

Lawrence Saint Clar

The Little Mouse in The Kiwi - 4



Lawrence Saint Clar

**The Little Mouse
in The Kiwi**

Part 4

Collection

Translated from the french ebooks of François Gagol by
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A little note from the writer

My role is not to tell anyone how to lead their lives but I would say: to love is not enough... When you do not see the other, you hurt him or her...

The prettiest women are not necessarily the most beautiful, or the most handsome men the best-looking. Beauty is not always where we seek it...

What is flashy remains flashy for a sharp eye...

One of the purposes in life is, to me, to learn to acknowledge the true beauty of things.

To quote an old Indian chief: "You look at me, and you just see an ugly old man and yet, inside, I hide a great beauty. I'm sitting as if I were at the top of the mountain, and I read the future as if I was reading an open book."

LAWRENCE SAINT CLAR

I LOVE YOU...
neither do I!



I LOVE YOU... *neither do I!*

1.

How sweet to enjoy
a bit of a rest
after doing a bit of sorting...

2.

... a bit of sorting
in our everyday life, in our things,
in our way of seeing things...

3.

Things! Let's talk about things!
Is not everything more
or less ephemeral?

4.

The thing does not matter...
provided we get a thrill
As we familiarly say...

5.

Who cares?
Everything fades and everything seems
to fade so quickly...

6.

"We don't care what happens after I'm gone!"
We sometimes say...

7.

"I took things and things took me"
as Jean-Jacques Goldman sings
in one of his songs.

8.

Materialism is and
has always been dominating
in many people's lives.

9.

In a way,
it is somehow natural;
We have to foster the development of our race
and succeed in cutting a path
through our fellow men.

10.

When the human being grows,
he usually grows like a tree
and pushes everything
out of his way.

11.

If he cares a bit too much
about not damaging this or that little seedling,
he feels like getting heavier
and gravity turns into a burden.

12.

Adios amigos!
If you cannot follow,
I may see you another day...

13.

I sometimes go to
the Opal Coast to sunbathe.
A little time before you arrive,
the sight is somewhat cheerful,
if I may say so...

14.

Two or three miles
before arriving
there are three traffic lights...

15.

There is almost
always a three or
four-kilometre long traffic-jam.

16.

If the weather is nice,
you can spend a whole hour
driving the last miles
separating you from the beach.

17.

Not always easy a traffic jam
in the heat... Fortunately,
there is some entertainment!!!

18.

More accurately, on the roadsides,
you've got plenty of time to discover a lot of things
scattered here and there on the grass:

19.

Empty bags of crisps,
empty packets of biscuits,
empty glass or plastic bottles,
empty packs of cigarettes,
empty packages of ham,
used paper towels,
tissues...
among other things...

20.

This scattering seems regular
the colours match pretty well with
the meadow green on
the roadsides...

21.

Sometimes, pretty loud music
can be heard from the cars.
It somehow creates a little partying atmosphere...

22.

We're on our way to a place for
sunbathing, swimming, forgetting our troubles
for a few hours...

23.

And after all... everything else...
"We don't give a shit..."

24.

We must be unfazed in life...
It is relaxing and
makes stress go away,
I've heard it said!

25.

If you also want to
colour the landscape,
please come and
add your little personal touch!
Show us the way you decorate the scenery!

26.

Some little garbage here and there,
find the "hottest" colours,
then take a few pictures
and put them on Facebook or on Twitter...

27.

"You'll see, you'll see,
Everything will start again,
You'll see, you'll see,
This is what love is made for!"
as Claude Nougaro said...

28.

Don't bother wondering whether it is correct or not!

29.

There will always be some henchmen
to pick it up;
after all, it is their job!
or they have wanted it!

30.

"You'll see, you'll see,
Everything will start again,
You'll see, you'll see,
This is what love is made for!"

31.

Yeah, in a way,
"This is what love is made for!"
often to "help cleaning people's asses"
if I may say so and keep my good manners...

32.

In the same way,
during a very snowy winter on the roads:
how many cars overtake
the others at full speed
on the left lane covered with snow?

33.

How many drivers risk major accidents
for them and others just because of
their recklessness, for trifles?

34.

I don't want to sound malicious but
how many people should
get a well-functioning brain
transplanted?

35.

I know that my words will make
many of you smile!
Others will snub me!

36.

The stupidity
that fills the world makes
the most sensitive of us suffer...

37.

When you come across it,
it always grips you
violently and compresses
your vertebrae.

38.

"Lord, have mercy!"
"Hosanna in the highest"
or something like that...

39.

"Forgive them my Lord, because
they don't know what
they are doing!!!"

40.

The planet seems to go down
the drain and everyone
looks as if they could not care less,
we could say...

41.

Everyone may not always know
how to act best.

42.

As Coluche was saying:
"There are too many miseries."

43.

I don't have any lecture to give
but I would simply say
that the people's biggest weaknesses
or greatest qualities
can often be seen in little things.

44.

Everyone in France is
free to throw away garbage
on the roadsides...

45.

Everyone
expresses their creativity
in their own way, I would say...

46.

But I think that as long
as most of us see this behaviour
without any indignation that, somehow,
gets you right there,
the world will go wrong...

47.

I know that it may just be waffle,
but this is what I think.

48.

One single locust
is no threat,
but when there are thousands of them gathering,
they become threatening.

49.

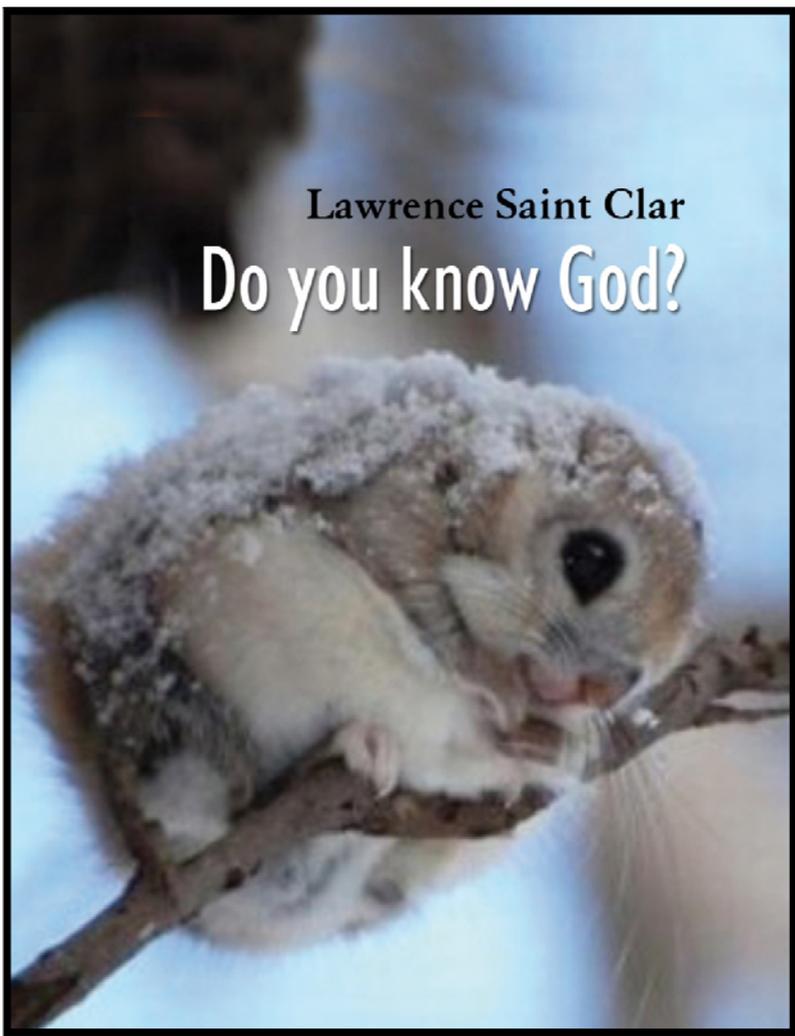
I think that it's somehow the same
with the people's behaviour.

50.

To my mind there is just one way
to change tack,
away from the abyss we are plunging into:
collective, worldwide awareness
of the precious and fragile
aspect of life which we are all
responsible for.

Amen!

Lawrence Saint Clar
Do you know God?



Do you know God?

A few days ago, I found myself thinking:

1.

Without God's existence
life is meaningless,
everything would just be a mess...

2.

I do not see myself
spending all my life in this world...

3.

... this world that sometimes seems
"sicker and sicker"...

4.

Do you believe that
life came out of nowhere without one
or several intelligences behind it?

5.

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

6.

God will not force you
to come to Him, but in his own way,
and very often,
He will suggest it to you...

7.

As odd as it may
seem to you,
He would love to become your friend...

8.

A famous french philosopher
and mathematician of the 17th century,
Blaise Pascal, said: "The problem with
men (and women, of course)
is that they can't stay alone locked-up in a room."

9.

Indeed, people are afraid of looking
deep inside themselves,
"the fear of the mirror" ...

10.

Most of their activities
keep them from thinking...
and somehow, it suits them...

11.

Yet, as Blaise would say,
the world could change
if people dared wondering about themselves...

12.

People often like
the thoughts pre-digested
by their friends, or family...

13.

They also like
the "so-called ethics"
to be in the right path
without wandering too much
from the path set out for you...

14.

Good is not always good
and evil is not always evil and
you mustn't mix up love,
patience and
stupidity...

15.

God does not judge,
He notes, He observes...

16.

He is omniscient, omnipresent...
He knows everyone, He knows
how much hair you have
on your head, and more, much more...

17.

He knows all your deeds
and all your secret thoughts...

18.

He knows all your joys,
all your dreams,
and all your sufferings...

19.

He is always there within you,
near you, wherever you are,
at any time,
night and day...

20.

He wishes for your blossoming
even though sometimes appearances
are deceptive...

21.

He wishes you to build up your experience
and walk on the path
to some kind of wisdom...

22.

He will always remain very discreet
and if you do not call Him,
you will not hear Him...

23.

God can communicate with you in many ways...

24.

You must open your heart,
open your eyes, open
your ears, open your mind...

25.

Take the first step,
just the first step...

26.

You are looking for water
to refresh yourself
while you have a well inside you...

27.

Learn to enjoy
the little trivial things
and you will feel happier.

28.

"Somebody is just really worth
what they are worth in God's eyes
and nothing more",
Saint Francis de Sales said.

29.

"If you accept praise from one another,
as Jesus said,
learn to get it from my Father
who is in the Skies..."

30.

God would like us to learn
to trust Him...

31.

He would like you to loosen
the grip you have on things...

32.

Even if you do not always
understand everything,
you should nevertheless trust him...

33.

A soldier
on the brink of death on a battlefield
has the feeling of giving his life to his country...

34.

God does not want bad things for you
and He can even become your ally...
Of course when facing difficulties,
you will not face them full of innocent enthusiasm...

35.

He will often answer you unexpectedly,
and He does not count days...

36.

He wishes your personality to develop at best,
and that you learn to think better by yourself,
to have a better personal insight...

37.

He wishes you to achieve
your personality,
develop your potential...

38.

Our efforts bring us little lights
that shine within us for a long time...

39.

The more you will know Him,
the more you will talk to Him as a friend...

40.

The more you will thank and appreciate Him,
the more enriching the talk will be...
you can talk to Him about anything
without any taboo or complex...

41.

He will not turn you into a soothsayer...

42.

But you will end up
with clairvoyance..

43.

You will be more clear-sighted when in trouble
and you will have more energy...

44.

You will end up believing
that with God's help,
everything can be achieved...

45.

Your steps will be lighter
and you will feel more confident...

46.

You will sometimes
even laugh with Him!

47.

If you call Him,
He will let you know necessary
information in due time...

48.

Many ways can lead
to the same result...

49.

When you die, you will have the feeling
"of going into the room next door"...

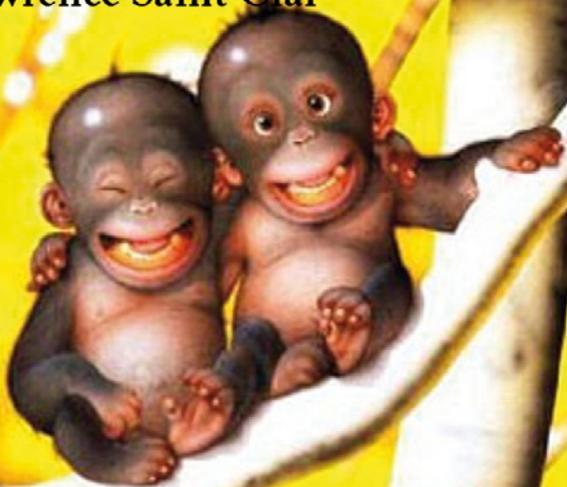
50.

You will be left with one choice:
keep on living in the "room next door"
with the feeling of having lived a
satisfying terrestrial life...
or have a rebirth on Earth... to change...
with all the difficulties and risks
it implies...

Do not say...

but rather!

Lawrence Saint Clar



Do not say... *but rather!*

In many more or less difficult situations, the "Do not say... but rather" will not be suitable, but sometimes, you just have to see the situation a bit differently...

1.

Don't say "I must do the washing-up!"
but rather "I will clear and clean
the kitchen to relieve stress and make
the future meals nicer".

2.

Don't say "I must do the housework!"
but rather "I will make my house
more pleasant to live in and to look at".

3.

Don't say "doing the dusting
will make me sweat", but rather
"my furniture will be so shiny
that I won't need
mirrors anymore".

4.

Don't say "I hate dusting!"
but rather "with the radio on,

on some tune, I can jive
and dust in rhythm".

5.

Don't say
"vacuuming will suck up my energy",
but rather "adios amigos fluff".

6.

Don't say "I've got to mop the floor",
but rather "Everything will smell good".

7.

Don't say "after cleaning,
I will be exhausted",
but rather "after cleaning,
I will feel peaceful and relaxed
at the sight of my all-clean house".

8.

Don't say "I must empty the trash",
but rather "an empty trash
can is so much more pleasant than
an overflowing trash can".

9.

Don't say "I've got to clear up my stuff",
but rather "I like making
things more accessible".

10.

Don't say "I've got
to do some shopping",

but rather "I will stroll in the shop
and linger while choosing what I will eat".

11.

Don't say "I am having a beer",
but rather "I am refueling in B vitamins".

12.

Don't say "I must take care of the children",
but rather "I am involved in my kids' education
and I share with them everyday".

13.

Don't say to a child
"you have to do your homework",
but rather say "think about putting
a little money into your invisible moneybox
for when you have grown up".

14.

Don't say "I had to park a bit far",
but rather "walking at least thirty minutes a day
is good for health".

15.

Don't say "this person is stupid",
but rather "this person gives me
the opportunity to see that everyone
is far from being perfect".

16.

Don't say "I had an argument
with him or her",

but "he or she allowed me to assert myself better".

17.

Don't say "I am fed up with their ideas",
but rather "I need to protect myself from their polluting ideas".

18.

Don't say "I am divorcing"
but rather "I will soon be able to enjoy the pleasures of single life again".

19.

Don't say "the alarm clock goes off, I have to go to work",
but rather "I am lucky to have a job and be able to take it up".

20.

Don't say "my job is not the best",
but rather "a job is not generally enjoyable, but in a way, it makes the individual grow".

21.

Don't say "I still have a lot to do",
but rather "there is still a long way to go, but I am happy to know that I can go to the whole way".

22.

Do not say "I am badly-organized",
but rather "next time,
I will be better-organized".

23.

Don't say "what rotten weather!"
but rather "bad weather generally brings water,
which is good for flowers
and for crops, and that is also
what allows us to make the most of sunshine."

24.

Don't say "I have a hard time",
but rather "I have a hard time to try
and reach my goals".

25.

Don't say "life is full of hurdles"
but rather "triumph without peril
brings no glory".

26.

Don't say "I suck",
but rather "I am aware
that I have gaps to fill".

27.

Don't say "I am useless"
but rather "I am aware that,
in this situation, I still have big progress to do".

28.

Don't say "I will never manage"
but "I might need
a little more time than I thought in the first place".

29.

Don't say "I am take it anymore"
but rather "I am about to know
one of my present limits".

30.

Don't say "I'm stupid",
but rather, as the saying goes,
"what an idiot does,
another idiot can equally do".

31.

Don't say "he or she
is cleverer than I am",
but rather "there are several
kinds of intelligence, mathematical, literary, artistic,
physical, heart intelligence..."

32.

Don't say "nobody loves me",
but rather "what matters most is that
I can love myself".

33.

Don't say "I feel lonely",
but rather "loneliness is a subjective point of view;
when you love yourself enough,
you never really feel lonely".

34.

Don't say "routine is killing me",
but rather "routine is a part of life,
you have to put up with it".

35.

Don't say "I don't want anything anymore",
but rather "the little pleasures
often make the greatest joys,
such as listening to a beautiful song
or having a refreshing drink, and so on" ...

36.

Don't say "I don't really expect
anything special from life anymore",
but rather "I wonder what life will
still bring me".

37.

Don't say "I am bored",
but rather "I will think a bit
of something interesting I can do".

38.

Don't say "I do not know anything interesting
I can do", but rather "life is wide enough to find
something to do or to discover, or to re-discover".

39.

Don't say "I feel down",
but rather "I am not at my best right now,
but I know this is just a temporary state of mind,
I know I will feel better soon".

40.

Don't say "find no interest in anything"
but rather "I feel a little depressive currently,
it is natural that I kind of see
life in black and white".

41.

Don't say "I am negative",
but rather "now that I know
that I am negative,
I will try to be positive".

42.

Don't say "it's hopeless",
but rather "there's often a solution
to the problem and it's not because
I can't see it that it doesn't exist".

43.

Don't say "I am at the end of my tether",
but rather "I will try to take
another step back... and let
time take its course".

44.

Don't say "this is the end",
but rather "life quite often has
unexpected resources".

45.

Don't say "it is dark"
but rather "in darkness,
light can be seen better".

46.

Don't say "I don't know what will become of me" but rather "when your ideas are confused, generally you cannot see the future clearly, you must let things time to settle".

47.

Don't say "what's the use of all those efforts?", but rather "living is to make efforts day after day."

48.

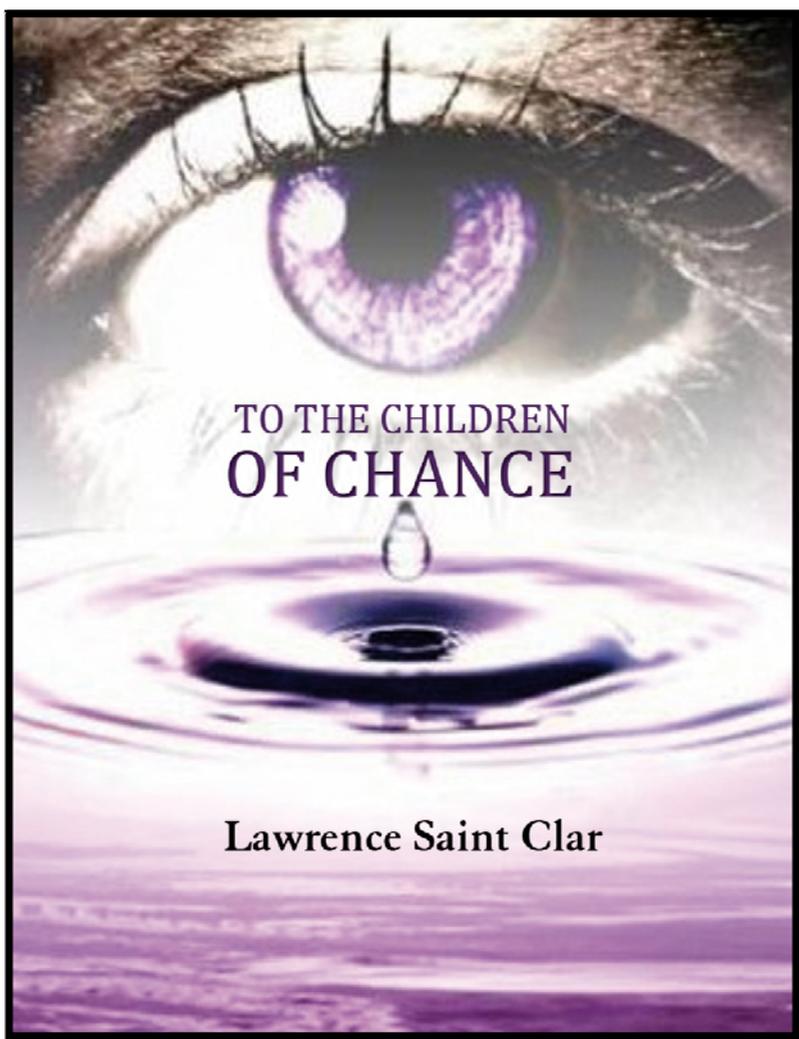
Don't say "why do I live?", but rather "to live to try and enjoy the little things and try to be happy".

49.

Don't say "life is meaningless", but rather "life is bound to have a meaning that I cannot really see".

50.

Don't say "what is happiness?", but rather "happiness is a picture of oneself that we look at, a way of approaching life, its pleasures, its joys and its difficulties".



TO THE CHILDREN
OF CHANCE

Lawrence Saint Clar

TO THE CHILDREN OF CHANCE

1.

To the children of chance
who have never been in agony,
I say... no confidence...

2.

To the children of chance
who have never been in agony,
I say... in substance...

3.

Many people have a warlike spirit
and many cannot do
without a war...

4.

The world is developing
and is rushing towards growth,
but how many will be satisfied
with some stability?

5.

Can progress constantly
make progress?

6.

What will people do
without this "progress" that
is leading them?

7.

Many people seek happiness
but when they do reach it,
they are not satisfied
with it...

8.

Many people complain
about their bad living conditions,
but cannot appreciate
a fair amount of comfort...

9.

Many people seek
what is superficial
and fleeting...

10.

Many people seek pipe dreams
and the illusion
of happiness.

11.

The ego often dominates the world...

12.

To the children of chance
who have never been in agony,
I say... no confidence...

13.

To the children of chance
who have never been in agony,
I say... arrogance...

14.

Has the human being
a building or destructive
nature?

15.

In a way,
he destroys to create
and he creates to destroy!

16.

To grow to destroy, or to destroy to grow?
That is the question.

17.

To the children of chance
who have never been in agony,
I say... reminiscence...

18.

To the children of chance
who have never been in agony,
I say... remembrance...

19.

Remembrance of
all the violence
and all the sufferings
throughout History...

20.

And wonder: why?

21.

To the children of chance
who have never been in agony,
I say... find the key to the riddle...

22.

To the children of chance
who have never been in agony,
I say... find the key to happiness...

23.

To the children of chance,
who have never been in agony,
I say... free yourselves
from the eternal leitmotiv:
"building-destruction-building-destruction... "

24.

No, I haven't smoked any weed!

25.

No, I haven't drunk more wine
than what I am used to!

26.

Could it be an outbreak of madness
or of clairvoyance?

27.

Could it be the feeling
of sensing the future?

28.

Could it come from some lucidity
or from a hidden suffering?

29.

Could it be a cry to try
and break through
the loose conglomeration
of "stupidity"?

30.

The stupidity that, everyday,
makes me suffer...

31.

To the children of chance
who have never been in agony,
I say... no confidence...

32.

To the children of chance
who have never be in agony,
I say... defence...

33.

Believe in yourselves before believing in others...

34.

Believe in others,
but not blindly...

35.

Be careful of opinions
and certainties...

36.

Be careful of ideas
coming from nowhere, and manipulating you...

37.

Take a lasso
and catch those you like
and that seem to suit you best...

38.

Catch some yellow,
some blue, some pink,
some pretty risqué...

39.

Beware of the mould
they want to fit you in!

40.

Beware of your naivety
and of hypocrisy and
of people's mean
side too!

41.

The world is developing
and is rushing towards growth,
but how many will be satisfied
with some stability?

42.

Can progress constantly make progress?

43.

What will people
do without this "progress"
that is leading them?

44.

Many people seek happiness
but when they do reach it,
they are not satisfied
with it...

45.

Many people complain
about their bad living conditions,
but they don't know
how to appreciate a certain comfort...

46.

Many people seek
what is superficial and fleeting...

47.

Many people chase after pipe dreams
and after illusion of happiness...

48.

The little ego often dominates the world...

49.

Many people have a warlike spirit
and many cannot do
without a war...

50.

To the children of chance
who have never been in agony,
I say...
what happiness is lacking is wisdom...

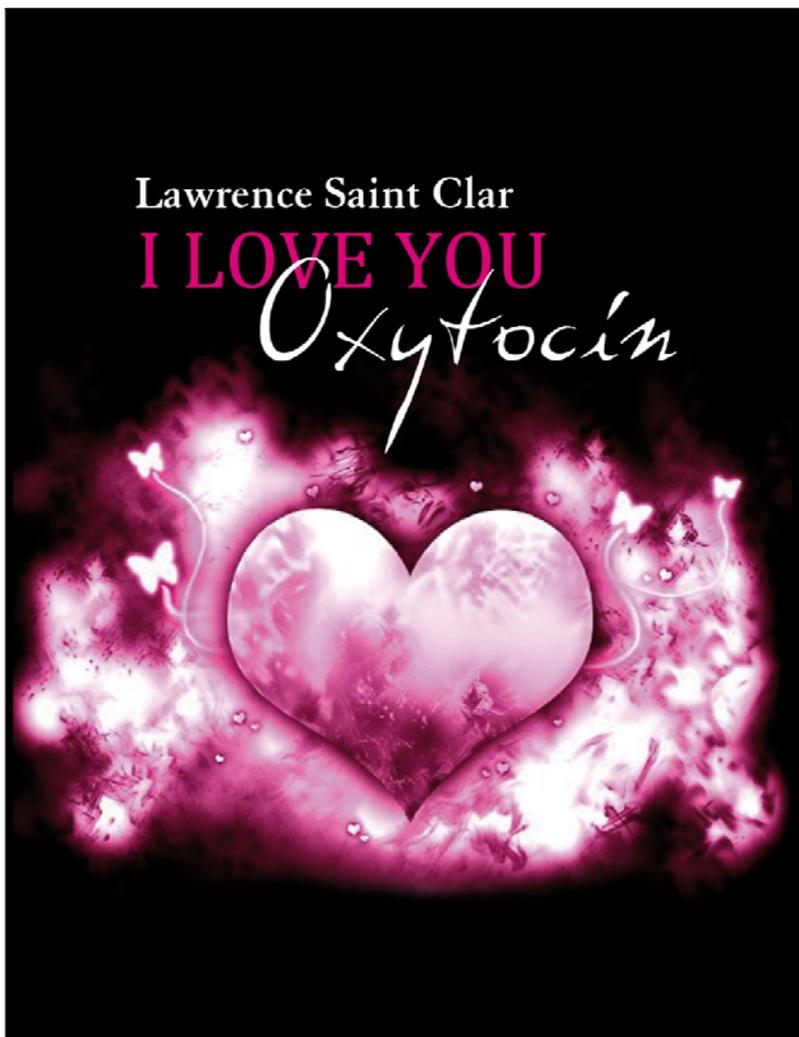
Little note:

I would simply add that, a whole life is often hardly long enough to get it correctly.

Lawrence Saint Clar

I LOVE YOU

Oxytocin



I LOVE YOU *Oxytocin*

1.

What is more beautiful than love?!

2.

When we love, we often feel relaxed,
calm, serene, peaceful... happy...

3.

We have a feeling of well-being...
somehow as if we had our heads
in the clouds...

4.

We feel as if we discovered
unsuspected resources,
qualities inside ourselves.

5.

In a way,
the feeling of being in love
seems to raise us...

6.

We feel light, full of beans,
life seems a lot nicer...

7.

All of this is beautiful...
if, of course,
it is mutual...

8.

What suffering...
when we love somebody
and when they seem indifferent
to our advances...

9.

Even though love
can seem beautiful,
it can hurt nonetheless...

10.

Love... love...
it makes the world go round!

11.

It gives birth to passion
and leads
to great things...

12.

We even say that
if we have never loved,
so we have never really lived!

13.

What if love were just an illusion?

14.

An illusion? An illusion, what for?

15.

An illusion for evolution...
for us to reproduce?

16.

Love leads to reproduction
and therefore to the survival of the species...

17.

Our mentality has changed
for a few thousand years...
but our physical appearance, not really...

18.

Love is an unconscious response
to olfactory, visual,
auditory and tactile stimuli...

19.

Unconsciously, we create
the ideal image
of our ideal partner...

20.

This in order to pass on
our genes... in the best conditions...

21.

Gene compatibility,
"blending" optimization,
better "guarantees" ...

22.

Yes, unconsciously, we do
analyze all this...

23.

And every day,
more or less unconsciously,
our brain, like a software
processing on a computer,
analyzes and browses...

24.

And when it finds someone
who seems to match our expectations,
it releases a hormone:
oxytocin!

25.

And the "love machine",
the biochemistry of love starts...

26.

Dilation of pupils,
increase in heart rate,
obsession with the beloved, etc., etc.

27.

We feel a bit peculiar...
We love, at least,
we think we do...

28.

Love cannot be intellectualized;
we do not really know
why we love!

29.

Scientists agree that generally,
the effect of love lasts for about three years...

30.

Just the time
to know each other a bit
and to make a baby...
to be ordinary...

31.

After that...
it gradually fades away
and the time for concessions begins...

32.

Actually, it is a bit sad to say,
but true love is somehow like
Santa Claus...
it does not exist...

33.

The soul mate,
the person who is
both alike and different,
who fulfils all our expectations,
who understands all about us... Often,
this is just an illusion...

34.

Love is a drug
and we all are more or less
"love addicts"!

35.

Everything we do,
unconsciously,
has a hidden purpose:
the search for oxytocin!

36.

Somehow,
we really long
to be and stay in love...

37.

I must admit that we feel so well
when it happens!

38.

Normal for us
to seek a little dose of
oxytocin!

39.

Would each beautiful feeling
be nothing but illusion?

40.

Does it seem difficult to believe?!

41.

But with a step back and
if you have already been through
a disappointment in love...

42.

We can indeed contemplate
the question!

43.

I admit that, without or
with almost no more oxytocin left,
the every-day couple relationship
seems a little less pleasant...

44.

But doesn't love become
therefore deeper
because of that?

45.

Is nature playing with us?

46.

"This doesn't mean
we must become
attached, and poisoned!"
as the song goes...

47.

Would we always be alone?
We do not fulfil ourselves
in the other,
but with the other...

48.

Oxytocin
makes us believe
that we will blend with the other!

49.

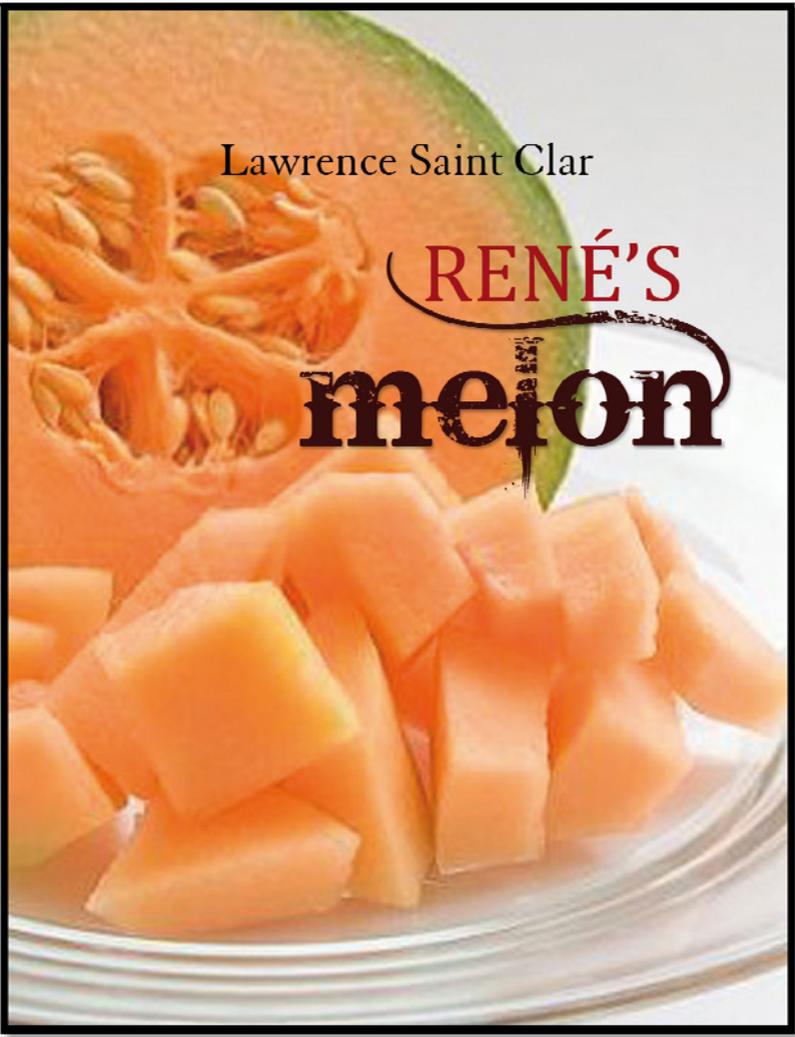
When we know that
scientists are currently reproducing it
in synthetic hormone...

50.

A little nasal spray...
and there we go!
No more unhappy love affair!

A little important note:

Actually, we don't suffer in our love story especially because the other rejects us, but rather because of the oxytocin hormone which has created an addiction in our brain... the ideal being would somehow be an illusion "tormenting" us in order to urge us to reproduce... Would we be in some sort of "matrix"? Somehow, we might wonder and contemplate the question...



Lawrence Saint Clar

RENÉ'S
melon

RENÉ'S melon

Proust had his madeleine¹, René has his melon.

1.

One day, on holiday,
I was feasting on my melon.

2.

Hmm! What a good melon
I told myself, licking my chops!

3.

Its internal colour was a beautiful orange,
it was really juicy, and I couldn't help
thinking:

4.

What if one or several being(s)
had designed this melon?

5.

This idea was titillating my mind.
Yes. I sometimes have some strange ideas!

¹ French writer Proust referred to this madeleine as something bringing back flood of memories.

6.

No, let's forget about it, I told myself.
I'm wandering in space
Let's come back to earth.

7.

I was looking at it, peacefully...
How beautiful and good this melon was!...
It had a nice smell of warm sand,
holidays...

8.

Then, shortly after,
back home,
during a family gathering,
I feasted again on a similar melon...

9.

The melon was beginning to
get on my nerves...
or on my stomach, I should say!

10.

I had my taste buds
filled with pleasure.
Was it only the fruit of chance?

11.

If this melon were the fruit of chance...
so I take my hat off to chance².

² In French a bowler hat is called a "melon-hat", hence the word-play in French.

12.

No,
take your hat off to the melon!
Chance answered me...
Chance that does things so well...

13.

Hern! I remained perplexed...
My intuition urged me
to a solution
that I was sensing...
but a little 'potty'...

14.

No, I can't believe it!
My 'rational' mind
won't allow me to believe it!

15.

This chance is in no way
such 'great nonsense' as
it would like us to believe.
I told myself...

16.

You wouldn't think it,
this chance is tasty...
and even classy,
sometimes!

17.

The melon doesn't look anything special,
but how juicy it is!

18.

I sometimes asked myself:
how many atoms are there in this melon?

19.

At a pinch...
the shape, the colour...
possibly... but the taste,
the flavour?!

20.

Damned rascal, you melon!
I told myself...

21.

I must admit
that I sometimes ask myself
stupid questions...

22.

For all that,
if one or several beings
have designed the melon...
They are really brilliant!

23.

Seen from the outside,
it does not look like anything special
this melon, at first sight...

24.

But what a surprise for
good food!

25.

The idea of melon
ended up haunting my mind...

26.

In fact,
I was fighting
against my rational mind.

27.

I racked my brains, and
this is what came out of it.

28.

What if
there were one or several Gods
(or deputy Gods) of melons.

29.

One or several beings would have
thought, imagined,
tasted, designed it...

30.

No, I'm raving,
I am telling myself nonsense.

31.

But why not? I thought
Does the rational mind think
that it knows everything?
My intuition wanted to penetrate
the mystery in broad daylight.

32.

So I justified myself
in thinking that,
indeed, one or several beings,
infinitely superior to me,
had certainly designed it.

33.

Nice beings! I told myself.
Gods? deputy Gods?
Or others?

34.

And if some have designed the melon,
others must have designed the strawberry,
the raspberry, the apple, or the pear...

35.

Let's broaden our vision of things!
I told myself... why not?

36.

Why would we claim
to be alone in the universe,
and know it all?

37.

Perhaps we could also say the same,
about animals, plants, landscapes and so on...

38.

In fact, there may be many beings,
that have boned up on the world
that we know?

39.

Suddenly life seemed nicer...

40.

I also felt less lonely in the universe,
in a way...

41.

Now, when I see someone
that refuses to eat melon,
saying 'I don't like that',
I tell myself:

42.

Darn it!
Don't you realize that
some have boned up on it.

43.

And you,
without tasting it,
say 'I don't like it!'

44.

You are somehow insulting
the Gods of melon!

45.

But don't worry, I tell myself I think they forgive you.

46.

I know that this way of seeing things
can make you smile...

47.

But now, I can't conceive it
very well differently...

48.

I justified myself in thinking it,
and things seem to be clearer this way...

49.

Am I right or wrong?

50.

One day, someone said:
"People don't understand God
because they are complicated,
whereas God is simple..."

Lawrence Saint Clar

I WONDER
WHERE I WANDER

JIMMY!
ANSWERS ME!



I WONDER WHERE I WANDER

1.

Lord, Lord,
Thou who knows everything!
Please tell me
which direction should I follow?

2.

**Look in your soul
and you will find the answer! he answered me...**

3.

Lord, Lord, could you
be a bit clearer, please?

4.

Do you mean that I do not speak English properly?

5.

No Lord! I am not
of the clever type, you know!

6.

**I know that, son! I know
that I also put some
wax into your ears...**

7.

I do not always have
your clear-sightedness in life.

8.

**This is exactly what
you have to learn step by step, son!**

9.

I could do with a little tip, Lord!

10.

Hum, I haven't made up my mind!

11.

Come on, Lord!
In your great mercy!

12.

Come on, Lord, so powerful
and almighty!

13.

OK, then but just because you keep insisting.

14.

**Stare at the light!
This is the way...**

15.

Yes, I am sure that
to walk towards light is better
than walk towards darkness!

16.

**You're quite mistaken, son!
Everyone does not
necessarily want
to walk towards light...**

17.

What do you call light?
Can you be a bit more accurate?
You know, I am not bright!

18.

**You are a little bulb
and I am the lighthouse!**

19.

Hmm yeah!
Not a bad comparison!

20.

I am a little bulb,
not easy for me to light up
my way!

21.

If I sometimes stumble,
you will understand
that it is natural Lord!

22.

Sometimes, my batteries can
run down a little!

23.

**Don't bother!
I understand, son! Relax!**

24.

I still don't know which
direction I have to follow.

25.

Which meaning,
which purpose must I give to my life?

26.

**Wow!
You are using big words, there!**

27.

**Start by being happy
with the fact that
you can walk straight!**

28.

**And avoid walking
in what you shouldn't.**

29.

**Your soles will be full of it...
And if I have to carry you...
It will not be that easy...
Well, not really difficult either...**

30.

Have you ever carried me?

31.

Yes, on my shoulders, sometimes!
You were somehow
out for the count! Remember!

32.

You thought you were abandoned,
but the footprints
you could see behind you
were not yours,
but mine...

33.

I've always been with you.
Well! That's ancient history,
you've become a bit stronger...

34.

Thank you.

35.

Let's talk a bit more seriously
about my way, please.
I am close to the end of my little text!

36.

Don't worry!

37.

Yes, but I haven't said much?

38.

No! This is what you think!

39.

People don't think
that they can talk to me!

40.

They think that only the "nutcases"
can talk to me!

41.

I will tell you in which way
you will have to walk...

42.

Careful
it is going to be surprising!

43.

Walk towards yourself!
Walk towards who you are!
Walk towards what you are!

44.

Hum! Yeah, it's true
it's quite surprising!

45.

Each day that goes by,
you walk towards a more refined,
more carved image of yourself!

46.

Each day that goes by,
you are fulfilled a bit more...

47.

You are building yourself
every day with the vagaries of life...

48.

No need to have
great perspectives,
great plans...
Be yourself!

49.

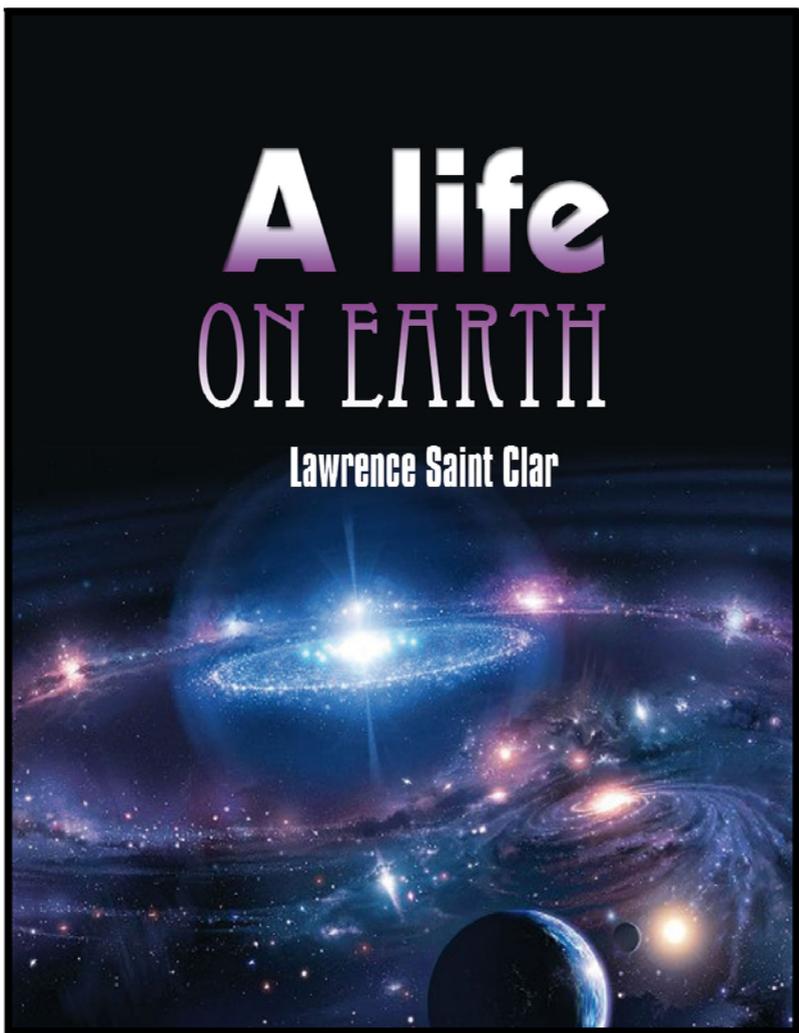
Try to enjoy your daily life,
the great joys but also
all the little frivolous pleasures...

50.

And also, do not forget what you were saying:
happiness is just an image of yourself
that you look at,
a way of approaching life,
its pleasures, its joys
and its difficulties...

A life ON EARTH

Lawrence Saint Clar



A life ON EARTH

*The little following discussion is
just a hypothetical vision of things...*

RENÉ: Hey, Paul!
How many years
have we known each other?

PAUL: Well, you know, René!
I would say a few thousand years, now!

PAUL: Why that question?
You sound as if
there were something wrong.

RENÉ: No, I am fine! Here, we have
everything we need to be happy!

PAUL: I know you well enough!
You seem to be worrying.

RENÉ: Kind of, yes! I do not really know!
Sometimes, I am slightly bored!
There are things I'd like to know!

PAUL: What sort of things?

RENÉ: I wonder if I would not go
and live a life on Earth?

PAUL: Wow! Do you realize
what you are saying?!

PAUL: Living on Earth
is not an easy thing!

RENÉ: Yes, I know! But sometimes,
there are things I'd like to know about myself!

PAUL: What's the matter?
Don't you have everything to be happy here?

RENÉ: Yes, of course, it is amazing here
but I seem to miss something!

PAUL: Come on René! Pull yourself together!

PAUL: And have you thought about Jeanne?
Sophie? Fred... and all your friends and family?

RENÉ: I know, I know!... I think
I will be away for several decades
and maybe after
I will not be the same!

PAUL: Earth, most of the time, is a mess!
And there are also a lot of "weirdos" there!

PAUL: You will have a hard time!
Depress! Catch diseases!
Suffer a lot!

PAUL: Do you know that?!
And not only for a short time!

PAUL: And Jeanne! Do you
think she will also want to go?
I don't think so!

RENÉ: Yes, but you see: when I am
drinking this good beer with you
well... something seems to be missing!

PAUL: What is missing?
What do you want to do?
What do you want to see?

RENÉ: In a way, I think I can
bring people and also myself
a little something.

PAUL: And what would you like to
bring people and yourself?

RENÉ: Not much,
perhaps a more optimistic,
a little more confident look on life?

PAUL: You know that most of them, people,
will not even show little interest in
what you will say!

RENÉ: Yes, I know!

PAUL: You know, as we casually say,
you will really get it in the neck!

RENÉ: Yes, yes, I know! I'd like to see the Earth,
its inhabitants, its landscapes, its fauna, its flora...
over there...

RENÉ: I'd like to see their way of thinking,
of being, of reacting...
I'd like to step back more.

PAUL: Are you sure?
Have you thought enough about it?

RENÉ: Yes, something inside me
urges me to go!

PAUL: You'll have to be strong
and brave...

RENÉ: Yes I know.
Let's say that I'm going on
a little trip!

PAUL: Yes, but how will you come back
from your little trip?

PAUL: Perhaps you will have changed?

RENÉ: It is kind of like
the Pokemons: I will have evolved!

PAUL: You must be kidding! We will miss you!
And then! What about our relationship?

RENÉ: Don't worry!
Then I will come back home,
find my friends and my habits back,
gradually...

PAUL: You are a man of great merit,
and I respect your decision.

PAUL: And when would you like to go there?

RENÉ: Really soon!

RENÉ: I've already been to the office,
and answered some questionnaires
and taken some tests...

PAUL: Was it really on your mind?

RENÉ: Yes, somehow!

PAUL: You know you will forget about everything!?

RENÉ: I know!

RENÉ: At the office, they told me
they had found some life programs
that could match my expectations
according to my tests and questionnaires...

PAUL: Anyway don't forget who you are!

RENÉ: Don't worry Paul!
Over there I will even say a little word
about our little chat
in one of my little texts,
just to wink at you!

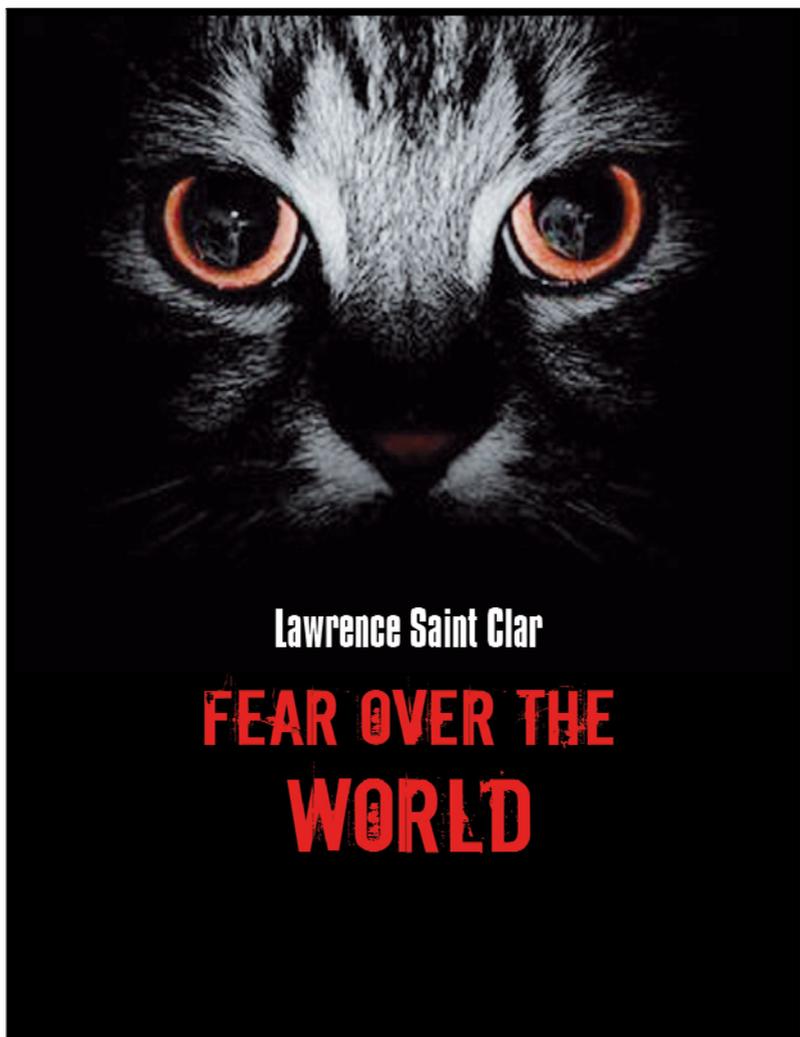
*"I needed a whole life to understand that
happiness lies in the little things and not
in the paroxysm of rhapsody."*

Anais Nin,
American Novelist
(1903-1977)

*"Do not fear life, what the student calls 'hardship',
the master calls 'experience.'"*

Dominique Allaire

To widen the look and to change our point of view, I
would say that some scientists, agree to say that the
famous zero time of the big bang would look like the
insertion of a DVD in a DVD player, so to speak...



Lawrence Saint Clar

**FEAR OVER THE
WORLD**

FEAR OVER THE WORLD

1.

One day, someone said:
"The idea of unhappiness
is the suffering of happy people."

2.

More or less unconsciously
we are overcome by fear;
it is omnipresent.

3.

We are afraid of life,
afraid of the others,
afraid of ourselves.

4.

We are afraid of being mistaken,
afraid of failing.

5.

We are afraid of not feeling up to it,
afraid of appearance.

6.

In a few words,
we are afraid
of suffering!

7.

More or less unconsciously,
we tend to believe that
life is suffering?!

8.

Most of the time,
we are always
on our guard.

9.

Many people
can't even manage
to allow themselves the right
to happiness!

10.

For these people, happiness
is seen as a luxury that
they consider they can't afford.

11.

In a way,
fear stimulates our existence.

12.

But in another way,
it poisons it?!

13.

We can't afford
to be "hippies" or
"peace and love"...

14.

Life looks a little like a jungle?!

15.

As a saying goes:
"If you wish to have peace,
prepare for war!"

16.

We are afraid of
being disappointed,
of coming down
with a bump.

17.

We are afraid of
revealing ourselves.

18.

We are afraid of
being judged,
of being misunderstood.

19.

We are afraid of
not being
loved any more.

20.

We are always afraid of suffering.

21.

Suffering from disappointment,
from insecurity,
an accident, or
from the loss of a loved one.

22.

We look at each other suspiciously.

23.

As for him! He has tried to trick me.

24.

How can we get rid
of this more or less
underlying fear?

25.

This fear prevents us from
enjoying life fully
if I may say so...

26.

I think there is no real solution!

27.

Only one way to see things can reduce this fear.

28.

Try to trust life a little more.

29.

Tell yourself good
is not always good,
and evil is not necessarily
always evil.

30.

We often
learn more from
an unfortunate experience.

31.

Tell yourself that
we also learn
from happy experiences.

32.

Try to put it out of your mind
that "To live is to suffer"!

33.

Try to restore
calm within yourself,
to quieten down, to meditate.

34.

Draw some good energy
from the beauty of nature!

35.

Every day,
television or paper news
bombard us
with pictures that frighten us...

36.

We also regularly see
run over rabbits, birds, hedgehogs or cats
by the roadside!

37.

Life is difficult!

38.

Should we turn to faith?
Is there a kind of "divine justice"?

39.

We can't understand everything
with our too little brains!

40.

Just imagine a fearless world...

41.

If there's no fear,
there is therefore some space
for love...

42.

Does love shrug off fear?

43.

Love of whom?

Love of what?

44.

An issue or a difficulty
does not always
make us move back..

45.

Most of the time we are afraid of ghosts!

46.

There's a saying: "Who dares wins!"

47.

We can sometimes suffer for long
because we didn't dare!

48.

To overcome
our fears successfully
is one of the pleasures of life!

49.

If you fear,
you might fear everything
and remain shut away in your inner prison!

50.

Jesus said, when looking at sparrows:
"Look at the birds in the air

they neither sow, nor reap, nor store in barns,
and yet, you heavenly Father keeps feeding them!"

A little note:

A diffuse fear, like fog, is strewn over the ground of the collective unconscious.

Besides, fear often has an obsessive side, but this is not because we feel that fear that we must always worry.

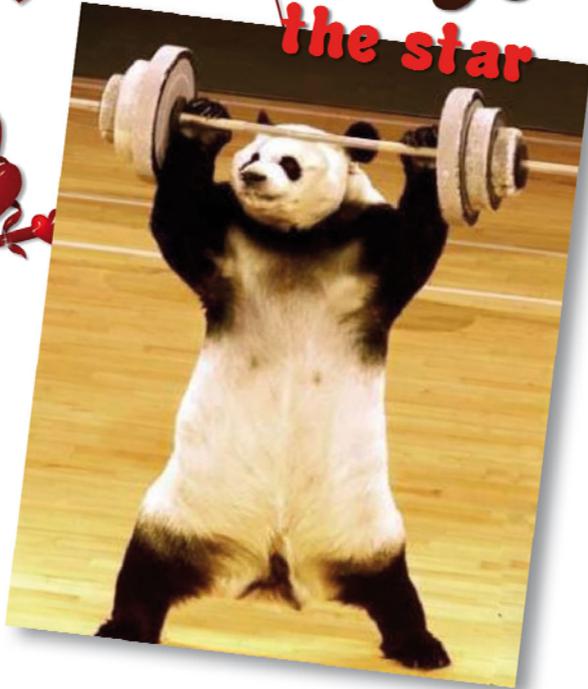
And as we sometimes say: "the only thing we have to fear is fear itself".

Last little note:

If you fear, you might chew things over, you ask yourself questions about anything... and you feed fear... The best thing to do is to try to take your mind off things.

Lawrence Saint Clar

Jojo
the star



JOJO the star

Jojo is a fictitious star in his favourite domain; José is a not very bright person, but he would tend to be full of himself...

1.

José: Hey! Have you seen Jojo the Star?
He's smashing!

2.

Jojo the star? I've never heard of him!

3.

José: Hey! Jojo takes the thing...
does a trick very quickly,
in a couple of ticks...
you'll understand nothing.

4.

José: This Jojo is really brilliant!
Hats off to Mr Jojo.

5.

And Jojo?
In his daily life,
do you know him personally?

6.

José: Not really!
I've heard that he is sometimes
as thick as two short planks!

7.

José: Yeah but what he can do
takes your breath away!

8.

And what if your Jojo were a flop?

9.

José: No, impossible with Jojo!

10.

OK but, we never know!
What if?

11.

José: In this case,
shame on him!
I don't know him anymore!

12.

José: If he were a flop?
You're kidding...

13.

I've already seen
supporters "bury" their idols
just before the end
of a football game...

14.

... and then put them on a pedestal
after a liberating goal...

15.

There are many
Jojo the Star almost
everywhere.

16.

What's a Jojo?

17.

A Jojo is someone
who has more or less
a little unusual talent at the beginning
and who develops it as much as possible...
and who doesn't especially work
at his human qualities...

18.

What's a José?

19.

That would be somebody
who really tends to mix up the talent,
gift and value of somebody together
and who would really like to become a Jojo...
There are many of them too...

20.

A Jojo spends hours and hours
and hours developing his talent!

21.

Generally, that takes most of his time!

22.

Generally... he doesn't do much else!

23.

Even sometimes, it's his job...
That is to say he can devote
to it at least ten hours a day!

24.

What is certain,
with Jojo,
is that it will be smashing!

25.

Jojo may have may have fallen flat on his face
at the beginning; we won't talk about it...
just for fun...

26.

It is certain that,
as in the song:
"If I say so, I change his image!"

27.

No, Jojo is classy!

28.

Jojo is the untouchable, the dream!

29.

And what if he is as thick as two short planks?

30.

Think about it Jojo?
What have you done
of your life?

31.

Have you ever
watched the sun setting or
a little flower growing?

32.

Have you ever slightly wondered
about yourself?

33.

Think about it Jojo... Think about it...
You may be a star in your domain...
but you are not necessarily a genius!

34.

Think about it José... think about it...
You mustn't think the moon is made of green cheese!

35.

When all the Jojos and the Josés are jubilant...
In a way, that sends shivers down your spine.

36.

You, who works at least
35 hours a week, or even more,
somehow you shiver...

37.

Who am I? Compared to Jojo, you wonder.

38.

He is head and shoulders above me!

39.

For sure, for José,
I am colourless,
tasteless...

40.

Am I mistaken?

41.

Hence a complex...
The José complex!

42.

I would tend to believe that if
I haven't Jojo's talent...
so I am desperately
useless?!

43.

What is really important
in somebody:
talent or human value?

44.

Let's dare
ask this question,
I told myself.

45.

Let's take Mr or Mrs X in the street,
with time, money and know-how...

they are very likely to become
a Jojo the Star?!

46.

If the person is a little clever
at the beginning... why not?

47.

But working
seven to ten hours a day,
plus the shopping, the housework,
the children, etc., etc.

48.

You add some tiredness,
a lack of money,
the worries, the daily stress,
the possible little depression or
overwork...

49.

We should stop mixing up
talent and human value together!
Let's dare ask this question!

50.

One day,
in the parachuting circle,
a professional told me:
"Everybody can manage to jump,
take a perpend, then
keep throwing it in the air and
finally, you'll see it flying like a pro!"

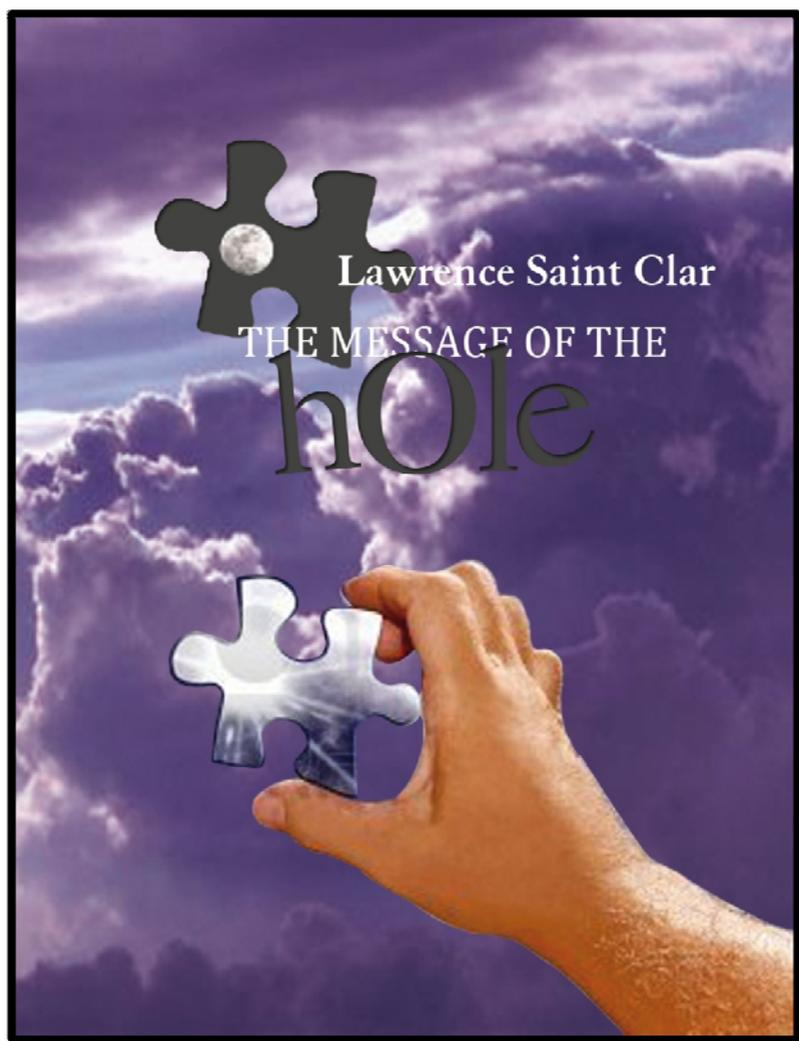
Little note:

I have been told that an actor had spent a whole year to prepare his movie: daily sport, training, coaching, debriefing, diet, relaxations, body care...

I don't want to say something special, I am not jealous... but all I want to say is... we must regard things in their context... Think, if I may say so...

I would only allow myself to add:

Somebody's value is what they do behind the scenes to try to be someone good.



Lawrence Saint-Clair

THE MESSAGE OF THE

hOle

THE MESSAGE OF THE
hOle

1.

How could you define a hole?

2.

Have you ever thought about it?

3.

Good question, isn't it?

4.

Not so easy to answer...

5.

Even difficult I would say...

6.

Actually, the definition of a hole is
the absence of matter in the matter...

7.

That fills up a hole in you!

8.

A hole in your knowledge of course...

9.

But please,
let's talk a little more seriously...

10.

Have you ever heard
of the latest so-called
"appearance of Christ"?

11.

He would have appeared
on a dog's anus!!!

12.

With photos to prove it,
there is, indeed, a vague resemblance...

13.

This can come as a surprise...

14.

I would even say more,
this can somehow shock...

15.

We could think!
"There is no more respect, for anything!"

16.

We could say
to ourselves:
"God, how is that possible?"

17.

We could say to ourselves:

"That is blasphemy?"

18.

We could wonder:

"How can such a photo be published?"

19.

Especially

if there may have been

a little photomontage,

I don't know?!

20.

Jesus is very respectable.

The association of these ideas seems hurtful.

21.

"What kind of message

does Jesus want to pass on to his flock?"

the press asked...

22.

Another good question, isn't it?

First of all, we could wonder:

Does Jesus really desire to pass on a message?

23.

Then, I think that if he wanted to,

he would certainly be a little subtler...

perhaps...

24.

The association of ideas of his so-called "portrait" shown this way, is neither really pleasant, nor very fulfilling... even degrading...

25.

I think nobody would like this interpretation for themselves!

26.

That's right, I think, it seems a little strange to me...

27.

So I asked the question to God himself!

28.

All this agitation from the media, over the so-called apparition on this dog's anus is a little hurtful for Jesus.

29.

He told me:
"The anus is a part of the body, more or less like any other!"

30.

"I know, I said, but the place is a little specific! quite a little, isn't it?"

31.

He told me: "Apparition is a big word, interpretation would be more appropriate!"

32.

He told me: "There are several hundreds of millions of dogs and bitches on Earth..."

33.

He told me: "There are also several hundreds of millions of cats and of all kinds of living creatures..."

34.

He told me: "More or less different shapes, pigmentations, you've got all kinds..."

35.

He told me:
"A face, you can even discover one in a frying pan when you heat up some oil in it..."

36.

All are more or less coincidences, approximations, interpretations...

37.

No, there is no particular message from me...

38.

There is
just one message
from Men to Men...

39.

People
have the freedom of speech,
of interpretation,
of seeing something or another...

40.

Each person expresses their personality...

41.

You want to score a scoop!
Score a scoop:
show who you are...

42.

You are laughing, "blaspheming",
you don't care a damn?
As for me, I've built up my personality...

43.

You have to build yours...

44.

I look, I observe, I don't judge...

45.

I don't intervene,
I take part more or less

since I answer you
my way...

46.

As I told you previously,
there are hundreds of millions
of shapes and coincidences...

47.

One day or another, things tally...

48.

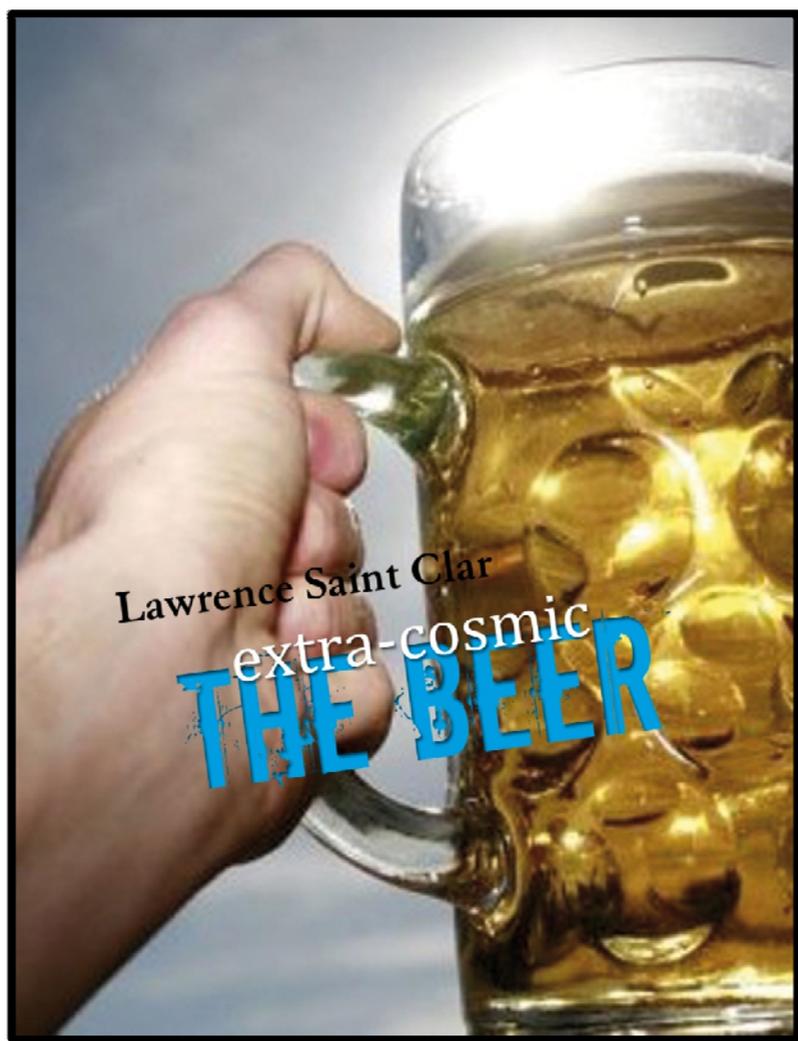
And of course,
we always tend to see
what we want to see...

49.

No, I don't take it the wrong way...

50.

The only message from me would be
(and obviously, I am not talking
about Jesus when saying it;
I prefer clearing up all possible
inappropriate ambiguity):
You currently live in a "peculiar" world
where even an asshole can become a star!



Lawrence Saint Clair

extra-cosmic

THE BEER

extra-cosmic THE BEER

*The discussion below is a hypothetical view of things...
outside the universe...*

1.

Hey God! How are you today?
How's your universe? Doing well?

2.

Always feeling great? Not too tired?

3.

**I'm fine, I'm fine!
I've found some flock,
who can cope not too badly,
that helps a little...**

4.

Are you sure?
If not I can come and help you a little?

5.

**Don't worry, things
are fine, more or less
but they are indeed!!**

6.

Are you sure?
Because, if not, I can also ask
Allah for some help, if you prefer!

7.

Yes, I know, thanks!

8.

I think you should take a little break.

9.

Stop the machine
for a while and take your mind
off things a little...

10.

You'll see, it will do you good!

11.

You know,
your sweet little planet,
the Earth won't disappear!

12.

It won't do a runner!

13.

And even if it disappeared,
you would be quite able to find it
anyway...

14.

Yes, I know, of course!

15.

So! What drives you nuts?
Cool down! And
take a break with your family.

16.

Anyway,
your dear Earthmen
won't even realize it!

17.

I did it
with my universe not so long ago,
I can assure you
that I really felt relaxed...

18.

Yes,
I took some cosmic baths,
I zigzagged between the stars,
I flopped down into black holes...
That was great!

19.

I had a quick look at
some other universes,
having asked for permission
I must point out...

20.

I made a few new acquaintances...

21.

I was given a few little tips...

22.

That can always help,
one never knows...

23.

I also saw that
really beautiful birds
among the colleagues,
but between you and me...

24.

So I'm telling you... loosen your grip from time to time!

25.

And if you want to make up for
your lost time, your planned work,
do as with the dinosaurs, you just have to
speed up the pace and the rhythm of time...

26.

Anyway, nobody will realize it...

27.

There is a lot of suffering
on your little sweet planet,
is it what you are worried about?!

28.

You know,
your Earthmen
are growing up...

29.

And growing up
often goes together with
with little suffering...

30.

I know that makes you suffer too.

31.

We all go through it,
you know!

32.

Without darkness,
light would mean nothing.

33.

Come on, you'll see,
it gonna be all right!

34.

Clutch to the deadwood!

35.

On the other hand,
as you go, you must have
people who are fulfilled, mustn't you?

36.

Yes, it's true,
that's a satisfaction,
a pleasure...

37.

Some beings have
developed their personalities quite well,
but many others seem
to have lost ground.

38.

Don't worry! They will improve
more next time!
At least I hope for them!

39.

I'd be pleased
to drink a good cold beer
with some of those guys and girls!
Or any other nice drink, to their liking...

40.

The others? They don't even know about me!

41.

Or they know about me, but,
it is a dialogue of the deaf...
or hard of hearing!

42.

Many people don't know how
to take a basic good look at themselves!

43.

People look a little like icebergs!

44.

The comparison is that
when they live on Earth,
you just see the immersed part of this iceberg...

45.

It is really difficult
to reach them deep inside,
to change them...

46.

If, inside themselves,
there is no opening towards light,
they won't melt...

47.

And if they don't melt,
they will not "evaporate",
and join me,
if I may say so...

48.

That's a metaphor, of course...

49.

And doesn't all that seem too long for you?

50.

Yes, a little! but in the meantime,
I put some beer in the fridge!

Lawrence Saint Clar

Protect

YOUR WINGS



Protect

YOUR WINGS

1.

One day,

someone said:

"The greatest travels are within yourself..."

2.

Indeed, no need

to visit the world to know it!

3.

I feel blue tonight...

4.

This afternoon,

I talked to an angel...

5.

She was blonde and sweet,

golden blond,

just like the summer corn

before harvest...

6.

She had sunshine in her eye

and her voice was melodious...

7.

We said goodbye,
I may never see her again...

8.

What impression did I give her?

9.

What did she see of me?

10.

If I rely
on my personal statistics,
she probably didn't see much...

11.

Some people say:
"In difficult situations,
you're a guy who takes the pressure very well
Yes, you are good at it!
You sometimes drink it³ of course,
but you can take it very well"

12.

Step back a little,
and protect your wings!

13.

Try to trust life
Try to listen to its soft music...

³ In French "pression" means both "pressure" and "beer".

14.

In a way,
the main thing is
that you know how to feel love...

15.

Your beloved sweetheart
is a representation of the love
you are looking for...
the image, the projection
of a particular form of ideal...

16.

Will you see her again? Won't you?
Will there be something
between you two or not? It doesn't matter!
Love has several faces, we could say...

17.

Of course,
but finding love with this woman
would certainly be good!

18.

Step back a little,
and protect your wings...

19.

Become light, adaptable, flexible,
turn your back on all your
representations that make you suffer...

20.

Go beyond appearances,
and be more confident
about your value and in life!

21.

In a way,
learn how to control your spirit
and make it peaceful,
without suffering...
Put things into perspective and be positive...
Become flexible,
adaptable and agile...

22.

Look more around you
and try to better appreciate your daily life.
Learn how to see the bright side of
seemingly ordinary little things.

23.

Stop lacerating your legs and walk
with a steadier step.

24.

Stop bending your head
when walking,
like a victim,
and look straight ahead...

25.

Smile to people, smile to life,
become positive and optimistic...

26.

Look for the light,
even if it's really weak,
because it can change everything...

27.

It can brighten up everything
if you get used to using it regularly...

28.

There are no victims, just
people who can't see clearly.

29.

Your potential is far greater
than you could imagine...

30.

Yesterday, at midday, at lunch,
I was listening to three respectable women,
talking about priests getting married...

31.

"Why not?" the first one said.

32.

"They can't,
because they're already married to Jesus"
the second one replied.

33.

"And if they divorced?
That would be the last straw!"

There would be no dignity!"
the third one added.

34.

"Please God, take pity!" I thought to myself!

35.

Step back and protect your wings!

36.

Two days ago, I read a sentence
in a book dealing with wisdom.
It approximately said:
"The wise man loves paleness
and dullness and needs nothing."

37.

Which makes me really feel like
working on myself!
The wise man seems to have
it away in the nonbeing!

38.

So why is life so colourful
and so varied, if I may say so?!
Must the wise man be as
we sometimes caricature him?
A "gentle madman"?!?

39.

Can't the wise man have fun,
live it up, participate or
just make the most of life?

40.

I am not particularly
in favour of abstinence
but rather for control and moderation.

41.

Step back and protect your wings!

42.

How can we try
to develop a better
personality?

43.

We don't head towards the light
by following the others' opinions,
but by looking for the answers
deep inside ourselves.

44.

Many so-called respectable people
are actually (as we commonly say)
"way off the mark".

45.

The latter often look condescendingly,
not to say scornfully
at the so-called "unpolished".

46.

The brains who can analyse and
resolve complex problems
are not less spared.

47.

Purity is not
necessarily what
we could think!

48.

Mozart is said
to have been really
rude!

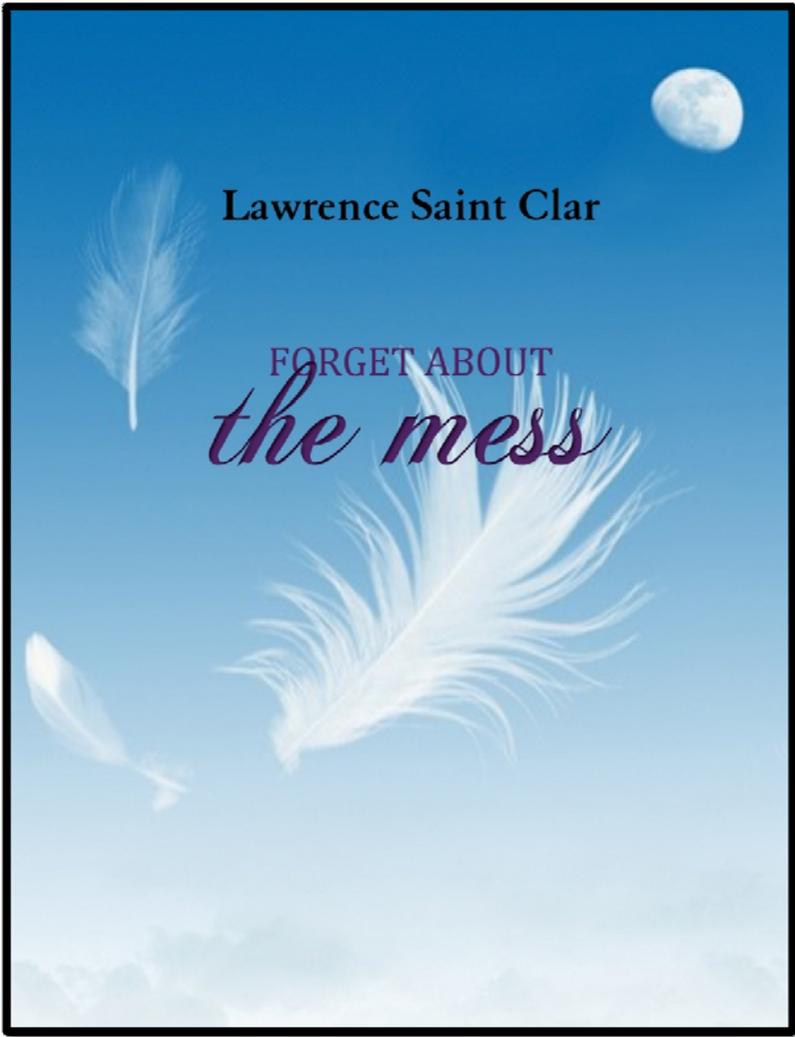
49.

The cartoon character
"Shrek" is pure,
even if he doesn't mind farting
and burping...

50.

"One sees clearly only with the heart.
What is essential is invisible to the eyes."
Antoine de Saint-Exupéry said
in *Le Petit Prince*...

Protect your wings...



Lawrence Saint Clar

FORGET ABOUT
the mess

FORGET ABOUT
the mess

*To read what you are going to read,
you must somehow step back...
Strangely, I found myself thinking:*

1.

Do you know why you are
getting nowhere?

2.

Do you know why sometimes,
you moan like a suffering beast?

3.

Do you know why laurels
are not especially for you?

4.

Do you know why
you always chase after love?

5.

Do you know why
you exhaust yourself working?

6.

Do you know why you sometimes feel that you waste your time unnecessarily?

7.

Do you know why sometimes, you feel out of place?

8.

Do you know why you sometimes feel that you are playing the fool?

9.

Do you know why you sometimes feel that nobody can see you.

10.

Do you know why some people seem to look down on you?

11.

Do you know why you sometimes find life monotonous?

12.

Do you know why you sometimes feel that you'll never see light at the end of the tunnel?

13.

The answer is very simple in a way:

because you don't manage
to bear it differently.

14.

Strangely, it's easier to get nowhere
than to reach happiness!!!

15.

It's difficult
to realize that
we deserve happiness!

16.

It is difficult
to say to oneself:
"Why couldn't I enjoy something or other?"

17.

It is difficult
to free ourselves from our chains!

18.

It is difficult
to believe that life
is not necessarily to suffer!

19.

It is difficult
to be really happy!

20.

Unconsciously, we can't help not believing in it!

21.

We are confined to our mental representations,
we are mentally locked!

22.

We are deeply attached
to our principles,
to our beliefs, to our convictions,
to what we should get.

23.

We are not open and tolerant enough!
Not flexible enough! Too awkward,
if I may say so!

24.

We only see life
through our blinkers
and we are too rigid!

25.

We are suspicious and
too often closed
to another view of things.

26.

We lack
a certain spirit flexibility,
a certain lightness...

27.

Some say that, even under extreme
conditions, we could be happy!

28.

I read in an article
that during the Second World War,
some prisoners in a concentration camp
managed to feel happy for a time
just with a little crust of
dry bread.

29.

Happiness! Everyone wants it!
But unconsciously,
everyone doesn't feel worthy of it,
and even doesn't understand it.

50.

Many mistake happiness for ecstasy!

51.

Happiness is mainly
a way to see things in general,
happiness is simple.

52.

We can be very happy
just when looking
at a bird, a flower...

55.

We can be very happy
just when listening
to a beautiful song
or when drinking a little cup
of coffee.

34.

It's often "the half-full or half-empty glass!"
if I may say so...

35.

Nothing prevents us from stopping
momentarily the flood of our thoughts, of our trouble,
and for a while,
feeling life to the full.

36.

We are not always very pleased with ourselves.

37.

"I haven't been equal to the situation again!
I will never manage!" ...
are some recurring thoughts...

38.

In a way, we need
confirmations about ourselves...

39.

Yes, I'm telling you... you can go!

40.

You can go!
Where to?

41.

Towards happiness of course!
Be brave! Rise and walk!...
Come on, go!

42.

Free yourself from your chains!

43.

Come on! Rise! Keep your chin up!
Look straight ahead!
Rise and walk!

44.

Forget about the mess!

45.

I know moral suffering enough
to respect it fully, but
I'd like to say a little something.

46.

When Jesus said
when curing a sick or
a wounded person:
"Rise, go in peace, thy faith has healed thee!"

47.

He had a certain aura, indeed!

48.

I don't think
he had a magic wand
in his hand!

49.

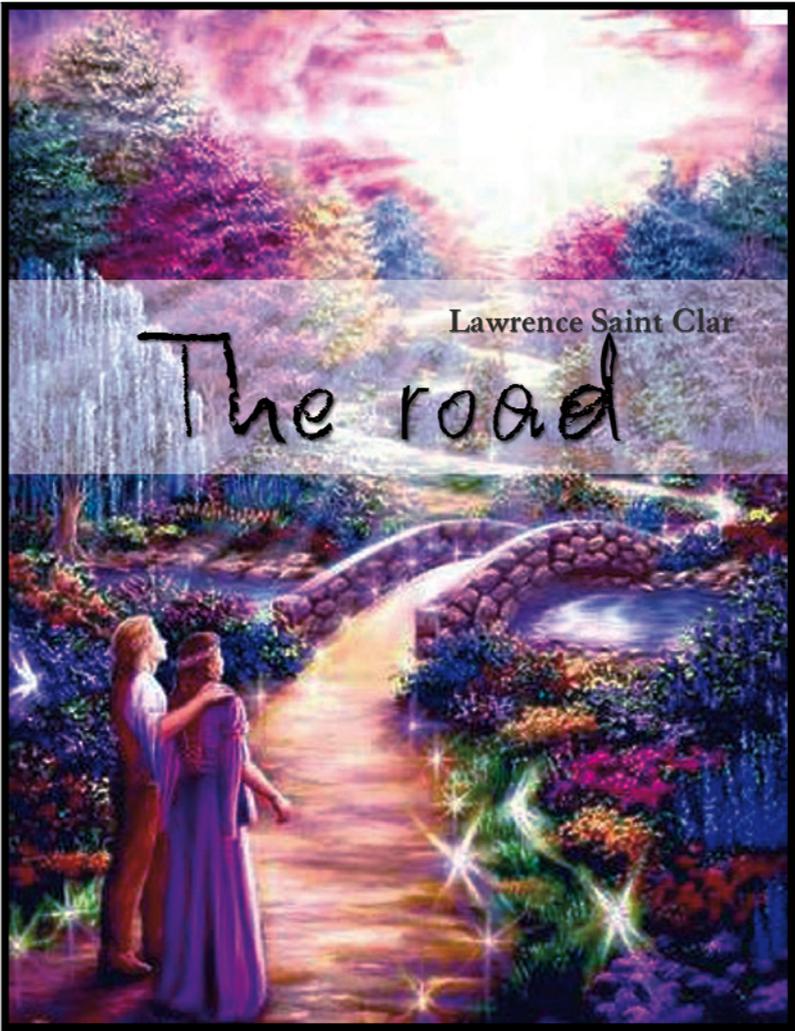
What I am going to say may sound
a little strange...

50.

I think he meant: "Rise, go in peace, you are healed, you don't need to suffer any more to go towards happiness!"

Little note:

I would take the liberty of saying that we suffer mainly because of the mental representations that we have about things, not because of the things themselves.



Lawrence Saint Clar

The road

The road

1

No, you aren't magnetized
to your problems!

2.

Yes, you can free yourself
from your chains!

3.

Unconsciously, the society
conditions you to suffer!
In order to consume more,
in a way...

4.

The examples it gives you
are not always examples
of happiness.

5.

It is not because you'll have a Ferrari
that you'll be happier!

6.

Everywhere, you can see
wrong images of happiness!
It's not because you can sing or dance
like a God that you *are* a God.

7.

It seems that we always have to be
the best-looking, the strongest,
the most efficient!

8.

But all that is just fuss hot air, appearance!

9.

Take a deep, slow breath
look at the light inside yourself!

10.

The good old days were the good old days!

11

Feel the call of life,
it is all around you!

12.

Don't look on the outside;
but look inside yourself.

13.

Have you ever looked calmly at a sunset,
a little flower that is growing?

14.

"I will go and get your heart,
even if you take it away!"

15.

"I will go and get your soul
in the cold or the fire!"

16.

Have a deep breath
and think that
everything is possible!

17.

Everything is possible, indeed!
But not necessarily
the way you conceive of it.

18.

Perhaps, love won't have
the face you have imagined,
but even so, it will be love.

19.

Perhaps success won't have
the splendour you have hoped for,
the colour might be
a little different.

20.

A difficulty
is not always there
to make you step back!

21

A bad patch, a decompression
are not necessarily failures.

22.

"Triumph without peril
brings no glory"
as a proverb goes.

23.

When you overcome efforts, difficulties,
you switch on little lights that will shine
for a long time inside yourself.

24.

On winter evenings, you will
warm yourself up with them!
And your heart will be a
little warmer and lit up.

25.

People that scorn
the others' dignity
and think about nothing but themselves
won't have their little wood
to warm themselves up when the time comes!

26.

Break down the barriers, the walls
and all the blocks and prejudices
that prevent you from going ahead.

27.

The main thing is
to keep your dignity in your own eyes! To know it
in the depths of your heart,
to agree with yourself.

28.

Reconsider your principles,
and the way you see things...

29.

The other one, even if he gives good advice,
is not always the reference to follow.
He is not you.

30.

Somebody's happiness
is not necessarily
the other's happiness.

31

Is there
only one way to consider
one thing or another?

32.

Does the other know
what is deep down into ourselves?

33.

If Karma exists,
does the other know Him?

34.

Free yourself from your chains,
accept the possible happiness
that is offered to you!

35.

Be at peace with yourself,
with your "I can't accept it,
I am not worth it!"

36.

Accept the idea that you can enjoy life,
open your heart and your mind,
become flexible! develop your personality!

37.

Learn how
to need nothing
and desire the best at the same time!

38.

Learn how
to be psychologically self-sufficient,
reconsider your wealth!

39.

"Try to become a worthy man
and not a successful man"
Albert Einstein said.

40.

You will find
more answers in the depths
of your heart than from someone else.

41

"To know how to suffer in silence,
without a whisper
to learn how to love and go away."

42.

To love is above all, to love oneself,
to know and respect oneself.

43.

To love in order
not to disappoint the others is
not love but cowardice.

44.

"I've met storms and gales,
just like you... just like you..."

45.

A little child does not always learn
how to walk alone right away.
He stumbles several times,
he loses his balance, he falls down.

46.

"Our greatest glory is not in never falling,
but in getting up every time we do."
Confucius said.

47.

A sentence goes:
"All the happiness
you may never find is inside you."

48.

There are other ways than hell,
boredom or monotony...
or fight...

49.

"I will go and get your heart,
even if you take it away!"

50.

"I will go and get your soul
in the cold or the fire!"

Little note:

Do you really believe that life is limited to a few decades?
As Jesus said: what has been tied or untied on Earth will
remain so... Love...

Quotations:

Pour que tu m'aimes encore, Jean-Jacques Goldman

Savoir aimer, Lionel Florence / Pascal Obispo

Place des Grands-Hommes, Bruno Garcin / Patrick Bruel

Lawrence Saint Clar

Garden
forever



Garden forever

1.

As I was getting gloomy
about the "human kind"
if I may say so,
a friend told me:

2.

"Anyway, life on Earth
is an experience! Isn't it?!"

3.

I told her that, indeed,
I was also considering things that way
and I thanked her for
reminding me of it.

4.

Finally, what is so important
about the others' gratitude, thanks,
thoughtfulness?

5.

If, in a way, the other one
cannot have an attitude
that is respectful enough,
I would say, this is his or her problem...

6.

Those people should be pitied
rather than blamed...

7.

Right,
everyday life drags us
into a whirl!

8.

Right,
we often swim in trouble,
in problems!

9.

Right,
time flies
at top speed!

10.

Right,
life is hell!
some will say...

11.

It is often in
little things that we can see
the people's biggest weaknesses
or the biggest qualities!

12.

After all,
going faster and faster
gives us an athletic style!

13.

People run here and there!

14.

People extrapolate,
build castles in the air
here and there...

15.

We are losing control over
our destiny and life tends to make us
brainless!

16.

We often look outside ourselves
for answers that lie
inside...

17.

Do we often unconsciously
bring trouble over ourselves
to feel satisfied about sorting it out?

18.

How many people
could really bear
an easy and pleasant life?

19.

Honestly?

20.

If the other one does not want to work on himself,
that is his problem!

21.

If the other one does not want to develop his personality, that is his problem!

22.

Each person lives his or her life his or her own way and at his or her own pace!

23.

A saying goes:
"Politeness mainly enriches the one who uses it!"

24.

A sentence also goes:
"A person is worth what he or she does in the background to try and be a good person."

25.

In a world where almost everything is based on appearance, on looks, on trivialities and indifference!

26.

We are often surprised that wrongdoings are committed!

27.

I agree to say
that such wrongdoings
must be punished!

28.

But cannot the deep cause be mainly
the superficial look of people
who, in a way, offend the other one
by not seeing him or her?

29.

I would even say:
by looking down at him!
by snubbing him!

30.

Or by scorning him with their attitude,
without seeing the other one and this
without even being aware of it!

31.

Each person
goes forward his or her own way
at their own pace...

32.

Each person
grows their own garden...

33.

Each person
sows the flowers,
the trees they want...

34.

Each person builds paths,
adds fountains
to refresh themselves...

35.

Each person
looks after it, leaves or removes
the weeds...

36.

A garden must also be protected
against everything harmful,
like parasites
or possible diseases...

37.

A garden requires a particular attention
to have more pleasure
when walking in it,
wandering in it...

38.

A garden may be
surrounded by a fence
to keep it safe
from some predators.

39.

We can invite or refuse some people there!

40.

We can say: after all, I do not like
this flower or that plant!

41.

Or a path
with that colour only
would please me...

42.

Why not plant this variety
near that one?

43.

To have some shade
and rest there Why not put
these benches here and there!

44.

I would like to see some animals living there...

45.

The idea is not
to please the others,
but first of all to love and
respect oneself.

46.

This may sometimes lead
to quarrel with the other one,
whose way of thinking
does not match ours.

47.

In a way, we are all gardeners!

48.

Never mind the neighbour's garden we could say.

49.

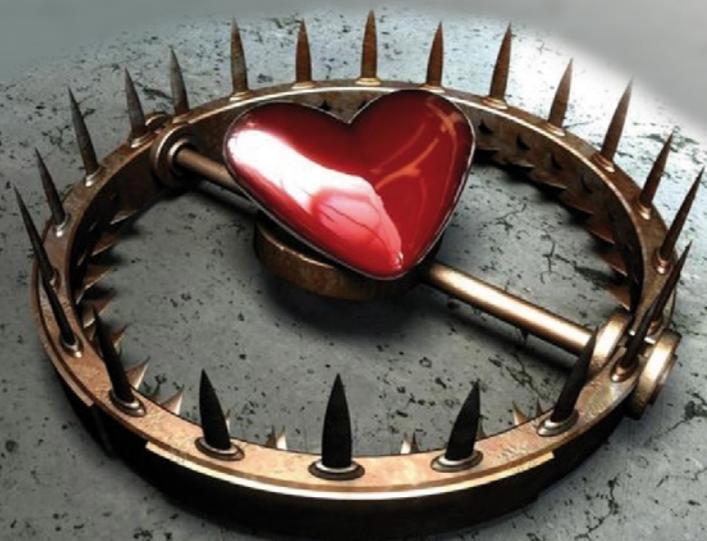
At the end of your life
you will look back
at your garden!

50.

At the end of your life,
when you leave,
you will look back and
take your garden
along with you!

Lawrence Saint Clar

LOVE
Psycho-pathetic



77

Psycho-pathetic

LOVE

Love is mysterious!
We can sometimes love
someone without knowing it
and believe that we love someone else!

Psychopathic love,
pathetic love:
psycho-pathetic love.

1.

I loathe you, I despise you,
I hate you!

2.

You are a despicable
and abject person!

3.

You are a cold, uninteresting and empty person.

4.

You've tried to destroy me,
to beat me hollow!

5.

Consciously, unconsciously,
no matter!

6.

You laughed at me
while I was giving you my heart!

7.

You made fun of me in a way!

8.

Honestly:
nothing to feel proud about!

9.

You are so superficial,
you sound hollow!

10.

I do not really
know what I like about you?

11.

You've managed to enthrall me!

12.

You've sensed the little pleasant
hobby?

13.

What you've done is pathetic!

14.

You cannot see anything
but your little personal perverse
pleasures!

15.

You take
a mischievous delight
in trying to hurt me with
your hypocritically pious airs.

16.

You led me by the nose!

17.

You even made me dance a bit!

18.

You put runways
in front of me for me to play
the fool better!

19.

You are a
calculating,
manipulating person!

20.

Nothing really
matters to you,
sentimentally speaking:!

21.

You are unable to love!

22.

Against all appearances,
you are ugly,
so ugly!

23.

Your so-called principles:
let me laugh, now!

24.

Let me laugh
now that I'm
slowly waking up!

25.

You made me
dizzy with your pale imitation
of love!

26.

I, who was trying to
break you free from your chains!

27.

I, who was playing
Prince Charming with
Sleeping Beauty!

28.

One day yes,
One day no,
One day maybe!

29.

One day I love you,
One day I love you no more.

30.

One day "you make me uncomfortable"!

31.

One day it is awesome,
One day it is picturesque!
Quickly skipped!

32.

One day it is...
you know...

33.

Yes,
I am beginning
to understand quite well...

34.

It has taken time,
a lot of time,
sure...

35.

Consciously
or unconsciously,
the game is about to end...

36.

You are unable to love,
but you are unable to
suffer either...

37.

Great sufferings,
but also great joys
are unknown to you...

38.

Unable
to feel heartbroken!

39.

Unable
to imagine how tortured, humiliated
you made me feel!

40.

You are not
like everyone else!

41.

Sure you are kind,
helpful, respectful...

42.

I can now see
the monster in you!

43.

A monster with an angel's face!

44.

A giant squid
which would try to drag
me deep into the abyss!

45.

You are a despicable
and abject person!

46.

You are a cold, uninteresting and empty person!

47.

Shall I say:
"Forgive her, Lord,
for she does not know
what she is doing?"

48.

Shall I stop being stupid and naïve?

49.

Shall I? Shall I?

What kind of person are you?

50.

Somehow, I do not understand why

but I cannot keep

a part of my heart

from loving you!

Lawrence Saint Clar

**I LOVE MYSELF,
THEREFORE I AM**



I LOVE MYSELF, THEREFORE I AM

1.

"Happy he,
who like Ulysses
has travelled well."

2.

We could add:
"and once he was home
found love awaiting him."

3.

A saying goes: "Love yourself
or you will become
your own worst enemy!"

4.

It is indeed
really difficult
to love oneself.

5.

Very few people
really love themselves actually.

6.

Loving oneself in the real sense of the word,
not in the sense of pride or ego,

but respecting oneself
with one's qualities and weaknesses.

7.

I would even add:
true happiness is achieved through
self-love.

8.

Really happy is
the one happy
with little.

9.

Do you have to be famous
to truly love yourself?

10.

Do you need
power and much money
to love yourself?

11.

Do you need to sparkle
to love yourself?

12.

Do you need to have strong feelings
of hate, love, passion,
heartbreak to love yourself?

13.

Do you need to be a champion
to love yourself?

14.

Do you need
to get your kicks psychologically
to love yourself?

15.

To love oneself
is one of the most difficult things
in the world.

16.

To love oneself
with one's strengths and weaknesses,
one's qualities and flaws.

17.

To go down
on one's knees and stand up
with more love to give?

18.

When we lack self-love,
failure scares us all the more
as we are actually afraid
of loving ourselves even less
if we fail.

19.

When we lack self-love,
we tend to be bitter, nasty.

20.

When we lack self-love,
we tend to become bad.

21.

Everyone goes through life
with wounds, shocks,
more or less.

22.

Some of us
feel them strongly,
and each of us
does not react the same way.

23.

Do we have to excuse everything?
Forgive everything?

24.

I would say that this is
a personal matter.

25.

I understand that
"our past may ache"
if I may say so.

26.

More or less unconsciously,
we feel guilty of exposing ourselves
to suffering willingly or not.

27.

We sometimes say:
"I forgive you, I forgive myself."
forgive the other one but also
oneself as far as possible.

28.

We have to try and
respect our being, take care of it
in its whole range,
the whole of it.

29.

Try to open ourselves
in the best possible way, but
not open ourselves anyhow;
it is not about being all kind
but rather trying
to be fair.

30.

Truly loving oneself
is something that is achieved progressively.

31.

It is a long work of patience,
efforts, understanding,
trust, love.

32.

It is a long work,
but which bears fruit.

33.

It is a long work,
a life-time work,
we could say!

34.

"Life is not a bed of roses", as the saying goes.

35.

There are many opportunities
of loving ourselves
less on the way.

36.

It is often like:
one step forward,
one step backward!

37.

Changing what we can change,
accepting what we cannot change,
or cannot change anymore.

38.

If you can see beauty
in a raindrop...

39.

If you can gaze at
a little flower that is growing...

40.

Far from splendour and ceremony...

41.

What is
really important?
What really matters?

42.

Love from the others is important
but it is not the most important.

43.

Respect, consideration,
gratitude are important
but everybody
will not necessarily give them to you.

44.

If you truly
love yourself
you will understand that
God lives within you and
that, in the best case,
He invites you
to love, peace and harmony.

45.

Of course it does not
necessarily mean that you have
to be the doormat because you may
lose your dignity,
your self-respect.

46.

Some people say that
to go and seek deep within us
what they call
"the priceless pearl"
is a long journey.

47.

Some others call that
"having full consciousness"
or "having the inner
peace, plenitude."

48.

If you truly love yourself,
you will become,
if I may say so, "self-sufficient",
you will be at ease
with yourself in almost any circumstances.

49.

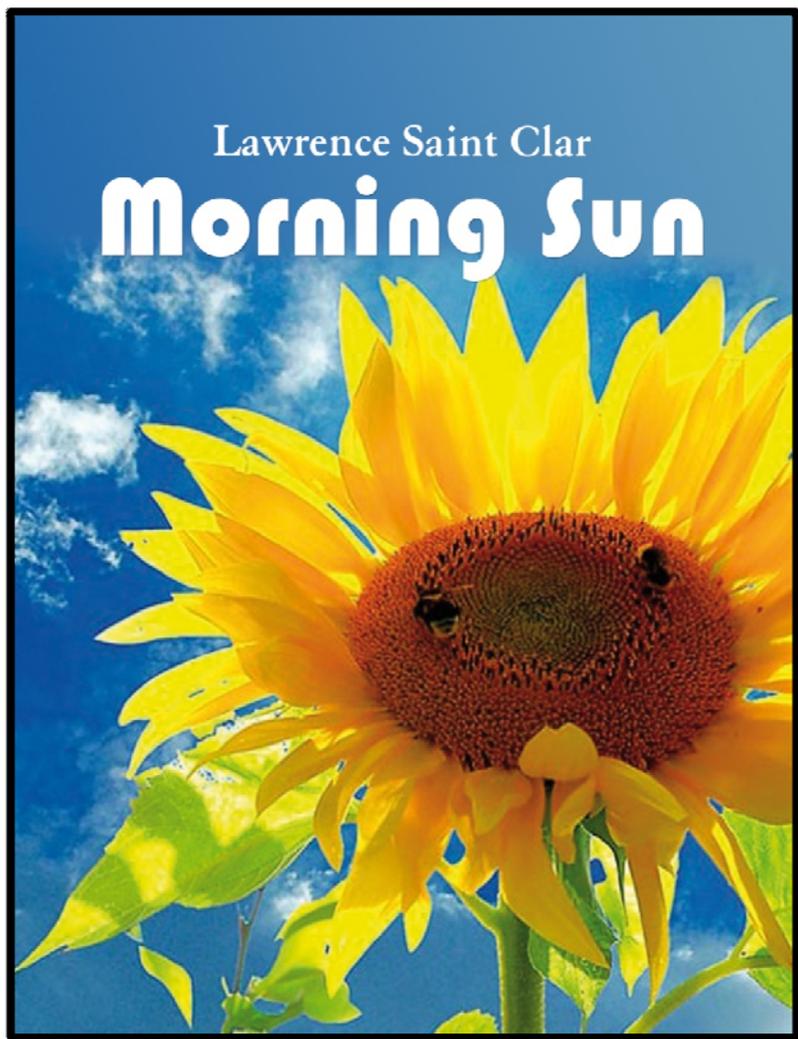
René Descartes, a French
philosopher and mathematician
of the seventeenth century, said:
"I think therefore I am"

50.

I would say that we can also say:
"I love myself therefore I am"
because can't we see this as
our aim in life?

Lawrence Saint Clar

Morning Sun



Morning Sun

1.

The sun shines for the one
who used to look down at his feet,
and suddenly lifts up his head.

2.

The sun shines for the one
who tries to escape
the bewitching routine,
who looks around at the landscape,
the sky, birds, becomes aware that
beautiful things also exist...

3.

The sun shines for the one
who takes on a new lease on life
in any possible way.

4.

A little child asked
his father:
"Daddy, must we be nice?"

5.

Good question,
the father answered, but
if you are nice, I will tell you to be careful!

6.

Be very careful
about who could be in front of you!

7.

Even if you have some sunshine
in your eyes,
the world is still
a bit like a jungle
with all kinds of animals.

8.

To be nice
is somehow
like feeding the animal.

9.

Some are actually
very nice, and will come
and caress you gently.

10.

But in nature,
there are also rats, snakes,
wild cats, vultures,
sometimes wolves, jackals,
crocodiles and so on... !

11.

If you seem too nice,
you may be eaten,
or devoured all alive!

12.

Some animals will even
get slowly closer to you
to better attack you next!

13.

You need weapons
if you want to
survive in that wilderness!

14.

You need to know all the animals,
try to recognize them from afar,
or if necessary protect yourself from them.

15.

That is not an easy thing
and it requires time to succeed.

16.

You will notice that
all these animals
are not necessarily bad
when you know how to talk to them
but you still have to
be a bit careful.

17.

An animal,
if I may say so,
remains unpredictable,
never forget it.

18.

You can have a lion for a friend,
or a gorilla, or an elephant,
or any other animal!

19.

You can have fun with them,
when they are not hungry, of course!

20.

You give them some of your kindness,
in a way,
you feed them.

21.

But be careful
I about some of them
if they are a bit too hungry!

22.

For some of them,
straight away,
you will not matter anymore!

23.

Or you will just be an appetizer!

24.

End of cuddles,
hugs and kisses!
So stay away from them!

25.

You will quickly realise
that in the jungle,
in the wilderness,
there are no teddy bears!

26.

What should you do, then?
Must you stay home?
Never go out again?

27.

Become a coward! Fearful!
Not doing much anymore?

28.

You can go to more peaceful places,
next to cows, cats, little birds,
ponies...

29.

But it is true that
if you want to know the world a little,
that is limited and does not
represent reality.

30.

Especially because,
as you will notice,
you will find wild animals
about everywhere!

31.

You may also mistake,
for example,
a wolf for a dog!

32.

You may mistake
a lethal snake
for a harmless snake!

33.

And, you know, animals
love to disguise themselves:
one will wear the mask
of a kind sheep,
while it is a hyena,
for example!

34.

The other one will say "meow-meow"
to jump at your face more easily!

35.

Careful! Careful!
Observe all the animals,
as a crowd,
they gather all the features
of the human being!

36.

And about your question
if you must be nice?

37.

Colloquially, we sometimes say:
"Too nice, too stupid!" ...
There is some truth in that!

38.

It is also said
that we have to try
and give the others love...

39.

Beforehand, ask yourself the question:
if I am nice with somebody
while they are not,
how will I react?

40.

How could I "take the shock"
if I may say so?

41.

Is there a chance I can be hurt?

42.

Be hurt a bit,
a lot, not at all?

43.

Then,
you will be able
to know if you must,
if you can afford
to be nice to this person.

44.

If you are nice
and you are made fun of
then you will suffer.

45.

If you are nice while
the other one does not care at all
you will somehow have
the feeling you have hurt yourself.

46.

If you are nice while
the other one eats you alive,
then you will blame yourself a lot.

47.

If you are nice while
the other one appreciates it,
you will have gained a lot in friendship.

48.

If you open your heart
and the other one tramples on it,
you will regret it bitterly.

49.

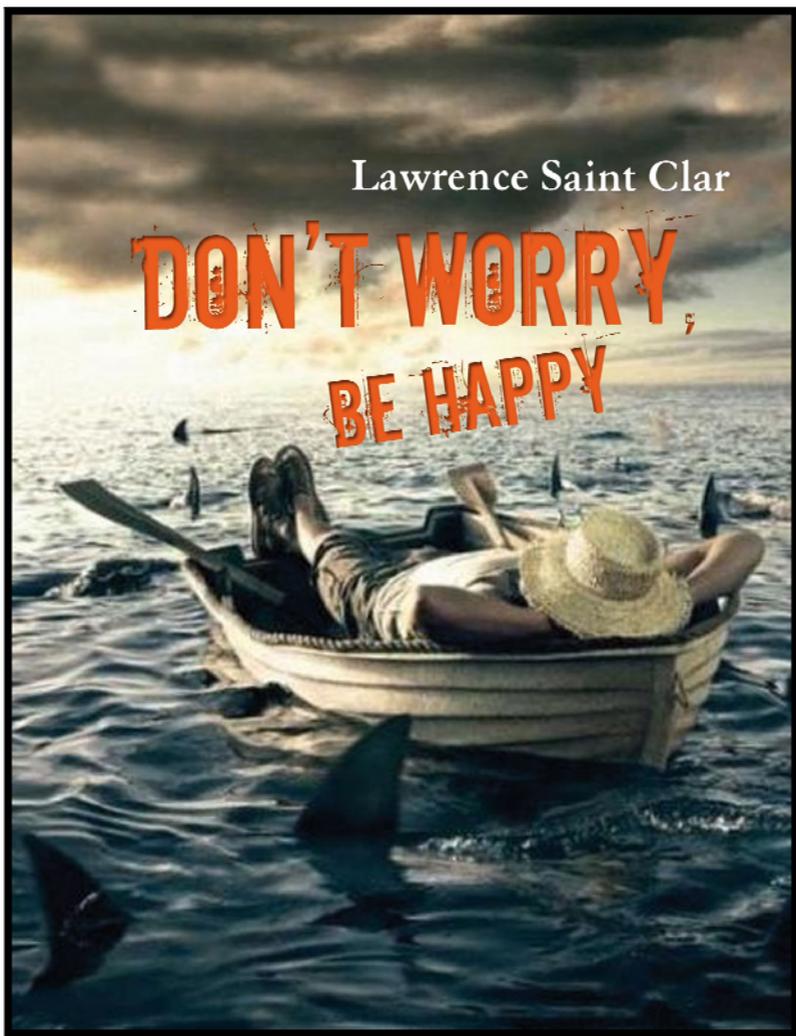
You must give, for sure,
you must encourage
the acts of love for oneself,
for everyone,
for the planet...

50.

But I would just say
a little thing without any spite
or afterthoughts:
Jesus opened his heart so much
that they ended up killing him...
So even if you have sunshine
in your eyes, do not forget
that not everyone has some necessarily!

Lawrence Saint Clar

**DON'T WORRY,
BE HAPPY**



DON'T WORRY, BE HAPPY

Some time ago, a friend
told me a little story:

1.

"Not so long ago", he told me,
"I went to visit
a school cafeteria,
to see a friend who works there
as a bursar."

2.

"I witnessed a little scene
right before my eyes."

3.

There was
in that cafeteria
a cook who often shouted.

4.

Pupils,
and even teachers
were a bit afraid of him.

5.

Sure, this cook was and still is
really good at his job,
very talented.

6.

He could not bear
waste and the fuss
his guests sometimes made.

7.

When he saw
a bit too much waste,
he would often
go berserk.

8.

"What?
What's that?
Isn't what I cook good enough?
What are they complaining about?"

9.

"If they go on like that,
they won't get
anything any more!"

10.

"They can't appreciate
what's good,
too well-fed as they are!"

11.

"Next time,
they can go
to hell!"

12.

And that's the least of them!

13.

The school bursar
who had to deal with him
feared him a bit,
especially when they had
to talk about menus.

14.

"I don't know if
I will bother to do
that thing again!"
the cook would say.

15.

"Do you think they deserve it?"
he would say with a bit of arrogance.

16.

Whatever the bursar argued:
"everybody does not necessarily
love the same things
at the same time!"

17.

"We have to change the menus
and offer everything
to everyone."

18.

"We must have a clear conscience!"

19.

"Sometimes we feel like it,
sometimes we don't!"

20.

“Most of them are
just sissies!”
the chef would reply.

21.

He was kind of
impressive
in his own way.

22.

He somehow wanted
everyone to eat
everything he had prepared!

23.

If you are a bit familiar with the school cafeteria:
there will always be some
who will not like it!
There will even
be a lot
each time.

24.

It is true that
sometimes trash cans
are easily filled
even if it is not bad,
but even good.

25.

It is true that
when we know people are starving
all around the world!

26.

We sometimes have reasons
to see red!

27.

School catering is, and has always been,
and will always remain, I think,
a thankless job.

28.

One day, a suggestion box
had been installed in the cafeteria:
what a catastrophe,
we could say!

29.

In a way,
children are
really cruel in what they say!

30.

The very good cook
really copped it for nothing
and yet, it was not true!

31.

The idea of the suggestion or
comment box,
was quickly aborted.

32.

This chef is and has always been
a real perfectionist
in his work.

33.

Sometimes, teachers
would even
give him “standing ovations”.

34.

One day, there had been
some pretty serious argument
between the cook and a teacher
who had made
some comments on
the way he talked.

35.

In a way, the teacher claimed
his right of liking
or disliking!

36.

Furious, the cook, blew a fuse!

37.

He was even more “nuts”
than usual!

38.

“It’s over, finished!
it does my head in, no more of that!”
he was rumbling.

39.

The problem was actually
based on
a few misunderstandings.

40.

My friend, the bursar told him
after lunch:

"We've just eaten very good food!"

41.

"I heard you had
a little argument
with Mr So-and-So?!"

42.

"Yeah, he said this, I said that!"

43.

"OK!" my friend told him
"Your sausages were
really good too!"

44.

"I didn't want to tell you this
but you know that a teacher
removed the skin of
one of your sausages before
eating it!" ...

45.

... "yes, yes, this person
totally skinned it!"

46.

"And yet, it was the
not-so-fat skin
that was giving
the crusty taste!" ...

47.

... "I did not want to tell you
because it might have made
you even angrier,
but I'm telling you anyway!"

48.

"I, myself, would have been
angry before!
Now, I tell myself that
it is their problem!
They could even have done
something else with their sausage,
it would also have been
their problem!"

49.

"What you are asked to do
is a meal service!
Do your job at best;
Have a clear conscience!
Stop hurting yourself
with things
you won't be able to change anyway!
Then, it is not your problem anymore!"

50.

The berserk cook
smiled, thoughtful;
maybe he was seeing things
differently now?

Lawrence Saint Clar

Take Care



Take Care

1.

In Canada, it is usual
to write at the end of a text
when we are writing
to a friend:
"take care".

2.

For a European,
this letter ending can be surprising
at first sight.

3.

"Yes, of course
I take care of myself"
we would tend to say,
it stands to reason!

4.

"I am no masochist,
I'm not going to mutilate myself,
or try to hurt myself!"

5.

This is really
a funny ending:
"Take care!"

6.

Don't those Canadians seem
a bit strange in their own way?
Admit it! a bit!

7.

I would even allow myself
to add that in France,
a saying goes:
"Charity begins
at home!"

8.

And a popular
saying also goes:
"Think about number one first!"

9.

It is clear that at the end of a letter
it doesn't have the
same courteous impact!

10.

"Take care of yourself,
take care of yourself!" ...
Yes, I take care of myself, and
I am not waiting to be told to do so...
We could say...

11.

Jacques Salomé wrote a book
whose title is
If I listened to myself, I would hear myself.

12.

But of course,
you mustn't
let yourself go!

13.

When there is work to do,
it must be done...

14.

All this is quite easy, isn't it?
listening to oneself,
pampering oneself and
the day goes by without
having done anything good!

16.

Spoiling yourself, "Peace and Love",
everyone is beautiful...
We could think...

17.

By taking a closer look,
the Canadian ending
and Jacques's
are not as wacky
as we may think they are.

18.

They are even filled with
deep wisdom,
deep thinking on
human nature.

19.

This is not necessarily
about following
our current wishes or mood.

20.

This is not about saying
"I'm going to do this or that
just impulsively."

21.

The process is much more
based on self-love.
If I do this or that,
how will I see myself
next?

22.

Will I be pleased with myself?

23.

If I do this or that,
will it be consistent with my way of being,
or with my way of seeing things?

24.

If I am too hard
on someone,
won't I regret it?

25.

If I am too kind
to someone,
won't I also regret it?

26.

Must we do such and such a thing?
If so, when would
be the right time?

27.

How should we be to feel better in a way?

28.

How can we respect ourselves
better and feel more in harmony
with our deep inner selves.

29.

When I have some cleaning to do,
for instance: if I don't do it
I will not feel at ease
with myself.

30.

If I do it when I don't really
feel like it,
I will go against the current a bit,
and shuffle along.

31.

After ten days,
I may blame myself a bit and
live those days badly,
more or less unconsciously.

32.

If I am psychologically
prepared to make an effort

for a specific day,
with some music,
it will be far more pleasant.

33.

If I let myself get snowed under,
I will blame myself
and love myself less.

34.

I will blame myself and
love myself less
and I will feel more
ill at ease with myself.

35.

I may act
once more against myself and
increase that feeling.

36.

More difficult the return
to self-esteem and self-love
will be then.

37.

... hence wounds
that often enhance
moral sufferings...

38.

"I'm not pleased with myself",
"I blame myself", "I shouldn't have",
or "I should have"...

39.

Learning to know oneself...
"How shall I react?
What do I love
or don't?"

40.

I think that
we should learn
to control ourselves
in life somehow as we control
a machine...

41.

Through the uncertainties of life
I may lose
or gain a little self-love.

42.

If I neglect my control,
I may hit some rocks
and hurt myself,
or possibly lose
a little of my precious fuel.

43.

My machine will become
less effective, it will be slower and
may generate diseases that
could have been avoided...

44.

Don't care about the others' machines!
Everyone tries to control theirs

the best way they can
and will feel the benefits
or the ill effects...

45.

One machine is not always
designed the same way
as another one...

46.

One will have advantages
but also drawbacks
compared to a similar one...

47.

What's important is the
pilot's feeling.

48.

If the pilot finds happiness,
the machine will naturally
gleam...

49.

If the pilot manages to control
his own machine easily
he will be happy.

50.

"Take care of yourself"
in its deep meaning...

Lawrence Saint Clar

**REBUILDING
THE PAST**



REBUILDING THE PAST

1.

One day, a psychologist told me:
"Some people will
probably never
understand their mental blocks
because they cannot
really question
themselves."

2.

Then she added:
"Others will just never
understand because they
don't want to."

3.

Yes, some people,
in some way,
seem to be "attached" to
their problems...

4.

They seem to be afraid of leaving them.

5.

Or at least
it seems the separation must

be done gradually
and, if possible, gently...

6.

It is somehow as
if a part of oneself had to be amputated.

7.

Someone who has lived for years
with one problem or another and
who has regularly borne it
more or less painfully everyday
cannot just "put it behind themselves".

8.

Even after the "amputation",
if I may say so, there is still a hole!

9.

A place to be used
differently...

10.

You must get used to it
step by step...

11.

One day I saw
in a magazine
that someone had an eighteen-kilo
lump of fat removed from her belly!

12.

In a picture, the lady was posing
next to her lump of fat!

13.

Really amazing!
She was not aware of it
and had been living with it
for more than ten or fifteen years...

14.

Just the time of a surgical procedure
and the feeling she had
about her body
must have changed a lot.

15.

Changing for the better or for the worse
for her?
We could actually wonder.

16.

Her walk suddenly
became much easier...

17.

Her clothes,
the look from the others
must also have changed...

18.

It may have re-boosted her in her life,
unless she has been filled
with a feeling of nostalgia?

19.

In a way, managing to sort out
one or several problems
that had been worrying us for years

is more or less as if
we were removing
a mental lump of fat.

20.

Many people suffer
and don't imagine
that they might have
a wrong vision.

21.

Our past often hurts.

22.

We blame ourselves
very much for having
the same behaviours again and again,
generating sufferings.

23.

... hence also somehow
all the difficulty to turn the tide,
as we have already
invested a lot of energy
but in the wrong direction...

24.

In a way
we are banging our heads
against the wall
and we somehow keep doing it
believing that the wall
will eventually crumble.

25.

When our look is clearer
on our past mistakes
then comes the suffering
of the suffering that
we imposed on ourselves,
sometimes even in spite of ourselves.

26.

We sometimes blame ourselves
so much for suffering
because of a bad management
of our attitude towards our problems.

27.

"If I had acted differently,
if I had had a different look,
lighter, more flexible,
more careful, or else!"
If ifs and ands were pots and pans...

28.

How can we forgive
years of suffering
inflicted on ourselves
because we have been
in a way too naïve
or too gullible or too sensitive
or too this, or too that?

29.

We often say that we must give
time to time...

30.

Or that time makes things
more peaceful...

31.

More precisely:
we need a little time
to forgive ourselves
our own past.

32.

A little time to
"rebuild the past".

33.

... to prove ourselves
that we can from now on
evolve without making
the same mistakes again.

34.

Blessed be the Lord
we could say
to grant us the time
that will enable us
to heal our wounds!

35.

To have the opportunity
to walk again
more or less normally...

36.

After having performed
a huge work on ourselves

to learn how to walk better,
we must then
prove it to ourselves.

37.

The future is also
tomorrow's past!

38.

In five years' time, in ten years' time,
how will I look back?

39.

If everything goes well,
I have the opportunity
to change the image
I have of myself.

40.

... to respect myself, to regard myself,
to love myself more.

41.

In five years' time, in ten years' time,
what would I like to think of myself?

42.

Each day that goes by,
I can try to turn
the tide...

43.

... try to go a little further
on the way to happiness
that suits me best...

44.

... try to build myself better,
to rebuild myself...

45.

A saying goes: "The true miracle is not
to walk on water or fly in the skies,
the true miracle is to walk
correctly on Earth."

46.

Each day that goes by,
we endure more or less
important shocks on our soul.

47.

Not to make
the same mistakes again,
to avoid them is a form
of pleasure.

48.

A mistake can also
consist in
not protecting ourselves enough,
or attaching too much importance
to one thing or another
which does not deserve it.

49.

Actually, the human being
is like a construction site
that is constantly built and destroyed.

50.

So, with time,
become a builder of tomorrows
by being an architect
of today...

Lawrence Saint Clar

love is
a dandelion



love is a dandelion

1.

How beautiful and sweet it is to love...

2.

And how
huge and long and heart-breaking...
the wounds of love can be...

3.

Loving, being in love
with someone who is not
(or no more) in return...
what a torture, in a way...

4.

"Love betrayal" or
"the end of a relationship"...
what a torture too...
in a way...

5.

I say in a way...
because actually
"the way of considering
the problem" is quite important...

6.

When you turn forty,
the vision of love changes
a little...

7.

You stand back a bit,
you understand some things better,
or at least the look you have is
a little more mature...

8.

To me, love as we see it
when we are twenty
cannot last...

9.

True Love, as we sometimes call it,
is actually
a kind of illusion...

10.

Sorry for the people in love...
but we can somehow
try to keep the flame burning
as long as we can...

11.

Not that I do not believe in love anymore...

12.

I do not believe in
a unique love anymore,

the “timeless love fusion”,
if I may say so, is a bait of our brain...

13.

Reason: the of the species,
maybe?

14.

Can the animals be in love?
Maybe they are,
maybe they aren't?
But for the human being
I think that we need more
than a simple physical attraction...

15.

And the idea of “merging in love”
is sometimes so beautiful,
so exhilarating...

16.

It raises the human being...
another “reason”, we may say!

17.

The man's brain is really different
from the woman's...

18.

Men and women
don't have the same way
of thinking, of seeing things,
the same priorities...

19.

You would say: "It's what gives the human relationships their spice..."

20.

Yes! Indeed!
But deeply, we do not really understand each other...

21.

If a man is reading his paper peacefully in the evening, without being urged by his wife then everything is good for him...
On the contrary, for his wife, if he does not offer his help, she can take it badly... just for the example...

22.

Men and women will never be able to "merge in love", you must know it, I think...

23.

For love, you also have to be psychologically ready to get it, to live it...

24.

If you are possessive,
really jealous, suspicious,
narrow-minded, psychologically rigid...
the relationship will not last very long
or will go badly.

25.

The love of a particular being,
the "timeless love fusion"
would not exist,
but love does...

26.

There is such thing
as loving sweetness,
There is such thing
as loving tenderness...

27.

Love is a dandelion...

28.

When you are ready
to love and get love,
you then blow on
the dandelion...

29.

Seeds are blown off,
fly away and fall down
in the wind...

30.

If they fall on rocks
or on an infertile soil
so too bad!!!

31.

If they find loose soil...
they will be able to develop,
take shape, blossom...

32.

Growing love can be really beautiful,
even magnificent...
but it is each time
a particular kind of love...

33.

Love has many faces...
we can love in different ways,
love has several melodies...

34.

You'll ask me: is it libertine?
No, not really
but I can understand...

35.

Love is light, soft, soothing,
constructive...

36.

We sometimes say
that love is "a gift from Gods"...

37.

I believe in Gods,
I believe that there are
superior and benevolent intelligences
who may help us improve our lives...
and which "surround the world".

38.

It is a personal vision
of things, I must admit.

39.

I think that the human being
must rise as much as
he can...

40.

I think that many things depend
on the way we see them...

41.

I think that we must try
and become light,
flexible, agile...

42.

I think that life on Earth
is a way of reinforcing
the way we see ourselves...

43.

... by fulfilling ourselves as
best as we can,

by trying to avoid
stupidity, nonsense...

44.

And God knows
how many there is...
and how difficult it is
to live our daily lives.

45.

I think that
life deserves to be lived
at best, fully...

46.

Suffering and
lacks of love
often make it difficult.

47.

The wounds of love
tend to emphasize that...
Especially if we put all our eggs
in the same basket!

48.

We can make a pretty good omelette!

49.

There is no true love
without real true self-love
beforehand...

50.

I think it is difficult to really
love ourselves
but true happiness
first goes through self-love
with our own strengths
and weaknesses, qualities and flaws...

Little note from the author

To be humble is difficult. Humility is a way to detach oneself from the others, not to have one's own glory but to look for it beside God.

Jesus advocated humility.

He felt dependent on God and free compared to the others: his love was free and composed of concern for the others. He considered himself as a river of energy, crossed by Divine Love. Because to be dependent does not mean to be closed to personal reflexions, to feel dependent doesn't mean that we have a blind faith!!!

I would say that humility is to suppose that the others can bring something interesting to us...

Little Note:

When Jesus said: "If given a slap in the face, then turn the other cheek", I don't personally think it meant: "Let them do it and get blows in your face."

I think he meant: "Try to trust life and have faith." It's up to you to accept or not, and whether you accept or not, in both cases, you are developing your personality. I would add: "Jesus didn't pay for us", as sometimes said: He was sacrificed partly because of man's stupidity.

By extrapolating, I would say that there is a perpetual rule: Gods father life which fathers Gods which father life which fathers Gods which father life... and so on...

If Gods are Love, how can you explain suffering, some catastrophes and barbarity? How can you explain some meetings, some attitudes? What is fate actually?

In our daily life, in one way or another, we are more or less constantly changing...

We could think, and *I'm being cautious when saying it*, that everything may be written. Free will may only be an illusion.

Perhaps life is only a programme... a programme whose writing we would have taken part in and agreed on!

Everything that takes place in the universe, anywhere, anytime, in ten years, in a thousand years, in ten thousand years... Would everything be written in advance?

It sends a few shivers down the spine but, in a way, what if after elaborating the theory we would complete a training period... It would enable us to better develop our own personality, if I may say so. Because we need to fully live something to better understand it, feel it and define it. (I lay stress on the fact this is just an assumption and I don't want to increase some distress).

Nevertheless, we mustn't live as if all were written and be resigned! We must try to live our lives fully and fight to reach our goals and not say: "What must be will be!": It would be a misinterpretation.

When we die, do we go out of the programme or do we reach another level?

What is our programme? That would be the question...

And is the fact you're reading these few lines part of the programme?!!!

We may not be the masters of our fate, but we find out about it and have the feeling we can influence it as far as possible.

If I am right... There would be a great deal of intelligence behind the wall of life and those who handle it roughly will really fall from a height!!!

I leave it to the people who are willing to do so to have a close look at what I call "the perpetual rule" could imply. I inform you that it can make you feel dizzy. I also inform you that it is just an assumption.

By pushing really further we could say: for God to discover his own fate too (if not, there would be no surprise for him!), it is necessary that other Gods have written his!!! (written and meaning "it's possible to anticipate because we know who you are" and not meaning "that's just the way it is", slight difference).

Life is a journey and people chase rainbows.

You are looking for water to quench your thirst when there is a well inside you.

Why so strong this need, deep inside ourselves, to get love? As if it were some food we absolutely need to free ourselves? In a way, we are all "longing for love"; actually, all we do is to try to be loved and each of us does it in a more or less amazing way... We are "attracted by love"...

We could imagine, and this is just an assumption, that quite a long time ago we were all (or most of us) united in a kind of unquestioning love and we did not have any special individualities...

Life on Earth would enable us to rebuild some individuality, to "part from the Whole".

As I was saying, "a way to rebuild ourselves".

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

In order to give you some sentences:

*“Without God’s existence life is meaningless,
everything would just be a mess...”*

*“Don’t say ‘I must do the washing-up!’ but rather ‘I will
clear and clean the kitchen to relieve stress and make’.”*

*“The future meals nicer. Do you need power
and much money to love yourself?”*

“Don’t look on the outside ; but look inside yourself.”

*“Love is a dandelion”..
and so many others...*