

Lawrence Saint Clar

The Little Mouse in The Kiwi - 3



Lawrence Saint Clar

**The Little Mouse
in The Kiwi**

PART 3

Collection

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ISBN: 978-2-9538730-6-1

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Lawrence Saint Clar

God says
or Simon says?!



God says or Simon says?!

1.

I want to meet,
all those that have nothing left,
without ideology, speeches or sweet talk.

2.

I do not feel guilty,
it does not keep me awake
but to be honest, it spoils a bit
the taste of my pleasures
I am not really to blame
if others are hungry
but I could become
if nobody takes care of it.

3.

I do not have a solution
to change your life
but if I can help you
for a few hours, let's go.
Indeed there are other miseries,
even too many to count,
But this is happening here,
here and today.

4.

I want to meet,
all those that have nothing left,
without ideology, speeches or sweet talk.

5.

I believe in God,
but I do not completely
believe in religions.

6.

I think that it is good
to take an interest in, and to know
what billions of people have been
interested in, and what has changed their lives,
for centuries and centuries
throughout the world,
but I will say:
"Careful!"

7.

Religions remove
the freedom of thinking by yourself;
in a way,
they impose on you how
to act and think.

8.

Where is Good? Where is Evil?
Mustn't we go and seek
the solution deep inside ourselves,
deep in our hearts?

9.

Is Good always Good?
Is Evil always Evil?
Compared to who?
Compared to what?

10.

Religions offer
a support, a way to go,
but do we have to follow them blindly?

11.

Do we have to go as far as
disregarding ourselves?

12.

Thinking by ourselves
is not always an easy thing to do.

13.

Digging within our soul,
going deep into our heart
is often difficult.

14.

I believe in God, but I do not
trust religions, at least not blindly.

15.

Following a
religion blindly is, in a way,
an easy way out.

16.

You cannot look deep
into yourself where the answers
to your problems are,
you "do not really rack your heart and brain",
if I may say so.

17.

And it is often so easy to follow everyone...
at least the world around us...
our friends, our relatives...

18.

I do not target one
religion in particular,
I just slightly step back
from them.

19.

What I see
often disappoints me,
what you may claim, or do
in the name of God.

20.

God is alleged to have said?
Personally, God speaks to my
heart, not to my ears!!!

21.

Sometimes, religions
sound like
"Simon says" ...

22.

I think that religions often discourage people who are seeking and would like to feel closer to God.

23.

Hence the deviations: the negative image, due to the dogma, keeps a lot of people away from the real light...

24.

Those who belong to a religion should have more mental flexibility and be more open-minded... This is why the fans may frighten... because they seem to lack these...

25.

Those people often seem not to be in control of themselves anymore, on a more or less large scale.

26.

It can lead from something unimportant to murder, sometimes...

27.

Hiding behind a religion
is in a way a bit too easy.

28.

I do this or that because
I was taught this or that,
it is an easy way out.

29.

It is a pity to see that the followers
often have the best willpower
in the world.

30.

They are ready to do
great things, beautiful
things from their point of view.

31.

"This energy, this devotion to God"
cannot always be found
in every mortal.

32.

I do not mean that religion
must be abandoned,
but we must be careful
about them, step back from them.

33.

Religions are
the testimony, the experience

of one or several people
with God and they offer
directions, ways...

34.

Is there only one way
leading to God?

35.

The individual often
needs to share
his ideas, his beliefs, his faith.
This tends to make his convictions
stronger.

36.

Belonging to a group,
a community,
sharing an ideology?
Is this always
the best way
to find the "truth"?

37.

Is "truth" always
sought individually?

38.

I can imagine that the individual
feels more "alive" in what he thinks,
in what he shares, in what he lives,
when he is with other people
who believe like him.

39.

Is the individual seeking God
or "some kind of adrenaline?"

40.

Does the individual care
about the way he evolves?
in relation to him?
in relation to the others?

41.

A principle is a way of enclosing a thought.

42.

Is the individual
unconsciously afraid
of going into the depth
of his soul and to question
what he finds there?

43.

Many people
do not always see
an important difference
between sects and religions
if I oversimplify a little.

44.

Do we have to follow a dogma
to know and to be
closer to God?
That is the question...

45.

Many people will say
that my words are worthless
but how many deaths
have religions caused,
and are still causing?

46.

I think that religions
are a way to reach the light
but that you do not have
to strictly follow them.

47.

I think that, at some
point, you have to “go over
your religion” to head towards
more spirituality.

48.

I think that it is important
for you to have an honest
and sincere courage with yourself
to question the practices and
the interdicts.

49.

I think that it is important
to be courageous enough to not always
follow your friends, or relatives
because deep inside,
it is not our nature at 100%.

50.

I think that to talk
with the little voice
of our heart
is a direct way
to speak to God.

Little note:

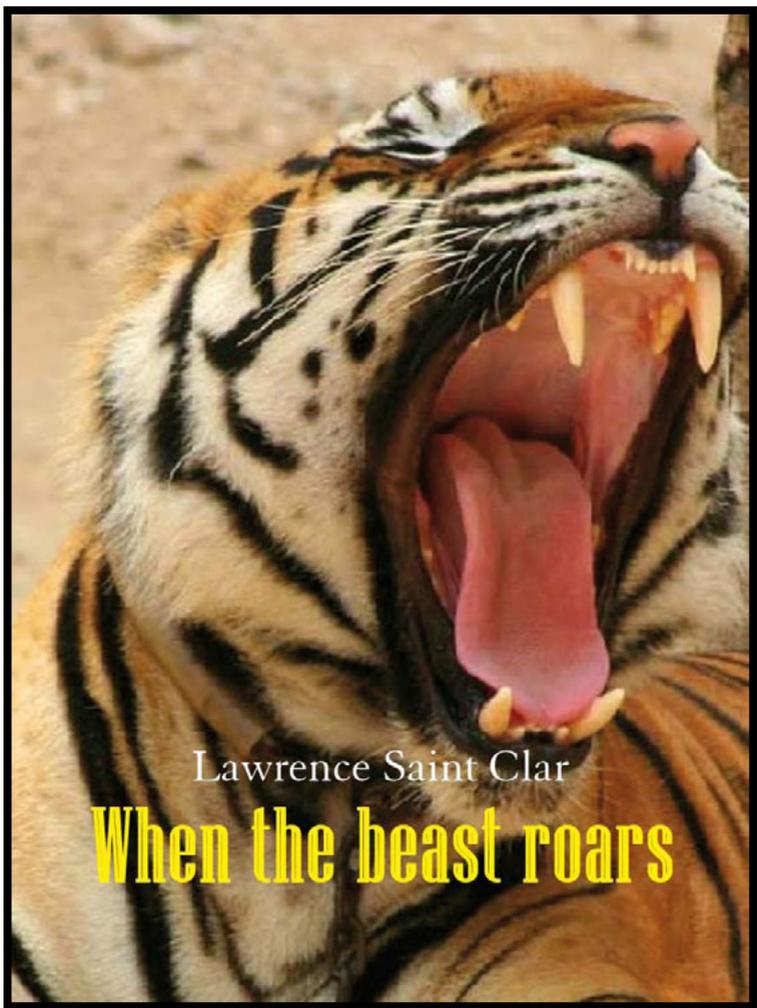
Here is an example among others:

The children making their
solemn communion were given a
sheet where it was written in
capital letters: "Forgive me, Lord,
for I do not love as you do."

We could think:

We are human beings,
we are not God.
Does God require that we
love the way he does?

Love, right, but is it necessary
to make people feel guilty,
here children,
by pretending more or less that
God could blame us
if we did not love the way he does?
(because, when you apologize, you are supposed
to have done something wrong!)



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When the beast roars

When the beast roars

1.

We walked on the Moon,
went a little into the depth of the oceans
but do we really know
ourselves?

2.

It is not always
easy to understand ourselves
perfectly.

3.

We could wonder:
How do we function?
How much do we influence our own life?

4.

Those questions are not easy to answer,
I will only give hazy directions,
the "ground being uncertain".

5.

We have some autonomy
in our everyday life,

in our big decisions,
our plans, our choices.

6.

How are our choices determined?

7.

Sometimes you feel self-confident,
but you are wrong all the same,
against all expectations.

8.

Are we really wrong?
This is the real question:
Unconsciously,
didn't we seek this
or that situation?

9.

Where is the mistake actually?
We learn from our mistakes,
from our failures.

10.

In some way, we move on,
not always easily,
but often further
on the paths of life.

11.

Sometimes many years are necessary
to totally understand some things.

12.

Sometimes there are things
you never understand...

13.

How do we really move on?
That is the question...

14.

We have a conscience
and I have also heard about an unconscious...

15.

What is really the unconscious?
Actually, we do not really know...

16.

I think that the unconscious
is actually very fine, and very subtle.

17.

It would be the part of ourselves
that would allow us to be better fulfilled,
in a way.

18.

Is the unconscious unfathomable?
I do not think so, but really hard of access.

19.

We can wonder,
and I am handling it with kid gloves:

Doesn't someone who is suffering, sometimes want it unconsciously?

20.

Doesn't someone who is suffering, do everything to stay in this painful situation, more or less unconsciously?

21.

In all honesty with oneself isn't there a form of pleasure in pain?

22.

I think that this supposition must be taken seriously.

23.

Some people suffer, and sometimes bear their sufferings, a little like medals on their chests.

24.

The ground is slippery, and I have known myself some "peaks of pain" to remain aware that it can hurt really badly sometimes.

25.

Take a look at some of your pains with hindsight; weren't there a few caused by a "bad insight into things"?

26.

Don't you often feel that you
"come out of your pain a stronger person"?

27.

Don't people wish unconsciously to grow up?
Or at least fulfilling themselves at best?

28.

Have you seen the film *Men Of Honour*?
The main character must face
a series of problems
he must overcome
to fulfil his dream.

29.

Hasn't his dream become
a thousand times more beautiful
and more brilliant when he succeeds,
by being wilful and persevering?

30.

Wasn't it what he wanted in the depth of his being?
Without really knowing it.

31.

He saw it through
with some greatness, after all.

32.

Can't the sufferings
sometimes be avoided?

33.

I think that you must ask the question to yourself, seriously.

34.

Aren't I now really sick of suffering because of this or that?

35.

Shouldn't I seriously act now so as not to suffer that way?

36.

One of the main difficulties is often to really say:
I do not want to suffer like this anymore.

37.

It can sound "light",
but sometimes the solution lies there:
really saying to ourselves:
"I do not want to suffer like this anymore".

38.

We have a conscious and an unconscious part;
working on ourselves is not easy,
but as I was saying:
Are our mistakes always real mistakes?

39.

Aren't our bad choices often the choices we really needed?

40.

Let's extrapolate:
To what extent can what is deep
inside ourselves lead us?

41.

How does it influence
our lives, our encounters, our loves?

42.

Would there even
be an influence
on the events that we are
responsible for?

43.

What lies in the abyssal depth of man?
If I may say so...

44.

What do we really seek deep inside ourselves?
I think we have to seriously think about that question
to have a better control over our life.

45.

What do I want,
what would I really want in life now and later,
being completely honest with myself?

46.

Taking a blank page
and scribbling all our desires,

our wishes, our desires...
without any complex
can be a good idea...

47.

Trying to understand
The more or less unconscious "mechanism"
that always leads me
to the more or less similar
painful situations.

48.

Sometimes
I put myself in a difficult situation
because I do not succeed in understanding
something deep inside myself
until I totally understand,
until I make up my mind
not get myself into that situation again.

49.

I think that,
in order to stop suffering
and to move towards more happiness,
you really have to decide it.

50.

As I was saying before,
I think that in order
to get out of a painful situation,
We really have to say:
"I don't want to go on
suffering this way at all,

and I will now go for a
mental and physical attitude
that is going to break with this hurtful state of mind,
and I am going towards more well-being”.

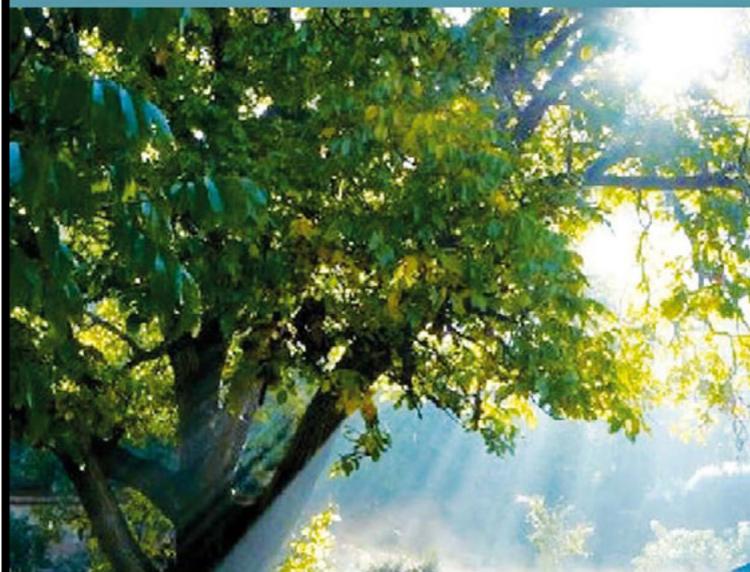
Little Note:

People are looking for happiness
but I think that it scares them somehow.
We fear to lay down arms
when facing potential dangers
not to be on the lookout
and to suffer more if need be.

More or less unconsciously
we can sometimes build up situations
of “non-happiness”; this tends to reassure ourselves,
it’s a little like in Eddy Mitchell’s song:
“I feel good when I feel bad” .
Happiness requires
a certain confidence in life,
in something that is beyond us...

We can therefore say
that, in a way, happiness
requires we work on ourselves,
on the world around us,
a careful look on life in general.

The Waves of Hope



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The Waves of Hope

1.

We sometimes say:
"Happiness comes from the importance
we give to little things
and problems often come
from neglecting those little things."

2.

People do not always have the time
to say thank you,
do not always worry about consideration,
it can bring them prejudices from others...

3.

"It is not important,
it's nothing which has no interest"
they often say...

4.

A forgotten thank
you can sometimes hurt a lot.

5.

We do not necessarily ask for long speeches,
or long eloquent sentences

but just a little consideration
most of the time...

6.

There are more important things to do...
many people say, than say thank you...

7.

From that, the biggest wounds,
the biggest rips can come...

8.

I sometimes see
lost people around me
just because they haven't been
thanked...

9.

I did not think of him or her this way...
he (or she) is not aware of my efforts,
of what I did for this or that thing...

10.

Who does he think he is?
Who does she think she is?
and then resentment settles...

11.

"It is true that it is a trifle
this is no big deal!"...
yes but the little "toxic" thought
of indifference remains...

12.

And... indifference + indifference makes:
toxic thought + toxic thought...

13.

In the same way as great oaks
from little acorns grow...
from small thanks
big bonds grow...

14.

The little clumsiness of indifference
widens the gap between people.

15.

"He or she does not take
what I do into account...
I will do the same!"
we would tend to say...

16.

There are many more "clumsy people"
than what we may think...

17.

Everyone can sometimes "forget"
but for some people, it is a habit...

18.

Knowing how to say thank you
is knowing how to live,
we could say.

19.

Actually I think
we all need
to be from time to time
on someone else's wavelength.

20.

We all need to feel acknowledged
and appreciated for what we do,
rightly, not approximately...

21.

We often need to feel
on the same wavelength as people,
it is often necessary so as to feel well,
even more than love itself...

22.

We constantly emit
all kinds of signals,
unconsciously...

23.

A hope, a desire, a wish, a craving, a will...
are all kinds of signals
that we emit
without noticing it
most of the time.

24.

Have I received a mail?
It is a signal...
we hope from others, for example...

25.

Will this person appreciate
what I offer him or her?
It is a signal towards others...

26.

I hope this will please him,
I hope this will be alright,
I hope this is good,
I hope I was right to do it,
I hope, I hope... etc. etc.
All these are kinds of signals towards others.

27.

We constantly emit waves of hope,
which, if they are not "picked up"
come back to us as "toxic thoughts".

28.

Of course, these are not the
only "toxic thoughts"
but a great number of them come from there:
from our frustrating and disappointing expectations
in people, most of the time.

29.

What can I do,
how can I "suffer less"
if I may say so?

30.

There is a simple solution:
we must emit far fewer waves of hope.

31.

Easier said than done, would you say?

32.

We constantly emit them
all day long, it is natural, human.

33.

Yes, but some people
emit far more waves than others
without noticing it and therefore suffer more.

34.

One day, I met someone, a rather old bachelor,
who was not especially expecting love,
he did not seem to care,
and it didn't seem to keep his mind busy.

35.

For a long time, it seemed weird to me,
until one day I got it:
he had accepted his loneliness.

36.

Not easy at all to accept our loneliness.

37.

The waves of hope are, somehow,
hidden rejections of loneliness.

38.

If you are not expecting
anything really special

from your kind
you will be all the less disappointed.

39.

If you succeed in accepting the idea
that, somehow, we are always alone in the world,
you will have fewer illusions on people.

40.

Loneliness can be
a well of wealth.

41.

Finding the inner fullness
needs a little time
and becomes enriching in the long run.

42.

Looking inside ourselves
is not always easy at the beginning,
but we can discover some enjoyable surprises there.

43.

Finding calm,
tranquillity,
well-being,
some self-control,
some peace.

44.

Being aware of the waves of hope
can allow us to stop them right from the start
until it all becomes natural.

45.

Stopping the wish, the desire,
the craving to be on the same wavelength,
somehow resigning ourselves.

46.

Stopping having wrong ideas
and looking at the world.

47.

As Michel Fugain's song goes:
"Even in a thousand years
I will not have enough time
to see everything,
to know everything."

48.

Sharpening our senses,
our observation skills,
our taste for life.

49.

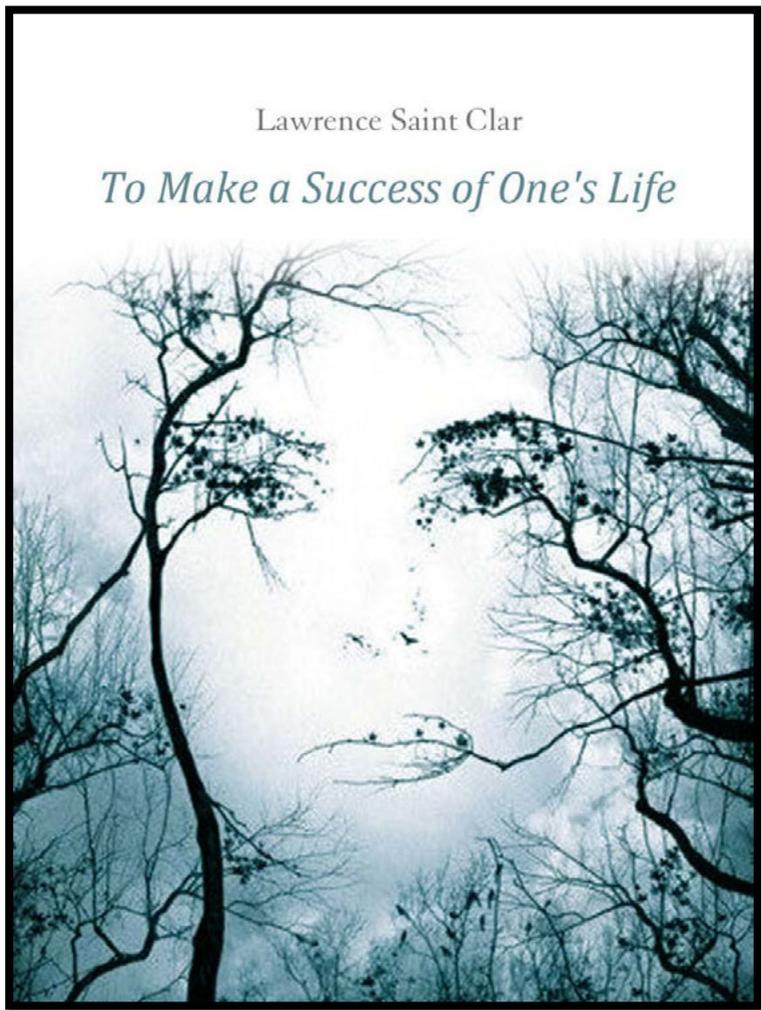
Enjoying a little moment of peace,
some sunlight, a bird's song...

50.

A wave of hope that is not fulfilled
comes back to us as a toxic thought.

Lawrence Saint Clar

To Make a Success of One's Life



To Make a Success of One's Life

1.

Making a success of one's life is not always succeeding in life.

2.

For some people, having an important position, a position of responsibility, is the sign of success.

3.

For others, taking good care of their children, bringing them up at best is their most desired wish.

4.

Others would like to become a champion in a sport or even a "star" if they could.

5.

Others would like
a simple, ordinary and happy life,
"to play their games well".

6.

Others would like
to develop their
knowledge of themselves and others,
go forward towards more spirituality,
know God better and get closer to Him.

7.

Making a success of one's life is not always
what we might believe.

8.

You can see a homeless person
who has the feeling he has succeeded in life
because he manages to feel happy
without much.

9.

You can see a man of power
who, on the personal level, has the feeling
he has completely made a mess of his life.

10.

Sometimes, beloved stars commit suicide.

11.

Sometimes, even finding
passionate love does not

mean you have made a success of your life.

12.

We always need more, want more, want to own more, more things, more qualities, more skills, more experiences and other things...

13.

Somehow, we are all perpetually dissatisfied.

14.

I would say that, in a way, it is a good thing; this is what makes things move.

15.

However, being able to be happy with a few things, to be satisfied with trivial things, is often the key to happiness.

16.

It is not because you own a big car that you are necessarily happier.

17.

However some people sometimes believe that they need a bigger car to feel better.

18.

We always tend
to compare ourselves to our neighbours,
to what they have, or don't have...
But as we say:
"we do not really know what is going on
when the door is closed."

19.

For many people, making a success
of their lives is mixed with shining
in company.

20.

This idea seems to spread more and more:
to have an influential job,
to be in the spotlights...

21.

For many people shining means shining
in comparison with other people...

22.

This could even make people
more or less sick, or make them suffer
because they don't have
the success they think they deserve.

23.

"Ye, who receive glory
from one another "
as Jesus said... at the time...

24.

We would tend to believe in
what I would call the
“cult of the spotlights”.

25.

For some people,
no matter the image
they give,
as long as they are on TV!

26.

Making a success of one’s life
has not the same meaning at all
for everyone.

27.

One day, I read that some important people
could not imagine that other people
did not want to be important...

28.

Sometimes you can’t imagine the amplitude,
the gap between people in the perception
of the idea of success.

29.

I know people
simple enough
who enjoy
each moment of the day,
each little pleasure.

30.

Their happiness is certainly more important than the happiness of those running after that so-called success.

31.

So what is really making a success of one's life?

32.

Is a star, a person of power or of influence more successful than Mr or Mrs Nobody?

33.

As Coluche said: "The right size is when you have both feet on the ground". We could say that success is when you feel happy and when you enjoy life and what you do.

34.

Succeeding is succeeding in what you have deep inside yourself.

35.

And yet, do you really know what is deep inside yourself?

36.

In our society, many people seem a bit "confused by themselves", if I may say so.

37.

The media know about it
and play on the right chord.

38.

Everywhere, we are polluted
with wrong ideas of success.

39.

It seems that you always
have to be the most beautiful,
the strongest, the cleverest, the best...

40.

Of course we would often like to
be recognized for our qualities,
our efforts, our courage...

41.

I think that turning
towards the outside
is not the solution.

42.

Yves Montant's very famous song
"The dead leaves" stayed in the drawer
for four years because some people
were not charmed enough.

43.

We can wonder: Must our happiness,
our success depend on others?

44.

It is not always easy to believe in oneself despite deceiving appearances.

45.

We often need the others to acknowledge ourselves to strengthen our own image in our own eyes.

46.

Turning towards the outside is, somehow, to give a kind of power to the others on ourselves.

47.

I think that it is better to turn towards our inner wealth.

48.

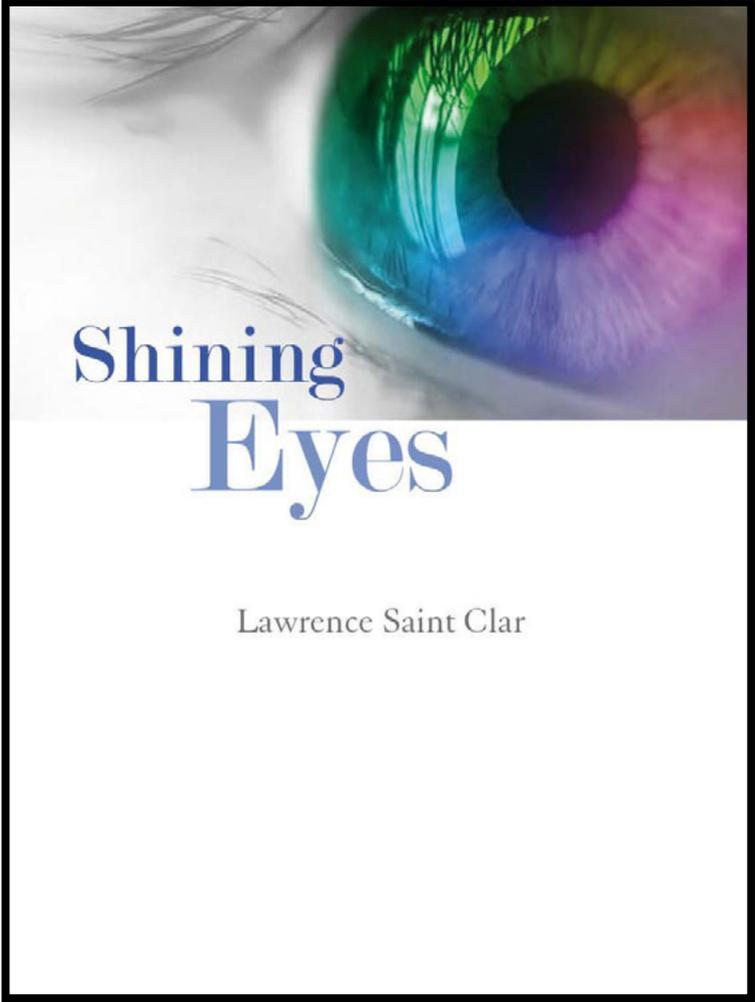
Success in our own eyes, or success in the others' eyes?

49.

Everyone has their own idea of success... But it can be wrong, and can sometimes bring pain...

50.

As we sometimes say: "Let the world say what it will!".



Shining Eyes

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Shining Eyes

1.

We could say that curiosity
is what makes a mind young.

2.

Children are always interested
in the life around them.
Why this? Why that?
And there is something naïve in their eyes.

3.

Many grown-ups are sometimes
bored in their everyday life,
not always finding
very interesting things to do.

4.

Boredom, when it shows up,
has very unpleasant forms.
Somehow we feel as if
we wasted our time needlessly.
We have no interest in anything at this time.

5.

This feeling can have something that can reach
some form of morbidity if I may say so.

6.

Sometimes we are on leave,
on holidays, we are not working
and even if we should be happier,
we can still feel bored.

7.

Some people would rather
work than stay at home!

8.

Contrary to them, there are some people
claiming that they are never bored.

9.

Is boredom a real problem
or does it hide anything else?

10.

Some people always have
a book in their hands,
others a hammer or a shovel...

11.

We are told that sometimes
we have to let the little children get bored,
it teaches them to stay
alone with themselves.

12.

Haven't those who are regularly bored
gradually learnt to fill up
this kind of loneliness?

13.

Often, children watch TV
or play video games of all kinds.

14.

They often listen to music,
surf on the Internet, etc.
but do not have many looks
on themselves.

15.

Also,
when retiring,
people do not really know what to do;
they are a bit disoriented.

16.

And yet, with hindsight,
there are activities
and interesting things all around us.

17.

This is a bit like
social welfare:
we are not always aware
of their existence.

18.

The more we look around us,
by associating ideas,
the more we actually see
that there are a lot of things
to do and to know about.

19.

The sole fact of reading the local paper
can give a lot of ideas
on what we can do around our home.

20.

Sometimes, retired people say:
"I am bored, I am not expecting
anything special from life anymore!"

21.

This sentence is somehow a bit scary;
it is slipping into old age.

22.

Having a sharp mind, keen senses
is what makes a mind young.

23.

There are plenty of things
to discover, or rediscover around us
but we do not always see them.

24.

Seeing people, meeting friends
is often beneficial;
belonging to a club or an association;
relational bonds are important
for your well-being.

25.

As Michel Fugain says in his song:
"Even with a thousand years,

I would not have the time
to see everything, to know everything!"

26.

We sometimes say:
"We can get bored of anything,
except learning, knowing".

27.

The world and life are wide enough;
the interesting themes are almost infinite...

28.

Each time we move forward
discovering something new,
each time surprises of all kinds
will be there...

29.

The hardest is often to give oneself a boost
and to find something that could be motivating.

30.

But there are motivating things to do...
You have to find them...

31.

I think that if boredom comes too often,
you must work actively on the question,
and avoid resigning ourselves to vegetating.

32.

With hindsight
there are so many things

that can be exhilarating
if we have the eye sharp enough.

33.

“Knowing the others is knowing thyself”
a great philosopher once said.

34.

I think that one of our goals
can be seen as trying
to have a right opinion
about the world we live in.

35.

Every piece of knowledge
sharpens this perception.

36.

A better knowledge of oneself can also be rewarding.

37.

It is often said that
a little more wisdom makes you happier.

38.

The problem is that everyday life
is often too stressful
and tarnish what is worth.

39.

The little important things
that please us are often neglected,
left in the background.

40.

The little moments of relaxation,
rest, entertainment, well being,
the little moments just for oneself
are often becoming rarer.

41.

Eventually,
we do not really know
how to relax anymore,
enjoy a little moment of rest.

42.

Unconsciously,
we remain tense,
we do not really rest,
we live less.

43.

We end up forgetting that life
can have good sides
that can be repeated.

44.

Not always expensive or complicated
things, little things,
often little pleasures.

45.

A grandfather had learnt German
when he was seventy
to speak it
with his grandchildren
who were learning the language.

46.

A grandmother would give
cooking classes
twice a week
in a local club
to young women willing
to perfect their cooking skills.

47.

You can be old at thirty
or forty,
but look young
at eighty!

48.

It is not always an easy thing
to find what really motivates us,
life can be very hard
and we can lose motivation.

49.

Enjoying life
and wanting to live it at best
is what makes the soul beautiful,
if I may say so.

50.

Keeping a sharp mind,
keen senses,
is the sign of an open
and young mind.

**A little anecdote on a word
that can open some minds:**

An idea of the infinite:

Do you know what a “Gagol” is?

Here is the definition:

It is a gigantic number, an “infinity scraper”. A googol is 10^{100} (10 to the power of 100), meaning 1 followed by a hundred zeros.

(Some physicists estimated that, in “round” numbers, and by counting widely, our universe would be composed of 10^{80} atoms in its visible part)

A Gagol is 1 infinitely followed by billions of billions of billions and many other billions of zeros. A billion seconds is about 32 years. By writing 4 zeros a second, around 8 years without any pause would be needed to write 1 billion zeros, 16 years to write 2 billion, 24 years to write 3 billion, etc.

Even the whole mankind, with its hyper sophisticated computer and all its copy & paste, even if the whole mankind using every possible and unthinkable way, if all together, we tried to write a gagol, billions of years would not be enough, the solar system and even the universe would have disappeared long before we have managed to write a gagol...

For your information:

The Big Bang: 15 000 000 000 years...

A pretty long lifetime: 100 years...

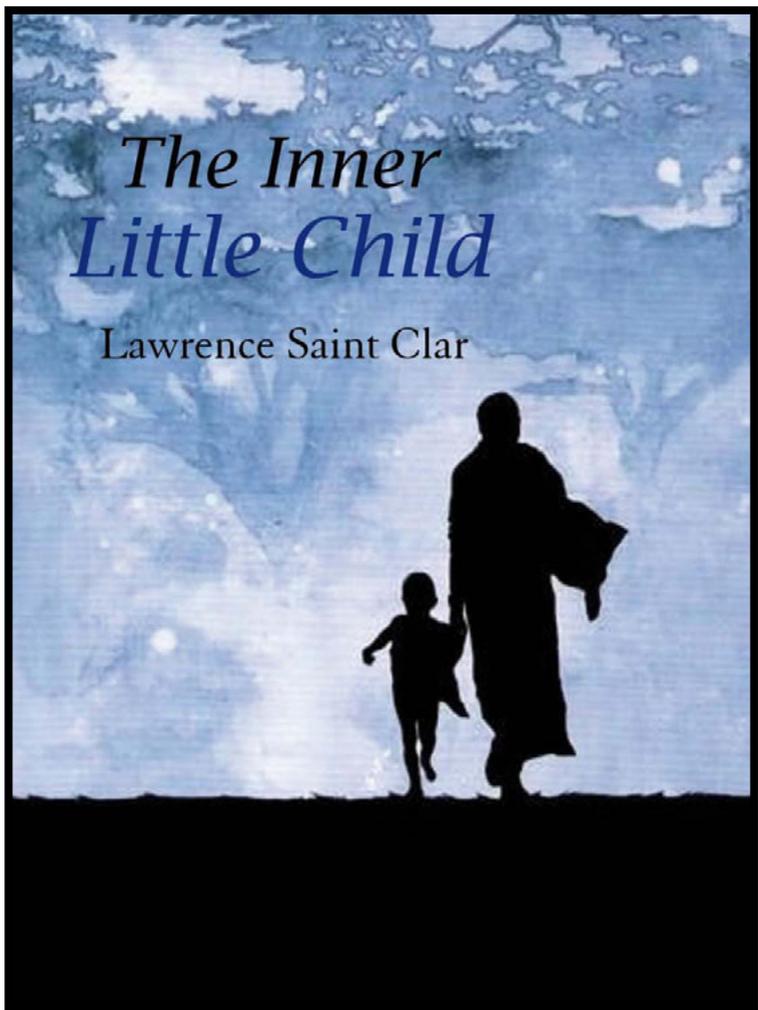
Morality: you need to put things into perspective.

I would add:

If, in some way, we were eternal (not necessarily under the form we know) (what could be possible, since we cannot conceive the emptiness of ourselves), after a gagol of years, we would start the second one and... this is how life goes on... this would mean a lot of things to discover...

*The Inner
Little Child*

Lawrence Saint Clar



The Inner Little Child

1.

Sometimes, sufferings remain within ourselves
without us knowing why.

2.

They are diffuse; we know that they are there
somewhere, but we do not really know where.

3.

It often happens
when at a given moment of our life
we suffered a shock.

4.

A shock for someone
is not necessarily
a shock for someone else
and we suffer many
of them throughout our life.

5.

For a little girl,
losing her little cat
can be more traumatizing
than losing her grandparents.

6.

Life must go on, Life takes over,
but something unclear still lingers.

7.

As long as we have energy,
this "something unclear"
stays in the background
but you feel it like a little
stone stuck in our shoe.

8.

We can be very active, do a lot of things
but the little stone is still there.

9.

Eventually it can become annoying;
some people can live
for years, or even decades with it.

10.

Their happiness is all the more spoilt.

11.

Their happiness is not
a hundred per cent,
if I may say so...

12.

Sometimes life goes on
for many people,
without them really knowing
what to do.

13.

Actually, a psychological crack
has taken place between oneself and oneself.

14.

The self before the psychological crack
is not exactly the same as the one after it;
there is something like a clash.

15.

But often, we keep moving on
in life as if nothing had happened,
which causes confused sufferings.

16.

It is when the "pace slows down"
when tiredness settles,
that a little depression comes,
that the wound opens more.

17.

At this moment, we feel the real magnitude,
which is all the more painful.

18.

If the wound keeps on being rejected
it causes unhappiness
and can even turn
into diseases.

19.

Aren't diseases just sometimes
a way of telling us something?

20.

Rejecting more or less unconsciously
the wound is also rejecting
the part of ourselves that aches.

21.

The "Pull yourself together",
"Don't let yourself go",
"Get over it" are not always
the solution we need, at least in the long run.

22.

Playing suffering down
is often worse than better.

23.

We all have
a little child
within ourselves,
a child we must listen to
and take into account.

24.

When suffering,
this little child
burns out energy.

25.

Which sometimes leads us
to a lack of enthusiasm,
or on the contrary to a
full investment in activities
to change our mind.

26.

We all have
a little child within ourselves.

27.

He hides behind shells,
appearances, airs,
arrogance sometimes,
but he is still there.

28.

Ignoring him is denying him, rejecting him,
but he will keep on demanding
to be heard, to be listened to.

29.

He will find your weakness,
most often to talk to you.

30.

As I was saying, it can be
a disease, a discomfort, an obsession...

31

Because of today's society
we are constantly on the move,
we never have time.

32.

We always need results,
no time to remove
the little or huge stone
from our shoe.

33.

And there are other things
looking more important.

34.

Video games, the Internet,
television, work...
are many ways
to avoid looking inside ourselves.

35.

That is wrong;
the little child keeps on
suffering silently
and making you suffer.

36.

He tries to focus on yourself
but he is too often ignored
until the shoe pinches.

37.

It is good to tell ourselves at
a given moment:
"Now, I will try
to talk to myself,
to take into account
the little child sleeping in myself."

38.

It is good to take a step toward him
as a grown-up and ask him what is wrong,
why he is suffering.

39.

This being done with a lot of attention,
love, respect and regard.

40.

Trying to “stick” the piece of the
before-the-clash self back to
the after-the-clash one.

41.

How was I before the clash
and what has led me to
what I am today?

42.

Why did I suffer that much at the time?

43.

What did I miss?
What didn't I understand at the time?

44.

How did I consider things,
life, the world, people, etc.
before the suffering that changed me?

45.

What did I feel?
Tell me, talk to me...

46.

What was the mechanics of suffering?

47.

Do recurring breaks
in silence with yourself,
sit next to your inner little child...

48.

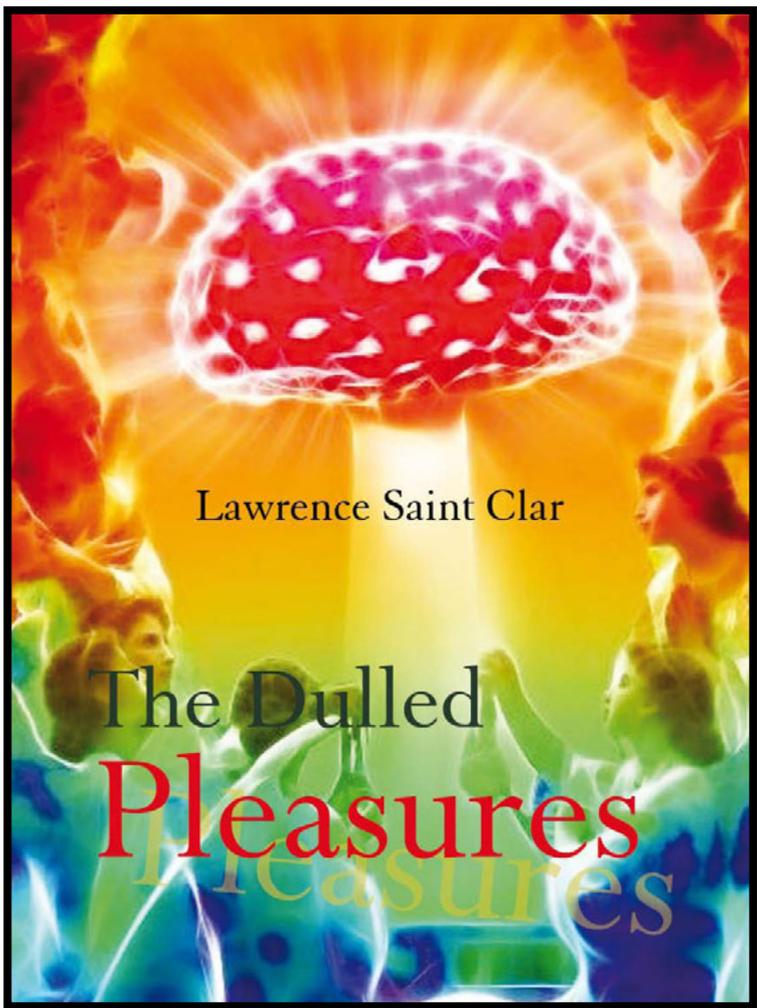
Recreate the link, fix it in a way
can prove a benefit
for yourself in the future.

49.

It can take quite a long time,
contacting this forgotten or
rejected part of the self
can be a long process.

50.

But we often have a lot to gain from this...



Lawrence Saint Clar

The Dulled
Pleasures
Pleasures

The Dulled Pleasures

I have always tried not to be judgmental
or to be moralistic in my texts,
I will try to go on like this.

1.

Discomfort, profound discontentment
have always been more or less there
for many people
at different stages of their lives.

2.

More precisely,
the 15-25 age group
is often more conducive
to feel this unpleasant feeling.

3.

Teenage years going by,
the studies at a turning point,
the grown-up life showing up,
love, work, the yet-to-build identity...
uncertainty towards society...
not easy at all...

4.

Young people often feel the need
to be in groups, to share ideas,
common opinions,
sometimes take a bit of liberty
away from principles...

5.

As the eldest say,
they listen to "boom-boom" music
for hours
and it does not seem
to bother them at all...

6.

The need to disobey the parents,
the need to question authority
become more and more common.

7.

I have sometimes seen young people
totally confused by civic rules.

8.

Would have they turned that way in a society
where listening to the other's sensitivity
had been a bit more present?
(I am not going to change the world...)

9.

Today you must show off, please,
charm to have things,
charm to have friends,

to be respected, accepted...
You must show off to be loved,
in a way.

10.

People, in general,
do not see through
the other's shell.

11.

As Eddy Mitchell says in one of his songs,
for a lot of people, we are "transparent".
They do not see us. They do not see deep down
in our hearts.

12.

Not easy to see beyond appearances
and in this society, we often have the feeling
to be just a number among others...

13.

Sometimes, we would like to yell out
our qualities to some people...
But what's the point?
It would not prove
a benefit, even if they became aware of them...

14.

Often, feeling ignored, or "rejected",
more or less unconsciously,
by a part of the population
is an unspeakable suffering
spreading through time.

15.

I really think that
we all deeply need love,
unconditional love...

16.

We have some kinds of
“love tanks” in our heart,
if those are not filled up enough,
then our lack of love disrupts
the way we function.

17.

Of course, it is no excuse for
any inappropriate behaviour
such as a lack of respect.

18.

It is no excuse
for violence, retaliation
even if we can understand
a gesture or a word.

19.

Judging this or that behaviour is very hard,
we do not always know
what we ourselves would have done
if we had been in somebody else’s shoes.

20.

Sometimes, the look is arrogant,
sometimes it is scornful,

sometimes it is ignoring,
sometimes, sometimes...
Sometimes, even a meer
Nothing can seem very unpleasant
for the one getting it.

21.

Social relationships!!!
They are the source of many problems:
we do not communicate enough anymore!

22.

Our society has television, the Internet,
cell phones, Facebook, etc.etc.
But people tend to speak less
contrary to what we could think.

23.

In the past, people in villages
used to come back from the fields together
and everyone used to know more or less
the others' problems and little pleasures.

24.

Life was simpler,
a bit harder perhaps,
but also truer, closer to
the true human values.

25.

Sometimes, when we wonder
how things could evolve,

it is somewhat a bit "frightening",
because, at first sight,
there seems to be no real solution
to some problems of our society.

26.

The financial crisis, unemployment, diseases,
accidents, insecurity, and more,
without talking about all the little personal issues,
no doubt that sometimes
you've got reasons to feel depressed...

27.

I think that nowadays
we can also talk about
"crisis" in social relationships.

28.

More or less unconsciously,
the other tends to become
"the other that could hurt us",
by extrapolating a bit,
"the other we have to be careful about"...

29.

And everyone has got numerous answers
to escape the discomfort,
the profound discontent gaining ground.

30.

Many escape in artificial pleasures...
drugs, cigarettes, alcohol, gambling, etc., etc.

Roughly, everything that allows them to escape from the unpleasant everyday life.

31.

Often, the individual seeks sensations to flee from "his routine", to feel more alive.

32.

Some of them also spend large amounts of money in popular scratch-card games hoping for a better life.

33.

Their despair is all the bigger as they see they have lost a lot of money for a few dreams, a little oxygen...

34.

Profound discomfort, even if it is more present in poor young people, is spreading through all the layers of the society.

35.

We cannot buy happiness; it is a state of mind, it is often something you build inside, a way of seeing things generally.

36.

It is not because you have a bigger car that you are necessarily happier...

Even if it helps a little.

37.

We could say that people
flee from themselves
in "dulled pleasures".

38.

The latter aim at anaesthetizing
the sufferings coming
from your profound discontent,
the crises of social relationships
and make life all the more painful
as their effects fade away.

39.

Hence the consumption
of those artificial pleasures
gets higher and higher
(pleasures that are not essential
for happiness, theoretically).

40.

Generally speaking,
the society consumes
more and more of them
under many forms.

41.

This can go from some simple
fashionable clothes to look better,
to "emptying one's head" while partying,

to the violent act to express oneself!!
(Does a rioter speak by rioting?!
At least, his adrenaline does!!)

42.

Your appearance,
the face you show,
the often superficial little detail,
seems to take an important place
in many of our fellow beings.
(You must charm...to fill up your tanks...)

43.

I think that every individual
has to be well-considered
by other individuals to have a better life.
"Humans are social animals"
Aristotle wrote more than
two thousand years ago.

44.

One of the main things in happiness
is to be able to share,
and as we sometimes say,
the real warmth lies
in love and friendship;
I will even specify: in real love,
in real friendship.

45.

How can I see the situation,
if I may say so?

46.

I think that one needs
to take a step back from oneself,
from others,
to question the relational bonds,
the approach with others.

47.

Here is a little anecdote:
For years, in my job,
I have always been pleasantly surprised
by people I have never seen,
people I only speak with on the phone;
they are always very kind, and nice,
always willing to help...
This is somehow "comforting",
if I may say so...

48.

As we sometimes say:
"Changing the world first begins by trying
to make ourselves better".

49.

I think that a change in the society
will not take place without a change
in the people.

50.

Confucius was already saying:
"We should all have as a common aim
to try and become someone good".

We can wonder
without sounding too much like a philosopher:
Honestly,
how many people worry everyday about
having this state of mind?

Little note:

Nowadays,
"reflexes replace reflection"...
up to the point we do not know why
we live anymore...

Lawrence Saint Clar

From Hobby to Passion



From Hobby to Passion

1.

What are we really motivated by in life?

2.

What often makes us feel "alive"?

3.

What gives us energy?

4.

Enjoying the little things in life, enjoying the present moment, as we often say, is not always enough.

5.

In order to have energy, paradoxically, you have to spend some...
The more you spend, the more you have...

6.

It is nice to feel a creative, achieving energy
flowing in us.

7.

It is nice to use our potential,
our skills, all our know-how
striving for something
motivating us...

8.

We feel as if we surfed,
if I may say so,
on the "wave of life".

9.

You feel pulled up, towards self-transcendence.

10.

What is wrong is
that we do not always have
something that motivates us as much!

11.

So we just fall back in
what we familiarly call "Routine".

12.

Our every-day life is responsible
for the little problems that often
turn into big arguments.

13.

You are bored, or sometimes vegetating...
Yet it is also good to know how
to stay alone with yourself.

14.

"Life is like a bike,
you have to move forward
in order not to lose balance"
Albert Einstein said.

15.

You just feel good
when you feel yourself improving
in one or several fields!

16.

And the faster you improve,
the better you feel.

17.

The field you improve on
can be your well-being;
a nice moment of rest,
a nice meal or a nice little trip
is a way of improving
on the pleasures of life.

18.

The road to cover is often more interesting
than the goal to reach.

19.

For graduates, for instance:
you run after graduation, and when you have
passed, you say: OK but what's next?

20.

I know a world champion
that completely veered
after winning his title;
he was not improving anymore, he wanted
to know other things in life...

21.

He would "exercise"
until unconsciously doing it perfectly
but it was not enough anymore,
he wanted more.

22.

"Going all-in"
to try and reach
one of our objectives
is something pleasurable!!
Especially as this objective
is important to us...

23.

"Sparing no efforts"
gives wings
after some time.

24.

Don't we say that "flying up in the skies
has always been man's dream"?!

25.

Watching Sylvester Stallone's *Rocky* movies...
The emotion they radiate...

26.

Rocky, this nice boxer,
expends a great amount of energy
to reach his goal.

27.

While *Rocky IV* was screened,
people in the theatre were standing
and yelling to support him
against the Russian boxer.

28.

The *Rocky* films channel energy
and give some away too;
again you feel motivated
to do a lot of things...

29.

Moving on,
running on the paths of life,
I guess that it is what
we all would like most.

30.

"Live life to the full"
as some people say
"make the most of life" or
"feel uplifted" as others say...

31.

Happy is he who has a passion,
a healthy and non-destructive passion!

32.

Doesn't this passion hide
some aspects of life?
We could wonder.

33.

Doesn't someone who is engrossed in
his passion miss a few things in life?

34.

Wouldn't it also be
a way of escaping from
some not-very-funny
moments of our everyday life?

35.

A passion for gambling,
among others,
is harmful and, to me,
hides some difficulties.
Is it really a passion?

36.

Is the passion for soccer,
or for any other sport, a way-out?

37.

People mainly have hobbies
but not always passions.

38.

Embroidery, gardening,
tinkering, crosswords,
and so on are common hobbies.

39.

Hobbies add some riches to life,
I would say that passions set fire to it...

40.

"Nothing great in this world
was made without passion"
as Hegel said.

41.

I think we all have
energy that is just waiting
to be channelled.

42.

When we do not use this energy,
it slowly "wastes away"
in small or big depressions.

43.

I know someone who was not finding
any motivations in their life
and that fell in love
with some little kittens
that they often visit
by giving some of their time
to the RSPCA twice a week.

44.

How can we “take off from routine”?
That is the question.

45.

Routine is part of life,
I think you have to deal
with it (and know how to enjoy
the little things of everyday life).

46.

How can we grant ourselves some
“little harm-free and enjoyable moments”
to be a bit more accurate?

47.

How can we get our dose of adrenaline,
which is not dangerous and healthy?

48.

It can range from a little
bowling game to a parachute jump...

But it is better to have room for
improvement in the chosen discipline,
the one we are fond of.

49.

With time, with age,
fewer and fewer things
seem to motivate us.

50.

I think we seriously have
to question ourselves
to add more riches
and pleasures to our lives.



Lawrence Saint Clar

Shall I forgive you?

Shall I forgive you?!

Far from me the idea of saying what it is better to think about someone or someone else...

1.

Sometimes, we can be constantly suffering without noticing it!

2.

I would say that we can suffer from a more or less important "inflammation of conscience" without really knowing it.

3.

It can last for months or years or ages and the suffering has become usual, it is a part of our life.

4.

So usual that we end up not remembering how better we felt before, without it.

5.

Admitting a suffering
is not always an easy thing
but it is a first step towards its healing.

6.

Beginning to accept it
is a second step.

7.

Trying to heal it
is taking the way
to feeling better.

8.

Sometimes, our suffering seems
so "ghostly"
that we dare not
leave the door behind
which it hides ajar.

9.

We know that it is behind the door,
it scares, just like a rumbling fire,
but we choose to ignore it,
or at least do as if it were not there.

10.

We sometimes want to ignore it so badly
that we end up not really knowing
why something or other makes us suffer.

11.

The problem is that
his suffering keeps us
from feeling better
and from fully blossoming.

12.

Sometimes, it can even cause diseases.

13.

Sometimes, we know the culprits:
someone or other,
an old friend, a relative
or someone else...

14.

We can happen to feel
bitter hatred
towards someone or other.

15.

In a way,
"hatred allows to remove
the beautiful patterns from the wallpaper"
if we can say things this way.

16.

In a moderate way, hatred allows
to take a step back
from a situation we were
a bit too "bogged down" in.

17.

What is not good
is when hatred becomes persistent.

18.

Even worse is when the mind is
“blinded by hatred”;
it ends up insensitive.

19.

Love can, little by little, leave it
and it becomes bad, or devilish.

20.

“Man is naturally good,
but corrupted by society”.
Jean-Jacques Rousseau said.

21.

Was Hitler also
“naturally good”?
We can wonder!

22.

I think that there is a kind of “hard kernel”
within people, which constitutes their depth.

23.

I do not think that somebody or other
would always evolve the same way
depending on different circumstances.

24.

If we wanted it,
couldn't we always
find excuses?

25.

In some way,
we cannot always
allow ourselves to find excuses
because it would be like
always accepting everything.

26.

However, the person is often
not really responsible for
the sufferings he or she creates.

27.

Most of the time, the culprit(s)
is (are) not even aware of
how much suffering
they can cause;
besides, it just amplifies it.

28.

Sometimes, the suffering caused
may seem so deep
that we can't help it:
we cannot forgive.

29.

Forgive the other? Forgive fate?

30.

I think that forgiving
begins first with
forgiving ourselves.

31.

In a way,
I think that unconsciously,
we blame ourselves hard
for "having been fooled"
if I may say so.

32.

We sometimes blame ourselves unconsciously
for having been there,
at the wrong place,
at the wrong time.

33.

We sometimes blame ourselves unconsciously
for being more or less naive
and for having hoped some things from others.

34.

We sometimes blame
ourselves unconsciously
for having been wrong.

35.

We sometimes blame ourselves
unconsciously for suffering
from a lack of love and sympathy.

36.

Sometimes, the everyday suffering
can be seen as self-harming,
a kind of self-punishment.

37.

We suffer and unconsciously,
the more we suffer,
the more we blame ourselves for suffering.

38.

It is somehow like
the snake biting its own tail.

39.

There is just an only way
to break this vicious circle:
first of all we must forgive ourselves
for having suffered,
we are human beings.

40.

"Forgive, but never forget"
as the saying goes.

41.

We have to pull up the "weed"
and for that, we have to pull it from ourselves.

42.

Wiping the slate clean, as we familiarly
say, is not enough.

43.

We have to see this from another point of view,
a bit like in a "self-elevation",
trying to overcome the protagonist(s)
that harmed us.

44.

It is not easy to do
and cannot be achieved in one day.

45.

We have to give it more time
as we sometimes say.

46.

We have to give ourselves
some love back to ourselves in a way.

47.

Fuelling hatred makes
the one who feels it suffer.

48.

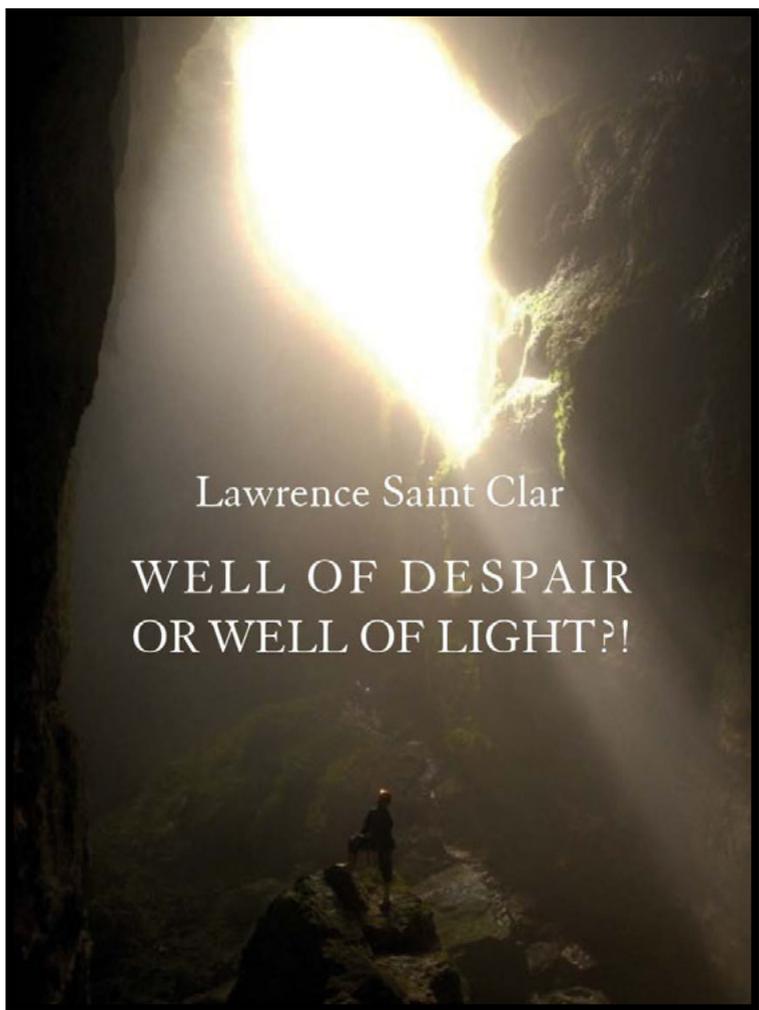
Opening our heart is not always an easy thing...
because we can feel like
showing ourselves vulnerable.

49.

In a way, we have to give away...
"Give the wind our suffering"
so that it takes it far, far away.

50.

Not always an easy thing to do
but you can get a lot from this,
a bit like "being back on a calm sea"
if I may say so...



Lawrence Saint Clar

WELL OF DESPAIR
OR WELL OF LIGHT?!

WELL OF DESPAIR OR WELL OF LIGHT?!

1.

We can be in low spirits,
feel blue, without expecting it,
and even worse.

2.

Many things
then seem
dull, gloomy.

3.

More or less depressing ideas
invade our mind.

4.

What used to seem
so "great"
gradually becomes
"not so great" ...

5.

Slowly, we slip
into the well of despair...

6.

Even though it can happen
any time,
this phenomenon seems
more frequent in winter;
it is called the winter blues
because the weather is a bit duller
than what it usually is.

7.

When you slowly slip deeper
into the well, whatever the season is,
it is particularly unpleasant.

8.

You can have the feeling
of being alone in the world, facing yourself,
slipping away into the wings of time,
melancholy reaches us little by little.

9.

Most of the time,
we do not really realize
what is happening to us.

10.

We feel less enthusiastic, less joyful
without really knowing why.

11.

For many people,
it is just temporary.

12.

For others, the blues can become chronic,
or even turn into a nervous breakdown.

13.

Those little blues can allow some
to “get back on their feet again” if we may say so,
in order to go further
into happiness.

14.

Ups and downs can be seen
as an alternation
to the everyday monotony.

15.

Unconsciously, can it be
part of the human being’s
psychology?

16.

The best would be to stay “in the ups”.

17.

“Staying in the ups”, “always higher”
without going down again,
would it be possible?

18.

Our inner well-being often depends
on circumstances which have
nothing to do with us.

19.

Would we be in a little boat
drifting with the current?

20.

Would we always depend on the current,
the winds, the whims of the weather?

21.

In a way, yes,
in a way, no!

22.

I think it is possible to check
the dullness from reaching our mind,
as far as possible.

23.

In a way,
life seems dull
because the things are shining less.

24.

Schematically,
you must try and make them
"shine again".

25.

When you feel sullen and are told
good and nice news,
your energy often comes back at once.

26.

The sky clears up,
the beautiful weather seems to be back.

27.

The air seems purer and the light nicer.

28.

Often, in a few minutes,
the colours, the look, the vision of the future
shine again.

29.

We feel that we are back
on the paths of life
with a more determined walk.

30.

How can we keep this "full-of-life" side?

31.

I think that
the solution lies
in the way we see things.

32.

To be aware of the beauty of little things
is important.

33.

To try to be happy,
to be satisfied with little things brings joy.

34.

I would say that the little joys
are like little flowers
that you must grow and nurture.

35.

Enjoy a cup of coffee, a song, a meal, a smile...

36.

Enjoy the good sides of everyday life,
more or less correct and nice
in spite of everything.

37.

Enjoy being healthy,
simply being able to breathe without
any problem...

38.

One day, I read that:
"If a woman knew about
all the existing dangers,
she would never give birth".

39.

We can be happy about many things
without imagining the worse, of course.

40.

Often, we get used to this,
and we forget about the troubles
we had to overcome
to gain some kind of well-being.

41.

I would say that, psychologically,
to go right up to the top of happiness,
we look up
whereas we should
look down, on our past.

42.

Remember that happiness is precious, fragile
and that we had to work to build it up.

43.

Remember everything we had to overcome
to draw even more strength and energy from it.

44.

I would say that the little joys
that make happiness can be drawn
from how the little things are valued.

45.

To gain that state of mind
would allow us to remove the painful dullness
that sometimes attacks us.

46.

Moreover, with that dullness, unconsciously,
we run and put ourselves down.

47.

In a way, happiness is an image of ourselves
we are looking at.

48.

Happiness is when we are proud of ourselves
and our way of grasping life.

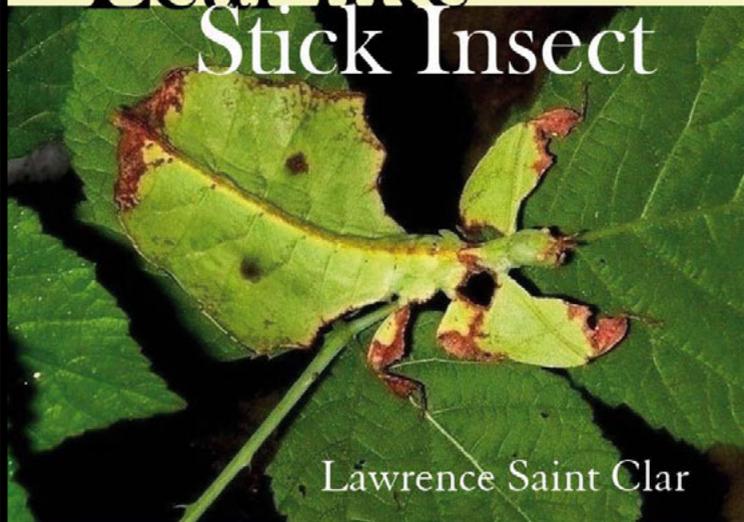
49.

The little things, paradoxically,
are sometimes the biggest
and a well of despair can become
a well of light...

50.

I will end by quoting Confucius who said:
"Joy is in everything, you just have to know how to
extract it."

The
Leaf-like
Stick Insect



Lawrence Saint Clar

The Leaf-like Stick Insect

1.

"Life is absurd and meaningless!"
Albert Camus said.

2.

"At first sight, life is meaningless
but it is impossible
that it does not have a meaning."
Albert Einstein said.

3.

Which of the two Alberts should we believe?

4.

Sometimes,
people seem desperate
because of a few things in life.

5.

It is true that sometimes
life seems absurd.

6.

It is true that sometimes injustice,
poverty, violence, accidents
look like catastrophes to us.

7.

It is true that it is often
difficult to live,
life looks a bit like
an everyday fight.

8.

Life has also sometimes
amazing aspects.

9.

There are also...breathtaking landscapes,
magical moments, love, joy...
nirvana.

10.

Many people walk on the paths of life
without second thoughts,
too concerned by their everyday life.

11.

In a way, I would say that
it suits them somehow more or less.

12.

Thinking about some existential questions
is not always easy,
and we've also got to live!

13.

We sometimes say:
"Having faith is to be able to
remember in the dark
what we saw in the light."

14.

Without darkness,
light would be meaningless!

15.

The western society
is more and more materialistic
and seems to judge just by appearances,
by what you look like.

16.

We could say,
extrapolating a bit:
"We stop thinking, we stopped living,
we just move forward mechanically."

17.

But a touch of spirituality
can have therapeutic virtues
in the sense that it could bring
a little warmth to the soul
if I may say so.

18.

I would allow myself to point out:
deviances like sects
are numerous!

19.

Everyday life
does not always allow
“the conscience to be clearer”.

20.

But Plato said:
“The soul cannot be satisfied with material things,
it seeks the truth.”

21.

“Having the ideas a little clearer
on the thing makes you a little happier”
I would say.

22.

You often need a lot of perseverance
to “better feel the thing”...

23.

The feeling cannot be explained;
we cannot explain love...

24.

Have you ever heard about the leaf-like stick insect?

25.

It is an insect which, among the leaves,
is almost invisible!

26.

It looks like a slightly damaged leaf,
it is impressive, almost incredible!

27.

This insect is quite real
and I do not think
that it thought about its camouflage?!

28.

Strange coincidence, we could say!

29.

This phenomenon is common in the wild,
and we have a lot of surprises
when we have a closer look
at the several species of the planet!

30.

Often absorbed
by our everyday life,
we lose our astonished and
admiring look on nature,
yet it is a reality.

31.

I think that everyday life, the routine
put blinders on us.

32.

From there come disagreements,
confusions, misunderstandings,
arguments...

33.

And the leaf-like stick insect
keeps on living its peaceful life...

34.

Two realities seem to be fighting.

35.

One against which we rebel,
and the other one which we admire.

36.

We end up not really knowing
what to think.

37.

We need perseverance and time
to gain "wisdom", as we say.

38.

I think we can never manage
to gain it completely.

39.

We can refer to the would-be
"great thinkers" through centuries.

40.

They can show us the way
but most of the way
to wisdom is within ourselves.

41.

One word or another
will not mean anything to us
if we do not feel
it deep inside ourselves.

42.

Personally, when I see
the beauty of a leaf-life stick insect
I think that it is not possible
that there is no intelligence
behind its creation!

43.

And the further the look,
the more "obvious" it seems
to become.

44.

Scientists agree to say that
if a few things happened differently,
the universe would not be what it is;
it would just not exist!

45.

In a way, life is beyond understanding
and yet we live!

46.

"While you do not know life,
how can you know about death?"
Confucius said.

47.

Life can be seen as an experience to be lived?!

48.

The idea of nothingness unconsciously
scares us and creates confused anxieties inside us.

49.

Everything on Earth ends up dying...
says the silver clock...

50.

In 1936, Albert Einstein wrote
to a child who had asked him
if he believed in God:
“Everyone who is seriously
involved in the pursuit of science
becomes convinced
that a spirit is manifest
in the laws of the Universe,
a spirit vastly superior
to that of man.”

Little note:

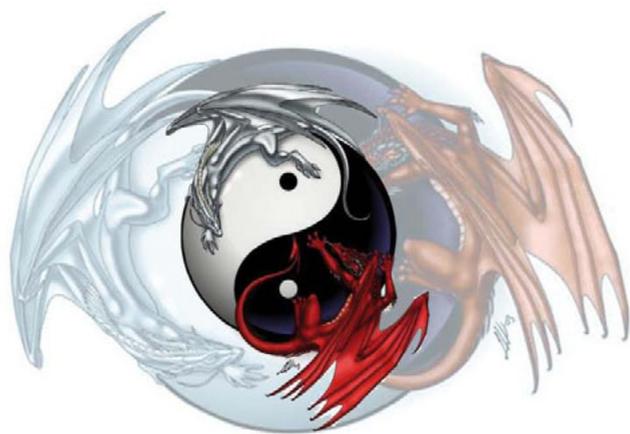
I will take the liberty to add this:

God's existence is one thing,
the relationship you keep with him
is another.

I would also say:

We could sometimes
speak about God's humour
but each one likes
the things in one way or another...

Lawrence Saint Clar



SELFLESSNESS, SELFISHNESS

OR PSYCHOLOGY?

SELFLESSNESS, SELFISHNESS OR PSYCHOLOGY?!

1.

People like to believe
in their dreams,
in love, in friendship.

2.

It is true that we would love
a better world
for most of us.

3.

We would always like more love,
esteem, respect.

4.

Man likes to be loved
and appreciated,
rightly if possible.

5.

Everyone would like to make their
qualities, their potential known.

6.

Everyone needs more or less
acknowledgement for their efforts,
encouragements to always do better
to embellish the planet.

7.

But... We often project
our own vision of the world
on the others unconsciously
and it is not always right.

8.

If you wish a better world
filled with love and harmony
you will therefore have
the firm need to believe in this
and it can be prejudicial.

9.

In each person
you will tend
to see the glow of love shining
a bit stronger than it really is.

10.

If you long for
love and harmony on Earth
you will tend to be naïve.

11.

Without even noticing it
you will take a look on the ideal
you feel like seeing.

12.

Isn't the world so beautiful?

13.

I would say that it is filled
with dreams and good intentions.

14.

"Men's dreams create
a mirror in which God
looks at himself each morning",
I have heard.

15.

With age, we become
less and less naïve.

16.

All you have to do is read
enough newspapers, watch the news,
all types of documentaries,
history to widen your vision.

17.

A saying goes:
"If at 50 you still have
the same vision of the world you had at 20,
you have therefore lost 30 years of your life!"

18.

Which mental attitude should we have?
How should we look?
How should we protect ourselves?
How should we broaden our look?

19.

Must we go towards selflessness,
or towards selfishness?

20.

I have often heard: "You must give";
give a bit of your time,
of your love, of your money...

21.

We also sometimes say that
"charity begins at home!".

22.

Or in other words:
"You cannot give sweets to others
if you do not have enough for you anymore."

23.

In other words, in order to "give",
we actually give the "excess";
the prettiest princess can only
give what she has,
as we sometimes say.

24.

If you are too kind,
most of the time you are "fooled",
either at the material level,
or at the affective level.

25.

If you are too selfish, you do not favour
the "well-being on the planet", we might say!

26.

There are many people
who do not care about this and who,
as it is commonly said
“only look after number one” .

27.

Sometimes, we can think this way
perhaps because of our will to survive,
but for some people,
it is almost a second breath.

28.

There are even many people
who do not have any qualms
about plundering or manipulating,
if not worse.

29.

The world is not beautiful,
even if it longs to become so.

30.

How many so-called friends,
in some circumstances,
would turn into Nazis?

31.

As Jean-Jacques Goldman sings
in one of his songs:
“We will never really know
what we are made of,
hiding behind appearances!”

32.

Sometimes, there are arguments for trifles...
We could imagine,
for a bit more serious things,
what could happen?

33.

Spreading the good word
is not always a favour you should do.

34.

I would rather say: try to sharpen
your psychology, your approach of others,
take a step back towards social relationships.

35.

Everything can be often learnt
at our expense...

36.

Not easy to try and find
a happy medium in our way of acting
because we often have to take a firm decision.

37.

We cannot always afford
to take a right decision
because if so, we cannot move forward.

38.

I would say the further you are getting on in life,
the more you see that "there are odd people"
if I may say so, without any scorn.

39.

A sentence says:
"I do not hate the guy,
but only the image
he gives me".

40.

Love and friendship
are at the forefront
in our wrong vision of things.

41.

I would even say that
love and friendship
are most exposed to the risk
of confusion and disappointment
all the more so as we long for them.

42.

If you feel like believing
in beautiful feelings,
you will easily believe in them.

43.

People will even feel your naivety
and will take advantage of it.

44.

You will have friends
for what you own,
materially or psychologically,
but not necessarily
for what you really are.

45.

They will be kind and nice to you
for the same reasons
and it will strengthen your somehow
hasty convictions.

46.

The day there will be a disagreement,
only your so-called negative side will be underlined.

47.

The impressions are often deceptive,
in a better or a worse way,
a lot more than we may imagine.

48.

"Once bitten, twice shy"
as the saying goes.

49.

I would say that a right vision of things
needs to be worked on everyday throughout your life.

50.

I will conclude by saying that
the desire to believe in something
often ends up by suggesting its reality,
and this against our will.

Lawrence Saint Clar

**MY
BEST
FRIEND**



MY BEST FRIEND

1.

Everyday life
has become stressful, hectic,
we always have to run, get results.

2.

Charlie Chaplin's
Modern Times
is not as much a caricature
as it was when it was released.

3.

We do not have the time
to watch a little flower growing anymore,
as the poet would say...

4.

We often want to
do several things at the same time
and finally, we end up doing them
superficially.

5.

We are getting farther and farther away
from the beauties of life.

6.

We do not really know any longer
how to recognize the beauty
of a sunrise or a sunset,
or enjoy everyday's simple pleasures.

7.

I think that to progress better
on the paths of life, we regularly need
to find ourselves, within our soul.

8.

Our energy tank,
where we can recharge our batteries,
can be found within ourselves.

9.

In the same way as we feel better
in our house when the housework is done,
we feel better when we
regularly review our own situation.

10.

It is nice to think:
"for an hour or two,
I will just think about myself."

11.

It is nice to take care
of our own person,
to put on some
"refreshing ointment"
if I may use the expression.

12.

Not always easy to do,
you would say?

13.

I would answer: not really difficult either.

14.

You can take a break
everywhere
with the tidal wave of troubles
spreading through your mind.

15.

You can say "stop"
on the bus, the train,
the underground, in the car,
in a waiting room,
at night just before falling asleep, etc.

16.

You can say:
let's take a little break,
and see where I am
in some of my expectations.

17.

Of course, it is easier said than done,
when you are not particularly suffering.

18.

Suffering has something continuous in it
but we can try and interrupt it

for a while
leaving everything aside, if I may say so.

19.

For example, saying to ourselves:
tonight, I am watching this film,
and I will really try
to stop thinking about my problems,
I will pick them up afterwards.

20.

Sparing a little time to ourselves,
just to ourselves for an hour or two
is somehow enjoyable.

21.

What do I want?
What would I like?
What would make me happier?

22.

Which problem must I face?
How could I skirt
the hurdles keeping me from
going ahead more easily?

23.

Imagine there is some genius
that may help you,
what would you ask him
for your own sake?

24.

What if, by having a bit more insight within yourself, you could find more solutions?

25.

Those little exercises are really enjoyable and are good for your morale.

26.

In a way, they allow us a better self-knowledge, to be more self-confident and reduce the yet-to-come mistakes.

27.

In a way, they allow us an opening of the heart and to feel better with ourselves and with others.

28.

We sometimes say: we cannot really love the other if we do not really love ourselves.

29.

We would like to be more courageous, more daring, stronger, more responsible...
Why not?

30.

All the happiness you may ever find is within you.

31.

We have all the keys
that open the doors to
a better-being inside ourselves.

32.

"It is our light
not our darkness
that mostly frightens us"
Nelson Mandela said.

33.

Becoming our best friend
allows us to move faster
on the paths of happiness.

34.

Theoretically, you can say everything
to a best friend, talk about every subject,
there is no taboo.

35.

Becoming our own best friend
allows us to considerably fill up
a possible loneliness.

36.

Loneliness is a silent suffering
that can hurt a lot,
we need to share quite often.

37.

Sharing moments of love or friendship,
sharing ideas, opinions,
experiences...

38.

Getting an inner wealth
thanks to all those little moments spent with ourselves,
talking to ourselves, listening to ourselves,
brings some kind of well-being.

39.

Some people might regard
this as something ridiculous!?

40.

These people are often those
"fully involved" in their fields.

41.

These people are often those
who are self-confident, who have a strong ego
and who tend to think
that we mustn't listen to ourselves.

42.

I would say: good for them if they think
they know themselves well enough.

43.

I think they have gained
some "insensitivity"
through time.

44.

Not that they do not have a sharp mind,
or psychology but I would say
that some ordinary people's sufferings
have become somehow distant for them.

45.

They have lost a bit of their sympathy.

46.

Don't we say that the greatest knowledge
is self-knowledge?

47.

It is also said that we never know
ourselves entirely.

48.

Who can always say how he would react
in front of this or that situation?

49.

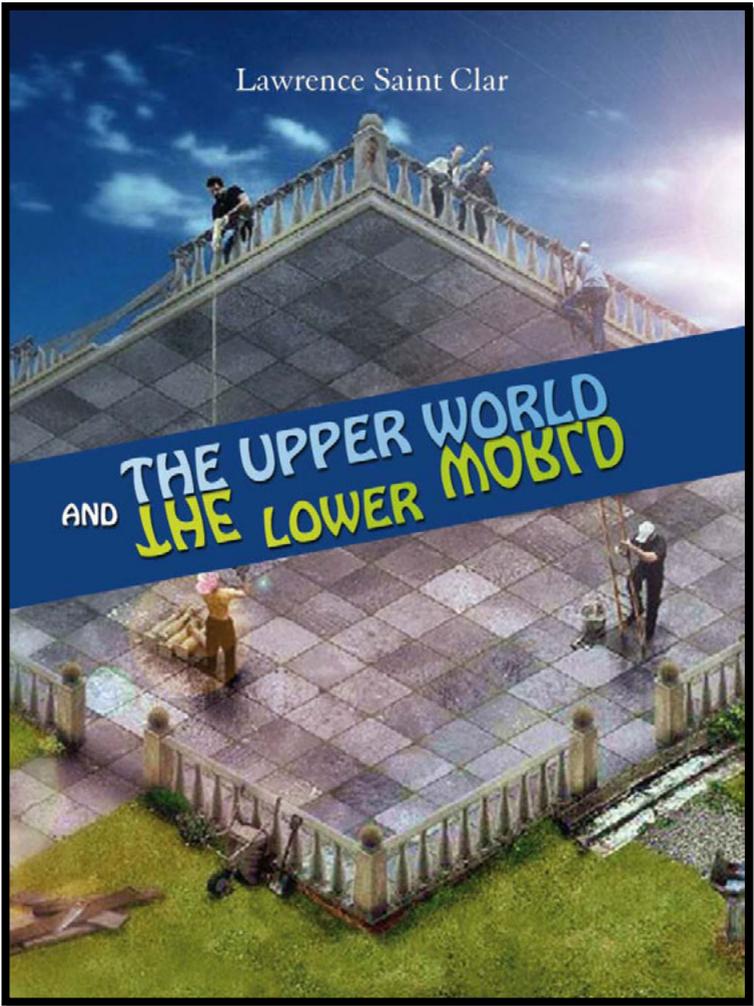
Tighten the weakest links
by regularly going to fix them
at the heart of ourselves
to become, in a way
stronger, more resistant...

50.

Actually, my best friend,
is myself...

Lawrence Saint Clar

AND **THE UPPER WORLD**
THE LOWER MOB



AND THE UPPER WORLD THE LOWER MOBED

The following text
is just a hypothetical vision of things...

1.

Does God exist, or does He not?
'That is the question'
many people have been asking for
for millennia.

2.

Is there one or several intelligences
that created the world
we know now?

3.

Some people will tell you
that there is no doubt about it
and some others will remain very skeptical.

4.

Others do not especially care about it,
it is not a matter they think about,
or at least this is what they say.

5.

Others are better off without thinking about it, even if sometimes they feel like doing it the topic seems too “uncertain” and can lead to false expectations.

6.

Others believed in it at one time in their lives and then finally stopped believing in it or the other way round.

7.

I think that, deep inside, that is the fundamental question.

8.

Are we always alone, as is sometimes said, or would our thoughts, even the most secret ones, be received somewhere?

9.

Are one or several infinitely more evolved beings observing us with the utmost discretion?

10.

We could imagine them saying: “We are not saying anything, but we are watching you!”

11.

I think that if "Jesus came back"
if he had the features
of a simple and kind person
in a way, he would be walked all over.

12.

It is often the law of the strongest,
of the most talented,
of the most daring,
of the most courageous...
that prevails and that has always prevailed.

13.

"Looking for a kind, nice,
friendly person,
who has a lot of humour
and most of all not depressed":
ad seen in a newspaper
among other similar ads!!!

14.

Better not to be "too lame"
in a world where you always have to rush
to get results.

15.

It is highly-regarded to make
the zygomatic muscles work
and especially avoid to pollute
with negative thoughts.

16.

It is true that a positive, optimistic,
smiling person is often
of better company
than a sad person.
Having problems and difficulties,
as we might sometimes think,
is not a weakness, I think.

17.

If there were a Heaven where we would meet,
I think there would be a lot of people
who could regret their lives.

18.

Not because they would not have been
nice or kind enough,
but mainly as regards others
and as regards themselves.

19.

“We saw how you behaved on Earth...
when you did not know...”
they might be told.

20.

“We saw your attitude...
when things were more complicated...”

21.

“We saw how you react
when something does not work out
the way you want...”

22.

"We saw how you are with the weak..."

23.

"We saw you running away from the wall you had to climb over" ...

24.

Or: "We saw your courage, some quality or another, when there were hardships, obstacles."

25.

"We saw your perseverance trying to respect the person the best you could".

26.

"We had a better vision of what was inside you!!!"

27.

If there is a hypothetical better world, how can we see the people who are in pretty unpleasant situations?

28.

Why wouldn't there be an upper world and a lower world?

29.

It is not, I think, by constantly living a life of luxury that you learn some values in life.

30.

“The last shall be first”

the Bible says...

“Knock and the door shall open,
ask and thou shall receive...”

31.

If there is a hypothetical Heaven,
how can we be thrilled at our efforts,
our tenacity of always wanting
good for others and for ourselves?

32.

If you live in a world
where life is easier and nicer,
you will always have doubts
about yourself and others.

33.

I know some people
who experienced several astonishing facts
which were quite unlikely to happen.

34.

Sometimes very disturbing coincidences
that looked like little friendly signs
from fate...

35.

We can wonder
“What is chance?”

36.

Would there be a form
of subtle communication?
With different beings?
With God?

37.

Would there be beings waiting for us
somewhere?

38.

Would there be another life, more real?
Would death just be an illusion?

39.

Would life on Earth just be
an experience to live?
A digression?

40.

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

41.

I do not say that it is necessary to
"look for signs";
it can lead to mistakes
or confusions.
Rationalizing reality
can make you leave this reality.

42.

Rationalizing reality, seeing this or that sign in it
remains a personal interpretation
and I warn you
against a non-negligible risk of mistakes
not to say more.

43.

I do not say that each one
always has what suits them
to evolve in the best conditions.

44.

I do not say that sufferings are good,
even if in a way
they allow yourself more or less
to grow up.

45.

A saying goes: "A miracle is neither
to fly in the air, nor to walk on water;
miracle is to walk properly on Earth".

46.

We can see life on Earth
as a way of being better fulfilled,
towards us and towards others.

47.

I do not say that there is necessarily
a "Heaven"
but it could be conceivable,
I reckon.

48.

We cannot conceive of
our own emptiness...

49.

I am far from judging so-and-so,
I am simply watching, I am observing...

50.

I will conclude by quoting William Shakespeare:
"We are such stuff as our dreams
are made on."

Little note:

I will simply add:
whose dreams?

Lawrence Saint Clar



**THE NAÏVE PEOPLE'S
UPRISING**

THE NAÏVE PEOPLE'S UPRISING

1.

We often say that it takes
all sorts to make a world
and that difference enriches us.

2.

Naïve people are often
kind people,
always ready to help...

3.

Naïve people have
an idyllic vision of life a little.

4.

Naive people have dreams, hopes,
thoughts of joy and love...

5.

Naïve people are still
a bit like well-behaved children.

6.

Naïve people are like little defenceless kittens...

7.

Don't we say in the Bible that Jesus would have said while pointing at a little child: "The greatest in the kingdom will have his naivety."?

8.

But wolves, rats and snakes are real here below in this world.

9.

Baseness, meanness and unwarranted wickedness are common.

10.

All means are good for some people to try and achieve their ends.

11.

Most of the time, they do not even have any complexes about it.

12.

There are many more of them than you could imagine.

13.

But if you "rip off" a kind naive, remember that still water runs deep.

14.

It is also sometimes said that there is nothing more hot-tempered than a false-calm person.

15.

I am not going to hold forth on good and evil.

16.

Good is not always good and evil is not always evil.

17.

Sometimes, a situation that we regard as bad can make you go further ahead than another one that we regard as more enjoyable.

18.

But many people make mean choices that only bring them their little personal pleasure.

19.

What they gain compared to what they make others lose is totally out of proportion.

20.

It would strike many so-called "correct" minds.

21.

Sometimes, this or that decision,
this or that attitude can create
malaise and whiffs of discomfort.

22.

We can wonder:
is there justice somewhere?

23.

Would it always be the law of the strongest
of the most twisted mind, of the meanest
that prevails?

24.

When we know
some forms of beauty in life,
we can wonder
if the "great wheel that turns"
really crushes everything on its way.

25.

I would say: beware of the kind naives
that will rise up...

26.

Be careful when their vision of the world
expands...

27.

So to all the twisted minds,
the mean, the perverse,
the second-rate pretentious twits...

28.

To all those who
are very good
at dirty tricks...

29.

To all those who
scorn the people's dignity...

30.

To all those who
are just doing good
for appearances and try to
ingratiate themselves...

31.

To those who
are just focusing
on their inflated ego...

32.

To all those whose dark side is
much more important
than their white side...

33.

So we could say:
"Verily, I say unto you."

34.

When the kind naive people
start to take a step back
towards some situations,

35.

When their eyes start
to open on your mean tricks.

36.

When they start to think
of you and what makes you tick.

37.

When they realize
that in a way
“you do not comply with the rules”.

38.

When they realize
that in order to climb,
you do not hesitate
to walk on others' heads.

39.

When they realize
that, indeed, by taking “short cuts”,
you easily climb up the social ladder.

40.

When they realize
to what extent you can sometimes fall.

41.

When they wonder what truly
makes a person's worth.

42.

When they seriously question
their way of considering this or that person...

43.

When they realize
that it's better if you do not have
too much power on others.

44.

When they realize
that you just have very limited sympathy...

45.

When they realize
that the others' happiness
is something that bothers you.

46.

When they realize
that you just shine owing to
your mediocrity.

47.

When they realize
that their fears are just illusions.

48.

So as one of Johnny Halliday's songs says:
"One day will come,
and you will tell me: I love you!"

49.

So as we sometimes say:
"Love me when I less deserve it
because it is at this time
that I need it most."

50.

So yes, one day will come,
they will overthrow you and will
have a go at you.

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In this third 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:

*“I believe in God,
but I do not completely
believe in religions.”*

*“Religions remove
the freedom of thinking by yourself;
in a way,
they impose on you how
to act and think.”*

*“Where is the mistake actually?
We learn from our mistakes,
from our failures.”*

*“We could say that
curiosity is what makes
a mind young.”*

*“We all have
a little child within ourselves.”*

And so many others...