

Lawrence Saint Clar

The Little Mouse in The Kiwi - 2



Lawrence Saint Clar

**The Little Mouse
in The Kiwi**

PART 2

Collection

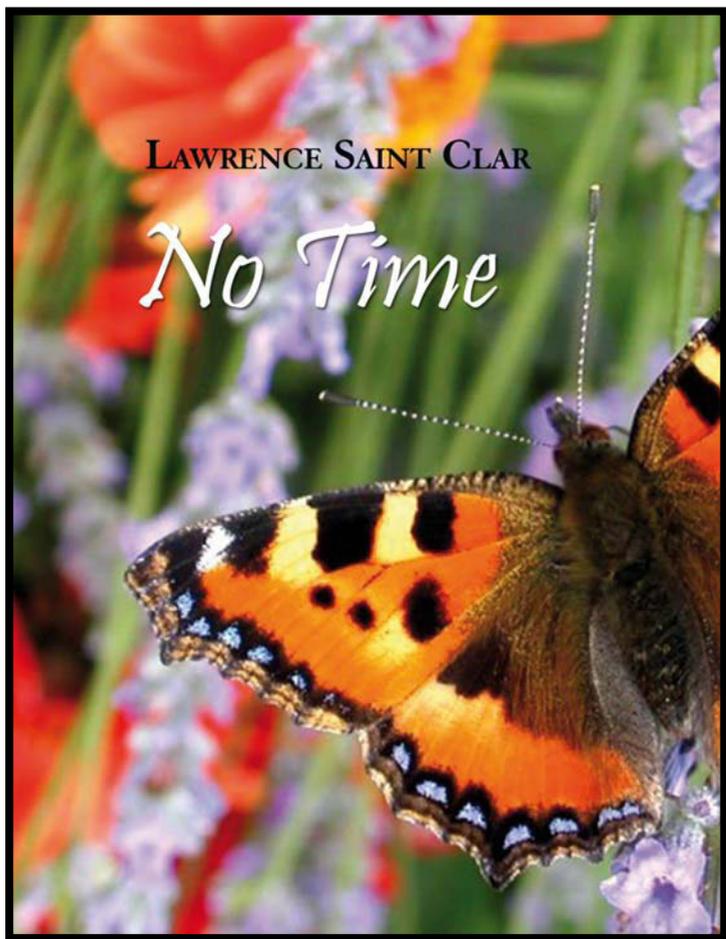
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LAWRENCE SAINT CLAR

No Time



No time...

1.

Not time to look
at the sunny sky
and the little birds
out of the window.

2

No time to admire
and smell the perfume of
a flower which is growing.

3.

No time to smile
And to say a kind word
to a relative.

4.

No time to look at a sunset,
to wonder at a starry sky.

5.

No time to know
the world around us,
its geography, its history,

the people and their customs,
and so on...

6.

No time to read a book,
or a few interesting articles.

7.

No time to enjoy
the meals of the day,
but eat rubbish.

8.

No time to wander
in nature,
in the woods,
or go to a park.

9.

No time to feel
the breeze caressing our cheeks.

10.

No time to do
enough sport,
to take our minds off things,
to get some fresh air.

11.

No time to kiss
the beloved ones,
or to give them a hug.

12.

No time to visit
the Uncle, the auntie,
Grandpa, Grandma,
the Bros, the Sis,
the old friend.

13.

No time to stroll
or to go fishing,
to take time,
to waste time,
to do nothing.

14.

No time to look at
the other who is suffering
in silence.

15.

No time to try
to understand why
this or that goes wrong,
to question that.

16.

No time to try
to understand why
a certain behaviour
led to a certain reaction.

17.

No time to try
to see with
the other's eyes.

18.

No time to choose.

19.

No time to cry,
to feel sorry, to weaken.

20.

No time to listen,
to linger on details,
we need results fast.

21.

No time to reveal ourselves,
to half-open
the door to our heart.

22.

No time to dare,
to take risks.

23.

No time for trivialities,
little but important
things of life.

24.

No time
for a joke, for a laugh,
we have to keep serious too often.

25.

No time to look back.

26.

No time to stop
to get oneself
out of a spot.

27.

No time,
we don't have time
to be overwhelmed.

28.

No time,
there is something on TV...

29.

No time,
always stressed.

30.

No time
to step back,
to stop throwing oneself into work.

31.

No time
to stop caring about our image,
our appearance.

32.

No time
to ask for help
if necessary.

33.

No time
to tame ourselves,
to know ourselves better.

34.

No time
to change our habits,
to venture off the beaten track.

35.

No time
to see the other
as someone unique.

36.

No time to hope,
to dream;
there are more important things!

37.

No time to wipe the slate clean,
not to quarrel for a trifle.

38.

No time to wait,
we always have to rush...

39.

No time to
look at the landscape,
the train is rolling fast
on the rails...

40.

No time to stop the stopwatch,
we are not eternal...

41.

No time to "slow the time"
"feeling more of life".

42.

No time to value
a peaceful, restful moment.

43.

No time to slow down,
there is always something
more important to do!

44.

No time to take
a little time
just for ourselves.

45.

No time to close
our eyes and take
a deep breath.

46.

No time to meditate,
to calm down,
to live one's life to the full.

47.

No time to love oneself better.

48.

No time to listen to our
body talking, our being,
our desires, our wishes,
our sensitivity.

49.

No time to be sick,
until sickness oblige...

50.

No time to become aware
of the beauty of some aspects of life,

the time to go
with a heart out of breath
with the soul of an old man...

Note that may help some people:

For several months (or years, I don't remember, perhaps the midlife crisis), I had been somehow suffering from not finding a real meaning to my life, to life generally speaking...

It is a kind of suffering when you have somehow the feeling that you "stupidly walk towards the brink of the abyss", if I may say so...

Everything seems somehow "stupid", "meaningless", because everything is meant to die... What is the meaning of life, we might say...

It was almost becoming a rather painful obsession. Here is the answer to my question:

Actually, we are made so that we cannot deny inside us that there is a form of intelligence beyond us.

That is why many "great minds" – if I may say so – will say the same thing... There is a God... How, why, what does he want?... It is not so clear, but he must exist and guide us more or less...

Actually, we don't need to find a meaning to our lives; we just have to enjoy, to make the most of life

whenever we can, to enjoy a moment of quietness, a bird singing, the sun shining... I believe that that's the way to see things... No need to find a meaning to life... But just to enjoy it, to feel good, in harmony with oneself, and with the others... And somehow, to trust this intelligence that many call God, that cannot be understood with the brain, but that somehow lives in us...

Little Mister Trouble

LAWRENCE SAINT CLAR



Little Mister Trouble

With his briefcase, Mr Trouble knocks at the door of your house unexpectedly, well-dressed, well-shaved, well-combed, slightly perfumed... knock, knock, knock...

1.

Nice to meet you,
I am Mr Trouble,
I was in the neighbourhood,
I would like to make
a success of my life,
be good-looking, be intelligent...
I have little things
that could interest you.
Can I please come in,
just for two minutes?

2.

Your house seems
quite pleasant!
Oh! But there are pictures,
portraits of other Troubles,
You seem familiar with the family
from what I can see...

3.

Can I please put
my sunglasses on;
I do not mean to be impolite
but the sunlight hurts my eyes,
I prefer a little darkness...
if you don't mind.

4.

You have quite a nice
living environment!
Wouldn't it be a little too nice?
There are so many troubles
nowadays, aren't there?

5.

You will see, I can
spice up your life,
make myself essential,
Just give me some time,
please, to convince you...

6.

You can only find
Happiness in fairy tales
you know?

7.

In my briefcase, I have
a whole panel of troubles,
of all colours, of all forms,
some smell, some moan,
different from each other...

8.

Come and sit down
just for a while;
come a little closer,
do not look at them
too close, let yourself be invaded
by their scents...

9.

A little coffee
would be great
or a fruit juice if you have some,
would you please?

10.

Another one would
be fine, please.

11.

See, they are so small
in my briefcase,
but as soon as you take one
in your hand, see
how bigger it gets!!...
This is almost indecent!!...

12.

No, no
It is not incense!
The little troubles
perfume your house
in their own way.

13.

It can be a little surprising
at the beginning
but you will get used
to their "pungent" scent;
It will become familiar,
And even natural...

14.

Be careful please!
You shed a tear
on a petty trouble;
He could grow, or multiply,
somehow like in
the "Gremlins" movie, you know?...

15.

Didn't you know it?
I assure you, what is good
with the little troubles is that
when you take good care of them,
give them a lot of consideration, affection,
they grow up, or multiply...

16.

There are some that
may end up their "career"
in very big troubles,
and even sing at the Albert Hall!!!

17.

You must certainly know
the international trouble

we are proud of in the family:
the "little pimple on the nose" trouble.

18.

He crossed all borders,
made a world tour.
In his way, he is a world champion!

19.

There are also
some others which are as famous.
There is, among others,
the family of complexes,
the family of little frustrations,
the family of little snags...

20.

No! The "big pains in the ass"
are not part of the family;
This is a really serious matter,
And we cannot compete.

21.

The "big pains in the ass"
are "mammoths", "elephants"
that would crush us down
as if we were insignificant,
they are head and shoulders
above us.

22.

But otherwise, to have a little "mammoth",
a little "elephant" at home,

truly seems an idea that,
perhaps more or less unconsciously,
seduces many people...

23.

You can have several Little Mr Troubles,
They are kind of like
the Japanese widgets
that shout and bawl,
the Tamagotchis I guess...
You have to take care of them regularly.

24.

You will see they will be a part of
your everyday life;
They are a bit like tobacco,
You will end up thinking you could not live
without your little Mr Troubles.

25.

You will bathe in their
somehow "pungent" odours;
you will like the little darkness
they need for their comfort,
and sometimes, you will even talk to them...

26.

Oh, of course
the rooms in your house
will have a dark side
and a little oppressive atmosphere
But how spicy this atmosphere will be!

27.

Be careful, please!
You cannot let
your Little Mr Troubles
alone for a long time,
or they can die!

28.

Be careful, please!
Do not go out
for walks too often
or take your mind off things,
You could lose some!

29.

Be careful please!
Do not look at a flower too close
with your Little Mr Trouble.
He could fly away!

30.

You know, I have
bottom-of-the-range
Little Mr Troubles,
but I also have "smarter" ones,
more "cunning" ones.

31.

Yes, for example those
that will make you smile
but will talk to your ego...

32.

Jealousy, greed,
envy, pushiness, avidity... for example.

33.

Some Little Mr Troubles
can even obsess you
and make your head swell completely
without you even noticing it.

34.

Some of them can
even obsess you for a long time;
and even better:
they can distort your perception of reality
by making trifles bigger.

35.

There you see it, your "mammoth" ...

36.

A common example:
When you are a teenager, boy or girl,
and you feel depressed
because the one you fell in love with
seems indifferent to your moves.

37.

This one is a good hallucinogenic
Little Mr Trouble!
Some have even tried
to cut their veins open with him!

38.

As you can see I have
very nice Little Mr Troubles
that can make you travel
without leaving home.

39.

You will see the world,
sadness, melancholy,
depression, anger,
confusion, irritation...
among other things...

40.

You will have
the pleasure to solve them;
The instructions do not state
a time schedule.

41.

You can do a small breeding;
They need brushing it is written
in the recommendations but if you
prefer not brushing too much!...

42.

You know, they do not
like a neat house, too "clean";
Little Mr Troubles and housekeeping
cannot keep the house together
if I may say so
(Laughs & chuckles – editor's note –)

43.

Please remember
Not to open the windows
too much, please;
too strong a draft,
Or a bit too much light
And oops! Friendships,
links disappear...

44.

Above all, never talk
to him about Einstein
(he said in a low voice);
Little Mr Troubles hate,
loathe relativity!

45.

A good point with
Little Mr Troubles is that
they try to own the house,
with more or less subtlety
if you let them do too much.

46.

Little Mr Troubles are sneaky;
You gradually get used to
their more and more
invading presence!

47.

If you give them your hand,
they will try to own your arm...

48.

You will even find some
in your bed!

49.

You will see you will even
end up forgetting
the beauty of a flower,
of a sunset or a butterfly
for example...

50.

You will never be left alone,
peaceful any more.

LAWRENCE SAINT CLAR

Overdose



OVERDOSE

Note:

I am not a naturally depressive person; but the development of this text, my thoughts, somehow came close to experiencing withdrawal symptoms.

1.

At first I lacked space
in my mother's womb;
I wanted to breathe...

2.

I needed
a lot of attention,
I lacked autonomy.

3.

I whined,
I needed hugs,
smiles; I had more or less
the impression that love was lacking.

4.

I started eating alone
like a pig, I had no class!

5.

As I guess everyone did
I relieved myself in my diapers,
I slightly lacked hygiene.

6.

However, at the time,
I had no complexes about it;
I lacked good manners.

7.

As I guess everyone did,
I cried a lot
for trifles.
I lacked discretion.

8.

I started to assert myself
by always saying no,
I lacked a bit of "yes"
(without turning a deaf "hear").

9.

I started to
be a little more aware of
the world,
I lacked satisfactions.

10.

With my brain developing,
I started to ask
a lot of questions
which couldn't be answered;
I lacked a little common sense.

11.

I went to school,
I think I started
lacking a little willpower.

12.

I made friends with boys and girls;
I got on well with them,
most often; I may have
lacked boorishness.

13.

Very early I started
to be in love,
too sensitive perhaps
I missed the other.

14.

A little bit too idealistic
I started to dream,
too high sometimes;
I lacked a bit of dry land.

15.

I more or less tried
to work well at school
I may have lacked
a little recklessness.

16.

I stuck to my studies
even if I may not have had to;
I may have lacked flexibility.

17.

I played sports,
I had fun,
like everyone
I sometimes lacked
a little seriousness.

18.

At one time, there was the army;
deep inside me,
sometimes obeying
against my will,
I lacked obedience.

19.

There was love too,
too naïve perhaps,
would I say that I lacked
clairvoyance?

20.

There was,
as often for many,
the end of the first love;
being easily in love,
I suffered to death,
I was too much involved.

21.

Too sensitive perhaps,
my eyes
sometimes lacked tears.

22.

I began to turn more adult,
I began to lack naivety.

23.

I got married,
I got a job, a child,
I was on the "road ahead",
I lacked a bit of originality
or at least marginality.

24.

Often lonesome,
I may lack friends;
but quantity does not matter.

25.

As for many,
I often lacked time.

26.

I also often lacked
know-how, skills.

27.

I often have the feeling
of lacking hobbies.

28.

As for many,
I have the feeling of lacking
a little bit of money.

29.

Caught up in the
everyday-life routine
I sometimes have the feeling
of lacking moments
when I can observe.

30.

Too often
by running here and there,
I lack moments
I can enjoy.

31.

With the multiplicity of choice
our society offers,
I lack landmarks.

32.

I do not really know anymore
what is good for me,
I sometimes lack conviction.

33.

I may trust
fate, chance too much,
I lack control.

34.

As for many
I am looking for happiness,
I may feel an
important lack of inner peace.

35.

I asked myself
questions about the meaning of life,
I lack answers.

36.

Being more mature
I have resigned myself
to some things,
I may begin to lack dreams.

37.

Sometimes I want to yell
and change
a lot of things,
I lack power.

38.

I sometimes make
efforts that remain useless;
I may lack perseverance.

39.

To do my best
is not always enough,
I sometimes lack
a little luck.

40.

Sometimes I blame myself
I lack a bit of
self-forgiveness.

41.

As for many
I may not always know
how to say thank you;
I may lack gratitude.

42.

I am not always
diligent, I lack a bit of rigour.

43.

As everybody
I have my flaws,
I lack
a few qualities.

44.

Sometimes I am looking for
an approving look,
I sometimes lack
gratitude.

45.

I look at the sky
and do not understand very well,
I may lack a bit of faith.

46.

My eyes start to
weaken, too much darkness
in this world, I am starting to
lack hopes.

47.

I always seem
to lack something,
I am overdosing on lacks...

48.

I look up, I just see
one sun, I lack vision
or insight.

49.

I look at the sky
and I understand that actually
I lack God (not religion).

50.

I look in the mirror
and I understand that actually
I lack myself (not narcissism).

Little note:

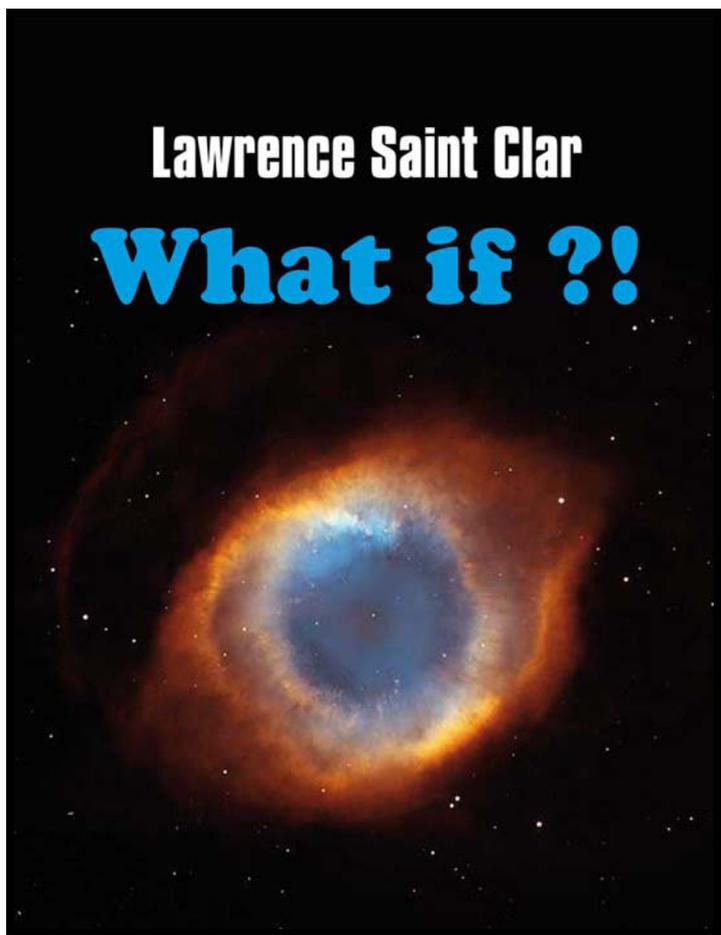
Socrates used to say:
"Know thyself,
then thou shall know the universe
and Gods."

I will add with all humility:
"Experience it,
start to tell yourselves
in a low voice "I love myself";
You will see, this could
surprise you... "

In other words:
"Love thyself,
and you will then
begin to know thyself
better."

Lawrence Saint Clar

What if ?!



What if?!

1.

What if life on Earth
was just a simple experience,
an experience to live...

2.

What if death
was only an illusion,
a "shift of the soul" ...

3.

What if our dreams were only
our own challenges...

4.

What if we lived forever,
no more time limits...

5.

What if what we are lacking
was only there
to make us desire...

6.

What if our troubles,
our "sufferings"

had for unique objective
to "light up our lives" ...

7.

What if the love between beings
was the concrete that brings us together
in front of the emptiness,
the link that keeps us from falling,
from losing ground...

8.

What if our way of being with others
showed us the warmth
or the coldness
that is inside ourselves...

9.

What if all our quarrels, our arguments,
our fights, our tensions
were revealing us to ourselves...

10.

What if all our fights,
our battles were showing us
the horror of violence, stupidity,
and the great difficulty we have
to live together...

11.

What if all our tears,
all our grief were showing us
the possible pains of the soul...

12.

What if our efforts
were constantly shining
somewhere inside ourselves...

13.

What if our advances
were constantly lighting up
our steps on the paths of life...

14.

What if each smile we got,
each victory on ourselves
could stay engraved
in a corner of our heart forever...

15.

What if our scars should
crumble and learn
how to turn to ashes...

16.

What if a century
was the equivalent
of a few years only:
or even less...
in another dimension...

17.

What if we were all peasants
sowing our experiences,
our ideas, our perceptions...

18.

What if we were all peasants
reaping the fruits we had sown,
at least most of them.

19.

What if there might be an explanation
for the inexplicable...

20.

What if life had a music,
providing we are all ears...

21.

What if one of the objectives
was to have a "better-shaped" heart,
more open to the notions of love,
of tolerance, of respect,
of open-mindedness...

22.

What is the end of life
was an achievement,
somehow like the caterpillar
coming out of its cocoon...

23.

What if, instead of
sometimes having
a heart not as light as a feather,
we could sometimes be
a bit less feather-headed...

24.

What if we had
to “learn how to love”,
among other things,
in the wide sense of the word...

25.

What if we had to try
and best achieve
what sleeps or shouts
deep inside ourselves...

26.

What if the mysteries of life
were perceptible,
engraved within ourselves... .

27.

What if in our being
there was some sort of “code”
as if we could not stand
the conception of emptiness...

28.

What if God, in
his “super greatness”,
was not as perfect
as we may think.

29.

What if God did not want
to be interpreted anymore...

30.

What if we had to
be more ambitious,
much more ambitious...

31.

What if we had
to open ourselves,
and put things into
perspective...

32.

What if we had
to open ourselves
and look more at
the bright sides within ourselves...

33.

What if we had
to feel happier, deserving,
because living is not often
an easy thing to do...

34.

What if we had
to feel happier, deserving
because we are often alone
to face our problems...

35.

What if we had to try to forgive
and go forward...

36.

What if we had to put
lighter soles to our shoes...

37.

What if we had to be
a little more confident in life.

38.

What if we had to feel
and enjoy life more...

39.

What if in a thousand years,
somewhere else,
we could have a coffee,
a beer, or a fruit juice
on a terrace in the sunshine...

40.

What if, somewhere else,
a lot of things
were solved
by themselves...

41.

What if, as in the Bible,
The last shall be first...

42.

What if, somewhere else,
what has been tied
or what has been untied
could stay so...

43.

What if all our actions, all our deeds,
in a way, were only done
for ourselves...

44.

What if we only took
away with us
everything that
we had given...

45.

What if each age in life
had its own fruits to reap...

46.

What if we stopped saying
"It is written,
it is your path,
it is your destiny... "

47.

What if we remembered
that there is not
only one road
leading to Rome...

48.

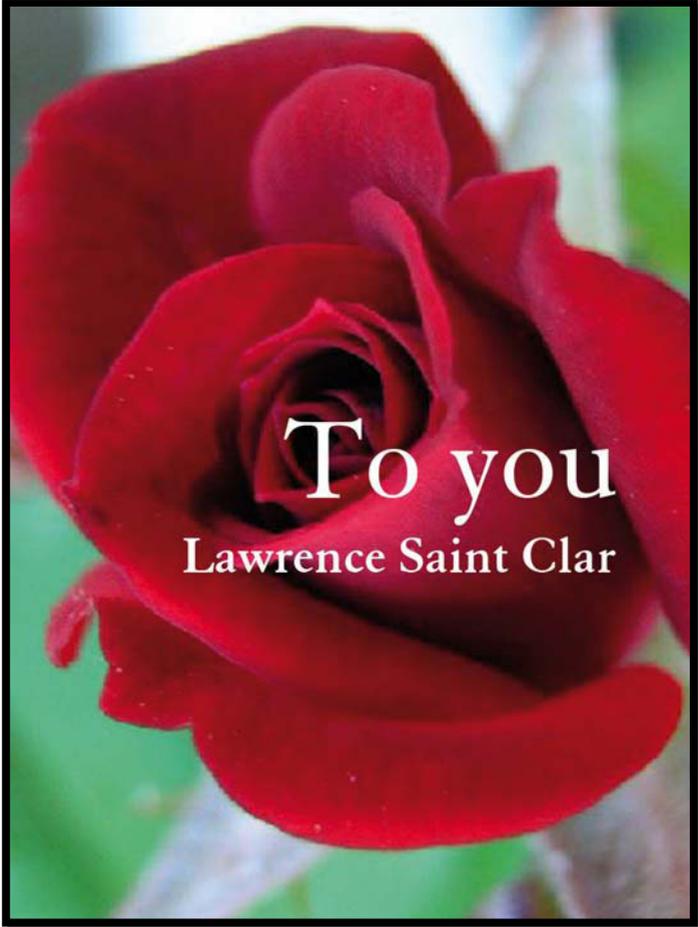
What if we remembered
that when I see an ant
I am free to kill it
or to let it live...

49.

What if when I see an ant
I wondered if I do not look like it
In a way...

50.

What if the sky was far from being
empty and hollow?



To you

Lawrence Saint Clar

To you...

1.

Your first name...
is the one I give
to my dreams...

2.

You are like
a white cloud lost
in the blue sky through which
beautiful sunbeams shine.

3.

When I think of you,
in the most beautiful
landscapes' azure,
I travel, as light as the wind.

4.

You are like the expected
onset of the beautiful season,
the beautiful weather
bringing the blossoming,
the sweet and cheerful
smell of a breeze.

5.

I thought that
Princesses like you
existed in fairy tales only;
I realise that it is even more
beautiful in real life.

6.

Last night, I counted the stars;
two were missing, I feel reassured,
I've found them, in your eyes.

7.

You are a divine light that
gives life to me;
you are
breaking my chains,
you free me from my malaise.

8.

You are giving me
giant wings and I can fly...

9.

Let me give you
a beautiful image
of Heaven.

10.

Let me pick up the
beautiful words on the
trees of happiness for you.

11.

Let me dry those
few pearls of sorrow
that are sleeping
in your eyes.

12.

Let me feed myself
on the faintest
smile of yours.

13.

Never have I found
someone like you
that intoxicates my heart
and spirit that much.

14.

If loving you is crazy,
then I will be crazy
my whole life through.

15.

I only think of you
once a day but
this thought lasts
the whole day through.

16.

I was taught that a minute
lasts 60 seconds, that an hour
is 60 minutes, but I did not know
that Life without you seems endless.

17.

Before seeing you,
I thought that the angels
lived in the sky only.

18.

Before seeing you,
I realize that I did not exist;
my life was totally empty.

19.

You are so beautiful
that when I saw you for the first time,
I had to pinch myself to check
that I was not dreaming.

20.

When I see you,
I feel as if I was breathing
through an oxygen bottle
as the feeling is so lovely.

21.

When I see you, my eyes sparkle
and brighten up with your light.

22.

Meeting you was such a stroke of luck.

23.

I wonder how a woman like you
can possibly exist, so pretty!!!

24.

You are the angel's soothing breath on me.

25.

Not only are you amazingly beautiful, but you are very clever too.

26.

Not only are you amazingly beautiful, but you are very kind too.

27.

Not only are you amazingly beautiful, but you look very sweet too.

28.

I have been looking for a woman like you for a long time; I was beginning to lose hope, believing that she did not exist.

29.

Each smile of yours is for me like a small miracle.

30.

Each smile of yours is like a sparkle lighting a bonfire in me.

31.

When you sometimes thank me,
I glide, I fly, I swirl in the air.

32.

Please never stop smiling,
there is too much light
coming from you
when you smile.

33.

I think that you do not realise
how pretty you are;
you are the sun bathing those that once
were in the darkness with your light.

34.

I think that you do not realise
how marvellous your presence is;
you have an incredible aura of well-being.

35.

This humility you talk to people with
is heartbreaking;
you have this baffling natural simplicity,
in the noble sense of the word.

36.

When I hear your voice
I feel shivers running
through my whole body.

37.

You are like a flower,
sweetly perfuming
my feelings,
my emotions.

38.

When I know that I am going to see you
You cannot imagine how delighted I feel
way ahead of time;

39.

You are like a sunbeam
that nicely warms up my skin.

40.

You are like a splendid world
where everything seems to be magic.

41.

You are the rare gem
of a Pacific island.

42.

You are like the sweet
sugar of a candy.

43.

You are the wealth
that is worthier
than all treasures.

44.

When I enter a room
in which your perfume is still hanging,
I start daydreaming.

45.

Sometimes, when you are close to me
I imagine that I could caress you
and so I feel close to fainting.

46.

When I discreetly look at you,
I think that it would only take the smallest thing
to make me the happiest man in the world.

47.

For me, you are the Star of Stars,
the only one, unique.

48.

I discreetly look at you,
and I think that winning you would be
even greater
than winning on the lottery.

49.

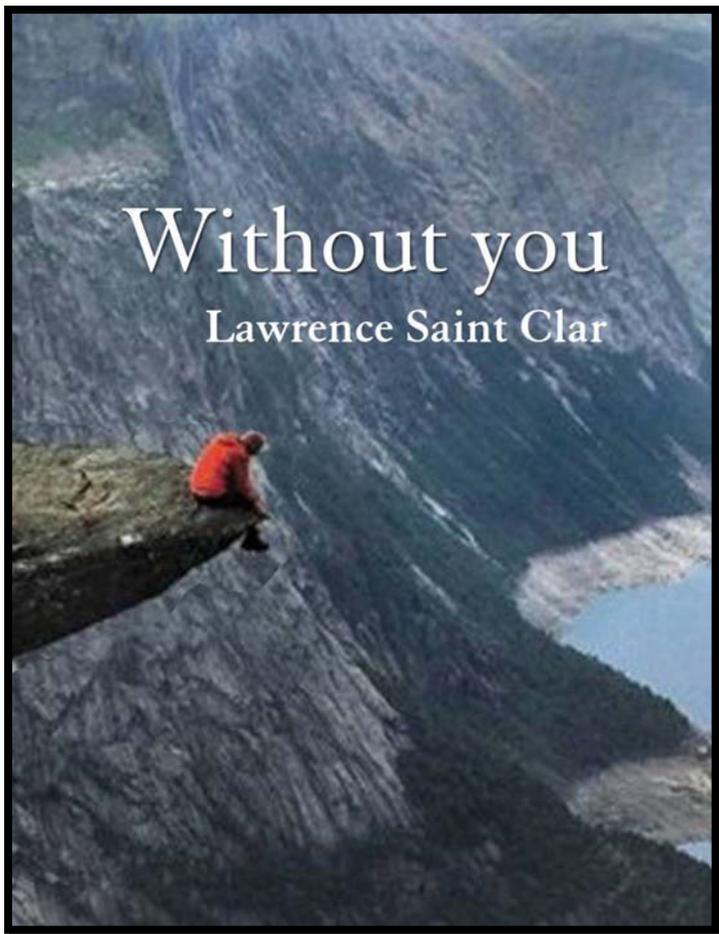
Unfortunately, I am nothing but
a banal, ordinary little worm...
In love with a magnificent
star that is twinkling with a thousand
lights way up there, so far in the galaxy...

50.

I thank you because
since the moment I met you,
in front of so much wonder,
whatever happens now,
I have known that God exists.

Without you

Lawrence Saint Clar



Without you

1.

Without you, I am meaningless,
I am just the shadow
of my shadow

2.

Without you, life is tasteless,
flavourless, colourless.

3.

Without you, my life
has no more interest,
no more meaning.

4.

Without you the day,
the night, the sun, the moon,
the rain, the storm...
nothing matters...

5.

Without you, I am always cold.

6.

Without you, I do not dream anymore.

7.

Without you,
I lose my strength,
my energy.

8.

Without you,
I do not know
what a smile is anymore.

9.

Without you,
I have got no light
to move forward on
the paths of life anymore.

10.

Without you,
I care about nothing,
I feel indifferent,
there is not a single
thing that I care about.

11.

Without you,
life is just
an endless maze.

12.

Without you, all that is left
is the darkness that echoes
my sorrow.

13.

Without you I lurch,
I move forward like a zombie.

14.

Without you, I suffer
as I have never suffered before.

15.

Without you I have
no more reasons to live.

16.

Without you
I lack oxygen,
I choke,
I am slowly dying...

17.

Without you,
I secretly cry out my tears
and I drown myself in my despair.

18.

Let me love you and try
to make you happy,
accept my new tenderness,
much warmer.

19.

Let me hug you hard,
but not too hard,
in my arms.

20.

Let me better listen
to the song of this
heart of yours.

21.

Let me caress
our wound
with my fingertips.

22.

Let me extinguish
the fire of our wrench.

23.

Let me erase
this injustice from our souls;
our past wounds
shall not destroy us anymore.

24.

Let me help you better
with all your problems.

25.

Let me make sure that you
do not lack anything.

26.

Let me take care of
all those tomorrows.

27.

Let me respect
your whole being.

28.

Let me help you
deep inside you,
to know yourself better.

29.

Let me support you better
in your hard times,
accept my difference
that may be useful to both of us.

30.

Let me guess
all your little questions,
let me give you
a lot more
than my attention.

31.

Let me gaze at
your emerald eyes,
Leave me this joy
of hoping for a fraud.

32.

Let me admire
this big diamond
in your chest.

33.

Let me in the light of yours
that illuminates me.

34.

Protect me from my fears
when you are not there;
help me not to be
sometimes weak down there.

35.

Let me take you
hovering up there
in the sky.

36.

Teach me
how to live on Earth,
become my rainbow.

37.

Let me discover
all your such mysterious treasures.

38.

Let me remove
those few pearls of grief
sleeping in your eyes.

39.

Let me give you
all the love
from my growing heart.

40.

Let me offer you
the beautiful picture of Heaven.

41.

Let me cover you
with bouquets of little kisses.

42.

Wash me from my
little rascal's behaviour.

43.

Let me open the doors
of a beautiful future for us.

44.

Let me pick up
those words
I was unable to say.

45.

Let me feed myself
on your slightest smile.

46.

Let us dance again
on the melody of our laughs.

47.

Let me protect us
from blows that may be incisive.

48.

Let us share again
the joys we had when
we were naïve children.

49.

Let me prove you
that I have understood the words
"I love you".

50.

Let me try
to fulfill all your dreams,
give me another chance,
stop this war.

Lawrence Saint Clar

The little bowl of soup



The little bowl of soup...

You like a woman, and:

1.

If she does not have
a little light
shining in her eyes
when she is talking to you,

2.

If you do not feel her heart
beating faster
when she is next to you,

3.

If she does not have
a little happy-to-see-you smile,

4.

If she does not try
to "captivate" your look,

5.

If she does not
show her body to advantage

when she knows
you will be there,

6.

If her make-up
is not especially beautiful
when she knows
you will look at her
straight in the eyes,

7.

If you do not feel
special, or even extraordinary
when she is next to you,

8.

If she does not try
to be the centre
of your concerns,

9.

If her voice is not
soft and sweet
when she asks you a question,

10.

If her look does not try
to pierce you when you answer her,

11.

If you do not feel
something frank and distinct,

12.

If sometimes she forgets
to say goodbye when she leaves,

13.

If she looks at you
with languorous eyes
and then flop,

14.

If she seems
to show an interest in you
just the time of
a conversation,

15.

If she does not
often come to you
for a chat,

16.

If you are always
the one that seems
to take the initiative,

17.

If she too often forgets
to answer you either by mail
or telephone,

18.

If she says she likes you but
you are "pending",

19.

If she does not really want
to know who you are,
where you come from.

20.

If you do not see yourself
very well in her eyes,

21.

If, when you are
complimenting her,
she is looking at her watch,

22.

If you feel somehow compelled
to be careful about
your words, your gestures,

23.

If you do not feel
quite at ease in every situation,
if you hesitate to laugh
a little too loud,

24.

If you are somehow afraid
of looking different
from what you really are,

25.

If her look is not powerful enough
to see you through your shell,

26.

If you are not really the centre of her thoughts,

27.

If what's happening
between her and you
do not seem very clear,

28.

If she would rather watch TV
than accept the date
you are suggesting her,

29.

If she does not often have much time for you,
if there is always something
"more important",

30.

If there is always
something unplanned
that postpones
what you have scheduled with her,

31.

If when she is with
her friends, her pals,
she seems to forget about you,

32.

If you do not see her
trying to use tricks to
approach you,

33.

If she says
that you are important to her,
that you are a good friend,

34.

If she sometimes comes to you
brightening up your eyes
just for a while,

35.

If she sometimes
plays the beautiful girl
the time of a little round,

36.

If only occasionally
you feel as if you were
Prince Charming,

37.

If sometimes
she seems to love you,

38.

If you understand
she has already
someone in her life,

39.

If she thinks you
are a great guy
but she keeps on hesitating,

40.

If you are fantastic
but not as fantastic
as her boyfriend,

41.

That's because she is just eating
the sweets of softness
you are offering her,

42.

That's because she
just does not really see you
spending and sharing
your nights with her,

43.

That's because
she just does not wish
to tell you about her thoughts
and secret desires,

44.

That's because she
just does not wish
to be in more intimate
terms with you,

45.

That's because she "thinks"
a little too much
about the question,

46.

That's because she feasts on
your envious looks,

47.

That's because she
just refreshes herself
with your torrid breath,

48.

That's because she
is just having fun with you
like a cat playing with
a woollen ball,

49.

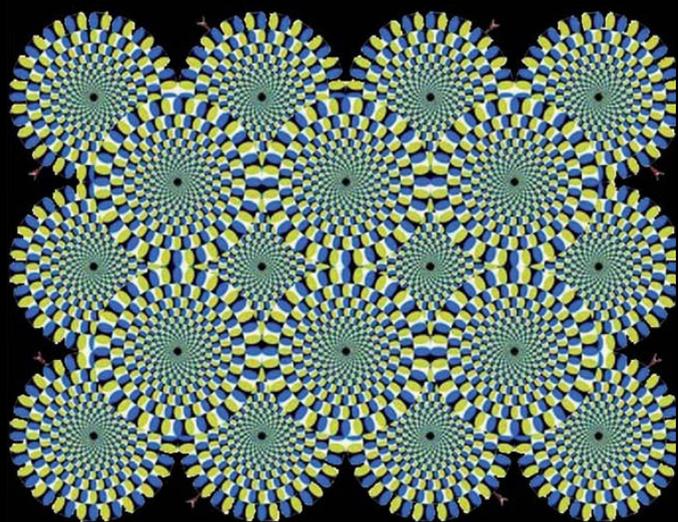
That's because she just
does not see clearly in you
or you yourself do not
see clearly in her,

50.

That's because she
is just simmering you
like a soup on the burner...
Just in case she would like to drink
a little bowl of soup...

Lawrence Saint Clar

In Our Inner Shadow



In Our Inner Shadow

1.

Contrary to what we might think
it is often quite hard
to see clearly inside ourselves.

2.

All the happiness
you may never have
can be found
within you.

3.

The inner light,
the serenity we are living
is an intense source
of happiness.

4.

It is often through
constant, persevering efforts,
that we make progress
and feel joy.

5.

Happiness is often just a middle ground
between challenge and skills.

6.

As the saying goes:
If you want to persevere,
persevere
and persevere
and keep on persevering.

7.

As the African saying goes:
The monkey learns to jump
by trying again and again.

8.

As the Chinese saying goes:
When you dig the well,
the water is unclear
before becoming clear.

9.

“Our greatest glory is not
in never falling but
in rising every time we fall.”

Confucius

10.

“Failure is success
if we learn
from it.”

Malcolm S. Forbes

11.

You can see difficulty
as a way to progress...

12.

Sometimes what holds us
in a situation are the efforts
we have already put into it;
hence the difficulty to question it
because it is also questioning
all our efforts.

13.

Sometimes, it is better
to make a U-turn
than go deeper
into a dead-end...

14.

We never go so far
as when we do not know
where we go.

Rivarol

15.

Each age bears their own fruit,
you just have to know how to collect it.

16.

Let Him who is without sin
cast the first stone...

17.

Sometimes you understand with your brain,
Sometimes you understand with your heart,
Sometimes you understand with time,
Sometimes you never understand.

18.

Sometimes you have to take
the wrong path
to realize that
it is not the right one.

19.

Sometimes the same mistakes
are repeated until
we understand them.
Sometimes we suffer because
there is something
we have not unconsciously understood.
It can even go as far as
developing diseases.

20.

We have a way of thinking,
principles that were "instilled into us"
in our childhood by our relatives
but they are not always true;
we have to learn
to "think by ourselves
and sincerely question them
with ourselves."

21.

It is not because a relative
or the uncle or the grandmother
we love a lot
thinks this that it
is necessarily correct.

22.

In psychology
there are things called "images";
these are somehow like "unconscious camisoles
that imprison our minds".

23.

When we have an image
we always face the same situation
in the same mistaken way
without realizing it.

24.

The difficulty is
that we have always thought
in the same way
and we have to try
and think differently,
in a neutral and objective way
so as to solve the image.

25.

One of the first difficulties
is first to tell ourselves:
what if indeed I were wrong
about things that seem to disturb me?

26.

We have to try
honestly, courageously and modestly
to look at ourselves 'in the mirror'
And try to take a step back
from ourselves.

27.

One of the big problems
is that I do not see these things
but I will have to try to see them
by getting inside me.

28.

What if I tried to take
the remarks into account,
what if I tried to understand
sincerely and truly
why I am told this or that.

29.

What if I were wrong without knowing it
and that was really
the source of several
of my problems?

30.

I can see only one sun
is that why
there is only one?

31.

We believed for a long time
that the Earth was flat
and that it was the centre of the universe.

32.

René Descartes,
quite a great mathematician
and philosopher of the 17th century,
the father of science

as he is called,
says that doubt is necessary to go forward
and avoid remaining fixed on our positions.

33.

I do not see the sun anymore
when it is dark outside;
what did the ancients
think of it?

34.

It is still possible
nowadays
to try and open ourselves
to close relatives
or very skilled specialists.

35.

We sometimes have to talk for a long time
and a lot to start
thinning out the nebulous layer
that makes us suffer.

36.

When you are at the centre
of yourself, you feel
wonderfully great.

37.

When you are at the centre
of yourself, you feel good, calm, relaxed,
serene, peaceful.

38.

Others can sometimes
teach us things on ourselves
that would baffle us.

39.

Sometimes problems
have distant causes;
I hurt you because in the past
I suffered because of something.

40.

I hurt you because
you neglected my sufferings,
I hurt you because
you are not aware of
how much I have suffered.

41.

I hurt you because
we did not understand each other,
then we ended up
not trying to understand each other
and I ended up with more suffering.

42.

Wounds have to learn
to crumble,
then disappear;
in a way
everything we do,
we do it for ourselves.

43.

When we pass away
we will take with us
everything we gave.

44.

We do not need
to smoke tobacco
to be happy.

45.

We do not necessarily need
to find a meaning to our lives
to be happy.

46.

We do not necessarily need
a partner to be happy.

47.

We have to be careful about mixing up
love, patience and foolishness.

48.

Love has its mysteries;
sometimes we can love somebody
and believe that we love somebody else.

49.

What seems good
is not always necessarily good
and what seems bad
is not always necessarily bad.

50.

When you do not see clearly inside you anymore,
try to listen to what your heart is telling you,
knowing that it is not always
what you could believe at first sight
but rather what you would really feel like,
to be perfectly frank with yourself.



Lawrence Saint Clar

Society,
you won't trick me

Society, you won't trick me!

1.

Society,
When I see
the guy with the white coat
praising a product on TV,
I feel like trusting him

2.

Society,
when I hear some beautiful music
in a store, I feel happier,
I am more likely to indulge myself
and buy.

3.

Society,
when, on TV, I see the lady overjoyed
because she has the right product
that will completely remove the stains,
I envy her.

4.

Society,
when I see
the picture of a refreshing
drink in the hand of a pretty wahine,

I wonder why the pretty wahine
could not be mine...
perhaps with the drink too?

5.

Society,
when, on TV,
I see the little happy and beaming family
because at mealtime everyone eats
the good French fries,
I envy them.

6.

Society,
when I see a star
scratching his or her nose,
I feel closer to him or her.

7.

Society,
when I see a star
with a few grams of cellulite,
I feel somehow reassured.

8.

Society,
when a star misbehaves,
I feast on it.

9.

Society, when, on TV,
the guy driving the beautiful car
has also a pretty lady next to him,

I wonder somehow...
If I have this car too,
will it be easier for me
to have a pretty miss
sitting next to me?

10.

Society,
when, on TV,
I see a magic product
making revolting toilets perfect,
I think that my toilets
can wait a little longer.

11.

Society,
You play with desires
and frustrations.

12.

Society,
you manipulate
in order to dominate
and enslave your followers
even more.

13.

Society,
you feed on people's brains;
You take their thoughts away
and give them back
pre-digested.

14.

Society,
you make weakness guilty,
shame on those
suffering a bit too much!

15.

Society,
you worship the body,
the physical appearance, and the leader.

16.

Society,
you would rather give
somebody a number
than a name or a soul.

17.

Society,
you want to make
life easier for people,
but what do you want in return?

18.

Society,
you only see through money,
sex and power.

19.

Society,
your heart is cold
and indifferent.

20.

Society,
you are in favour of
the citizens' standardization.

21.

Society,
you set a bad example,
but how can we change it?

22.

Society,
consumer society,
you poison all your children
with false references,
you bludgeon the minds
with your wrong ideas.

23.

Society,
fewer and fewer young people
really know what an effort means.

24.

Society,
"Trying to go over our limits"
is an expression disappearing
from your vocabulary.

25.

Society,
you do not know anymore
what "to go through hard times" means

in order to try and reach
your objectives.

26.

Society,
you tend to believe
that everything has always been easy.

27.

Society,
you are getting
more and more impatient,
you do not know
how to wait enough anymore.

28.

Society,
you create frustrated beings
who can become evil, or thoughtless...
Would they have turned this way,
otherwise?

29.

Society,
you have got children roaming
the streets late at night,
and whose parents are hopeless
and do not know what to do anymore.

30.

Society,
fortunately you also have
instructors committing themselves

body and soul
to try and counter you.

31.

Society,
you do not know how to say
"Hello, Thank you, Good bye!"
anymore.

32.

Society,
you forget that the little things
are also often the biggest.

33.

Society,
people are getting
touchier and touchier.

34.

Society,
everyone believes that
the other wants to try to trick them.

35.

Society,
people are tired, stressed, worked up,
even worn out sometimes.

36.

Society
TV and videogames
are increasing in scale.

37.

Society,
we read less and less,
we also think less and less.

38.

Society,
insecurity and violence
are never very far.

39.

Society,
you try to take the dreams
away from a lot of people.

40.

Society,
nowadays, how many
depressed, neurotic,
or suffering people...

41.

Society,
when will you stop developing?
Will you explode like
the balloon we blow up?
or will you create even more sick people?

42.

Society,
we are not living anymore,
we are moving forward, that's it.

43.

Society,
you make us anxious,
everything is too fast,
and we do not control things
very well anymore.

44.

Society,
seasons, years,
decades are passing by
and your problems are still there,
and even worsen.

45.

Society,
you are losing your colours
and becoming
pale and greyish,
more and more.

46.

Society,
many pupils pass on their unhappiness
at school,
one of the reasons is
that you gave them
wrong values.

47.

Society,
you are not aware of
the image you give!

How can you be changed?
by redistributing dreams,
points of reference?

48.

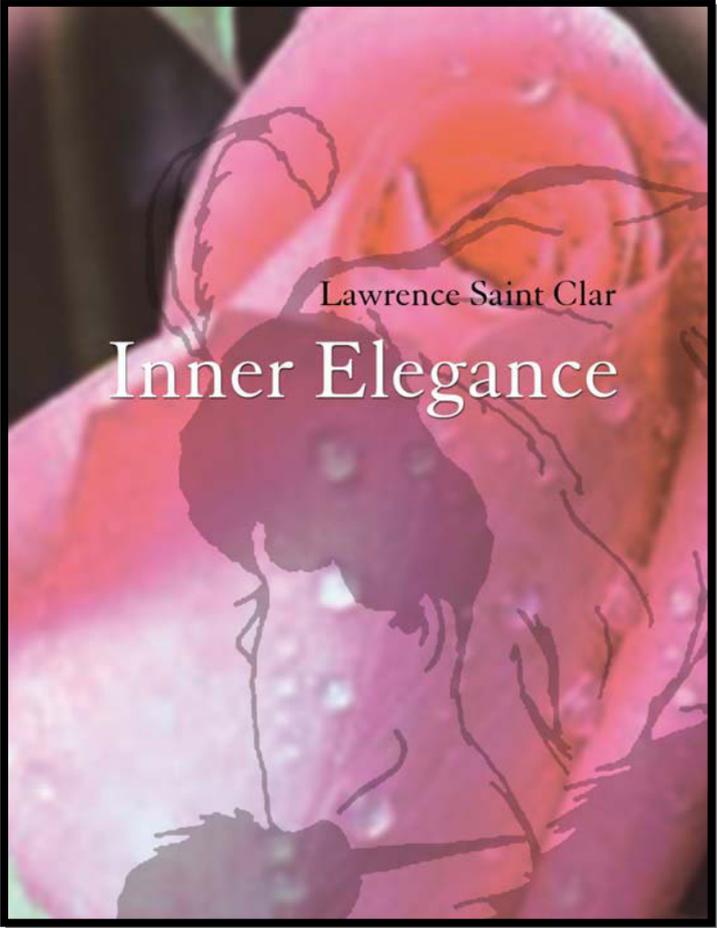
Society,
do we have to learn how to make efforts again,
do we have to give taste,
sufficient strength,
and hope again?

49.

Society,
I think the first thing we have
to learn again is how to say
"Hello, thank you,
Good bye!"

50.

Society,
just like French singer Renaud
says in his song,
everyone should
one day say to you:
"Society,
you won't trick me!"



Lawrence Saint Clar

Inner Elegance

Inner elegance

1.

Appearance matters a lot,
but is no great wealth.

2.

Not always an easy thing,
even a difficult one,
to really love oneself.

3.

Most of the time everything
always seems to tell us:
"You are not good-looking enough,
You are not good enough... "

4.

Somehow,
a glance thrown at you
is a hurtful glance.

5.

You are not good enough
at Maths, French, PE...
Hide your face...

6.

You have some
curves here and there...
Hide your face...

7.

You are too tall,
too small,
You are handicapped...
Hide your face...

8.

You haven't got the fashionable sneakers,
the clothes you would need
to look good...
Hide your face...

9.

Are stars admired
for what they really are,
or because
everyone looks at them?

10.

There are also stars
trying or succeeding
in committing suicide.

11.

The look of others is important
but you had better
not be dependent on it.

12.

We cannot live
without the others,
we share and see where we are
compared to the others.

13.

Someone can be
quite skilled in a particular field,
but also very bad in other fields...

14.

Everything always seems to tell us
that we are not good enough,
that we cannot be up
to the situation...

15.

The media know it
and use this argument
to achieve their aims.

16.

The pretty girls or
the handsome boys only are adulated,
especially on TV.

17.

With people in general
the eyes glance away;
For most of them,
we are invisible,
they do not see us...

18.

Often, friends
do not understand us
very well...

19.

Neither do the family,
we may not be
fully understood.

20.

Neither do we,
we do not always understand
ourselves very well.

21.

As the song goes:
"We're always alone in
this world... "

22.

Moreover, there are often
problems too,
which seem to remind us
that we must have had difficulties
in managing some things.

23.

There is also stress,
tiredness, irritation
which can explain that
we do not always feel quite ourselves.

24.

Sometimes, there is just our little pet
that seems to understand us...
One might say.

25.

All of this put together
often gives us
a bad opinion of ourselves
during the day.

26.

There is also this underlying
existential anxiety
that makes us think
that if we do not go forward,
we will go backwards...

27.

We have to be constantly moving,
have motivation, aims, objectives,
if not, despair seems more or less
to keep an eye on us.

28.

And then there are also sometimes
very stupid life's trials
that we hear about,
that we can see about everywhere,
about which there is almost nothing
we can do and that make
our little well-being insecure...

29.

As Woody Allen
would say:
"If God exists,
I hope he has a good excuse!"

30.

It's not always an easy thing
to love oneself,
to be pleased with oneself,
to feel good with oneself.

31.

There always seems to
be something reminding us
we are not good enough...

32.

You see somebody
who's good-looking,
they do not look at you,
it hurts somehow!

33.

You've given some help,
You've made an effort,
no one thanks you,
it hurts somehow!

34.

You smile, you are polite,
you are ignored or rejected,
it hurts!

35.

The others' indifference
always seems to tell us
that it is because we
"are not shining enough".

36.

What must we do
to deserve to be loved
the way we would like to?
if I may say so.

37.

From there often settles
profound discontentment
where the individual has the feeling
of being in a "no man's land".

38.

Conclusion:
Everything leads us to think that to love ourselves,
we must please, look good.

39.

To love oneself
with one's qualities and weaknesses
is not at all as easy as
one might think...

40.

We always have to counter the little voices
that seem to deny it.

41.

"You're not up to it,
You have made a blunder again!
You will never get anywhere!"

42.

"I do not love you,
I do not love myself enough anymore!
I am suffering."

43.

Like everyone,
I think we need
the others' confirmations
to strengthen our
own image.

44.

We are unconsciously
looking everywhere for
those "confirmations"
in every possible form.

45.

Our everyday-life may be seen
as a fight
between the positive and the negative
towards us.

46.

We have to struggle with
"the negative waves"
towards ourselves.

47.

We have to develop our faith in ourselves,
our self-confidence;
Happiness is mainly
being happy with ourselves.

48.

Being pretty is not enough
to be beautiful;
beautiful eyes and delicate features
do not make somebody's worth.

49.

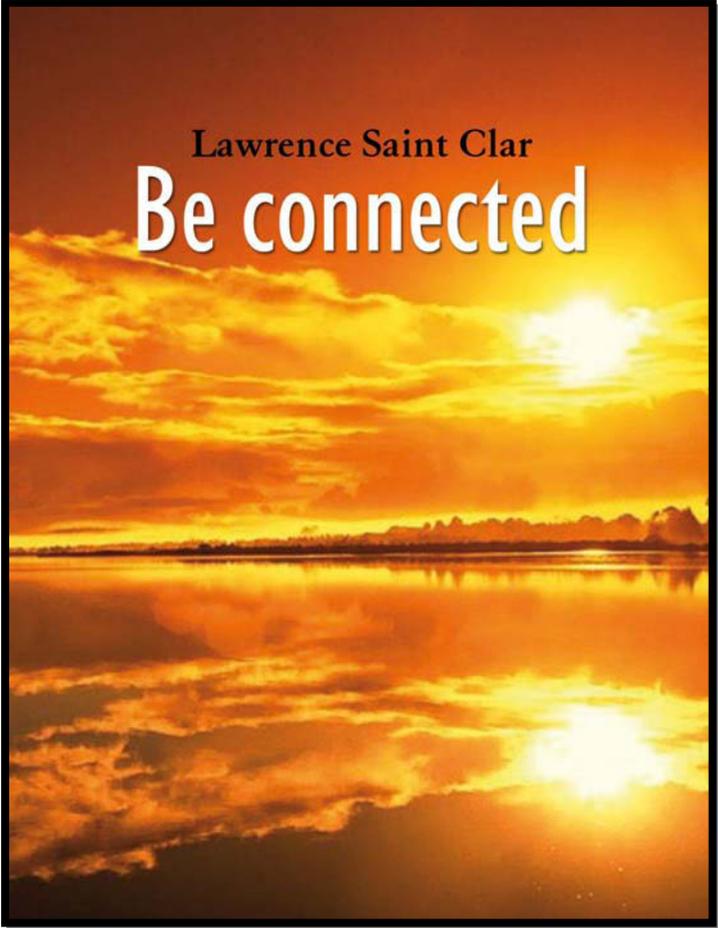
I would say that what makes somebody's worth
are the invisible efforts they make
to try and be someone good.

50.

We would call this
"inner elegance"
and how we see this elegance
in others depends
on our own elegance.

Lawrence Saint Clar

Be connected



Be connected

1.

When you are feeling
very well, light, Zen...
well focused on yourself...

2.

When you feel you have cut the cord
with your trouble, your problems...

3.

When nothing seems
to disturb your inner peace...

4.

When the temperature is perfect,
when the landscape is beautiful
and the sun often
shines in the blue sky...

5.

When you feel
relaxed, calm, peaceful, serene...

6.

When life seems
beautiful, pleasant, or even wonderful...

7.

When you have the feeling
to stand back
from things...

8.

When you are feeling
good, not tired,
not stressed, rested...

9.

When you have
the feeling you think
clearly and easily.

10.

When you have the feeling
that you could understand
what you could not before...

11.

When you are feeling
greater within you,
more indulgent, more understanding...

12.

When you control,
when you surpass yourself...

13.

When you start
to have more trust in life...

14.

When inwardly, you say:
"Indeed, there may be..."

15.

When almost everything starts
looking too beautiful,
when you see the details...

16.

When you become aware of
the detail you get in everything,
more and more minor details...

17.

When you look
toward the infinitely great,
or the infinitesimal...

18.

When you marvel
at your sight,
your hearing, your smell,
all your senses...

19.

When you forget about
your "dark side",
when you are happy
about showing a positive
image of yourself...

20.

When you have “added fuel to the flames”
and that “everything is fine for you” ...
as the song goes...

21.

When, sometimes, at night, before falling asleep,
you spend some time staring at the stars...

22.

When you would forgive
the almost unforgivable...
but without forgetting it...

23.

When your life seems to be
many and few things
at the same time...

24.

When you realize that after all,
we are just passing by on this Earth,
for a few decades, generally speaking...

25.

When you realize that
time goes by fast enough after all...

26.

When you realize that
our lives globally belong to us
but for how long?

27.

When you stop suffering,
but when, at least, you feel alive...

28.

When you do not really want
this well-being to stop,
either temporarily, or one day forever...

29.

When secretly
we hear ourselves shouting
"I am worthier than a stone,
it cannot stop straight one day!" ...

30.

When you stop thinking,
but start feeling...

31.

When you think of all these men
and women that, one day, intimately, must
have asked themselves the same questions...

32.

When you feel so tiny
in front of so much "greatness"
around you...

33.

We could wonder:
"If God seems so far from you,
guess who moved away?"

34.

We could wonder:

"God is omniscient,
does it mean he knows
each atom of the universe?"

35.

We could wonder:

"God is omnipresent,
does it mean he is everywhere
at the same time?"

36.

We could wonder:

"God knows everyone,
every thought, every intention?..."

37.

We could wonder:

"God knows everything,
sees everything, hears everything...
even the little toad in the dark
that is watching the stars
in some remote part of the forest
hidden under the leaf of a tree... "

38.

We could wonder:

"We have free will
but we evolve in His world."

39.

We could say:

"God did not come to

explain away suffering, or to remove it.
He came to fill it with His presence."
(Paul Claudel)

40.

We could say:
"All battles in life serve to
teach us something,
even the battles we lose."
(Paulo Coelho)

41.

We could say:
"Only the tree that
has been effectively attacked
by the wind is really strong,
because it is in this fight
that its roots grow stronger."
(Seneca)

42.

We could say:
"What highlights a man's worth are the difficulties."
(Louis Adolphe Thiers)

43.

We could say:
" Pray as if everything depends on God,
but act as if everything depends on you "
(Gilbert Keith Chesterton)

(And we could add:
note: avoid giving
meaning to reality)

44.

We could say:
"There is no real light
where there is no real darkness!"

45.

We could say:
"God is Love and does not have a sword."

46.

We could say:
"Somebody is really
worth what they are worth
in the eyes of God,
nothing more."
(Saint François de Sales)

47.

We could say:
"The universe puzzles me
I cannot consider
That this clock exists
And has no clockmaker."
(Voltaire)

48.

We could say:
"If we don't change,
We don't grow.
If we don't grow,
We aren't really living.
Growth demands
a temporary surrender of security."
(Gail Sheehy)

49.

We could say:

“God is always
there around you,
in the good times,
but also in the bad times.”

50.

That is why we
could also say:

“Try to be connected!”

Lawrence Saint Clar

**Add some yellow
in your neurons**



Add some yellow to your neurons

1.

It is not always easy
to stop thinking
about something
to order.

2.

When suffering settles,
it sometimes turns, without us noticing it,
to obsession.

3.

We cannot always say:
"I stop thinking about it,
and that's all there is to it."

4.

The fact that we try to stop thinking
about something
makes this thought
stay in our mind.

5.

Obsession can be seen a bit like
chewing-gum stuck in "the mind's hair".

6.

We cannot immediately
stop thinking about something
but we can still think of other things.

7.

If there is blue liquid
in a carafe
and if you add some yellow liquid,
there will be green liquid
for some time.

8.

If you do not add any yellow liquid,
your blue liquid may become
darker and darker.

9.

Darker and darker blue
really looks like black...
a bit as if you wore
black sunglasses all the time.

10.

Your area of freedom
in your conscience
tends to shrink away...

11.

Breathing, getting fresh air
in your area of freedom
is getting less and less possible...

12.

You have to react quickly
or you may become
mentally ossified.

13.

You have to add some yellow liquid,
some sunshine in your head right now,
or at least try to do so...

14.

A little walk in nature,
seeing friends, discussing, talking,
having a close look at problems
can help...

15.

Try to take
your minds off things as we say,
even if you do not
have the strength to do so
at the beginning.

16.

It must really be discouraging
if obsession and suffering come back,
especially since they become
"heavier and thicker" with time.

17.

You have to try
and rid your head of 'parasites' ...

18.

You must try to take a step back,
to put things into perspective,
to minimize, to get
more flexibility of mind,
to control your thoughts more,
to let go...

19.

At the beginning,
you will not be able
to stop thinking about it
and it can sometimes last several months...

20.

Getting rid of 'parasites'
is an active process
that often lasts a long time.

21.

We fill our conscience
by thinking of other things...
Add some yellow...

22.

You have to try to take stock
of what could help you
to think of other things.

23.

See friends;
human contact is often
filled with positive energy.

24.

Practise sports; a good session
can clean your mind.

25.

Seek the nature's contact;
a good walk in the woods
can be revitalizing.

26.

Watch a good film
on TV or at the cinema,
listen to beautiful songs...

27.

Laughing, having fun, dancing,
partying can also be
palliatives
even if we do not really feel like it
at the beginning.

28.

Go to the swimming pool,
to the market, to the junk market...
in a few words, keep moving to
"avoid the mental sclerosis
that we can see ahead
with parasites."

29.

The sufferings lose
some of their impact
but do not totally disappear
and in a moment of weakness

can come back stronger;
this is because the wound
slowly heals itself and can open again.

30.

Generally speaking, it is not enough
to realize that we misunderstand a situation,
we still have to make it leave our mind.

31.

For example, you can
realize that a behaviour
is ridiculous and feel
all the anxiety or discomfort
it creates.

32.

You can fall in love
with someone
and not especially love him or her,
simply because
he or she fills your "lack of love"
that was dug by disappointed illusions.

33.

You can strongly
fear something
and be almost paralysed by it
and yet know that
the risk is minor.

34.

Even when reasoning
and perception become right,

the negative emotions that were created
and the wounds are still there
most of the time.

35.

Then, deep within,
a crack appears between our emotions,
our feelings, our desires
and our thoughts;
there is something like
an attraction force
from which we have to try
to escape.

36.

The plane or the rocket have to leave
the take-off gravity to then flyeasily...

37.

We are not all equal
in front of the difficulties;
everything depends a little on our sensitivity,
our personality and on the weight
of our past problems.

38.

Adding forty pounds on our shoulders
when we are already bearing a hundred
is not the same as when we are only
bearing ten.

39.

Somebody will be more sensitive to heart issues,
somebody else to anxiety, stress,

or courage or self-control issues
or other issues...

40.

Our work, family and leisure environment,
our relationships matter a lot
in how we see the things around us and the world.
It can even strongly mislead us.

41.

Unconsciously, we tend
to extrapolate from the world
around us, which is wrong.

42.

In our everyday-life,
we often see the same faces
and without realizing it
we are under their positive
or negative influences
more than we might know.

43.

That is somehow why it is often good,
on the relationship level,
to know several different people
and try to open to others.

44.

There are often interesting things
to discover in others, may it just
be a different point of view,
why not?

45.

The important thing, in my opinion,
is to try to take a step back
from things,
to have some flexibility of the mind,
and put things into perspective.

46.

The important thing, in my opinion,
is to try to avoid
being bogged down
in painful thoughts.

47.

Taking our minds off things regularly,
while trying to have some fun,
can be seen as mental hygiene.

48.

Do not let yourself be
bogged down in the swamps
of painful thoughts,
because the more bogged down you are,
the harder to get out it will be.

49.

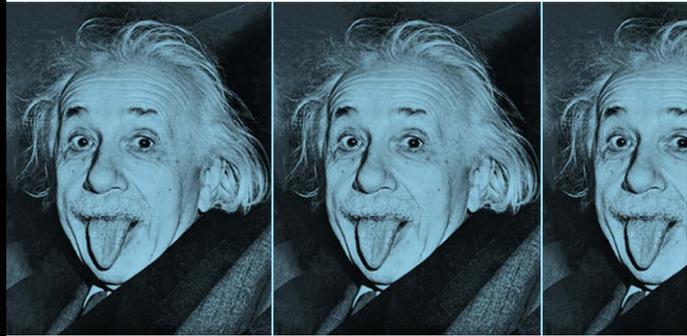
Trying to keep
some mental fitness
is very pleasant.
(This does not mean
not to solve a problem
but rather to avoid
lingering on it
too long).

50.

Trying to keep some mental fitness,
while trying to enjoy life,
requires some work,
and can be seen as some hygiene,
some life discipline to master...
Add some yellow to your neurons...

Lawrence Saint Clar

THE TIME ATOM
or The Universe by Impulses



THE TIME ATOM

or The Universe by Impulses

What you are going to read can sound “weird”, even hare-brained, but why not? The initial idea of relativity also sounded weird in its early days... Thereafter... You will find a few little ideas that are a bit “hare-brained” ...

1.

What is time, if not movement, change?

2.

Time stops, the universe is frozen, totally still...

3.

We supposed that at some time we would not be able to divide the matter anymore, that there was something extremely small and indivisible: the atom.

4.

Time stops, the universe is frozen, totally still, no atom is moving...

5.

When I drop a pen,
it falls but every time
it must fall
half of the half distance left...
And this infinitely... which seems
impossible...

6.

I think that we cannot
always divide time,
that there is a "time atom".

7.

Between a "time atom t"
and a "time atom t+1" situation,
time is frozen.

8.

Time would be discontinuous,
we would always go from
"the time atom t universe" to
"the time atom t+1 universe"
etc, etc,
and without us noticing it...
Time would be
marked by stops and starts...

9.

How many time atoms
are there in a second?

10.

According to Einstein,
the light-speed
is the same in
every point of reference
(to make it simple),
in every direction,
which seemed absurd at first sight
and yet was right.

11.

Would the light between two situations,
time atom t and $t+1$, move over
the same space?!

12.

Would the light use
a particular way? The light
goes through
the empty space...

13.

Let's now imagine an
observer outside the
universe, who would have the energy
to switch from a time atom t situation to
a time atom $t+1$ situation:

14.

He could either speed up or
slow down the time
in a way...

15.

If I may say so, between two situations, a few billionth seconds, a few minutes, a few days or even more or less could pass, in his own time...

16.

He could even, if we extrapolate, stop the time and go for a two-week holiday with his wife and kids?!!!... We wouldn't even notice it!!!

17.

So, where would this feeling of a time continuity come from?

18.

From the way we are conceived? From the way we are?

19.

Wouldn't we notice the "time variations"?

20.

Time would be a series of contiguous time atoms...

21.

Between two time atoms,
the universe would be frozen,
time would not exist for us.

22.

How could we measure
the time atom?

23.

I do not really know.
Maybe we could look into the matter atoms
and see up to what point we could divide them?
This may be the
limit...

24.

What would the smallest
existing variation be?

25.

At the big bang level, we
cannot go back any further
than 10 raised to the minus
 43 seconds, I think?

26.

The idea of a time atom
can sound strange but
couldn't it also explain
some things?

27.

The universe would be a juxtaposition of moments, in a way...

28.

An observer who would give the movement energy could live and "manage" his world at will?

29.

He "might also manage" other things...

30.

The "time in the other reality" (the observer's) would be relative.
Who knows? 5 years in his world would equal 100 years in ours, for example?

31.

In the same way, what would exactly be an atom of matter?
A grain of energy?

32.

What is energy, exactly? It is what "enables things to be done" ...

33.

Antoine Lavoisier said:
"Nothing is lost, nothing is
created, everything is transformed".

34.

Would there be an original energy
that would be preserving itself, but with
various shapes?

35.

Where does it come from? Where
would this
"original" come from?

36.

If time is
change, a fortiori, a
"jerky movement",
would life be a bit like a
three-dimensional film
unfolding?

37.

Has this "three-dimensional film",
been written beforehand?

38.

I do not think so, we have our
own free will,
extrapolating, couldn't we
say that "we would be in the
3D film", in a way?

39.

In a few words, what is life exactly?

40.

Would it just be an advanced stage of complexities?

41.

What is thinking, exactly, if not ranking our choices, in a way?

42.

Still extrapolating, could a computer system that would be complex enough think by itself?

43.

One day, could man "create life", a computer life? Would it only be Sci-Fi?

44.

Could this complexity give birth to feelings, emotions, love and hate?

45.

From this complexity, could there be something like a "distillation phenomenon"

to create an "immortal
soul"? Or at least,
an immaterial entity?

46.

Would not there be an
"outward observer" giving
energy, impulsion,
to make the world
go round?

47.

Driving your imagination
a bit further, if it is
his own world,
wouldn't he know it well?

48.

Would there be,
as with the computer,
a kind of "remote maintenance",
between the outward observer
and me
when sometimes I am
in control, sometimes he is?

49.

Would the "parameters of the
3D sequences" be stored
somewhere?
Could some situations be
"recreated" somewhere else?

50.

Okay, I will stop there...
Let's now come back to
dry land, if you please...

I will end this by quoting Sir Einstein:

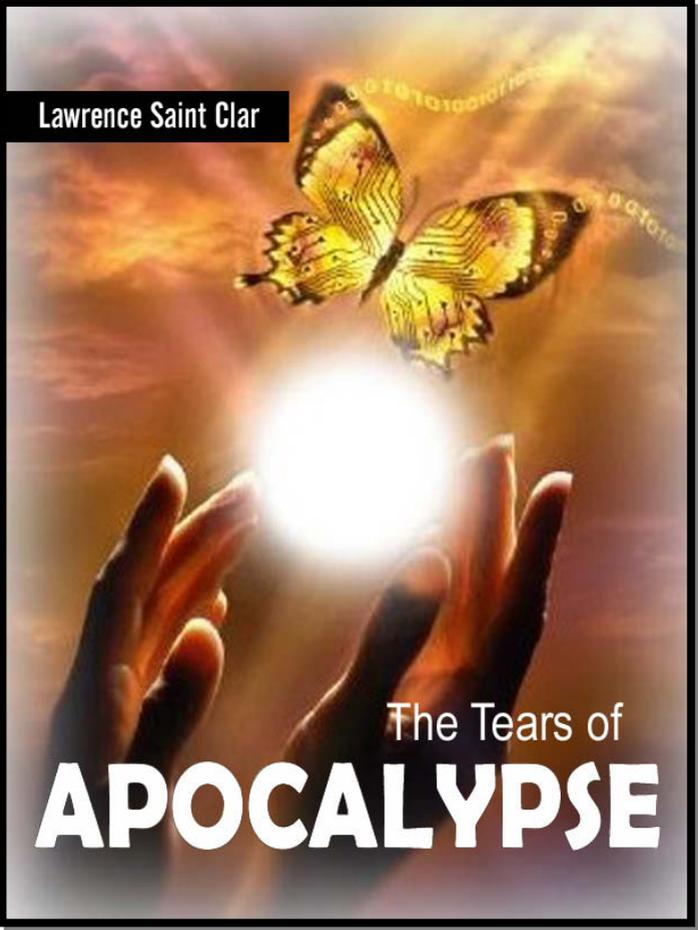
"Two things are
infinite: the universe, and
human stupidity, and
I am not sure
about the universe."

I would modestly answer him:

"I do not think
the universe is infinite."

I would add:

"I think that the universe
is independent and has its
own laws, and that there is
a bit of God everywhere in the universe."



Lawrence Saint Clair

The Tears of
APOCALYPSE

The Tears of APOCALYPSE

We hear a lot about the apocalypse in the media; it is true that this mercantile idea has something terrifying but could still be regarded from a different point of view:

1.

Would it only be
tears of joy and of wonder?

2.

Would it only be
consciences trembling
when facing
the Divine?

3.

Would it only be
tears extinguishing
the fires of concern and
despair?

4.

Would it only be
the reunion of beings that
we thought gone forever?

5.

Would it only be
the release of some faith
too smothered by doubt?

6.

Would it only be
sighs that want to
get their breath back?

7.

Would it only be
the discovery of a horizon
where everything seems to become
possible?

8.

Would it only be
the feeling of a sky
opening in half towards
the Kingdom of Heaven?

9.

Would it only be
a surprise, a wonder
constantly growing?

10.

Would it only be
tearing up all our weaknesses,
our pettiness, our jealousy?

11.

Would it only be
giving up our
wrong and bothering
convictions?

12.

Would it only be
the healing breath of some mercy?

13.

Would it only be
compassion for the whole
mankind?

14.

Would it only be
a reversal of opinions,
of considerations in which...
"the last become first" ... ?

15.

Would it only be
the dreams bursting
and the ideals becoming
brighter and more colourful?

16.

Would it only be
the feeling of not being
alone in the world anymore?

17.

Would it only be
walls falling down in the
people's heads?

18.

Would it only be
flashes of lightning striking
the too heavy and too thick
imagination?

19.

Would it only be
doubts fading away
and love reinforcing?

20.

Would it only be
a naked soul
that does not want to
hide anymore?

21.

Would it only be
bonds growing stronger or
bonds breaking down?

22.

Would it only be
a harvest where everyone
reaps what they
have sown?

23.

Would it only be
the thunder rumbling in
too misty minds?

24.

Would it only be
an obvious thing speaking for itself
and that turns our
look upside down?

25.

Would it only be
lights burning out
sufferings?

26.

Would it only be
tsunamis of joy and
love surging on the whole
mankind?

27.

Would it only be
problems
fading away?

28.

Would it only be
some awareness that, somehow,
we are all the same?

29.

Would it only be
rifts and collapses in
the pride's crust?

30.

Would it only be
the crumbling of whole
parts of old, outdated and
uncalled-for customs?

31.

Would it only be
shouts of wonder going up to the skies?

32.

Would it only be
farewells to torments that
sometimes gnaw at us?

33.

Would it only be shifts of appearance?

34.

Would it only be
the flames of the ego
going up in smoke?

35.

Would it only be
deep remorse for
our scurvy actions?

36.

Would it only be
regrets for not having
believed enough in life?

37.

Would it only be
the terror and the dread of
the beast that is somehow
inside every human being?

38.

Would it only be
the obligation to stare at
our dark side?

39.

Would it only be
the splitting of our two faces,
one being and the other appearing?

40.

Would it only be
waves of sharing
where the shadow
is next to the light?

41.

Would it only be
a feast, a party
where everyone would be invited?

42.

Would it only be
a quenched thirst?

43.

Would it only be
a recognition of the righteous?

44.

Would it only be
a last look in the mirror?

45.

Would it only be
a raising of the conscience
standards?

46.

Would it only be
massive mental exodus
towards the "New Man"?

47.

Would it only be
prayers revolving
high up in the sky?

48.

Would it only be
a new world taking shape,
a new way of life emerging?

49.

Would it only be
a new dimension of the
human being?

50.

Would it only be
reality changing its envelope,
shedding its skin like a snake?

Lawrence Saint Clar

« Oh mon bateau »



“Oh mon bateau!”*

1.

Sometimes, when we feel rested, cool and refreshed, we have an energy boost and would be ready to do a lot of things...

2.

We are enthusiastic, and we see our future with a new image of ourselves, more rewarding for us, and for the others.

3.

At the right time, here we go; the “Beaujolais Nouveau” is there, we could say...

4.

We find this situation quite often in the New Year’s resolutions, or for a special celebration, like a birthday for example...

*The title refers to a popular French song in the 1980s.

5.

At the beginning, we have
a blind belief in it, we are ready for a
new way of life.

6.

Sure, but after a few
days, we often lack
motivation.

7.

The so rewarding project
loses a bit of its colours,
of its strength, of its "panache".

8.

We begin
to believe less in it,
we begin to be overcome by doubt
and we often give up,
we stop the changing
process.

9.

Why? I would say
because we
could not steer a steady course.

10.

When it becomes difficult,
with a bit of tiredness
we have doubts about ourselves
and our own desire.

11.

The project that seemed so attractive, more or less unconsciously... we have questioned it!

12.

I will never make it!
I was wrong about what I wanted!
I was wrong about myself!

13.

The rewarding image of ourselves we secretly wanted suddenly loses some of its brightness.

14.

"As life is detergent, and as it cleans people..."
Alain Souchon says in one of his songs.

15.

We thought we could get a more positive image of ourselves and we often end up with a negative image because we did not manage to achieve what we wanted.

16.

After some time, we often try again,

and we often fail
in the same way.

17.

We secretly struggle or
we end up, giving up,
we resign ourselves to it.

18.

“Triumph without peril
brings no glory”
as the saying goes.

19.

We put up with it,
somehow with a comfortable reason.

20.

It would not come to our
mind that it may be
because we were
not psychologically
well-prepared to the effort
that had to be given.

21.

A Chinese saying goes:
“What an idiot does, another
can do it too”.

22.

I am not talking about some
physical or intellectual

abilities, which are not always
the same for everyone.

23.

Everyone cannot
sit for Harvard, or become
a top sportsman.

24.

But then again...
with enough time
and the necessary will...
but you also have to live...

25.

There are several types of
intelligence: athletic,
artistic, practical,
scientific, literary etc.
The intelligence of the heart being
the most beautiful one, in my opinion.

26.

I think that if you
really want results
in life, you have to give
yourself all possible means,
in the general sense of the word.

27.

If you want muscles,
strength, stamina,
perseverance, experience

practice, mastery... All that will not come by itself.

28.

Will is not enough, but you must
"start the machine";
we could say "think like,
act like, think for, act for..."
and this in our everyday life.

29.

"Every long trip
begins with a first step",
or "to move a mountain,
you have to start moving
the first stones".

30.

As a saying goes:
"if you want to persevere,
Then persevere,
and keep on persevering."

31.

I could say: "Before being
at the top,
you must start
at the bottom."

32.

"A will" does not always
mean "a way",
you must also "know".

33.

Know how to avoid hurdles,
face them, go over them,
anticipate them.

34.

Knowledge gives you power;
power over yourself,
but also power over the others,
in what you do,
in what you choose.

35.

However, the fact to be good,
very good at something
does not make somebody's worth.

36.

Discouragement can come
from some ignorance of
the situation, of the
existing possibilities
inside or outside you.

37.

A sudden feeling of fatigue,
a bit of depression
and we may tend to
throw in the towel, give up.

38.

"The so beautiful things
that we wished for

may just have been
unrealistic.”

39.

The humdrum, the routine,
the often-trivial everyday life,
the fact we have not moved
forward much after several efforts
can get the better of our motivation.

40.

The objectives become
less clear, less certain;
they seem to lose their importance,
they seem to have a different impact on us.

41.

We can hear our voice whispering
to ourselves some
“What for?”,
we begin to let out
some mental sighs.

42.

We wonder: “Have I taken
the right direction?”, we
are slowly drifting away from
our objective.

43.

Most problems
are not problems caused by our will
but by our decisions.

44.

You were feeling a bit tired,
disheartened: you were thinking less clearly.

45.

You were not focusing
on your objective, you were “diluted”.

46.

“Do only half the work,
The rest will do itself.”

Jean Cocteau

47.

“I don’t believe in genius,
I believe in hard work.”

Michel Petrucciani

48.

“Of all pleasures the fruit of labour is the sweetest.”

Vauvenargues

49.

In a moment
of discouragement, of fatigue,
our thoughts are less clear
and often make us take
the wrong way.

50.

This is why
it is often useful
to say to ourselves:

"I have to steer a steady course!",
"I have to give myself
the means!".

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In this second collection, the author brings together fifteen little ebooks which are published on Numilog.com that he wanted them to be easy and comfortable to read.

In order to give you some sentences :

'No time to admire and to breathe the perfume of a growing flower.'

'What if life on Earth was just a simple experience, an experience to live...'

'What if what we are lacking was only there to make us desire...'

'Let me dry those few pearls of sorrow that are sleeping in your eyes.'

'What makes a man worth is that he works behind the scenes to try to be a nice person.'

And so many others...