



## SUN KU - The Light of Truth

Unpretentious considerations made in good layout, very dose of independence , deep, interesting as we see the interaction of very good ideas which resulted step to tell a story with a moral that is the moral of the story ... this story about two workhorseswho made a journey through ancient japan , since the time of discovery , the gray donkey was loaded with salt, very heavy load ;black ass guided to your destination caravan because he had a very light load , took sponge up boasting of his luck being very rude way the gray could not stand it and was about to die when the effort stumbling falls into large puddle of water derretendo-if half the load, black ass stunned watching the incredible luck mate that there goes lifting , easing taking what was left of charge.Driven by jealousy , cast into the water hoping the same fate.

The sponge soaked up water making it almost impossible to black even stand up , of course eventually succumbing to fatigue and die.

Stories of grandpa

Love is like a rainbow , is not always present , but always

appears!The utopian chaos theory formulated  $1 = 1 + 1 = 2$ : 2 = 1a Rainbow Spiral utopia multifactorial love ends at maximum power entity of radiation, blooms in the sun - the earth expires , the sun inspires the same colorsto paint the world - I breathe , you inspire in the same air of love and I'm all colors to paint your world !All part of how we feel things and there are things that unite, other separate - but the truth does not hide facts .My first recollection simply just have reminiscences, in which absorbed agreement on a bright day , and prepare me with the power of light out of darkness, and will distribute power and energy for the whole constelar community.I put myself to think if one day be a distance ?If one day be a distance , would destroyer , scary , noisy, or was relentless bright, beautiful, radiant and energetic.Each ray has as humans different characteristics , different modes of action , different light, ie each ray / be unique and exclusive .Well if one day be a distance at least it was original.Each ray has the form of action, as at any time the people that share at times arises fractions.Are we acting on the beam / be , we could change the direction and destination .Regarding the destinations and the first time I will invoke the name of God , one day came , have a conversation beliefs and faith with a Koran follower who told me the following story which I will describe : are you a given gamefor hands and vehement ask god to leave you the maximum score and left you a damn.My dear , the story boils down but who finally released the information?But apart from this story I want to tell you that we have action and radius / be acting with the environment, each rolls the dice with your energy / shape / behavior.I knew it would be a transformer and that things were going to have a balance of gleaming forces that would transform reality .A revitalized energy and who

lives dissatisfaction with satisfaction would become in all colors to paint your world .I woke up in a different reality than usual and explore writing courses through this book would expand my being.I reflect on how to transmission of thought and equate it to a light and its power.We all think about multiple perspectives need to follow a chain and the soul has moments of disturbance , the way we look is not always naive and energy expands .Troubled minds with misdemeanors are perpetuated and the voice in unison louder than many voices , words are an expression of art , from now there will be inspiration.The beating of the heart has its rhythm that expands the veins .Repression makes up the dead because everything has its q .All we think about evil and sometimes make us shut up, " but we all think ," the memories are not always present and say no pratiques hatred because it is bad.We all have freedom of expression but not all have it at the right time , and nothing more honest than the truth, we have various forms of expression and being well is to have balance .Balance is a cycle routines , being nervous is an imbalance.People love to comment .All have pure universal love begets compassion.The sun is the energy source, the abnormal is nothing happens, everyone forgets when they want and there are always multiple perspectives , many ideas , few convictions ... There irreparable things , because all are subject to injustice.Love is a source of pleasure and always alone and protected : there are people who do not like to think but awareness is a flashlight that clarifies us.

There are vices that we all sometimes have fears , they all say and do stupid things .I do not write to anyone , we all have something we do not want to remember , but it's good to know when we are sad and always admit it and not hide anything because we all have vulnerabilities , we

all feel the pleasure of something and when the opportunity lurks opens the door. There is always a feeling for the other , but " nobody is anybody " and so everyone has the right to shine. Friendship is always a good principle to a friend is another self . Follow your instinct you see the positive. We can all be loved and love love is light generator when we are loved we must respect this feeling, love each other and increase the birth rate , always with the words in crossroads games undoubtedly an antagonistic words but with your logic to avoid suffering ."What have the old is not wisdom , but prudence " so listen! Everyone knows good and evil? We have in our hands the decision to be good or evil , madness is some sanity , really knowledge is important !? If possible be graduate of the school of life ... I'll turn myself for you, for me and for those who love me. Change to evolution. A cable that passes a vibrant current of anxiety, electrical , run bodies , feeders and hope for something new and amazing that leaves the static movements but with racing thoughts and anxious. Paralyzed motion , the tension rises in framing and actually controlled and measured movements , down the stairs of thought where we connect to each other. Is this ladder thoughts which we categorize behaviors , faces and movements not fit on the descent and ascent of the moments of life , lights feed the treadmill without stopping lead you crazy this century reality. XXI, energy , magic, costumes, all with apparent harmonies , but beware the stairs , not everyone will the escalator of life, there are beings who climb stairs that rise and especially someone moves and supports , is that enough or is it a question of balance ? Balance of power is essential to the balance of movements , up and down to the level of every being , but not all deserve to go down or to support us on

the climb , effort and perseverance are key , then raise yourself to the spirit of sacrifice, without injury or stops and she'll take you in the light of the thinking being .No balance of external forces that may give , the steps are solid and fed by cables of hope come to the most important electrical cable the cycle of life , the energy that feeds the earth.My electrical panel was the one who would command positions and destinations of universal power .It was a solar light that would illuminate the dark bowels of the earth nature.What was happening felt saddened by dawn one suit that came with nightfall , lived , revived and reborn am he the powerful sun ( sun ) \* a radiant source that fall like drops on the floor, this source of life and light.My lighthouse , which seeks incessantly pivotally movement of the abnormality .Beginning to feel the first electrocution and noisy nerves blink with heart electrocution .Electromagnetic waves that come and go the waveforms thoughts around the circle of the waves.Electricity runs through my body the current that brings me to the circuit of the waves.The electrical impulse down and I am shaken pulse circulating in electric mode, always knew the truth when discovered by impulse glows , there is a blackout and shut up the tormented by voices bright feeling of being, lights up a bright candleaccumulated pain of melted wax .Electric doors open gently touching , but closing no time to open .The electric chain saw cuts with the dark vibrant hate roots.Electrocuted in bright smoke clears memory , electromagnetic turbulence in the minds teeming , turbulent infinite electromagnetismos .Extend as electrifying rays that paralyze the mind , have a light, black electrifying of flashes , flashing lights plaguing me the passage of the unbroken chain .Opaque lights illuminate outlandish beings in the dim light .Wires run

through me body vibrant full of energy. Subo and advancement into the 10th circuit and there is a energia' failure, incorruptible even the dark there is a power loss and fell tram on the words of ecstasy and feelings .Bright sharp cut and bright echoes, shining light grabbing voice breaking , the lightning flashes where dark obscure the errant beings with ocular orientation. There is a fluorescence and which no bloom and fall thunder in all directions and meanings .The " ofusculência " and these piercing lightning overshadow another's pleasure sensations and looks. Incandescence and intersect deep bows in your soul that hold the atoms , dynamic and incandescent shocks. As a hint hammering me the incongruity of feelings that call for a strong and determined light in my absence twilight that curl up softly, in high lights of my being, and gently delight as lightning. There is an ominous light, threaten these convalescent lights that torment us and let foresee the danger? There is a lamp , the light that accompanies you in bucolic and unable to confront moments of intimidas you in secrecy . There is an intense red light and blocking accelerator nerves. Zarpares shock and contaminants minds without impulses sprawling up , light company , illuminated what is not given and not feel the company of light. Thunder grind and shatter hungry noises of pleasure . Powerful lights condemn others lives to education by voices . How powerful and lacerating rays that cut ties impossible to tie the dim light in which overshadowed awareness that penetrate bulky bundles. Intensely illuminate the mists of black light in the bright cosmic , a penetrating and deep cosmos that relieves forgetfulness of the soul. Lightning heats and darkens and becomes motionless and silent, but range and noise when it happens is breathless and overwhelming that infects the

rage to live and be present among other lights and illuminations or even simple yet striking fleeting darkness of sighs and breaks the most electrifying silences. This lightning clears your conscience marked by issuing eloquent and moans that precipitate action neglected sense of property be opportunity at the time fell another lightning in this world. I remember the photo taken with my brother (now hanging in my room) and I'm at the place where I had the infernal hosts which later refer. After the light gray, these ashes that mark you heat the irons wild and strong just a battered are contaminated by ash light of past and future ubiquitous not forget. Cut up the spur of the moment and propagates slowly wrenching and effusively telling you controls you, and throws you into a well of light that drowns in memory of incontinent words and pouring your thirst for light. In an uproar are the smoldering embers of a magnetic body that whistles and blinks in your heart burning with desire for something, virile and masculine or feminine and sensual then, this affront dual personality that does not yield even to one side or the other. These light gray heat the dark and the frivolous and have in their heat protection of rain and devoured, that spread across continents and timeless space invades us and presents us insights luxurious and gives us many pleasures and depressing. Anxiety chemistry sedentary pleasure, but not crusty, but printed in naive faces. Oblivious to the thrill of feeling and being, feels dazzling and shining and relieves contractions felt by excesses, excesses such that redirect us to another dimension, develops, feeds on addiction does not retreat does not oscillate or clash in crazy hair the denial. The hypnotic light and groping experience feelings felt in the face that promise to yield to the desire, leads us to streamline and believe that there is, for it we are inclined

without credit without debts , stagnant as hypnotic life of transcendent beings who are entangled indried sources , rave charged eyebrows shamelessness and leisure. That lead us to new challenges in the same thought in different reaction , these reactions sometimes unreasonable where we face with pure desire to have , can be fed by her and not conducted as loose pieces of clay that come together when heated .

My second memory is precisely a photo dressed in a suit where I am in the same clothes from the first picture that is now in my room , I'm in Açoreira upon a car I remember falling down the stairs of my grandmother where there were tapes used at the entrance to the flies . I remember to call the land of my grandmother the land of flies was much agitation donkeys or horses constantly run . My father , who owns a blue car which was born my second recall, was a datsun . My " old" used to tell a story , history according to him, between my grandmother and a donkey that did not obey him , the old woman bit his ear. Today after the story that will read you not fell any teeth . I saw the breasts of my grandma once and was in the mirror was under the bed of my parents was better joke that had childhood until the worst of nightmares , nightmares I used to have a terrible down a stream and into a pot , think this can be the worst thing you can dream of child and death in the end to death and just as before dying or immortal that light which is divided between alienated bodies motion and oscillates between two easy ways to brighten , but not life subsists in sorrow and dismay of systemic hypnosis that nourishes and develops . Consciously is so intense that is extinguished and there is even erased. Psychedelic cross one another ties in the noise of thunder brave that support and enhance the abnormality that comes from the fact that we

are covered throughout this psychedelic thunder .Well here everything stays consistent without powers or scales, the transfer would only be a pretext for the abnormality , the black thunder, caged and sending the odd, deep grunts of reason absorbance because it goes off , range and moves without the least secretive , seemingly a world of psychedelic lights that afflict those who evade it if you want or enjoy pleasures staggered dyed prejudiced by oblique colors stagnant , unwilling to create or mere indulgence. Imbued with the spirit of the thought of fragments of fragmented fact are those who imagine another world , away from disturbances that irritate us as when we scratch the eye , or simply blink .This movement alienated other movement glows and spray the distant and oblivious minds to the simple fact of being a busy or hectic .Thunder is psychedelic and drives away spirits without them to manifest and why not there is a parallel reality of rumors and intransigence as the bogeyman , and nobody here eats bizarre personalities and aliases of preexisting although there is indeed. Hence all that is unreal has timeless story , but has anything, afraid , afraid that deports in a horizon 5 dimensions , polígonas and linear , but not likely or even subject to any trait, this trait is that the hemispheres and the transcendent apotheosis thought. No flowers or grows in filaments of abstract ideas why , yes impulses born of characters ever seen , decorated , imitation movements and suitability for the moment, but everything made aware and minimally calculated. No calculations is real and unpredictable that there is a genuine spontaneity that is absurd to think of anything. Grind and grind the heads of yore and has desvanecestes in yellow leaves and eaten by bibliófagos that no perseverance intimidate obsolete memory and made counterfeit and to its

measure. Surrounded by measuring apparatus They welcome the Abyssinians rotulantes and laugh at the thunder of the Abyssinian . Urged to those who live in the light of the past, those dying from beyond invade prominent celestial bodies in fact happen , the immediate . But all are technical, more or less intense , but are energy radiation that are not compatible with the past, even the previous moment . Memories thereby emit harmful radiations but not overshadow any thought that if you want to light up at any moment , momentum or moment . For the past intersects with the present, the moment, momentum, second or fraction , but not the influences are therefore always the powerful light time is pure stream of ecstasy that cuts like wind in the face, something until then stripped of intent and movement around pleasure to do or be , because what exists and the account of our being is the click that by simply looking forward to the light of his past, more or less intense light , past life sweats , but not guide the principle of motion triggered remaining impulses without mask, the second lived in the moment not like that simply crawl around lights of the past and cling to nothing . Well that's synonymous with contamination , radiation no thanks ! Hence nothing stronger than light at the time , and be at all times with all his might , but no one is better than anyone, it is a matter of struggle , and not come to me with these innate lights because each one has , weary of will and imagination and pure energy development and creation, magical colors reflected in yellow sun. In fact there is not much light, there remain only remaining existence of outbreaks and balanced way to objectify , which you can not see . So there is not real , is the result of something that helps us raise awareness . But rays what is consciousness? What is really conscious or

unconscious ?Here is a barrier that does not materialize for a lot of sense to make and to understand , we all drove for the moment .This to put preconceived barriers and say currents are insurmountable , when in fact there are no barriers in the real !?Everything is so imaginary all live in the same stream of illusions, seat of other spirits that do not affect the truth because there is , or indeed there is no barrier between the desire of the unconscious always present in the conscious and that we reserve to ourselves, only emptiness , yes there are imaginary celestial creatures that live as it says in the light of the past, by a majority that decided that it had to have weight or measure , but then again who are they to interfere .It is observed and is to look to the blurring until it was only natural that this clear light that it soon we conform .Conformities , adversity , conflict , serving as mere indulgences accumulator attitudes and problems conscious but not so deep so they are natural .Between natural and transcendent there is minimal impact there than normal envelops us and makes us feel at ease and quiet , everything is natural : air, joy that surrounds us , that knocking and flees and especially touching , gentle touch to those who like puffs of lightness. Energy managed in the core, potent source radiates in transforming us , psychological change, let us consider then hit by this nuclear power .This vibrant light grows in be expecting that in reality does not suffer but as a peacock that infiltrates the impulse seized and that lead us to act to act or not act , impulse, this dynamic and clear explosion.Hence us to take advantage of the maximum exponent in his might , are ordinary agents that correct , pillars crumble impossible to unbalance it is the power of transformation.And nothing stronger than be transformed, this change in something that elevates and protects us

from contamination .I remember crying and not wanting to go to pre- school on the first day but especially after enjoyed the friendships , playing with my friends .Was normal in sick kid that causes high fevers custom nightmare , the one that was attached to a chain and down to a burning cauldron but with the rave thought I was going to hell but suddenly woke up and was saved in the final count that stemmed.I know since I also learned to distinguish hot from cold , according to my brother who put a hand on the heater according to him in the coldest part and he in the hottest part , result: just burned a right wrist that reminds me of the 666 or the mark of the beast out of curiosity my last phone ended in 666. - something will stop us if we want to continue, but why stop if it is action that unfolds and generates emotions , sensations and stimuli when someone responds and reacts in , my action friends, patience and intelligence to understand the other being confrontational .Why leave negative energies paralyze us , as if we were children unanswered , my dear courage, the word is the order who is to be judged and who will be the judge of reason , who can be normal or abnormal , anyone!We all have faith and I have fezada give that cases of concern of will and omniscient and this desire , but as a harp that alludes and eludes transmits sounds mermaid with hallucinatory echoes.Nothing more than relaxing hear listen twice as much as we talk and silence is action and not naive or uncontrolled , few resist silence and there - to try .Can even be torturous but answer many subjective and objective questions, the companionable silence is silent but can function as the perfect weapon uncontrollable , desirous of impulsivity and thirsty , those who can not control .Calm down and listen, listen to the silence in you .

I once caught a bird tied him a wire to an

ironing board iron would give him food , water ... And died that day my living toy. My first play to catch the game bad result to have my brother behind me causing me to precipitate one " corner" where cracked his head until the whitish tissue was about. I walked about 4 km to go up to the mountain and the smoking kentucky to \$ 12.50 these meetings my friend ate lamps , cups , which appeared , the circus had passed recently in the village. My first year of cycling exhibitionism was more my brother , the two failed to spend a few bricks and just taken by him pro hospital. Almost at the same time took a ferradela a pregnant bitch and then the marbles theft that made me involved my brother avenging me of ladrãozinho that would later be my friend and I had the craziest brother of the earth. This friend was not invited to my birthday but made sure to offer me my first lego and unique in life. Days before 1st communion went with a friend to the local community center and steal the sin wafers . It was only the beginning. Then I started to play ace hidden and that's how I hid my mother 's best friend leaving him alone in the house later learned that he was terrified , and calling for us there we open the door. Friends played with bicycles, cars , marbles , and liked adventure ... Ended up going to happen a day sing the janeiras on kings and getting some money by spending it then just remember offering sausages and other smoked we wondered in 3rd class and though the teacher was replaced , the school playground was in the works with sand hills and holes , but I ventured , when I came to the room and for the first time for such boldness would " lead a reguada " and dared I took the hand before the teacher hit me , the second in front of students and pretended forgiven . In the 4th year sold my colleagues father collections covers, as these supplements that come

out today in the papers. I remember the first wizard where to put my mother took me and my father and my brother and I saw the wizard touching them in the genitals to me he did not dare and threw her hatred was the first that disgust in lifetime. I'm a natal plus my cousin and my brother and he gets the first one lp the pink floyd - the wall , primoço cool. Remember the 1st communion to May 1986 in the Church of the strap sword ash, was already an intense walk with tight shoes .It's time to leave for the Estarreja municipality, back left friends and acquaintances, got to hide my departure all with the benefit of leaving just before the school year 4th year being offset by a subsequent letter from the teacher who showed admired by my silence .When I got to Estarreja county I moved to Pardilhó , I've been a few months , started here my day -to-day , I know at the time what we now call bulling I was the victim and feared , feared even when traveling from home to school bus , there was one who was happy to " wet the soup !" The 1st job that I remember was washing the car to my father and pass bill already the typewriter and he paid me .I entered the 5th year with special permission ie a liability waiver signed by my parent or guardian to enter the 5th year in school c + s Brodick because not yet had the minimum age .Reached only roll toilet paper and fumava- reached want the world to stop in time for me to take advantage of a bank robbery , etc ... But this year I get my first degree in which mentions that student participated in cross country 1988/89 school getting in 15º lugar , nothing bad for someone who is not yet grown, so too have felt grown to skip the network and go buy cigarettes .He walked without bike brakes and spent the soles of sneakers in my early smoking seriously I owe a giant sg neighboring the best tavern early Estarreja

preferred the buffet and did not eat in the cafeteria .I remember the 1st funeral ceremony I attended was my parakeet pity this had been cut wings ... He went to play in the yard and climbed a loquat when I jumped to the ground, smashed the budgie !Here begins my sequels ;I fell asleep even crying for having lost that animal , I ended up joining a mosaics and there did his burial.All very well not be a cat the next day go search it !Result of this story ends with a dog that had asked for Christmas present but was found to stray on the door of my house , we welcome this " teko " and ends up being instructed to attack the target cat, just my teko for killing the cat.I even hit with a stone on top of a lighter out of curiosity and it broke .

In my early days of work, amused me in pastry where he worked, that scolding ... He even take the newspaper to the bathroom to read and smoked one or two cigarettes however at the time not to be caught by my brother and mysister arrived with fear to throw the packet out the window in the car.I had an experience with wolf shadow : was lost but found.Protected , but only by choice.Feeding your dexterity chemical solids and essential water.The purity own "shadow " layers for adventure and had a landing , Caricuaao .As wolf was protected , but by attitude alone, immersed in apparent loneliness.Today as I write Caricuaao wolf , I face your world and interpret it .Friend independent not live without their wild nature, but a real newbie charitable life , embryo in Caricuaao where I graduated has loyal young blood , especially honest a fearless nature, fierce in essence but fair and respectful of your friendcompanion and friend .So faithful traveling companion and complicity always interpreted with warmth and silence.I lived a little enough to meet the shadows of Caricuaao " streets" and

company. But I saw the courage wolf and he established dumb and statutory confidant friend link for their freedom. If there's one thing the wolf had was freedom, was , alone, alone ! And free ! Shadow Wolf extrahuman glowing energy in their way of being . With his barking imposed on their wild independence of the genes of nature. Decided to share their spiritual cod alone Christmas Eve with the wolf, or rather shadow Caricua wolf while connected by one free dish in unison fraternally also sharing their drink. We are alone by choice ? Of Course! We are free to think as shapes in nature. It was a gift to me this Christmas , the wolf Caricua , but he wild for innate genetic environment is pulled by their chromosomes to the feeling of free state of purity of his own nature . Enigmatic as the way of life but fueled by lust for life and enjoy your lonely but free hand to any restriction or imposition. I and shadow wolf are friends , is uncharacteristic in its way of acting unconventionally coercion of others, we are free at the hands of mother nature and so we grow and what we induced infiltrate us .

I got to be more than 10 min especado looking at my father's lover and thought , thought that at least she made a noise was going to have some problems.

I always liked my brother but he once beat me with his fist and struck the identity of my father when I fled in pajamas by street Pardilhó , Estarreja county and ended up in the backyard near the brambles . Until I had to put on makeup usual departure Sunday due to marks on his face . He walked without brakes and spent sneakers to catch , I sold the bike you rode without tires only with

the rim offer my grandfather and sold it to the weight where I made \$ 300 for it. In this school I end with two negative , one another mathematics crafts , I never realized it was so bad in manual labor. Naturally involved by society and its customs beginning in 1989 playing football until end this career in 1998 as athlete's sports club Estarreja like practicing football started as center-boom reaching a goal of 3 in my long career ,but it was a training match against Ovarense .Then as they grew was retreating in the center forward position , I traveled to far - left , then to the right middle then average center to get protection in the central and release positions. It was known at the end of my career as an athlete of a notorious anti fair play , yet to register the 2nd goal scored on the day I ask the coach to be the team captain and playing central midfielder , scored a goal in that game ,made a difference and rode the distance from the middle to the opposing goal by making a " cuequinha " the goalkeeper .Thought of taking pins for football games in order to make the plays in the field.

In 1990/91 attended the 7ºano in high school Estarreja , was poorly integrated with this school for being rebellious and passed the story that one day I masturbated in the classroom , being dubbed by history professor as having Patriot missile - that at the timethe Iraq war, inevitably disapprove of year 4 negative .What hurt me most was the Portuguese because it was the first and only in my school career .Decided to return to Brodick school where had the 5th year. After the 1991/92 academic year 7 school c + s Brodick first year to be nicknamed " AIDS " among colleagues , coming to have misbehaved fame , however school successes were me allowing passing grade , already inheight when confronted why you have come from Estarreja to Brodick said to

have been expelled from school Estarreja .Pierced the low-density floppy disks to double the capacity of the same made him with a hand drill , came to go the Estarreja lessons to Brodick on the " bike " purposely go after until ovarian , stealing chewing gum and candy to the hypermarket .The best game I made in my career was after a direct and was against the beachfront club until the van came to fetch me home.I put a fly in butter sandwiches to a friend named " MINETE ," the first porn movies I saw amazed me , a woman had dick and tits at the same time something that reminded him , was another of snakes and eels, my father scenes... Among the Estarreja and Brodick travel had the clearance by the cp to make but as tobacco addiction was beginning to aggravate rather than buy the pass ... I was already at a stage only to hitchhike to have small change for tobaccoand went to the bakery eat half loaves drink a beer Litrada the socks with colleagues .At home my grandfather shot from an airgun and lead ricocheted and almost hit me and heard the buzzing of the projectile .I once went to a birthday party , Now the craze of drugs burned one gum and turned black after doing believing in his own party that was hashish.Before you go train called my friends house and stole bottles of champagne to my father and drank before training coming several times to be expelled.One day one of his friends took such drunkenness that had to be hospitalized .His father came to call my making complaint.Within the football club had special training , this was our opponent 's team selection of Aveiro in search of new talent.Performed a formidable workout and that's when they put me to train in Aveiro selection and got even a placement.Aveiro season 91/92 Football Association played as a striker , descaindo to the left side , was a substitute for a player who was later to

fcPorto.11- 07-1992 in the selection sub -13 would have an encounter in which they faced the selection of Aveiro with the selection of Leiria ending the season 91-92 , was here in this game I had my chance and went into the second half as reported by the journal Aveiro, Tuesday, July 14, 1992 - Aveiro, 2 - leiria , 1 " game at the sports complex of s field.Jacinto ." In return the baths, the Aveiro team took the field with another determination.Unlike the first part where the leirienses dominated , Aveiro proceeded to take game account and better exploiting the opponent's defense , gave an "about face" to the result.Reached the equalizing goal , through Moorish filipe that floated in to the Beacon background " .I do not know what I was doing in that game , I remember having gone so far as to be unable to catch the balls, or was too slow or was very fast , but in the end there would be scored the 3rd goal of myfootball career , this year there was no tournament between national teams for financial reasons , you could have evolved more ?You never know .Come the academic year 1992/93 which attended the 8th grade in school c + s Brodick and already smoked all intervals , it was a rebel with deviant behavior .He told a friend who was in military school , I got to come in a French class support with a toilet seat on the head saying it was you toilet, had no courage to face the eyes of my father until the first hospitalization,chewed herbs before going home after the first football training and last time I took a beating , played in a training started , " took a " and assaulted him and told him to wait for me out there who still took more , andhe waited ... until my head was against the tar he had the nickname of the " Pardilhó " .I have the first disco in my attic giving it the name ku \* .Rose by a skylight at the top of the building and came to have blankets on the roof among

other things, with my friends smoked wool several times , with the nuno a friend of mine got me to the edge of the limits near a fireplace , left an owl that I was off balance and causing me almost falling from the roof. Blue Ray Blue Ray enraged invades me be blazing energy that flows in the dirty pores prejudices and intolerances that this blue lightning will strike .The light produced by all beings rolls up in devices without difficult shame of not being convoluted innocuous artificiality of .This laser light is penetrating and invisibly penetrates to the unseen and unnoticed .It is a psychic and master light in assumptions unrelated to the crossroads own psychic. Inconspicuous and innocuous causes through its beam suction of poisonous thoughts and preconceived ideas to their own poison and its antidote .Roof light , the smoke that pierces the light of the covert mind rags memories undone in heads without direction and action , action , this motor that cools the step of frantic thought of slow and uncoordinated massificadora mind .Piercing the enthusiastic about the idle time is up and distributes the brain and exciting lights Deambulante electrical stimulation. Intensifies in mesmerizing and paralyzing body mass , as a desencadeio rhymes in gibberish .These roof lights come on either end engineering head." Some people have monkeys , others only attics !" Other lights that obscure the main entrance , I wish penetrate attics with memories , thoughts, short lives lived without major causes but with many memories .Memories that are to enlighten the mind forever opened or closed in chests ... Ia seek vhs tapes, and not having money to pay the rent up spreading in time and to divide the rarely increase slept thinking about what was .I even have cassettes months to accumulate. In 1993 I began to want to take my money and decided after a call to work for a games

room .At the time he was 15 years old and had seen a lot of authority that kept order of space and prohibiting those under 16 from entering.Came the first contact with the hashish and it turned out later consumption over 17 years following .In this environment I contact with other realities but denied ever and I refused the use of heroin and cocaine , as to tell that I did throughout my life was not in order or purpose ie I may have been " mined " but never consume.Had improper attitudes towards consumption and already a famous "artist" being the presenter of the end of school year party of 9th grade finalists In 1993 /1994 .

Generator , generator or generator love love what fuels this not virtual carnal desire , and this emotive link transparently kiss and thirsty for something vital to the development of emotional energy and electrical ties.This generator supplies egos and personalities with hidden faces in daily representation as in taking breakfast , or dinner, or water that feeds the energy of the day -to-day .No masks or lacerating thoughts , enquadramo us in reality the energy of love or the love of electrifying energy and sharp piercing and representative looks love and loneliness that lives fed by a cable that never shuts down, an incorruptible power , buttrue , forever!Always thirsty electrifying desire to look and some patience invented the monotony of day and oblique faces that represent nothing in electrical medium are loose wires .Venture into the imagination of the innate motor and pioneered realities but with choke the instantaneous contact.Contact essential to motor life , motor , that the consensus reality of the living and not be present , but oblivious of other realities almost imperceptible to the conscious desire , but it is there !There is always present in the sense of immediate opportunity , so the media can not be watery ,

not slides in thoughts of love generator means and resources available ;about love generator is always on the prowl and any other non-virtual environment and controlled this very being of indulging , then can not divest yourself of the pleasure it generates, and proliferates in these ever-present faces of the soul piece you always wanted to stifle.Because you can not dispose of any piece , as energy is one and multicultural in its sense of satisfaction, satisfaction that develops various realities , for we are virtual and imaginary , only in the presence of others or himself in the mirror hid the new regulatory power in the minds ofneutrons, that these are the real animals of light.Bright dragons can be ignited and the current flowing through us and revitalizes us daily gives us strength and mime gleaming beings and errant , yes !Walkers because it may be the force of light or sick and convalescent oppression that affront to the dualistic and oppressive reality .Not abatas you about this current negative poles infiltrating the subconscious and reducing deep pain of oppositional critical personality, fed you rather the transcendent reality and positivity of anti chemical and chemical feeder circuits of the spirit of innovation and achievement, accomplishment that thisis not transferable as feeders frantic race towards no pleasure , but drags the mind to the waves of thought and transmission of this .The transmission of thoughts is real and develops circuits and nobody can deny these circuits have current spreads in the timeless air of sensations and pleasures oppressed because we are all starting to outside stimuli of beta-blockers but that enhance our thirst for life .These impulses therefore affect our thinking and sometimes conflicts occur or develop in thought, but that can bring happiness , that the excitement of protons will lead to external reality.Blue

light triggered strong emotions blue light that runs through bridges and stairs and infiltrates the power of feelings that feeds witty developing this potential which welcomes its ultra sensitive beams beauty of transparency eloquent friendship that looking for a little "blue", stronger, more intense, and develops in us constellations with profound ramifications feeling and be alienated that Hertzian wave. This power affects oblique minds bereft of feeling of living , turquoise affecting deep and lasting friendship, it carries itself magical beams of madness and delight lovers of rare beauty and invigorating .The threads of twilight intensity she develops and transmits energy and warm protective of evil and delights with agony and silence , no, not a mask that eludes us and referred us to abstract thinking, it is rather a strong light and intensifying pleasurable and imaginary, but it affects and who always affects her to move and run out limits for the intrinsic and enduring friendship .She falls in love and how that bereft of reason but serving food to emotion, comes and brings pleasure and lust delights , that pleasure is calorie and invades all in a frenzy of excitement this primary color that lies down and rolls abrocha the accumulation of energies that are empty with time but that does not disappear in this future, ie is always present, protective , does not let us evolve the level of uncontrollable bright pleasure .

In 1994 I started learning electrician and there arises a nickname as I am still known by some as the " Faíska " this because I took a shock in a loose thread and at the end there was no electric current .I started attending the night and then in the first visit in 1994 to the disco eclipse , I became the " catch - cups " I still remember that day having made a breath test and the result prior to operating it was higher than 2.0. Tonight

was fantastic , I just grabbed the bottle all the disco and to be carried by one of the managers the house with his head out , and there left me at home , it was a wonder that the last year of the eclipse summer I get to the end as bartender doing shots and bartenders to replace the middle of the night that no longer could stand .I left progresses and I get ovarian , joined the academic year 1994/95 at 10 years sports area school joseph macedo fragateiro , was always the worst in terms of ed.Physical and sports this also was due to my bad behavior, I even have a medical certificate in swimming practice of height referring an allergic reaction to chlorine , but what I did not know was swimming!Had a football team that was called " les bufons " or peidolas and came for them to raise funds in the commercial area of Estarreja .With drunkenness made me pass through pj in Aveiro with another friend , did stages before the global evidence on the secondary where " submarines " beer and cake mixture became in jest .

In the journey of the finalists in Bayou supermarket skirt with affection born of beers that we took him to the apartment where we met - the footer of said apartment empty bottles.On the occasion of the anniversary of my girlfriend at the time got drunk furadouro me so that I ended up falling asleep at the table still had only come the soup and when I woke threw up the table after dinner gave me a ride home and I wanted to be a partyand not at home.To my eighteen saw the movie Trainspotting always found immense joke because the man into a toilet and plunge into a sea of turds and often the conversation with my grandmother liked to talk with what comes out of me is that the turd that is bullshitmy ETA the secondary that made bullying even older they were even intimidating in my brother's wedding party with 3 bottles

of rum and many shots and grabbed the blinds this morning throwing up .I became champion for the team dubbed the " Chechen " in the football tournament continued my progress and in 1995/96 already in the 11th grade school José Macedo Fragateiro could get the transition to 12th grade but with mathematics and physical chemistry back,never got them recover.I jumped out of a class of the window and walked through the door to say that he had gone to the bathroom teacher who was the director of group said it would tell my parents and I invoked that had problems at home.However rode running and complained too much of a muscle and that later came to be operated in the case of a hernia in the year 1996/97 , having failed one year is looming military service to which the military inspection consider me unfit, complained to me that could not run because it hurt my legs .It made the tri- turbos friends ie joints of 3 filters.Caused bullying situations influencing the group " behind " the school were the ones who dubbed eta .Promoting meetings to 4 and 5 people in the city of ovarian lunchtime , real attacks on freedom of expression and guests who gathered with my best ally nuno coagíamos the usual gender groups.Declaration town hall Estarreja , I transcribe : he served as a monitor in the occupational program for children of the 1st cycle of basic education " active holiday " during the months of July , August and September 1997. " I confirm that the services provided have been widely recognized and praised both the interest and commitment demostrados or the merit of the work .In santarém after saying he was going to the expo went home of some friends coming to give a fart and to blur me all having thrown out the window boxers repeated in the year 1997/1998 the 12th year where I am reproached for faults dedicationthe association of students

that year started driving .The wait and he rode well wishing , wanting jumping , skipping and smoking was walking without scrolling destination anxiety varies with age although always living in ansiosíssimo mode waiting for something , we always want something , everything in us stands as Willinvoluntarily itself .This year I prepared the following ballot proposal : it is with great determination and sense of responsibility that candidatamos in these elections the association of high school students José Macedo Fragateiro .We aim to promote cultural and recreational activities to dignify this school , it badly needs to impose internally and externally.To achieve this goal we propose: - realization of a finalistas- prom promote cultural and sports days allocated to the entire student population , including a youth week , football tournaments , basketball and volleyball ( men / women . . ) .Prepare monthly , in order to form and inform students of the society- the problems encourage the creation of a school newspaper debates - training associados- acquisition of a billiard table football - youth week the day with various activities - make contactwith the " average" in order to promote the activities of our school, and in particular the student association 's initiatives ." We count on your vote " list - this is your association list - give the guy for vocês.na campaign distribute condoms by students and kept contact with the health center for the forthcoming debates that do not come to realize why thehealth center wanted students stay private classes to attend .Under the campaign slogan , " give the guy for you!" "Follows our steps " and even " play our music," with the Socialist Party posters that supported this campaign by providing the headquarters wanted a contribution, or to militantthe party, the militant sheets were distributed but not one

militant has earned this political force of our association .As for the other projects the executive board buy billiard table football and gets half of the 20 shells that cost each match.On the day of inauguration and I quote : following the election passed on last January 14, 1998 between 10 and 20 hours.Participated in two lists , and b whose representatives are set out in the application process, by registering that the act took place within normal limits.Following the closing of the polls , which voted 740 students, we proceeded to count the votes .Yielding the following results: ten white - fifteen votes votes nulos-five hundred and seven votes list a- two hundred and eight votes list b according to the vote the list has won the overall winner in the first round possession was granted byassociation voted last year that following provides an assessment of association in relation to the school year nineteen hundred and ninety-seven.After this presentation does not appear any positive balance.It should also be noted that the previous association has in its heritage a desk, a metal cabinet , a chair , a bench and two chess games ( incomplete ) .and nothing else to add ended the session which these minutes were drawn upthat after read and approved will be signed by the members present .Days after the campaign is an anonymous complaint circulating the school where I was nicknamed the Lion King and al capone because sometimes made me go through such characters in class, the thing is complicated to my side it was also seen by the executive boardas a consumer of hashish and according to a school psychologist the ringleader .At the end of 1998 to ovarian psp opens investigation and no police investigation reportedly the anonymous complaint I was the son of the president of Estarreja chamber and was the head of a trafficking network .Had just smoking a

joint when I entered the cops facilities , denied consuming and had tried and did not like , since there no longer had contact or information about my interrogation in that squad ovarian .This year on prom under suspicion and accusations of non-payment of that dinner, immoral because it was paid in the following days with the 1st work of my best friend at the time, the list who applied the following year was afraid that we do notwe paid the dinner, which was made, rumors.On January 98 I am invited for the week of education, brought memories of his exa .Jorge Sampaio President of the Republic which allocated a photo with the dedication " to the group of Aveiro , especially to and from school José Macedo fragateiro , with a friendly hug " week of education January 24, 1998 - President of the Republic, had lunch standing in the electricity museum where greeted the President .That same year comes the opportunity to work at the disco in the pildrinha furadouro , there as a bartender entertained guests with bottles and juggling tricks that bring to mind the movie " Cocktail " was a night when all blotted me and I had the feeling that the disco had flamed up believing this even after awake when I am all blurred throw the panties out the window, fall upon an umbrella of a cafe , days later is the mother of a friend of mine to return the already washed underwear saying thatMaybe had fallen from above.It was common to drink 2 bottles of golden strike one of absinthe along with my partner .Until at a party I'm serving a customer in front of the boss and start to fill the glasses spreading the liquid all over the counter and was immediately fired.In short was one of the manager with a client and I served them two shots spreading everything he just said: Get out here !and to this day not more talked to this man.I attended a wedding best friend of my brother , I

smoked weed in the bathroom and got drunk me so that I put on the table a shoe and made mobile phone .The night always accompanied by glasses and consuming hashish used to write Einstein 's formula on school covers 1998-1999 monho bar - bartender was here a few months to serve cups.Realized a final party 2ºperiodo , as usual concurrent disco Phoenix he struck 900 people in the first monho shower hit the 700 people against nearly 200 other people in the rival party was a success .After the party took all the dining association of elements out paying the owner of the monho dinner not giving this , no more money for the party.This year I started my employee discount as the philips , factory worker where I worked two months to nearly two weeks of absences .By then got a job in Uniteca / Quimigal .Went bartender / entertainer with my juggling tricks in dacasca disco was here that consume my first " tablet " broke in two and took on different days halves seemed that nothing I did was to body speed , egdefoliate an entire magazine and not read anything or get home and put music and getting to keep pace .It was the first and only experience of them .At the disco dacasca the public relations and security when I went to look for another day of work told me that I yesterday with bottles and my juggling had hit the head of a customer who had gone to the hospital leaving the newsin the newspaper, after all it was all a lie and I had believed .For a delay of three hours I was with a girlfriend get there and I am replaced by picking glasses and fired on the spot.Opened a new bar in Estarreja I've been in the years 1998/99 as a bartender / doorman heroes of the bar, one of those nights lend a book about " the doors " and die "American" was collected by train him and my book.I came to make a deposit of \$ 100 to be able to raise \$ 1,000 ... for two years as a janitor and even burnt

the door with gasoline motorcycle , but never teased or involved with anyone.Organize one New Year's Eve 1998/1999 in Heroes Bar \u0026amp; friends Faíska organization call all friends for the New Year.Mando all the bar patrons leave before midnight eventually quit the bar and the New Year.I go to the bar ovarian stones where I am assaulted by advertising within the establishment to another event, lodged a complaint with the police and they go to a bar in which they are told that walked from ashtrays inside, pure lie.I got to go to the prosecutor but I did not follow up the case for lack of witnesses.On New Year's Eve 98/99 - heroes of av bar .Salreu Estarreja Viscount rode a program in which : the 12 chimes in one night [ and day] ... DJs on control resident sergius guest djVicky and incognito.In the middle of the party and in order to dress me go home to party and my friends show up , put out all the customers of the bar where he was that night porter year-end .In thought put into question the order of the alphabet and come to think that the ab or abba were very ahead I think create a security system among men type winking or touch and feel each other and walk in all speed to seethat was evil or suffering and help.Watch TV and I think footers contain messages to my mind I see the channel ftv and I think that day will receive the Nobel Prize .I've thought once be eating human organs and was a food store to kilo that day thought the broken glass in the street were diamonds, was watching the movie snatch / pigs and diamonds in film in Aveiro when I think is the actor of the film,start to remove their shoes and getting in and out of cinema , it was my film.In Estarreja ran in ultimate freedom to act near the river and think of climbing to the trees , metho half body in the river and I think I'm a genius and that mr.President of the Republic is observed me , I have

contacts with cows were grazing and try to communicate to you my thoughts .I think they are me steal ideas and make me want to do harm , I start to feel strange things , to isolate me , did things like revolving the whole room , reading psychology books to try to understand what was happening to me , I began to delirious , delusions of persecution, or that he was being watched and controlled either by television or in the newspapers of the day, come to think that my father would buy me a bar , and it was the largest in the world , only made bizarre things leading my parents to be seriously concerned in this general hubbub someone calls GNR and firefighters still transport me to the hospital which ran adrift hours walking until I am found by the military of the GNR who tell me , " we were just looking for you "I am taken to the hospital in Aveiro , subsequent to the psychiatric emergency Coimbra.Taken by firefighters strapped to a gurney after conversation I'm thinking I'll take an injection and I will have with the girls after consultation with the head of psychiatry, but only took the injection ... When I wake up I'm in a room of the psych ward !?Flee , I took a taxi and went to Coimbra where the Estarreja said the taxi driver to wait and went to warn my mother ... The next day I am inclined to take a pill sent by psychiatrists not knowing it was purposeful to feel bad , asking would lead me to the hospital , stayed more than 20 days under physical restraint system that is tied with a belt to bed!In Estarreja welcome the intermarche seemed to me an invitation to enter a neighboring house , I came to enter the garden thinking them that I was a thief and even managed to make a complaint but after the GNR said he was even looking for me and took me to the hospital.

There 's departure compares to an earthquake in social life, getting weakened in the coming years , I came to have fears such as: go to the cafe , fear that the cup fell and people comment on my name.

How 3<sup>o</sup>escriturário in 1999 was the distribution of mail and registration of licenses at the time descolorei hair , distributing the mail car without even having letter , within the perimeter of the factory where it was traveling at 30km / h , wanted to feel the first time a car getting to have an accident leaving the bumper and even had to justify.

I do not sleep because it does not want to sleep I want to live here rather an obstacle that keeps me awake I'll face it with insomnia .

I enrolled in boarding school Luis de Camoes, the Portuguese ordered an equivalence of 11 values and retraced the route by credit units of secondary education. I worked as an animator , exercised information animator functions such as scholarships, from 01 March 1999 to February 5, 2000 went to schools to advertise healthy behaviors for youth. I begin to see online pornography and to have contact with chats. "In the performance of their duties was interested and dynamic play fully their tasks, in particular , the service users , the dissemination of information of interest to young people , the updating of information support and contact with the Portuguese Institute of Youth" Aveiro, March 09, 2000. I went to Tenerife alone in the last days begin to think about the woman of my life and I write 3 cards with the name of raquel Mamede - Bombarral Portugal and last day I receive a phone call in her bayou simulate a bad available

along with a girlfriend at the time I will have the apartment to be with raquel and spent a few hours I find myself with the ex .Girlfriend to put a fixed spoon in the bell and see a friend of mine jumping from one balcony to the other warning me of the former .Since past moments she jumped too and came to me I ran to the room of the apartment and hid me under the sheets of my best friend at the time and she asked where was the filipe and I left the sheets and said she 'm here fled the apartment I chased through the streets coming to pass you a trick to getting to calm her down .I can high school diploma 1999/2000 applicant with a final grade of 16 points - ovarian December 11, 2000 , had a scan in the interdisciplinary area left half and then went out here concludes deliver another teacher , spent two days go to youroffice apologizing for the lack of honesty teacher makes further examination and assigns note 20 , the maximum score for usual teacher was 16 points .I got the notes from 11 to Portuguese , English to 15 , 15 to French, 17 interdisciplinary area , 18 to 18 philosophy and computer science, copying in exams so getting pass the course .While studying worked in half-moon went official hotel with the professional category of " reception Trainee 2nd year " since the day February 8, 2000 until May 31 , 2000 " acquired knowledge in this hotel in sections reception / concierge and bar .Demonstrated throughout this period great capacity to learn, unusual dedication and sense of responsibility.We praise your availability and your relationship with us all.Ovar 28 /07 / 00.aqui slept in the hotel rooms had parties at the bar and went to the pool in the absence of those responsible.Had disciplinary proceedings for assault on fellow bar because this made me feel lessened because he knew that he had been hospitalized in psychiatry.Then I went to Lisbon and got a

counter employee job in a cafe in the shopping center was the imaviz 2000 had the habit of attending a nightclub in the shopping center where she danced until the wee hours imagining myself the best dancer at the time had with me a bottle of popper'so which inhaled before entering the job like smell and look at the sky in front of the hotel sheraton , this bottle was my 2nd experience with chemicals , but went back in to do it no more I tried this in my life.Participated in staff Estarreja Carnival 2001 - Shrovetide or nothing!Shrovetide or nothing!Declaration town hall of ovarian - division of culture, library and historical heritage .It is declared that he held a position of administrative assistant , on contract basis for a fixed term of 6 August 2001 to 30 May 2002 in Customer Service services to the municipal library of ovarian and Museum Julio Dinis - a houseOvarense " which made great sense of responsibility and commitment " had library documents and made disappear the registration of " hopeless cases " 2001 - GNR hospital between leiria leiria and the battle there is a complaint by radio of a truck driver who was going to disrupt the transit, bt is called to the scene after the car rebocarem say there is no penalty , call reinforcements and lead me to the hospital in Leiria handcuffed .In Caldas da Queen thought see snipers and people who watched the windows 26/11 to 07/12 2000 in hospital infant d.Pedro 2001 - I get no letter by DGV homecoming with the vehicle but have no letter and never return to lead get letter from the court penalizing me with a very serious infringement fine (no minimum ) cancellation period 30 days , take the letter DGV that is with her and says to take other because of that law to be conducive to less than 2 years.I even roll my room and thinking that had cameras filming me and that he was being watched by spies.In Leiria think

Interpol rode to work with me , since I put 5.01 cent.Gasoline and paying € 5 finding that he had discovered the formula to win and become a millionaire .In those days I thought I had Russian spies under the car.I think I'm magical and I'm controlling the car with the mind and the brain glued to the machine the car to an ever constant rotation which makes me venture a middle of the road in underwear with a bouncing ball to venture into this ball waslaunched in test solutions queen and hit the ground in front of the court and went up to his roof.I stopped by GNR brigade command of b5 considered the regions of Coimbra and Aveiro begin to have pursuit of ideas and lap newspapers in the car being towed by order of bt Leiria .Liscont statement - Container operators work with the practitioner category administratively.During the time I would lie on the toilet in Liscont , I had two months without smoking hashish and when I returned it hurt my head started problems with an early exit Liscont deep love, love suffered was felt also forgotten the bottom half lost repented and lived.Traveled under the clouds flew under heaven been in planets Mars and Jupiter on Mars , I decided to love you and Jupiter did you have here is my being , flying from planet to planet pen had strength, had energy, joy wassomething that conveyed the love in flower shape.Had the sun's strength, moved like sunflower, had willingly in relentless pursuit of something burning was a dream, an achievement , a goal, everything with passion, without dimension was great, amazing short very loving .I looked out the window I noticed on the horizon spent scanned the lot looked ahead I saw your star , was brilliant shimmering looked up I saw the moon was mine and yours, was landscape, a journey, via you to travel on land and undersea, followed you conquer we traveled over land and under the sea was just

the moonlight.Had that longing, wanting , desiring, loving , thinking, feeling .I have missed you and is wanting to have you here , wish the meeting, love you , always thinking of you and feel your presence , where homesickness and living without you , think, want , feel you and love you withoutsee you, wish you with the 5 senses : sight seeing you without doors , without smell smell you , hear you doings without noise , taste delight me without proving you and touch you without touching .A reminder that for you suffered, felt , loved , lived , never loved another who kissed in thee , I saw , I went 're the love that will always remember .May 30, 2003 , the marriage love March Moorish filipe Jun 02 Lisbon - . . . Havana Madrid Madrid Madrid 09 Jun 10 Jun 2003 Lisbon go to Cuba and Havana buy \$ 100 of marijuana that really sucks.I was four months without smoking joints before joining , then smoked and hurt my head was the beginning of the intrigues with the boss and ended up get low and go look for a job .Faculty of Letters slept in classrooms and smoked my joints .Town Hall Library lisbon orlando Brook terrified by contact with the newest create the phobia of doing activities with them , worked one month leave of me .Following want to clarify some doubts with superior technique , say me quit and present sick leave - sent a letter to the president of the Isel with the discrimination of particular facts can not go in the bathroom and let the cheese tosteira , left ... I wrote lives dissatisfaction with satisfaction on a postcard of ctt and sent myself to receive it.Sending a letter to the president of the republic giving account of my last 8 years.Unemployment, contact the social security in Lisbon citizen store that tells me I have no right to unemployment benefits when in reality had to argue with mother and wife and I will train to nose with the idea to

go to catch a plane to Luxembourg to talk to Barroso in the European Union in order to give me this job. Culmination just a moment, a moment from your thought that probably all exist not only as virtuous image but due to the appearance or condition the mind does not die at the time of termination of all physical existence and suddenly everything goes off , or may lead .

I heard voices that said command to kill myself , moments before had told my wife it was a " hacker " who had profession, wrote a paper saying that I always loved the supermarket to buy two bottles of bitter almond and drank all together with various pills . My wife when he entered and found himself hugging with the situation called the INEM firefighters arrived shortly after and gave me oil when I wake I'm a diaper in the hospital. Days later told my neighbors who had been a drug interaction came to me to say a cafe near it would not be the cafes that took 02/2007 1st suicide attempt.

If evaporate me if my soul , nothing would remain secret plus debris , oblivious to fantasy. Emerged from a subversion floats idleness of another moment , particular. The absence if he touched and saw your world , would be unclear , without a mute touch sensitivity , at least believe that someone surpasses my reality. My sadness is simple as all happiness attainable as unattainable . By magic, without irony in a day you say , touch and feel me how you look at me and see who I am and not what I felt never so much suffering , wanting nothing more , dying for you through me for you wrote for so that suffered and never died and you never will be lost just felt next to you in a burning match burning pain in me that ends when all burn . Never took you , by the way in you will say that you suffer because you never left

and know that you loved and always will love you .It is treated in the hospital and Cabral curry which was in "coma" and comes awake and sees only a diaper, do not remember the conversation with the psychiatrist who however gives me release order after signing the liability waiver .- Thought to shoot animals from the windows of the floors and had ideas to destroy or kill people felt great disturbances in the body cuts and lacerations states very disturbing spirit and emotionally stirred a desire , I pray thee give me a kiss like those you know?Give me a kiss hidden , like those surripiámos each other when the desire grew gives me a kiss, soft , of those , you know .Sweet , sweet to know you.I give you a kiss from me .With all due respect , let you you and me!What do you think of me and I of you ?I estou- grateful for having me read, understood perhaps !Passing of the considerations already read me already took their elations at least eloquent unwrapped gift to the legal hour already midnight mass or game rooster that is the terrible question !?Reflection to the intelligible communicative ecstasy to a minimum and mere silence of echo that separates us acts are words of pain even in a simple rejection of burning.Insurmountable obstacle physically but not by hormonal and spiritual chemistry be bright .Celestial bodies invade us for the flowering of pansy .In search of love clover , because wealth consists in understanding the multifaceted beings and always with something to add to this view .Another addition , a further increase , this desire for compassion and tenderness that exiled us to the representative self-esteem in social media .View the perspective of the self one and indivisible , not alienate any wish for more wishes that arise in the circle.This circle of gold , guild of good faith and loyalty and respect, mainly due to does not exist.We are pure

and wild in the act so , and nothing more selfish than me who only to be so always invades another with their point of view .Inflamed the mind capable of a simple exchange of ideas , it is urgent appeal to common sense.When we give or bring the self with the other.Nothing more trivial reject what we do not want , it's easy .Love and love is rather feel the other and not me.Constructive attitude of the link between us being.Printed in instinctive behavior only think of me, then at me, and now I have again.Conflict because one is I turned into "I" and you never know how well " selves " we have to give support to each other.It's kind of come to us which is always open .Attention to " I" s own to be with you own masks and selfishness that level is .Well the armor I ever be there-so broken by " tu's " that exist and that are " eu's " more " eu's " that pop armor .Love: love conquers all .August 2007 divorce ... effervescent Light - falls and burble , diluted and expands into branches of an unconquerable desire , it is illusion as all eyes which then crumble when faced with external reality .Endowed with malice and counterfeit sporadic madness effervescent desire as the love expands and contaminates , occupies all thoughts and allowed to dominate and be domineering, it is the exchange of revitalizing energy , the luminous content is there .Lit sky , nothing stronger than the desire to achieve the perfect balance of bright sky , as they are the stars that give them life and move ideas or facts thoughts , desire to concrete, nothing more beautiful than the sky lit by energy that constelarescall for constant interaction between the stars , and the power of the stars is unique.It scares me how energies vanish in smoke without flame, ie not wanting to interpret the cosmic reality .I am disappointed when the vitality is suppressed by accommodation and crystallization of feelings is

undoubtedly a mask of political correctness. O soul turns you into a magic and flies minds who have no impulse current of true facts and changing of things are changing steps and cycles for which all pass and develop , but never in the way of fear and suffering or feelings. Free yourself and expands you suffer and especially the mutation of life, this change that drives us .Light of life , submerged the madness of passion .How Come? Instinctively love and want to be loved , passions and disappointments open up several illusions .Deluded and love me focus and concentrate throughout the methodology of the love of truth , that pierces any falsehood .Naked in being loved playing field we are dealing with the true identity of being, so be loved requires us a deep awareness of why being loved and yet there is a necessary dichotomy of good liking reciprocate and love too, this dialectic is presumed  $1 + 1 = 1$  , when logically one can not enjoy anything. So logically  $1 + 1 = 2$  , correct, but the conduct will not be productive if the result is not the technical tie the attitudes and values and behavior in general , so that then there is a united position in the middle of lovemaking .Understood and is this true only source of pleasure, or be individualistic or other action is meant action as true freedom .Well, I have not lived enough to overcome the following steps , logical or illogical will be the criterion for many of you , I want to be absolutely sure , so I imagine me ass from time to time , and today there is hardly donkeys as such, there are rather artificial donkeys, fooling who truly stands sometimes this role , take your own conclusions .I'm not here for that, incidentally about follies have fears , and attitudes that do not make since crazy is only in certain circumstances and when judged by others, ie often depends on the " habitat " .Diverting some of that

reasoning then I want to say I'm crazy , I assume that liked many people and hence , we are never satisfied , we want more love and more and more why so loving ambition as I put the question .Retreat saying the following , all are free to commit follies in love, we are vulnerable and often manipulated.We want to believe that it is true that love , why, because we have been loved , that feeling that arouses affection and triggers the wisdom of life

11/2007 2nd Attempted suicide with pills , an escalation in the curry hospital and Cabral barely walk into the ward I am approached by nurses "then tries to kill this time with benzodiazepines ?! " , after the analysis I am intravenous shot the needle andgushing blood.

Living dying between life and death ?Ouch!Forgiveness, it is placed ?Obvious, who never killed ?Everyone has left to live a moment without exception all fatal as soon think we will die soon and then we live is so contradictory of ridicule .After my birthday I try to go "beyond" agreement 20 hours after completely disfigured and sedated, survived once again .Participate in an open procedure 'm evaluated for a wave of administrative technician by a third medical team and has a 17.41 valore note taking second place in the contest , the night before had not slept and had smoked more than 10 joints , the interviewwas in the morning .This medical school of the port.Where days later I got to go because he was with suicidal thoughts and where I was not even met , I waited , but I had enough of waiting .The light sent me in the direction of current ecstasy of everyday life, enlightened me sick the future and unreasonable to then yes , thunder up slaughter me and flashes as stripped Dynamite fatal pleasure .So yes healed left caloric bowels of rigor and

accuracy .I do not know if I brighten the past because I fear that she has no power.Hence, there are two poles , two extremes and I was struck by the positive and healing and not the black and haunting .This light comes from the clarity of emotions and rationality of the immediate dusk and impulsive without transition and opaque senses , not embedded feelings or nailed to the excitement , the pleasure of living and enjoy the maximum force that moves us on earth and gives us power not , grab the talent you have and strength as a sharp blue ray and ventilate of hot flashes experienced and not malicious and pervasive thoughts that victimize us like shadows, everything has movement, but it is present and how it is revealed infiltrates the senses of sight and shows us clarity of thought through the silence of the times , and is silent as to harden the view and enjoying the inglorious disabilities that others pass through negative or positive energies .At the speed of thought, the immediate , the second , the fraction of time , and the time is instantaneous hence there will be no cuts in the framework or the most ridiculous behavior because everyone has rights, whether positive or negative effect .Have the lacerating effect of black Faíska happens in the neutral pole of sanity and madness carries on the vibrant energy and hungry for pleasure and luminary , so I advise you use your own energy to be reached by light and esbaterá a burning smile as ashes ,stripped of heat, but frantic when stirred .Of another quadrant have Blue Ray with undisturbed thought of Christmas and stressed tree lights that lead us to distraction .It is this transition faced by effusive but not obstructive pragmatic energies that prevent us from living the snapshot, the thunder shakes up and prominently affects the sound wave which produce supersonic speeds but not as powerful as well

.What is real and seems unreal .Life in the eternal keep it there goes down and then there is no way to fight it , around it or manipulate it is the terror of dissident burble and culminates in one point strike the mind of creation, imagination or just paint a traceflourishing green tint and grab life in that tone of living flourish , here is the score you always wanted to point out, lives intensely .

01/2008 make a tattoo with the letters

Darklightning and a spark in the shoulder blade and the power of saying luz'08 after that never intentei tattoo against life

2007-11 / 2008-01 - Commercial fast phone 'm the best boss of the customer buys 5 mobile phones to the company , fails to appear at work.In Estarreja in the library in the space to the disabled parking sat and lay down on the allusive place to my protest regarding the way the being different does not imply being different that is just in the size of the complaint book and it was started and completedfilled plagiarized from a book about "being different " that was in the showcase entry which spent a day was full of good education and etiquette with over 20 volumes on the banner .In Estarreja 02/2008 Library Walk with blue helmet works and as an employee of the public works, write the following on the door : in me reigns silence by suffering.Threaten the brother of death and I am led authorities under this charge for psychiatric evaluation .I will on its own initiative to Viscount hospital Salreu where I am admitted as a patient , generates a discussion where and about being sick or not, is that the computer system only admitted the input as sick ?!I propose to go to the psychiatric hospital in Coimbra reaching come with the military of gnr they gave me a ride home the next day .I strike words and I'm

speechless over 10 hours .I bought light devices and sound with speakers 100watts amplified the cd with anti Dantas manifesto was placed in maximum volume out of my bedroom window, on José de Almada - slave , poet Orpheus d' futuristic and everything .Huc - University Hospitals of Coimbra hospital bulletin - men psychiatric service - patient was admitted to this hospital on 2008-02-02 was discharged 2008- 02-18 - Normal disease , change the diaper on the roommate , another controversy withhe even went after the middle of treatment.Led by the authorities to the hospital 'm handcuffed and 'm not even seen by the psychiatrist being forced to adhere to treatment against my will , tied to a stretcher and taking an injection .I took the books he had borrowed and threw them into the lake town hall took the sweater that day , I showed ahead of a mass outside my tattoo that had the power of the design of the light , I came to leave 15 euros in the procession .I came to be summoned by Estarreja culture councilor who did not give the books taken from the library would be initiated criminal proceedings the worst is the cd scratched up and the day of the procession were thrown books for the light source of the town square.

When I was speechless because of illness conceived a plan , stick with a multimillion-dollar secret I thought I will not say because I do not , I'll be dumb, my son with an Arabic book handwritten by me will have the greatest treasure in the world .

In the role of ward Coimbra I was diagnosed schizophrenic psychosis maybe only ever think I'm schizophrenic ... listened to the conversations at the meeting of nurses , auxiliary smarter realized I was listening to colleagues say that it was my turn... He had

written the record ' "escape danger " " keep pajamas " I find it ridiculous, ever going to run pajamas ?!To exit this compulsory detention am required to sign a court document as I follow the treatment .At the entrance interview at the hospital in Aveiro said he wanted to be treated with my pseudonym " the Lord of Light ," which would only eat fallen fruit trees and disliked butter and strawberry jam .What was the usual meals .He thought about suicide forms , like throwing me the pattern of discoveries etc ...

Live , I feel a suffering that prevents me from seeing , like being real with conduct ever loyal but as a sad clown 'm fake smile, the joy of the interior, does not conform to the outside .I feel a float that makes me out of the normal place , traveling and staying at a point where it is distant from the very sight .I feel an abysmal stride , unnatural phenomenon , but as an animal savage feel the ferocity and speed, hitch strangle and kill as an innate force predestinate to failure at the time .On a trip without trace is the image of the revolting , hateful and truly sinful , behold an oath in heaven temperature height, flowers and grows violent surge this is just a bad time all culminated and improved ferocity I dressed as a clown andwith a cap of itn - inform Portugal in Venezuela coffee.CTT will raise a letter from the court , tell the employee that because of my illness I can not sign, do my fingerprint, ie I was not writing .In Coimbra , the hospital like a hotel against a card paper by the handles of the doors saying, do not bother !Do not bother and walked with him on the wrist by the hospital perimeter I find myself picking up leaves on the tree , leaves and pollen make cigarettes with papers ordered to Thomas the nickname " paratrooper " .

I left the hospital last one week I am taken to the hospital again with a history of psychiatric evaluation under the command of the GNR of ovarian - in Coimbra put an exhibition of a restraint chair with the constitution offered by the parliament house and open the defense of the absence of authority. I light and turn out the light saying the power of light erasing the switches Hospital of Coimbra, buy the super interesting and has a great theme approached about the origins of the devil " hashashin / figure ."As the psychiatric ward is mixed got to have oral sex with a patient in the bathroom of men and bedroom. Was in the hospital of Aveiro and breathed through 5 cm open window. And just wanted to breathe the air blowing and saw the garden and people running and enjoy and just wanted to breathe ... Feel the freedom

Continued be : lifestyle

True accounts of

Nelson Pereira bras

One who is proclaimed , by which is meant ... Way of life , that is all that is inherited from our ancestors, then we have the mission to procreate when we reached adulthood , one that is proclaimed by the laws of society, where we live in a democracy .

This is all that we can acquire the knowledge , that is, everything we look for when we know what we build .

How come?

Because when dealing in the society in which we operate by force of reason, we always have to live in order to be acceptable for us to be seen by society itself as a master, can not be evil is just more worthy that we can be ;that's what we live, we also know that there has

between help.

How come?

Because we are beings to serve on each other , that's why the problem exists acquired , to speak the truth when evils me are higher.

How come?

Because we can be a social being , but we can live a being wild .

When not driven beings equal .

But there always exist and doubt, distrust that always haunts us, by which we are taught , by which we are taught and that is where we walk while we are sure that you really trust, then we serve us well because we practice good.

We want to please all readers who can read books , these my books , you can find in any bookstore where they can fascinate the topics they want to hear and read in your bed.

It will be a good company will ever read and see these stories as true .

Because they feel that giving the true experience of those who have erred , but knew me heal from all the evils that haunted me .

What will be the theme of this edition ?

Flying reports , it may be an issue that will not be too shocking , do not want to shock the reader , but the reports are true and are reported in a way that was lived in a legal way .

For I was an experience within the law, to believe ,  
imagine a thousand things , feel the skin the real feel of  
the animal instinct.

We want to win by force, and we feel as such.

Outlaw, that being that we all learned that we can find  
and the weight that comes the way that we used to live ,  
because despite all the evil that we do, it can never be  
considered as evil.

I think there will be a reincarnation in each .

Ambition to live , we want is to live in a way that we find  
easy, but it is not easy and it is difficult , when we fell in  
law bar and when we have no money to pay for good  
lawyers , we pay a higher price .

How come?

If we do not fall in grace , we can not be funny .

How come?

How come?

How come?

Why always born with a legacy of progress in life , we can also to teach and impart a bitter life experience, and I'm still paying for it !

I was born in Africa , had three sisters : the Elvira , candida and are .Yeah there a good start, a story that could be a brilliant story , but it happened to be a less good life story.

I did not feel much evil men that perform this function , the so-called prison guards , always judged them enemies for not wanting to accept that really could have me off the hook on that judgment.

Committed several crimes along my path as I walked in life.

He used this term was in slang , with whom we dealt , was a form of slang , or we can also walked term .

Were the places we were looking for and the way of life that always brought were the pier, where there was violence or was not found violence tempting or provocatively , because we really feel good in what we do .It is well regarded in the eyes of society, because no society can accept that others may live the crime, if it is not felt to be necessary consumption of substances which may seem terribly bad , but they exist .

And as such we all have vices , but as such always take the bad when we do not like something we were always imperceptible as evil, but it has a great vision of where we are all created , are our means andcoexistence makes our training we want and have the ambition to live well and be better than the other.

There would be many Picardias how pissed off my creation , but in the middle of these bastards there was a girl , I always liked her since I met her , did the same birthday as me.

As always liked her since the day I met her , I always liked her, she lived with me and lived very much with my sisters , had a relationship too much of it , it was not love at first sight , believe and believe that there will never be womanas loved that , the first time I kissed you , I felt the true lion, we all like to see ourselves in the savannah .

He who has the right to a life equal to all men have a wife and a family.

Even accepting it the way of life I have lived and this love only exists once in life , do not feel the wise , nor never considered myself as such , but I met them all , were integrated in one way or another, allwe have to turn , paid a large bill but it all because I wanted to have a good life .

He was good at what he did , I started doing burglaries , thefts began in the simplest , did some of gunpoint .But after degradei me with excessive consumption of cocaine, I felt good about smoking and did not want to leave.

He would take me delirious , but never assaulted anyone in my rounds, if there were no reaction, would not need to use violence , where would mitigate the court bars.

I know who walks in the rain gets wet , just wanted to get the money or get the values that brought .

Varied sites, I grew up on the tip , Lisbon has always been fun for me , regarded this city as I have already

read history books, city of historical and cultural value .

I saw the progression of having a good life, to be able to live a life encordeirada as such , ie only wanted the money , I knew I was fine , I just wanted the money and felt bad these acts , only wanted was to satisfy themy addiction and feel social , the social environment , to be well with people and feel normal, normal in the middle of living in relationship with people .

I felt domineering , she judged me mane lion in the achievement of its territory and living area. Thus I faced the life of having a woman !Well ... I took this way of life in a positive way in which evil could do to people, never harmed anyone in a way to ruin each other in a brutal way and leave them with nothing.

Only took advantage of the circumstances of the moment and just did it for money, to deliver quickly to smoke cocaine, but always prolonguei what was inevitable , which is what is not born a man , or even perhaps we can inherit the cause to studyas is the man who drinks alcohol and smokes drug reacts in the procreation of genes in heredity that is left by the result of fertilization.

I am not the "expert" in this field in order to decipher all this and be able to convey to the reader this parable , the type to talk about it because I had to talk about it , are ways of life .They are sometimes seen as well , on the other are seen evil.

How come?

Because the way of life that we learned as we have above referencieii , you can not always act with malice , it must be forgiven , to be well acclaimed !

How come?

Because we live it , standards , live feeling and the feeling command life , is a form of ambition to be able to have a good life.

The relationship started , I was 22, was joined in the army, but did not want to go, but the law was said so. And that's when I had the true relationship , the passion that I will never have the same cristina, and here began the relationship that we all aspire to , we all want to find our true soul mate .

He lived intensely , I felt that she was away from me did not feel good , and that's where maybe she took to have a little more power over me.

He loved the girl was jealous , but it was not insanelly jealous , was a healthy jealousy and jealousy that there was no real sick evil that could take me to force someone to stay with me for my imposition .

How come?

I thought me and only if lost would lose the woman of my life, but it happened. I wanted to go to Bairro Alto and she go to a disco in the small field , we discuss and that's where we ended up , maybe it was not her will , the elder brother never accepted the relationship as well . I had a fight with him , but it was before starting to love tina , but spent was a moment of circumstance, but I liked him, but he did not accept my way of life , never told me so , but never showed it was theme, knowing that I was well .

Harmed not much, but he did not accept my relationship with his sister. He lived with me just by the fact of the context , we lived in the same neighborhood so we kept

that relationship , that of our creation.

Her mother was coming from them, housewife conception , the father did not know , but it was good lord the raul .

Learned to live only at the expense of women, we got a height in the neighborhood to proclaim it tax the neighborhood was a child, but had sense of time , already was studying .

And this time quickly saw , despite the small age he had, he had to fight for life and for what he had : father, mother, home, food not failed me and never failed me .Because despite the low salary that my mother received , 11 were tales that paid income and there is my father only paid the rent , there is , but never lacked food.

So it was the beginning of the end , that is, the removal can lead to forgetfulness, I think it was one that was left me in learning, to lose my father had to react in the same way as him.

I looked at him as a hero, a son fighting man of humble people , grandmother , Elvira , was with whom I lived until the age of 6 , until he went to school , what happens ... I got used to my grandmother was forming me , regardless of the direct monitoring of my father, but at the time still had his eyes wide open , but had the sense of time.

Had the notion of time.

Are the purest reports that may exist in the world.How come?

Nowadays anyone can come to the fore by their way of life regardless of the position he plays or social hierarchy.

So part of this, the notion that really no one can be

accused of anything without concrete proof , ie concretely

.

How come?

So governed laws and we all have access , we should not kill, steal and rape .

But we can back to the dawn of humanity and such events succeeded , because the story is based on that.

We continuity, that continuity that will always be continuous , that which is intended .

And it is absolutely certain that we live for a cause , we are not continuing to remain and exist on earth .

I do not know , could vary the theme , but it could disturb the reader reading , could divert attention from the true story that happened.

But these are parables that during the entire book will always exist because we will specify better and do understand the situations that were experienced .

How come?

In order to see that it was all within a society where there have always been healthy lives and understanding of the society because the eyes of others can even be judas, but there is a very important thing in life , what we sow is the fruitthat we will reap .

But in front , must be treated well , to be exemplary , my father always saw me and wanted to see how a king, but I am the king, the warrior who can not always win and started very young.

When I mentioned that easy is not easy, but hard , that's

when I have dubbed the hunt.

After assaulting with a slap in the face that I felt was that he had lost , I felt even in the eyes , she later tried to resume with me, but I declined and it was there that began the true story of crime, but had history, was already separated when fulfilling six months in military prison in santarém , was the military prison .

At the time was condemned arnaldo , that is the story of that individual fits on my way within prison , in the book of the extension the reader will understand the real social environment , in this case prison , stick six months was given forgiveness by the Pope.

It was all I could invest to lead a good life , had separated me from the tub .And what did I do ?I tried their luck.

Still got to work on the underground tip as a carpenter's servant.Blacks feared me , worked with black cable - green , good people who wanted a better life that they had at home .

Portugal sought to have a better life in their country could not have so search that led them to immigrate the country itself.

It was easier to look Portugal by proximity.

I began to feel the closeness of Cape Verdeans , to live with them, Cape Verde was nicknamed bad because they had to combat inequality and when here came to Portugal were beings who were not well accepted , as it had spent the waroverseas and at that time was still pissed , was a Chavalito , was awake and was started what nobody wants a child , I began to wander , I was never vadiador , I was one vagueador .

I had the realm of experience that had in the past, saw the separation of my parents at age 8 , as was studying , and as such already knew it would not bring me down very well , I felt the removal of the man who had a hero.

Seeing this lost even at a young age I realized I had to help my mother, but I truly loved my father.

Every summer would go through with it until 17 years later still continued when he was in the army, but then started spacing that which is natural.

At the time he was in the fig tree the mouth in practice school transport service where I spent the holidays with him .

My father was a hard man , had a tough childhood , lost his father com14 years was the ambition of my grandmother grow in life, have more support and have more money .

My father reported that his dismissal was loving , it was because he liked was a hasty farewell from the party, would never see his father, but grew hard to help his mother , was the son longer lived at homethe mother.

I lived six years with my grandmother , but how hard it was , had from below grew hard , never let the children starve .

At the time he was a miner .Looking for ore business , but did not work there, cyclist was also at the time he joined the army and continued his career there.

Has become a normal man , he joined there by necessity of life , as it ensured that we all have to ensure self-sufficiency .

It happened , as he was a hard man , friend of friend,

friend of the children , but not of many words , but it was respectful and honest.

That's what he always wanted me to leave , but it was , there is , was the separation , I retreated a bit, not proceeded with further monitoring of the way of being and way of life, difficulties to overcome the obstacle and the life assured a job to ensure the future in order to procreate , are all good children , we are worthy to be his children , but also there was a lack of understanding and loyalty on my part , I became the trickster be as he said.

The psychological whiplash of sensation came only worsen because never got to see that good is to be done, but received only as evil by separating only had me thinking evil.

And that's how it all went down to the condemnation of the act. Began where ?

It had been the separation , was when I started to join by loneliness, but it was my way of life had past and there I felt safe from the worry of disappointment that he had felt but swore there , you leave me , never I will give more .

I continued my way of life was drinking and stealing and that's when still searched and searched it several times and that's when she turned to want to accept me , do not know you made me suffer , I will not want to return to have that feeling was painful, but always had to live and still have it.

I still have it in my mind was why I lived so many years in jail always thought it always had to be present in my so I have so much appreciation for this passion, not lived another equal .

Linhó , after three months of preventive joined the Linhó

chain condemned , my story begins around the bravery of a being restricted by the bravery , so that in which we have to deal with someone else's world , what happens is this , as I knew that the path could be too long in seclusion , turned into the jungle run , it was the easiest way to deal with those who commit crimes and are within the chain is a world where reigns the law of stupidity , and when we read with donkeys have to deal with them , but if we are too smart can fall , so life there life must be taken not so much grounded not so much the sea, that was my salvation , was this method that I chose to medid win, but my start will be long and was a troubled beginning because I found myself without a woman without freedom I found myself stuck , lost and was new , I thought of all that might have to be in the years could pass there. So what did I do ? I began to earn respect, it is not easy, even not wanting to get into conflicts of violence , they happen because they go through a routine that then later came to realize , the routine that after the see had disgusted to live , never thought beings humans could do so much harm to each other because each selling drug , others are consumers because life within the chain that revolves around the monopoly is the drug because that's how I started smoking heroin, as had already entered the chain by excessive consumption of cocaine, heroin decided to start , but a form of play , look 'll smoke heroin, but when I found myself was clinging could not do anything , but I learned to do, but it will be reported later , then start this was to have a life in spite chain reality fleeing to the pleasures , just resigned to the heroin to know that I would abstract the idea of having sex, was powered by a chemical that would not let me think about this .I had platonic love as legitimate and got great loves , but one thing that is guaranteed , but not enough to try , do not

you just want to smoke , there is always the aspect we want to be leaders of seeing others in a hierarchy to command what you know that you can not , it is painful , it is hard to crack , I decided not feel sorry for anyone, because I was also there, was paying a debt of justice, but my route was very bad , had learned this lesson earlier would be beaten and had not lost because come out in the middle of the sentence, but my image was burned , was quite referenced , there is an account of my passage through these years in prison , was the beginning of the end a hard principle , by which I can not regret I smoked for years to such drug helped me release a great need we all feel , it is logical terms a pleasure, terms freedom to walk to beautiful taste, all these years I also love that I built there, but that will be for later, now I will talk about the journey that is over, do not know how all begin with the entry when convicts who is looking for a well-being , even within the life in seclusion , but that's all subjective, because in our well -being can not appeal to anyone who looks at us , may displease at various points , the first can be stolen, second can turn slave , work, love or third party can turn housewife by day, there is a lot of variety of men within the chain that can not always be know what goes inside the soul or that everyone likes , many choose the right not to be harmed , but besides that there is a more important point still , ever, ever, you can buy a friendship , even if it is paid within the chain , confrontation is very hard within the chain , there are those who have nothing , confrontation within the chain is loose , loose on the one hand and is strong as a whole , would billion or she had to give back , to get away with me but wanted to walk so wanted to walk the hard way, it was the way I always take me long to understand , my side was always more psychological .

It was from there never found the path of goodness within the chain , did not believe in the good, only saw evil. How come? Because I felt disgusted with myself , because the eyes of others was just a bitch , bitch is a slang term that we we used , which means slacker , one who does not want to devote to any cause other than what is resigned today, always goes the way one who always gives the divine , the power is there, the belief of hope and faith , and always I carried within me , I saw homicides in there .

But as I was marimbar for this, and allowed me to live , never tried to harm me , truth be told , and it was exactly how this all started , I was very unstable , unpredictable, and the school principal encourages me to continue his studies , but that complete , just not all the study , had family support, guaranteed support.

This always exists when it is assured with a cool way to live and be able to claim what is evil, why is it called guaranteed support , within the law are those that give us the bad when we are pushed and be defeated by the system, because by not having money we are pushed to a system where there is money all goes well , justice works , because if there was not already .

As they believe in you, they can do nothing to change because they are employees, and they just have to communicate can not act without the requirements that are set out for justice , with a complaint to a survey of openness, but if they were to open an investigation I was always off the hook because he knew walking in motion within the chain , knew the corrupt guards , those carrying drugs to jail , some others got away , ended up in jail.

Some of these cops already knew the prisoners , excelled and had an episode with one of the alfredo was a man of the night, the king of the night , switch house explorer that is the true king of the Mafia, this deserves a lifebest was former police only goe that embarked for the crime the way I be happy to mention it in my book because I learned some things with him , even though he had been cops and have had a less positive episode in my life with him , they tried to kill me in prison flax , only at the time was already a veteran , was five met there. He knew every agent , and all knew me and this episode fell ill the entire chain , related to prisoners , because I was an incentive for all of them was the example they saw in me, ensures continuity within the enclosure because we had to be there, and when I mentioned above that Cape Verde would be my marriage, not wrong , were , in fact , they wanted to avenge that episode , tried to kill me , I was invited to be the man to the head, but not me wanted to enforce the union of one just did you see that if I wanted he would be dead .

But the irony is none of that happened in agreediram- only, not killed him he redeemed himself and tried to strengthen my friendship with him , but he knew inside him would never forget this episode, only forgave him because he have the humility and being deceived by what we talked about me , not by the prisoners, but for the service of prison guards , and direction because he knew he could not defeat me , would pay the price of early death , then so was I let him walk and when I realized he was humble learned to respect it and to accept because he would not be alive if I did not want him , but there was no point , just was a high price to pay , I was criticized by ordinary prisoners who hated the cops , I achincalhado .

- Nelson as you accept this guy ?

I accepted it because he above all he was a professional , won powerful enemies in the environment they lived , cops being , was very knowledgeable , knew top of us and knew powerful people who could help, threatened me to stop talking with that individual or would allow to have our respect and they ours, but I let him live , it was a was one of ours, Cape Verdeans I mentioned were the Nelson and Carlos, lived exactly in the area where I grew up were they shoulder to avenge me and outbursts came after , and they wanted to see slain this such an individual , but I left I let him go , I want nothing of the individual , though I have nothing against him , and the story of these brothers the Carlos, was shot dead by a PSP officer, he was referred to , was very beaten , played chess with me, he was an "expert" in the field, only knew how to play the money, I always told you , not worth it , play for the love of , but at that time was well , he was being sponsored by Manuel and the Romão and the Badona , we dealt as brothers , had mutual aid , had all of us in the middle where crime lurks at any second to millisecond there is much and sometimes we may get caught in the middle and when we have done this , I decided to continue my way , I made many escorts in the chain , ie , assured the welfare of some, and to win my , that is, one hand washes the other .

Was the motto , the motto of mutual help , but there was always the risk of metermos in a situation if we were called to this , there was a murder in linen, never put it in question were good and happy day because I walked up to this decision , I could not do , always thought of myself , I never thought in others.

It was all very quick to my transfer to the valley of the

Jews after eight years completed in linen, they never wanted me and accepted me well , they wanted to harm me , but respected me , always waited for my carelessness , something that never gave them. There was a woman who was an official in the legal industry , she liked me and forgave her, but forgave this with taste, on the day he rode me the trap was exactly at the time I was more powerful than ever, never talked much with them with the cops , was a danger , I walked ready for anything .

Regardless of evil, the evil that could come to pass me because , having taken one in the future based education and with it to live , is a strong factor to be so, and we are used to and we take the teaching that life is so, live to die we just take , but when I was transferred to valley of Jews , but all this is behind us began a new cycle this was my way of life and way of thinking does not allow any type of abuse , had my character , simmered in a little water, and when I got the Jews valley, decided to take a new direction , he wanted to get rid of the nightmares of the past, although I had the , last , really had them was a simple way of saying , what there go there, but not quite , what there goes , there goes ; only let go, let yourself pack in fantasy that we really are a dominating be spent and the owner of the entire galaxy , that is, all dysfunctional and everything is prepared for it , because they are employers and employees do not control their adventures to steal and to say that is legalized , is a form of cheating , one of the moments that most glorify me in the linen was my achievement as well as ensuring my name in the business . Had one more thing , it was the time of all or nothing without exhaust win, or die , was the motto that had within me the strength to live and enjoy the power that I had while I was enclosed, never

used gratuitous violence to my mates got almost crying tears , the evil that I saw being carried by other companions who were dominated by violence and were perhaps forced to do whatever the traffickers wanted, but I do not ever take by a harder path , although had me hooked to heroin , I swore to myself that to live within the chain be willing to kill and to live in a dignified manner that would not bother me to finish, the cable are all adversity of the moment are those with which all have to deal , although it was not my wish , create enemies where there are hardly walk and myself , there were those who tried to harm me , the direction did not like me , then that's what they did, sent informants of them are present at all times in that was open to if they can inform best of everything that I could ever do , they had a guilty conscience , but one thing attracted my attention and made me change , basically me a lot in the teachers I had , I felt platonic love for some , and it was then that was going well , but the boat then turned , grabbed me and put me on Jews valley was difficult after eight years of imprisonment in linen, left a vast history the level prison , because he knew everyone and they knew me and that's why I never wanted to punish me one hundred percent , I was often punished with disciplinary punishments , one for assault and other verbal abuse by the guards and that's how I realized that really was dealing with a more powerful mafia than I , but in reality were no more I just had the books and the diploma that made a being different from me , because after already were playing the very instead the ball, to my amusement , incidentally played all there was to play , I played the highest trump what ever you can play , ace of spades , some people told me I could see that would have bad luck with this letter , and I am sure that could have bad luck with this letter ,

times change and that's when I began to realize that life is not within the chain , but outside , but never wanted to internalize , but I knew that was my strong point ;began a dramatic story was ending in murder, were three brothers and they all consumed heroin and heroin for them was the need of the moment, that is, were dependent on what were drug addicts .

But deep down, were humble people , had a good heart , because they needed to be helped because they took in life and I also took , it was a hard life , we can even say it was a slavery , the way life was made ,every day we had to smoke but we would redraw .

But all this is the result of a way of life , one that moves the cause because I even do poetry in relation to the experience and the context of the situation , they all asked me a poem , was to write to his girlfriend , was like they werealways asked a poem , but I lost myself and was at the time of consumption that have adopted this way of life , I know what I know and I'm not willing to teach anyone because he had experience to that of the past, made me a hero someonehad in the trash and could be raised .

Everything was boiled down to this, by way of experience , the way we live , the way we had to get the drug to smoking , as if he had offered and given would not buy , I became strictly speaking a pimp drug dealers to sell, had to assure me my daily surf with powder I smoke , it was then that I became a pimp of traffickers , was dubbed so they all wanted to help me , give me drugs to sell and I ate , I had thelargest leisure that any addict can have , be addicted to drugs and smoking.

But I was known for my sportsmanship , for my practice

in training because trained every day and it shuffled people who saw me and looked at me they always had a paranoia , paranoia that I mentioned in this book mistrust and that is doubtful,when did the evil we are always afflicted, will be that evil will happen to me .

It is always the unexpected forecast sincerely habituei-me to this way of life and was difficult to integrate after the arrest in the social environment , because it is a medium that we know , is a very small space where daily living leads toknow ourselves all to each other , but physically .

We want all command because we want to win the right in a space that gives us security ourselves to being inserted in a medium in which we always deal with the fear , but it is not a fear , is simply Making sure us, we can overcome the situation knowing

It sometimes happens in life, be induced to error, fatal , one that is written properly , because it was written by the experience and the way the laws that lived and grew.

How come?

The force of reason always wins , and all judgments that may make life can sometimes not be the most correct all weighs a factor : defamation, the not funny and not fall into grace , be one that allwant to despise , to humiliate ;feel good and so when there is a lack of economic power are always limited to play because also part - this is a game , that is , some say that one has to know how to play are popular sayings for luck incan beat us maybe a good thing, and that luck can give us what we demand,

well-being, be good about yourself , to help because we were taught to it too, share a common life with our parents , our brothers , sisters, grandmothers and grandfathers, for there is , this is our generation , because we are the result of their extension to see generated beings of his seed , that is, know we have the ability to know each other , know who are our and our are always on our side , but never like to look , to have a member in a family that can not please them , they have an image to preserve life was thus made the progression of the union, welfare , no one likes to have , or to see someone who is of our family or someone close to us because at the end , at the end we are all human , we have to deal with each other and the family atmosphere , sometimes either on the host too , feel owners of what generated and make it a way of life that is written in all theological readings that can read, ie study of religions.

We all take with moral lessons , it is proper that those who feel a closeness so faithful , who do everything around seeing our good, our loved ones see them well , der in der , and never want to harm them before the image that preserve and that they have been taught , the values that they ruled not allow them to look good, to a situation that could perhaps be resolved were not sometimes misunderstood .This is all very nice and the media also transmits thus equal to the facade will display a beautiful image , are also pressured by a power that we all accept the governance , very hard topic, but it has to do with all this that will be reported there , we exist , we will continue to exist , education is also given to those who claim to be owners of reason and sometimes they transmit and want disunity , they all have in common one thing to keep : a wellness, a well-being that they can provide a domain of all that can aspire and wanting

welfare for society , but they all lived and raised with a father and a mother , they were given the right conditions for be able to progress in a career that aims , but also fail , but always forget and are governed by the image ;I kept this speech because my vastness is huge in this life , learned a lot , I developed what I had to develop though he was in leash never thought the end , always ambitious to have direct contact with employees of establishments where I was , my career prison can dub it it will be best interpreted in terms of the word as well , but will have to be , to be interpreted as honestly and sincerely that there is in life. Is related there are bilateral relations are relations that govern all nations , are matters of Community interest to safeguard the assets, so that they can give a wellness so that was established in the world, the freedom the hardest topic to talk ,we can give all our freedom, most beautiful thing in the world , is the greatest pleasure one can have in life , is to be free, we have to know is overcome all obstacles that we have throughout life and can find. There is a huge variety of them , I can start with the main : the social good, we all have one thing in common , like ourselves , we can be ugly, beautiful , does not matter, become accustomed to living , looks are not everything; sometimes behind a good-looking can find a less good side , but it was the hand of Apollo , the side of beauty, described by Nietzsche I followed his autobiography , there is no reason for most , the side of beauty is one that makes us dream , that makes us love , brings all good, but there is the well goes hand in hand with evil, as described Nietzsche existed the Dionysian side, that is , good and evil incarnate in the instinct of being human , when we talk about all the beings that exist to land top whoever they are , whether political , whether judges are mayors , presidents of

associations are all can be , presenters television to be the charisma and having a gratitude but no one can be forgiven , itself the word, forgiveness all have a reason and when we are put issues must take everything we do on behalf of said laws governing a society and which may claim the word law. It was there that got the right not to be punished and be defined by law because it all fits , abuse exists, has existed and will exist is the prologue .

And the prologue comes from transcendence , a learning beyond, we all live because we know that transcendence is more than well , it may be , it may be, is to teach , is to have everything , but there is a keyword designating all this: philosophy , way of life , enjoyment of life is what makes up one of the transcendence factors , we remain and continue to live the same way, the evolution of be have been generated , being abandoned does not make one evil blessed the good that we can practice is the divine , that we learn , is our destiny learned everything is left us an inheritance great values , so they extol the words they write , but that's all glorification of maintaining power and being exaltation, for all this could be beautiful if we really were all fulfilled and is written was very good .

How come?

We would be entering the widest path of human rot, are the slaves of legalized democracy , the use of the situation to be enclosed and be subjugated to stricter rules ; sometimes do not react the same way as normal a conformist way, is called the transcendence of being, the transformation to the most cruel side of being, that's what I felt , I learned from experience that anger is a live support to live and survive is seen and so 're proven by the values of science that is dominated as a safe way of living when this has to be , we can not evade the question

, our characteristics that make us are diverse, but all come from the same , mystification , no more perfect beings than anyone, everyone knows live for this need of secured and credible support to the whole being , work cooperatively , we discounted so that others can have a better life , unemployment , a just cause this is an experience that you will all share with me , I called this story continuation of being, is the extension of this issue .

It all began after the separation from my parents , I was admitted to a convent school of hale was the college 's name, on vacation with my father was near there, but after the separation not faced a good relationship with my father, and was from there that it all started , my mother had moved in to the tip after the separation , I had about 10 years , when I arrived and I went to the tip , the school ran , did not accept that way of life, but apanharam-I was an innocent , knew the force of law existed , my father was in the military dared me the way the stories that my father told me , to be a man to be integrated in the military, serving the nation , a hard manas I mentioned, but let himself be carried away by their passion to love another woman , a physically powerful good man , intellectually too, cherish that have inherited their genes , had him as a hero , that was all the learning that later come to be .

How come?

The domain I knew I could do , from the time of separation , as I was with my mother became independent , my mother got a lover, a working man , working at the post office and works , is a worthy man , also began so , I needed to help my mother and became the dominant cause was all handled well , I repented , cried , but I won , I think this is the most appropriate

theme , loved them as anyone, fortunately they are well ,have a life , it was normal to have discussions , but they have always had reason is that I was asleep by the transcendence of wanting more , wanted to do nothing , thought that it was easy.

I started working to help my mother, but soon realized that I was not to be overwhelmed , I started working as Casqueiro ie upholsterer helper, that is what makes the structure to be shaped and padded , worked, was even my neighborhood on the tip , worked there before the toninho boy of my generation , had several brothers , but I was the favorite .

An individual who worked there was Casqueiro man of structure in order to upholster the sofa , was robust appearance , and I no longer wanted to put up more , aggressive form of speech that had already gone through this with my father, so I opted by reversing the situation , I was holding up the progression of life, not weighed me , but could have disgraced me that day , as a matter of wanting to not hurt or injure , but I safeguard myself threw a stone the size of a hand, but I shot deflected wanted to give the warning.

Yet accepted me there , I continued to work after I left by choice, but also the owner died consumed by hiv disease , a situation that was not like I saw him suffer the disease , but always respected him , I lost my job , I started in assets, that is, in the jargon is used as be guided , not put up with bosses , want independence , I was the son of a lion, and acted as such.

In March 1996 I was found in the Avenue subway, had had a series of assaults on the subway , there were allegations of crimes that were going there and happened

occasion spent a psp that came to ask for identification, and that's because had an antecedent , a week before had been in superesquadra benfica accused of stealing a reader , but the boy who was with me , ricardo , was cautious , inexperienced, he had come from ovarian did not know the city , but it was known guidewas a drug addict , and at the time as I consumed cocaine, found it good to have a safety crutch, that is, me and safeguard for the future , that is to have a force , a union for progression .

But now comes here the structure , one of the main factors of loyalty capacity of each, starts wandering , that's how I discovered what I already knew that you can not trust if you do not know , but my experience was vast , washuge , he was sure of myself, was good at what he did, had done several armed robberies , I opted for a way not to harm anyone, just get the money .

For what?

To live , I joined this way of life and in March 1996 , more specifically 28 was told of an arrest warrant allegedly terminated only add missing introducing this theme , a week before had been arrested in superesquadra of Benfica , I wasto sleep in a car , the owner of it was an Air Force lieutenant colonel , a man who had already been through overseas, I was dozing by habituation there, but still had the house on the tip , actually that night was thericardo, and stole a reader and fell asleep in the car , we were surprised and agreed by pSP officers belonged to superesquadra of benfica , but I do not amedrontei me and told ricardo not to frighten would have to be strong and say no tothe end , there was no evidence to the contrary , but he warned me that the cops could appear , but reassured him , told him it's okay, drank too much

whiskey and wanted to sleep and was not fancy me go home and lived nearby. This happened , it was the worst doubt that a man can feel when he teaches and trains the current situation that can happen on that day got away with me .He could obey my rule of not having anything to say , but they were not convinced and went to get all the ushers car nearby to see if they knew of any assault, a blue cd player, but we had already committed several crimes before and all were engaged in robbery and kidnapping , went to survey the avenue subway , the squadron stood in the loft Marquis , metropolitan station of Lisbon, were interviewed , I said nothing, do not know the conversation ricardo , but as he had a history of having gone through a week earlier in a similar situation , I trusted .

On that day, we left the station, had nothing to say , I trusted in his testimony to me could get away , was taking at the time the license was working , but have found myself to receive the unemployment fund , continued to take the letter I went to the code , I was already in driving, I felt good , I had great fun and it was at the time I was served with a judicial took the arrest warrant , were I get home, had come from the gym, trained more than a month , when I entered the judicial realized , when I asked the Marquis squad when I asked the Marquis de Pombal station I said nothing, but the ricardo all spoke , continued the statement, during the investigation stage was the investigation of judicial , had nothing to say to them , nothing had been proven by the blatant factor. Why could not accept such a decision , it would be like handing me , perhaps it was better to have had a different attitude, be honest, be cooperative , repent , but I thought me by my wisdom , wanted to play with justice, the judge who sentenced me was a man who

had troubles in life, one of the daughters died from overdose and other remaining children also walked clinging to the drug , I was told by the lawyer , or telling the truth or it would be hard to crack , but I trusted me.

She did not defend me how to be defended, not known to be operating in legitimacy of duties that must meet , as a representative of the law at the time had no personal lawyer and never has been given me , I had to hire after the arrest , after being sentenced after being convicted hired this lawyer, was all I wanted to accumulate energy , knew he was at the crossroads testimony had not wanted to take , paid a high price , lack of collaboration and summed up everything to my great condemnation even thought even kill me .

It was a sad day for me I swore to myself I would survive all the adverse situations that could appear to me , was the beginning of my end for everything , I lost my freedom already for some time, took a heavy chain and managed to survive .

It was time to win I learned the art of self-defense can raise through me, everyone respected me even administrative power that is performing the functions of the prison as it is with this when we get something we have to deal , are the owners of the piece , that is, they own the territory that dominate , think themselves so they are commanded to do what has to be done to continue the path on loyalty, regardless of the way it may seem, can be and that all will be but there is a subjugation which is disqualification , when exercising this position think that can be the masters of the situation , not resigned to be simpler and who has to live , is the prognosis of what they studied and disasters committed , were not one, not two , not four , were many , widely

varying dubbed them the crucifixion of the most wretched, but I raised my morale because always on the rise, it all started in my entry when I got to ipFlax was one nasty , very hard , I was full of anger and desire to win , even thought about running away if he had opportunity to do so , I managed to keep me , all because I could respect for veterans who were ip , and they werethe true pillars for me to learn the life in seclusion , guerreei , struggled , I could , if it were not so would be forgotten , all remind me , everyone likes to remind me , I was the feature image became a dark leader and cold did not know love and that's how I won glory in the chain , were cold acts who had to learn to live and remain at the top land to win. Quickly demonstrated educators, workers, the guards and direct to help me win the uphill battle , I felt support just looked at the time and circumstance assistance was barbaric , what happened could not have happened , I turned the devil in myself, but did not seek the trouble just wanted to live and survive , was the time of the condition.

Isabel was the school's principal name in which I kept healthy and enjoyable respect accompanied me always helped me always , but later came to become a rage in me, but always respected .And all this was due to the strong pressure that was being exerted by the administrative system whose name was director john g .The man who had come from overseas, got away when the tried to kill , his story is known , had several years in charge in the administration of flax until after my transfer , I knew it until it was a man who could talk was communicator became interested in the subject, played hurt me maybe the fault of the deputies, I was well-regarded in the professional cycle, the level of companionship all respected me and this director wanted

the career peak, that is, I'm here to master , I'm here to win at all costs , I'll be fine because that was his aim , among other things could say more. One of the causes he championed was more drug trafficking , he enjoyed helping addicts , but required a currency exchange , playing with the law , had a pushover power to hear and determine the application of precarious and conditional outputs and open regime , was not a bad guy, who goes only to its non- degenerate and I chose the hard way the way that no one likes to follow, but I chose to follow , follow the path that I was predestined , when speaking at destination by times we hit , not walk very far from reality , had many dreams as a kid and dreams were made a nightmare , a passage in the desert had predicted, had seen my future , but I was all portrayed in a dream , I came to have monitoring by witches who were nicknamed such, passed me dreams because they had to pass, the power of women was great , helped me , but curiosity awakens following my arrest , I had major dispute with my brother and wanted to be better than him, a healthy competition and he wanted to be just like me . At that time , we used to go hunting against water snakes to aim , we would play snooker sometimes faced tough opponents , but we won always , I knew he was good ; today is army lieutenant . My father managed the more direct support that I could give, gave them , helped him in training, all this because in that a separação. estamos in the middle of my entry flux , was brave, just inside the guards quarters-I know the background, was a normal entry if we talk to the environment they lived there was a demand environment , both guards and prisoners wanted to win , there existed a good director, Manuel, but was corrupt , but did not harm anyone was limited to winning and doing his job and also helped for three years been

under jurisdiction of this director from 1996 to 1999 , he was removed from the post of director , but spent the parish council president, but never again could get rid of what had taken him out of linen, was a good man , wanted the welfare of all and at the same time did not harm anyone had need to work on the wing b considered the killer wing , was nicknamed killer wing for all the infrastructure on and receiving a visit in the parlor falling water was the result of lack of scale of the infrastructure had to be open umbrella , because we lived in a corrupt means to the point of the director accept a grounded proposal for money that could explore the general direction of the prison service , got away well, the proposal was based on the training ground of the arrangement, that is, the football field was muddy dirt track , bué heavy was the nickname it also could you call esguíça , but it was good too could walk , he knew how to manipulate the system , had brought corruption challenge is to use the time left to the middle of the penalty of a sentence of 16 years , eight abide by confidence secret, but this would not end in the best way because there were those who were harmed as well would have to be part of the system , the system is set up so there must be a justification , and with it has gone up another year , was the third year that I was in Linhó came the real dilemma of corruption selling drug authorized by senior management , all maneuvered using the inmate of their trust , was powerful a drug dealer who had sprawled in life with the drug sale the name it louis towers, even made a child within the chain , there was a proposal to make the company skip and fill the bags paid crux , I came to be invited to work there, did not accept the fact that men who were to perform this function the authorize payment in drug and they were with the money that was soon

transferred via computer , that's when the real problem occurred manuel t .Director until then ;there was not much to do , there was a survey of judicial , there was purposeful meaning a shipment , we will clean up our image, but failed to clear all went into the court of the bar , the investigation of judicial was accused, and a vast amount of evidence ,but I did not witness , was not even called for it, also would not say much , would only protect the baby, I felt I was worth more manear the cause , could gain something from it to keep me silent, evil I knewI would pay the price hard to crack.

Sparrow guard got out of prison services , the amorim chief had to take early retirement, manuel t .Still managed to reach the presidency of a parish .

There was change of direction, john g .It was the next name that followed in the administration of ep He had an ambition too big even for the context, how they started the works in the ward to b remodeling of conditions , half of the ward was closed for works , I was in the cell with carlos was the son of the mother of a university professor , was secretary of the school principal , but it was a drug addict , from time to time , stole the bag of the teacher in order to have money to consume , was a chronic drug addict I felt compassion of his being , because to see you keep losing , could not evolve was resigned to the consumer , but it was clever, was a shrewd person only in trafficking black market is that they sent , had problems with them came to ask for protection when I was with him in the cell, but it's funny no one ever told me or demanded money , debts he had to pay even defended him, but was betrayed left me a heroin debt to the man who has the type beaten by debts , I accepted and was the duty, not feared because the heroin made me a be wild, total

domination , it was from there that I had to take a hard life to crack, was the pinnacle of my fury to see someone suffer because they all gave me the reason , I had various melee fights , could not make me , I gained the cause , all they needed after my support to work and sell and are good about themselves , had the free heroin satisfy me because I had spectacular figures , was mate, was friend and defended the cause , but had a very brave thing that no one contradicted me even being in heroin use .They all learned to respect me were guys in the life of crime , everyone knew where we were placed in the middle , were respected themselves hated me , offered me heroin to go study , was the only way that they thought I had to have a healthy occupation and learn , was the continuation of the consumption cycle was feeling good , was used and took me the will to feed me and have sex, it was the ideal way to spend time in seclusion without mechat with the problem of having sex and feed.

I was transferred to Jews Valley in 1998, I was taking a carpenter of course , not the conclusion I reached after ten months returned to Linen .

I went directly to the punishment regime was called 111 the hard regime , where we expect an investigation that may give in sanctions or disciplinary consequences , paid , paid the price to claim a right that I had to was to have TV, radiobut to me took me all this, and everyone knew the name he called to my television, susana had been offered to me by my mother , it was awesome because television always had my cell .Sometimes invented , took strove to it, rented it to consume power in the days when I felt weak , but had an infinite love her, would be willing to kill if anyone spoil me , I did it a few times I did not feelwell .

I entered 111 was heard by the head of the chain , the head amorim descendant of Mozambique , but Portuguese , a tall, slim but it was not bad guy just wanted to have dominated territory , wanted it quiet , that's how he told me stopstalk that way or we get bored , I said yes could piss was up for it , was at the time I left in chief of the office , or from your desk , was already service many years ago, the Baptist guard,drank a lot , but honest , did not intend the evil of no one was like the boss, wanted to have a health , I was surprised by this guard, tried to attack me failed , most had some guards who were there on the spot , and saw the pbxconfusion, rodearam- tried me hit me again , they failed , lasted a few more minutes , but the insistence of them was my strength was then came a guard already in the house of his 50 years, the iron guard , spokewith me , told me to stop and no one would harm me , but I had already beaten the Baptist guard and the head of the chain , the amorim boss, did not cause them huge dent , I knew I was going to lose , so he told me , you willhandcuffed to the security flag , was handcuffed by the presence of the head , he is ordering , ordered the iron guard and drove me to the security flag , the boss told me to take the handcuffs and told me to get into the cell , aswould be safe scheme until the investigation is completed.

Honestly , I gained about man, was man was boss, set the example , as the institutions that represent the forces of repression, must be well controlled to all , so that everyone feel good .For me it was the most human head I met , stick punishment as would be logical , would have to pay for the act itself, but also won their respect , left up to intrude in direct life, having to survive even within the chainwe live , called it the place inhospitable , being identical phrase itself , to a place where there is nothing ,

we are alive only to live , but we have to believe, had heard the murder, followed up several mareações , this word is slang for use in crime , that is to say exactly murder , so I had committed some situations that could hardly fall within prison , together with the rasta hugo, rasta nickname is entered with 16 years in the chain, lived in the Hungarian neighborhood , I met him at a time when fulfilled a punishment in the security flag , I saw a young man already had a few years of linen, and caught a contact it gives me a cigarette, but left it to thesee because we were muitashorasfechados , foiumconhecimentode circumstance was a time , well had seen him there, he was there on the wing b, a wing considered murder , he was in the ward , a quiet wing , housed inmates who worked and wantedbe calm in jail , but there were consumers , dealers and there was one that is still stuck as the name is dauphin , I explain his story , he came to me , quickly saw that first time I met him, was shrewd, chavalo good , but he had taken a wild childhood also , by the way the parents did , dates back to Cape green, looking me a better life , the historical ties that exist in knowledge and seen as such had the hardness of having livednot led a life that was very easy, had to live in the Hungarian neighborhood , a neighborhood with people mostly coming from Cape green , the construction of the houses were not very good , but they offer the minimum conditions of not sleeping on the street, havea ceiling , for more misery to be had education, the houses were kept clean and had their own maid who had a real education , but there is , there was social inequality , had to work hard and these people are good people, likedpamper the children , but had no time for them , they had to work to have an honest living , wellness , is proper and sometimes the removal can cause

a shock , children begin to grow, spend time away from their parents ,

But came to last for much longer, continues to this day , but he then also already consumed heroin, and that's when I remembered I had seen him in the quartermaster , if there were dark - business , the black market everything is all right, since no one harms anyone, was a mad time realized at first sight that the boy was smart, had a soul , its appearance had a big rasta , wild but well treated , that was the image the first time when I saw him , and realized it was a boy in the eyes of society, was seen as such, the outlaw, the man who lives on the margins of society, but we all like to have a guaranteed welfare for us we can ensure , for we can guard our welfare , human equality which is worthy of saying that we all live with all this we create, but we also know that the well goes hand in hand with evil, the actions that there may arise bring the hard way to live , he had been transferred from the wing along the wing b, was in the cell next to mine , he was with the tiny bit in the cell, the other Cape Verdean , angry too was already in the cell some time after the meet , knew he was in the cell for a long time already , were to have different stories later recount the history of the tiny bit that morning after the night of the transfer iota returned to the ward , had made an agreement with the direction , collaborate getting into the other the head of the bull, is another expression also used in slang that means leave the other hanging , for him to save, no harm was seen was in the middle and dávamo- us well but hugo was on the wing b, that night we talked for Pudemo us contact window so we were very close , and I heard a lot of noise in the cell, caught my

attention , within the chain have to have the perception of danger is that that makes us live and that helps us win, brings us the soul of want of being, the soul that we all like to embody a strong soul full of courage and skill and cunning.

That night preceding the next morning we talked through the window , as I heard noise asked :

- Who's there?

He had heard the noise happened , he told me :

- 'm Hugo , I'm here more iota .

It was the way of the sanction , the fact that they had committed that day that were transferred to the ward b, was routine was then that he told me when they open the doors in this case the cells come with me to the ward , but told me to keep quiet , but I thought , this was the hugo, was the star , was the man of the moment, was addicted to heroin traffickers required to provide it without drug money, was a must , he demanded it , onerebellious boy from a huge way, that's when the assault happened , I left the door open did not go out , but I knew he would come , I knew he had had some coals on the wing , slang word also coal, which can be understood as in the jargon of crime a routine event of the walk in the rain gets wet .

After leaving the cell, did my normal routine of taking breakfast , then go train , go to school, go to school that morning 's breakfast , strange to not see them because my routine was this was to search too, was addicted , but was not truly addicted , but had already made a robbery and had extorted some money during the morning came to tell me , the boys who were also consumers were

called piranhas, seeking life in a way more honest , but always misleading because addiction also led them to this, the hugo was for the safety flag with the tiny bit , but appeared another zé ball, Angolan lived in chelas never had good "feeling" with it because you have given a tracksuit pants, the Emílio high neighborhood and he wanted to steal the Emílio , he knew that his pants were mine had caused me several times, but I never called , never gave importance they had a big fight the Emílio neighborhood high grew even there at the top neighborhood was raunchy, were the same creation and he wanted to defend it either was mine, wanted to defend the honor of being parochial terms of a childhood connection , then followed by several others, the prophet , also of neighborhood and it was there that gave big fight : . zé ball was robust weighed about 90 kg, Emílio was a dry man , african typical as was thinner defended the honor , faced the situation , zé wanted- ball the sending of the 3rd floor was where we gave the discussion, it was not easy, but he knew he had the cunning to live and have to survive the question .After the ball zé have taken the pants tracksuit and be with them in hand, discussed ;I knew the Emílio would win, but I never thought it would end up like the billy ball wanted to send him the 3rd floor , grabbed her legs, the Emílio did what you have learned , in the latter case, I who have mesave, grabbed his neck forced to break , that is, the moment you grab the neck not large , it had a handrail faces or enters the cells, whatever it is and did not offer great security , in this case became the unpredictable , from the first moment I thought they were going to fall , that is predicted to anticipate the action, but then I thought and still had a few seconds after seeing and planned and thought it would not happen , but it happened , the Emílio grabbed

his neck and not let go more , and force the ball joe did, he has combined two monumental forces , not run away when it 's right, that's always been our education, fell from the 3rd floor to thoughtdamage was greater , even thought some of them could die in that situation , but fortunately were saved , the reason of force always wins I think that's life , I now ran a bit to the subject, in order to explain all the way it was donewithin this context that we will always meeting people , let's keep the contacts because they are what help us talk to discuss situations is all nice if seen and done this way , we can even have a life linked to drug addiction, but we feelwell , because we are dependent on the drug , but we are people who discussed topics of widely varying themes , from the most banal theme , from the simplest such as football to the more scientific , we read enough so we can discuss later , has always been our strong was read, now and left more ago here just wanted to show why I say I never had good "feeling" with billy ball, the ball zé left arm , the Emílio not happened anything, was unharmed , but that was the day sleepingto the hospital for prevention.The zé ball was still about 3 weeks in the prison hospital, they put him in the arm platinum , was the most illness he had , I was sincerely glad to see that got away , I forgave you the action, but I know I always got a grudgeme, but ready , I understood the situation , let him walk .

That was the day in the morning, perhaps would be a 11 am also zé ball had gone to the security flag , I knew that Hugo was with him, had seen him a few times, were in the security pavilion led to sanctionsstiffer prison means is called lame , is isolation , do not have to have anything of the cell unless the basic things , teres a towel , a teres sheets, teres a book to read , you can not have lighters cell and you are closed23 hours a day , it's always hard to

overcome but just for us accustomed to these sanctions because we have passed this before , living in punishment , the punishment be in the live that situation, but did not like to live like that, we knew that those who walk in the rain gets wet .

All evil was this and having completed the punishment and things would stay that way , but not in the hugo assault stabbed twice in the stomach the dauphin , treated the bad man , to steal little , some grams of heroin and about 30 stories, would be about 10 grams , a man who would pay the price of their dauphin nickname, the paws , paws because he was arrested for assault on the train, made a dead , was much talked about and known at the time , an assault top , because it involved a lot of money , it was an exorbitant amount at the time were the convoys carrying the money from banks between sintra lisbon. The assault happened even there outside the Sintra train Lisbon and there was a dead man, but they could never prove that it was he who committed the murder of the crime, were never able to prove that he was the real leader of the murder but was convicted and over his prison journey took several raids with which you came and caught the drug , he did not give the drug to anyone win , that is, he sold , he kept the drug itself , he arranged safes inside the cell , only by a chibadela they could there come, but this is for now.

As he had the crab 's nickname was given that nickname by not spinning anything to anyone , not give anyone , he knows that a hand can wash the other , that is, it could give the win could help when people asked him for help and hugo was a tough boy was clinging . There followed a sequence after these events , dauphin was transferred to Coimbra , tiny bit worth of Jews , however I too ; were in

1998 more properly June 27 , had separated me from hugo he was in another cell , there were factors that led to do so, others own companions who sought were piranhas, because every day robbed about 3040 grams smoking and consuming , attracted the crowd because they are always oriented , is called the sequence of drug addiction and was then when he left the lame , we decided that we would stay in the same cell , but these piranhas always spoke ill of me because to them I was more of a bump in the road , had taken them wiggle room because they knew I was the real bitch , attracted friends because he knew to give me the living .

He knew me give to the situation context of conviviality and it was these people who lived such circumstance with me in the moment , they said evil of me , spoke ill of me , all in order to get benefit from what the kid arranged , wanted the attention to and they wanted to have the spotlight on them so they could be they are good, that is , have always taken the surf, I did not bother with it knew that life was like everyone wants to be well and be grateful for your income for benefit town , but were always those I ever needed , they also needed me , we become a united force, that is , are insured if they wanted some would assault our help, but it would also have to pay and it was the time I was transferred to take a course in Jewish valley, already had two or three months of operation when the rasta hugo was transferred to valley of Jews arrived I received him as a brother , for the friendship that already had with him, there are four wings in valley Jewish wings a, b, c , d , I found myself in d, was in the ward with the dauphin had already been transferred from Coimbra to Jews valley and that's when I said to hugo if wanted to stay in my cell ,he wanted, but there was another issue that he was afraid because he

was already trying to kill the dauphin in linen, besides having given him two stabs wanted to send the man of the 3rd floor down here and his cousin, bento, prevented to do so, but he would not stay with me in my cell , not because he did not want , but he feared the vengeance of the dauphin, had already done several things in jail , had respect , was a man who was easily avenged known as such , but I told him forget that the man will not succeed you, no one will take revenge , had a good relationship with the dauphin told him several times that I did not like what they did to him and he had told me he had already forgotten .

I was taking the course , and these transfers came from a sailing happened in Linhó rasta hugo and the cadets were accused in a murder case that happened in cloths. We were very young we had come flax could mention the names of them all , but I will not only mention the names of some , the tiny bit , the Johnson , the real football player , represented all the selections chain where he was or had passed, toniseagull, had been transferred by also having made several assaults in Linhó the traffickers , was also zé tó , this I had lived enough with him , was not arrested, lived with him under the same roof , with umasraparigas , chavalas I had my he had his.

But the curiosity of this story was reversed for me , walked with a girl who ate horse and she prostituted herself up for that matter were the two prostitutes , did not like living dependent on a woman , but I liked it so far as to live with it. I only consumed cocaine at the time , did not take very well she heroin and cocaine , but kept the relationship , liked her and the tó zé and ana were also drug addicts and the curious of this story is that I always said to tó zé for him to leave the horse , always said he

would not use heroin , later came me to indulge in the chain and in that time I was in Jewish valley, there were the rasta, the tiny bit lived up good times , there was plenty of plenty of material inmarket, that is , there were a lot of drugs and Jews valley is a respected chain , through which many men sentenced to maximum sentences and always had a reputation for being a dangerous chain , have always existed and there happened homicide , so it was a chain witha heavy fame.

As there was a lot of material on the market all wanted to sell to be provided with more material, there begins the dispute between the dauphin and the real Pinocchio found himself arrested for international drug trafficking , was the ringleader and as the man already had a recordin the northern chains south of Portugal , and that's when started again did not want to see or know .The Pinocchio paid to hugo a lot of drugs to beat the dauphin , he entered it violently assaulted the man in the dressing room , all for the sake of envy ;the dauphin sold the larger packets and their were weaker , that's why the Pinocchio paid to beat the dauphin .

It was an event that was not very pleasant , but the time has come , but also had an internal register and had already served several punishments , I began to have problems , I began to be chased by a marcão nickname individual, he found himself trappedfor murdering his brother, and how I needed to smoke every day started making collections and was one of those collections that marcão appeared , did not want to let me take the money , he found the right as there was more than yearsI rode me the bar that is wanted to avoid me not to take the money from the collection because he was also there to receive money .We had an exchange of words in which he

showed the physical power , but nothing happened I went out with om I money, just that it was the beginning to make an enemy , I came to do a football game in which was involved a volume oftobacco for the team that won, he was in the opposing team I found myself playing with the group that had come from flax, mine was made by toni gull, jorge , the tó joe louis and the athletes and we knew we were and play, we wanted to win even if it had to underestimate the opponent and that's what happened , we lost , we lost the game because I was the head of the bet , had engaged my television on greed to make a volume , he'd committed at Ramon ,the gypsy, had long records was a man hit in the middle, as did not want to lose said did not pay , they chatearam is all me and demanded tobacco volume but fell silent , it was then that this guy marcão continued towanted to say that the volume and accepted because they had no reason had been combined in the game, was an athlete , always fought for the right and to avoid problems when so had to avoid.Continued, but this guy always continued with trying to provoke me ;there is a day that I was to go to the course of carpentry, was why I had gone there to Jews valley, that day the inevitable happened , the guard was me open the cell , it was rare I get the cell,but that day was frustrated , had not smoked enough drug was to leave the gradation to descend to the course and will cover appears to me marcão , gave me a rush because as was frustrated and as there had been a history , provocative subject tome, I did not hesitate desferi a punch and he reacted , but had no chance had already studied , was a fighter , but was desperate to provoke what happened , was sensational, ie not fulfill any punishment because he was there that day thehead of the ward , Eduardo , was his name , a man about six feet tall

, physically strong , was an honest man, he was a righteous man and left it at that .I continued on course always attentive to any assault on his part , because I was aware he had taken some time to provoke me and as such, precavi me , what we all have instinct , common sense dubbed women 's sixth sense , butalso the men have .The sixth sense is the unexpected , is knowing how to play and knowing being and respect , nothing happened after that, I tried to follow the lead but could not because my heart was strong, was assured by hugo rasta , one of the most respected men intime that I lived in seclusion , not only considered the first because the first , I ;everything he learned , the courage he displayed , as I had had the bravery and already I had passed, absorbed , absorbed the courage to know that there was a warrior, a loyal man, a poet, a man who liked poetrybut even that I was better than him.I'd like to hear , I composed many verses, a dedicated them to him, I was the best , was the charismatic figure of the times in which he ran, was shrewd , was strong , it was uninhabited, got revenge in the middle, where she lived with the rest ofprison population , caught many, but it was all peaceful people, people who worked , but not me.When I stopped working and took the course , I became what we do not want to become the lion of darkness , I returned to linen, that's when everything has progressed for me because I had come home where I had been and had mastered ,there was confirmation of my being, the rebirth of the area I had ever had in that house , because he had kept the respect , it was hard to crack, so I decided to look for the easiest ways to survive the difficult that I found .

It is a central chain of Lisbon, housed all kinds , motherfuckers that exist in life , some have turned to crime by coincidence , others have worn the crime by

consciousness , there was always the good factor and well, did not fear nothing but mesame as it had already done everything from being the good, the friend , the protector , the conciliator , who understand all situations , they were embittered , which were said by those who desabafavam me, for I felt great compassion , had taken the sense of unity and would not go in disappointment. I went on my way to get a conditional , but still had some time to take advantage of the conditional , I made a decision I will not do anything that harms me , but I will work for freedom , became complicated because all faced a good command structured by the direction, but I could have won everything with that direction. At the time did not accept that the reason that was taken by this direction was so hard , was an authoritarian regime , for it was not to accept the scheme , intended to get rid faster the chain, but has become even more difficult, but I leave to later readers so that they can understand the whole a route that does not tire of repeating , hard to crack , as well was the time of transition manuel t .; the director that I had found , was replaced by john g . The man who had come from Macau , a former inspector of judicial , a man who had lived an attack by the mafia that was established in Macau , dubbed 24 karat , there were some dead guards on the job because it belonged the Portuguese administration , then why send reinforcements public to serve the nation .

He suffered the attack , escaped, but his bodyguard was killed , rose , came to the administration of linen, upright man, he liked me when he saw me , he sent me know that he had confidence in me , but I did not care because he had notion of transformation of being considered myself the king scorpion, one that has poison in the

blood, called him and for not calling , I lost .

Began a minimum punishment in housing cell, was a punishment , it was not hard, was considered a very normal punishment in sociable pace within the chain , but for me it became a nightmare , did not accept this punishment. The director John G . He went to my cell to talk to me, to help me, did not accept such help , distrusted the belief that he had , as was right, he demanded in return a direct collaboration of what he wanted to know , I was not willing to do that because it was never me collaborate in these services , but it was his statement of how he was a good man. This punishment , the worst, had taken two psychotropic came , to my window were : the hunter, the Chibanga and the piranha, was the hunter who gave me the two psychotropic drugs, spent a service graduate, was the man who had metaken to be in the punishment cell , sampaio was his name . Since the effect of psychotropic was still in me, angered me see sampaio pass in front of my cell , I left the entire cell, got fire to the mattress , I left, when the guards were helping me , I ran away , I went to the yard , caught a stick and two stones and had written in his right arm , revenge, cruel desire . That day was willing to kill the guards or whoever it was that got in my way , but they were smart as always, come talk to me , they had no other way out , because they knew that I was enraged and had an entire wing to defend myself if I so proclaimed , but I was not on my account , how could not fight without reason, after a few hours I accepted the redemption, that is, the period that ended negotiations and so I do not really fulfilled , accepted that they gave me 20 days in disciplinary cell , that is lame because it was there that I met Alfredo M . , the pSP , the former goe , trickster was parochial , took the state to hold office

as such , to start the function in mafia, was a hard man because he had already been weighed average boxing champion , knew it well , and that's when , when I fell in the disciplinary cell , had an episode that did not want and that you could have taken his life, as had history with blacks who had come to meet disciplinary sanctions, was a wild time, I already knew what was going on about the successful and had said aloud that I would not paper such number being beaten by him, because the direction was doubtful , was made the mafia of all blacks who fell in punishment and had committed or taken some punishment due to disrespect the guards or services , employees or direction, would pay by alfredo m . , it had been ex-psp , ex - cop , knew many of them and I knew him as such, but to proclaim loudly and speak directly to the marine , gave me the cane , I fell in punishment , I knew alfredo m . Would have me, but that's where I was wrong . They tried to kill me when I headed to the spa for bathing, failed , were with him two more cops to protect that got nothing against me . It was the time I showed the will of my reason for living , had been inculcated by a matter of being parochial , because I had lived in the neighborhood.

Early lost my father , I became adult earlier, it came to be reflected in life that then took , there is is experience is transcendence of the future, she falls on the way of life of creation and when it is hard , we are required to have a more severe education, early behind what demonstrably no one wants to wish .

That's when I had passed the stage of marção , that's when I started to want more reason , had to have a decision to partner level and direction, but I knew that in the middle intruded surveillance which was composed by

guards and managers , got it, got to get and intrude another being , but that was nothing more than a being like me , sometimes it's a matter of opportunity, I tried , I try and try to have the soul of the Portuguese , I'm down the Portuguese race of brave race, has commanded the world, there is heredity is obvious. Sometimes we make the following question , why we exist , what are we, where we live, are issues that bring doubt to live , but we know we have to win, was all set to be so , I went on my way prison , later aftermarcão of the fight was followed by the appearance of the group composed surveillance services called prison guards , I got good people , I got everything, but honestly they also just wanted to live , never wanted to hurt me and I wanted to ignore, there is early not learned that you can not always win, was an inhospitable place , a place where life was worthless , had no interest in valuing the true meaning of man that is not the serve.

Serve , serve all he had to serve , I was obedient , I knew in political power , social power, the repressive power there is always one thing we have to know how to forgive .I could have been a hero acclaimed by them , return the worth of Jews to be expelled from the course , the return of Jews Valley , flax found the same leadership because they were what I did not want to find , revolted me against all odds for all that had passed, it was done , I lived with all that I might have to do to have to survive everything he could face because the enemies were powerful were the consumers of all machines, were dubbed the piranhas, ie, had to survive all , there was the diplomatic part , the establishment of relations , that is , we have a teacher , have an assistant, a psychologist , a doctor and a lawyer , which is to us that if there is really nothing to say .Just live the moment of the moment

circumstances are simple humans who are content at will and I love , platonic love that intrude in the middle of being, in this case a man , had already had all the pleasures of life, loved onewoman still remains in my mind in my soul in my life , was an intense passion , the most enduring relationships that may exist , which are extended .Loving , fun , love being is the need to love being at will to survive.The report is right to the last condition of being , as everyone knew me , they wanted to put me to the test , I faced everything that had to face since the worst nightmares , we learned before bedtime stories told are the father and mother,so we can live in harmony and well-being in order to prevail the well-being and power - we preserve the gifts of heredity from the early days of being, although it is all absorbed by the size , the vastness is immense if we talk of marriage, the equality ofrights being.We have all been charged on a mission, it persists , will continue to grow , continue to watch it grow , with claw, accuracy of the action moments , for that I must have accuracy.It is with forgiveness , life continued as it had to continue and got honest people , true , everything was great , I got people capable of anything , were determined to everything because I was meant to live as they had , but they wanted to be smarter, overtook them at all, I was able to combine their cleverness to me by my wisdom , were shrewd , but always wanted to be more than I , but I conjuguei their cleverness , learned to play , also played with knowledge of them with my.Continued living in seclusion , enclosed, was a hard time , no beauty that I could see , no compassion that I had to have , you know that the path was a leave.I never wanted to hurt anyone , just wanted to let me live, then I went into battle that was constant , since all of them were strong, they were all beings , but I

wanted to know it , nor had anything to do with the rest of the story that will pass. Was hard for my companions , all of them, did not choose anyone just wanted to keep the prison hierarchy and kept all obeyed me as I wanted, but I also let them live was in my own way , I drug for smoking and they could walk well , some people cry me to stop because the road was brave, a hard way to do inside the prison , had no other choice , it was no escape, win or die .It was all done by the conviction that I took , I could despite all this , find the hard way , I knew I could leave in the middle of the sentence, would know that it can also leave at the end of the sentence, reversed all , or did not care , because it was good, had the chain under my command , were all my teammates, that's when I have outraged me more by the sense of being, knew he had allies. I went on the path of evil , was interpreted as such , I thought me the lion, but was addicted to heroin, a hard thing to do , to consume. I went into the fight, the fight that there is no equal , I faced : judges and teachers and assistants , head guards, benefited sometimes with them, but there were not many , but not enough to say he was right, for the follow-up question brought me a problem , the biggest problem of all being , I am or am not , want or do not want , that is, everything that we can aspire , was the continuation of all, he had learned , even better, had lived a

I became what I am, a being humble , common ground that knows how to live , I am considered a type , one who walks and has to feed , I became the true beast , never faced the chain in the same way , I became the perfect killer every situation as it was to live, and they knew I was willing to kill to live, as always chose the real kind ,

one that dominates all situations , I swore to myself I would not do them harm if they do not medo evil.Go on , enraged , always attentive to all movements , or reactions , be they who they were, global partners, towards level all encompassing whole being in the world of justice , for all that I paid a hard price to pay for all this was all put in my event , everyone knew me and I also knew all , was the perfection of the game, was the union , the union of those who live and is in daily contact with the population, regardless of the situation ;Tiger as it was could not forgive, they feared me actually were respectful to me, it was not anything to do, we are talking about a prison, we are talking about a lot, includes a value that is difficult to win, freedom unless we do not have to go through the most difficult situations of life viciações , habituations that can bring exaggeration when we speak of consumerism , consumerist some beings as such became the invincible beast autointitulei me lion, fought equal beasts me with wisdom even more hard , but I could not forgive.

He knew there were many children of the mother and the life experience had been different , some were children of good people and others were children of poor people, as all this I confirm the presence of all that society has to offer , let walk similar situations do nothing , every one needs well-being , we live in a society where everyone wants good, yet it is the beauty of seeing the next , proximity, if you come by right, I'll get you well , if you come by evil, evil you receive and you will take with everything from all my evil to be , but I also know that I have to walk , I can not be so hard, they are more than s mothers , I also had to respect , deployed a rule for everyone is well knowing that the crime persists and the need is great , I fell into the events , I became the so-called drug addict , who despise all , but had value and

was recognized , no one , no one would miss me respect independently the weakness he felt at the time .They all cheered and respected me , wanted more from me, would have to be the example , would have to be kinder, more gentle and affectionate.

I paid the price of not showing them what they wanted to see me , I was hard , I was rude , I was all in favor of my decision , could have more gain , could even benefit from more in everything , like me , chegavam- meto count to one's dreams , but I became a beast and wanted to be .It was under the situation that lived , the enclosure , isolation , had women was also overwhelmed with all the platonic love, loved them , love them .

It was all about living in the moment , I had great platonic love and passions also to the point of contact, but I avoided always ruin someone's life for me to get the beautiful pleasure , I found the need, I was stuck, do not would ruin anyone's life if not spoil mine. Continued love , I continued to love as only he could be , were all , belonged to my love , because they loved me sincerely respected me , I do not live well , was arrested , he knew he had to fight to win everything I had lost the freedom , but that's when I knew not stop , directions, workers, educators , guards wanted me to tame , would have understood , but I also had to stop , stop everything , the stealing , the consuming , the disgrace the life of another , but I was always good, never mistreated , never spanked anyone if he had no reason to do so and even if he had would be difficult for me to do , for humanity itself , always took into account the moral values , the values of each scene , because I am also be , but they knew they were going to have the biggest beast ever found , but it was all set for me because I wanted it , I left them in

anticipation , the fear of them to come to lose. It was all expedient , was an expedient to raise, consume and dominate early realized this even before entering the jail, were difficult hours, days that never passed, years that I had to meet , because he had mastered control the situation was coming next , I came to play, but the joke was I doing face. Because the monkey to play, the play was the monkey pussy to her mother , I was dying a joke , because I knew master. It was the day of exercise, wanted to train a bit and I proposed him to come train with me , was a weak figure, was just for fun, squeezed his neck , he lost consciousness , but at that moment I felt a tightness in me not wanted to do, as was to be shown , played , looked at him got up and he walked with me , I told him if it was okay , there was no answer at odds , but when I looked I got the feeling that really had past something, he lost consciousness . It was an excess of confidence, did not know my strength and there began a hell that had had , I got up and looked at him and said to him :

- Are you okay? You left me worried.

Always showed him compassion for the moment , not meant to hurt , I looked it wanted to appease all evil , he had misunderstood the training was exaggerated on my part, he ended up killing himself , was all in the hopes of one day Jews valley.

I was hoping that Jews in the valley would live , was a simple fun for me , that is , it was a practice to which I was not prepared , my strength was at its height , dominated , because he knew master, but as in life has its price , I paid a high price for other man in the chain , stick to 5/6 of the sentence, that is, any inmate since a sentence of more than six years can make use of 5/6 , is

a law.

But we have the middle of the penalty , a 2/3 and below follows the 5/6 .I went out on 5/6 was all a program done for my biography in life of seclusion , enclosed, dealt with good people, people with whom I dealt , were part of the leadership , people until I could love if they wanted to, then from tobacco and not spent there felt an immense hatred for these people .They were people who told me nothing , only the leadership distinctive role it played .There was a deputy I was dear , was the first woman to have my challenge , I was loyal , but then I thought that was wrong was that she refused me the first Probation 10 years in prison .She did not appreciate me and demanded my consumption test the drugs, but it was too astute to realize that it would stay that way , the Probation I was granted after a request I made to Judge doctor.She gave me four days of probation on the condition to be heard by the head , and they ordered up , Doc judge granted him four days of precarious , extended delivery provided to drug screening test , ie themaneuver , they have always , and I also underestimated many times, but always respected him because he deserved my respect .They were beings who played his best role, but it happened , the test was given positive to opiates , ie heroin , cannabis, hashish consumption , but I played to my advantage when I stuck my application, I argued all that had to plead because it was consumer had requested a drug to my doctor ana f . , because it was under , or on top of a heated discussion that sought his help , for everything in what she had helped me , I asked him the drug, called Tramal was the time when I felt I had an ally Dr. ana f .Or Tramal accused opiates in the circumstances of the routines , this was the situation it would be clean.Had accused opiates in drug screening test , that's

when conjuguei 2 + 2 , ie cleared of drug screening through my doctor, she helped me , spent the claim document to the question, the screening of drugs asI appealed against the decision that was made, my right was to resort , I turned and I applied for maximum Dr. instance judge of the sentencing court , is the highest level for that prisoners are sent free, with the benefit of use the middle of the pen 2/3, was generated there a battle , physically assaulting a prison guard , was not because I wanted to, he sought my fame was great a fullness in a prison environment, respected, but also built this regard, respect, by respecting knew he could not play against the system. The system prevails in itself because there has to be social, everything we might want , welfare , decisions were different , I had everything, everything in my power to get benefit from the middle of the pen 2/3, as they fame was wide among the guards and among the companions , there were guards that I also wanted to challenge and all the psychological level , physical and everything else you can think of , because I knew what could happen in the institutions that had to follow, are called auditions for the middle of the pen 2/3 and 5/6 also , the application was based on the cleanliness of my report addressing the issue of screening for cannabis ;this application told the judge that the doctor had accused analyzes Chamon or hashish , but as I am a social being , never lived in protections within the chain, ie had me relate to the rest of the prison population and told the judge that Dr.I did not eat anything at the time , only resulted in the hash, so it was logical if I followed with people who ate and lived -mos in a confined space , it was usual to accuse hashish since I breathed in the air.I postponed the decision of Probation , for it was on Christmas time, and Judge doctor would go out two

weeks , that is, Christmas vacation, but she gave me the reason and gave me the precarious almost two months and half, it was a long time of trouble, because ambition out precariously , because I was in the many years , ten years. But went over and put up with me well until the day leaving poor , gave me four days of prolonged poor output, for which he has successfully fulfilled . But it would be a harder issue to me , it would have to be more respectful and not get in trouble , but soon as I entered , after two months after he enjoyed the precarious , there would be someone who I would like to make life and it happened . I became involved in a fight in which the boy got a bit ill treated , but he was lucky to be an individual, be an individual with a human repertoire , were closed in the cells , the order of the survey is that we heard , I sent him a paper to apologize for it not entalasse me , there was no need. Been heard , the boss who heard us was the German Shepherd , nicknamed him , at first he did not want to hear the boy because he said it could not be , could not have been a joke, because he had tried to give me with a knife. Then there could accept the version of the boy and called me and I told him the same version that was a workout, a game that could have ended badly , he did not accept very well the version I had told him, ie , as he was a beat guard, had many years of service and deal with " casdatrolas " , ie , is the name given to those who already have many years in jail , nothing happened to me , nor me , nor to boy , took us from the punishment.

Go on a normal life , I began to avoid further problems , I could enjoy four more precarious exits successfully, and there arose again , March 2007 , missing me 11 days to be able to enjoy another Probation , the month of April entry I had mistaken a person with drug, ie , gave him

sand instead of the real stuff , he came to the load , I could not but harm would be sanctioned this time , had already been warned, I limited myself to defend and things got there.

But a problem never comes alone , I missed it, it happened in comes this reason, it was held that it could not have unfolded , again a riga , but this time there would me get away , I would cut the poor and was what happened. I called a guy to my cell to take information because this guy also did not like my way of being, and had sworn the man who gave me the information , the crazy Adan , a true warrior , he also enjoyed poor like me, had you sworn by my nephew, I would not do anything , who just wanted to know the name , insisted for a whole day on the promise that nothing would do, were almost to the time of closing of cells, called the guy to my cell I asked him to reason he walk the talk of something he had not seen , he denied I knew the crazy nuno never would I lie in this situation , was one of the men who always respected because he was a true warrior , felt his anger to deny and refute the nuno .Strike and it was at the time the guard comes into my cell and sees the lifeless man on the ground , the punch that deserved him , but the guard saw nothing , only saw the fallen man could not say anything without having seen , but this individual was a snitch , that's what would complicate my situation , but even then I knew there was going away with me very well because I had never chibado anyone, and they me, the direction , the leadership were willing to punish me by all because I never shut up claims that prisoners were to claim whatever it was .I was always seen as such an incentive for these causes or forms of struggle and that's when they gave me five days of punishment , do them in the cell, was a lighter

punishment , defended myself saying that the individual had felt ill and dropped and he said his version of what had really been beaten and this happens at a time when it was almost to be enjoyed my 2/3. Would have a great chance to get out there being nothing that harmed me , that is, without disciplinary action in the middle. But this time it would have to claim , when innocence was heard to 2/3, said the lady doctor who was innocent who had not done any aggression , not to take this into account , I felt hurt by the situation, but waited for the decision and the decision was cut a possibility I leave to go straight 2/3 can only benefit from further consideration in the assessment of my 5/6 of the sentence, that is, would come out of obligation in 5/6 because then the law favors , favorin this case , would come out anyway in 5/6 , but would cost almost 3 more years in prison , instead of leaving for the insistence of bringing an action to set aside the judge's decision to have Dr. reconsideration before 5/6 , for it would have to walk at least six months peaceful . The punishment was given in March, was heard in May of the same year for consideration of parole, had not yet been cut decision of 2/3, that's when my life could have been even more complicated, He felt me distressed , sad, but knew I had already spent the bulk of my conviction. It was when it happened over a situation , this time with a guard, could be a situation that could have gone if not for the fact that the guard I have spoken of a rough and hard, not acatei his order, desferi you a punch in face, he was alone with me, but another guard appeared , he joined too fast to colleague and joined me to attack me , no longer desferi you more punch no , they also quickly stopped with trying to attack me , just I was asked to go to the waiting room of the ward chiefs came to see me , to ask what had happened , I told them that

nothing happened , only that it had not complied with the order, because as the guard was still bleeding from the mouthknew that was an assault was how it was, a simple assault or accidental situation and that's what I told them , had no reason to attack the guard until spoke well with him , also told them that he hadwas an accident and it was for that matter which I always pleaded .

They put me closed waiting for the investigation , called security section of Jews Valley , call admission .But he was willing to go along with my thesis that really was an accident , could not admit that it was an involuntary act , would have lost .So I had to base myself in the sense that they wanted to take forward this thesis , there had to be a contradiction between the guards.The guard was assaulted milk , but he also never wrote that I really strike you , who made participation was the other guard , who had taken there a boy who was in the protection, he had gone to the infirmary also is routine ,being the reclusive protection , must be accompanied by guards , actually I know he saw what I did, because he witnessed everything, so it was he who made me the participation to be a disciplinary sanction that took me to court also.

But on the day he was heard in the public ministry , I was informed that he had been prosecuted for an alleged assault on guard milk , but who accompanied me that day was the olive guard, the history of this guard me, was a friendship thatcreated within the chain , attended a course in office applications on the IT side , had a monitor called lina , I fell in love with it unintentionally and this guard, the olive , also liked her and took the cut it.He knew I liked her and she liked me , so it started there tie , won me friendship, could have spoken ill of me in order to want to stick with it, started talking to me anymore ,

and he listening to my statements in the public ministry , and he wrote down everything I had said , kept the thesis that it was an accident , because I never would have thought this would help me guard , got to like me after that was stop Monsanto, a chain that was remodeled a common jail for a maximum security prison , was there in May 2007 that the chain was inaugurated , however went to Monsanto by having to wait for the proceedings , a complicated chain was made to house terrorists, more violent crime , criminal organizations , we are always watched constantly because we live in a stricter regime , ie the principle prisoners were all handcuffed to leave the cell had only one playtime a day. But I just went there in May 2008 , also took with this scheme to be long closed in the cell, but I no longer picked up the handcuffs already picked up a regime that is not open, but we had other occupations , we had football, handball and gym , we could visit the library as well, but was weaved , was not all on the same day .

I answer and went back to defend the same thesis , but when I got out of the van to drive me to the courtroom , I see that the guard milk, the victim was accompanied by olive guard and was far from imagining that would have a lovely surprise when I started hear the testimony guard milk , hear the thesis that I had defended when I asked the prosecutor and that's when I felt the olive guard had helped me .The court also claimed that they were not convinced that it really was an accident, but did what it was required to , and no evidence to the contrary , no one can be convicted .I was acquitted and my lawyer was excellent too , as had been awaiting trial in high- security jail Monsanto , made me a review , I lacked exactly two months to go free and transferred me to the ipOf Alcoentre , had there last in this chain , had a shipment

that was following several claims that I had done in the chain is a chain of open system called the prison colony by me missing two months they sent me back to there, to go out to the street , I left .

As my will was great to be in an open prison chain, because it took me a year and a half Monsanto and more occupations that we have there is a very closed system .

Difficult to overcome , even I who had extensive experience within these prisons houses and it was then I dropped in Monsanto heroin , it was impossible to go there because the drug did not enter food supplies or anything that was outside by the visit had a glass that does not allow physical contact , but always told me of all the evil that happened to me had a benefit quit heroin use .

\*\*\* \*\* Closure

Pink Floyd - us and them

"Us and them

And after all we're only ordinary men

Me and you

God only knows

It's not what we would choose to forward the he cried from the rear and the front rank died

And the general sat and the lines on the map moved from side to side black and blue

And who knows Which is Which and who is who

Up and down

And in the end it's only round 'n round have not you

heard it's a battle of words the poster bearer cried

Listen son , Said the man with the gun

There's room for you inside

" I mean , they're not gonna kill ya , so if you give 'em a quick short, sharp, shock , They will not do it again .Dig it ?I mean he get off lightly , 'cause i would've Given him a thrashing - i only hit him once !It was only a difference

Of opinion , but really ... i mean good manners cost of not nothing do they , eh? "

Down and out

It can not be Helped que there's a lot of it about

With, without

And who'll deny it's what the fighting 's all about ?

Out of the way

It's a busy day

I've got things on my mind for the want of the price of tea and a slice "

The old man died

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fragments

fragments i

Enclosed and exposed in the frozen north an old sheet waiting to curl a burnt orange light tones a heated blanket as the forgotten soul that demands and tolerates cold electrifying a loose memory, not on fictional and existential , the sound propagatesthe hot loose yourself

time rhythm invade me and explore without heat a hot cooling world , the atmosphere was not the same ball rolls into a corner a slanted point under the ocean 's surface, inside the scorching magma to the Jungleof exploring and impress the stunning leisure and have no other way to say it is words, words hot or too cold , like really cold gloomy corpse, eternally cold a hot dream of a spring and a valley, a river without laughter is hopemutilated waiting to find and show what eludes and alludes to create slowly and show that only imagined without distance and with proper equation discusses all the hot hot issue , even scorching the guitar sound that vibrates seata culture that is born its fruits and more or less artful without undoing resolve the situation now existentially stopped, affected by the morbidity of words that convey the deafness of silence , said more care to the care that is raise the suspicion of the unsaid buteffectively transmitted direction and writing.The whole truth is that there is truth between thought and action way to find through the behaviors that generate tricks and maneuvers the driver himself , and see surrendered to the illusion of meaningless word but rightly said , but it's unbelievable allthe form has an underlying act to pure misfortune inopportune see grow and know what to do a situation that lacks any sense of his own description, vision or sense, we often say that we do not think and see what is know-how and learn fromand other signs of the same or similar or in the form of addition here is an example of mission any abstract sense of form was not realistic in its truth -present as a unit but united fragmented nature of a world that is similar and as always we have the similaritybut not his equal there may be a reason background and lost in his own alienation , here is a character by way of being and feeling hot flashes that

come from the same inside may look like a painter of a frame shape as straight architect , not the absolute final reason that on any subjugation or subversion of the imagination of a simple reality that came out naturally wit and incisiveness unimportant , carried by the future that everything has to clean, and the reality of a hard past unconsciously and greatly exercised in its ferocity the experience of a word that always imagines a desolate image here is a moment captured the attention provided fragments behold joins the conscious to this invades me be writing , omnipotent is not clear as straight as lines of a horizon where the sun goes down and hides layered asleep and found himself beaten , but never sorry for there to be born again and be as bright as it was the only , the sun will keep our bright and energetic experience so if sets in motion where all the details are described to minimum sensitivity only to happen and memorize every word with its meaning and kept in the silence of your patience , a dark clairvoyance, not projected , but not lessened any rational instinct, unless I invades 'm not the I itself is built and maintain the pillars as an Achilles , always present in the fictional world in which it stands, without anyone take heed these spies me are my praises of notoriety , the harsh reality of only heat the locomotive engines that do this very crazy and deep trip into the tunnel , you may never see the inside of your so dark with the output of the image and a bright end, waiting only for an end what motivates us and pushes us and an unbreakable force something as fascináveis as nothing reliable , hard to know and never learn was a web that is broken but , returning to form the web, it was tough and as an accident in the story , there was a deep shot that killed him at an early age , the underlying hatred but never indifferent to someone or your mind or any people,

so in an intelligent way told everyone that we are all our sum , and comes more different and similar equal people, to its original character , in fact there is a puppet of any act and the part that represents a trip lost in space the letters the art of creating space will own death from any end point , the culmination was never the end , the die for we never happens just happens to those who know us when we die and never know it was a word that had no end but simple and ingenious a bit tricky as the fox that wants to feed from an enormous hunger than is learning , and always want to know more , then this source of longevity , never know what happens, and though last climber was saved and moved the faith of his mountain , and the limits are only the beginning of a cliff a youth attitude, outweighs any altitude and when we went down and we see how much we have already achieved in winning only know a little more to be and never want to lose and all we can fly to any point in ever fall because they learn to fly and imagine everything, but all fragments are words , ideas, and thoughts. Deep water so deep the arts of deceiving alluding to a topic not sure the sea air and appears as if by magic energy of lightness and sentimental embebecido and ternurento a little more an addition coming from one unmistakable moment and never invincible because his victory was always his defeat and as more learned just to be a loser one more battle in which nothing says and feels the sliding taste of him who gave victory, for it is enough to learn and learn to live with all that reject us.

## ii fragments

Layered , sunk in the distance one stairwell gnash the metal steps a cleaning rag, a bucket on the floor, square marble , the walls together in four, one drop-by - drop

falls and deep , slightly , someone stirs floor dim light ,  
helpless , one clog the surface a ray of light with shadow  
effect , reflecti- of the glass a face, a look at the splinter ,  
one diving, wreck , emerging buoy that saved me from  
choking , crazy, escaped and lost between stars and the  
empty abyss of virtue in terms of attitude, in the fullness  
of suffering and be , before fear , then off the piano on  
the road descent flies tar the piano was on the floor and  
then touching the first sound , the first image the sound of  
deep echo the emptiness of a fin swimming in water,  
finally jumping bond no movement and all that breathes  
and is dragged for a desvaneceste illusion, was different  
for a moment in an ocean of profundez , liquid and salt  
writing without color pencil, was an actor in the show  
culminates party a gift that makes me happy , pajamas in  
bed , a bed poured fizzy and different, it was an image  
without scenery , everything inhalation, change of  
perception, and the transmutation was evident, no tears,  
no lines, no rules without something missing all in all, a  
story that does not grow not appear , hardly tells and are  
bound , truth, chains and locks on all sides a slingshot , a  
target and is up astounded as an arrow without scope , tie  
a knot a written spilled , incontinent , a blurred writing,  
never off, all he saw wanted and who has always wanted  
to have , and in the background would not of a being,  
cutting and rolled rough beard, one mustache , hair , one  
plus one of each face, a touch of each insolvency his sin,  
his timelessness to date and behold totals only and only a  
cloth

the then extended in sand, earth saw and lived , ever  
since the time of the dive , all pride glows and descended  
to the bottom of a world seeing a simple song , make it in

satisfaction of a sudden a blow , a vision, we all live the reality of one of another premonition something would happen and would succeed spasm freed and awake to be feeling and a letter from a never perfect sonnet of a detached rhyme, ran one sentence that phase , somewhere we would not go out and where we were without entering , in line with the mysterious disappearance a powder in the dirt a real point in all imagination illusion then explode the comet , and this planet living is not always bullshit with a suspected intrigue base was mounted the plan does not abort then absorbed hear one voice, and the howl of the wolf letter is history, perfection destruction was contained in a rocket star beachfront so weird what had been said and start down the stairs on the gothe empty one drop of a step , then the metal railing was automatic and only one foot on the river , barefoot and cold, all that does not seem to be is everything disappears and vanishes .All universal is as it is, then only one language, a mouth opened by thirsty pleasure to behold kiss you kiss and desire, a bite of your look when on the trip of your boat pull over and do with actually a thing that does notis unreal but a guess, your nose petiz a hot sensation, and flies and conquer Pluto , her heart a stone in the pond a separate life a portrait not always photographed behold the madness would have a sanity was to the point whereall created and a loose kiss waiting to hold , with a force of only exist with a conviction , always tied to his heart , a willingness to pump and a flow imagines the current in the crate were four walls and a look of a filament without reason waiting to illuminate the force, which is not afraid , not wins or loses , is the desire to create and vague sea with a brush to paint the entire alphabet with each color , its syllable and strength, culminating in the mood to go and go and let yourself go ,

especially to build a castle in stone under the waterfall and the river in the chain take everything in front , above had something in mind , very different from equal and a simple tale of travel, the sound of virtuosity that is not seen but spreads then climbed another rung up the ladder still walked back in advance of a step and a levitating and only one trying to climb each step to your firm and convinced air imagine the piano that left on the tarmac floor only had a key, and it was not pity nor defendant was to have faith in the one always believe disclose living and get just a moment of fragrant hot landscape on sea shine see you to love in my dive , been my float my boat sinking in the washed cloth that cleans the piano mounted on a living room where no one wanted to be and I just wanted there then enter the door was out of everything and never imagine deepen , was the desire to have you in a loop the heart and your couple , it all pumping and then the turbulent , is less sensible and in the bombing of the act was already event of war for peace everything together with various sense one from the go and expand what turned and after the bird singing and delights only today learned his music in the lyrics , all sorted without coordinated the task was to bring and end fear not believe and finally not return this travel all the way was already deep drop on the roof, the window ajar and cold , in the dark of an act of a fact , never happened but reported and it is supposed to be invented thought that emerge was only vent that water was only seat of your kiss a desire only to you and play the piano part was a plan to touch you note that you will gain a feel for pointed a blunt blade was a strong writing that not strike already felt a tie in loose stars night a trip on the future that will not come , different from the past and present was the coup , it was just a story that all desecrated and end what

was left of Pluto to only write the love of one heart between two walls impossible to jump , where about nothing away in an open circle, a squarerectangular one that tightening knot, shake off the dust and see the piano only touch your pity and dark room of a photographed image , the roll film , small images in shades of fragments see that thou reflected in a piece where everythingjoins because I want you, reflected in my image , you alone are the mirror frame .

The common

How to get out of this pain that immerses and sharpens the suffering from a painful one and only .It was enough for a look without killing , discuss and every tear drop is discovery of a layered heart and then desecrated arises current drives me crazy and my wrists and chains around the impulse to be sentenced to sick soul and dark dust that webob - breaks by the senses and more physically ubiquitous steam of this turbulent alienation root soul is found in one maze , the self you dragged by the current submerged apathy of another day , smashed the chain that binds me by releasingin almost urgent moment , everyone expects the allegory of life, transported bucolic moments .

The torch burning, fulminará , here's a glow and lights the flame that burns for you my poor heart , a loose horse waiting to tame enjoy all what I feel, because you feel like you feel , in this infinite timewhich intersects with the surrounding past and which marks any life to be lived .

Our reunion threshing in magic that is just the look you and see your mother's face, the feeling of warmth and tenderness all the bitterness just need only raise me to live and always up to see you die a scorching movement

of the lipssensuality , a transparent happiness as a hug meaning waiting to be lived it- of a strong union especially well to wish you, aspire to be so happy as a petiz one root sown , nurtured and strengthened the friendship is the noblest of lovemakes my heart beat your pace.

Father was an al father the magic moment of greater learning ever hope to greater love to have a greater love child just love child mother is giant always attentive and intelligent father and son my son explodes me with joy sensation,emotion, affection , love and affection, is a force that alludes us for eternal joy, the will of affection , sharing, teaching lesson and because of both overflowing with happiness to that which we aspire to be forever young apprentice in novice father.Did you mean to love you, I feel you , as each moment of anxiety a question and just a little because I fascinas .Your brightness is for me always an ecstatic picture in a frame where the two cabemos , but you are always the most beautiful.Away came the simple sunrise to only think you fill like me enrich , you are crazy true tenderness

tear

One day he had a tear would deposit in your face for no more chorares

Dream wanted intensely dive woke up in the middle of the sea from a sleep that will last years the wires , the dreamer sleepwalker , a night of soul that at dusk the figure of shadow invades and awakens the dark of pure and raw illusion, the more eternal wakeand see what it deep sleep one day there - to wake up and believe in the myth of the always dream to reach and achieve just another piece , be an infinite line with your dash ...

pair

Wanted a kiss a peaceful sleep that numbs us and wish for more maybe not wanna know the sweet in you and you say good words and refresh the beating of a shake of a heart you think you tight , intertwined and never untied I am a current in the veins that your heart pumps 'm a breath of air with lightness and clarity never rhythmically suffering or evil beating 'm like rain water and stone in the sand 'm yours, one that does not detach readily and savoring you without you prove here I am half in search of his pocket a layered boot untied waiting to tie and a tie that never undo because you are the shoe of my pair I have like love.

lifetime

In the eternal keep it there goes down and then there is no way to fight it , around it or manipulate it is the terror of dissident burble and culminates in one point strike the mind of creation, imagination or just paint a flourishing trace of greentone and that tone grab life to live and flourish , here is the score you always wanted to point out, lives intensely

love

Behold quickly finds the desire to won it going and crashing in the salty sea stones and plated depth and layered behold stands

The cold that enters the peaceful swimming and abstracted I found myself involved with the source of water getting to the west passage to the other side nothing is difficult just never tread the same step and advance makes your heart play music that calls to you wind, sea and land to win enough to love .

wall

If it were to happen would not know blows cold, bubbly chilled desecrated the mind , and sold the soul , the pure weapon without sentimentality way , tied to a body that will hallucinate and being never coming, because the soul does not disappoint , interest superiorizabut it is pure then that prominently exposes a closed circle, ajar means to that with the subjugation and the illusion arises from the immensity thunder and everything stops when the brightness of the effect but the disease of the spirit these needs of the body andconsciously plunges us into the abyss of his own being and Levite , and remains as an appendix which disturbs the moods and the disease of the spirit is a tumor endured pain and how negligent that the effect and impact on who is meters away and the walk is themeeeting of the soul, the spirit , the body grouped into living where everything destabilizing factors or because the body can not bear to wound age or diseases of ailments and then this spirit of self and selfishness come to our will but disturbssoul and in this pinnacle of thinking acts on the spirit corrupted and overrun pure , strong hard as a wall unable to jump .

think

A liquid poured imagination, a stroke of fascination one immersed madness and deep it supports amicably through harmony beams and a magic invades the body and penetrates the unconscious conscious of the world of appearances behold living becomes the beauty of a pure breath andinfinity becomes visible boundary between words and expands feelings and act without thinking amend your cause to think and imagine ever wondered superiorize the being , thinking and acting to change .

friendship

Twilight at dusk see all happening at the shelter away from the imaginary enemy , the battle would cross a truce with peace of mind , turning the tranquility, the night was falling , and I began to feel that touch that feel the soft skin willand ageless energy pure friendship stronger gesture of affection than any passion or love and whatever the nest just the touch of a thumb and just imagine what it felt like and spent the chain of all energy .

learn

Dazzled and fascinated with the spilled juice , incidentally indeed gloomy or affronted but sitting in a state of alert, without the least sense of minimalism wheel behold, the whole city , so confused or misunderstood do not know if it was decided but it all makes sense inwhen the simple pleasure to write you to request not required when it happens remains vanishes and everything felt and saw , but just look , read and write interpret, assimilate transport learning and teaching , behold the breath grows with the wind ,and then disappearing , flying 7 seas poisando said by said behold plunged , was deepened , any friend of the friend that friend and indivisible but not visible was a warning , a thought of the talent that flies runs , runs and imagine there not beingbut always witnessing is born again the one day each one only thinks because already today, now is the future and the hard writing from enjoying a simple warm up and above all create and imagine and recreate again and back into place by which neverhad left it , but once there, already look at the clock preferably present timely and witnessed facts , are serviced and a unique sense of pleasure that comes with the melt and so normal darkening so

commonplace , and only just theup early and the awakening and the dark and the light magic night and pragmatically was levitating and rowing a boat with a north, a shrill and shimmering course she was, that one point, with return and a sea so hard to imagine was immenseand tremendous fury of the oceans so that this addresses the illegal trip without host was a square ball a triangle reversed as a pyramid of a sarcophagus of mind impenetrable soul ... like a forgotten living , going on the site a picture of a leaf that does not dry, its supply to the pen and the writing of our planet each antenna , satellite or single thread that maintain contact with the other planet and traveled as trees they are born branches and flowers gardener shining all day are like a glow in themoonlight was going to happen and then another jump , plus a leap to see a kid born and especially watching him grow and learn and learn everything you see and transformed act , that the child's language is soft skin supremacy of the children in relation toparents and teaching because of the double observer connivance of learning and to learn and know as a twin who have a pair in which mutual learning is much mine and your challenge will grow and you always learn and know very live.

I feel a suffering that prevents me to see like being real with good conduct but always as a sad clown 'm fake smile, inside the joy does not conform to the outside feel a float that makes me out of the normal place would be traveling and staying at a pointwhere dista own view of feel an abysmal stride , unnatural phenomenon but as an animal feels the savage ferocity and speed, starts strangles and kills like an innate force the predestinate to failure at the time and in advance and on a trip without trace isimage revolting , hateful and sinful indeed behold an oath in heaven temperature height, comes the cheerful

and serene fresh marigold that says stop , flourishes and grows, this violent surge is just a bad time all the ferocity to be culminated and improved suddenly let anything or nothing bothers and purest momentum tells you makes the air noise and put you to think I will win it all without fear , without ever learn not to live with the trap that hate you possess not you are , in your human self you see that good deeds will make you star on earth to drop the mop ask that touch the piano because I have a plan we will never get to the starting prevents performing thee and flies flat and flies over the thundercloud isa multi - factorial condition that makes us in the rain heartbreaking tender and moist earth serene face reading seems to have a conjecture without an architecture engineering in its power , alludes to the fantastic, the realistic unattainable , because we have all the powers that we believe , above all had a dark surrounding glass but absolutely transparent smoked tones values are like the flowers have to water them constantly and what is the seed grows in the mind be different from the same as we all have instincts and ferocity the very soul of man besides appropriate potion magic is the steep tunnel in which one sees the entry a light and whose end is the derailing of a bottomless pit all we have pure seized and executed.

Behold, no one wins in their world the tunnel is passing live light input and illuminates your way because what we have is the life line and that is to be conducted.

Love suffered deep love was felt also forgotten the bottom half lost repented and lived .

Mask living in the end how to end all and end , behold, certainly nothing as sure as having nothing more uncertain insert a tiny and continuous line of a boundary

that does not foresees the infinite , so as the lines have two points the sunrise and the only infinitely only the face of death is coming slowly as a breath everything felt , just because they never saw another face but the order to mask the dark .

memory

For you suffered for you felt loved thee with you lived never loved another who kissed in you saw in you come into the love that will always remember never felt so much suffering nothing more willing to die for you through me for you wrote for so that I suffered and died and never for you ever just felt lost .

Lover in a given moment seemed far only one day away from the love of someone already lover.

reflections

Waiting for something born in the mirror is me and my reflection reflect just how good and not only its image also this simple reflection without mirror was transmitted.

Clear night on a dark night as clear as the dawn where corners by your charm become as the true whistling bird that flies and all aspire to freedom.

writing

I ... and the greater good that can have a role and a pen irresistible especially aspire only to thought

passing

Died! Yes, it was the beginning of the end the beginning of the volte-face without bitterness , but without tenderness was the trip made no image, and without courage opposing the lowest and the highest was time to leave or

stay in this place , imagining everything and anything occasionally he departed, and went to the extreme bottom that says do not fear nor tremble the trip has return this world immersed in the depth of beauty that all I have , is all and all, I want nothing , for when will leave nothing will take, that's what I thought.

Abyss 'm a precipice where the gap is the end.

Wait and he rode well , wishing and wanting jumping , skipping and smoking was walking without scrolling destination anxiety varies with age although always living in ansiosíssimo mode waiting for something , we always want something , everything in us stands as willingly involuntarily.

ladder

I sat equacionei , but the result was not close to the expected, down the stairs and the elevator between light and dark and tightening behold he willingly second maneuver there that went up and slowly descended never falling.

Head Office

A tear, an intuition or destruction , that thought is beautiful a drink from the canteen fridge and bring to the local headquarters and everything gets satiated and magnificent existence.

Unwilling to end , ending so she is listen to the words beyond saw this terrifying as the winner again not want to go and therefore I am and I'm short

Sol

What was happening felt saddened by dawn one suit that came with nightfall lived , revived and reborn am he the

powerful sun.

Reborn in the curtain of smoke behold, there he is born without parchment event behold, it was momentary and the slab moves away and only just to live another life for an image is simple see every moment in his image and reborn

Looking perfume, the smell of insanity , madness torture of thought without all unbound relative, a heart orphan, the pain of one love by so many others that hurts the look and kills the desire and longing lead just a moment at this time from your thought , probably all exist not only as virtuous image but due to the appearance or condition the mind does not die at the time of all physical existence and suddenly everything goes off , or may lead .

living dying

Between life and death ?Ouch!Forgiveness, it is placed ? Obvious, who never killed ?Everyone has left to live a moment.All without exception as soon fatal think we will die soon and then we live is so, the adversarial ridiculous

Leaver

Dear friend ... I write too far ... you were gone ... my little friend ... tonight my soul cries for you ... !Take my heart a chance ... please forgive me my friend ... my freedom away ... lost in heaven ... You were taken ... return'sa pleasure ... so quiet ... Silence , the half-way to who died ... Were forgiven ... last word ...

broken

If evaporate me my soul , nothing would remain secret plus debris , oblivious to fantasy.Emerged from a subversion floats idleness of another moment , particular.

be

A sound, a mouth heart , a gentle touch , a color one dream to delight in a moment , desperate unique and inspired from a sharpness without distance without limit cutting struggle, beyond the imagination that chick blood picture of red and inflamed by a sense pain , it does not have a puzzle , but a reality , a vision. When the other got together and we believe as an approver and encouraging look of an existence , adulterated , reversed and mirrored .

Of all the hurt I feel that I belong to someone without fear compassion, crazy , passionless and pure soul without a current node, but intertwined, and united, one-way , a last will and have, and at the end nothing be ...

absence

If touch and see your world , would be unclear , without a mute touch sensitivity , at least believe that someone surpasses my reality. My sadness is simple as all happiness attainable as unattainable . By magic, without irony in a day you say , touch me feel, how you look at me and see who I am and not what I will be next to you . A burning match burning pain in me that ends when all burn . Never took you , by the way in you will say that you suffer because you never left him and know that loved you and always will love you ...

The figure

I love you more often than those that my heart can beat ...

I breathe out | you inspire you | the same air | to love

I'm all colors to paint your world ...

For me, for you and for those who like me  
one day  
Planted a root in my heart today , this tree  
It's called love for ever life can be torn because he lives  
within me  
transformer  
Gleaming balance of power that transform reality.  
Electrical panel controls the positions and destinations of  
universal power .  
sunlight  
Illuminates the bowels  
Obscure the earthly nature .  
Light source falls like drops on the ground that the source  
of life and light .  
lighthouse  
Constantly seeking pivotally movement of the abnormality  
.  
electrocution  
Noisy nerves blink with heart electrocution .  
electromagnetic waves  
Come and go the waveforms thoughts around the circle of  
the waves.  
electricity  
Runs through my body this current that brings me to the  
circuit wave

electrical pulse

I am shaken by electrical impulses circulating mode.

The light of truth

Intensely shines the truth when discovered by impulse.

blackout

Callan is the tormented by voices bright feeling of being.

candle light

Lights up in pain

Accumulated the melted wax .

electric doors

Open gently touching , but closing no time to open .

Motorcycle chainsaw

Cut with vibrant hate roots of dark energy .

electrocuted

Electrocuted in bright smoke clears memory .

electromagnetic turbulence

Swarm the turbulent infinite electromagnetismos minds.

ray electrifying

As an electrifying energy beam that paralyzes mind.

diabolical lights

Each being has a diabolical electrifying light flashes .

blinking

Flashing lights plaguing me

The passage of the unbroken chain .

dim light

Opaque lights illuminate outlandish beings in the dim light

.

electrical Wire

Wires run through me body vibrant energy .

10 electrical circuit

Subo and advancement into the 10th circuit and there is an incorruptible power failure.

electrical fall

Electric fell on the words of ecstasy and feelings .

light cut

Sharp and bright echoes,

Shining light grabbing voice breaking .

lightning dark

Flashes obscure the errant beings with ocular orientation.

fluorescence

Bloom and fall neither thunder in all directions and meanings .

" Ofusculência "

Piercing lightning overshadow another's pleasure sensations and looks.

incandescence

Intersecting arcs deep in your soul that hold the electrode

- dynamic and incandescent shocks.

Electrocutáveis

As a hint hammering me the incongruities of feelings that call for a strong and determined light.

Twilight absence

Wrap me gently in high lights of my being gently delight with lightning.

reminiscence

Absorbed agreement on a bright day , I am preparing to come out of darkness and the power of light , will distribute power and energy for the whole constelar community.

threatening light

Threaten these convalescent lights that torment us and let foresee the danger.

Night light

This light that accompanies you in bucolic moments and unable to confront intimidates you in secrecy .

red light

The intense red light and blocking accelerator nerves.

shock

Zarpares shock and contaminants minds without impulses up widespread.

Company Light

Illuminated what does not happen and neither company feels light .

thunder

Thunder grind and shatter hungry noises of pleasure .

powerful light

Powerful lights condemn others lives to education by voices

rays

How powerful and lacerating rays that cut ties impossible to tie .

dim light

Overshadowed awareness that penetrate bulky light beams .

bright light

Intensely illuminate the mists of black light

cosmic light

As a penetrating and deep cosmos that relieves forgetfulness of the soul.

Power of light

The healing power of light illuminated me the reason filaments in the foreskin of despair , I am grateful .This light guided me in the direction of current ecstasy of everyday life, enlightened me sick the future and unreasonable to then yes thunder up slaughter me and flashes as stripped Dynamite fatal pleasure .

So yes cured by light and movement it cured me and left caloric bowels of rigor and accuracy .I do not know if this light will illuminate me last because I fear that she has no light run energy.Hence, there are two poles , two energy

extremes. And I was struck by the positive and healing and not the black and haunting. This light comes from the clarity of emotions and rationality of the immediate and impulsive twilight, without transition and opaque senses, not embedded feelings or nailed. The light is strong, intense and burn all its rays on who opposes it, join the light, to the senses.

There will be no impulsive energy and strength, grab the talent you have and strength as a sharp blue ray and ventilate of hot flashes experienced and not malicious and pervasive thoughts that victimize us like shadows without light that feed. So I want to say that there is light in you and there is thunder, storms, energy and light, essentially clear light, and pure in its most primitive form the fire that fire that crosses us and feeds us and sometimes burns us, so is life made transitional and opponents lights against the very reason or sense of energy that give us the strength and vitality to endure their faint shock and without force that reproach and find excuses causes of their involvement, there is no light without energy and everything has energy, everything has its light and movement and current, it is being itself, intimidating and often confronts us with strange charges that do not understand because they are not diriment not dare clash with other energy but try to put out your light, but she is present and how it is revealed infiltrates the senses of sight and shows us clarity of thought through the silence of the times, and is silent as to harden the view and enjoying the inglorious disabilities that others pass through negative or positive energies. But it is a fact that the light blue ray intimidating, but accepts that energy who it if you want to carry and that the speed of light, the immediate, the second, the fraction of time, and the time is instantaneous hence there will be no cuts

inframework nor the most ridiculous behavior because everyone has the right to energy , whether positive or negative effect .Have the lacerating effect of black Faíska happens in the neutral pole of sanity and madness carries on the vibrant energy and hungry for pleasure and luminary , so I advise you use your own energy to be reached by light and esbaterá a burning smile as ashes ,stripped of heat, but frantic when stirred .Of another quadrant have Blue Ray with undisturbed thought of Christmas and stressed tree lights that lead us to distraction .Blue Ray knows his way , direction , guidance and judgment has to frame energy and photons , possible short circuits , but vibrant and impulsive always travels at the speed of light but not blue ray .It is this transition energy faced by pragmatic energy but not effusive obstructive that prevent us from living the snapshot, the thunder stir and prominently affects the sound wave which produce supersonic speeds but not as powerful .As a direct confrontation and overwhelmed by bright people thicken the opaque lights that distort what is real and seems unreal , but there fictitious lights also it is the power of the imagination light .

blue Ray

Enraged Blue Ray invades me be blazing energy that flows in the dirty pores prejudices and intolerances that this blue lightning will strike .

laser light

This laser light is penetrating and invisibly penetrates to the unseen and unnoticed .It is a psychic and master light in assumptions unrelated to the crossroads own psychic.Inconspicuous and innocuous causes through its beam suction of thoughts and preconceived ideas with

poison to own poison and its antidote .

Roof light

This smoke pervades the light of the covert mind rags memories undone in loose heads of direction and action , action that motor that cools the step of frantic thought of slow and uncoordinated massificador ously .Piercing in the leisure time is enthusiastic and distributes the brain and exciting lights Deambulante mains stimuli.It intensifies in body mass and distributes hypnotic , paralyzing light, as a desencadeio rhymes gibberish .

These memories that are illuminating the attic forever and some are always open or closed in chests .

lightning

Heat and darkens and becomes motionless and silent, but range and noise when it happens is breathless and overwhelming that infects the rage to live and be present among other lights and illuminations or even simple yet striking fleeting darkness of sighs and breaks themore electrifying silences.This lightning clears your conscience marked by issuing eloquent and moans that precipitate action negligenciador sense of property be opportunity at the time fell another lightning in this world .Light gray ash that these mark heat the wild and strong irons only a battered you are infected by the last light gray and ubiquitous future that does not forget and that rebellion you.Cut up the spur of the moment and propagates slowly wrenching and effusively telling you controls you, and throws you into a well of light that drowns in memory of incontinent words and pouring your thirst for light.In an uproar are the smoldering embers of a magnetic body

that whistles and blinks in your heart burning with desire for something , virile and masculine or feminine and sensual then , this double affront you character as a dual personality that does not yield even to one side or to another. These light gray heat the dark and the frivolous and have in their heat protection of rain and devoured that spread across continents and timeless space.

In the light of pleasure

This light that invades and gives us insights luxurious and leads us to the countless pleasures depressing and anxiety chemistry sedentary pleasure, but not crusty , but printed in naive alien faces of pleasure that illuminate the being or feeling or emotion. Emotion that you feel pleasure dazzling and shining and relieves contractions felt by the excess of pleasure , this excess that redirects us to other senses and pleasures. The birth of pleasure develops and feeds on addiction that will not shrink and does not move and clash in crazy pleasure denial hair.

hypnotic light

Groping felt in the face of light hypnotic witness feelings that promise the desire of addiction that light which leads us to streamline and believe that there is light. For it we are inclined without credit and no debt , stagnant as hypnotic life of transcendent beings who indulge in hypnotic pleasure sources. Vices that these rave hair and eyebrows loaded modesty and idleness. Transcendent this light that leads us to new challenges in the same thought in different reaction , these insane and pure reactions facing the pure desire to have the light in his power to be fed by it and driven by loose stones that come together like clay in heating.

bright light

Intensely that light is divided between alienated bodies motion and oscillates between two easy ways to brighten , but without any power supply , it is self-contained and remains in sorrow and dismay of systemic hypnosis that nourishes and develops .But consciously is an intense light goes off and self transmits same powers off .

psychedelic thunder

Psychedelic intertwine in the noise of thunder brave that support and enhance the abnormality that comes from the fact that we are covered by this trovoa- the psychedelic .Well here it radiates coherent light without powers or scales , that would be only a pretext for the abnormality of the black thunder, that caging and grunts in the strangest and deep sense of reason absorbance because it goes off , range and moves without the least secretive , seemingly world of psychedelic lights afflict whom it if you want to outwit , or enjoy pleasures staggered dyed prejudiced by oblique colors stagnant , unwilling to create or mere indulgence.Imbued with the spirit of the thought of fragments of fragmented fact are those who imagine another world , away from disturbances that irritate us as when we scratch the eye , or simply blink .This movement alienated other movement , glows and spray the distant and oblivious minds to the simple fact of being a busy or hectic .Thunder is psychedelic and drives away spirits without them to manifest , as there are , is a parallel reality of rumors and intransigence as the bogeyman , and nobody here eats bizarre personalities and aliases of preexisting although there is indeed.Hence all that is unreal has timeless story , but has anything, afraid , afraid that departs in a horizon of 5 dimensions , polígonas and linear , but not likely or even subject to any

trait, this trait is that the hemispheres and the transcendent apotheosis thought. No flowers or grows in filaments of abstract ideas why, yes characters are born pulses ever seen, and decorated, imitation movements and suitability for the moment, but everything made aware and minimally calculated. No calculations thunder is real and unpredictable that there is a genuine spontaneity that is absurd to think of any other source of energy psychedelic. Grind and grind the heads of yore and has desvanecistes in yellow leaves and eaten by bibliófagos, and without perseverance intimidate obsolete memory and made counterfeit and to its measure. Surrounded by measuring apparatus They welcome the Abyssinians rotulantes and laugh at the thunder of the Abyssinian. In the light of the past exhort to those who live in the light of the past, those dying from beyond invade prominent celestial bodies in fact happen, the immediate. But all is bright questions, more or less bright lights, but are energy radiation that are not compatible with the past, even the previous moment. Past lights thereby emit harmful radiations but not overshadow any luminous and radiant light that wants to ignite at any moment, momentum or moment. For the past intersects with the present, the moment, momentum, second or fraction, but does not influence its energy power or its luminosity. We are therefore always in time for the powerful and clear light of ecstasy stream that cuts the wind in the face pleasures until then stripped of rotations intentions around the pleasure of doing light or enlightened being, because what counts is certain is the power or voltage intense current that triggers the electrical impulse that by simply looking forward to the light of his past, less intense light, radiation from past lives, but that does not guide the principle of light triggered the light pulse

movement unmasked , lived thesecond snapshot , just a simple click and ready made up in the bitter light and look dangerous and burning glances of envy and hatred that simply crawl around lights of the past and cling to heavenly bodies with radiation.Well radiation is radiation and this is contamination , so that nothing stronger than light your light at the time , at all times with all current without radiation , because no light is stronger than another , it is a matter of radiationand not come to me with these innate lights because each one has its pure light , thirsty will and imagination and pure energy development and creation.Light magic that has colors in its light, reflected in shades of yellow sun energy .In fact there is not much light , there is only remnant and balanced existence of foci to objectify what is not liable to viewing.So there is not real , is the fruit of powerful ray that alludes us aware .But rays what is consciousness? What is really conscious or unconscious lo a barrier that is not likely to materialize for a lot of sense to do and to understand that all headed for the moment .This decay materialize preconceived barrier and say they are insurmountable currents when in fact no real barriers .Everything is so imaginary and real or unreal all live in the same stream of illusions, seat of other spirits that does not affect us in the truth because there is , or indeed there is no barrier between the desire and the light of the unconscious always present in the conscious andwhat- we reserve to ourselves because we believe in chains , but here too there are no currents or impulses, but there are imaginary aerospace heavenly creatures who live as it says in the light of the past, by a majority that decided that the light had to have poweror measure , but then again who are they to interfere with the light, the light does not play notes to light and is to look to her off.

## natural light

It is only natural that this clear and natural light , it is natural to conform.Conformities , adversity , conflict , serving as mere indulgences accumulator attitudes and problems conscious but not as deep as they are natural .Between natural light and there is minimal shock then that the natural surrounds us and makes us feel at ease and quiet , because everything is normal and natural.Air , natural joy that surrounds us , that knocking and flees and especially touching , gentle touch for those who like puffs of lightness.

## Nuclear power light

Potent source of energy radiates us changes , psychological changes , which then consider the hit by this nuclear power .This vibrant light energy grows bright impact of transcendent being of mutations and that in fact do not suffer but as a peacock seeps us impulses of seized and that lead us to act.Boost this dynamic and clear explosive radiation.Hence we have the pinnacle in their energy force , will be nuclear agents that correct and collapse the light impossible to unbalance because it is the epitome of force transformation.And nothing stronger than turn , this change that raises us and enhance us about radiation.

## psychotropic lights

As if by magic or harmony they land and float and beat these psychotropic lights wings that fascinate us and exchange the reality to be as a good desire but it is hoped for a bad omen when we returned this world , where as time machine takes us awaythe real dimension and takes us into a world of fantasy, unreal or pleasures.Hence there is a third dimension of sensory activity and dark

energy when viewed from the perspective of other crazy  
by ominous reality to oxygenation and flow psychotropic  
lights gaining ground in different perspectives and  
voluptuous dimensions and that excel those who retain in  
sporadic episodes .Nothing oppositions between world  
realities or lights or because the very nature are the lights

.

thunder

As a bitter rift and shiny , infuriates the thunder that  
feeds the land of the survivors of amórfica and  
transparent light.Refugees in celestial bodies bitterness  
they turn out uncontrollable rage potentiated by this lava  
light and power.Burns and feeds the light of being that  
lets invade by these adverse blackouts in darkness absent  
of light and sneaky power and that leaves acalorar by  
magma energy thunder and enhances the happiness of  
light.Happiness of light beams of uncharacteristic beings  
be .

generator

Love generator, generator or Love !

What fuels this not virtual carnal desire , and this emotive  
link transparently kiss and thirsty for something vital to  
the development of emotional energy and electrical  
ties.This generator supplies egos and personalities with  
hidden faces in daily representation as in taking breakfast  
, or dinner, or water that feeds the energy of the day -to-  
day .No masks or lacerating thoughts , enquadramo us in  
reality the energy of love or the love of electrifying energy  
and sharp piercing and representative looks love and  
loneliness that lives fed by a cable that never shuts down,  
an incorruptible power , buttrue , forever!Always  
electrifying the desire to look thirsty and some patience

invented the monotony of day and oblique faces that represent nothing in electrical medium are loose wires .Venture into the imagination of the innate motor and pioneered realities but with choke the instantaneous contact.Contact essential to motor life , motor this be of consensus reality and not be present , but oblivious of other realities almost imperceptible to the conscious desire , but it is there !There is always present in the sense of immediate opportunity , so the media can not be watery but slides in the media love generator thoughts and available resources;about love generator is always on the prowl and any other non-virtual environment and controlled this very being of indulging , then can not divest yourself of the pleasure it generates, and proliferates in these ever-present faces of the soul piece you always wanted to stifle.For it can not sell any piece of energy, as energy is one and multicultural in its sense of satisfaction, satisfaction that develops various realities , for we are virtual and imaginary , only in the presence of others or on the mirror hid the new regulatory energyspirit energy of neutrons, that these are the real animals of light.Dragons light can light up !

electricity

This current flowing through us and revitalizes daily gives us strength and mime gleaming and errant beings , yes ! Walkers because it may be the force of light or sick and convalescent oppression that affront to the dualistic and oppressive reality .Not abatas you about this current negative poles infiltrating the subconscious and reducing deep pain of critical and oppositional personality, feeds you rather the transcendent reality and positivity of anti chemical and chemical feeder circuits of the spirit of innovation and achievement, accomplishment thiswhich is

not transferable as corresponding Ridas frantic feeders no pleasure , but drags the mind to the magnetic waves of thought and transmission of this .The transmission of thoughts is real and magnetizing and develops circuits and nobody can deny these circuits have current spreads in the timeless air of sensations and pleasures oppressed because we are all starting to beta-blockers external energies but that enhance our thirst for life .These impulses therefore affect our thinking and sometimes happen or develop conflicts in thought, but that can bring the electrical happiness, that the excitement of gates will lead to external reality.

blue light

Triggered strong emotions blue light crosses bridges and stairs and infiltrates the power of feelings that feeds and develops this potential witty .Welcomes its ultra sensitive beams beauty of transparency eloquent friendship that looking for a little more blue , stronger, more intense, and develops in us constellations with profound ramifications feeling and being alienated in this terrestrial wave.This power affects oblique minds bereft of feeling of living in shades of blue, turquoise affecting deep and lasting friendship, it carries itself magical beams of madness and delight lovers of rare beauty and toning blue.The threads of twilight intensity she develops and transmits energy and warm protective of evil and delights with agony and silence , no, not a mask that eludes and alludes us to abstract thinking, it is rather a strong blue light and intensifierreal and imaginary pleasure, but it affects and who always affects her to move and run out limits for the intrinsic and enduring friendship .She falls in love and how that bereft of reason but serving food to emotion, comes and brings pleasure and lust delights , that

pleasure is calorie and invades everything and is a frenzy of excitement with this blue light that lies down and rolls abroad the accumulation of energies that deplete with time but that does not disappear in this future, ie is always present this protective light that does not let us evolve the level of uncontrollable bright pleasure .

power cord

Vibrant undercurrent of anxiety runs through bodies through electrical cables hope feeders and something new and amazing that leaves the static movements but with fast and wishful thinking .Paralyzed motion , the tension rises in framing and actually controlled and measured movements down the stairs of thought which binds us to each other.Is this ladder thoughts which we categorize behaviors , faces and movements and the framework we in the descent and ascent of the moments of life , the light feeds the escalator without stop takes you to the madness of reality that prevailing in sec .Xxi, energy , magic, costumes, all with apparent harmonies , but beware the stairs , not everyone will the escalator of life, there are beings who climb stairs that rise and especially someone supports , is that enough or is it a matter of balance.Balance of power is essential to the balance of movement and falls and rises to the level of every being , but not all deserve to go down or to support us on the climb , effort and perseverance is key , then raise yourself to the spirit of sacrifice,without injury or stops and she'll take you in the light of the thinking being .No balance of external forces that can give , the steps are solid and fed by cables of hope come to the most important electrical cable the cycle of life , the energy that feeds the earth.

effervescent light

Cai and burble , diluted and expands into a light branching impregnable desire , it is illusion effervescent looks like all the light which then crumble when faced with external reality .Endowed with malice and counterfeit sporadic madness effervescent desire as the love expands and contaminates , occupies all thoughts and allowed to dominate and be domineering, it is the exchange of revitalizing energy , effervescence neck that goes, the luminous content is there .

lit sky

Nothing stronger than the desire to achieve the perfect balance of bright sky , as they are the stars that give you life and move thoughts and ideas or indeed the desire to concrete.Nothing more beautiful than the sky lit by constelares energy that appeal to a constant interaction between the stars , and the power of the stars is unique , as I say anything stronger than a soul with illuminated sky will and desire for change and interaction and touchstars magnetize thoughts.

Energy drain

It scares me how energies vanish in smoke without flame, ie not wanting to interpret the COS reality mica.I am disappointed when vital energies are suppressed by accommodation and crystallization of feelings is undoubtedly a mask of political correctness.O soul of pure energy transforms you into a magic and flies minds who have no impulse current of true facts and changing of things are changing steps and cycles for which all pass and develop , but never in the way of fear andthe sofridão feelings.Free yourself and expands you suffer and especially the mutation of life, this change that drives us .

## Light of life

Submerged the madness of passion .Why instinctively love and want to be loved passions and disappointments open up several illusions .Deluded and love me focus and concentrate throughout the methodology of the love of truth , that pierces any falsehood .Naked on the playing field of the beloved we are facing the true identity of being, so be loved requires us a deep conscientious of why being loved and yet there is a necessary dichotomy of good liking reciprocate and love too, this dialectic is presumed  $1 + 1 = 1$  , when logically one can not enjoy anything. So logically  $1 + 1 = 2$  , correct, but the conduct will not be productive if the result is not the technical tie the attitudes and values and behavior in general , so that then there is a united position in the middle of lovemaking .Understood and is this true only source of pleasure, or be individualistic or other action is meant action as true freedom .Well, I have not lived enough to overcome the following steps , logical or illogical will be the criterion for many of you , I want to be absolutely sure , so I imagine me ass from time to time , and today there is hardly donkeys as such, there are rather artificial donkeys, who cheat , but who truly mind arises sometimes in this role , take your own conclusions .I'm not here for that, incidentally about follies have fears , and attitudes that do not make since crazy is only in certain circumstances and when judged by others, ie often depends on the " habitat " .Diverting some of that reasoning then I want to say I'm crazy , I assume that liked many people and hence , we are never satisfied , we want more love and more and more ... why so much loving ambition as I put the question .Retreat saying the following , all are free to commit follies in love, we are vulnerable and often manipulated. We want to believe that

it is true that love , why, because we have been loved , that feeling that arouses affection and triggers the wisdom of life , the act of love and transmit that love clearly and spontaneously , I want to say because I have the right to be loved because then love each other and give light to life through a one effort and direction on a path without tears or pain .Enjoy a wonderful being that presents you the maximum energy parent .The light plays in beams that illuminate the solar system itself , believe me.Never in the distant horizon captures the light of love , because it spreads by contact , revitalizing stimulate these energies.And do grow and the equation is  $1 + 1 + 1 + 1 + \dots = \text{plus infinity}$  .Well the loving field for magnetic forces , seductive force and attract the desire to know , and satisfy the desire or simply enjoy.

energy associations

Light : heat : sun : power : segregation : saliva : kiss : sharing : feeling : joy : party : birthday : Birthday : Age: age : patience : perseverance : Conquest : sacrifice : Pain : Healing : Medical : Health : Vitality : Energy :power : impotence : frustration, grief : loss: vertigo : dizzy : crazy : crazy : Hospital : hospital : deprivation : desire : desire : want : win : win : Battle : war : death, loss disappearance : no : loneliness : thinking :creation: invention : lie: cruelty : immoral : punishment : punishment : rebuke, fine : police : protection : Safety : stability : balance : imbalance : abnormal : disease : psychiatry : help: therapy : clinical : injection: nurse : morphine : Drug :illusion : disappointment : anxiety nervousness : Voltage : fight : fight : Fighter : Winner : race: competition: adrenaline : fear : fear : doubt : Question : question : answer : Question : curiosity, interest ;satisfaction, pleasure : Orgasm: feeling :

conscientious : accountability : guilty : guilty : innocent :  
Free : Freedom : Justice : honesty : truth, sincerity,  
transparency : Invisible : Unreal : non-existent :  
imagination : creativity , dream: sleep : rest : peace  
:calm : Quit : stop : sign : symbol : Drawing : Pencil :  
rubber : Tire : Road : Travel : Transportation : Train : line  
: Needle : pin : Sewing : Operation : Intervention :  
change : Transition : step : scaling : Classification : index  
:terms : words, phrases : dialogue : communication :  
expression : Demonstration : presentation : introduction:  
preamble : introduction : Book : Sheet : Tree : nature :  
Wind : Air : Sea : fire : earth, solar system : energy :  
light : power : rayblue :)

energy renovations

Lives dissatisfaction with satisfaction

Prosperity of Light

I'm all colors to paint your world

paralyzing light

Something will stop us if we want to continue, but why stop if it is action that unfolds and generates emotions , sensations and stimuli , because when someone responds to us and reacts action my friends , patience and intelligence to understand the other being confronted pain .That is the question why free energy that paralyze us as if we were children unanswered.Courage my dear word is an order to be judged and who will be the judge of reason , who can be normal and abnormal ... anyone!We all have faith and I have faith in those who have faith give that cases of concern of will and omniscient and this desire , but as a harp that alludes and eludes transmits sounds mermaid with hallucinatory echoes.Nothing more than

relax and listen we have two ears and one mouth to listen twice as much as we talk and silence is action and not naive or uncontrolled , few resist you shall try silence can even be torturous but answer many subjective issues and companionable silence is silent but can function as the perfect weapon desirous of impulsiveness and uncontrollable desire so calm down and listen listening silence in you !

If one day be a distance

If one day be a distance , would destroyer , scary , noisy, or was relentless bright, beautiful, radiant and energetic ... Each ray has as humans different characteristics , different modes of action , different light, ie each ray /be unique and exclusive .Well if one day be a distance at least it was original.Each ray has the form of action, as at any time the people that share at times arises fractions.Are we acting on the beam / be , we could change the direction and destination .Regarding the destinations and the first time I will invoke the name of God , one day appeared to have a conversation beliefs and faith with a Koran follower who told me the following story which I will describe : are you game for a givenhands and vehement ask god to leave you the maximum score and left you a damn.My dear the story boils down but who finally released the information?But apart from this story I want to tell you that we have action and radius / be acting with the environment and each rolls the dice with your energy / shape / behavior.

Teachings of a graduate father in the light of life

I thank my father this contribution to my teachings as well ... a bit of everything ... that is how we ... we formed when we are attentive to life ... At around us ... with

sensitivity to all

reflective light

I reflect 'm just crazy

bright morning

How good so wake up in my world , with the canary to sing , fish to swim and tree oxygenate .I offer you my accomplices : the canary pints enchants with her singing.The smartie fish swimming and slides over the water.And the Amazons bonsai that breathes and inspires .In this three glittering beings and inspiring of my world , I hold more a world globe in the window that totals the world as it was 20 years ago , only an example of the union still existed rep .Soviet Socialist .I have also two desert roses, both composed by the time grain of sand of the desert that makes me envision a united world, in the world are these roses one in its original color which to me means perseverance and another painted in strong green tonessymbolizes for me hope.In my writing world , I think, and I feel as if undisturbed .In a perfect warm environment and the bright morning to write some loving soul here who want to imagine the rose of fellowship .

200 days with the "vulgar" Moorish filipe

I woke up in a different reality than usual and explored rar writing courses through this book would expand my being.

I reflect on how to transmission of thought and equate it to a light and its power.

As we all think about multiple perspectives need to follow a chain.

The soul has disturbing moments .The way we look at

ourselves is not always naive .

The energy expands .Troubled minds with misdemeanors are perpetuated.

The voices in unison sound louder than a voice.

The words are an expression of art .

From this point there will be inspiration.The beating of the heart has its rhythm that expands the veins .

Repression is done by stealth .

All have their q .All we think about evil.Sometimes they make us shut up.

We all think .The memories are not always present .

Not pratiques hatred because it is bad.Not all times the opportunity at the right time .

Sometimes just because we suffer .We all have freedom of expression .

Nothing more honest than the truth.I have several forms of expression.

Being well is to have balance.

The balance is a routine cycle.Being nervous is an imbalance.People love to comment .

We all have purity.The sun is a source of energy.

The universal love begets compassion.The abnormal is nothing happens .All forget when we want .There are always several perspectives.Very few ideas convictions.

There irreparable things.All are subject to injustice.

Love is a source of pleasure .

Always alone and protected .There are people who do not like to think .

Awareness is a flashlight that clarifies us.

We all have vices .Sometimes we have fears.We all say stupid things .I do not write for anyone.

We all have something we do not want to remember but is good to know when we are sad and always admit it and not hide anything .

We all have vulnerabilities.We all feel the pleasure of something .

When the opportunity lurks opens the door for him .There feels a sense relative to each other .No one is nobody and so have all the entitlements to shine .

Friendship is always a good principle a friend is another self .

Follow your instinct you see the positive.

We can all be loved and love we love is light generator .

When we are loved we should respect that sentiment .

It is love and increase the birth rate .Always with the words in crossroads games.Undoubtedly an antagonistic words but with your logic to avoid suffering .

reflect !Capture is learning !Grasp is true!Perform the self !

I am, you are, he is, we are , they are!We are all me!

And I are them !And they are us !

And after all who are we ?We are why we exist !

We exist because we were created !

Creation through design !Light of life !

Light DesignsImagination and reality !

Dualism between what we want and what is in fact!Facts are interpreting reality !

Reality around us !Habitat where we were created !Means that transforms us !Transformation / mutation !Innovation and Change!Change cycles steps !Transition phase !

Transition barriers !

Overcoming cycles and overcome difficulties !

Created and imaginary difficulties or reality !

Difficulties / problems interaction between the subconscious and conscious !

Conscious and achievement!Unconscious and projection !  
Design of me!

Existence !

I exist soon we exist !We are a me!

A world !

A world , a I turned on us !We act on this world and they us!

I act under part of you !

You current on them !

They are the world!

World beings!

Beings who are or not!Whether living or inanimate !  
Produce light capture light!Light energy!

Energy power!Power is desire !Desire is wanting !Wanting  
is real!

All we can achieve real !Real is the facts and behaviors !  
Behaviors are action !

Action is a response to the world!World in Action is  
transformation !Transformation is change !

Change is real!Change is a constant desire !Permanently  
we are in EnCalce of a wish!

Desires can be oppressed !Not everything we want in the  
world !Dissatisfaction !

From what we have and not there !None unreal !Not  
factual thought!No factual not attainable !Despair not  
attainable !Despair suffering!

Suffering so there is !

What exists does not attract the desire !

If we want what is not there !We will not achieve  
happiness !Happiness wish fulfillment !

Unfulfillment unhappiness of unattainable desires !

Not reachable !

Produces depression !

Depression psychological state that is not done .

Not done , not factual unreal !

In the world there unreal facts out there! Forces and events that are presumed as world that is not within reach !

Not achievable is spiritual ! Spiritual is a way to feel me!  
We all live in the spirit ! Spirit / predisposition

Motivation something that drives us !

Impulse to act !

Action on others! Act , Action !

Other them, they come! I vs. them ( world) ! Social world !

Learning behaviors ! Seizure of knowledge ! Knowledge of the real facts ! Weapon of knowledge knowledge !  
Transmission of knowledge ! Among them we I world!  
Know the world is to be in it !

We they are the world of knowledge!

We all have some knowledge !

Share knowledge is to learn !

Learning is live ! Live is to communicate ! Report is to relate ! Relationship is to interact !

Interact is to act on the world!

Acting on the world is turning ! Transform the world through the knowledge is evolving !

Evolve is to be knowledgeable !

Knowledge is knowing turn ! Turning knowledge into a world ! Multicultural wisdom !

Infinite wisdom !

Infinite unreachable !

Being wise is utopian !Utopian is a desire to achieve !Will!

Will is inner strength !

Inner strength is I !The I transform the world !

The world is transformed by them.They are changing world !

Who are we transform the world !Through reason !Reason justice!

Justice equal rights !Rights only because we will be me!  
Duty to them!

We should be fair to the world!

Act with consciousness and the real basis !

Acting with Awareness with unreal facts !

Unreal facts imagination

Imagination DesignsWhat does not exist is created !  
Creating power of imagination !Being able to create is to  
be free !Freedom is to know !To know is to play !

To interpret is to take !Take is commitment !Commitment  
is the covenant !Covenant is swear !

Jura is loyalty!

Loyalty is true!

Truth is one !

Uno 's me!

We are one world !

We are them we you.Beings.

Growth is being.Being is there .

There is a real fact .

It is reality that we exist and we are the world!

World of living and inanimate beings !

The world becomes for me and for you and for them.

The world is evolving !

Evolve is to be more knowledgeable !

Being knowledgeable is to have knowledge!

Knowledge is knowing !

Knowledge is experience !Try it feels !Feeling is to know !

Only feel when we experience it !

Only if we tried !

Option freedom to experience what we want!

Right, duty to be respected !

We do not want , do not know !

We do not know we do not transform into !Acquired knowledge !

The various selves in the world!

You do not know , you want to try another question me!

Elations of drawing on the experience of self and them!

There erroneous things departing others have experienced !

And it is common sense that are not good !Common sense wisdom of life !Wisdom of life !

Shared experiences !

Acquired knowledge !Through interaction , interact  
transform is !

The world is interaction !

We are the world !The world am I, you, we, you , them!  
Sharing , friendship !

Friendship complicity !

Shared values !

The same I on multiple nodes .The society we are.We all  
have a friend!Between us we can act !

By acting between us we affect it!

He the world!Allocation of the world !Transformation !

New transformation I, we , they , you!A new world .New  
reality.

desire

Give me a kiss ... just like those you know ?!Give me a  
kiss hidden , like those that we surripiá- each other when  
the desire grew gives me a soft kiss those you know !!  
Sweet sweet to know you!I give you a kiss my

insomnia

I do not sleep because it does not want to sleep , I do  
want to live.Here's an obstacle that keeps me awake .I'll  
face it with insomnia

Shadow Wolf Caricuaos shadow wolf was lost but found  
.Protected , but only by choice.Feeding your dexterity  
chemical solids and printed fissile h2O .The purity own  
shadow dives for adventure and had a landing , Caricuaos  
.As wolf was protected , but by attitude alone , immersed  
in apparent loneliness.Today I write with Caricuaos wolf

confronts his world and interpret it .Friend independent not live without their wild nature, but a real newbie charitable life , embryo in Caricuaao where I graduated has loyal young blood , honest especially a fearless nature, fierce in its essential but fair and respectful of your friendcompanion and friend .So faithful traveling companion and complicity always interpreted with warmth and silence.I lived a little enough to know the shadows of the streets and Caricuaao C<sup>a</sup> .But I saw the courage wolf and he established dumb and statutory confidant friend link for their freedom.If there's one thing the wolf had was freedom , but he was alone, alone !And free !Shadow Wolf extrahuman glowing energy in their way of being .With his barking imposed its independence wild game of the nature of genes.Decided to share their cod and spiritually alone Christmas Eve with the wolf or rather Caricuaao wolf shadow at the same time free in unison fraternally connected by one dish and their drink.We are alone by choice ?Claros are free to think like the way nature.It was gift to me this Christmas the wolf Caricuaao , but he wild for innate genetic environment pulls you their chromosomes to the free state of purity of feeling in their own nature.Enigmatic as the way of life but fueled by lust for life and enjoy your lonely but free hand to any restriction or imposition.

I and shadow wolf are friends but uncharacteristic in its way of working in an unconventional way of other coercion, are free by mother nature and so we grow and what we induced infiltrate us .Havana club is at the heart of madness the same thirst for revolution and we take account of our being , here's a free but lonely pact with canine instinct for collaboration.

With all due respect , let you you and me!What do you

think of me and I of you ?I am grateful to you for having me read, perhaps under- stood !

Passing of the considerations already read me already took their elations at least eloquent unwrapped gift to the legal hour already midnight mass or game rooster that is the terrible question !?

Reflection to the intelligible communicative ecstasy to a minimum and mere silence of echo that separates us .Acts are pain of words even in a simple rejection of burning.Insurmountable obstacle physically but not by hormonal and spiritual chemistry be bright .Celestial bodies invade us for the flowering of pansy .In search of love clover , because wealth consists in understanding the multifaceted beings and always with something to add to this view .Another addition , a further increase this desire for compassion and tenderness that exiled us to the representative self-esteem in social media .View the perspective of the self one and indivisible , not alie- in any will for more wishes that arise in the circle.This circle of gold , guild of good faith and loyalty and respect, mainly due to does not exist.We are pure and wild in the act so , and nothing more selfish than me who only to be so always invades another with their point of view .Inflamed the mind capable of a simple exchange of ideas , it is urgent appeal to common sense.When we give or bring the self with the other.Nothing more trivial reject what we do not want , it's easy .Love and love is rather feel the other and not me.Constructive attitude of the link between us beings , suffers from a harmony that by living together with other beings.Printed in instinctive behavior only think of me, then at me, and now I have again.Conflict because one is transformed into selves and I never know how many selves and we must endure to

yield to the other. It's kind of come to us which is always open. Eu's attention to itself with that being itself but- you guys and what level of selfishness are. Well the armor I ever there - being so that- cries by tu's that exist and that are more eu's eu's clicking the armor. And then how come face in the mirror and be reflected only the self that exists because all eu's were that- cries pelo's eu's the world. For we alone, and then, when we wanted to be requested tories only because of the selfishness of several eu's against eu's. Loneliness that word very self-love has but that did not create any more I love you. Love: I and thou omnia vincit amor love conquers all.

Oh if you knew you wanted and there that you know and why you should never this wasteful anxiety because it is serious and longing come since then I do not see or give as perfect would be a feat that you came and you bring trouxesses not even show up to Opain and not want power but you can not want I wish the meeting a point is thus the very colorful life have many colors that put me a pints should not be here next to me I can not see the garden roses bloom and fall white petals lapse longing and desire never alone, but dump I'm here you are there and I wanted you here and your beautiful brown eyes are like sea olives them only when I think of you remind me woke up, I woke up I left without dark I found myself longing and wrapped passion desire in all that I saw and remembered strong kisses, hugs strong all you gave and received and asked not emerged rebirth of being, and did not ask to be in love without pain seen, I wished I had remembered everything and what gave me was all they could no longer insisted was given love, care, compassion, passion for everything that word never says no to a free heart and there waiting to give what is asked or donation is true there is to give, without request or

require if you do not hear a non parts, gives search to find the elixir shovel and the treasure that has no equal , only a treasure that is not gold is lasting love and knew what I wanted but I did not tell you you sawthere was something deeper, something he saw but not translated was a power without having was born, without seeing grew within me to like me and you wrote , and did not see what was growing inside me was love, it wassomething he wanted but had not, but wished indeed loved as he liked to see it grow to dusk all happening without fear , without trembling without fear of falling asleep to warm loneliness as a hand under the heart were there by the window did not see youbut met , I felt the perfume was it a smell of sandalwood and jasmine listened but did not hear however realized was not there and I recognized yesterday was the same , but today was different saw , smelled and heard was face to face unique was somethingspecial hurt me and it was essential was breathing and inhaling breath for you, did not see you , do not be felt and was not the end because you were there, far away but this asked a monk to show forward, the future and guessed thatwere there in the background, in the window to look without seeing you , without give you involved yourself with air carried into the sea gave you to know the smell of the sea wet breathing and joy was what he saw the sea, the sand, the damp , the air but your breathing.

I light one cigarette thoughtfully and enjoy the harmony between being and thinking subject makes me wander between rows and flows in thinking ideas and objectives interactions between writer and reader never read wire to fuse what I wrote , that strange , but I know someone read why is it like , will reach what I want to convey or be vague cigarette went out and I think for me

will be ?! I do not know , but I write as a form of spiritual and intellectual liberation makes me well wish my readers is content and well I opted for another kind of writing lately more concrete 'm not so much light and energy but by love and understanding destinations, the mindlove vociferously kind words for someone who likes to read something more loving , wise and I am with open arms to love, trust without conflict and without wishing to be ambivalent in my words I'm more direct and concrete want to get the feeling that feeling that unites reader to the writer affinities therefore want to be what I have always been spontaneous but appealing to friends of agreement words between the letters that come together and form sentences always connection, and very realistic hope thinking words , sorry meditative phrases if I do think but it is good to think if only on the absurd as it is something that exists only to say that also exist in this simple way or form through a common Moorish filipe for all unusual reading me it is not so common apathy to read what I write and I confess, I read little but when I do it to me also makes me think this is my challenge to read and continue to read and to think .I am grateful and happy more than to think that somebody else thinks thoughts! Maybe do not feel I feel like rain upon the stone enters the sidewalk holes are united under sand and earth tough and demanding connection no place , no space or another stone behold an effective relationship stone, earth, sand walked on them so arerelations interaction between cold stones with or without sand or earth but united by the hand of the mason who joined and perfected love over all the earth should be united as the cobblestones mason is the man that connects various stones and not turn heartsstone but feelings moldable to any other piece should be a set of pieces that together stand it any weight

or wear of time dare destroy the tour we walk so are the people suffer the most load but if they joined the impact is smaller board-t the other piece with love love will be the sand and dirt that unites us without weaknesses , just wear minimized if all the pieces are together and well cobbled man perfects its own stone and joins the others together are strong and are adistant and solid way around the world is something that unites us lego type behold an unbreakable fortress all united and flawless if each stone suffers wear nothing but sand to put in place the stones as men have lifetime asman stones is replaced due to wear and lifetime there are small stones , large and so so ones that fit naturally others that are necessary lapidary is a man on the earth will - molded to fit into the correct siteview with a puzzle where all the pieces fit together so everyone has a place and are no less important than others to be a puzzle without a picture distorted parts are all needed in the world planet earth needs all the men andwomen no one is nothing , everything has a way how to be living and connect to each other here is a huge puzzle earth we inhabit and are connected to each other without knowing but all play an end to the puzzle more rights , other crookedbut it is natural that all fits after all that we want a sidewalk path is harmony between the beings who all work together for the same purpose the love and connection between peers as we can define ourselves if others do not show feel and do not tell the truthfeeling is there is something to share and if it hurts to live also share costs but because it does not solve everything smoothly because if mind and we are costumed feelings are our face our face and when you like someone should show the face suchand what it is as if I am sorry as I am but I show how I am and show the face and my face is not for sale not to be too expensive

because the money never bought me or I want to be for sale , let alone buy one but one thing is sure am against the euro in favor of the crown that guy does not say buy all because I 'm not king and crown do not want do want guys with feelings suffering because it does not suffer there and if you have not sold was purchased is happy because money has never seen the face shows everything and it takes chutzpah to take them to me what we are because we are not good no one is good enough because one day the crown replaced the expensive and would face uncrowned the same painsome ardor was love passion was our imagination our imaginary transposition of the real I am loyal to the passion , the love of burning and even pain that your splendor exist and I am actor in our world are silent film actress but our passage is a romantic movie shooting that sings a song " this is our burning love without pain " you could be I'll be you are then we 're both look and see the same perspective the same course the same future our corner the same space fits all takes all 'm projecting to idealize finally working the same way by the same route and breathe sigh you always sigh you were afraid of the future was hard to see you suffer without hurt because you were not wound was life know that yes I do not know if yes because I imagine and imagination is unreliable but I know that we are separate but together even just being here I communicate you respond you know where you never know if I will but I find myself here and there I 'm always there with you still do not know because only imagine but I imagine all good borderless no barriers me and you we both always here together or apart are connected , I need you and you me you act I react you laugh I smile you speak I approve you you look I see you Seest I agree we are always in tune as you want as you wish just for a kiss

I travel I run stumbling flight but not always fall or aleijo  
me you are the cure to my desire promise I will to meet  
you and I find everything and do not know anything  
because I had imagined it would be like the future saw  
you and feel you felt me also as you read you what I  
wrote and what I felt was I want you near always with me  
I surpass the riot but not battle is disculpa the crow  
nobody is to blame because you want to see even without  
looking I know I imagine that you see is real imperial  
conquest and was not imagination was glance without  
deception.

Nullity or zero behold, no one quit the game when  
someone achieves what you want to sit held temporarily  
happy because the ambition is to win and then win the  
more so happy to achieve frustrated because it reached  
and want more always more any coisita if you please and  
have I am now happy but following 've thought another  
wish now then mr .Genius grant me three wishes not but  
a arem desires and even now mr .Genie disappears not I  
feel like a little something more behind the beauty is the  
character that force that drives us to always follow a  
personal and practical idealism therefore defends a  
behavioral ideal and social individuality, my dear this  
difference that marks the attitude of acting and materialize  
as an idea, a thought one way to comply therefore  
seeking or reaching pride that force of nature that allows  
us to be who we are unique beings and generators of  
reason itself to what any of us aspire to be special aido  
not believe you one day already pier you endure put up  
with but also love and fight standing in faith fall without  
wanting to go without a parachute falls all broken in guilt  
without excuse excuse and upa !Your green, brown your  
princess charm your soul is on I want you, as anyone  
living , breathing cheerful marigold your colors heal the

pains me your brightness is my fascination and your beautiful beautiful hair hit there create links between the root of heart to kill the loneliness I welcome gratitude for this passion that hand that touch , that smile that takes me to paradise

I saw you looked up I noticed I looked again returned to repair liked loved loved was a gesture of love.

You were so so and said so to me I saw it was not like I asked you how you were and you almost choravas I felt sad and you asked so do not be like you asked me is glad I 'm not like you if one day you find yourself lost think of me as a starting point think that life is a map and that I will find you and I told you welcome here begins the journey and that nothing you have already account with me and have me in your hiding place gives me one beijito and everything is beautiful.

Imagine without creating write without reading hearing without listening study without decorating behold a motto has a theme see and feel and let yourself go on the letters in the words in the sentences in the poems with me all are issues today I feel now modernized with no past while reminding me forget and do it all over again in this feel understanding the truth in the eye feel the old face in the eyes and I see you and without irony or demagoguery 'm spontaneous am punctual and present factual today was so forget it is as if there was no previous time comes from the inner eye the outside I remember I exist and I find myself in now the moment had been was now remains for me to look at this face the moment the moment the event not once but now appeared almost emerged that word of the act of a only that a want of a will last a pleasure just to write anything said but corresponded to the vision of that day and was

born the writing power the joy of a man who lives his day-to-day floats and almost fades waterclear and serene traveling the tender face are tears running on your woman lady girl 's face that sometimes gets lost and is not sure what he wants but aims to be as sweet as cherry are letters are sometimes words as silly as otherlight coming from the interior with glow do not know if rage but feel a burning a wound of a return from a trip to thyself is turning a passage in your world and I see him with deep look know how you feel I know what fear I know what you know your wishes in these afternoons in those lonely nights there is passion there is a desire you close your eyes feel fear and I want to think of your cheerful and willing to brave someone waiting smile take steal invade but do not take the self that is your our dream our meeting on the bank of a river I smile you fool around with a stone in the water that moves and moves the stone is hard but you and the water are pure wives of the craziest things if I sit I reflect write between lines in imaginary type fish in the aquarium where nothing and nothing but nothing can not get enough breathing oxygenate to seek the freedom of one day swim without aquarium that gift and so yeah dream hello I see that you are there ask how are you I am more or less you say I listen and I think the more I see the woes of your less too never see less seen and felt what worries you and not vacate your positive and creative mind but never negative was constructive take coffee lose faith someone grabs me feel the claw protects me someone who never forgets and tells me you then yes I want you happy and glad happy like everyone else is what I wish this population evolving so there is passion looked ahead I saw you this was charming magic was all that wanted was you only you only you and I were happy as I watched the falling rain and

wet united and passionate we are all inundated with these drops of magic and all that was conveyed joy whenever I feel whenever I write is something that I see I remember and see you straight ahead in the future and in this I want you to always think when I see you with me navel to navel lips with lips body with attached body more than friends was always something he saw and did not say was something wanted and felt something strong one without distress connection put you in my imagination was creating something beautiful in shades of yellow as the sun that never goes out and radiating energy all day turn out the light when it gets dark all obscure enter this dimension there a reason darkness there is no motivation imagination of nowhere of empty you do not see all projects in the dark imagines a wall drops to worst obstacles tentacles starts the show I light light up the cloth until when

I'll dreaming think but do not think just like nothing is like the mind thinks differently from people to people you think me too well !We think and act always only one to be happening as I see the darkness 'm a passenger not to slight love how I feel all the body parts dormant emotions broken by the sound tone that tells me relax stressed and absorbed by the ear 'm reappear not to sleep but it might be better to forget anything to relieve tension pulse 'm standing tailed adjusted perhaps last been released me and I am quiet but there is always solution to the question do not react but act take care of the situation here is a good timeshot off the sofridão .

I thought I dreamed I woke up I saw you in a dream seemed a tale you were the one that had more charm more beauty air princess were my inspiration was not imagination was your knight warrior for you I had any

unarmored action to protect the heart were sleepy you opened to fall asleep you mouth I thought of you at your side leaning lying asked for a kiss bestowed him a desire wanted to be with you I found myself dreaming of you I see you serene lily petal your perfume seduces me leads me to meet you get dizzy flustered we are in your room to see stars back myself to you and to me you make me smile lost you make me feel is so good let me go beyond no one are so gentle one of over thousand or better plus infinity is so beautiful I feel for you is impossible to feel more is let me go for you by your magic for your joy.

You're a cute you are a baby that 's been around on foot are so dear are very friend I want you with me are fun are the best are the most 're everything I wanted and wanted a cute child are very affectionate are very smiling 're a sympathy are the greatest joy are my son are my pesky naughty boy world are you James my puppy are my kid and my kid turning cool too are the whole day your smile , your joy are fascinating energies of something pure jump the wall pills to about a cerca from me because of the sweet come and give me your pudding to me you're so sweet so cool all day Tás always smiling and ready to go to the street , the garden are a boy a mischievous like you and you like I want you to know I want you always beside me

Traveled under the clouds flew under heaven been in planets Mars and Jupiter in on Mars decided to love you and Jupiter did you have here is my be flying from planet to planet pen had strength had power there was joy was something that conveyed was love in bloom so had the sun force moved like sunflower had willingly in relentless pursuit of something burning was a dream was an achievement was an objective everything with passion

dimensionless was great was astonishing finally looked very loving bywindow I noticed on the horizon spent scanned the lot looked ahead I saw your star was brilliant shimmering looked up I saw the moon was my and your era landscape was a trip I saw you to travel on land and under the sea followed uptraveled winning hands on the land and under the sea was just the moonlight.

Saudade is wanting is to desire is to love is to think is to feel I miss your want is to have you here is to wish the meeting is to love yourself is always thinking about you is to feel your presence is missed being without you and think and want and feel-t and love you without seeing you and wish you with the 5 senses : sight seeing you without doors , without smell you smell , hearing hear you doings without noise , taste delight me without proving you and touch you withouttouch nothing better to remember and feel the nostalgia.

Create something fancy but is very vague imagine create and transform write to someone read do not know what but I know why but lack inspiration I have to take a stand to face this situation to write and have something to read beginning to think I will try to dropgive up because it is not easy to get .

If one day there to tell adventures or misadventures in just one day or one year now past one year I can see 50 days are 365 days a year , 7 days a week 24 hours a day here is a bit of a 50-day times for these 365 peryear some weekdays and 60 minutes for 24 hours times short, live for the moment !

erer win without fear was the moonlight by the sea I was the captain had everything by hand aboard the trip came the battle image wins was a feat .

If it a day goes - O joy that someone would lock the doors , open windows and fearless flight under heaven there is none that doeth judgment unconsciously me perpetual mutual agreement for loose notes, an environment in a very hot place there lilies, marigolds agodoes wilt wet soil , moist on the roof , an obfuscated lamp and helpless safe up to reason filaments rises tension there arduous even difficult times but no one I mean no one knew what one understood and perceived as being alone in the crowdbut here is a live without existing and above all very reluctant smiles briefly cried for lamentations wrote what I did not understand but especially felt I saw everything and nothing looked for then cried just because gave me and never let you know but nothing here is the perfume that expandedand lit the edgy passion of pain was time to say something then not only because there was something moving on the veins ran the blood sometimes far from a heart that does not pump was just to get an idea as it hits the strong passion and powerful even in the soula pauper was mainly people and had mind because you are afraid of something that feels finally there is always an end and a beginning I think I deserve is not for me or for you is for both because we love and also reject something that just something that is born and flourishesgrows everything one day and there was a second disappeared was so everything that happened not only because one wanted to live one day and another moment without being fickle always very important was a time was a time

setback was and was no longer enough sometimes believe to be reborn as I look and did not imagine was the truth at an early age what is true is demonstrated in the act one action to gain a heart was the brainchild connection without anything or anyone not say what happened was something feared all that shaking was not in vain was as he passed his hand with a mop there is always someone 's side because then there is not to say yes even thinking about not having this is not reason but yes it is not always like that and was never wanting but sometimes doing a rather turned into a non behold sincerity fight for freedom of act one is not true and not a yes because I 'm not and not just want to be alive because I exist and when was already thought to be read to expand and write to sleep as he walked and ran stood was underway fruit of the free and smart thinking was aware of movement walked and walked just because I loved even if not for this world love do not believe in superstitions believe in man and his inventions questions assumptions imaginations illusions is with ions or protons to create rockets light is energy and this could not be seen but produced no guide would and could was the man was so vulgar was only imagine and create felt not the sixth sense as it was called but it was so real that happened whenever we wanted .

If we lived briefly by moments , whether eloquent or even hot , no one would say that love was pain that hurts imagine love without pain is to whatever it takes burning glow with a breath longer than you would imagine the truth is in loving and giving , even suffering the same not seeing but especially feel and inflict pain to love even not seeing , but rather wanting to protect from pain your love relationship creates protection from the wrong love emotion because then the pain comes from the heart in

your look see the sea which I'm just looking to love hitting  
the eyelashes in the sand wind tears the waves I see a  
beach with shells stumbling in the stars a cry , so a grain  
feeds my heart .

If I suffered was because I did not see or they did not  
understand what lived smiling sunflower rejoice and  
embellishes with sun beams free yourself and show your  
beauty that choke that crazy fears all have a little  
something that was moved I did not see like this  
happened was a torment for a long moment as could face  
a whisper now did not laugh because someone saw a man  
who briefly hesitated only because he looked and there  
left no one noticed because I suffered was silent for  
something that lived and suffered as felt the night was  
cold I came back down the road with everything and  
nothingness one anyone ever been apart but as someone  
was short in your eyes saw sure acted clearly and had the  
sadness of skill now that the uncertain not Agias ,  
incorrect ages I then looked at the ceiling and everything  
seemed deserted O me O pain that sad sight and eager  
tape me glorious by the time I go to the floor only  
because it falls and down in the humility of all that is in  
humanity silence the disturbing voice of disturbing silence  
of someone who does not say so becomes happy woke up  
one day when he lost to me said it was not joy that I felt  
and all in one day improve tomorrow was what he wanted  
just because there is a man is sad

In the solitude of darkness reaches out not say no to a  
brother it is not going to play you in the heart if it was  
just to be alone had no mercy

These stones I sit writing to you what I have never  
forgotten your smile your company was something he  
always felt when he was alone , from time to time

thought of you after that and felt just remember you .

Whenever dream wake up and look me wonder if you will still be as imagined or thought or just traveled the dream builds nothing changes nothing is a wrong perception so rarely dream is frustrating to wake up and everything in it without amendment , finally dream or not dream everything is equal .

In a sad night life and quiet and very sullen misanthrope quiet but there is a star shining , a moonlight to illuminate even the most fierce and atrocious environment there is hope someone reliable one being that animates us and pull up a friend, even true companion at any time be it the ultimate someone who looks at us with indifference without belief does not look with love inflicts us pain somehow do not believe in being friends and looking only for your navel also he ever feel the difference of who is friend and feels the belief of love even in the pain of the time that one day man would be no one could tell if it was said without knowing because the man always makes something else happen was rooted in their way of life from the moment of birth grow up and eventually die everything the man did anyone knew preview and not even know why he did that is man and his being .

I saw in your eyes a certain shine something did trigger was intense and had a cause to love I looked again continued to shine the look was me win shone like a sparkling and strong star caught my eye was a beautiful feeling the passion when you see where I wanna be want you to go with me the same way it is written in this scroll that are my shoulder to cry on someone to want to be always and I am always wish that place that we will win

with our moonlight and the same star always shining.

I do not understand or do not understand so even just do not know enough understanding to realize to know so yes could argue was informed of the event was beyond what happened just wanted to know where it started and ended finally want you to know that despite everything that can happen whichend can not predict that I will not forget you and that you can always count on our love in any situation because it is not only passion I looked in the dark I saw the depth of night it was time to relax enhance the music on the radio and let me leadthe night is a companion can share the most sensitive feelings , because she keeps secrets and the like to call it silent night it always has good ear but says little though always conniving and so I am happy .

How to live prisoner of the whole world a whiff of freedom to relieve anxiety that feeling of imprisonment increases the voltage nerves blink without others to see , behold, bonds that are released in us that untie like to be free and natural to something more banalor sexy or I imagined how it worked was to write and have something imagined and represented my being vulgar stand the feel and see I write everything that went through the mind he delighted hope you to read also .

This individual solitary position and aimlessly this disorientation that pushes us to oblivion in total loss of feeling the urge to breathe believe this is what one faces while living a look a sigh cigarette smoke expands one breath after another breath eye thewatch the minutes pass the cigarette burns slowly for something I seek constantly from now another breath , a word before passing the time hope this addiction go away one day it happened that pass perseverance effort fruit magic of

positive attitude was something good or even exceptional original would be if they arise from the nature of and want to be better and more than that! Winner and finally overwhelming the morning conqueror in the silent night all in my hand without a catch all for illusion with the following condition to be happy or very happy just because wanted

And as all part of how we feel things today in this day of any century 'm predisposed to happiness to live I did not live to hear what I heard and not be where I have not been as well reborn to live make the ordinary into something subtly unusual already is present in the unconscious something that we do not mind I'm going ahead with certainty aware of something that I do every day always live with believing everything we imagine is a real achievement if we are slaves of some vice or any virtue can surrounds it and leaves it jumps runs flies in the imagination of the senses makes the heart pound for once reach the ultimate freedom of a person who does not judge by their actions being is to live free .

One day was going too quickly managed to lose me stood back soon resumed with the breath of a screening and the confidence of a recovery and insisted lived as if there were another shot took a slow but steady and sure step returned to the craziest race of the world race is called life was for her that I struggled and reached the goal of being happy to be well positioned in the run ... via struggling alone is necessary freedom and this is the sister of loneliness as well departing always highlighted only the first and Finally you can only be yourself first and last run alone when this was the fighting spirit but we are never alone have life ahead and that is run to live and be first and the last when we are starting a cycle is natural

that depart at last but there are points where we are winning is thus the first life in one place and another last but never stop so no runner in the race of life we always win and at the same time to lose and that's what's fight and succeed in life !

Powered by leisure meditated , equacionei and finally took a party action on the restlessness man becomes unhappy when lives not just when can not bear to be quiet is necessary to look for happiness that comes from within because we seek something impatiently from outside as well this concern makes us sad endure loneliness and being stopped strengthens us be achieved we live with ourselves reached the happy fullness one who seeks nothing because it was found not think of it with an autistic way of life but the greatest happiness is within us .

6tar there ... 6tar there when not ask ... 6tar when there 's no need to ... 6tar there when you want ... 6tar there even if not ... 6tar there when I do not feel ... 6tar there when me flames ... 6tar there when you think of me ... there 6tar pro whatever comes ... 6tar there when you imagine ... 6tar there even not wanting ... 6tar there just because yes ... 6tar there when me love ... 6tar there because you exist ... 6tar there because you dream with me ... 6tar there being here ... 6tar always there ... What I think 6tar there ...

If ever see you, and say it looked interesting girl girl , you had something in bright look cheerful and sparkling smile were a woman for those who want beautiful and sensual eras such that seduced me and ever just wanted so felt gostas-you magic ?It was my day-to- day.

One day I thought all that just because it is , do not know what I will say and then write was different was even

fearful that dream of being and not knowing what was going to happen I tried to describe what would ever see here ended a trip on one of the worldsilence that existed and that someone suffered think anyone should do just to do what others do not lack courage do not act , but they know how to ignore the welfare of someone who does not know how to look and see quit and think !Delete the cigarette, the clash begins as the remaining healing desire .

I will write to exorcise and create.They spend two minutes begins the truth of write and have something else you're not you .I feel that I can not , on the other hand feel a warrior who has the truest , the win .Are 16 minutes from the delete a cigarette , grows the desire to relight it.Everything goes when you feel what is happening .

I am thinking so you'll have to wait.Weakness of the urge desire to win everything will come as the sunset.Exist in constant contact with desire.I think the half hour after the last time I see myself and I feel when he overtook the time.The travel in seconds, in minutes are like rockets to celebrate every advance .I feel slightly , thinking how will I reach the advance .There is a setback because there is access cigarette.35 minutes behold the act I want to cancel .

Was not thinking , was acting mechanical and procedural mode.

I had this access during a process of extinction of the situation.

Recoloco me fleeting, the spontaneous creation.Words, sentences with action and connection.I hear on the radio that the plan may abort , I reflect and feel with a north.45 more minutes and behold another cigarette , I think , of

course!All but almost everything makes me think and that we must confront .

It is an hour with a result of 20 years by 30 I have.

We live 66 % of life thinking about the 100 % that the 33 % can give us .Was complicated, but explained .

If I really have to fight and ambition to study a means to act

Not easy, not difficult to return to smoking a "just " cigarette.Appears at a time, and follow a route that does not project.

Of course , I smoke on the situation .My nature had to contain purity.

They spent two hours 03 minutes and then thought esfumacei .

Will you emerge , something will sortir .I started to smile , thinking that something was going to get .

The easiest was to give up , but I would insist .

Strengthened and thought only say I won .

Unnatural something was abnormal .As I reflect , the best type is pretending to sleep .

The will is to come but I will not run away.I'm no light, but the energy never miss .

I feel a lightning power that never overshadow me .I will change , this will not hesitate to transform everything .

And I will know because I will .

A calm and banal cigarette, somewhat hesitant than annoying .

When one day a seagull come 'll ask you to bring back you had what did not when nothing wanted all lost as would I do without you involved the description that passion had a giant love and always savvy when thinking of you, via which I lost here , you there as I wanted to be a volcano like to stir your heart that giant love, always triumphant anywhere I felt a deep desire coming from my world you always wanted , especially when you laugh the look of happiness was stronger than all the electricity , through which all current that binds us and never separates us never had the intention of a fortuitous encounter imagine the bridge over the river where the sidewalk already meant nothing saw the figure and ran , and hid I read in a paper sweet words like honey letters were not bullshit had meaning and were buried in the past something that the wind was blowing and thought that face painted with a brush in unloved framework that you were part of the resulting art were painted on the screen, was the such it ages.

The figure

Flee, ran but he grabbed me and pulled me , took me with him .

Cursed figure that we do not see but that propagates .He is unrecognizable shape of a fairy-like appearance experience. Murmured the figure : you are afraid of a man with no face !

Yes - I replied with some fear. Fear not because I only exist in the presence of light.

I have spoken of light and energy but never of a man whose face appears unaware and voluptuously and run fleeing without achieving your physical .

The figure is a being of darkness that can not live without light. Strange are a shadow that hide you in the dark and silence .But surges of light and with that hat ostentas faceless , black .I ascend to heaven, magnify with the distortion of your look and metamorphic light. Along the river skies as anyone River with Sultan air of despondency and respond with the speed of black skies and densifico me to drop the crystal and edgy rain. But for a man with no face water pierces my body and my own major gabardine not soak .It is made of shadow .These imaginary figures were recreated by me to the dead night , chase fleeing from darkness and light demand .

I'm a friend of misfortune shadow .

All evil is the figure does not exist .

It is a missing appearance .

The cry as a form of lifelong pleasure emerges from the murky soul ,

The sense of protection to others and the terrible buzzing soul .

What rises nor falls but always rises to the scam shit .

What you see is really high and not the fall of the cliff.

On the heights of the waves, where the green lies and blue fades .

Surge red alert as the principles of others.

The dark, gloomy, frivolous is not always present as it deepens the despair of a loud and silent scream .

In the words refers to meet the supernatural magic that involves passion.

Without a catch , letter by letter builds a literary wall of words comes an inevitable fact ... where flows writing and tears of an unbreakable contentment whose being is not opposed , but as it becomes revitalized and appears due to a break Antarctic ice that repels own magic of being among the dazzling beings and how that fades into burning fire of desire to pronounce the long announced. He writes and translates the soul the outpouring of creation machine. Among lines and sayings here's what one thinks and other comments .

vertigo

A beginning , a cliff, because time is not ephemeral .The parallel fall to a bad start , arrefeço .In tiptoe balance me and I jump , dive.I do not frustrate me , jumped and imagined vertigo .Fast heart startled by something that I imagine traveling .On the front , I saw a lifetime in a second to slide over the air.It was the free fall this fall 's hit the ground ... the wet tar road shining in the air breather background is cold !The wet asphalt feel the fresh water that glows in the dark remember the bright and sparkling sky and it was so strong that ground, strongly impact this would destroy what was coming.The clock has stopped and immortalized the moment of his thought .At speeds above the wind came in tailspin and coiling itself turned and rose , rose , returned to the previous moment to be no later call it so raising the fall when dropped skyrocketing .

The pride of feel like I see other suffered someone who felt and never saw each other in the skin of other hope never sofrais rises the spirit of help and mutual help in the ways there are boulders these obstacles posing pride born that way inI belief because the world came to fight until the end and ensure you and be finally and get to the

bottom to know each other and their world fencing in the art of fence there to inflict blows all goes through a feeling of a hit by the end of sword fighting a suffer unintentionally transmitting power to win and have shines forth being the winner and loser when falling , feel the pain but rises and falls due is a fighter who wins the pain is imagined in high the last act and we conjecture about the glory of the winner and loser all fighters deserve the desired victory.

that morning

It was a frivolous and distressing dawn tears not far from an excessive crying that made sense in the face of stale damp morning already the night had preceded had elapsed time came a cry and said to watch out for the sun to come and evaporated tears running down and the world with clouds simple smile said amazed decided me to decide for what was to come would control and this truly test the decision was made not appeared out of nowhere would you emerge feeling that the fund was feeling the minute habits from about courage and perseverance fed me hope the gap up and clarified the fog and treacherous wind came the desire to achieve something that would achieve.

Luck would be launched time to love myself and progress in the struggles and battles flawless shot was accurate for the following days hit the pointer read the hours , minutes and seconds and freed me , as if by magic was that day joy and gladness saw more than most people was different vine mind would certainly happen would simply surtir .

The web

I looked seriously around me saw the landscape and is

not ugly looked to society saw a web where everything is connected and everything but I thought the spider was a plot a real drama death was the visit of the spider and the web was for her a kind of supper took the spider who suffered most and least wove stung people and how that fell asleep this devouring calhava all have dreamed that those who died in its web spider was the ugly death ceased to exist and mortality would succumb this was the dream of being immortal without fear of the web, the spider and life all succumb but it is up to us to form a web and can be good for life does not get ugly have the will to live and not look the spider as the end but but an end of a cycle of a company / web that is always under construction building the web was evolving and the spider no solution is web, the ugly spider and my imagination .

Coffee lights unlit cigarette between evil and roasted coffee get this this space is an airy , well- attended where people come from anywhere I see myself in the future to create a loop in this space where I write and then have an objective I hope reached in about 2000 hours of which about one per dedicate myself day in this space specifically called coffee lights where I hope to illuminate lines between my day -to-day feel relaxed energy even for instant 'll keep a daily processto write a constant create , wander, thinking and writing is something I find exciting and challenging sea imagine myself in my world seas between the bottom there is life !Swim in the ocean of writing where I see ink flowing to create beautiful lines between texts , phrases, poems or even simple thoughts without much attention or precipitation, even tension does exist intentions in my ocean hunting up letters with harpoons to achieve in the background hearts that feel different emotions , sensations, but what matters is to

dive into our sea and especially love the various seas.

I light the lantern lantern power to energy behold deletes the illuminated empty, fill feeling wakes in me a desire endless happens that the luminous flame illuminates an afternoon passes slowly , very lazy is a light awakens a bright look and howthat comes a gain in the presence of a knowledge be giving off a dense perfume, intense and contagious behold a scent that feels pleasure to inhale and how good every day never breathe the same air smile the smile not always accurate but what makes you beautifulintimate little smile , a sign of joy and treat as a fascination a very natural and relaxed timeless joy when sensibly smile hit me a glow that cunningly not mind and when you touch me is different stunning 'm slightly deep thinking for a moment like happinessappears in the reality of duality of a cheerful smile to a look too bright as I have sometimes seen .

Fado fado a destination that marks the nostalgia without age distant desert but very close to the headquarters to see you desire a want only you feel you belong not everything that I write but I feel what I write .

Here is a simple, but not diminished the word that my heart listening to the wind in the wind entrust to take you a few words wrote with the rain that with a post would tell you it would make a sun design with its rays and youI would say that you're my energy and for you my sun will always shine even on days when snow was this thinking that the wind would always blow .

Think , reflect and act or not to act is not expressed feels and how difficult it is to feel and to express not just sometimes enough just to exist but reflect before reacting like a feeling process and pretend as a thought control act

or notact now behold the wiser then pretend.

It's a feel after then reflect rather a reaction that can not feel can also hang sometimes by silence a think and just stay by the presence which means being.

The obstacle is not the obstacle to win the show itself without fear sometimes feel a doer but interest is to live and fight for us to develop this sometimes is to grow and learn in the struggle for life we always have to react to the loss , misfortune overcome obstacles ismaximizing the I overcome is the maximum pleasure to win and give us the proper value to overcome us and gain value in learning from defeats and finally win is the essence of living .

Maritime swirling water rolling into the sea , the sand spinning dropwise grain by grain a breeze rolling on the floor , grab with one hand the ocean drops with another sand of the sea as a host dipped in loose yourself hand ,frees itself expands a sense of who had everything in their hands but not everything has not everything is achieved sometimes escapes hands between what we feel in our hearts and hands all have a thrill and a catch that emerges forming awhirlwind .

Not what to tell you is true , but it is not absolute lie !

The flaming pain of a loss.Where, but where are you?  
What I did ?

I did not dream because I'm awake waiting .

You will come , will save me from this murmur shivering me , undo me , break me and corrupts and says you're not !Where I am , I want more , I can not keep only living and breathing.

Way through the fronts and behold something that keeps me moving forward.

Because retreat and get back to where I'm not even think or be .

I want to run away, off the cigarette, clash on the rocks and fulminates .

My heart is like this cigarette that goes out to the desire to rekindle you will be the one that pushes me and a knot unties .I would not, do not want to be a loose thread that ties arrives grips.

Do not want to be what you say or say about me , I want to be what I feel.

This knot , does not see that strangles and squeezes and destroys .

This tie will be broken.

Everything back to zero .I just want to be 0 without any logical follow-up , do not want to be positive or negative, but you insist that you must do and happen.

Let me .

Why cry ?

I do not know , but always know why tear falls and loose , I also know because sometimes I run into the errors of others and because I hold hold.

I want to cry , I want to drop me .This bitterness of feeling that leaves me with a warm cold shiver which , but worth your tears , and laugh and feel.The end will take care of end reached by a tear not evicted but always lurking and runs in the face of tear indifference.

I was thinking , as you are. So commonplace , so like what you think, are a standard .

I do not care what tale, I do want to see what you can not give me what I need and not you.

Want me. To you I want you as you have always been , what he thought was what you were or where you were not , you were doing as you make .

I'm me .

I do not know how I started this story I think a few will reach but to have no arrow nor the bow , let alone target.

I have no purpose to hit , I do not even weighted taria , I feel that I attain is myself, the arrow is driven into the heart, so my pain. A lonely heart , marked by a stroke than revitalizes , the pain is too strong the will to pump .

I am not free . I will never be totally free , love my freedom , but I feel bound by who has love for me.

Because they love me ?

Would love . They want to be free and attached to someone. Want me feel alone and unnoticed.

I do not want to understand anything, do not want to think about anything , because I invade , I want away from approaching.

I do not want love said to be freedom. I just want to drop what is in me.

The anguish , loss . Was and no longer is .

Came the moment without feeling left.

This nature to do and undo and more , to tell what we 'll

do.

I do not want to do anything , do not want to go away , I want to go where I do not get .

Be gone and nothing will bring .

Do not cry , do not laugh , do not think , do not look and feel like I'm not dead.

What a tragedy !

And I'll have to go one day I will also succumb .

How Come?Yes , I wonder why this, why that, but do not want to think what has been transmitted.

Do not want to fight , do not want to be as much as someone who never was .

The voice haunts who laments .

Hang On.

I will travel , I come and go patiently .

What can I say , I do not have , do not have much and another so I lack .

Invades me be telling me not want to .I do not want .

I do not want to go back , I want to be here when the music plays and the wind blows.

Do not want to be the devil , do not want to be angel, do not want heaven or hell.I want the land where everything exists .

Do not want to leave , I stay where I am , I want all there , just me space to breathe and think on it .

Imagine and create my own existence .

I just want air to breathe .Want me loose as the air we breath .

I saw , smelled , heard , also told you what you thought not hear.

I was writing what will transpire after reading what my being wants to convey .

I know it's not easy.I think a lot will not be said, much also that which will not be understood .

I reject .

Vehement want to reject what impoverishes me .

The trivial things have no place in the heart there is a lot of emotion .

What we see at a glance you can mark in your heart.

He can not take it , do not want to see, but feel what your eyes see .

Never open the eyes of the heart because he can not see and is suffering .

I'm here.

Do you see me ?I think not!Can you feel me ?Also I think not !What do you see in me ?

Um , I was here lest thou esquecesses me, can not stand not have you, because what unites us sometimes separates us , but I tell you I'm here.

I will not pretend

I will write and let it flow .

What I write is undoubtedly a tear.

As I wrote a tear as it is, sad, lonely, wet , loose .

Let me wipe your tears , your pain , your sadness , your loneliness , that suffocation that is to be alone .

Let me lick your tears , I drink this pain you feel

Only , alone.Me, this is me , just me !

How am I?Just me .

The feeling expands to truly sense pain .

How does it feel that we are.I think about is going beyond what comes from abroad .

Inward know that I exist , to exist for others just look at us, but never see the same that I loose pages , single sheets , loose sentences, loose pages , single sheets , loose phrases, want everything to come off , do not wantsave anything , I empty myself , just so evoluirei that everything I write , everything evaporize , esvaísse in the letter of a sentence more pain , every word your pain , I write to set me free .Do not want to suffer .

Another day in the morning , the fresh morning air , noisy too.I want the night, silent night , where I see in the dark

the light you bring with you.

Let's join the silence and darkness .

Let's make the light blackout.Sides , corners , charms,  
spells , poems , phrases .

I wanna be your light in the dark night .

As I let myself go in the corners of the deep tides play the  
harps high Mermaid .I want to stay and look at you  
without telling you what I'll write .

To never forget you .

Nothing !Did nothing

The goal with these words is null.I do not want you to  
read , we no longer want to write one day want to tell you  
.

But now just wanted a bit of nothing .

I do not know if you will read, much less understand what  
I have to tell you.

What want you to notice is that entendas and all, but  
accounts for me and there you can count on me.But do  
not tell anyone .

I will wait for death decepe me .

Death ?There is no death !

And this is always present.I'm not afraid of death but of  
losing you .

Not that something hurt me , but the experience of  
having and not having is the difference of being, how can  
this be so?

I want nothing , for little and much anything I want , I

want nothing I repeat , I had everything when I did not know and now I know what I want nothing , rejecting what is and no , I will be free, free of everything to meties and will drop me bitterness, that is have.

Simply , I want to be !

Can I just be me ?Yes me and all, this is nothing I do not want ."Timeless "

Hit , and started beating incessantly hit with an unprecedented flow of an anomaly or injured then one day opened no more coming back to do it was the open and instantly close as I will pronounce , was mine, but always in myyour order it , you and I in a word then the heart !The deep sadness of being

It is not known to be aware and learn to live with your intimate behold, the gap is negligible and have belonging is something that always fades as if in surrender , is no reluctance in essence only want to be is from the selfyou can see in the background our inner and there we see that there is nothing so inferior as to manifest higher behold a manifest think , I do not let to express how much lower is the level at which we place ourselves we shall see how the higher self ,is increasingly close to infinitesimal always wondered utopian behold be born, live and learn and when you really realize knows that much walked away from everything and know your own self what has changed?

Everything in my silent world!How Come?

Because I'm willing to change and face all but almost all coming from my world my world silent ?It is the intellect that tells me to do the right thing so !Imagine ?!A dimension of the stratosphere without limits expansion

enters the disappointment of magic timelessly out at the level of illusion itself always with the dark appearance of true illusion of the word already spoken disappointment;Dora generation of inner conflicts of the simple agony that beats any harmony.

Enigmatic , deep and sensitive that is the non-binding letter of energy much more letters or letter little word.

Here is a menhir which will sedimenting and writing much in little is said .

In vain things you will come many will be those that leave you , others will not stand .To tell you that the greater for a tough fighter, but you " use " that few will stand , but those within the inner smallest have the value that only you can get .Live, grow , learn, and in the background always the little utopian know.

Here is a day for a little bit , want just another learn that writing was to unify the knower of the ordinary knowledge of scientific knowledge, they both explain only with the profound wisdom that is read +

I'll start where I want to finish .

The smoke expands the interior of my room.For my interior also , this is violated.I want to break with you and with others.

I'll get ?

Strength, strength and force that haunts me and tells me to move forward without fear !

You will end before my days .

All exterior I will reject , as I will feel ... I do not know , but here I leave my little story is on this page , you raised

my curiosity little story.

What I will tell you in these pages is for me to find the true self that dwells in me , without outside world.

How is this possible , we will see how I will describe my story .

To no longer advance , retreat indeed ready to go.Smoking continues to pervade this space .

This story begins where will end.

What I tell you is to fight everything.Let's see if I can get to the end and say I did everything and nothing , as maximization of the inner self .

Has arrived here in briefly on cigarettes equaled the number of pages read why .

Let's take the fight, this will have the length of time

Sopra in hours , in minutes , in seconds.It'S Over!

I'll start where I ended up .

I'm ready this smoking pierces the window and releases into the air , I want to be this smoke there is only air .

I just want to breathe the air

I want to float and imagine what here will tell .What I do not want to do, start eventually always make the same mistakes .

The battle is far from being locked.

What I want to convey is feelings , situations and conflicts.

And the fight is on winning the being who I was .I want to

be the other, the figure chasing me .

My own awareness that alerts me and tells me : emerge  
wins you

Here I am standing , but fighting against the movement  
that chase .

My major , comes to my self. Free yourself , expand  
yourself , let me be you through me.

Started here what I will be . What are the questions ,  
proceed without flinching , behold a figure that haunts me  
.

Does, happen again and reborn to live and feel . No  
demagoguery and illusions , live what you can not see .

Because only then will you progress , get up and say.

I want to be what I am, I am me .

Being that I was and that the figure will be.

I will be as I imagine . When chasing me I will tell you  
advance .

Facing me and liberate me . Finally yet to start .

All that thought . Beware this be chasing you and the end  
to the cable you are friends .

No more sorry for this moment . Reached the end of  
torment, he touched me and whispered to me, are you  
there ?

Now is the end of the beginning that I will report here .

For now I say, just come to me and incorporates me to  
victory .

Major in me transform into thee .Possess me !

You will be the last time my odor.Yes , you'll go.

Do not show me sad with your departure.By the way I'm looking in your way .

Go as you came , of how you came .I do not want you, you are more a rambling misfortune.Your presence is an affront .

I know that for you, never won , only lost .

You're like cigarette smoking friend of the disease.

Part and go, go going that on arrival will not be there.As I said , Emano to your odor that only by ... ires gain another flavor and perfume.

Maybe you do not you may know , neither be thou in mind what provocas you.

Since I know you remember a few years.Enough now that here lies the desire to continue with you .

I'll moan in your presence initially thought , but omen for minor ailments .

Are subject and I create our connection , however disastrous and illusory pleasure to living conditions a little weak .I dare by deprivation.Because only then be light and natural , so that feeds me .

Cool, serene, warm and harmonious will be the compensation

Natural wind flowing as time always felt with its north .Air currents bafejado against us will be storms facing us , it is only natural that the smoke from the air itself .

In which we find in nature outside as inside the harmony

of the free currents.

Flowers , grows and consolidates the very root of liberation. Wills unambiguous our meeting is the very pink of the times of desert sands ranging firming reason. The go up freeing the human vulgar image , to the eccentricity of the intimate relationship that separates us .We are different , I 'm natural and organic thou art artificial and synthetic and hence not exprimas without me. Without the act that will neutralize , you'll make me happy .

I'll open the door for you to come talk to me. But I'll leave it ajar to get out soon after . Figure you are aware of your spread, consomes me patience of unrest . You are and you will be a little much importance.

We all have these stupid stages , usually in children .

But if they tell us in adults to release the child we have in us, then I had with thee a bad phase . I'm going back to the patient calm.

You can go I lock the door . Quite know why you came , but also know where thou goest .

The gap is wide , wider thought to drop you.

Flee , without me , encloses you and explodes. From the first day that your word has been my phrase , but do not tell me when the next you tell me , hello , I'm here , but certainly your trip will be a return to hard but harmonious reality so that it is either let invade , we have what we seek ? So just a word from you , that 's bye .

And you came going away starting ...

It was the last time ... miss coming to leave. A tear fell

and extinguished the cry .

The rope that binds me , is not the same that suffocates me .The node of the neck, hanging by a thread .

Estrangulas the mind and sufocas consciousness.

What you offer is a slow death rejuvenate and walking this way and talk as we have done .Never will erase the pain acutely than one blow cut the laminate raucous live.

At the top of the harrowing memory and ghostly blow.Was your dichotomous presence between being and not being.Life covered in photographic moments that all stores and instantly poured .Because you live in me out of me.Erases your destiny and live the fraction .

This timeless feel spreading the following moments .How to fly without leaving your seat .

This time does not stop because breathe and can you ever stop , what makes you breathe.

Living is as strong as the urge to breathe.But just breathing is not living .

When you leave you to live not you stop breathing.

Hence, what is that which arises in a helpless image.

Without limits or consequences , the next step.This emerging from be another every moment sweeps us what we really are , the illusion of self-flagellation cliff is to live while we are alive , what moves us is the nature that surrounds us constantly and only distracts us , I mean that allabsorption time is in- tended only illusory mind since nature reflects all frames randomly and superlatively exceeding every moment of human movement form .

Whatever arises around the figure of the self is outside that magnifies the interior, but only capture the feeling of distraction is a greater being that moves us to mother nature. If at any time , virtuous , contradictory invades you is assimilated at the instant of mind these entries can not match the learning and exit any momentum.

Thankfully surges , the immense and distant thought .

I would like to talk about ... You decide , always manobrate .

Reversing the roles says keep silent .

The flight of a word is an act .As ignore you and take you from .

You are flying around in the wind shadow .Because you hide , appearing so when you want it .

Do not you see ?

Give thyself another, you will have another friend who not your simple misfortune.

It emerges steaming up .

It was thus that counting to ten , I realized how much vislumbramento snapshot moment of the future window was open and view only the last smoke expands and as the click of the future becomes large and vast.

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