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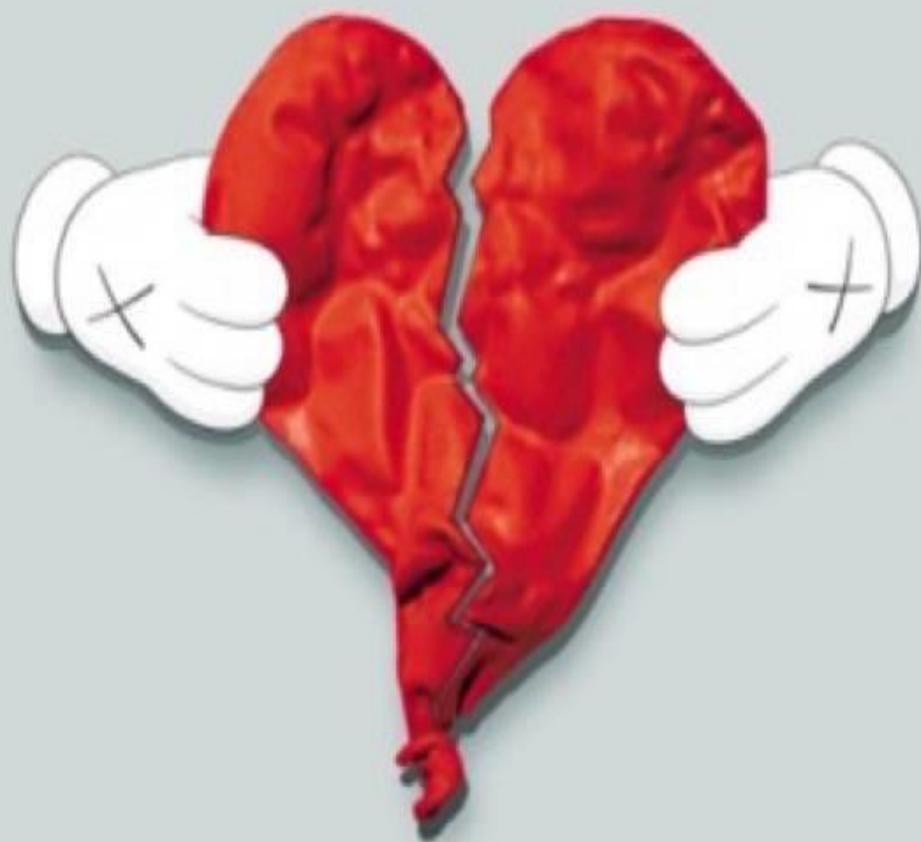
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KANYE WEST



BOBS & HEARTBREAK

808's and Heartbreaks

"I bet if I give all my love, then nothing is gonna tear us apart". That line marked the peak of romanticism and its entrance into hip-hop. It's a very naïve statement, one that is subjective, hopeful and detached from reality. It is as if Drake has taken love heroine; it is impulsive and desperate – it drips of anxiety and wishful thinking. In an age of romanticism, it is beautiful hence its success on the billboard charts, it peaked at number 1. This song comes off Drake's debut album "Thank Me Later" and the title of the song is "Find Your Love" written and produced by Kanye West. Kanye West is an amazing artist. He ushered in this new sound and made hip-hop lyrics more descriptive, more abstract. Sure, we had artists like Common who could paint pictures with their words and use words to evoke feelings but Kanye went a step further – he could do it with beats to create a mood, an atmosphere. He brought something new to hip-hop, something fresh. He was so innovative. He is the greatest creative of our time.

In 2008, he released his fourth album 808's and Heartbreaks. It was completely new from anything he had ever done before. It was risky. However, romanticism had been at its peak. We had songs on the radio about love dominating. The Romantic Comedy genre was booming and Hollywood was hard at work. Love and romanticism was popular culture. This was reflected when Jay-Z, hip-hop's biggest and greatest star released a song titled "03 Bonnie and Clyde" in which he proclaimed "All I need in this life of sin, is me and my girlfriend". Tabloids and magazines went crazy with the idea, Jay-Z had proclaimed to the world that Beyoncé was his girlfriend – it was amazing, mystical and majestic! Once again, Kanye West was at the heart of it all – it was he who produced "03' Bonnie and Clyde". So there was a destiny to the release of "808's and Heartbreaks". Being Kanye, the album had to be different and fresh – a sound no one has ever heard before. To do this, he had to deconstruct the Rap genre only to reconstruct it again. For this album he would use all sort of drums, melodies, auto-tune, deep, heavy strings, keyboards and pianos. His lyrics were melancholic, desperate, full of loneliness, dread, rue, resentment, sometimes hopeful and optimistic but detached from reality. It was such a grand idea – mind blowing concept but only execution mattered, he was in uncharted territory and only excellence would do and it did!

The first track of the album takes off from "Find Your Love" in the sense that he gives everything to this girl. Instead of reciprocating she's distant and makes half-baked promises. You see this girl doesn't really love Kanye and eventually he sees this and breaks up with her. "Say You Will" is about Kanye venting out his troubles and anxieties. Kanye is caught up and in a world of his own. He is sad and wishes things were different. Kanye wishes that this girl loved her, this is reflected in the lyrics "I admit that I, still fantasize about you". The chorus "Hey, hey, hey don't say you will, unless you will" protests and confronts but he does this subjectively in his mind because he is alone and contemplative. The looped beat is symbolic of how pathological promises are and it communicates that Kanye West is locked in trance – a world of his own. Further, it sets the mood of the album and preheats the listener to the sound of the album namely that it will be rich in melodies, drums and sorrowful lyrics and venting.

The album commences with the second track "Welcome to Heartbreak". The song starts off with heavy strings that communicate anxiety and distress. The lyrics are full of disappointment and the notion that everything always goes wrong. The song features Kid Cudi who is known for moaning and groaning in his songs. He gives the song edge and his tone complements the song's texture and sorrowful melodies. The song is the equivalence of "why always me"? The song that follows is "Heartless", it tells the tale of how Kanye West met a girl who changed his life. A girl who showed him human nature. He describes her as cold and devoid of a heart. The beat is up-tempo, repetitive and easy on the ear. This is a dramatic turn from "Welcome to Heartbreak" and it sets the mood for

the upcoming songs. We can assume that the girl he is referring to on Heartless is the same girl on "Say You Will" because not delivering a promise has legitimate grounds to being heartless especially in the context of something so complicated as love. Again, the song is in the first person indicating that Kanye felt a direct injustice – something covered on "Say You Will".

The fourth track "Amazing" takes off from the upbeat and up-tempo "Heartless". It is endorsed by powerful kick drums and complimented with soulful melodic keys. It is your typical Kanye West song. It is strong, affirmed, assured and a confidence booster. The song is egotistical and narcissistic. He prides himself to being a great prize. The use of "amazing" as an adjective communicates superiority and being number one. It is an infectious statement and one he says no one will ever take away from him. It is the rare moment in the album where he is upbeat and confident of himself. The next track "Love lockdown" is about the glory of falling in love. How it can hypnotize and keep you in a trance. The song is up-beat, rich with multiple drums and complimented with piercing keys. It is musical, cohesive and concise. It sounds like the best day ever! It is an iconic song, the first single of the album.

The next song "Paranoid" is a tale of the common ground most relationships reach in this era of romanticism. Namely, that everything is great at first and you are in love as exhibited on "Love Lockdown" but as time goes on you get fed up with one another, you fight, get irritated by one another and ultimately hate one another. Kanye West explores the obsessive nature of relationships in this phase – it is only natural in this era of romanticism that when you love someone, you want to possess him/her and know everything about that particular person. Spying and surveillance becomes the norm. At this stage of the album Kanye West is rational stating "You worry about the wrong things, the wrong things, you worry about the wrong things." Once again, his contemplative.

He continues contemplating on "Robocop" and tables a "pros and cons" list. He discovers a lot of bad than good. Kanye feels confined, restricted cooped up in her little cell. He describes her as a "drama-queen" and questions why she is always surveilling him and checking everything! Kanye West at this point is fed up because she never stops – she likens her to a Robocop an entity that's suffocating and challenging his freedom with no recess. He states that she is crazy, but he loves that about her, however it's not enough. He makes a decision to leave her and cites the reason as her being a "Spoiled little LA girl."

Now single on "Streetlights" he is optimistic about life again. He feels liberated. It is as if for the first time in his life, his alive and it excites him. He realizes for the first time that everything in the world ultimately fades and he wants to experience life. As an individual, he has goals and destinations that he has to go to and his hoping the streetlights will illuminate the path for him. The song is optimistic and has a good feeling about it. A departure from the earlier songs in the album. The beat is energizing and forward-going. The melodies are more golden and spirited with plenty of life. The song is soothing, motivated and beautiful. At least that's what it sounds like, despite the optimism of the beat, the golden and rich melodies, the song has a terrible and dark anti-climax. There is an internal confliction – the beat and the melodies are a deception. While Kanye feels like he has done everything he could to get to his destination, he remains stagnant and he is left a frustrated figure. Ultimately confessing that life is not fair. The realization that maybe the streetlights lead nowhere. He questions his life – he questions his destiny.

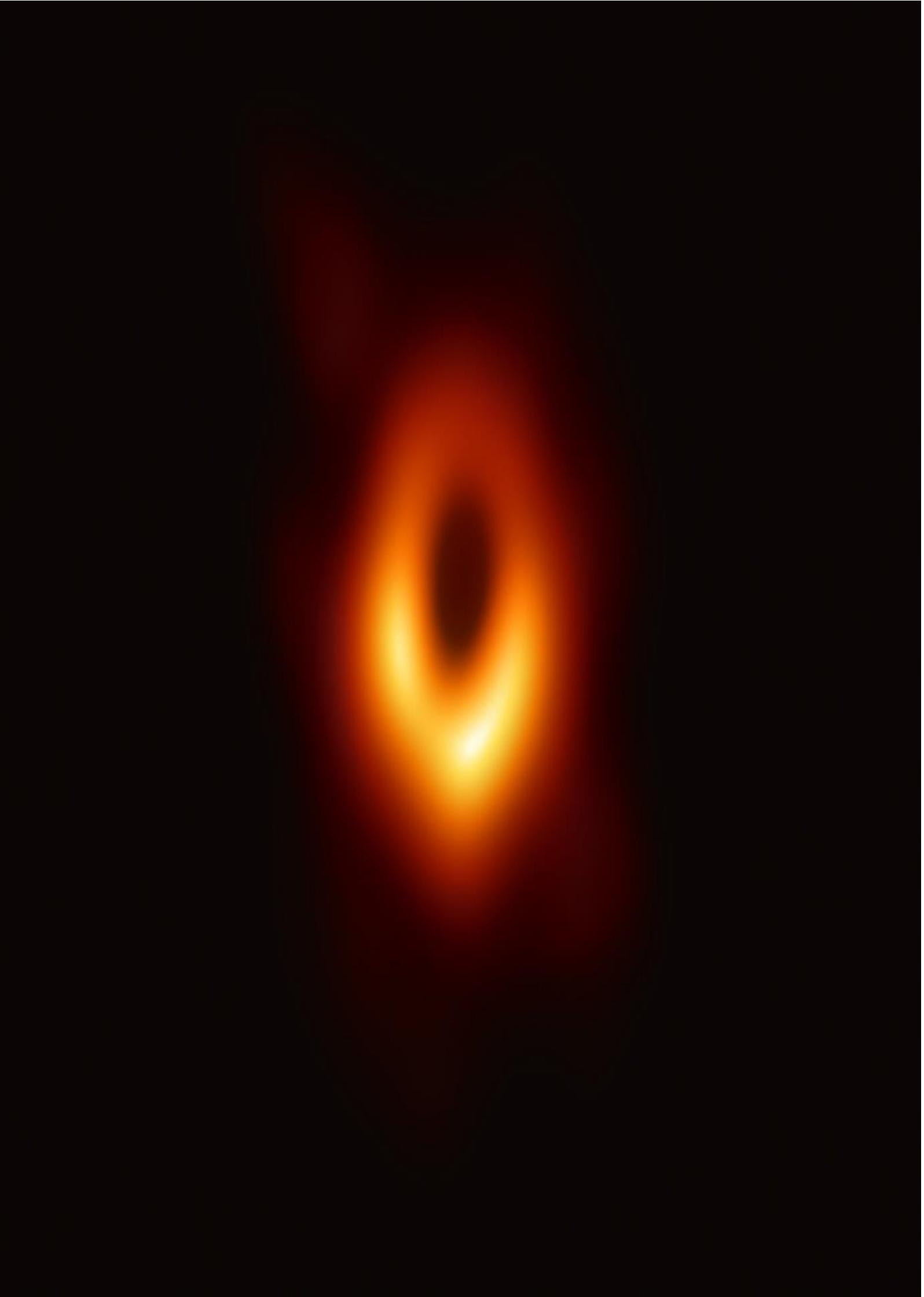
Kanye once again drifts off into melancholy on "Bad News". He once again contemplates about the girl on "Say You Will" and thinks about her betrayal. The fact that he loved her and she wasn't emotionally there for him instead she had somebody on the side. Kanye West sees everything in blue and this is reflected with the violins and other strings in this song. They emphasize Kanye's

sadness and paint a picture of rue and heartbreak. He just can't stop thinking about her. The power of melancholy is that it enables you to reflect, it slows you down and takes the will of life out of you, leaving you in shambles and tatters. At this point of the album Kanye West feels broken.

On the next song "See You in My Nightmares" we see a different Kanye. He is resentful and angry. The anger in the song makes him passionate and forceful. Anger is the next stage from melancholy because it enables you to act. He takes out all the hurt and confusion of the album in this song. The song is grand and bold. It has synthesizers that echo and robust hip-hop beats with additional vocals from Lil Wayne. It is a therapeutic song for Kanye West in the context of the album. This song will help him move on. On the last track of the album "Coldest Winter" he makes peace with everything and falls in the background of the hard, hitting drums. On "Coldest Winter" he bids goodbye to the girl in the intro whom he loved. However, a powerful realization just came to me, he could be bidding goodbye to his mother who died round about the same time he created "808's and Heartbreaks". He states "Good bye my friend, I won't ever love again. Never again" – that's powerful and it sheds important insight to his frame of mind. Of course, Kanye can "love" again via romantic relationship and he has done with Kim Kardashian – but when your mother dies, that's it you can make that powerful declaration of not loving ever again. No one is like your mother. A masterful creative project from Kanye West! So emotionally charged and beautiful in a tragic way. One of his best albums. People 50 years from now will listen to it and think "WOW"!

The hidden track of the album "Pinocchio Story" is a very sophisticated song. It is very lively and intelligent. It covers the topic of existentialism – the meaning of life. Pinocchio is a wooden puppet who has a lot of questions about life. He lacks a self-campus and seeks to find self-worth from the outside world. His deep hatred of himself makes him want to be a "real boy". Kanye West uses Pinocchio as a metaphor to communicate his worries and troubles – to make a connection between the "real" and the abstract. Kanye West questions the validity of life, its essence, its fabric and whether the life of fame is worth it. He looks at his own life and notes that it's too material and those worldly assets are making him empty inside. He feels like a wooden object devoid of emotions like love – like Pinocchio. There's this comical irony in this story; Pinocchio seeks a self-identity from the outside world and Kanye West finds nothing from the outside world instead, the outside world makes him empty and feeling worthless. Since Kanye West is already a "real boy", he feels being alone with himself again will make him "real". In the context of the song "real" is the ability to love. He doesn't find answers in the song, his just being thoughtful and thinking out loud. His confused about life and the meaning of it and he consults with a wise man who advises him that one day he'll find his way.





Blackhole

The thing about wanting to be successful and rich is that you have to start from being broke and poor or with nothing. It's the natural order of life. It requires great effort, perseverance, will and a lot of determination. It requires bargaining with the future. It requires delaying gratification. It requires the mind to travel where the body hasn't. It requires an imaginative brain. That's all it needs – the mind and it makes sense because it creates what constitutes as reality. The science of "seeing" is amazing! We observe an object with our eyes and it reflects back to the mind generating the illusion of matter. I use the word illusion because how can we be sure? Touch impulses are also created by the mind. Everything about our perceived reality: what we smell, touch, feel – all created by neuro activity in the mind, it is where everything stems. If there is any instrument you must fall in love with and fetishize, it is the human brain – the most miraculous, awe-inspiring, information processing tool devised in the known universe with a complexity we can't even begin to fathom and with dimensional powers that far outstrip any piece of technology in sophistication and usefulness. So if you want something, it has to be apparent in the mind first and the body has to follow through like a moving average to generate results that are exponential onto the objective world.

How do we get the desired results? Focus. I was inspired by former soccer player Carles Puyol who played his football for FC Barcelona and the Spanish national team. FC Barcelona are known for producing very technical players – by trait, players who are good with the ball on their feet, ball playing players – naturals, players who can pass the ball particularly well and create space for themselves to maneuver around to create opportunities for teammates and score. Puyol didn't seem to fit the profile. There were a lot of things wrong with him. He was not technically good, he was not a passer and he wasn't able to create space for himself and his teammates. However, he possessed traits none of the talented players had. He was tenacious, spirited, strong, affirmed, reliable, concrete, vocal and a very hard worker. He organized the talented players of FC Barcelona and oversaw everything as the anchor of the defense, the sweeper – with him as captain, leader, voice and pulse FC Barcelona and the Spanish national team hardly conceded a goal. He was a disciplinarian, he led by example and gave everything he had when he was on the pitch. Facing him was daunting. He was intimidating. He always looked serious and hardly smiled. Gerrard Pique his center-back partner for both FC Barcelona and Spain once disclosed that in a match where FC Barcelona were leading 5-0, Puyol was still serious as ever, shouting, organizing and instructing his players to focus – it was as if it were a World Cup final with FC Barcelona leading with a slender margin. Puyol was consistent. His mother once disclosed that she was scared of watching him play because he had no regard for his body. That wasn't the case, he simply focused on the ball with all of his might and energy. He was a winner. His mind was always engaged in the play – he was inspiring, the best defender in the history of Spanish Football. For FC Barcelona he won 6 trophies in a year – a feat that hasn't been matched by any team in the world – period! For Spain, he won the European Championship in 2008 and two years later won the World Cup in South Africa – scoring in the semi-final against Germany in the 1-0 victory that took them to the finals. Puyol was a winner in his mind and it reflected in the world. Footballs last pure defender!

To make something stick, it requires attention and focus. It requires a routine that will amount to a positive habit towards the realization of your goal. It requires your time. It requires patience. All this will amount to mastery – and mastery produces desired personalized, subjective results. Mastery is not a function of genius or talent. It is a function of time and intense focus applied to a particular field of knowledge. Mastery is not a question of genetics or luck, but of following your natural inclinations and the deep desire that stirs you from within. Your true self does not speak in words or banal phrases. Its voice comes from deep within you, from the substrata of your psyche, from

something embedded physically within. It emanates from your uniqueness and it communicates through sensations and powerful desires that seem to transcend you!

Earlier in the year a team of 200 scientists came together in an attempt to get proof for Blackhole in our milky-way. They set-up 8 satellites around the world and concentrated the frequency on location where they thought it was. They gathered up data from each satellite and flew the data to the destination of a super computer they planned to use to help with the process. The data they accumulated had the storage space of over 30 TB! They crunched up the data in the super computer hoping it would generate a picture or some sort of proof. What they saw was unbelievable! There it was, the Blackhole. The way Albert Einstein had hypothesized. It had been a theory before this, but now there it was! From the picture you could see the gasses, EH (Event Horizon) and you could imagine the singularity within the Blackhole. It was ground-breaking! What a step for humankind – we did it again! Science wins and genius of Albert Einstein cannot be stated using words in the English vocabulary only, we need formulas and numbers and assistance from other forms of life beyond our Solar System! We can entertain that thought now – intelligent life forms in our universe besides us, we have proof the universe exists by virtue of the Big Bang! How important is that in the context of history? It's amazing!

With this in mind we have to realize that the universe consists or is made up of information. This information is indestructible! Like how Hydrogen can create stars and water. Water is essentially H₂O – which is 2 Hydrogen molecules and 1 Oxygen molecule. To create stars that shine in the night time you need Hydrogen and other molecules that I don't know off. All that is in essence information and it is indestructible in the realm of the universe. Hypothetically, even if you burn a paper with information on it. Theoretically, all that can be retrieved – hence indestructible. What this fundamental law of the Universe states is that everything counts! Every step, every moment, every action, every inaction, every word, every chance, every touch, every wink, every fuck and every breath – it is indestructible! Blackholes by make swallow matter, gasses, planets, energy and just about everything in the Universe. It is what they feed on. The energy you bring to the world nourishes the universe – it brings you closer to the soul of the universe. Things you acknowledge or view as failures in life are merely information to the Universe. You can choose to do something else tomorrow, there's simply no time to dwell or rue in the past. The past is an illusion swallowed up by the Blackhole and you dictate if it's positive or negative in your mind. If you continually feed the Universe with your energy, your results will be compounded! That's why you can never stop moving forward. Every effort and sacrifice is noted down by the Universe because it drains your energy – the Universe is alive because of your energy. You enable things to keep moving! What all this means is that if you push yourself hard and often against the universe, cracks will begin to emerge and behind those cracks are your dreams amplified beyond your wildest dreams. The universe amplifies dreams because it too is "living" on a time constraint. It too meditates on our common ground – namely death and if you nourish it with your positive energy and your dreams, it will help you fulfill them before its time. Never stop living the life of self-actualization! Stay connected to your destiny and focus!





Infatuations

I think an erection is the best compliment you can pay someone. For it communicates, you excite me, I love you, you drive me crazy! It cannot be hidden, it is phallic. The moment when psychology and physiology are perfectly aligned. It is too awesome. I liken an erection to an infatuation, they are similar in a lot of ways. Firstly, they are a product of the mind and they both need the mind to fill in the blank spaces. Infatuations are a strong desire for someone and well the same criteria is met for an erection. They are both passionate and mystical in the realm of the universe. An infatuation is love, it is a projection, and it is seductive. Popular culture as has attached a sinister connotation to the word seduction and it's completely misleading. Seduction is arousal, seduction is sexy, seduction playful energy, seduction is stimulation for the mind, it is indirect and unguarded, it is filling in the blank lines, it is reading between the lines, it is subtle and it is for the imaginative. When you are infatuated with someone, all you do is think about that particular person. You make them bigger than they actually are. You project all your dreams and hopes onto that person. That person becomes the best thing that has ever happened to you. When you are infatuated, you become ultra-attentive to that person, you are focused, motivated to find out what makes her tick. The revelations you get are ground-breaking and you want to internalize them hoping that it will bring you closer to her spirit, her energy. You become trapped in a world where she is the elusive woman of perfection and that further seduces you making her a god-like figure. Detached from reality you fail to see the disappointing truth. Infatuations bring light to this dark world.

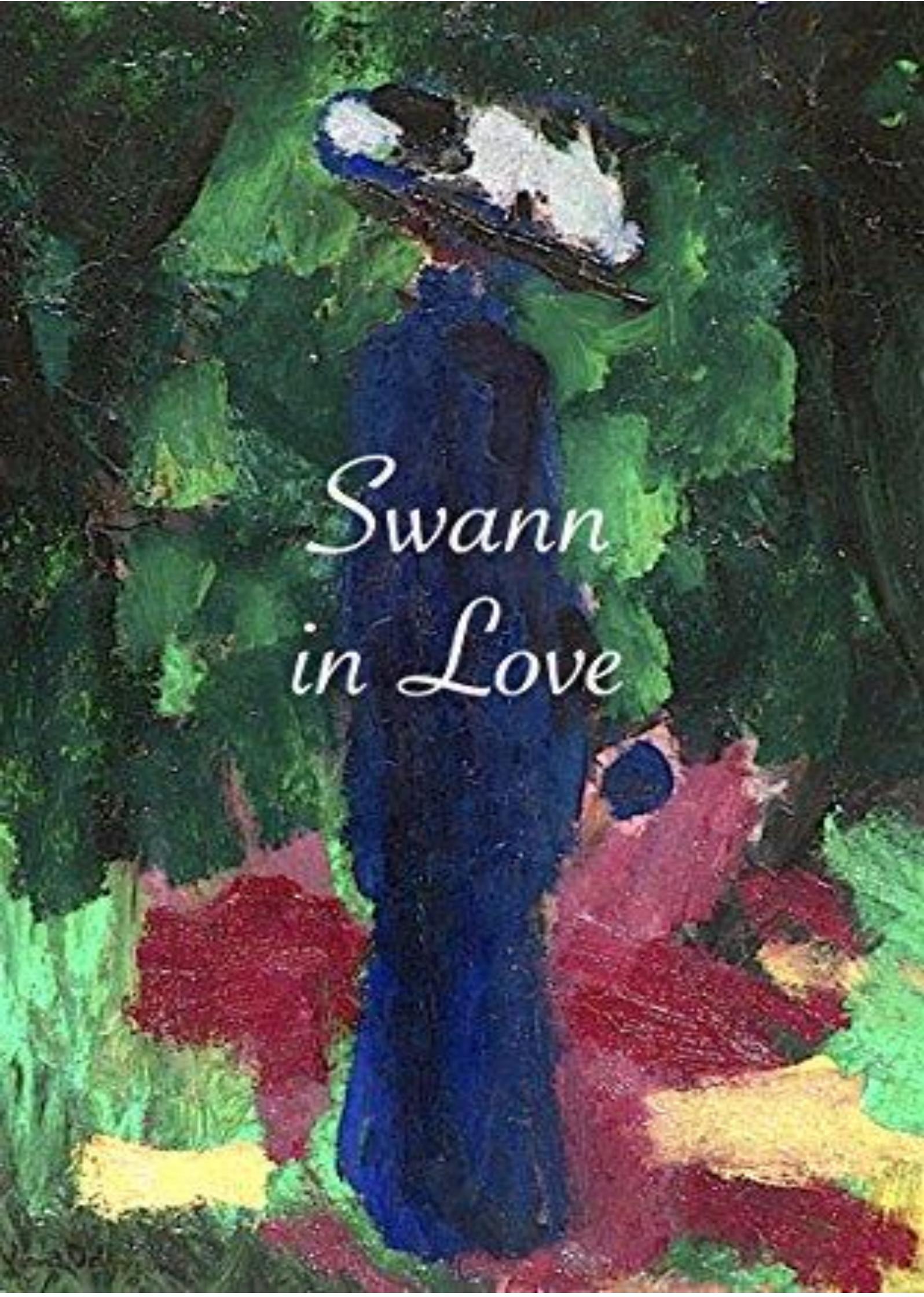
Human beings have this weird ritual they do when they are in love. They call it kissing and it is strange and so risky. What they do is to lean forward towards one another making their lips touch and often exchange saliva in the process. It is a form of embracing one another. What this ritual is about is acceptance. Meaning, I am letting you invade my space and be all up in my face because I accept you and trust you. It fosters closer relations. It is effective because it is consensual. It sparks neural circuitry in the mind thus inducing the feel good substance in the brain known as dopamine. This process makes human beings feel closer. It also excites the physiology of the participants. When the physiology of the two participates is excited and aroused, it often leads to coitus. Coitus or sexual intercourse is a release – the moment when your impulses take over and you lose control, this is triggered by the amygdala. However, sex has an interesting complex namely the human dilemma whereby we often separate life in two realms – mind and body. We see the two entities (mind and body) as separate and we desperately want to see them as one. Sex without empathy negates the personality (mind) and objectifies the body. Lovemaking is, at its best an act of mutual empathy, at its worst it lacks any such emotional mutuality. Sex without empathy is not sexy, it is not seductive, it becomes mechanical and an outlet vent out your frustrations of the world – and it shouldn't be because it is a mutual undertaking. One of the things I love about infatuations is that you want to please the partner you are infatuated by and as such you will pull off all the stops to make the activity worthwhile.

Sex can be a complicated endeavor to enter into. Namely because you want the activity to be enjoyable for the parties involved. Most of the time, you can write off the activity as a success if both parties reached orgasms. It is a tricky thing for men to impart to their female counterparts. For men, penetration into the vagina will most of the time do. However, penetration for women is often not enough. This is because of their neural circuitry. By trait women and men are different. This is noted in the ways boys and girls play when they are young. Boys are threatened by anything that might challenge their independence so they play in big numbers and their insistent is on competition. While girls by contrast are more threatened by a rupture in their relationships so they play in small groups with their insistence on quality and thoroughness. As such, women often need

special attention to reach orgasm. Sigmund Freud once stated that penetration was enough to give a woman an orgasm but that's such a manly answer isn't it? I mean it works for us, surely it will work for them. Sometimes, it happens but it is not the most effective way to do it. To give a woman an orgasm, you need imagination – to play in the realm of the mind. After a long seduction process in which gratification was delayed and the mind was stimulated sure, an orgasm through penetration is likely but still not a 100 percent. Cunnilingus is the best way to do it. I will explain.

From a young age, girls are exposed to their own mortality. This happens when stages like menopause begin. It is a scary and confusing dilemma for a young girl, some are embarrassed. However, something happens subconsciously looking at their own mortality they draw-in into themselves, they train themselves to look at the world with a naked eye, they become more emotionally attuned, they can distinguish what's right from wrong, they become grounded and they plan better – they become conscious, while by contrast boys are playing Grand Theft Auto and not taking anything seriously. It is the fundamental difference between boys and girls. Cunnilingus like the act of kissing is acceptance but acceptance multiplied to a hundred. When she allows you to go down on her, it communicates trust with her body. She's vulnerable, naked and completely at your mercy. She's trusting you with her insecurities. You have a complete grip over her mind. Cunnilingus is mind magic, it is mind witchcraft, it is a spell for the mind – a trance, it's unwritten, it's abstract, it's seductive, it's metaphysical and out of this world! When you are engaged in Cunnilingus, there's attention, there's focus and the will to do it right. Cunnilingus serves underlying desires and fantasies. Cunnilingus will give her an orgasm every time.

The danger about infatuations is real life but then again erections become flaccid – nothing lasts forever. The positive news is that we could refresh, a second erection is a real possibility. Infatuations give us a platform to build something substantial. They are passionate, impulsive, subjective, chaotic and beautiful. For if we can move from the initial infatuation stage to compassion and understanding we will have a concrete relationship and we will have a chance to recreate that infatuation stage since it is a product of the mind. We can create an infatuation loop that will be eternal. By withholding sex and keeping our clothes on whilst remaining affectionate with another, touching, kissing and “dry-humping”. Another thing we could do is send nude pictures to one another not too explicit though we have to leave much to the imagination of the brain so it could fill in the blank spaces like a crossword puzzle. Maybe instead of penetration, Fellatio, that will leave every man in the face of this earth grateful! Maybe I wanted you for your body at first but you can show me a different dimension, a different perspective, a different angle that will enable my mind to lust over – to obsess and think about when I am alone. We could drive each other crazy all over again. We could be reborn and transformed. Infatuations are the most beautiful things in the world because they point out something about you – something transformative! In this age of romanticism that should be the first thing that is ticked off from your box. Infatuations are a spark, that juice, that light that has the ability to illuminate your world. An infatuation is love at a very basic level – that's when you know you are in love when you are infatuated with someone. Reciprocation is a different thing, to love someone who loves you back is rare but luckily we have seduction! Anyone and everyone is immune to seduction with time. Concentrate your efforts to the one you are infatuated by!

A painting featuring a central figure of a swan, depicted in a vibrant blue dress. The swan is positioned vertically, with its head at the top and tail at the bottom. The background is composed of thick, expressive brushstrokes in various colors, including shades of green, red, and yellow, creating a textured and abstract environment. The overall style is expressive and somewhat abstract, with a focus on color and form.

*Swann
in Love*

Swann in Love

I read the most incredible chapter in a book ever. "Swann in Love" by Marcel Proust on the classic book "In search of lost time". The chapter is about a man who falls in love with a girl who is "beneath" him in terms of social class. The gentleman M. Swann is upper echelon; his from wealth and practically best friends with the Princess of France. Swann has superior genes, his intelligent, well-mannered, likeable and animated. The girl he falls in love with in contrast is a peasant, low class and from the commentary in the book insipid. Swann falls in love with her. In his eyes he sees the most beautiful girl in the world. She is the object of Swann's desire – her clear skin, her facial features, her body are the elements that should be worshipped by Gods. It's not just that, Swann is attracted to Odette in ways he cannot comprehend. He is obsessed with Odette. He can't stop thinking about Odette. He feels like he is walking on air when he is with Odette. He wants to spend all his life with Odette. He wants to consume Odette. He is crazy about Odette. He is in love with Odette.

In his mind everything is perfect. In his mind Odette is also madly in love with him. However reality caught up like a stop watch. He began to spot holes in his fabricated reality. He thought about the possibility of Odette using him for his money. That possibility was welcomed and he used it reel in Odette closer by spoiling her and giving her money to spend on expensive clothes and eat food in the most expensive restaurants. It became evident that indeed Odette was using him for money but Swann didn't care that much – for he was with her precious Odette. Odette was manipulative, she knew she had the power and she was controlling the strings as she saw fit. She was sometimes distant in a way Swann could not understand. It was enticing for Swann. He was lured, seduced played like the keys on a piano. She made Swann beg to see her. She did things on her terms which prompted Swann to spend more money on her. To Swann money guaranteed minutes with Odette. Swann recognizing everything was conscious but it was no matter for he was in love with Odette. Swann's family perceived Odette as boring and bland – someone who was not worthy for Swann. Someone who used Swann as a tool to build a bridge that will enable her to walk on the brighter side of life – the luxurious life. Swann acknowledged this and was still fine with this.

More holes began to emerge as he suspected that Odette was having an affair. This drove Swann to wild desire. He wanted to possess Odette. He was obsessive and neurotic. His mind was full of thoughts of Odette. One night when he was at her place, Odette conjured up a plan indicating that she was exhausted from the activities of the day and that she wanted to call it a day. Swann was not convinced and thought that Odette wanted to entertain one of her lovers, besides it was too early. He said nothing of his suspicions and chose to leave. When he left Odette's place, she switched off the lights indicating that she has gone to sleep. After a couple of hours, Swann haunted by his thoughts went to Odette's place and observed the lights on. Through the window he saw shadows and heard voices. He recognized Odette's voice but not the second voice. The second voice was masculine. Swann's suspicions were confirmed. After a couple of days, Swann confronted Odette and she lied. The lies made her so unattractive to Swann but he was still in love. He couldn't help being in love with Odette.

He took a break from everything and went for a holiday. He wanted to get away from Odette. He still could not stop thinking about Odette. Odette was the gatekeeper of Swann's mind and heart. He couldn't convince himself otherwise – he was in deep in a hole that had no light, no direction, and no hope. There's a deep despair when you read the passages because you get the sense that there's nothing that Swann can do. Swann has become a slave to his mind and heart and Odette is that tyrant tormenting and breaking Swann a part. Swann is devastated! He finally gets his thoughts together and returns. He again has a conversation with Odette and she affirms everything. Swann

feels betrayed. His world comes tumbling down. However, he still can't let go of Odette. After all, Odette needs him. She loves Odette. He realizes that Odette never loved him at all but it's okay because what he felt for her was real. He just wishes he could go back to a time when he was ignorant of all these facts – a time when she was in love with. It was a subjective reality that was made objective by Odette. Odette is so important to him, he can't let her go. He doesn't know how to let go. It's a tragic case. Swann finally cocoons himself and stays away from everyone. Somehow he fills the empty void in his heart and starts recovering. The chapter ends with Swann contemplating in his heart, he is nostalgic and reflective; he thinks about how he fell in love with someone who didn't love him, someone who was beneath him in every aspect intellectually and socially. Someone who used him. He saw all of this, he was conscious of all of this and yet he couldn't do anything.

This story is so interesting. I am amazed. This story is like the story of young Werther by Goethe. It's so interesting the subject of love, the subconscious mind and projections. Werther suffered from the common male projection "The Elusive Woman of Perfection". Charlotte was so perfect in Werther's eyes but he didn't know what exactly made Charlotte perfect. He was infatuated. He was in the sky with rainbows. He was so gone. Carl Jung is so right when he states that we should reconnect with our Anima or Animus. It's very dangerous not to explore this because it creates shadows within us and these shadows come up subconsciously. Shadows are dangerous because they represent what is most repressed in us. They bypass the rational faculties of the mind. They control us secretly without us knowing. As Jung explained Anima is the feminine part of a man's personality and Animus the masculine part of a female's personality. Tapping into your Anima or Animus grants you access to your subconscious mind and there you have an opportunity to see what is repressed. Seeing what is repressed gives you the edge as you can orientate and position yourself much better. You will be more in sync. Werther suffered from this projection because he was not aware of the repressed elements in his mind. He was passive and that allowed the shadow to take control of his life. In his case you have to look at his relationship with his mother to understand his projection. Quite clearly he projected what he thought he never got from his mother onto Charlotte. And Charlotte being a mother and strong subconsciously brought out these feelings in Werther. He made up Charlotte in his head and killed himself because of this projection. This is the danger of not thoroughly understanding yourself.

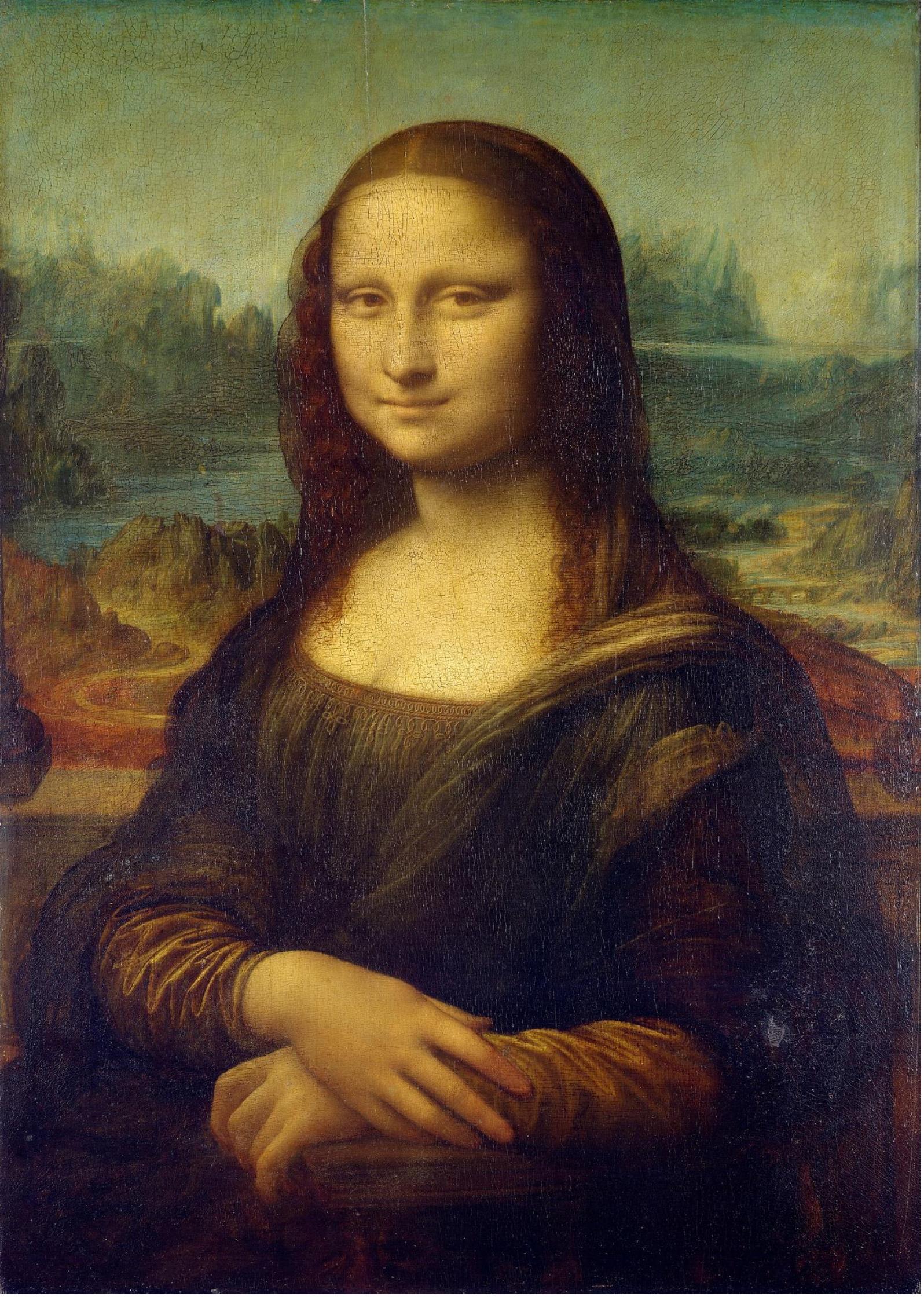
In the "Swann in Love" chapter we see another projection that devours Swann, namely the "Fallen Woman" projection. Odette is from a different social background. She is not as educated as Swann. She is not from wealth and Swann thinks that she's earthy. Odette is also blank screen, often described as boring – the perfect candidate to project all your ideals onto. You see Swann knows and sees perfectly well that Odette is imperfect, bad and maybe a whore but he also thinks that he can be the one to save her. The more Odette goes off the rails, the more Swann falls deeper in the pit. It's amazing! You see consciously Swann is attracted to women of her social class, women who are well-educated and seem good and perfect. Subconsciously however, he is attracted to women with dubious characteristics. Swann couldn't do anything because his shadow was at play. It's difficult to account for the things that our conscious minds do let alone our subconscious. Secretly, subconsciously Swann is tired of the dogmas of his class and craves for something opposite of himself. His mind is split. He wants a mother for a wife but feels a much stronger physical connection to the whore. It's just amazing reading this and analyzing Swann's character. It seems as though projections and subconscious desires rule in the game of love.

We also see this on the movie Casino by Martin Scorsese where Robert De Niro's character "Ace" Rothstein falls in love with Sharon Stone's character Ginger McKenna. The two don't hit it off.

However Ace is a practical man, an analytical man he makes a proposition that Ginger cannot turn down. Namely, that they get married and she will be well taken care of in terms of Maslow's hierarchy of needs. He communicates that as long as their relationship is based on honesty and trust – everything will be alright. Ace makes well of that promise and takes care of Ginger. Ace gets Ginger whatever her heart desires, money, designer clothes, diamonds, a mansion and the latest sports car. The pair get married and conceive a child. Life seems good for the former prostitute and hustler. However that is not the case as their relationship is made hard by Ginger's covetousness and love for her manipulative former boyfriend. Lester the former boyfriend cons Ginger a couple of times and Ace finds out and beats him to a pulp leading Ginger to resort to alcohol.

Ace is generally a good guy, who is reasonable, practical and just wants the best for his family. He wants to build something with substance, something that has meaning. He saw Ginger as someone whom he can build with because of her traits. Ginger was resourceful. She was a hustler. She knew her way through the maze. She had this remarkable gift of making people feel appreciated. She was accommodative. She was warm. She was beautiful. She knew how to treat people. She was intelligent. She was everything that Ace wanted in a woman. She was ideal. Ace understood the idea of love was overrated and not real. He just needed someone to turn his house into a home and this would be achieved through mutual respect and honesty. However Gingers repressed desires made this impossible. For one, he was attracted to someone totally different to Ace. Lester was a con artist, a pimp, someone not regarded highly in society. As you watch the movie and Ginger's character develops you understand that she has a projection problem and deep rooted daddy issues problems. In Ginger's case you have to look at her childhood and her relationship with her father. She probably had a patriarchal father who was distant and strict. The father represents order, rules, and conventions. He was often quite critical of his daughter, she was never good or pretty or smart enough. She internalized this critical voice and hears it in her head all the time. As a girl she dreamed of rebelling and asserting herself against the father's control, but too often she was reduced to obeying and playing the deferential daughter. Her desire to rebel was repressed and went into her animus, which is quite angry and resentful. Instead of developing the rebelliousness herself, she looks to externalize it in the form of the rebellious male – Lester. When she married Ace – she married her father and that made her quite resentful. Lester is her platform to be rebellious. So when Ace beat Lester to a pulp it was a form of operant conditioning that she couldn't take nor accept and so she rebelled more and resorted to alcohol and drug addiction. Ginger fearing for Lester's life stops seeing him but she does something taboo – she sleeps with Ace's childhood and best friend.

I love Ginger because she is so interesting. She taught about women, about life. A big congratulations to Martin Scorsese for creating another classic. The acting was superb. The micro expressions, the body-language, the psychology to tap into a character. I was blown away. Ginger is by far my favorite Martin Scorsese character. In the end what will save us is being authentically individualistic by tapping into our Anima or Animus – that reduces the probability of the shadow coming when you least expect it because you will be so comfortable with yourself. I think Carl Jung's work is brilliant!



Women

My goodness where do I start? I think women are great. When I think of women power comes to mind. I think they are better than men. Maybe “better” is unfair and unjustified but give me a moment I haven’t concluded my statements as of yet. I just think they are a sophisticated species. Everything about them; their built, their ability to multi-task and the chaos they bring to the world. It’s wonderful chaos, progressive chaos, muchly needed chaos that brings about growth and prosperity in the world. They are the underlying motivation behind man’s action – the perfect courtier, the puppet master, Gods’ wife! That would explain why Adam and Eve ate from the tree of life. God made man to be conscientious and orderly, to obey his instructions. And he did a great job. Man by nature is conscientious and orderly. Adam alone would have never eaten from the tree of life. Even if you substitute Adam to a Steve Jobs – a creative individual who is open minded and thinks outside the box – he would have found a pear tree or a lemon tree to pick fruit from. The dynamic changed when Eve was introduced to the picture. God never anticipated to be defied in that manner. He didn’t understand what was happening, he was confused. He was disappointed in Adam and didn’t understand Eve. Not that humanity blames God – no one understands women, women don’t even understand women. Maybe Gods mother understands. The true creator of everything – nature, the universe, life.

She has certainly given women remarkable powers. I mean to be the gatekeepers of life – wow! The remarkable ability of multitasking; women can cook, do the laundry, help children with their homework, clean the house while listening to music, save the world from monsters and fly at the same time. It’s not an exaggerated statement – their ability to multi-task is unbelievable! Men by contrast can’t multi-task. We can’t kill 2 birds with one stone – that’s a term concocted by women and they most likely killed 2 birds with one stone. When men are doing something as menial as boiling an egg – the door is closed, there is no interruptions, the TV is off, the data option on our phone is off, it’s us with the egg and the stove. Once the activity of the egg is completed, life can carry on. We can’t do two things at once and maybe that’s a good thing because it enables us to focus and do the task very well. This is depicted in the PIXAR Animated Movie “The Incredibles 2”, where Elastigirl is totally incredible! The character “Elastigirl” personifies what it is like to be a women. Even her catch-phrase “I’m flexible”. She can be a parachute, she can be a sling-shot, she can be boat, she can stretch to far places, she can fly, she’s a mom who has 3 children and a husband, she’s hands-on and she saves the world from “The Screenslaver” – Oh, she absolutely saves the world on “The Incredibles 2”, there’s a scene where she’s chasing a runaway train on her bike and the scene is so intense, she’s communicating via radio with Evelyn and they are brainstorming ideas on how to stop this train, it’s trilling and nervy and she might not get to the train resulting in the death of many civilians – at the heat of all that she receives a call from his second born child Dash who wants to know where his shoes are, she answers the phone call, helps Dash locate his shoes and then gets back to chasing the train. She eventually gets to the train, stops it and saves lives – she’s incredible excuse the pun! The best superhero EVER! Mr. Incredibles’ power on the other hand is strength – just strength, it is a specialized and focused superpower. He tries to operate in a domain other than his designated field when he took on the mantle of taking care of the children and he dismally failed because it required a lot of multi-tasking. Not that we blame Mr. Incredible, taking care of a baby with multiple superpowers, helping your son with Maths homework and regulating your daughter’s feelings who is in adolescence handling boy problems is a tough task.

Women do a lot of things better and at once – while we men do one thing exceptionally well. I don’t know which is better. I love how they control the power dynamics too. They enjoy real power! They are subtle and indirect in their methods. They often position themselves as nurturers, comforters

someone who will listen to your problems and help. Someone with patience and devoid of judging prowess. Angelic guardian angels who assist in times of distress. "Mother Theresa" – someone who gives more than takes. They have this wonderful ability of regulating emotions and making you feel good when you were in a torrid place psychologically. They do it with a hug that is emphatic, a hug that makes you feel that everything will be alright. A hug can make you open up more, to reveal yourself up more, to free yourself of the mental chains, it can strip away your power, and it can make you vulnerable. Women have so much data on the people close to them. Data that can destroy lives. Data that can make you an outlaw. Data that can cripple. It's remarkable power! They deploy effective strategies. In a lot of instances their statures or physical built helps them get into a position of power. Their statures can act as object of desire or frail entities that are powerless in a man's world (The Gandhi approach). Either way, it is effective. On the ETV Telenovela "Scandal", Kgomotso Christopher plays the role of "Yvonne Thebe" an ambitious, seductive young lady who often uses men to get to the top. She plays on their repressed desires by promising to be the best they have ever had. She uses her body as an object of desire and usually compliments it by wearing dresses that are solid in terms of color, bold and seductive – colors like red, yellow and black. She is able to disarm powerful men and make them do whatever she wants. She's the paramount of power! Another tactic that is effectively used is that of submissiveness. Like Gandhi, they know and understand their strengths and weaknesses. They use their weakly statures to progress their agendas, they lose the physical game to win the psychological game. They dominate while seeming weak – they are able to feed the man's ego and indirectly make him do whatever that she likes.

There is something also awesome about the female reproductive organ. Something that could only be created by Mothernature. It reinforces the theory that they are indeed nurturers. I find the male reproductive organ interesting too. It's like they co-exist. Like one is useless without the other one – isn't that amazing! Basically it's a hole that invites the male reproductive organ in. It's accommodative. It's warm. You just want to stay inside all day – maybe that's why we in the womb for 9 months. There is an exercise called the Kegel exercise and basically what it does is to strengthen your PC floor muscles. After pregnancy, women use it to tighten the vagina area – it is not just for pregnant women, any woman can use that exercise to tighten. Once the PC muscles are developed, the vagina grips the penis tightly enhancing the sensations felt by the duo. You are inside and it's affirmed, it is spiritual, it feels like heaven, it is amazing! The science of it all. The female opens or stretches her legs and the man goes in. Do you understand that process fundamentally? It states that man is destined to be woman's bitch. It states that woman is in control. Woman is top of the hierarchy. Woman is the most powerful! And because life begins between the legs of woman – it is fundamentally correct. I think that's one part, one story but a lot of hypothesis can be concluded on that. The world wouldn't know what to do without women. However, it is equally true that the world wouldn't know what to do without man. For man represents order and convention and women well like I stated at the beginning chaos. We need both order and chaos.

I think that man has noted the remarkable power that woman possessed. Work has been introduced to nullify that power with the emergence of AI (Artificial Intelligence) I really think it's humanity last invention, the destruction of family structure, nihilism, the centralization of the world, the love of all things expedient and the disconnect from nature. It has crippled Mothernature's will – she's no her last legs, her days are numbered. Man has broken her. The natural order doesn't exist anymore. Everyone is confused and history is not enough because it has been altered by conquerors. Human interactions are at a minimal and all emotion is bottled up. Women have abandoned their posts to make their mark on a fabricated virtual reality. As a result of that, power has been redistributed to man and his destructive ways. All animals are equal – how could we fall for that? Life has become a series of George Orwell's books – first it was Animal Farm with Feminism and Gay rights and now

1984 with Facebook and Google. How were we so distracted? Mothernature will never forgive us for this! Throughout history humans have made bold statements about the generation they belong to, and it has always been met with the same sentiments, the argument has always been the same – they always outlined reasons why their generation is best and why the current generation is rotten to the core. People who always state this are people who are clinging on to the past and won't accept the present. Its justified and a phenomena that has happened ever since. A generation is 20-22 years and within a given time; 4 generations live to form a Zeitgeist – the Zeitgeist is the believe or customs of a specific time, the last 2 generations are stuck in their ways and content with the information that they have attained during the course of their lives. Then there is a generation that is struggling to adopt to new customs and beliefs prevalent in the current world – some are rigid and refuse to be swayed around by new customs but most are struggling. Then there is this new generation, fresh, new and hungry to make their mark on the world. They introduce new things and more innovative things to the world – they see the world in their eyes. Throughout history Mothernature has been consistent in providing this data. However, for the first time in history all generations are in unison about the future of coming generations. It's a tone of concern and uncertainty. This tone comes from the depression in the west, the lack of self-identity, nihilism, expediency and the act of falling into novelty after novelty all of which has no meaning and direction in the realm of life and self-actualization. All this is due to increase exponentially and we just don't have an answer on how we are going to solve this.

The world is marching towards uncharted territory, territory that is fabricated and created by a few men – men with enormous resources and power. Men who are excluding Mothernature out of the equation and creating a new type of life. Was this the direction of becoming? Was it on Mothernatures watch? Did she anticipate this or it's been God's plan all along? Man put Mothernature out of a job and retired God's mother. Does God have a chance or is he dead like Nietzsche hypothesized? I take back my prior statement of the first paragraph, I think woman is great but man has no competition – yet! For man controls reality, controls perceptions, forms tastes, starts ventures, gives life to objects and although single-minded his execution is unmatched and unrivalled!





Disney • PIXAR

INSIDE OUT

MEET THE LITTLE VOICES INSIDE YOUR HEAD

EQ (Emotional Intelligence)

In 2015 PIXAR released a movie titled "Inside Out". The movie explores what goes inside a little girl's head. It is staged inside the limbic system – the part in your brain that processes feelings and emotions. It personalized the 5 main emotions that everybody has namely; Joy, Anger, Disgust, Fear and Sadness. Joy is golden, spirited, motivated, overzealous, unsuppressed and delightful. Sadness is blue, sappy, depressed, overwhelming and deflated. Fear is purple, nervy, unsettled, worrisome, unfulfilled and insecure. Disgust is green, finicky, stylish, assured and confident. Anger is red, unreasonable, self-serving, tantrum throwing and unstable. The movie explores emotion regulation, the purpose of emotions and their functions, impulse, imagination, the amygdala (the fight or flight organ) the subconscious mind and the importance of sleep. It is an amazing movie – my all-time favorite without a doubt. It garnered universal acclaim from critics all around the world who praised the movie for its impeccable story-telling, originality, imagination, research into neuroscience and the voice artists. It is acknowledged as one of the greatest animation movies of all time. The movie follows Riley an 11 year old girl whose world suddenly turns upside down when she has to move into unexplored territory, a new environment – the big city. Everything is so new to Riley and her emotions are all over the place. In her previous life she used to live in the countryside where there was space, a big yard, a conservative neighborhood where everyone knew and assisted one another. Hockey was her passion and she was in a team that was doing pretty well. She had a best friend that she loved wholeheartedly – her life was perfect! However her present was met with a lot of uncertainty. She now lived in house that was crammed and sandwiched into two other houses that had no space. The environment was clustered, loud and busy. The emotion Anger is elated when Riley's family enter the city for the first to a loud and busy environment stating "These are my type of people."! Now Riley has no friends or a hockey team – she has to start all over again. It is worth noting that Riley's most dominating emotion before the big move to the city has been Joy.

The emotions Joy, Anger, Disgust, Sadness and Fear are stationed in the mind's headquarters (Limbic System) and they influence Riley's actions via a control panel. All the memories of the day are stored each night to long-term memory. These long-term memories create her 5 "core memories" and they are represented as islands because they form her personality. These 5 islands stand alone because they represent who Riley is to the core. In the context of the mind, the islands represent the hippocampus which is responsible for memory in the human brain. The memories that are moved to long-term memory each night represent habits and the basal ganglia which is the element in the brain that helps with habits. Now, that Riley has to form new habits, her islands are in danger of being dismantled. Which is what happens as the story continues. The first island to go is "Friendship Island" – now that she is in a new environment, she has no friends and thus affecting her overall personality – she is left weak and vulnerable. Hockey Island is the next island that crumbles. Lacking a self-campus and self-identity, an idea comes from Anger that she should run away and go back to Minnesota to start new core memories – I mean that's where she grew up and life was perfect before mom and dad decided to move! She steals money from her mom's purse and heads to the bus station. It is interesting to note, the idea comes from Anger and by trait Anger is passionate, self-serving and in the moment. Anger's idea was fueled by the Amygdala. The Amygdala has the tendency to hijack and bypass the neocortex which is the thinking brain. Riley knew what she was doing was wrong hence when she stole the money she was in stealth mode, aloof, making sure that her mother doesn't see her. The Amygdala by trait acts! Hence it's called the fight or flight organ. Tears are usually triggered by the amygdala, it is a very sophisticated organ. The Amygdala can house memories and response repertoires that we enact without quite realizing why because the shortcut from the Thalamus to the Amygdala completely bypasses the neocortex. When this decision

was made, Anger didn't think about the repercussions because he is so shortsighted, he was impulsive and the Amygdala fueled and gave life to this idea – resulting in Riley's reaction.

This action nearly results in the destruction of "Family Island" luckily Sadness comes in to save the day. For the duration of the movie, Joy makes it her duty to keep Sadness off the control panel as her and the other emotions don't understand Sadness purpose in Riley's life. Towards the end of the movie all that changes as she gives Sadness the podium. The change of heart comes from her journey with Sadness when both of them were sucked out of Headquarters. On their journey back to headquarters Joy, sees Sadness' value as she regulated and helped the friends who were helping the two emotions – it was special. When Riley was on the bus awaiting for it to depart, she was emotionless and turning black inside. All the other emotions couldn't do anything to save the situation. Sadness stepped up to the control panel and Riley snapped up and stopped the bus as it was leaving requesting to get off. She got home to the sight of her worried parents and started telling them what had happened (Sadness was still on the control panel). Riley was honest, she told her parents that she missed Minnesota, that she missed her friends and her previous life, she communicated all this in tears. Her parents listened with emphatic eyes and embraced her with a big hug – they further communicated that they too missed Minnesota and their old lives. Something that affirmed Riley's sentiments and made her feel better. Both parents embraced Riley, it was a warm moment, it was a beautiful family hug. Sadness called Joy to the panel and they joined to create a new, cemented "family core memory". The reason sadness is so important in life is because, it forces you to slow down, it forces you to contemplate about things, it helps you focus, it helps you organize or reorganize life and it enables you to keep moving forward. Sadness is the hero in any story.

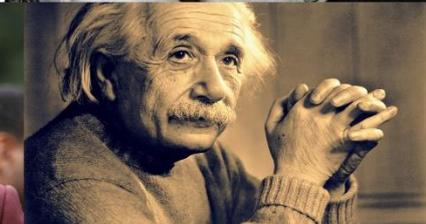
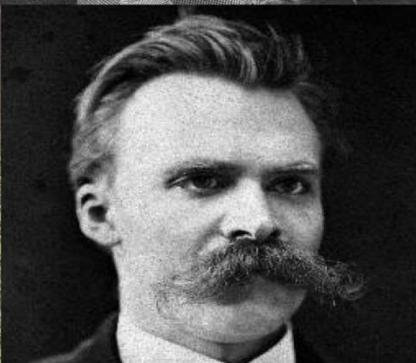
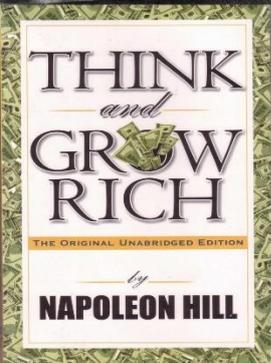
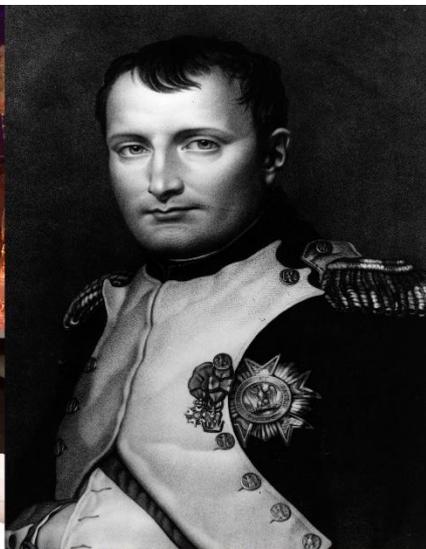
This intelligent movie communicates the importance of emotion regulation and intelligence and why it might be better than IQ. A test was conducted on 4 year olds to test impulse control and delay gratification. The tests were conducted on the children of Stanford graduates which implies that the children were from good families. It was a simple test; an examiner would leave one marshmallow on the table instructing the kid that if he could wait until he comes back that he would have two marshmallows – but if he can't wait, then he can have that one. He would then exit the room to see what the kid would do. A grueling and brutal test for any 4 year old I assure you! Some kids distracted themselves by closing their eyes, tried to sleep, sang loudly or avoidance – they simply looked the other way and acted as if it didn't exist. For their reward, the examiner would come in 10-15 minutes later and give them two marshmallows. While other kids simple couldn't wait and just ate that one marshmallow. This test is interesting because it provides insights to the kid's character and the trajectory that the child will probably take through life. 14 years later the kids were tracked down again to see the progress in their lives. The emotional and social difference between the grab-the-marshmallow preschoolers and their gratification-delaying peers was dramatic. Those who had resisted temptation at four were now, as adolescents, more socially competent: personally effective, self-assertive, and better able to cope with the frustrations of life. They were less likely to go to pieces, freeze, or regress under stress, or become rattled and disorganized when pressured; they embraced challenges and pursued them instead of giving up even in the face of difficulties; they were self-reliant and confident, trustworthy and dependable; and they took initiative and plunged into projects. And, more than a decade later, they were still able to delay gratification in pursuit of their goals. The third or so who grabbed for the marshmallow, however, tended to have fewer of these qualities, and shared instead a relatively more troubled psychological portrait. In adolescence they were more likely to be seen as shying away from social contacts; to be stubborn and indecisive; to be easily upset by frustrations; to think of themselves as "bad" or unworthy; to regress or become immobilized by stress; to be mistrustful and resentful about not "getting enough"; to be prone to

jealousy and envy; to overreact to irritations with a sharp temper, so provoking arguments and fights. And, after all those years, they still were unable to put off gratification.

Belo Horizonte hosted the semi-finals between host nation Brazil and Germany. Heading into the match it was tipped at 50/50 and the Brazilians were relying on the support of their fans to tip the result their way. Brazil hadn't lost in Belo Horizonte in over 39 years. Brazil had notable names missing through suspension or injury like their leader Thiago Silva who was suspended courtesy of a second yellow he incurred in the quarter-finals and of course their best player – the sensational Neymar Jr. who incurred a tournament ending injury. However, the stadium would be filled with more than 50 thousand Brazilians – what could go wrong? For the match they instilled David Luis as the captain and he was going to lead them to the finals! The two teams came out to mark the commencement of the game but before that they had to sing their respective national anthems. The Brazilian players sang loudly and passionately as if to compensate for the loss of their two biggest stars – the stadium was a buzz and vibrating and some of the players even cried because of the ecstasy. By contrast the Germans were businesslike, they looked focused and motivated and never exerted or strained their vocal chords for the anthem. The game commenced, the stadium was loud, all in support of the home nation Brazil. The fans expected a good game. The pressure was on and emotions were all over the place. Brazil were nervy with the ball. David Luis as the captain was too enthusiastic as he vacated his spot in the heart of defense to assist with the offensive play. Marcelo playing on the Left side of defense was too industrious. Maicon was passed his peak. Luis Gustavo and Fernandinho didn't complement each other. All this meant was for Germany to keep shape and stay calm – Brazil were too out of control. 29 minutes later the scoreline was 5-0 in favor of the Germans. Even before half-time, the game had already been decided. With the final already secured, the German coach omitted his best defender at Half-time so he can rest. The game finished 7-1, the heaviest score-line in a World Cup semi-final match – Brazil were humiliated!

The ability to regulate one's emotion is a priceless asset. An asset the Brazilian team didn't have. Maybe, the Brazilian women's team would have done better. This is because women are better "Emotion managers". They use their prefrontal cortex efficiently. This starts off when they are young girls playing and interacting with one another. On the playground, girls prefer to play in small groups. This helps with engagement and an overall serenity in the group. Boys on the other hand prefer big groups and numbers, this is because boys are more competitive. By trait, boys are threatened by anything that might challenge their independence, while girls are more threatened by a rupture in their relationships. So when a boy gets hurt during play, he does the honorable thing and moves aside so that play can continue as opposed to girls – girls tend to discontinue play to attend to the person who got hurt. I doubt the women's team would have been beaten 7-1. They should have stayed together on the pitch where it matters most. The men's team lost mentality and emotionally before the game even commenced. They played football with the Amygdala – they played with feelings and emotions! And because Germany were playing football with the Neocortex (the thinking brain), they saw the frailties and instability of the Brazil team. Watching Brazil play in that match was like watching "The Wolf of Wall Street", with David Luis as Jordon Belfort – impulsive, idiotic and expedient! Emotional illiteracy is dangerous!





Transference: The virgin is a genius.

When I was 16 I read a book by Napoleon Hill called "Think and Grow Rich" it was great – it taught me things I will never forget. I owe a lot to that book. I remember there was a chapter that explored the transmutation of sexual energy into a creative project or something worthwhile. The word transmute basically means to transfer energy. I was so engaged with that chapter. According to Napoleon Hill, the 5 known stimulants known to man are Friends, Music, Money, Love and Sex; with Sexual desire being the most powerful of human desires. He explained: "When driven by this desire, men develop keenness of imagination, courage, will-power, persistence, and creative ability unknown to them at other times. So strong and impelling is the desire for sexual contact that men freely run the risk of life and reputation to indulge it. When harnessed, and redirected along other lines, this motivating force maintains all of its attributes of keenness of imagination, courage, etc., which may be used as powerful creative forces in literature, art, or in any other profession or calling, including, of course, the accumulation of riches. The desire cannot, and should not be submerged or eliminated. But it should be given an outlet through forms of expression which enrich the body, mind, and spirit of man. If not given this form of outlet, through transmutation, it will seek outlets through purely physical channels." Napoleon Hill states repressed sexual energy transmuted into an activity will give you untold creative powers and it makes sense, it has ground – we have examples. Namely Albert Einstein who transmuted this sexual energy into Science. The fruits that stemmed are that he developed the theory of relativity, he created the mass-energy equivalence formula, won a Nobel Peace Prize and discovered the law of photoelectric effect, a pivotal step in the development of quantum theory. We also have Nikola Tesla, a Serbian Inventor who created AC (Alternating Current) wireless communication and the electric supply system. Nikola Tesla lit up our world! His work is at the basis of the internet, WIFI, Electric vehicles, lights and just about everything electrical. His patents are the foundation of modern life. These two men never engaged in sexual intercourse throughout their whole lives and maybe that's why their achievements transcend. However, Napoleon Hill never stated be a virgin, he simply said repress and transmute to another activity.

Shaun Carter, an American Rapper, Entrepreneur and Investor was born and raised in Marcy Houses Projects. A tough neighborhood for a young Carter who planned to be a mogul in the future. He was always surrounded by violence and drug activity. To survive and make money, he resorted to selling narcotics but he had a talent and he knew that this talent was the key. Young Carter was a poet, a magician with words and while he was selling narcotics on the side he was going to master and perfect this craft. To help him with the fulfillment of his destiny, he got himself a mentor who would assist young Carter in his apprenticeship phase. A couple of years later, he left the narcotics business and focused solely on his craft. He ended up surpassing his mentor and at 26 in 1996, released his critically acclaimed debut album "Reasonable Doubt". It was a success. The streets loved it and he was dubbed the future. He released top quality albums every year from 1996 to 2003. He was like a factory that had unlimited creativity and genius. Every day, every month, every year people were talking about Shaun now affectionately known as Jay -Z. He ruled Hip-Hop, he was the face and voice of Hip-Hop and influenced popular culture in a big way. He would start trends only to demolish them and start new ones. He had this power of persuasion, he was untouchable, slick like silk and at the forefront of the music industry. Every album he sold went Platinum – it was a mystery how he had been so good. Throughout his time hustling, Jay had been intelligent. He had been selective all the way through. As a result when he was selling narcotics for a living he couldn't afford to have links – this resulted in him being alone and working alone. He had no sexual partners or female companions. He was always disciplined and opted to work on his craft instead. Shaun was always locked and focused to his destiny. Even after the success of Reasonable Doubt, he remained grounded in his work and destiny. This sexual transmuted energy into his creative endeavors

enabled him to have untold powers – he became literally unstoppable. Winning became automatic. Money became automatic. At the peak of his powers in 2001, he released an album named “The Blueprint” – without a doubt his best album, he wrote and recorded the lyrics in 2 days! The producers of the album spent more time on the album than him – the primary artist. Overall, the album was completed in 2 weeks – something unheard of considering the quality of the album. It sounds like an album that required 2 years to make. I think Jay –Z read “Think and Grow Rich”.

The godfather of psychology Sigmund Freud noted something interesting in his female clients. The more they offloaded on their problems, the more they fell in love with him. The female clients would exhibit strange behavior towards him. They became obsessive. They became irrational and unpredictable. They expressed their undying love for him. It was an interesting phenomenon. These women were projecting on to Freud. They made up Freud to be bigger than he is in their minds. They saw Freud as a father-figure. And because Freud reserved his comments and just listened, with his face emotionless like a blank screen, he had the aura of being distant which drove his patients wild with desire. Freud termed this type of projection as “Transference”. And he said of it “Transference indicates a need to exert complete control over external circumstance.” Erich Fromm said of this phenomenon “In order to overcome his sense of inner emptiness and impotence (man) chooses an object onto whom he projects all his own human qualities; his love, intelligence, courage etc. By submitting to this object, he feels in touch with his own qualities, he feels strong, wise, courageous, and secure. To lose the object means the danger of losing himself. This mechanism, idolatic worship of an object based on the fact of the individual’s alienation is the central dynamism of transference, that which gives transference its strength and intensity.” I find the transference topic interesting! I mean transference is the taming of terror! The less ego power one has and the more fear, the stronger the transference! I don’t think it’s a bad thing because transference is projection and projection is good, it is necessary because it is how we explore ourselves. Projection is a necessary unburdening of the individual. I will talk about Jay –Z again; In 2000 when he was 30 he met and started communicating with a 19 year old Beyoncé. Their relationship grew and Jay, started projecting himself on Beyoncé and she mirrored this energy that was given on by Jay. By mirroring Jay’s energy she created of herself something awesome. The exchange of energy between the couple was magical because it meant that now finally the great Shaun Carter could relax and let off some steam, now he can afford to trust and love someone and this came from a woman’s love. A woman’s love can move mountains – it changed and transformed Jay forever! And well, Jay’s energy, projection, transference complex and love made Beyoncé into a mogul!

Transference works when there is a level of mastery, when you understand yourself and your underlying motivations. When you have too many insecurities or deep rooted issues it can become a disaster. This is reflected on Johann Wolfgang von Goethe’s classic “The Sorrows of Young Werther” when a young Werther kills himself because his love interest Charlotte rejects him. Werther spends so much time alone with thoughts of Charlotte that he bills her up to more than she is. For him, she is the most perfect woman in the world. This is also reflected on Michel Proust’s “In Search Of Lost Time” on the chapter “Swann in Love” when an upper echelon man falls in love with a peasant girl. He too is filled with illusions in his mind about the woman (Odette) that he can’t critically assess the reality of things. It is the classic “Man to save her” projection, he thinks he could make her better, he thinks he could save her, he thinks she loves her but in reality she’s using him to further herself and everyone can see that besides him because well “his in love”. The man named Swann gives Odette so much power over him and when he realizes that she doesn’t love him, his crushed and devastated. Such is the nature of the romantic cosmology – its suicide! Hence, Napoleon Hill’s statement on sexual energy is so spot on. Find an outlet for your sexual energy as it will amount to your personal mastery. Like how Jay –Z did it! He is like the biggest winner in life ever! Jay –Z is the

first person in the history of humankind to win life! Life is not suffering for Jay-Z, he is happy! Wouldn't you be happy if you were a Billionaire who had Beyoncé as a wife?

Self-mastery should always take priority over everything. You must have the will, patience and focus to follow through to your goals – there is no excuse! I am inspired by Thanos on the Marvel franchise “Avengers: Infinity Wars” – his focus is unbreakable! He has initiative, he is a thinker and he is imaginative! He thinks of a better world, a better reality for all of life in the Universe. He is Neurotic in the sense that he cannot accept the truth of existence. I think it was the same of Nikola Tesla – he had this remarkable power of imagination, he was a futurist! I think all great artists are neurotics of course openness has to be another trait of the truly great artist and Thanos is just that. I wish I could see life in the life of a Schizophrenia patient. I mean they see life as it is – the truth of life, the horror, they don't repress things so everything is on the canvas – imagine the creative power they possess! But I digress. In the movie, Thanos is in pursuit of these 6 stones that have the power to restart the world once collected in their entirety. In his conquest, there are a lot of trials and tribulations, a lot of factors to consider, objects that are hindering him but he goes through everything! He does whatever it takes to reach his destiny. His will, focus and determination is awesome! He finally collects all the stones and he restarts the world.

Every living organism should strive to self-actualize. You should be driven to do whatever it takes to get to your desired goal. Not everyone will understand your dreams and goals and its perfect – just as long as you understand. You can't turn to anyone to make you whole. Often we turn to the love partner for the experience of the heroic, for perfect validation, we expect them to “make us good” through love. This is not possible. One thing that is hopelessly confused in modern relationships is that one person is made the god-like judge over good and bad in the other. In the long run, this doesn't work. The thing that makes God the perfect spiritual object is precisely that he is abstract. He is not concrete individuality and so He does not limit our development by His own personal will and needs. If you find the ideal love and try to make it the sole judge of good and bad in yourself, the measure of your strivings, you become simply the reflex of another person. You lose yourself in the other. Relationships can be slavery in another form. Napoleon Hill communicates that the suppression of sexual activities in favor of your goals and dreams is the best thing you could do for yourself.

In truth life is a burden and we will all suffer the same fate, namely death and the decaying of our bodies. Sex is disappointing because it strips away personality and objectifies, relegating us to the realm of animals in the wild. Hence, women always ask this trivial question “Do you want me for me or for my body?” It's because sex makes you empty and at the same time restricts and confines you in this mortal decaying container. Sex reminds you of the inevitable, the road we all share – the beautiful! Sex confuses and nullifies existence. Sex reminds us all that we are born between urine and faeces. In being connected and immersed in your particular field, sexual energy can propel you to immortality. It is what geniuses like Albert Einstein, Nikola Tesla, Friedrich Nietzsche, Ralph Waldo Emerson, Napoleon Bonaparte, George Washington, Abraham Lincoln, William Shakespeare, Thomas Jefferson and Oscar Wilde understood – the virgin is a genius.



Death

Can we eradicate death? Wow! What a topic. I am not so sure. It will require a transfer of consciousness and I don't think we can do that – I don't think we'll ever do that! Simply because no one knows what consciousness is, no one can account for it. We are always in action like auto-pilot, always in motion. We don't have time to contemplate every action that is achieved by the body. However, we do know habits are a factor in our actions. Namely the Hippocampus which is responsible for the transfer of short-term memories to long-term memories. Without the hippocampus, the mind is virtually useless – learning is hindered. We also have the Basal Ganglia, the element in the brain that helps with habits. Without the Basal Ganglia the brain cannot form habits. So can we create an artificial Hippocampus that is immune to time and transfer all our habits onto it? No, I don't think so. The brain is very much biological. Perhaps “biological” doesn't do justice to it – let's try metaphysical. Carl Jung once stated that the mind or “psyche” which meant soul or spirit comprised of Unconsciousness, Personal Consciousness and Collective Consciousness. The unconsciousness mind which is the underlying elements that motivate or dictate our behaviors and actions. The personal conscious which is self-explanatory and the collective consciousness that is like the unwritten law of life – the entity that is shared by every living organism that enables us to co-exist with one another – the Universe, what links everything! Paulo Coelho explores the concept of the “collective consciousness” on his hit book “The Alchemist” and he expresses it as “The language of the world”. So can we? Can we play God and bypass this fundamental aspect of life? Maybe we have a chance.

It was reported that an AI (Artificial Intelligence) Robot beat the best chess player in the world – at chess. This was achieved through algorithms and repetitions that resulted to mastery. The machine achieved mastery in a shorter time frame. So maybe chips to our minds are the answer? The danger in that notion is that we might find ourselves in danger of relinquishing our minds to AI. It just won't be the same. In an attempt to explain consciousness and life Renee Descartes once stated “I think, therefore I am” – chips would void that statement. Not that it was correct but it was insightful and made sense in a period where life was simple. Can we not get a simple remedy to death? We can but it won't be natural and biological. It would mean fusing with Artificial Intelligence. It would mean Cybernetics. It would mean Virtual Reality and it would mean plenty of data. Data so that algorithms can simulate our future behaviors and would then serve as our Basal Ganglia in an artificial simulated environment. Algorithms can preserve our consciousness. Algorithms can make us immortal. However, it comes back to that simple statement Renee Descartes once imparted to the world “I think, therefore I am”. With algorithms now the pulse, can we call it consciousness? Are you alive? Are you in control? Is your consciousness really preserved?

Not even in a simulated world or virtual world can our consciousness be preserved. Maybe we can because decisions are made via a simple logic gate but in a simulated world all conditions are controlled. Which makes all decisions predetermined and predictable. There is no freedom. There is no chaos. Life needs chaos! Is it really consciousness when Google, Apple, Amazon, Facebook and Microsoft are the guardians of the logic gates? Doesn't it make those companies God? How can we be sure? Maybe we can prolong life but death is inevitable to all biological creatures. We can create prosthetic limbs and organs but the mind is separate from the body. The mind is prone to time. The mind was created by mother-nature. We can try to cheat her but she's still a bitch who doesn't suck. And maybe that's a good thing. For centuries men have been cracking their heads trying to figure out women but to no avail. Women don't even understand women. Just maybe it's a code created by mother-nature designed for narcissistic and entitled men attempting to emulate God. Afterall,

God himself didn't understand women. He specifically told Adam and Eve to not eat from the tree but Eve led the rebuke. God overreacted and created hell when a slap would have sufficed. Not that I blame God – it's a justified response, we all need to choose our way. Eve was the chaos that humanity needed. Just like how death is needed to refresh and reshuffle the cards of life. Death is that wonderful chaos that enables that world to move forward. Death is a great change agent as it do's away with the old and introduces in the new. Maybe humanity has reached its peak and its fine, it's been a beautiful ride, let's create the new the best way we can and ride into the sunset with our heads held up high. Over 25 species of life become extinct every day, we knew our time was coming. Let's be gracious and try to live life the best that we can. Let's attempt to be all that we can be. Nothing can ever save us from death – death is our savior! The best invention mother-nature created to preserve her will.

2014 FOREST HILLS DRIVE



PARENTAL
ADVISORY
EXPLICIT CONTENT

Forrest Hills Drive

What an amazing album. It starts off with a beautiful intro with J. Cole serenading us to the album. The intro is metaphorical in the sense that Cole is also introduced to the world by this voice underlying what life on earth is about namely happiness and freedom – things that people in the world strive for in vain. We can say the voice is mother-nature preparing J. Cole to the world. The intro is smooth, patient and nurturing. Then just like that J. Cole is dropped into the world on January 28th. The date signals the date of Cole's birth. It is not the first time a rapper has done this: Jay Z on the Black Album released in 2004 does this on "December 4th" the song is also preceded by a short and reassuring intro too. On January 28th Cole reintroduces himself to the world by showcasing his skills on the mic setting the tone for the album. The beat is cool and easy-going and the hook is iconic. On the hook he talks about "Don't give them too much you" and he ends up giving all of himself up in the album. From his earliest years to the Cole who has made it and conquered the world. January 28th is personal and ambitious as he warns everyone and lays claim to the crown proclaiming that he is a God.

After his born he takes us to his first sexual encounter on Wet Dreamz with a girl that he was in school with. He tells the story off a young Jermaine in pursuit of his first piece of ass. The story-telling is impeccable. He tells the story in the first person, second person and third person. A similar technique he used on "Lost Ones" on his debut album "Cole World: Sideline Story" where he gets his girlfriend pregnant and is not ready for all that responsibility. His girlfriend has her say on the second verse and she explodes with emotions and a lot of hurt telling her cowardly boyfriend that she doesn't need him and that she'll raise the baby all alone. Similar to "Lost Ones" – there is a lot of vulnerability on Wet Dreamz as Cole admits to the listener that he is indeed a virgin but she can't really show that. We also learn on the third verse that the girl was also a virgin. The song is a masterpiece! I love how Cole maintains his "Rapper voice" despite the vulnerability and uncertainty in his lyrics, the contrast in those two elements are amazing. I always feel "Wet Dreamz" is about me.

In his philosophical works Carl Jung talks about the Anima and Animus. He says we are all born neutral in terms of sexual orientation. A hypothesis backed back the godfather of psychology Sigmund Freud who famously stated that the "libido" is bisexual. Meaning we are born in the world with both male and female traits and it's 50/50. Because there are standards and an order in the world certain traits are repressed to conform to the norm. So for example a young boy is taught from a very young age that sensitivity and emotions are not a very seductive element. Or that a lady doesn't wear pants or go hunting. Stereotypes often repress this Anima or Animus. Anima according to Carl Jung is the female side to the male and Animus is the male side of the female. Carl Jung explains that we must access our Anima and Animus in order to reach our subconscious mind and that Anima or Animus will give us untold creative power! We see examples of this with Coco Chanel, a designer who created female apparel but got her inspiration from male clothing. She would simply alter man's clothing and present them as women clothing and she attained great power. We also see this from Urban Artists like Drake who are able to reach into their Anima to create music that is appealing for both male and female. Through the Anima, Drake controls popular culture every time he releases a single or album. Drake redefined what it is to be a Rapper by adding vulnerability and emotions to his songs.

J. Cole on "Wet Dreamz" reaches through his Anima and the result is devastating. He created a song that will last forever! A song everyone will be able to connect with through infinity. J. Cole himself is not a stranger to connecting to his Anima and that has given him untold power and set him above everyone else as he often does it with impeccable story-telling and mind-boggling metaphors. There

is a misconception about tapping into your Anima or Animus – it does not entail that one is a homosexual. There is no such thing as “homosexual” or “gay” or “lesbian” – only homosexual acts! We are all children of mother-nature.

After the masterpiece Cole takes us to his years as an adolescent on “03 Adolescence”. His growing up in the world and beginning to understand how the world operates. His very observant and sees the struggle of the people all around him. His young and energetic and beginning to create and identity for himself. He sees the system as a trap and doesn’t regard 9 to 5 as an option – he would rather push with his homies. We gather from the second verse that he is a very likeable guy as he has a conversation with one of his homies. In a conversation with his friend, he salutes him and tells him that his doing pretty well from himself and he would like to join him. That he needs the money too. His friend disapproves and gives Cole a tongue lashing that he will never forget, it is an honest tongue lashing, one with a lot of love and worship. Cole takes the lashing and commits himself to being the best person he can be – not for himself but for everyone who has a dream but can’t reach to it.

On a “Tale of two Citiez” Cole is slapped with the reality that life is hard. His now in New York City and everything is fast. He has dreams of making it as a Rapper and becoming rich. But the reality is that he is poor. Nonetheless, his striving and fighting. The city is so harsh and cold not like Fayetteville where his from. The hook of the song talks about how he was robbed and that he doesn’t blame them because he understands the city and its rules. That the street is like the jungle and only the strong survive. He internalizes this information to make himself a better person – a more informed person as he strives for his dreams in the big city.

“Fire Squad” is a reflection of how far he has come. At this time he has perfected his craft and in his own mind is the best to ever do it. The song sounds like it too. The beat, the lyrics, the bridge, the bold declaration, the speech, and the iconic “who’s the king?” rhetorical. It is a skillful song that is charismatic, unapologetic and assured. It is bold and in your face. It is easily one of Cole’s best songs ever! It is this song that takes him to Hollywood on “St. Tropez”. St. Tropez is the interlude of the album, the transition in Cole’s life. “St. Tropez” is somber, reflective and nostalgic. It feels like destiny. The lyrics are full of adjectives that are abstract that are backed by melodies and reflective horns and the sound is beautifully intertwined. It feels like a dream about a trip you have been waiting for all your life. A moment created by the stars – the moment when the Universe finally smiles at you and gives you a thumbs up. “His on his way, his bout to get paid, his on his way to Hollywood” I love it!

On “GOMD”, Cole makes it in Hollywood and all his dreams come true but at the cost of his soul as he starts to lose it. He gets tangled in a meaningless world and he doesn’t recognize the person he has become. He reflects on “Love” and “Happiness” the focal point of the intro and decides he now wants to pursue that. That he wants the simple life. For the second time in the album Cole changes and returns to his roots. He now sees everything clearer and is knowledgeable. Hollywood is to thank for that. Hollywood was the catalyst. Hollywood saved him. He maintains the same tone until the end of the album.

Now Cole is in pursuit for Love and Happiness. On “No Role Modelz” he meets girls that don’t fit the profile. He meets girls that are shallow, narcissistic and materialistic. Knowing Hollywood so well he cites it and blames “Reality Shows”. He explains that this is the life that these women have chosen and try to save them is a waste of time. It is the make-up of their fabricated and plastic psychology. Cole explains that they are empty and being with them won’t make you happy. A theory he knows

firsthand from his transition to “Hollywood Cole” to J. Cole as exhibited on “GOMD”. Cole doesn’t feel petty for them and moves on with his life.

He decides to rekindle an old relation on “Hello” but finds out that she has already started a new life. Cole tries to reach out but to no avail. The hook is an emphasis, a cry out for attention and it is repetitive and effective in creating a tone full of melancholy. The dark chords of the piano also emphasize and tie the mood together. What now for Jermaine Cole? He decides to redirect his love on “Apparently” and talks about his mother. The chords are striking and up tempo. It is a sweet and grand gesture that is heartfelt and full of love. He is reflective and honest.

On “Love Yourz” Cole comes to the realization that everything in the world is temporarily. That everything fades and no amount of material can make you happy. He recommends being content with what and who you are. He advises the listener practice love in their loves. To be around people who genuinely love you. He recommends taking charge of your life. He advises the listener to stop comparing and live life the best way you can. He is philosophical in this message and it ties the whole album up. He extends this message on “Note to Self” when he states “Nothing matters, you’ll see in the end”. He uses the existentialist approach in conveying this message. He gave us his whole life in 13 songs. The album is philosophical – it teaches you how to live. It is art. It is tied together. It is forever!

BRAVE NEW WORLD

Aldous Huxley



1984 or Brave New World

We are heading towards an interesting period in mankind. You realize Artificial Intelligence could be our last invention? It's growing at a rapid pace. Some of the advancements made are groundbreaking. Like prosthetic limbs, organs and eyes – that's a thing now, we can now be cyborgs and it's completely safe and regulated in other parts of the world. There's this website called "Lyrebird" that can copy your voice. All it requires is that you say a couple of words on the mic and it will decode your voice and just like that you can impersonate anyone in the world. No kidding, your exact voice and speech pattern. It will even sound out the words you didn't record in a way that you would utter them. It's incredible! Committing Identity theft is now as effortless as breathing. It's not just that by 2025 self-driving cars will be everywhere. Companies like Mercedes Benz have already rolled up self-driving trucks – completely autonomous and they are one of the guys along with Tesla who are pushing to regulate this. We also have the technology to grow babies now – YES! Straight out of the pages of Aldous Huxley's book "A Brave New World". In a couple of years we won't need wombs because we will be able to "grow superior" babies and we will be able to alter their DNA's and make them how we desire them to be. Oh Adolf Hitler would be so proud. For the first time in history, we chance to eradicate death. We could do it too, as it stands we can prolong life with prosthetic and artificial parts – immortality is not so far away. Fine, it will mean altering our biological make-up but being a human being requires becoming and perhaps that's the direction we are "becoming" towards.

There is no doubt that we are living in the age of "The Last Man". It's done, humanity has exhausted itself – as a species we cannot go further. We need superior intelligence to take us further. Human beings have been conquered by algorithms and reduced to comatose. Human beings are lifeless, sluggish, inactive and passive – busy engaged with meaningless activities. Human beings are easily programmable and conditioned. Human beings live the lives of expediency. Human beings have lost the ability for critical thinking. Human beings have become a liability.

It's crazy the amount of change the world has witnessed in a couple of years. The future is exponential with this change and I don't think the world is ready for this. Will artificial intelligence make our lives better? In the short-term yes but elevate your perspective and see the bigger picture. Human beings will not be a viable form of life in the 22nd century. We could be extinct like the dinosaurs – a myth, a legend. Saying artificial intelligence is good in the short-term is lazy, short-sighted and the definition of expediency. However, a protest won't help and I am aware of it – time has no friends and artificial intelligence is taking giant strides by the day. If I had to be honest, I am thinking about the class gap. The rise of artificial intelligence will enable the rich to get richer and the poor getting poorer. An incredible injustice I feel because artificial intelligence won't do anything to the economic welfare of the country or world even. Economies will be stagnant. Artificial Intelligence will take all our jobs and nihilism will be so rife because people won't have a sense of purpose. The only thing that people will have is fast food and sex. Sex will be eradicated too – there are incredible advancements in the sex dolls industry. They are making these dolls so realistic and they can make contraptions too. They will be like the sex dolls from the movie "Ex Machina". The future of mankind is Virtual Reality, fast foods, sugary and processed foods and sex dolls – imagine how lonely we will be. I don't know what will kill us first – the food or the depression and anxiety.

At least there will be a boom in Psychology field right? Being a psychologist will be the closest thing to being a god – Mother Theresa! You will be helping people in a very real way. Anxiety and depression is at an all-time high and it will only get worse or better depends how you look at it. On a "Brave New World" one of the characters has this to say "God isn't compatible with machinery and scientific medicine and universal happiness. You must make your choice. Our civilization has chosen

machinery and medicine and happiness.” Because we have chosen expedience and AI as a way of life. This will be our reality; Depression, anxiety, fast foods, pornography and medicine – a loop that will signal the end for the race. Maybe the tone of the article thus far has been somber – there are positives. With Artificial Intelligence at the helm of all industries the world is bound to introduce the UBI (Universal Basic Income). That means everybody will be paid an income for simply living, it will be the same for everybody. It will be a continuous loop. We will use that money to purchase food and other useless items that they own and at the end of the month they will pay us back. We will be fat and obese, lacking bone structures and nutrition like the characters of hit Pixar movie “Wall –E”. We won’t have to collect these items too because everything will be delivered to us, while we sit on our screens and consume food that will kill us – it will be like paradise!

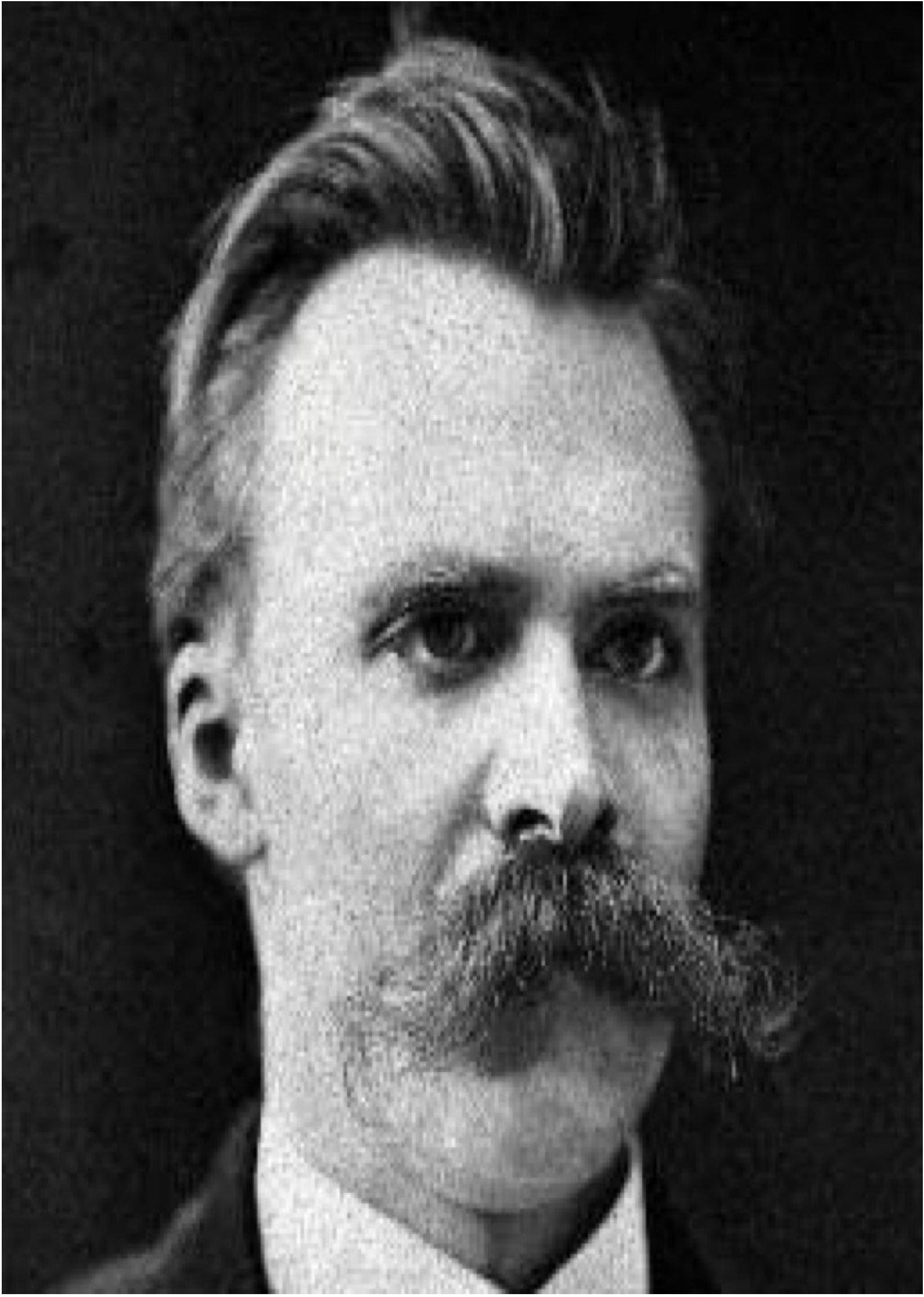
It’s so crazy how screens rule our lives. They make us submissive and rewire and reconfigure our brains by means of programming. It’s amazing, we give these screens everything! They know us better than we know ourselves. They are always watching, always collecting data and they can predict what we are going to do next. They know our insecurities, what we are eating, our location, our habits, what’s on our minds, our love interests, the sports teams we support, our friends, our families, our bad habits and have the ability to alter our moods. I guess that’s why they are called “Big Brother” right? I mean Google, Facebook, Twitter, Whatsapp, Instagram and Youtube are always watching, protecting us – how comforting. This is so Orwellian. I wonder if we will ever be free. But then again, freedom is an absence of happiness because you could argue that happiness is fabricated. I meant to say, I wonder if we will ever love.

The internet has made love cheap with the internet depicting unrealistic portrayals of love and sex. Internet porn is the worst – it is unrealistic, undignified, objectifies and fogs minds. Sex is about expression. It is vulnerable, sensible and emphatic. Sex should be tied to love or at least empathy for it communicates the contents of your soul – it is not dirty, impure and undignified. Sex is personal and personalized. Maybe everything is out of control because seduction has become a lost art. Seduction meant exploring your target and getting to know her/him thoroughly, it required time, patience and empathy, and it required control and self-mastery. It was slow and personalized. Seduction made sex amazing because a connection and bond was now formed. Something that lacks in sex today – passion. Sex has become mechanical, devoid of all emotions and intimacy. Apps like Tinder take all the beauty of sex and make sex dirty and shameful – the life of instant gratification straight out of the pages of “A Brave New World” by Huxley.

There is a reason why sex should stay passionate and beautiful all the time. It’s evolutionary! Human beings are essentially born bisexual and as we grow up in the world and adopt a particular way of being some elements are repressed. This is to enable us to grow and specialize in the world so we can at least become something. It is about narrowing and is what growing up is all about and so in essence you have to cast aside things that are not in line with your target. In this sense, the feminine aspect of your personality if you are a man and masculine aspect of your personality if you are a woman. So when you fall in love with a woman, your whole world opens up and vice-versa. Because now, your repressed personality comes out. Men grow up in a world where sensitivity is outlawed so they become ultra-sensitive, loving and tender with their women. With women, they grow up in a world where they are expected to be soft and tender so they become territorial, overly protective and guarded with their men. It is a puzzle that completes itself. We complete one another. It is primal. Internet pornography depicts women as objects and men as sex craved lunatics and that is far from the truth because men are generally gentle and considerate and women are engaged in the activity – it’s consensual and an activity enjoyed by both parties. Internet Pornography is creating monsters and polluting minds at the same time destroying love!

Maybe I am being too fearful but I feel the world is getting smaller. With each day that passes people are drawing into themselves. Depression is an epidemic of the world as people are fighting to be “liked”. Social Media have exploited a very sensitive element in the psychology of man, the need to be liked – it’s criminal! It’s the biggest crime to humanity thus far. It has limited our potential and dumbed down masses of men. These are the last days. In the future reality will be so unbearable that people will opt to live in the digital world – in virtual reality. There’s your job opportunity. Pretty soon we will have designers or programmers who will be able to simulate our perfect realities in these worlds. In these worlds we will have everything our hearts desire and we will be so detached from reality but then again what is reality? Is it the world perceived in senses? Could this reality be a simulated one? I think that’s what they want. Confusions. The world is mixture 1984 and a brave new world. To combat this one has to educate himself because they are after your mind. The aim is to make you dumber, more passive, a useless piece of matter that is unable to control their impulses. Time is running out to be rich, pretty soon everything in this world will be accounted for and you will be relegated to the virtual world – a world of subjective experience and loneliness. Only one thing can liberate us – ourselves. As Nietzsche quite rightly said we need to be something more than man – Superman or The Overman. We have to live and fight for our existence in the world. We have to try and enjoy the world in its totality. We need to be excited by nature. We need to be with one another in physical bodies. We need to laugh together. We need to share experiences. We need to create what’s in our hearts. We need love. We need passionate sex. We need something to strive for. We need goals. We need to be free in our minds. We need to read. We need curiosity. We need to run with the stars. We need to share ourselves with other people. We need to be more emphatic. We need to appreciate the beauty of the moon and the stars. We need to bask in the suns light and although happiness is not the default state of life – we need to be happy. Machines will never make us happy. Carl Jung stated “If the individual, overwhelmed by the sense of his own puniness and impotence, should feel that his life has lost its meaning, then he is already on the road to state slavery and without knowing or wanting it, has become its proselyte.” “The modern individual, for whom all gods are dead must look to the forces within for answers to the spiritual problems which plague them.” Get yourself some dreams and build yourself – artificial intelligence will not make your life better – it’s going to enslave you!





Nietzsche

I think that Friedrich Nietzsche is the most beautiful person that has ever lived. He was incredible! I love Nietzsche. He was very peculiar, so out the box, so passionate. There's so much meaning in a Nietzsche sentence; he was so skilled at painting a picture with words. You could feel the passion in the words – he used exclamation marks like they were full stops. And with every sentence you feel your spirit getting uplifted, you feel yourself becoming a better person. He is such a gift to humankind. "What doesn't kill you, will only make you stronger" oh my goodness! That is so Nietzsche. He believed to really exist is to manifest your talents and virtues – "Becoming the person you really are." It's so amazing that he had all these thoughts considering that he lived in isolation most of his life. He was cheerful and upbeat for a person who suffered so much. He lived alone and was beastly sick throughout his adult life. He was rejected by the woman he loved after he proposed after an equivalence of 2 dates. He was an observer of human nature and a big reader. In fact doctors warned Nietzsche that his excessive reading and writing would make him blind. One of the philosophers he loved reading was Arthur Schopenhauer – a German philosopher who was so dull. Schopenhauer's philosophy in my opinion has no end goal, no practical usage or element that can transform your life. It's basically "Life is suffering" or "Why bother doing anything at all". Here is a passage from the philosophy of Schopenhauer: "But you could just as well call this mode of life the greatest folly: for that which in a moment ceases to exist, which vanishes as completely as a dream cannot be worth any serious effort." Not that his philosophy isn't useful, I read and enjoy his work so did Nietzsche. I am just surprised that it didn't depress Nietzsche like it depresses me. He had the most remarkable spirit. He recycled Arthur Schopenhauer's philosophy and made it better, made it practical.

He also read Socrates and Plato. He didn't agree with their ideas at all. In his very own writings he would viciously attack and disregard their theories. In his philosophical works Plato once stated: "The purpose of this earthly existence is to liberate one's soul from the confines of the body and have it return to the reality of forms." You see Nietzsche didn't believe in "True World Destinations". A true world destination is to enter a state of eternal bliss, a heaven, paradise or utopia. Hence true world philosophies give meaning to life by representing it as a journey, a journey towards redemption, towards an arrival that will more than make up for the stress and discomfort of the travelling. Socrates believed that the world was metaphysical and that it was more than this world of senses. Nietzsche believed that this notion devalued the world that we live in – that it was an excuse, an order to retain no goal, no reason, no task for our earthy reality – an attempt to try and escape the suffering that's imminent in the world.

Because life is suffering. That's the irrefutable truth. It's clear. It's basically what God tells Adam and Eve, immediately after he kicks them out of paradise. "Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children; and thy desire shall be to thy husband, and he shall rule over thee. And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life; Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return." (Genesis 3:16-19. KJV)"

All the religions and philosophies of the world are in unison when it comes to this. Hence the inventions of "True World Destinations" to nullify nihilism. However, Nietzsche doesn't believe in true world destinations – he believes in holding your destiny in your own hands by molding it and creating it to what you desire it to be. In a scathing attack to Plato on one of his books he said "Plato

is a coward before reality, consequently he flees into the ideal." Nietzsche believes the metaphysical world or true world destinations is a world fabricated solely from psychological needs. He believes to imagine another, more valuable world is an expression of hatred for the world that makes one suffer. Nietzsche believes in the idea of self-actualization –the concept of becoming who you are and that requires truth and self-inspection. For one to remain faithful to the earth and do not believe those who speak to you of other worldly hopes. Interestingly, Nietzsche doesn't completely refute the existence of the metaphysical world – his on the fence on this one. He simply states that we should make the best out of the apparent world. A fair and justified point because no one has ever returned from heaven to tell the tale.

Nietzsche also loved art! He appreciated it. On one of his books "The birth of tragedy" he stated "The truly serious task of art is to save the eye from gazing into the horrors of the night and deliver the subject by the healing balm of illusion from the spasms of the agitations of the will." My goodness! Another quote "For there to be art, for there to be any aesthetic doing and seeing, one physiological precondition is indispensable; Rausch! Rausch must first have enhanced the excitability of the whole machine: else there is no art! Rausch is a German word that means Intoxication and it basically means two things. Namely Rausch is the feeling of increased strength and fullness and the great stimulus to life! My goodness Nietzsche, you kill me every time. His words were so animated and full with life and passion!

Since Nietzsche believed in the concept of self-actualization and becoming the person you are meant to be. He had this beautiful phrase namely "Amor Fati" which translates to "The love of fate" which means to accept the past with enthusiasm! To embrace the past, for it contained the building blocks that helped to create the person today – to move forward with a courageous spirit and great zeal. Nietzsche believed in individualism – for it is individuals who act! In one of his books he stated: Nobody can build the bridge for you to walk across the river of life, no one but you yourself alone. There are, to be sure, countless paths and bridges and demi-gods which would carry you across this river: but only at the cost of yourself; you would pawn yourself and lose. There is in the world only one way, on which nobody can go, except you: Where does it lead?" Nietzsche was provocative, he forced you to think and make decisions that benefited you as an individual. His philosophy taught you how to live as an individual in the world.

Nietzsche beautiful Friedrich Nietzsche predicted the Western world in the 21st Century. He predicted the death of God and the end of Christianity on his classic work "Thus Spoke Zarathustra". "The end of Christianity – at the hands of its own morality which turns against the Christian God. The sense of truthfulness and mendaciousness of all Christian interpretations of the world and of history; rebounded from "God is truth" to the fanatical faith "All is false"". Oh Nietzsche you killing me! The start of widespread nihilism and trend of false prophets. He also talked about the herd in the 21st century where everybody wants the same thing, everyone is the same: whoever thinks otherwise goes voluntarily into the madhouse. And he gets around to "The Last Man" – "The condition of a people which has lost faith in its ancient history and has fallen into a restless and constant search for novelty after novelty". Oh my goodness! Shocking! He perceived our world exactly. He hit the nail on top of the head. I mean the rife and outrageous consumerism, the inability of people to control their impulses and resort to instant gratification – the freely available pornography on the internet, Apps that enable us to get sex on the go, internet shopping, junk food on the go and a people who just want to be entertained all the time be it by Television, Social Media or Partying and excessive alcohol consumption because they want to be distracted.

Nietzsche described the last man as someone with no goals and no direction. An individual who is uncultured and has no sense of identity. A couch potato who has everything at a touch of a button. A

person who is drowned out by the herd's ideals and opinions. A useless person who's life revolves around being entertained, excessive consumerism and watching online porn. A person who is merely born without roots. He states "The sense of well-being of a tree for its roots, the happiness to know oneself in a manner not entirely arbitrary and accidental, but someone who has grown out of a past as an heir, flower and fruit." It's incredible to read considering we are already there. So many people are passive in their activities that they don't realize the destructive consequences they have. Internet companies like Facebook, Twitter and Instagram are all vying for our attention. Our attention spans decreased from 15 seconds to a lousy 6 seconds in a period of 10 years. This is due to the fact that there's too much information that we are trying to break down. Every time we are on the internet, data is extracted from us. Algorithms know us better than we know ourselves. We spend an average of 4 hours on the internet every day bombarded by people's thoughts and opinions that we lose sense of who we are. We lose our voice like we are in a stadium with the final of the world at play. Everything is readily available on the internet. Seduction has become a dead art. Nihilism is at a highest as religious institutions are losing their grip as a number of charismatics are forming their own cults and religious entities. The age of AI (Artificial Intelligence) is gaining momentum relieving humans of their daily tasks – the effect is felt worldwide. The last man epidemic is becoming rife by the minute. In his works Nietzsche stated: "When an individual no longer feels like they are the collaborator, let alone the center of becoming nihilism becomes a very real possibility." With the emergence of AI humanity is in trouble in more ways than one.

Luckily Friedrich Nietzsche has a solution for this by becoming the "Übermensch" which translates to Superman or overman. "I teach you the Superman. Man is something that should be overcome. What have you done to overcome him? All gods are dead: now we want the Superman to live." Übermensch or Superman is an ideal to aspire for – it is the hero in your soul that you have to keep holy. It is the will to want to do something, to be something! It requires direct self-observation and honest self-appraisal, it requires history for the past flows on within us in a hundred waves. It needs bravery. It requires being individualistic in your actions. Located in every single person is a seed of unrealized potential. It requires greatness. The concept of greatness entails being noble, wanting to be by oneself, being different, standing alone and having to live independently. It can be shown that every living thing does everything it can not to preserve itself but to become more! Being the "Übermensch" entails being MORE! Protect your mind! Improve your mind! Write down your goals and get busy with them – live, be content with who you are, strive, flourish! Our most primal inclinations are to be Gods – be God! Human existence is a curiosity – explore! Nietzsche stated in his book: "For the heights that one scales when one is able to look into the dreadful abysses of life, to experiment with the most painful thoughts and the most extreme form of nihilism and still be able to emerge from such depths and affirm life – saying YES to it in its totality is arguably the highest state a human being can attain! "



The Sublime

Throughout history tragedy has been an instrument that has shaped how we have lived our lives. It was tragedy that communicated how fragile our lives were actually are. It was tragedy that undressed our deepest anxieties, namely the fear of death. Tragedies said that we are confined in our mortal decaying bodies. It was a useful analogy. The Greeks were articulate at expressing this point – they would stage this in a form of dramas and people from all parts of life would come dressed in their best outfits to witness this spectacle on stage, mortality and death were dramatized. Fast forward a couple of years later and we have the news. The news are food for the amygdala! They are fear driven and they are effective because of that regard. They keep us glued to our screens, feeding us with our daily doses of chaos, destruction and deaths in a form of statistics. Stalin once stated one death is a tragedy but a million deaths a statistic, useful and thought-provoking sentiment in the context of the news. Are we sick for being so addicted to the news and all the anxieties and stress they bring? Partly, human beings are not perfect – in fact, we are extremely flawed. However, news are effective, they have a purpose, granted they are food for the amygdala but they connect us to our primitive sides – the will to survive. They remind us of the volatile nature of the world – the fact that nothing is guaranteed. The news are a home for human nature. The news are tragic! Because life is suffering, we need to be reminded of the tragic on a constant so that our internal structure and method of being is hardened. So that we don't have passive minds and attempt to try the new every opportunity we get. Life is a gift, a celebration of some sort and we should live by embracing our talents. We get a limited time to do it and that's suffering aspect of it but if we are true to ourselves, it can become an eternity. We shouldn't be divorced from death, death is the catalyst, the driving force that should in actuality push us to the life we desire. Death is good, death is wonderful and as such we should be connected with it every time, remind ourselves of our mortality and strive to make the best of the limited time we have.

Death is the sublime! The consciousness that everything fades and everything is a lapse in time that will cease to exist. It is the realization that even the Universe is at the mercy of something bigger, that it too will be extinct like the dinosaurs and in the near future – like human beings. Death is the problem solver. Mother nature's way of refreshing things and keeping them moving. Death is inspiring, it is driven, motivated, determined, irrational, strong-willed and businesslike. Death is bigger than all of us. Death should be worshipped. Meditating on death or keeping ornaments that remind us of death every day will make our lives better. Our lives will be structured and we will be goal-orientated individuals. Our self-perceptions of ourselves will be higher resulting in high self-esteem and confidence that will enable us to live. We will be fulfilled individuals with the will to impose ourselves to the world. We will nurture the Universes' soul with the happiness that we will bring to the world. Death is an intellectual concept we could use to better ourselves to create more, be more – to self-actualize! Death is not the only thing we could use. The sublime is something bigger than you, bigger than life! Time fits the category; there was a time before me and you and there will be a time after me and you. By elevating your perspective and using time strategically, you can have a meaningful life. It can be structured, calculated and custom made. By making time an ally, you can make your wildest dreams come true.

In 2003, Manchester United were having one of their pre-season games against Sporting Lisbon. The team for the upcoming season was strengthened and Manchester United were once again one of the favorites along with Arsenal to land the big premier league trophy. Against Sporting Lisbon, Legendary manager Sir Alex Ferguson fielded a strong side to test the boys against Lisbon. Lisbon were impressive. They played good, free-flowing football. It was fast and direct. At the heart of their offensive play was young Portuguese Cristiano Ronaldo donning the number 28 jersey number on

the left flank. At times, he was unplayable. He had a charisma in his play. He was quick, deceptive, had good passing range, his decision making was superb, he was a showman and dazzled the crowd with his skills, he could shoot with both legs, was a good crosser of the ball and he was only 17 years old. At the end of the game, the Manchester United players went to their manager and told him to sign the young Portuguese, the manager concurred – it was a no brainer, this boy was destined to be a star! It didn't take long for Manchester United to get their man and before the season commenced he was officially a Manchester United player donning the iconic number 7 jersey worn by Eric Cantona and David Beckham. The young Cristiano Ronaldo would serve his apprenticeship phase under the tutelage of the greatest manager in the world at the best club in the world. Expectations were high and he seemed geared up and ready to take over the world.

A couple of years later and he was one the exciting and best young players in the league. He had developed into a supreme, elite football star. He was a better dribbler, picked the best moments to showboat, he was one of the best crossers of the league, he was a fantastic header of the ball, his shots were on target more and he had become a deadly dead ball specialist scoring free-kick goals for fun. He regularly scored more than 20 goals in the league ensuring Manchester United's dominance in the league. It wasn't a fluke too. The young Portuguese worked hard. Carlos Tevez his teammate 2007-2009 once told reporters about Ronaldo's will to be the best. He stated "I wanted to work on my shooting so I came in an hour earlier before the training session and he (Ronaldo) was already there training. So the next day, I came in two hours earlier and although he (Ronaldo) was a bit tired he was already there training." Cristiano Ronaldo was always the first person on the training pitch and he was always the last one to leave. He was there 2 hours before everyone and stayed on 2 hours after everyone had left. He embarked on what we call "Deliberate Practice": For 4 hours every day he would work on shooting drills, free-kicks and other soccer related things. He did it every day, even when the tasks would become passive, boring and repetitive. He learned to discipline his mind and work hard consistently. He was obsessed with being the best player in the world. In 2008, he was named the PFA's Player of the year and PFA's players' player of the year. In addition to that he was named UEFA's best player of the year for leading Manchester United to the trophy. He was also named FIFA player of the year and won the Ballon D'Or Award – an award given for individual performance. It was a clean sweep of all the awards. It was warranted too, he impressively lead Manchester United to the treble (Premier League, FA Cup and UEFA Champions League) scoring a whopping 42 goals in all competitions in which 31 were in the league – A record that stood for 9 years. Amongst those goals is one of the greatest goals in the history of the premier league, a stunning free-kick that will never be replicated no matter how many times you practice.

After that amazing season, Europe's heavyweights started knocking on Manchester United's door. Showing strong intent to purchase Cristiano Ronaldo were Real Madrid who were prepared to shutter the world transfer record to bring the star to the Santiago Bernabou. Cristiano Ronaldo was interested, citing that it was a dream to play for Real Madrid. However, Manchester United weren't keen on letting their superstar go. So, a compromise was reached. Sir Alex Ferguson convinced Cristiano Ronaldo to play one more season at Old Trafford and after that he is free to leave for Real Madrid. Cristiano Ronaldo obliged. It was another great season for Cristiano Ronaldo as Manchester United once again won the league and were in the finals of the UEFA Champions League. Manchester United were hoping to defend their crown and with Cristiano Ronaldo on their side who had scored the best goal of the competition (A 40 yard shot that hit the top corner against Roma) they had a chance. Their opponents in the final of the Champions League were FC Barcelona who had won the league with an impressive 99 points. They had also won the Spanish Cup and were hoping to make it a treble. It was a going to be a magnificent final and the stage was epic, Rome was all geared up! It was a fantastic start for Cristiano Ronaldo and Manchester United as they had FC

Barcelona in comprising positions. A noteworthy highlight was Cristiano Ronaldo's goal bound free-kick saved by Victor Valdes. FC Barcelona however got their noses in front and it stayed that way for the duration of the game. They played extremely well and introduced a new brand of football to the world. The football of shot passes, diagonal passes, passing into space, running into space and triangle formations. Xavi Hernandez made the midfield his and bossed Manchester United alongside Andreas Iniesta. Sergio Busquets was deployed as a CDM and Yaya Toure was a CB. FC Barcelona wanted to retain possession with the type of tactics they deployed in that game. Later in the second half of the game, a new star was introduced to the world namely Lionel Messi who scored an amazing header from a Xavi Hernandez cross to take the game away from Cristiano Ronaldo and Manchester United. The game finished 2-0 in favor of FC Barcelona and they had done it – they had successfully completed the treble! Later that year it was Lionel Messi who had a clean sweep of the awards and dethroned Cristiano Ronaldo as the best player in the world. It was only the beginning of the rivalry between these great players.

In 2009 Real Madrid announced the signing of Cristiano Ronaldo. It was a world record fee of 100 Million. They also bought 2007 Ballon D'Or winner Ricardo Kaka who was in his prime. To add to their attack they completed the signing of Karim Benzema who was branded the next best thing from Lyon. The signings provided real intent to topple FC Barcelona's dominance and reign in Spain. Earlier in the year FC Barcelona had humiliated Real Madrid 6-2 at the Santiago Bernabou. A drastic change was needed. Florentino Perez, the president of Real Madrid also brought in Manuel Pellegrini to be at the helm of the team. There was optimism in the air. Throughout the season, Real Madrid were strong contenders for the league battling it out until the last day of the season. Real Madrid however came out short and ended the season with 96 points to FC Barcelona's 98 points. There were positives though. In his first season at Real Madrid, their star man Cristiano Ronaldo scored an awesome 34 goals in the league. Real Madrid however did get knocked out of the UEFA Champions League last 16 phase and did nothing of note in the Spanish Cup. While Lionel Messi and FC Barcelona were headlining the tournament. In a game against Arsenal at the Camp Nou – a game in which FC Barcelona were trailing Arsenal 1 to 0, Lionel Messi scored an awesome 4 goals! He was untouchable! He was unstoppable! In a post-match interview, Arsenal manager Arsene Wenger proclaimed that he was the greatest player in the history of the game. It wasn't just him, football pundits exploded with praise for the young Argentine star. Once again, Cristiano Ronaldo witnessed Lionel Messi take all the awards and the acclaimed that came with it.

Writing-off the previous season as a disaster, Real Madrid decided to go with a manager who would match their lofty ambitions. They identified Jose Mourinho as the guy who would dethrone FC Barcelona and retain Real Madrid's status as one of the best teams in the world. Jose Mourinho had just won the treble with Italian Side Inter Milan. It was Mourinho's Milan side who had knocked out FC Barcelona on the Champions League Semi-finals. At San Siro, they managed to beat FC Barcelona 3-1 playing swift and deadly counter-attacking football that was too much for the Catalan outfit. They lost 1-0 at the Camp Nou but won on aggregate 3-2 and that result was enough for them to progress through to the finals of the Champions League against Bayern Munich. A final they triumphed courtesy of two Diego Milito goals. It was Jose Mourinho who would bring glory to Real Madrid. To aid Jose Mourinho in his quest Real Madrid bought two of the best talents exhibited in the World Cup in South Africa namely Angel Di Maria and Mesut Ozil. Xabi Alonso was brought in from Liverpool and his compatriot Ricardo Carvalho from Chelsea. Having come so close last season, now the team that could challenge FC Barcelona this season was complete. FC Barcelona lost their opening game against Hercules 2-0 and it gave Real Madrid an open window to capitalize, a chance they didn't pass up on. Both teams would have to meet up in the run in. Leading up to the big El Classico game, both teams were red hot playing exquisite football. They were thrilling the fans and

scoring a lot of goals. Cristiano Ronaldo was Real Madrid's talisman while Lionel Messi was FC Barcelona's talisman. The big day at the Camp Nou came and everyone was buzzing. Although, Real Madrid hadn't beaten FC Barcelona in 5 competitive games – this time was different, they were at the helm of the log and were not planning on relinquishing their top spot. They had the right players to challenge FC Barcelona and the best manager in the world at the time. Despite all those positives, the game finished 5-0 in favor of FC Barcelona. Once again, FC Barcelona had humiliated Real Madrid in front of a global audience of over 600 million viewers. FC Barcelona were better in every department. Somehow, it looked like they were faster. Real Madrid were like unfit amateurs. They couldn't get the ball of FC Barcelona. They chased and chased in vain with nothing to show for it. Xavi Hernandez, Andreas Iniesta and Lionel Messi were wonderful. Lionel Messi was deployed as a false number nine, so he could assist in midfield and create space for David Villa and Pedro Rodriguez on the flanks. Real Madrid didn't know how to counter this formation. It was strange and unorthodox. Lionel Messi provided two wonderful assists that were dispatched by David Villa. The world had never seen football played like that.

A couple of months later, FC Barcelona were comfortably at the helm of the table. They were in the Spanish Cup final and their opponents were Real Madrid. Coincidentally, they also drew Real Madrid in the semi-finals of the champion's league. The Spanish Cup finals went into extra-time, an occasion that needed a hero. Cristiano Ronaldo stepped up and scored a wonderful header that won Real Madrid the cup. Finally, a change of momentum, a change of fortune, Real Madrid were elated with the result and Cristiano Ronaldo who had been great all season had led them to the promise land. The focus shifted from the Spanish Cup to the Champions League. The first leg was at the Santiago Bernabou and the Madrid hopefuls were optimistic. Real Madrid had a real change of eliminating FC Barcelona, of winning the Champions League. Paul the Octopus who had predicted the success of Spain in the World Cup finals against Holland was brought in and he predicted a Real Madrid win. Everything seemed to be in Real Madrid's favor – even luck, Jose Mourinho had transformed Real Madrid. Lionel Messi however had other plans. In the last 15 minutes of the games, he passed Ibrahim Affaley on the left flank who in turn crossed it the box for an incoming Messi who dispatched it with a fantastic finish. 5 minutes later, he was fouled in the center of the pitch. He took a quick free-kick and passed Sergio Busquets who in turn passed it back and Messi dribbled past 5 Real Madrid players and scored. It was a classic goal. The Santiago Bernabou didn't believe what it had just witnessed. Some fans started leaving after that goal despite there being 10 minutes left, it was over. FC Barcelona won 2-0 away and looked poised to play in the finals. The result of the second leg was 1-1 which meant that FC Barcelona would play the final against Manchester United at the Wembley Stadium. FC Barcelona ended up winning the final 3-1. They also won the league. The Spanish Cup proved to be a consolation prize as FC Barcelona won all the big honors. Cristiano Ronaldo however scored an amazing 40 league goals breaking a record that was held by Real Madrid legend Hugo Sanchez for more than 40 years. He scored an impressive 54 goals in all competitions and won the European Golden Boot. Lionel Messi scored an impressive 53 goals in all competitions and managed to score 31 league goals. For the third time in his career, Cristiano Ronaldo watched Lionel Messi take all the awards that were available. At this point in his career, he was the undisputed best player of the year.

Although Cristiano Ronaldo was not winning individual awards, he was playing exceptional well. He and Messi had raised the bar so high. Ronaldo however thought that this season would be the year that Real Madrid eclipsed FC Barcelona. Everyone was working hard and they all understood their roles. For this season, the plan was to win the league. European Champions FC Barcelona had a long schedule and Real Madrid understood that fatigue would be a factor for FC Barcelona, what they needed to do on their side was to stay perfect and win games. They started off well and carried on

winning. FC Barcelona followed suite but were struggling. FC Barcelona had key members of the squad like David Villa and Carles Puyol injured early on. They labored on some games and drew a couple. Real Madrid just kept on winning. The big game came El Classico and was contested at the Santiago Bernabou. The game started off great for the home side Real Madrid who got a goal in the opening 5 minutes through Karim Benzema. However, FC Barcelona equalized through Alexis Sanchez. Messi scored the second and Cesc Fabregas scored a third goal to take the game away from Real Madrid. The score finished 3-1 in favor of FC Barcelona. That result however did not dethrone Real Madrid at the helm, it merely reduced the deficit to 1 point. Real Madrid carried on winning games while the games piled up for FC Barcelona and the injury list kept on getting bigger. In the process FC Barcelona won the UEFA Super Cup, The Spanish Super Cup and the Club World Cup. When they returned to playing league football, they were fatigued and labored through results. While Real Madrid were playing the best football in Europe. Jose Mourinho's side were irresistible! They played the best counter-attacking football the world has ever seen. It was one touch football, it was direct, concise and devastating. Teams didn't know how to cope with it. Xabi Alonso, Angel Di Maria, Mesut Ozil, Karim Benzema and Cristiano Ronaldo were phenomenal! They would win 9-0 or 8-0 or 7-1. Mesut Ozil racked up an impressive number of assists. He had 20 more assists than second placed Lionel Messi in Europe across all competitions. Cristiano Ronaldo was scoring goals for fun. After a couple of months Real Madrid and FC Barcelona met at the Camp Nou for the second leg of their league encounter. Real Madrid were at the helm of the log leading FC Barcelona with 4 points. FC Barcelona had to win if they were to have any chance at defending their title. It was a tight encounter and at half time the score was 1-1. The second half commenced and the game required a hero. Cristiano Ronaldo stepped up and finished a swift counter-attacking move. After scoring he celebrated and popularized his iconic "calma" celebration. The Camp Nou was deaf quiet. The match finished 2-1 in favor of Real Madrid. Real Madrid lost on penalties against Bayern Munich on the Champions League semi-finals. However, it was still a successful year. They had achieved what they wanted to do. They had dethroned FC Barcelona and won the league with a staggering 100 points! A feat only achieved by Italian Champions Juventus under Conte. They achieved it playing great football and scoring plenty of goals in the process. Cristiano Ronaldo scored an impressive 46 league goals beating his own record that he achieved last season of 40 goals. He managed to score 60 goals in all competitions. Lionel Messi however scored an unbelievable 50 league goals that season. He was the Champions League top goal scorer with 12 and finished the season with 73 goals in all competitions. He also broke Gerrald Mullers record of 85 goals in a calendar year – scoring an unbelievable 91 goals in a year! For the fourth time in his career, Ronaldo watched as Lionel Messi took all the awards.

In 2013, the general consensus was that Cristiano Ronaldo would always be second best to Lionel Messi – that nothing he did was enough. To be fair, it was partly true. In another time, another period Cristiano Ronaldo's stats would be enough to make him one of the greatest players of all time. However Messi's presence was hindering him a place in the stars, a chance at immortality –to be a true great of the game. Football pundits were sympathetic while Cristiano Ronaldo was pragmatic. All that mattered to him was getting better. The season commenced and Lionel Messi was at his usual best. He led a rampant FC Barcelona who wanted the league back. They were ruthless and unforgiving. Lionel Messi made history by becoming the first player to score against all the teams of the league consecutively – simply put he scored every game. It put FC Barcelona way ahead of the pack in log. However fate smiled at Cristiano Ronaldo and Lionel Messi got an injury in the last 2 months of the season. It was unfortunate for Lionel Messi but great for Ronaldo. Messi's injury didn't hurt FC Barcelona as they matched Real Madrid 100 points of the previous season. While Real Madrid finished 18 points behind. Lionel Messi scored an unbelievable 46 league goals

and won the European Golden Boot that season. However the Ballon D'Or ceremony would be in January and it merits work done in a calendar year. With Lionel Messi's injury Cristiano Ronaldo had a chance. Lionel Messi aggravated his injury and that prolonged his stay on the sidelines for an additional 3 months. Something that seemed to motivate Cristiano Ronaldo. In the month of September he scored 3 hatricks in a space of 2 weeks while playing for both club and country. With Messi on the sideline, he had the stage on his own and he was rejuvenated. He scored a wonderful 63 goals in the calendar year and despite not winning any honors for Real Madrid he was announced as the best player at the Ballon D'Or Awards. Cristiano Ronaldo was emotional on the stage as he cried. All these years, he had been number two when his efforts merited number one was hard for him. It was a release. It was well deserved.

In 2014 Cristiano Ronaldo carried off were he had left off last year. A new coach in Carlo Ancelotti was appointed and the future seemed bright. Carlo Ancelotti was an experienced manager who had won titles all over the world. He had previously lead AC Milan to two European titles and with the current crop of players – he would be the one to bring La Decima to Real Madrid and Florentino Perez. Real Madrid were playing well with their Carlo Ancelotti inspired 4-3-3 formation. The players were rejuvenated after the sacking of Jose Mourinho. Cristiano Ronaldo had found a second release. He had a swagger. He was in the moment. He owned the title of being the world's best! Real Madrid were exciting and played a brand of football that got them plenty of goals. Everyone was chipping in with goals as players like Karim Benzema rediscovered their form. Gareth Bale who had been just signed from Spurs for a world record fee joined in the party and found his stay at Real Madrid to be a pleasant one. For their efforts Real Madrid were in the finals of the Spanish Cup against their fierce rivals FC Barcelona. Cristiano Ronaldo was suspended for the final because of disciplinary reasons but they still beat FC Barcelona to win the cup 2-1 courtesy of a Bale solo goal that was worthy to be a match winner. Real Madrid's city rivals Atletico Madrid won the league on the last day against FC Barcelona at the Camp Nou courtesy of a Diego Godin equalizer. Had FC Barcelona won the match, they would have won the league. However, it wasn't meant to be. Real Madrid were in the finals of the UEFA Champions League against city rival Atletico Madrid. A final they won 4-1 after extra time. Cristiano Ronaldo had scored a staggering 17 goals in 11 games in the competition. This led to him being named as UEFA's best player of the year. He was once again named the best player in the world at the Ballon D'Or awards. Now he had 3 Ballon D'Ors to Messi's 4.

2015 saw drastic overhaul in the FC Barcelona camp. For the first time in years they had failed to win a trophy. They needed a change of scenery. For this they sacked Head coach Gerardo Martino and brought in Luis Enrique. FC Barcelona bought PFA's Player of the year Luis Suarez from Liverpool who despite a 10 match ban scored an incredible 31 goals in the league. FC Barcelona also bought the best midfielder in La Liga at the time Ivan Rakitic who played his football at Seville. Claudio Bravo was brought in from Real Sociedad and Marc-Andre ter Stegen from Germany. The result lead to FC Barcelona's dominance in the league again as they managed to secure another treble of the league, the Spanish and Champions League. Lionel Messi was once again at the helm of football. He dethroned Cristiano Ronaldo after two years and won his 5th Ballon D'Or award. Cristiano Ronaldo was once again relegated to second place.

2016 saw the appointment of Zinedine Zidane as the head coach of Real Madrid and that immediately brought in changes. Despite FC Barcelona's domestic dominance having won both the League and the Spanish Cup. Real Madrid were in the finals of the Champions League against city rivals Atletico Madrid. A repeat of the 2014 final. Real Madrid won the final courtesy of a penalty shoot-out and Cristiano Ronaldo won the best player of the tournament award having 16 goals in 11 games. He was also the top goal-scorer of the tournament. 2016 also marked the year of the

European Championships that were happening in France. Portugal relied on their captain and talisman Cristiano Ronaldo to inspire them to the finals. Entering the tournament, Portugal were overwhelming underdogs. Making it past their group would be quite a remarkable feat. They drew all their group stage matches and ended the first round with 3 points. They qualified to the next round as one of the best number 3's of the tournament. Amazingly they made it all the way to the finals against host nations France. Cristiano Ronaldo was vital in their bid to stay alive in the tournament. He scored important goals that helped the team progress. His leadership was evident as the team fought for one another. The team was highly spirited and motivated. They were hungry. They played like David and you had the feeling they were going to slay Goliath with every game they played. Their approach in the group stage was pragmatic but no matter, it had lead them to the Finals of the European Championships. The last time they had gotten this far was when they were hosting the games in 2004 when Greece beat them 1-0 in front of their fans. This time, it was different. There were no expectations attached to their name. France where the team under pressure to win as the host nation. The game commenced and before the half hour mark, Cristiano Ronaldo got an injury and had to be subbed off. It was a big blow for Portugal and their chances to win the match. However, they stayed strong and compact. They were stable and cemented. They fought for every ball and for one another. They frustrated France and the fans started to be restless. On the sideline Cristiano Ronaldo was cheering the boys on. He was motivating them and instilling belief in them. He did all this while on his crushes with his leg heavily bandaged. At 90 minutes, the game was still 0-0 and the Portuguese players started to believe. Before the game commenced for extra-time, Cristiano Ronaldo and the coach had encouraging words to impart on the players. Cristiano Ronaldo wanted this so badly, because he was a winner. Because his spirit was contagious, it got to the players and they also wanted to win it not only for their injured captain but for themselves. They played extra-time and at the second half of extra time Eder came in as a substitute and scored a goal for the Portuguese side. Cristiano Ronaldo became more animated on the sidelines after the goal, he began shouting out instructions to his teammates on the ground. Telling them to be compact and strong. He was passionate and in the moment! France threw the kitchen sink at Portugal but failed to score. And just like how Portugal had failed to win in front of their home fans in 2004 – France failed to win in 2016. It was a great triumph for the Portuguese side and Cristiano Ronaldo proudly lifted the trophy. It was a great moment in his career. He had won two European Competitions with both his club and country. He was a certified great, a football immortal and one of the best to ever do it! He was named the world's best player once again taking the crown from Lionel Messi after one year. Now he had 4 Ballon D'Or awards to Messi's 5.

The next season under the tutelage of Zinedine Zidane, Real Madrid won the league and retained the Champions League beating Juventus 4-1 in a final Cristiano Ronaldo dominated. He scored an impressive 16 goals and was named player of the tournament once again. He was named the best player in the world for a record 5 times equaling Lionel Messi's record of 5 Ballon D'Or awards. Now there was no doubt. Cristiano Ronaldo is one of the greatest players to ever play the game. His childhood dream had been realized, his hardwork had paid off.

Cristiano Ronaldo relied on the Sublime namely time, because he was doing all he could every day. He understood that it would reflect on to the world. He refused to take anything for granted and kept playing at a very high level. He was able to motivate himself. He was confident of his abilities and despite what everyone said he knew it was only a matter of time. With deliberate practice he had attained mastery in a short number of years. Being immersed in something bigger than yourself - a god, death, destiny, the universe, will give your life purpose, it will help you in the times were you are most vulnerable, it will drive you and it will propel you to greatness. For Cristiano Ronaldo it was

his destiny to be the greatest and he needed time to help him get there. Surround yourself with the sublime!