

Big Waves

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Big Waves are Coming Soon

This world is a crazy, beautiful, ugly and complicated place, and it keeps moving from crisis to strangeness to beauty, on to weirdness and tragedy. We live in a society where free thinking, open minded and critical thinking people are called crazy and the ignorant close minded people are considered normal. Tyranny of freedom is to do what you like, to whom you like, when you like. Treating addiction is treated as a legal problem, treating criminal activities, gun and knife crime as a medical problem, and losing faith in the world is treated as a religious problem.

The world soul is sick. It feels like the whole world has turned upside down recently, and there aren't any more rules. Maybe this is how madness works. At first you're worried you're going crazy, but in the end, you don't even care. you embrace it; it's the only thing you've got left. The only thing you can trust is when the rest of the world has gone to shit.

History repeats itself, first as tragedy, second as farce, and third as pornography. We live in a world where some women are paid to get naked whilst others get fined, beaten or killed if they are not appropriately covered. It's crazy to put women in situations where they're bound to go crazy, and then act like there's something wrong with them for going crazy. When people are happy, they desperately look for things to make themselves or others unhappy. They say that it's a crazy world out there, a lot of people don't mind contributing to it by adding a bit more madness to it themselves.

The human position and primeval condition to keep going until you get to the top or you drop. Humans start a war, start a riot; when we can't perceive it or we can't deny it, then this is warning to all of us. The world has gone insane, when the news is satire, propaganda or make believe and it's not real. It is very difficult to determine what is genuine from all the fakery out there.

Welcome to the era of fake products. Unvetted suppliers and trick sellers post genuine pictures of items and provide post fraudulent reviews, then deliver counterfeit goods. Scammers now operate international, multidimensional operations in one of the most fastest growing and booming industry ever. Brands and content providers are powerless, because as soon as action is taken against operators or their websites, the operation springs back up under another name the next day. Welcome to a never-ending game of 'Whac-A-Mole'.

Restaurants pay people for good fake or misleading trip advisor references. Products are reviewed under the euphoria mood of getting something new, with very few reviews provided after that mood has subsided and the reality and flaws of the products become evident. When products break, corporations encourage us to throw away the old and buy new, even with all the constant reminder of environmental concerns. The right to repair is a

fight that hasn't yet been won by the underdog, when profits come before everything including people in the boardroom. When will we realise we are being sold down the river.

Truth only takes you so far and then you need lies. Lots of lies. Everyone is overloaded with so much manufactured information all day long that they lose their common sense. Governments may not kill their people intentionally, unless they are led by crazy people, however they are guilty of keeping people poor, keep them from awakening but they do kill their hopes and dreams. Nothing is permanent in this wicked world, not even our troubles. When the world runs out of common sense, you soon realise that common sense is not a gift; it's a punishment, because you have to deal with everyone who doesn't have it. It was not curiosity that killed the goose that laid the golden egg; but insatiable greed that devoured common sense.

Sometimes the only thing you have to doubt is your own common sense. One pound of learning requires ten pounds of common sense to apply it. In life, you need more things beside talent; you need things like good advice and buckets loads of common sense. Science is nothing but trained and organised common sense. Sometimes I wonder whether the world is run by smart people who are putting us on, or by imbeciles who really mean it. Most people would rather die than think, in fact, they do so. In this life, you've got to hope for the best, prepare for the worst, train to win rather than just dream it, then take whatever God sends and thank him for the gift. Gifts are provided not only to reward, but to teach us life lessons as well. Common sense as well as common values all lead us. Our future depends upon it and our present is going to be vastly better when we get back to these basics and align ourselves with nature and the natural cycles of things.

I look out of our collective universal social window at our world and see an imbalance. The rich wrecking the planet, pollution and the inequality gap growing larger by the day, poverty and famine increasing, homelessness, disease and war becoming common place. People are being driven to more express more extreme views that is providing more division, hatred and arrogance they everything they do is right, patriotic or for the greater good. People are easily monitored and manipulated through well proven psychological techniques, that are being used by companies to misuse personal data and manipulate electoral systems. What is being quotes as results from independent think tanks or policy institutes are covers for pushing secret agendas, influencing or supporting global, regional and national policy, or in some cases trying to dismantle and close down legitimate debates from opposition parties. Opinions and manufactured evidence are now taken as truths and are not being scrutinised, whilst careful omissions or segmented interviews are used to hide something or show something that didn't really happen. We are turning in on ourselves, social media is a poison culture from airbrushing pictures, cyber-bullying and the construct of artificial lives making them look better than they actually are. The fall of religions is a false idea, for lots of bad things happen in the name of religion. Religions have all the core messages; it is just that we either don't follow them or interpret them for our own advantage. We forget too easily. Being busy doesn't equal being productive or going good work, whilst great successes are often provided by failures.

There are huge pressures on our children to succeed, sports rivalries are taken too far, sports stars and celebrities wages are ridiculously too high. People are put on a pedestal that

is too high, that can turn nasty when things go wrong. It is great to have role models, but don't get sucked into the stereotypical bro culture, follow bad versions of reality stars or idolise celebrities. Everyone is human at the end of the day, they eat, fart and gets old and eventually dies. Our reliance of fast food is killing us, our healthcare systems are on the brink of collapse, everything is geared around commercials, advertising and getting us to buy things we don't need and we don't recycle as much as we should. We seem to have developed or encouraged a lack of respect of elders, fed our greed, pursued unregulated capitalism, premarital sex and become too liberal, lazy and apathetic. These all seem to be symptoms, not the root cause of the problem. The problem is with people. We have become too successful and there are too many of us. We have become too arrogant that we know best, too introspective and blame others too easily, not taking enough responsibility and accountability, not taking enough care of ourselves and then care of others around us, not finding our own inner peace, acceptance and natural rhythm. We will never find the answer by focusing on external forces, more materialistic existence or through violence, control, fighting or hate filled words. There are currently too few manners, lack of mindfulness and critical reflectiveness. We have lost our way, lost what true happiness and contentment is anymore and there is not enough kindness in the world.

We are only beginning to realise that what we were taught about success, wealth, winning, self-pleasure and exploitation others to get to where you need to get to is absolutely rubbish. The more we have, the less the other half of the world has; resources are not infinite. We are ignorant of what is really important in this world. We have been turned away from the human code of conduct, morality, ethics and environmental balance. We have become hardened against other people's suffering and pain. We have too much fear, too many prejudices, too much intolerance and not enough open-minded, reflective and critically thinking, and loving attitudes. We are being socially conditioned and indoctrinated into beliefs that we can continue the current way indefinitely and being impressed by power, wealth, authority and celebrity. We live divorced of reality largely composed of stereotypes, caricatures, over-simplifications, infantile thinking, sweeping generalisations, illusions, delusions, false dilemmas, ethnocentric or nationalistic mind-sets, begging questions yet receiving no proper answers. We fall pretty to temporary motivations, irrational attachments, personal vanity and envy, greed, intellectual arrogance, emotional counter-attacks when threatened and being simple minded that we have little or no understanding of balance, equilibrium, nuances, fine distinctions, subtle points or natural laws including the cause and effect, long term cumulative outputs have on eventual outcomes, and always ready to be faltered and controlled. We readily take the easy path, focus on ourselves and our ego, for talk and spin is everything and substance is irrelevant.

Today, as I look at our societies I see things like cities that are overpriced and a tipping culture is seen as the norm not as 'an exceeding expectations' experience, and people are expected to accept unpaid internships (how are they expected to feed themselves – foodbanks perhaps or pay for travel to work). Companies perpetuate the lie that hard work and dedication work, with unpaid work being a benefit. The only people it benefits are the shareholders and the bottom line. In the olden days, unpaid work was either a hobby, charity work or slave labour. You choose what to do with your finite and valuable time.

We know what good looks like through our heart and soul, however our eyes and other senses are easily deceived, by those that tell us who is evil and who is good. They see themselves as 'good' and they see those that challenge them as enemies and 'evil'. They have no moral or ethical backbone and want all problems to admit to a simple solution and the solution to be one that they are familiar with, with the tools of force, violence and intimidation. For they do not do the dirty or hard work themselves, for they are above getting blood or sweat on their clothes, they instruct others to do it on their behalf. They are the manipulators, full of egotism and ideology. The chateau generals directing operations whilst other die needlessly on their incompetent whims. For until we as a culture value real intelligence, critical thinking and failure to use that thought productively and literacy in all its forms that helps guide us on our true and rightful path, we shall forever be remain in the dark, unaware of our true value and purpose, and seeking the easy and instinctive way to grab, own and defend, which will shrink our inner space and humanity. For who is a person that is perceived to have external abundance yet lives in a body with internal poverty. A paradigm change is required to move from competitive economics which did have a purpose but is now outdated and needs to transform into cooperative and collaborative societies living in balance with nature and consideration with others, for everything is connected in this world. Politics based on talking points, slogans and short-termism, needs to be replaced by politics based on thoughtful dialogue, issues-based discussions and outcome focused actions. That doesn't mean we shouldn't have different opinions, but our needs and desires should be focused on joy, happiness and the collective good, not individualism.

People lie and can still be telling the truth; nobody's a hundred percent any one thing. In this world that is full of lies, the most dangerous ones are those we tell ourselves. Big waves are coming soon, so even when we seem to be blind to this, you can almost smell and taste them. Justice and truth may be blind, but they still have other senses. Step out of the system, never ask permission, never stop, and let the calm wash over yourself. The way I see it, if you want the rainbow, you got to put up with the rain, but that doesn't mean you need to get wet. Only children and fools get wet when they don't need to. Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree today and plan to harvest the crops. Imagination is more important than knowledge. Knowledge is limited, whilst imagination is limitless and encircles the world. Our planet is running out of patience with humanity, coupled with a lack of justice. It is time to step up, stand up, reach up, until we reach the only goal that really matters; peace among people and peace between people and nature. For if we don't do it for ourselves, nature and our own stupidity will do for us, for nature has no mercy, not one ounce.

We are forgetting that we are connected with every person, every creature and everything on this planet. We are shown lots of human-caused tragedy everywhere we look, because that has the shock effect publishers and newspaper barons seek to sell us things, provide journalistic cynicism, discredit opponents or even just feed the darkness within us. There is no shortage of people who know what is wrong with the world, but there is a huge shortage of people willing to do something about it. Our news is full of reports of drunk driving causing death, stabbings, shootings, murders, attempted murders, rape, abuse, corruption, greed, selfishness, self-gratification, impulsiveness, lack of accountability, muggings, fraud, robberies and other violent crime. Increasing violence is often associated with high poverty, neighbourhoods that have experienced disinvestment for generations and

schools/public spaces underfunded and not maintained. People pay more attention to negative news than to positive news. People love new things and new experiences have been shown to make us happier. When it comes to our own lives, most people believe they're better than average, things will turn out all right in the end and therefore makes bad news all the more surprising and salient. Good news doesn't sell newspapers and we are psychologically drawn to more compelling depressing stories without consciously realising it, through negativity bias and survival instincts to always watch out for dangerous situations.

The people who are crazy enough to think they can change the world, are often the ones who do. Life goes on whether you choose to move on and take a chance in the unknown, or stay behind, locked in the past, thinking of what could have been. You have a choice. When the world seems crazy, chaotic, destructive, you can choose to create your own world of peace and love. You do not have to immerse yourself in the illusion of craziness. You can create your own heaven on earth by being kind, surrounding yourself, with good people and nurturing the earth. This will be colossal. Some may never live, but the crazy never die. Life has a way of reminding you of who you are. Perhaps someone will create something so beautiful and full of wonder that it will change the world. The best and most beautiful things in the world can't be seen or touched, they must be felt with the heart and soul. Hope. When everything slips away, that is that. Life is frail and short with no guaranteed tomorrow.

A lot of people have lost their way, become lazy or are suffering mental health issues. We seem to be heading in two directions, totalitarianism or rugged individualism, where people are expected to overcome their own problems and succeed by their own efforts, and not dependent upon any help from the government. Totalitarianism is what power hungry and ego centric politicians need, whilst rugged individualism is what capitalist corporations want. The deeper meaning that is emerging is that both of these models don't serve humanity very well in the long run. It's not too much of a stretch to think that the manipulators keep most people poor on purpose to essentially motivate the masses, under the banner of there's not enough for everyone. In reality there is enough for everyone, when you remember that nobody needs the manipulators, but they need you. You have the power; you just don't often recognise it. You need to face your fears. You don't have to wait for an apology to forgive. Life goes a lot smoother when you let go of unnecessary things you have carried with you like grudges, hate and anger.

So, which way shall you go? The left where there is nothing right, the right where nothing is left, or the third way? There are several truths about life that everyone should know. People invariable don't change, but when they do change, sometimes it is for the better, sometimes for the worse. Your loved ones won't stay beside you forever even if they really want to. Things you can control are limited even if you've tried your best. Time flies even if you really want to pause the moments. Everyone is insignificant when you compare yourself to the vast universe. People are generally selfish though some may try hard not to be. You're only as good as those you associate with, so be around good people. Life is hard but it's also beautiful. You miss one hundred percent of shots you don't take.

You're living the life you've created. There are three types of hearts in the world. People with black hearts who are cold, indifferent, malicious, vile, despicable with no moral limits. They are people who use many tactics to try and manipulate others, for they will play

on your emotions and try and make you feel guilty to get their way. There are then people with stone hearts who are inflexible, unfriendly with an unkind disposition. The sad thing about betrayal is that it never comes from your enemy but from the people you trusted, respected and looked up to. In the end, we will not remember the words of our enemies but the silence of our friends to stand up for us and what was right. No matter how good a person you are, you are evil in someone's story. There are finally people with white or pure hearts, with god intentions and wonderful smiles. When pure sincerity forms within, it is outwardly realised in other people's hearts. Our self-worth must come from within. The pure heart is a spotless mirror in which images of infinite beauty are reflected. Blessed are the pure in heart, for they shall see God. The white clean hearted always win in the end. You have a voice that is stronger than you can very think or imagine. Remember that!

We have to keep an eye out all the time, because it will be dangerous, and the game is always rigged with much inequity, with lots of people fundamentally selfish, and the kindness of strangers in short supply. Peoples true sentiments and intentions are hidden by façades of niceness that drapes over society, but it is basically insincere because it hides the negative thoughts and emotions of people in terms of their fear, jealous, anger, envy, laziness, lust, tension, insecurity and resentment. When the beast or hidden self within each of us is allowed to run free with no obvious consequences, and bad behaviours is rewarded in society, often through the ends justifies the means approach, it demonstrates not a lack of morals and ethics, but systemic dysfunctionality at the core of society. When the desired manipulator established outcomes are not being achieved and the little people figure out the rules, those manipulators just change the rules. Society has developed sophisticated facades for a lot of the work we do, when in fact in reality it is just a bare-knuckle fight to the death and the winner takes all. Democracy will die in darkness.

Is there any hope left in the world? We naturally think of hope as a positive thing, but losing all hope can be freedom and a most unlikely and unexpected lifesaver. Sometimes the path we are travelling along is not the right one, and as much as we hope it will lead us to where we want to get to, unfortunately it never will. Sometimes you need to change the path you are travelling, and hope for the old path becomes an ironic mental prison by its mere intensity and dominance of your thoughts to keep continuing along the old path. People need to let go of things that are holding them back, what has been dominating your mind and allow themselves to move to a new state of mind and onto a new path. Hope is dangerous when it compels you to fight a battle you can't win. Stop expecting something that you will sure happen yet have no control over, for the more effort will not bring greater results. It is only smarter strategies and actions that bring better results. When you forbid yourself something or attempt to rid the mind of something, it will come back with alarming consistency and persistency. Hope is not an effective management technique and never was. Hope drives persistence, which is why losing hope in an area that requires retreat is so often freedom.

For I am just another weary traveller walking upon the path of life that way laid out for me, reaching a place where I can now look back and put a mirror up to the world and show them what is really happening, not what they think or have been told is happening. You can't reach your potential until you learn to live your life in the present. Change is inevitable – embrace it. Be patient where you sit in the dark. The dawn and big waves are coming. Are you ready?

Loss of Collective Innocence

I have just finished watching an old episode of a comedy show where in one scene the two comedians live together in a house whilst performing a series of hilarious and over the top skits. In one particular skit, they are sharing the same bed in their pyjamas whilst the drama unfolds around them filled with light double entendre dialogue. When I first saw that scene many years ago I thought it ever so funny. I watched it today with old eyes, wondering what were they thinking doing a scene like that, what message does it say to today's generation, and how it would never be acceptable to film that type of content today for fear of offending someone or some group. I fear I have lost a major part of my humour, lost my ability to get lost in the moment, and lost my innocence to laugh at a scene that was only ever made to provide light-hearted humour, but has now could become a weapon for some elements of society, to wield their power and influence over others. Something has changed during those intertwining years, and I don't think it is for the better.

Societies have short memories, especially with respect to bad memories or things they find difficult to accept. It is normal collective behaviour, to distance oneself from self-inflicted scars, past atrocities and wars, and leave them behind in the history books to collect dust again. For it is a never-ending cycle, because once the healing process is over, society enters an innocence regained period of flag-waving nostalgia, celebrating national holidays and perceived good time again attitude. We always look back into our historical past with rose-tinted glasses, thinking they were idealised times, when in fact they were brutal, painful and times of suffering. We forget far too easily, as we are fed lies, disinformation and accept the false message that we have never had it so good. Elements of society may be better off materialistically, but has this come about through the bankruptcy of our environment, health, minds and souls, and disfranchising the weaker and less well-off elements of our society that never had a voice? We have forgotten to keep asking who is getting rich from this, who is benefitting and who is ultimately paying for it. When we stop asking this question, bad things start to happen, accountability disappears and the law of the jungle begins to run operations.

I am afraid to say that the world has lost its collective innocence, as we have now crossed the lines of literal and psychic Rubicon into a much darker, hate-filled and scarier world where anything goes. Ex-Presidents will stop at nothing to stay in power, hiding ghastly acts from public view, scandals appearing day after day, more and more unacceptable behaviours from more and more radical groups unwilling to listen or compromise. When the rich and power write the rules to allow them to pay less tax (Panama/Paradise/Pandora Papers – they keep coming don't they!) than a supermarket cashier, whilst earning thousands of orders of magnitude more than them. When police arrest people then abuse or murder them (George Floyd and Sarah Everard you shall never be forgotten). When parents in a first world country are eventually detained for perpetuating a campaign of child torture, and the child is heard sobbing that they want to go to his nanny, because no-one loves them and no-one is going to feed him today (Arthur you shall never be forgotten). When a cyclist is rammed by machete-wielding masked armed robbers on motorbikes in broad daylight in order to steal his bike. This is not the behaviour of a civilised society; we are actually living in a dystopia that our leaders have been hiding from us.

The real power players don't like being in the limelight, for they put up muppets and puppets to do their bidding, so they will act as fall guys when things go wrong. With so many inept leaders, bad decisions being made everywhere, inefficiencies evident in all aspects of life, it feels like corporations are pulling the rug from beneath the feet of governmental organisations in an attempt to start asserting their authority. There are some corporations that are more powerful than smaller nations. Corporations and the power brokers behind them don't have our best interests at heart, for they are formed to make money for their shareholders, and they don't care how many people lose their jobs or die in the process. The rise of private armies (Wagner Group, Blackwater Security Consulting/Xe Services/Academi) and secret mercenaries who are both covert and lethal willing to fight or cause chaos for whatever multimillion-dollar business is willing to fund them through illicit means is frightening.

Mercenaries are more powerful and heavily armoured than experts realise for they don't fight conventionally or follow any Geneva Convention rules of engagement or human rights, which is a very grave oversight. Corporations are fed up working in dangerous places of relying on corrupt and inept security forces are turning to other private means of achieving the required outcomes. The private armies may be being used against terrorist or to protect financial assets at the moment, but what happens when they start challenging and beating regular armies, navies and national cyber protections around the world? After being driven and operating for 150 years underground, private armies and the market for force is returning in a few decades and growing at an alarming pace. What is appearing in third world countries, will soon appear in space and offshore colonies, where the super-rich now become superpowers, and all people that live within their sphere of influence follow their laws, rules and forms of justice. For the commodification of war, justice and world order is stark; those that have the means to control violence get to make the rules that others must follow or die. We must watch the bigger picture such as when one company is paid to start a fire or proxy war, that requires mercenary groups to be deployed.

Supply can generate its own demand in a free market for force, and could even be used by the super-rich as a way of settling old commercial scores. Private military companies hide behind proprietary knowledge and trade secrets, switch to plausible deniability when a coupe or mission goes wrong, threaten media outlets with lawsuits and what is to say they could make problem people asking the wrong questions disappear. Mercenaries/Private Security Firms, like drug/people trafficking, sex exploitation and terrorism is an illicit economy that resists investigation of any sort. Money talks, but you may not like what it is saying. This sector occupies the moral and legal grey areas of world affairs, undertaking asset tracking and recovery, international investigations in dangerous areas, sly investigations to find internal leakers, threat assessments, opposition research, spying on competitors, corporate espionage, perform dirty tricks, intimidation, shaping operations to manipulate situations on favour of client interests or when hired by the super-rich doing whatever they want.

The world is turning into a giant souk or open market where everything is up for sale and must be bartered for. In this unregulated space, there is treasure to be found, but often at the expense of scamming, double-crossing, defrauding and deceiving the general population who are consider amateurs, ripe for plundering. There are no refunds, returns or exchanges, the buyer should beware, people are seen as expendable. The professional class

operating in these areas are more carefree when it is not their blood that will be split for they have minions to take the blame and fall in their place. As we seek more and more security in an uncertain world, we will be buying more and more weapons of war in case of conflict, and the risk of an inadvertent catastrophe thereby increases daily. When wars both physically and in cyberspace can be initiated without states, this will only accelerate global chaos. When the super-rich have the ability to start wars on others because of a perceived lack of respect gesture or slight offence or injustice, in which thousands may die quickly and then escalate into a worldwide conflict is becoming a real possibility. The repercussions for humanity are truly horrifying. The COVID epidemic and blockage of the Suez Canal has shown the effect of a small glitch in manufacturing and logistics chains has on our daily lives, a small local proxy war in the wrong area could close down the entire world economy, leading to food, water and energy crisis, propagating huge migrations of people the likes the world has never seen. Humanity is so vulnerable not only from climate and environmental issues, but from the worst of human nature that is just bubbling below the surface.

The true colours and complexities of the world are now coming into view now, as people have previously had their attention averted but now are waking up to a nightmare and can no longer avoid what is happening on their streets which requires national introspection. How long can we hide behind our collective doors, blindfolded to what is out there, what injustices are being conducted in our name, what tragedies are occurring and the direction of travel our society is taking, which on the current trajectory isn't looking good for a lot of people. Let us at least be honest with ourselves, the reason that space exploration is looking so good for so many billionaires is that they are looking for a way out from impending mess, that they have helped construct. Ironic really. We were promised that people we trust have long standing valued relationships with key people and our best interests at heart, and supposedly live by high ethical and moral standards that include respect, openness and transparency, but words and just words, however they can be cheap and worthless however high they start from. It is by our actions, outputs and outcomes that we shall be judged.

We are waking up to the fact that a lot of what we have been told is just hot air. There is something rotten at the core of our society that is beginning to smell, taste, sound and feel not right. It is beginning to smell like a dead fish. It is beginning to taste like overcooked food that returned to the kitchen, been reheated and served up too many times. It is beginning to sound like a rhetoric laden earworm song on repeat all the time with no end in sight. It is beginning to feel like our family silver has been sold off and we have been left in the dilapidated old house that is falling apart around us. Part of the wider humanity awakening process is the loss of collective innocence, as we start another cycle of pain and grief associated with huge universal change back onto the right path.

Vampires, Voyeurs' and Voyagers

Vampires intentionally suck your physical, emotional energy and life force out of you. They are people who are negative and feed on your willingness to listen and care for them, leaving you exhausted and overwhelmed. They can be anyone (spouses, family members, best friends, co-workers, neighbours) and anywhere (home, work, out on the town, on holiday). They are invariably charismatic, slink out of trouble, are crafty and try and pin problems on others. They never take accountability, accept culpability for their role in any

issue or disagreements, and tend to always be involved in some type of drama. They fling that drama towards others in the hope that they will absorb it, fix it for them and put them on the right path. They will always one-up you as they never like to be outdone, so don't expect them to share the spotlight. They will shift attention and discussion to themselves, whilst acting like a martyr, but seeking emotional support to boost their self-esteem. Beware, they will use your good nature against you, especially if you are sensitive and compassionate.

You are like an endless source of energy with a kind heart and listening ear that they can feed off. Watch for when they attempt to use guilt trips or ultimatums to get what they want, and try and try and shame you by putting you through continual spinning cycles of drama and emotional need. When those old tricks don't work, they use dehumanising tactics, criticising you, bullying you to keep you insecure. Intimidation is another tool in their toolbox as fear is a strong emotional reaction, and if you are upset, it bolsters their ego. They will demand a lot from people they prey on, and this will have a detrimental effect on others well-being, with the additional stress leading to anxiety and depression in some. Once you start to recognise these behaviours, you can start establishing boundaries (times and places you don't let them enter), don't agree to put in the same vicinity as them, adjust your expectations by shutting off your emotional value and not offering any advice (you can't fix them), don't give them an inch (when they don't get the energy from you they will look elsewhere), guard your emotional capacity (body languages, facial expressions, hand positions) and cut them out entirely. You don't need permission to excise this person from your life entirely, and be free of the vampires. This may seem dramatic, but you need to look after and protect yourself first. They don't care about you, except as prey to suck energy from. Start to know one when you first see one.

Spending time with toxic people can be terribly and five times more destructive than any compliment. Vampires are not the only toxic people; watch out for gas lighters, people who avoid responsibility, inept people (in their defence, they were invariably left unsupervised or promoted into roles that were way beyond their level of competence), self-destructive people, people who just criticise, people who are always jealous and people who care about their image too much. It's not healthy to stay with people that don't even bother to ask how you are. You are not required to set yourself on fire to keep other people warm.

Voyeurs stand and stare and do nothing. Selfish people don't care about you, unless you are doing something for them. Stop running back to or explaining yourself to people who don't care about you. When people treat you like they don't care, believe them. They don't care. People don't care for you when you are alone; they just care for you when they are alone. Sometimes you have to give up on people, not because you don't care, but because they don't. Your life will get better when you realise it's better to be alone than chase people who don't really care about you. Ninety-five people don't care about your problems; the other five percentage are happy you have them. Actions prove who someone is, words just prove who they pretend to be. Most people will not care for you. Don't make time for people who can't make time for you. Don't be afraid or embarrassed by who you are; they're going to judge you no matter what you do. If you care too much about what other people think, you will always be their prisoner. You must not be afraid of your uniqueness and you must care less and less what people think of you. The world is full of nonsense, bullshitting and selfish people. They may not see you, not even consider you or not give you any of their time.

Never surrender to them, don't sacrifice yourself to them and don't give them any of your time, because if you sacrifice too much there's nothing else you can give and nobody will care for you. It's sad how people claim to love and care about you, but they are really empty inside and they will replace you so quickly. Don't live to impress the voyeurs and people that really couldn't care less about you. That's wasting your life!

Voyagers assist you on your journey. If you want to keep your relationships with good people going, you need a lot of positive interaction; that is why relationships are such hard work. Pay attention to people that care; who are always there; who want better for you; they're your people. Appreciate people who really care for you. You never realise how many people care about you until they all turn out to support you. Don't push away people who truly care about you because one day they won't come back. The people who truly care about you won't have to tell you they care; they'll show you. Caring for someone is easy, but to make someone care for you is difficult, so never lose the one who really care for you. Be with someone who will take care of you, not materialistically, but take care of your soul, your well-being, your heart. Be who you are and say how you feel, because those who mind don't matter and those who matter don't mind.

Along your journey, it is during the worst times of your life that you will get to see the true colours of the people who say they care for you. You have to realise that not all people will care for you the way you care for them. The people who really love and care about you will always surface in time and stay in your life. When you truly care for someone, their mistakes never change our feeling because it is the mind that gets angry, but the heart still cares. Love yourself enough to set boundaries. Your time and energy are precious. You choose how you use it. You teach people how to treat you by deciding what you will and won't accept. Only those who care about you can hear you when you are quiet. The world is full of people who need someone who understands; never take for granted or forget to show your loved ones and friends how much you care. Never give from the depths of your well; but from your overflow. Care too little and you will lose them; care too much and you will get hurt.

There is a danger of caring about others more than yourself, for you can't really continue to look after others, unless you look after yourself first. Talk to yourself like you would to someone you love. You can't really be present for the people in your life, if you aren't taking care of yourself. When you love someone, you let them take care of you. People don't care how much you know until they know how much you care. When two people really care about each other, they will always look for a way to make it work, no matter how hard it is. Never stop showing someone how much they mean to you.

Rise of the Incompetents

Incompetents overestimate their own skill levels, fail to understand genuine skills and expertise of others, and fail to learn from their own mistakes. They are totally absorbed and might even exhibit narcissistic behaviours. People usually do admit their deficits, once they can spot them. Beware of the man who has read one book for a little knowledge is a dangerous thing. no one is created equal. Just because it's easy for you to do does not mean it is easy for others. And no one is perfect!! No single human knows all there is to know on

any one subject and we all have pockets of incompetence we don't recognise in certain areas of knowledge. This is really dangerous: thinking you're capable when you are not. Those who think to know, never learn. When you play chess with a pigeon, it's just going to poop on the board and strut around like it won. Incompetents make mistakes and reach poor decisions, and the knowledge gaps prevents them from catching those errors, so they therefore carry on making them. Poor performers lack the very expertise to recognise they are doing badly.

If you can't stand the fatigue of learning, then you have to hold the pangs of ignorance. The further you go up the education system, the more you understand that you know nothing. It takes a considerable amount of knowledge just to realize the extent of our own ignorance. I realize you have recently graduated from high school and I would venture to guess that most of you think you know everything. Let me assure you that as you gain your bachelor's degree, you will soon realize that you DON'T know everything. If you continue to the point of reaching your master's degree, you will find that YOU DON'T KNOW ANYTHING. And then, if you continue with your education, you may someday receive your doctorate only to find that NOBODY KNOWS ANYTHING. The more you know, the more you know you don't know. He who knows everything doesn't learn anything, and he who learns everything doesn't know anything.

The problem in this world is that intelligent people are full of doubt while incompetents are full of confidence. The key here is to acknowledge one's limitations, to recognize how much each of us has yet to learn. Far too many simply refuse to do this, it's painfully evident. Beware the Peter Principle that states that people tend to be promoted to a level above their competence. Avoid this with effective training and hiring processes. Imposter syndrome is loosely defined as doubting your abilities and feeling like a fraud. It disproportionately affects high-achieving people, who find it difficult to accept their accomplishments. Many question whether they're deserving of accolades. The Dunning-Kruger effect is a hypothetical cognitive bias stating that people with low ability at a task overestimate their own ability, and that people with high ability at a task underestimate their own ability.

People usually can admit their deficits once they spot them, and recognise their initial attempts and performance as awful. Therefore, people who only have a moderate amount of experience or expertise often have less confidence in their abilities. They know enough to know they don't know it all, and are willing to learn. Experts know how knowledgeable they are, and know when to ask for help, guidance or to seek additional knowledge. People are often caught in a bubble of inaccurate self-perception.

Ask for feedback from other people, and consider it, even if it's hard to hear. When you are largely self-taught, you always had the problem that you don't know what you don't know. Constructive criticism is like gold. When you ask employees to do a self-evaluation, they know that their future promotions depend on how good others perceive their abilities. So, it is not in their self-interest to publicize the fact that they are below average, even if they are aware of it. Incompetent people think they are amazing because they display illusory superiority and forge ahead on their own decisions and instincts, when they should instead be seeking out advice. People should always keep learning. Psychologically, we are not very good as listening to others or evaluating ourselves accurately. Those with the least ability

tend to be delusional and overrate their skills to the greatest extent, especially in terms of logical reasoning, financial knowledge, driving abilities, mathematics, grammar, emotional intelligence and playing chess, comparing themselves to actual experts. When arguing with a fool, make sure the other person isn't doing the same thing.

The higher up you go in organisations, the less people there are to judge whether the top management are doing their jobs properly. People tend to be promoted based on their current performance in the job right now, not on their ability to take on new and more demanding roles. Most leaders are incompetent, whether in business or politics, or both, and thus have a negative effect on their followers and subordinates. People are not very good at distinguishing the difference between confidence and competence, with confidence having more potential for leadership, especially if this is linked with charismatic individuals. We want leaders to be charming and entertaining, when in fact the best leaders are humble often to the point of being boring. We can't help admire famous people and we have an innate inability to resist the allure of narcissistic individuals, those that don't care about what others think of them if they think they are great, then they must be great. Incompetent leaders see leadership as an entitlement, so they lack the empathy, self-control and ability to listen to others. They end up acting without integrity, indulging in reckless risks and not caring about other people.