with it too, not determined in absolute

Maintain with soft and inflect variety on the way it inspires the gathering of the highest being

The tribe, your spiritual guide a hand from self, to provide the reality you can't seem to shake

“Destinized Boomerang” centers around the idea of throwing things away with faith in the universe that your personal journey to shaping your destiny will bring forth the reality you wish to see. It’s not about passively waiting; it’s about taking courageous action. Intentionally or unintentionally creating the structure of something that was so strong, so capable, and fated that through the pursuit of your journey what you released eventually finds it’s way back to you.



The boomerang may take a long winding path but you are actively setting the table for it to grace the future.

A Good Word Feature:

Destinize

Meaning:

To take ownership of your ability to create your destiny. Not being at the whim of what external forces contribute to your reality but exercising your influence on your life's direction.

As mentioned in the previous article the Good Word of this issue, created by Xenon Braun, has been submitted to be added to Urban Dictionaries lexicon.

Destinize originated from a lack of a word to describe taking destiny into your own hands. In writing the preceding articles specifically the one addressing angel numbers the sentence was an internal dialogue of self-affirmation. "The universe, the angels, the world is pushing and paving the path to ease my journey further to what I can destinize."

Specificity in terminology is the foundation of creating new words. We still need destiny as a word but there are times that we want to switch the narrative from out of our control to malleable. Destinize bridges that gap in English vocabulary.

Consider the difference in these two sentences:

Somebody who says *"Everything external dictates my reality, I'll end up where I am destined to be."*

VS

Accountability in the form of a person who says *"I take ownership of my ability to destinize."*

The overarching theme is personal growth and empowerment.

What do you think? Do you like it?

Will you be adding it to your vocabulary?



Introducing:

Alabastar THE ORB MASTER

Alabastar the Orb Master is the mascot of Xenon Braun serving as the product show-caser and the face of the company.

He was designed in a coffee shop years ago, the downtown Tim Hortons in Bolton, Ontario. I can recall a day I was working on his design. Picture a young man, sitting by the fireplace, feet positioned on the footrest of the table in front of me, my clipboard pressed into my stomach. The design fastened to the board as I traced over the pencil work with my favourite pens creating the defined line work for that character. The design evolved as I put pens and pencils, even crayons I got from the restaurant.

I suited up the unnamed character at the time in clothes I designed for him and finished it off with a red crayon on his striped, jersey style shirt. After hours sitting there enjoying teas, hot chocolates or maybe even at that time still coffee I finished the piece and knew it was one of the sickest drawings I had done, unaware of the future that would arise from completing it.

It sat in my binder for years, at least five. To this day I still don't know where that binder is and luckily enough, a twist of fate resulted in the posted drawings to my @xenonbraun Instagram page making a reappearance in my life. There was a period of screen capturing all my drawings because of a rumour going around that social media was going to claim content stealing it from creators. That turned out to be a key moment in where we are today.



In 2024 years after it's creation I went searching for old artwork, the original drawing binder was nowhere to be found with the original artwork I was looking for. Frantically searching for it became the goal. I ended up finding the character in my phone's gallery. The screenshots came back to serve me well.

I added the screenshot to my laptop, transferred it to my design software, vectored it up and turned him into the digitized version of the old drawing, still without a name.

It wasn't until spring of 2025 ample time after the original drawing that with family visiting to help house sit a conversation about what to name him came up. I told my step sister that he was the Orb Master and would be the mascot for Xenon Braun. She came up with the dope ass name of Alabastar, Alabastar the Orb Master, choosing the preferred spelling with the triple A representation of an optimal character.

The journey to make him what he has become has been an interesting one and that of impromptu escalation. Initially intending to simply make something cool, but he surpassed the mark and expectation. From his clothes to his body and function within the company they all just seemed to come together in my favourite design yet. I have designed him in a custom Roman

style of clothes, two styles of Xenon Braun's fancied preference for street style clothing and topping it off with a once again custom flat cap for things I would love to bring into this world as potential physical products.

Through future animations you will see displays of designs, physical products and more through his alien-esque orb-shooting finger tips.

I look forward to the evolution of the Orb Master and his representation of the unique example Xenon Braun aims to set in the world.

Let the legacy of Xenon Braun Presents Reprogram concretize through the pages you delve into and every working mechanism integral to the message that strengthens the brand with Alabaster at the forefront as metaphorical flag pole to the excellency necessary in the professional endeavors.



Abstract Colour Spectrum Piece



One day as I was working my job as a warehouse associate, I broke a piece of wood off of a skid and was looking at it. I thought man, this is a really cool looking fleck of wood. I took my phone out zoomed in and took several photos, one sticking out to me the most. It prompted me to go right home and start working on it that weekend. It was towards the end of my time at a place I had intended to stay at but we moved and I was in a town that was an hour away. I bounced between projects for around a year, moved to another place even further and then finished the piece in 2023.

I remember taking the photo very similarly to how I create all of the designs I have a reference to work off of, just like last article with Alabaster. Transferred it to my laptop and brought it to my design software to begin. I vectored – or traced – out the intricacies of the wood chip picking and choosing the important elements from the reference.



**MIND
MY
WORKING
HANDS**

I then added a freeform gradient to it and made it look as if it was reflecting a sunset with a colour spectrum within it.

This process took me an incredibly long time as I was just learning how to use freeform gradients at the time and it can be quite finicky. My laptop also was being pushed to its limits in being able to process what I was asking of it around 15 or sometimes an awful lot more nodes in the gradient. I would change a colour, have to wait 30 seconds for it to load my changes. After something that took me tens of hours, I came to finish the initial work in grey for my little sister to see it and say, "can you do that in white, purple and blue!"

Sure, sure. 🦴

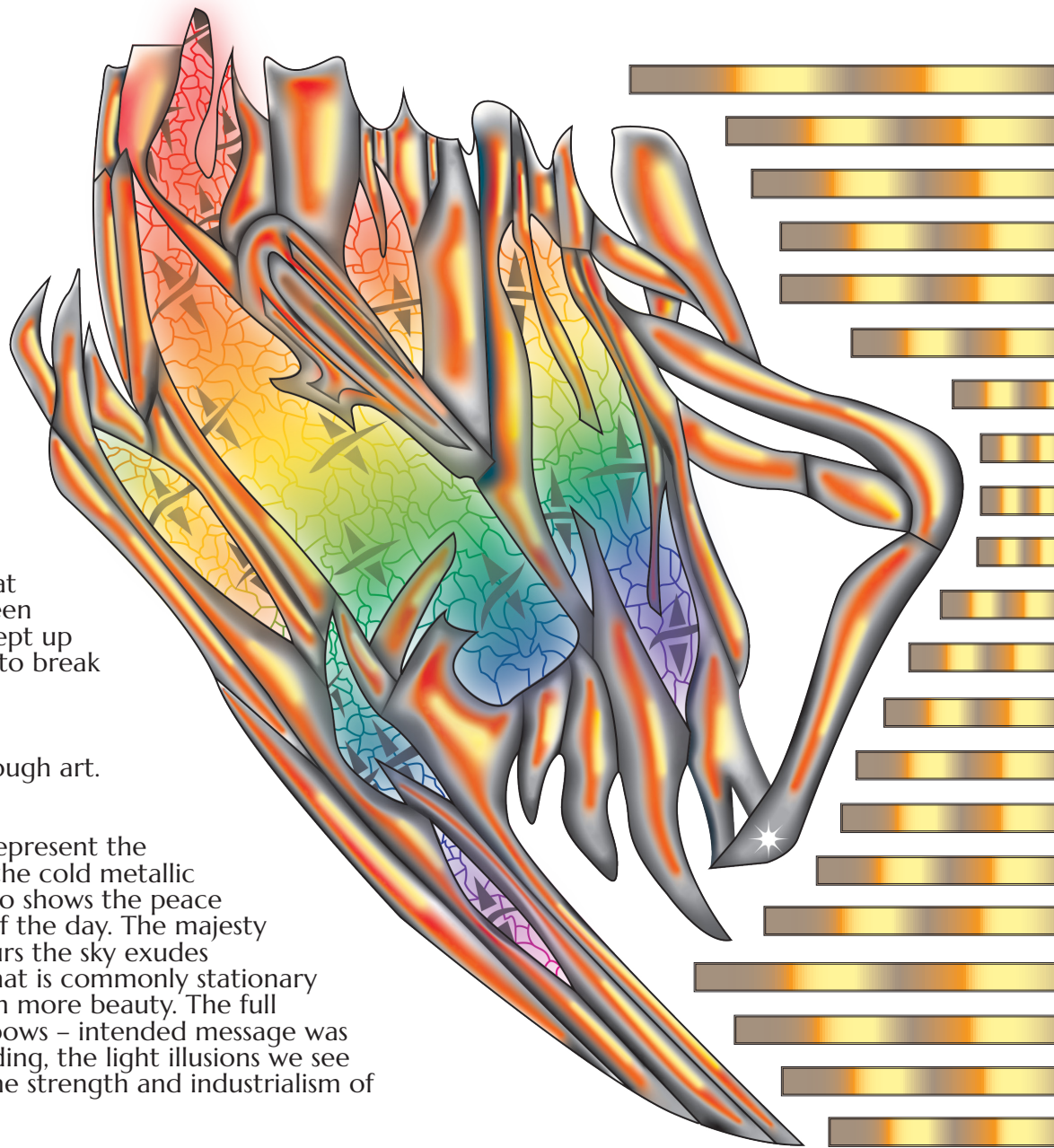
What's ten hours later?

Modifying all the colours to her liking which, side note could be so much easier to use via that tool, I got it completed so I have that one for your visual enjoyment too.

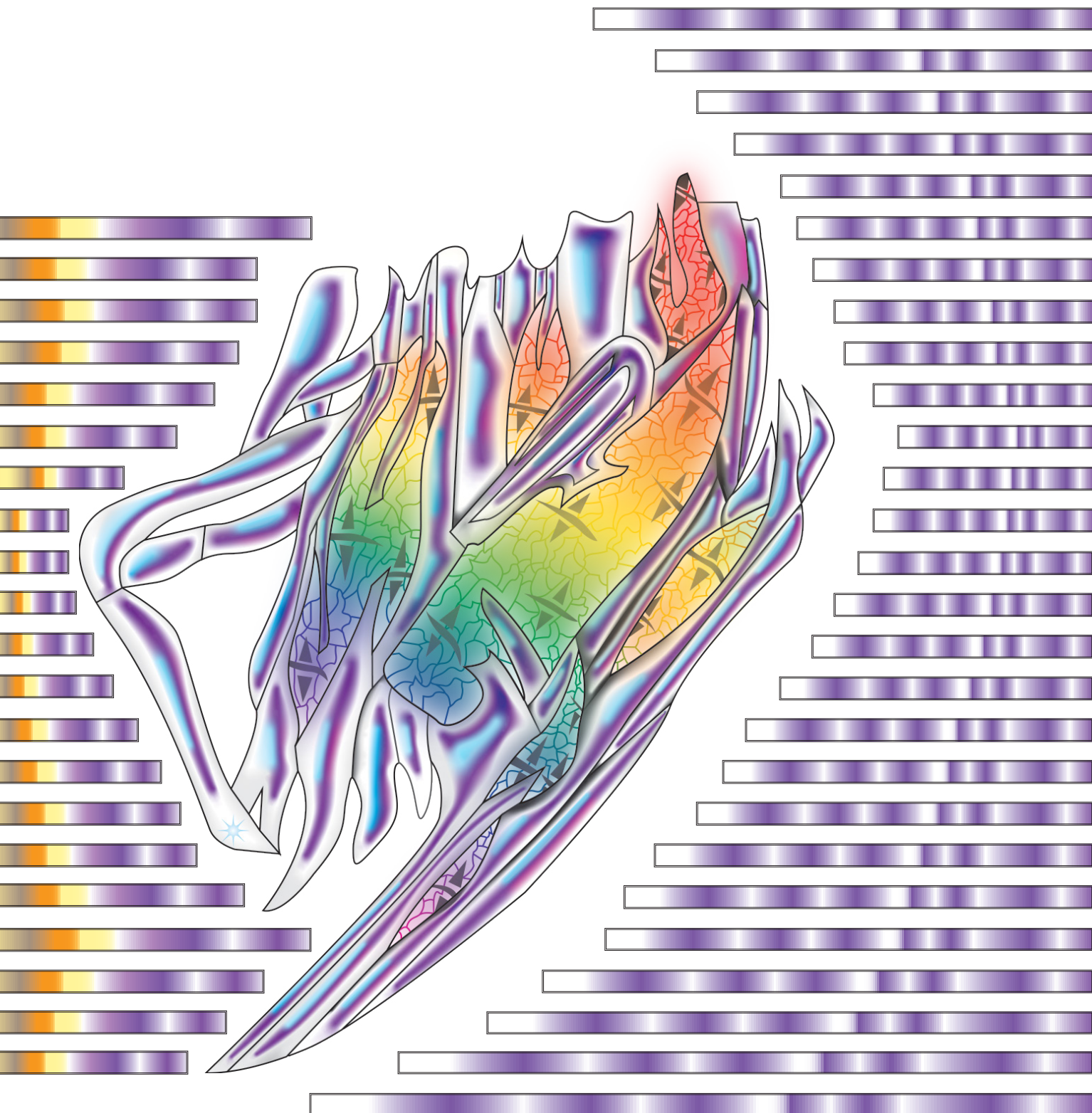
The design is a testimony to creativity and inspiration in unlikely places. One man's trash that could have just as easily been thrown on the ground, swept up into a garbage can or left to break down elsewhere.

Instead? Immortalized through art.

In the image the colours represent the peace of a sun setting on the cold metallic surface of the object. It also shows the peace that comes with the end of the day. The majesty that comes from the colours the sky exudes reflecting off something that is commonly stationary and as a container for even more beauty. The full colour spectrum – or rainbows – intended message was that of another sort of ending, the light illusions we see after rainfall paired with the strength and industrialism of metal.



I was very proud of this piece and I had people tell me it looks like a bird head, like a heart with exaggerated ventricles, a blade, different things.



**My question for you
is do you see any-
thing in it?**

SeX and What's Next

The theme of paced love making, fucking and sex throughout this magazine continues with a graphic I created of two individuals intertwined on a red leather sofa in a plainly stated graphic titled "SeX".

This graphic came from an image you can find following the rationale.

It was a long dormant design that one day I just randomly swiped a crayon across a piece of paper and made an "X" inspired by the Xenon Braun direction, and happened to land in a place where the rest of the word fell into place. Wrote the "S" and then fit the "e" in-between it.

Following that I put it into a slip sheet, placed it in a drawing binder and didn't touch it again for years. Going through images on my phone I found the graphic. I vectored it out, researched some love making couples – surprisingly an actual good use of pornography – vectored them out as well, improvised the red sofa and turned it into a design showcasing the intimate reality of SeX. Sticking to the theme of lovers connecting in a full experience between two people.

I encourage the narrative that sex makes the world go round but is not to be abused with multiple partners carelessly, let your body really soak up somebody who means something to you rather than absorbing the energy of everybody you engage with romantically and sexually.

Literally soak them up as germs are not the only thing mingling sexually, it is every piece of the good and bad – joy, anxiety, reservations that influence you after that transfer integrating to every orifice physically and mentally.

The wrong person can have you walking around with a stick up your ass for days and that's a metaphor for the stick up theirs tinting your reality to the way they see things from the unintentional transfer of energy.

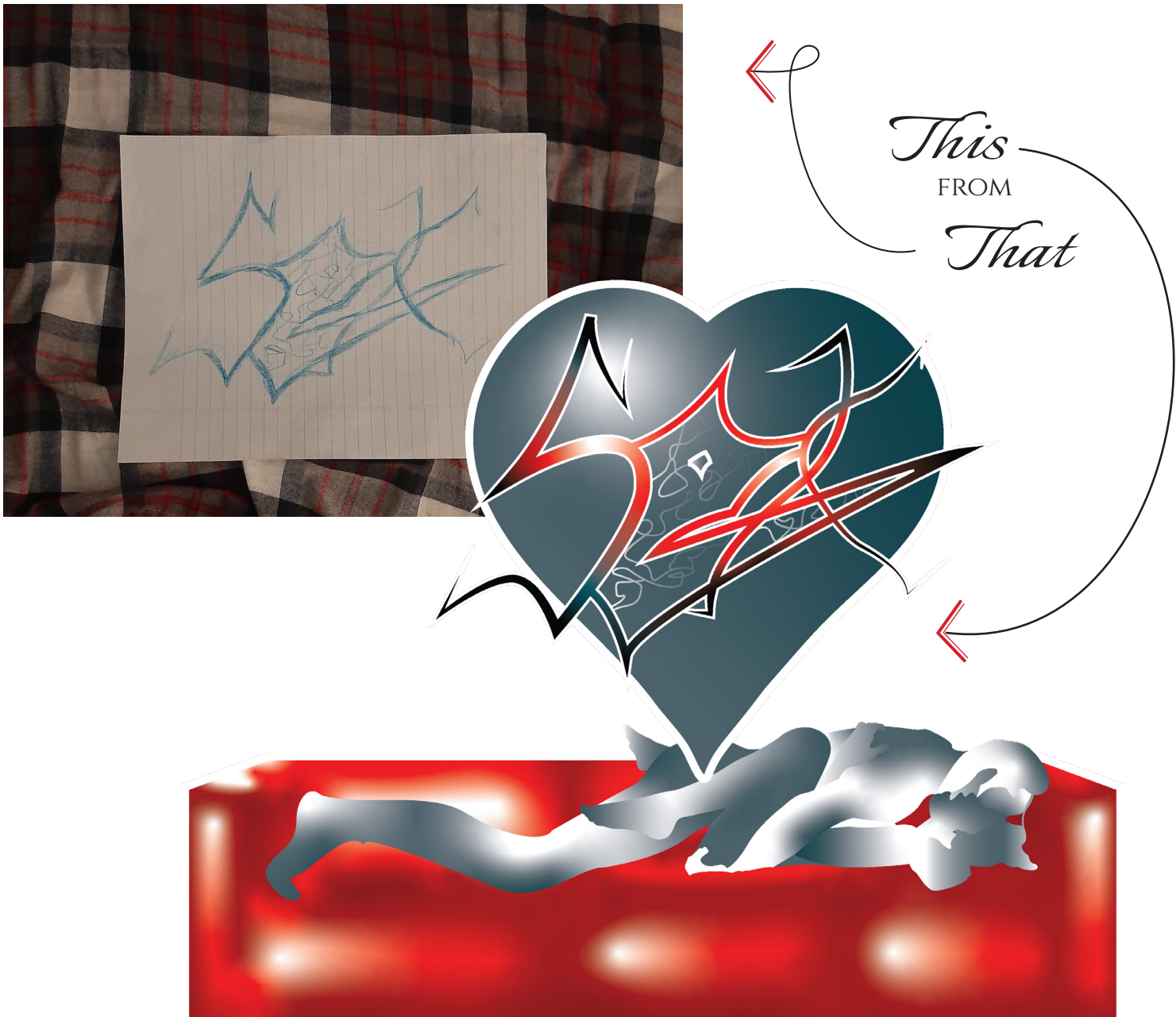
To humanity there is no need to rush things, if you have somebody who is rushing things with you, let them leave you in the dust of your values, waiting for whatever you wish with a person – the right person. They will meet you where you're at and if somebody isn't moving at your pace, save yourself the time and find the person who gives you what you need.

I wish us all healthy sexual relationships with others and with ourselves respect sex, respect our partners and those who choose sex with whoever they do.

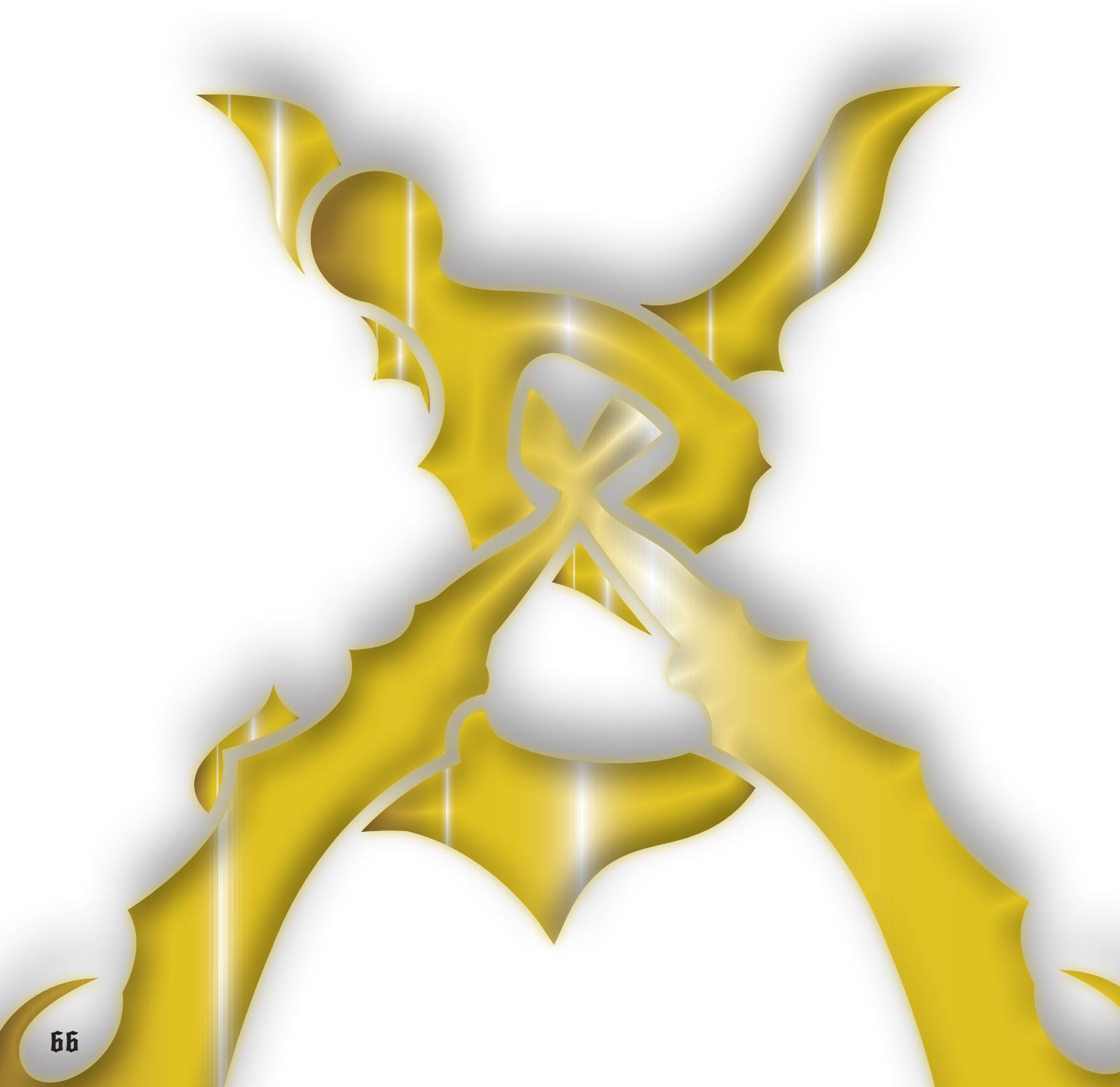
Men, sex is not attached to your worth.

Women, sex does not devalue you.

You don't have to push so heavily for it and
you should save it for the most deserving.



Raising the Bar



from Mediocrity

To finish off this issue of Xenon Braun Presents Reprogram I want to remind or raise awareness that most of us aren't hitting the mark on our potential.

It may be a myth that we use 10 percent of our brains; the smallest activities are said to light up the majority of our brains.

Learning new things is significant for us to reduce the cognitive decline that can come over the years.

Placing the cap on your achievement with mediocrity purported as success in this life destroys your brain and highest potential for the future.

Mental and physical inactivity are part of the bar, we aren't hitting. Learning things pushes you in a strong direction.

Physical exercise as small as walking is a step in the right direction. Dancing, yoga, anything that gets your body moving helps to stimulate your brain.

Mentally, playing games, reading, creative activities, social activities and when you really don't want to do anything listening to music and meditating are expansive activities that can engage and challenge the brain promoting neuroplasticity increasing the brain's ability to reorient itself through its neural connections.

Tackle some of those activities through expansion especially in things that are new to you and you level up little by little.

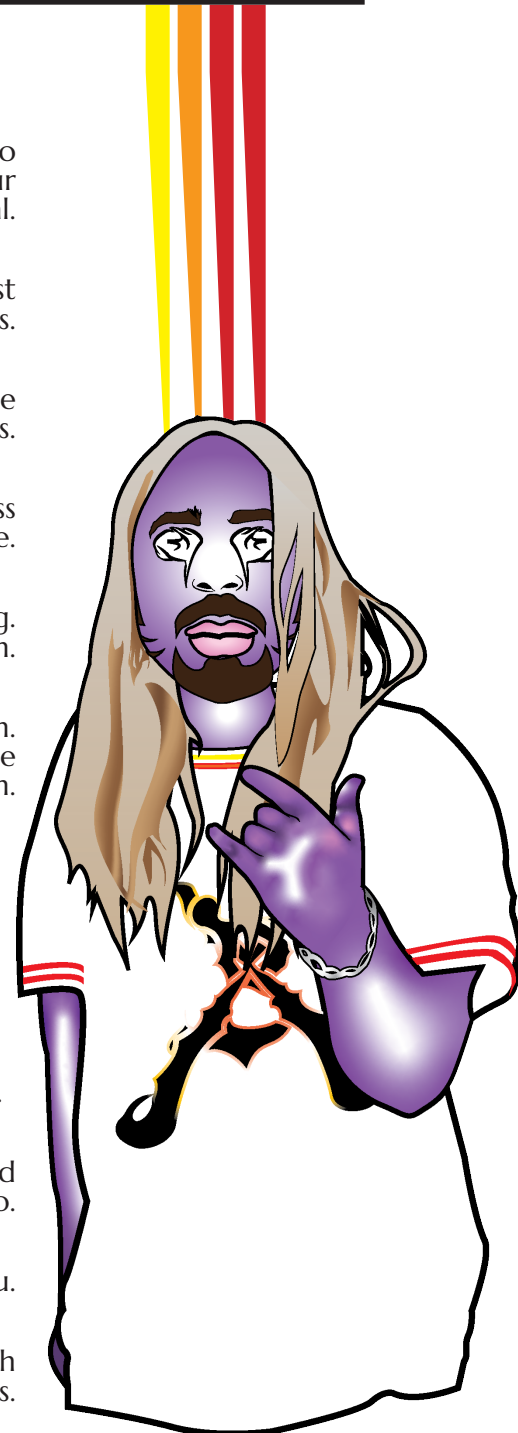
Find something special and work towards it. Supersede mediocrity and exceed your limitations in what we think we are supposed to do.

A piece of me, to a peace for you.

Things that I have learned and continued to expand myself through learning about while writing these articles.

I hope you have enjoyed Issue One of Reprogram.

I wish you well,



Xenon Braun

Get to Know Xe

Xenon Braun also known as Joshua Braun-Cromwell is a 28-year-old from Ontario Canada. Born in Toronto he currently resides in a small-town northeast of Orangeville, Ontario. Xenon creates artworks and literary pieces through personal interest and strengthening the history of things he experiences. His interest piqued with creative works in high-school where he began to refine his skills in digital design and writing.

Attracting the attention of his classmates with his powerful writing and oral presentation of the issues pertaining to modern technology. The risks associated with listening devices in the home – a concern that later became commonplace in society.

He has faced challenges with mental health in his adolescence, later attending Toronto Film School in 2019 and not completing his program, due to those issues. Working in warehousing opportunities since, insecurities in survival jobs have given him the free time where he has devoted his time to actualize the first issue of Reprogram.

Xenon's ultimate goal is to create a better world for the human race through inspiring initiative and care amongst the people in his home country so they can better serve the world and everybody in it. Fascinated by language he is not limited by the bounds of what exists and thrives off of innovation in products, industry and language.

Looking forward to fostering alternative perspectives, growing the Xenon Braun brand and challenging you to reflect on your own world and the ways you can contribute to the greater scope.

Reprogramming the diss I love to use for the utmost deserving
"go fuck yourself like there's no tomorrow."

Go on to fuck the world in the most pleasurable intimate moment like there's no tomorrow.

It deserves all your good lovin'.



Reprogram Improvised Wording Glossary

Adeption - The attainment of achieving something, the word was removed in the 1980s or possibly never existed at all? How there is a definition for something that never existed is beyond me.

Destinize - To take ownership of your ability to create your destiny. Not being at the whim of what external forces contribute to your reality but exercising your influence on your life's direction.

Compository - Relating to the composing typically in music, the arrangement of compositional components.

Ixnaying - The process of stopping or canceling something.

Redirective - Having the property of changing the course or direction of something

Refractory Revision - Stubborn revisions, committed change