

Poetry Series

Anthony Cavuoti
- poems -

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Anthony Cavuoti(19)**

1992

It was 1992, just before the Watts riots, one of the family's on my cases invited me to attend Raymond's party. It was his eighth birthday. Many scenes from this party stand out in my mind, in a way such are in time capsules that expand in time while compressing it at the same time. Well the children, the girl children were playing in the small front yard in one of the most dangerous neighborhoods in the hood. I was amazed by the rhythm, the pure joy, and athletic agility of the young girls' double dutching with two long jump ropes. It was not one double dutch going, but two or more going on at once with three girls jumping between the two ropes in each, most of them had their hair tightly braided in the fashions of the time, or in pig tails, or both. They still have not shed their baby features.

Then, BANG, BANG, BANG, BANG all of the children hit the ground, rope stopped. Color plastic hair elastics no longer bouncing on the girls' heads in carefree innocent singing child rapturous wonder that seemed completely oblivious to all of life's darker forces; now they are covered with clenched hands. It is as we were in the middle of an air raid.

By the time I hit the ground, they had already said to one another, it was only falling boards. A burst of laughter and sigh of release, shuu, as they instantly resumed their sophisticated jump roping as if nothing had happened.

I was still seeing my life flash in front of me, feeling the shock of experiencing a drive by. Thoughts still ringing, 'this could be it, 'Please god help me, ' and of course the sublime wonder and terror when glimpsing death. Such thoughts flashed through the children's minds as well, but they automatically dismissed them and went on as if nothing had happen, monthly, weekly daily hourly, intrusions of random madness are the norm.

One of the kids stood out, she jumped rope just as effortlessly as the other girls. Many things are unique about her, she was darker than the rest, almost pure black, she had even more energy and was more daring than the other girls and boys for that matter, all of whom already over flowed with gumption. She was about six years old, cute, girly yet compact with assertive vitality, bursting with energy and life, 'Mom' she yelled, 'play hopscotch with me.' She made a hopscotch path out of color chalk. 'No Tam, can't you see I am busy, I have to pay attention to the other kids, it is not fair if I only pay attention to you, ' her mother Neesee yelled out. To this Tam started crying.

Well watching her cry, it felt to me that all of the disappointment of the world was coming out of her. A tide of sadness and despair that threatened to wash over the world with a force greater than Noah's flood, this coming from a child, this concentrated innocent precocious wonder who had more life, more joy, than the world could contain. Where is her lucky father I thought, why let the poor kid suffer like this.

I played hopscotch with her, The adults looked at me as if I was from another world, which I was, she, Tam looked at me as if I was Jesus Christ himself, Santa, summer incarnated, god himself.

She hopscotch's with skill, with finesse, with abandonment she hopscotch's into the obstacle she set for herself. She set the challenge and she was going to do it, no matter how impossible. She made it through. I thought she was going to break a leg. The only thing broken was my heart. But she, this kid, hopscotch right into it, my heart, into my soul. The accomplishment of this incredible task meant nothing to her, she would have done it again, blindfolded and backwards. What mattered to her was that someone was there seeing her do this, that she did matter, that someone on this earth was witnessing her life, was cherishing it. Tam, 'you are going to fall and cut your lucky legs, you already have lucky knees like a boy from all the time you lucky fell before, ' her mother says. Mom watch. Her mother hold's up the back of her hand, 'watch this.'

Anthony Cavuoti

A Bridge Of Ignorant

If you do not have any problems, issues, emotional storms, if you only see what is good for you now, you are a bridge of sorrow passing the family pain and ignorance to your children, you are too ignorant to see the pain, face the pain and deal with it, you unknowingly past it to your children, increase it, to the next generation, you are lazy, dumb, a curse. I do not want anything to do with any of you.

Anthony Cavuoti

A Collative Distortion Gone Mad,

When you love, when you give because you want to, not because you have to, that is love; that is real, its distortion is ego. The ego is a construct born from our immature but vital depths, a collative distortion gone mad, it needs to be updated, it is no more the center of us than the earth is the center of our solar system, if you do not swear by it and our collative ways of overly identifying with it and exploiting yours and others you will be banished as a heretic.

Anthony Cavuoti

A Lot Of The Times

A lot of the times people take pride in their indifference, in being indifferent, the problem with that is that you become indifferent to yourself, to others, to life, to your emotions, to your accomplishments, all this happens without you really noticing it; your indifference.

Anthony Cavuoti

A State Of Lovely Surrender

I never Really had a vision with her.

She was always such a lovely surrender to a dark enchanted oblivion.

Now with a lovely lady I have a vision with, sweet light, sweet darkness,
Create a new rhythm beyond life-and-death.

A rhythm

A state of enjoyment

a state of appreciation

A state of wild unleashed ecstasy and a state of at home contained
groundedness that is beyond all know categories.

Anthony Cavuoti

Aberration Amongst Us

But this is happening Right now, there is a deprogramming aberration amongst us dyslexia, Dyslexia the biological rebel

We are slowly allowing our selves to be prograded by our own random interactions with Facebook and the internet; how, well in you're responsible for individuation and integrating our self, but it seems of Facebook and the Internet is doing it for us but for their own benefit. Passive integration does not serve ourselves it serves their Financial interest and reduces us to a commodity. Facebook and Internet advertising towards us Interferes with contaminates our sacred synchronistic 's slowly pulls us away from ourselves into an object of desires of hungers with no center with no core, with no vistas, no dreams, no horizon in short with no soul. It will be a pigs paradise we will be well fed animals without any real dreams of her own. But of Course we could buy dreams for ourselves on the Internet, right.

Wait now, from childhood onwards our forming emotional and psychological development and augmentation and developmental will be very influenced by this monetary driven, artificial process. We will be shaped as well as influence in ways that we can not even imagine. We will be Manipulated and coerced without us even knowing it. As a matter of fact, we could end up being active participants in her own self negation.

So what is the implication of all of this. Instead of this life being our own personal encounter to enrich our own soul We become objectified, made to identify with the most superficial levels of ourselves, hence narcissism is the new normal, and our life now serves the few in their own personal interest. Right back to the worst part of Rome

I can foresee a time where a psychological disorder will be equivalent to an act of self satisfying spontaneous expression. That is if you form a conviction or an impulse from a deep level of yourself such of an act challenge the status quo in

you will be label deviant with A pathology and of course there will be a medication that will make you well, that will that will heighten your arousal to superficial stimulation and alienate you from your deeper sources and levels of your mind.

But this is happening Right now, there is a deprogramming aberration amongst us dyslexia, Dyslexia the biological rebel

Anthony Cavuoti

African-Native American Women

A few days after he seen the Rolling Stones concert with his brother, he went to Venice Beach.

While walking, he was captivated by the art of an artists.

Beautiful works,

some how capturing the increasing subtle

beauty of the soul in a woman's aging face,

the flagrant decay, that releases her souls mysterious powers,

how passion intertwines with pathos,

how a soul can be permanently stuck in Pluto's influence

. Emanating in the portraits of the faces of the African-Native American women

Anthony Cavuoti

After

We feel our love in our purpose and the meaning it gives us. After struggling with it, upon reflection we are happy.

Anthony Cavuoti

After 50

The ability to merge sublimely, deep, appreciate the depths of her unique embodiment.

The vast oceanic clear tropical wonder of her, the jewels of her hidden being.

It is noble, when I surrender to a lady that carries the gift of the goddess with nobility, and really wants to understand, exhort the depths of my being, who has the ability and desire to appreciate such.

Anthony Cavuoti

Albert Einstein

unified field theory

They say I did not reach my destination, that I was wrong, still I went on, our intent, our wisdom, folly, determination, steadfastness, passion are parts of our soul. You should see my discoveries in the other worlds I was born into, worlds far grander, more interesting in endless positive ways than the one you are in now.

Anthony Cavuoti

All Acts Of Violence Stem From Child-Abuse, Insidious Forms Of Child Abuse;

All acts of Violence stem from child-abuse, insidious forms of child abuse; the abusive parent and abuse child are not even aware of this most of the time. The adult child perpetrates what was done upon them. They come up with all sorts of rationales. Just like the people that think spankings, shaming and depriving love is Okay, come up with all sorts of seemingly logical and sophisticated rationales. Most of our brain development happens from pre- natal to four years: Once damage is done it this part of the brain forever, the cerebral cortex higher functioning simply rationalizes the destructive impulses. The abused child is forced to fight this headwind for the rest of their life. By facing our own child abuse, neglect and all its insidious forms and we really feel what we felt as children, not what we were told to feel or think we should feel, than we no longer perpetrate and we are able see through of the mendacity, manipulations, destructive games and ignorance of others.

Anthony Cavuoti

All Heroes For The Past 100 Years Are False Adds

All Heroes for the past 100 years are false adds for a false reality, for false perceptions,
for false ways of being. Except for Albert Einstein

Anthony Cavuoti

Always A Way.

There is always a way.

There is always the day.

There is always inspiration from an unknown source.

There is always the miracle that reshuffles the deck.

There is always synchronicity that kindles your soul.

You focus on what is most real for you, let it take root and watch it grow

Anthony Cavuoti

Always There

It was so natural, almost no effort, nothing forced.

Feeling, surrender, active.

Such tenderness, such connection, such passion, it was like swimming in a lovely dream of passion.

Once, there, it was as if I was always there.

Anthony Cavuoti

And We Won't Be Dead Forever

You can Not sleep forever,

You cannot stay awake forever, if you don't sleep you go insane

We don't live forever

And we won't be dead forever

Death is a chance for us to make a new world together,

or to get off at the right exit this time together

Anthony Cavuoti

Animus

(Anima and) animus, the second half of life we go through deeper integration,

Anthony Cavuoti

As I Rose From The Splash I Met Her

I feel like a meteor

The splash was tremendous

As I rose from the splash I met her

It felt like flying

It was up in the air but tremendous

She crashed and splashed at the same time as me tremendously

The impact in aftermath felt like destiny

We rose for a while together

What desires and thrill from the ascent

Ephemeral like life full of desire

Great wisdom from the Heights

Ordinary quenching of desires Seem so pale as compared

Rise in the fall so exhilarating

Anthony Cavuoti

As You Go Through Life

As you go through life you create a spirit, a force of attraction, as an adult a great deal of what you do in the process of individuation (and in therapy) is weed out the bad programming, the no longer useful attractor patterns of your past, while at the same time you expand on the attractor patterns that are beneficial for your expansion and for the emergence as well as the cultivation of latent forces in you, the more actively you engage in this, the more you make a path of least resistance for others, that is you positively influence others while you add to the culture. The best results of this is that you give the children of your and future generations a better start, they go through life more free from outdated and destructive forces and more able to recognize as well as express the life affirming forces in themselves.

Anthony Cavuoti

As You See

As you see, we never die. Change dimension, big transition, faster than prenatal unconscious aware instant. There you are, nice review, what you do, insight for you, light forever, yet beginning anew.

Great love, appreciation, intense feelings, powerful sublime emotion. I do not believe I am the best this time. I will love very strong. This time more discernment, incarnate into less anxiety.

Anthony Cavuoti

Attachment

Our attachment patterns our the shells for which we extend out to others, that we we emerge from, most get marooned in them to some extent, still most find a way to have fulfilling lives.

Anthony Cavuoti

Awe Of Life

Focus on life, on all of life, your good dreams, the feelings, aliveness, the sublimeness, the beauty, love, meaning, wonder, such alive real dreams are life of life, they are you, more than you as well as ahead of you, making real your share of paradise now. Actively be with them, put into meaning, into understanding, into discernment the painful, hurt, dark, complex emotions, feelings while you hold onto your good memories, experiences, feelings, your joyous experiences are the digestive enzymes of the negative. One is light the other is substance. You only grow, you only get stronger, only wiser, when you face both. That is how the good is released into this world; that is how you truly stand in this dwelling place from your soul. This is the only way this world as well as your next world is made real, more humane, more fulfilling to our real many deep and not so deep desires, more spiritual. I do not have to tell you what happens when you become one-sided.

Anthony Cavuoti

A wonderful Feeling

It is a wonderful feeling when you wake up feeling good for no reason.

Or when you feel good for no reason.

When you meet a stranger in the respect you and knows you for years

When you meet her, a lover, she loves you for years, desires heel for centuries,
awakens you sublimely. Dionysus Dionysus Ecstasy bliss!

There are strange molecules which are universes, that are entire incarnations
that waken us in the day,

And all through the night

Anthony Cavuoti

Be Prepared To Be Slandered, Pathologized,

If you see the corruption, the incompetence in a place be prepared to be slandered, pathologized, analyzed by the twisted logic of the deceivers, they will use the tools of law, of psychology, to make their issues your issue. For you threaten to take away their grand deception from deceiving others.

They will try to kill you and call you a killer. You cannot change a Thomas Mann *The Magic Mountain* alone. Leave the corruption. That is how their gimmick starts to crumble.

Anthony Cavuoti

Be The World, The Life That You Want To Die To, To Be Born Into,

We are world shakers, shakers, life shakers choose bravely, deeply, what is real to your depths, what you believe in, stand for the truth, the longings, the life that you know is real behind the curtain of dying masks. Rid your self from their ignorance, the arrogance, the evil, the buffoonery, the blindness, the self-worshipping from those of your past. Be free, Be real, be vital, be alive, real in life, in your soul. Only selfish people try to make you feel guilty, selfish. Be the world, the life that you want to die to, to be born into, live in. be it become it, some people I never want to share any part of my life with again. I move past this pain of fools playing god. Look forwards to new people, as well as the self I will be without being contaminated by their evil masked as, family, as friends, as lovers, as education, as caring, as important, as duty, as salvation, as race, as good, as love.

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Be True To Your Higher Calling(S)

No matter how strong your desires are,

Be true to your higher calling(s) which springs from your inner depths

and your God-given talents

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Be With Them

The love for my children is so much. It is sometimes a struggle to slow down. To really slow down and find some peace, to resist being productive, organized and all that is expected and be the love that I have for them. To slow the current of this fast stream down and be with them.

Anthony Cavuoti

Beauty Of Darkness

Beauty of Darkness

Anthony Cavuoti

Because

Just because they hurt like you,

does not mean it is alright for them to hurt you.

Anthony Cavuoti

Before I Met Her

Before I met her

Passionate love songs were just sound

Before I met her

The Earth below me was only ground

Before I met her

My entire life was only making it through the day

She taught me how to live

and how to play

After I met her

passion came alive

After I met her

life became more enchanting and real

Full of strength

full of zeal

Masculine strength

Yes I don't fear

The pain Away from her is hardest thing I ever had bear.

Being Dyslexic

I work on making my children school experience similar to my college academic experience, an learning environment, a class room environment conducive to their unique learning style, one that is more attuned to their strength. Where their weakness do not eclipse their many strengths, yet unknowing how to accommodate them.

Anthony Cavuoti

Bernadette

Bernadette

You won't forget

Bernadette, Bernadette you won't forget

Enjoyed the ride

Enjoyed the cried

At the end I felt like I was going to die

Even after I Phoenix in the resurrect

The joy of her lingers and I will never forget

Enjoyb ride, enjoy the ride, orientated from the cried

I wish I was more cool, no that's not it, present with.

Wish I was more aware and did not squander such a lovely time

Not driven so much from the things I thought I need to do

Such a presence

Just soul

She's the only virtuoso that I ever knew, loved

Anthony Cavuoti

Beware

Most of those so called paid helpers are not givers, they are takers.

They are not those who worked through their inflictions.

Who gained a deeper meaning and understanding from their inflictions.

They cloak themselves with fake knowledge labels and concepts that was not earn,

that is more dangerous than radioactivity

They have not worked through their distortions,

They distort their distortions with others who are self deceived,

Instead they are those that amplify the distortions, amplify the control issues and pretend that they're helping, only pretend, they deceive others because they have deceive themselves.

They are Arrogant and confident in their ignorance

Serving the distortion process not humanity

There are some true helpers who put humanity first

They allow your truth to come out

They do not try to twist and distort you
To fit into their preconceived conceptions

They use experience and education to help you find your truth not to indoctrinate you

Help you stand on your emotional legs and throw away the crutches of symptoms of drugs, of self deception and distortions and toxic relationships

They are there for you emotionally, entirely.

You Feeling it
you know it.

If thoughts and feelings are swirling in you after you talk to someone who claims to be a helper, listen to it

it could be telling you that you have to work to change or could be telling you it's bullshit.

Anthony Cavuoti

Beyond

Sometimes we have to go beyond the rules to make our culture and our society more of a just place, more humane, more compassionate and sophisticated, that is more aligned with what is noble in us as well as most eternal in us.

Anthony Cavuoti

Birth Of More, Of More

When you have lived long enough you will discover that you never really left your home out of time, that you repeated the great singularity, your interpretation of it, if you are blessed enough you will find that you shared it with those whose love is deep, they are your home to this world and your way out of it in peace. Death and birth, what are they both but the chance to dream your self once more. I do not fear death, I fear not becoming, is there more becoming after this life, is there more sleep after sleep, more hunger after hunger, more sex after dissipation, yes, yes, and more endless more, as you or not you but still more, endless more. Tears of more, pain of more, life of more, death of more, birth of more, cry of more, sorrow of more, bliss of more, feel of more, joy of more and still, this time I will do it right of more, this time I will care more of more, this time I do not give a phuk of more, this time I will be the best of more, this time I will love of more, of more and still more.

Anthony Cavuoti

Black Girls

LA County got sued

Because the resource classes weren't doing anything for the dyslexic students in them

They would just vegetate

When I was in high school the black girls in the class read my poems

Read my short stories

They seen me

Encourage me to believe in myself,

Seen my strengths see my powers

Seen through the false reflections, and distortions of the school. Of the adults

The black girls would not let me be anything less then what I was meant to be

They would not let my or the adult world false reflections diminish me

They see my future self and encourage me

I worked on my short stories in the resource class I worked on my book in the resource class with them

I dreamt of my future self

Now I am a therapist much later life, I'm a professional writer I am a father I'm a competent professional

She recognized me just like they recognize me

She would not let me hide from myself just like they would not let me high for myself

I'm forever thankful and grateful

Voice to text draft

Black Lives Matter.

She would say, How much she missed him, how great he was and would have been as a man. I told him to stay inside, do not go out side. I asked him, what do you want me to pick up for you while I am out, he said ice-cream, what does that tell you where he is at. I seen the hurt in her, the depths of her despair, the boundlessness of her love. I said innocence. Yes innocence, he was still a child. Even though he was seventeen years old he was still an innocent child inside. Than I come back to see the road blocked and I new something was wrong, I could feel it. Just new, my heart sank. Than later I had to deal with doctors and nurses treating him like an object at the hospital while he was in the coma. Pulling the plug, no concern for my feelings, how he meant everything to me.

After such, my heart, my soul was shattered. Later I would meet someone else, this other lady at places she knew.

She would speak about the sufferings she experience, felt as a child. The abuse she experience as a teenager and young lady. The lingering devastation of the abuse she experienced in her last relationship. The more she expressed her self, the more she feels, the more I am able to be connected to her, I always wanted to be there for her, am for a while I was. but later not knowing how to find the places where she was at or the many misunderstandings and frustrations of the day of a dyslexic and my pride, my ego would flare up, and I was not me, but pain instead, not being there for her but venting my pain.

Anthony Cavuoti

Born Again. More Powerful Than Facebook I Won't Be Your Friend

Sometimes sometimes I can't wait to die.

I hate to admit it but it gives me a high.

That is what I say I'll be born again.

More powerful than Facebook I won't be your friend.

Sometimes I must say it's a natural high

Live in a way that death will die.

I'm not talking about no religious or philosophical Tie up

Everyone pretending given the big lie.

Talk about feelings and being real

Every moment you live its life you don't steal

A couple moments of life is enough to break through

It resonates deep in my soul.

I am your Center touch me once or trust touch me twice you'd be born in more
Conducive settings.

All of this will be forgetting,

Your character will drive you

Do what you need from your depths that you need to be getting.

Anthony Cavuoti

Both Sides

Both Sides split the B S Down the middle.
both sides playing you like a fiddle.

Both Side Don't give a ****

Pretentious elitist just want to make a buck.

Both sides intentionally divide part of what is real

Both sides have us fight one another while they steal.

Time to realize that they are both the same game.

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Anthony Cavuoti

Bridge Of Passion

You have to build a bridge of communication conducive for real intimacy before, or while you are crossing the bridge of passion. Otherwise it's tragic, lovely, rocking, devastating, delicious, life-changing, ecstasy but tragic.

You will act out unresolved issues from your past.

Resurrect and attempt to perfect unresolved issues from your past.

Stuck in Jurassic Park

Fighting for your life mistakeing excitement and intensity for love.

Yes you will grow but you will not grow in love.

Anthony Cavuoti

Brighter, Deeper, And More Alive.

Our feelings are ends in themselves, and they serve our soul, that is our unique ways of unfolding our unique self in every instance, as soul strives to reify itself in the stratum we call reality, intimacy, culture, society, family, work. Love and intimacy free us from such confinements, such roles into universes within our reality that is much brighter, deeper, and more alive.

Anthony Cavuoti

Burning Phoenix,

When I was with her, I was riding so high.

When she is gone I could not wait to die

Feelings of life, will feel more than twice.

Now a I enjoy every moment.

Knowing what feels like the end, is the burning Phoenix,

Will enjoy the next passion or love that much more.

Anthony Cavuoti

But It Is

The universe is not required to be in perfect harmony with human ambition.
C Sagan.

But the universe is in perfect harmony with our depths, with our desires, with our dreams, with our goals that come from our core or close enough to it. In fact we reach the point where we are co-creators with creation, with this evolving universe. Perhaps we are part of or will be part of the endless universes that are friends to existence, to love, to tenderness, to desires, to ceaseless greatness that is in harmony with humility, kindness and generosity. The universe exists, is alive in all of us, as we are alive in it; we are coterminous with one another. What we hold in our hearts, in our depths, in the genuine love we have for another, what wisdom, knowledge we embody and share with humanity in the name of life, if our ambition has any of these elements not only will the universe be cooperative and in harmony but creation itself will be as well. All the love we lived, the wisdom we gained, the great dreams we dared to live, the kindness we gave, all of these are the seeds that we have planted in creation, seeds with our shared essences infused in them that give birth to more ripen carnations, more fulfilling lives in more loving worlds, in more beautiful universes..

Anthony Cavuoti

By Reflecting Back

By reflecting back there is more light forwards. The present and future are clearer when what behind you is illuminated

Anthony Cavuoti

Called To Awake

We are all her to some extent to see, to face, to confront, to stop some of the stupidity, some of the evil and some of the ignorance of this world's collective deception. We are all called to awaken more than we go back to sleep.

Anthony Cavuoti

Candy Girl

As she puts the glass back on the bar and looks at me she says, You lost something. I do not know why or how you lost it, but you lost your real power that you pretend you do not possess. Your hiding from your self, but you know you lost your balls. She nonchalantly calls to the bartender who is very familiar with her to give her another Gin and club soda. She turns towards me again powerfully.

Now such as in such moments, it is as if she is channeling while seeing through me and into the concealed forgotten chambers of the depths of my soul. Now she has a hold of a deep subline hidden corner of my soul, of a mysterious bardo depths of such consequence.

Her words sing of truth, gliding they carry such profound weight though her character is questionable. I am stunned, numbed and arrested by the unknown source of the certain truths she knows of me, I am thoroughly convinced for certain that my entire life is being altered by the conveyances of her utterances.

I feel exposed, yet sense that she deeply and truly adores me.

Anthony Cavuoti

Candy Girl, She Has Heart

She is a little crazy, true, and for me game over.

Being dyslexic I really experience how people, especially professional and so called normal mature people abuse the most the most vulnerable at their most vulnerable

It is so intrinsic to the condescending perverted nature; such sheep, conformist have no regards for the abilities and traits that make dyslexic people so spectacular, they have no shame in the malicious way they cowardly sniper dyslexics through the bureaucratic system.

She is dyslexic, hence my deep pathos for her. She had heart, did not care about their standards and rules. Could care less without a thought. The problem is with some people they take this too far, they have no visions or standard.

Courage with no compass. But she did have heart. Much heart.

Anthony Cavuoti

Ceate A Spirit

As you go through life you create a spirit, a force of attraction, as an adult a great deal of what you do in the process of individuation (and in therapy) is weed out the bad programming, the no longer useful attractor patterns of your past, while at the same time you expand on the attractor patterns that are beneficial for your expansion and for the emergence as well as the cultivation of latent forces in you, the more actively you engage in this, the more you make a path of least resistance for others, that is you positively influence others while you add to the culture. The best results of this is that you give the children of your and future generations a better start, they go through life more free from outdated and destructive forces and more able to recognize as well as express the life affirming forces in themselves.

Anthony Cavuoti

Changing View Of The Light

In one sense it is not some much the part of the light that we are but are attitude, understanding and way of relating to it, most start off with love, then wanting to be the best, then feel some way about not being the best and others.

This life I wanted to be the best, and from the start I dealt too much with others wanting to be the best and or thinking they are the best. From now on and in my next life, I am grateful for this experience and wanting to help make it better, to be part of the process of making the love of there, of the light, here.

Anthony Cavuoti

Charades

The devastation is a recapitulation of what you experienced as a child,

The demons of your neglected pre verbal self

held you

paid attention to you

while the adults pretended to while they focused on their drinking, smoking and gambling

In their charades with each other

As well as themselves

Anthony Cavuoti

Cherish The Time And The Moments

WHEN I HAVE AN ENCOUNTER WITH A GORGEOUS LADY MY AGE OR OLDER

WHO'S ARTISTIC SMART, ORIGINAL AND STRONG ☐

BUT HAS A LOT OF PAIN INSIDE

WHO HAS A PRESENCE AND LOVES CATS

☐CAN'T HELP BUT TO REFLECT
THINK OF HER SOME,

AND CHERISH THE TIME

AND THE MOMENTS.

Anthony Cavuoti

Child Room

To give your child room to be at any age them self, not inflict them with your issues, repressed pain and unfulfilled dreams is a great gift.

Anthony Cavuoti

Childhood Nightmare

The back stairwell with its first floor hallway was a sacred space for me as a young child, it was an intersection that connected worlds, the outdoors, my grandparents home on the first floor of the two family house. It also led to the terrifying basement with all of it stored , in the hallway right by the first flight of stairs, from the landing I see my father lying in a puddle of blood, with no hands but hooks, lying unconscious. In my overwhelming sadness and terrified state of shock I run down the rest of the stairs to childhood naivete. Somehow I believe that love, that God, something will undo this, and I wake up.

Anthony Cavuoti

Children

Wonder, children wonder, but it seems that from an early age it is knocked out of them. Conformity overrides possibilities and even reality slowly starts to ascend in their mind as they are processed through the systems, in fact conformity becomes reality. No wonder that wonder slowly and then completely loses its place. Children's freedom to see new possibilities, to invent new worlds, new universes is increasingly viewed with suspicion as they age. Even more devastating to the processes of wonder, is the self-righteous way we as adults invalidate children's seemingly preternatural ability to know where adults are coming from, to even punish children because they see and say that the emperor has no clothes on. Their natural ability to know others' emotional states and to sense when adults are imposing their darkness upon them and others is far superior to our own in many or most ways; until we force them to see through our own adult-processed perception. We would be wise to learn from them instead of trying to control them. The experience should be two ways. This is the best way to keep wonder alive while teaching children to understand themselves and the world around them. This takes courage for us adults.

As we know, children do not know their place, they are adept at seeing through adult pretenses, masks, false identities, roles, games, hypocrisy, we are so busy shoving our own way of processing the world down their throats that we forget to wonder with them, to be with them. We become fearful of seeing things through their eyes, through the eyes of the child we once were. Darwin, Einstein, both were precocious, slow very slow in their maturity and unable and unwilling to conform, they such as so many others had a prolonged childhood, and a lasting child-like way about them, they wondered.

Anthony Cavuoti

Children Are The Very Core Of Creation

Children are the very core of creation

Children are the very core, the very center of creation, they are god alive; they are the very essence of the inner most being of god; they are divine mind; that is they are beautiful, free, brilliant fun souls, with lovely, alive joyous imaginations and being. We adults with our so called higher cognition are the protectors of them. Our attitude towards children is our attitude towards god and gods attitude towards us.

Anthony Cavuoti

Clarity

When you die all will be clear,
the deception will fade,
there will be no fear just clarity.

Death is the entrance way to the clarity for which you know in your heart of hearts is the passageway from one existence to the next that frees you from the collective deception of time, while digesting what you need to learn from your life.

Anthony Cavuoti

Cocoon Of Love

I see this young mother.

While walking on to the sidewalk that separate the mall's parking lot from the stores of the mall.

This young mother is holding her baby in her arms, kissing him, holding him, kissing him saying how much she loves him.

He is wrapped tight in her arms glowing with the sureness of sincerity, of being loved.

Both of them in a cocoon of delight.

Anthony Cavuoti

Coming Into Being So Promising

I open my door, the dark gray horizon, the cold winter wind carries me.

Reborn, born coming into being so promising, so sublimely, making promises to life.

Purifying myself so sincerely.

The healing, comforting me so gentle, so warm, so loving.

The erotic presence undoing myself so deliciously, amplified me, synthesizing me, like no other.

With sophisticated, reflecting so wisely.

With hero, going ahead so bravely so steadfastly.

With vision so original, so liberating,

With warrior, I'm determined, so sincere.

With earth, so grounded, so secure.

Anthony Cavuoti

Could Not Resist Her.

Could not resist her.

She was just as crazy as me

And even more original and alive

That is why I loved her so

People underestimate her just as they did me

She lived as a seven when she was really a ten.

She was a real even when she had to pretend

Would kill me, though I know better, might do it again,

This time knowing the rules and the boundaries of the 7 that is a 10

Anthony Cavuoti

Cover The Truth Up And Protect The Abusers,

I noticed that if someone was abused and or neglected as a child as an adult they study psychology and literature a great deal as well as the manipulative arts, public relations, sales, marketing and accounting. The first group to find the truth, about what happened to them and other group to cover the truth up and protect the abusers, the child that they were, the victim that they are from seeing, from facing the cover-up of their past that messed up their life.

What you you work on most?

Anthony Cavuoti

Cyberspace

Power, status, hierarchy, specialization, allure, there is nothing wrong with these forces in them selves, the problem occurs when they do not support our humanity, but become primary and no longer serve our humanity but become ways in which we hide from our self, perpetually distracting us and distancing us from one another, with the illusion that we are really existing in a meaningful way that is conducive to our real best interest. They become a problem for us, us meaning humanity when our primary superficial biological attributes and propensities become tools use by some to manipulate many, but this process has taken on a life of its own and all are now drawn into it and lost.

Anthony Cavuoti

Day In The Life Of A Dyslexic

After a Pleasant Dinner with my children at the flaming bowl. I went home to settle in for the night, homework, clean up, reading ready for the next day. My son gets a text that his band as a competition and that he's late.

We go to the school for which it's at But they're meeting at another field to practice. Oh yes they say it's a Carson high school but it's really at the Carson football field which is another completely different location. Finding the football field both of us have a dyslexic is a monumental task and frustrating. He find the football field and then they asked me about another field. Which they do not have the address. After if you failed attempts to get there driving we simply walk follow the music the music and walk there consider other fields to get there. On the cell phones people seem to be exacerbating that we don't know how to get over not from around here. When we get there somebody just showed happens to show my son I'll say that I've sent the emails about the change. I say let's just focus on the task at hand he's here we will make mistakes.

Well in the stadium walking down to get my jacket somebody says oh you happen to find the field. I replied the field wasn't the issue with the practice field, thank you for volunteering that so publicly.

I asked when the moms for her phone number that way next time I can have some contacts and I could be more informed. Walking to the car this older woman says, back off, she is happily married..

I say your Junior high school level gossiping mind must be very disturbing for you.

Anthony Cavuoti

Deal With Its Force

You help others when you face your pain. You get by the storm when you expect and deal with its force. Everything grows this way. If you want fertility without a rain you are a desert, a desolation, you only live a marginal life, all in your orbit enact your strife until they see through your fake and shallow personality.

Anthony Cavuoti

Death

Death is exciting, thrilling brighter than the light of glory, more thrilling than sex, more exciting than the ecstasy of orgasm. No rush for it, want to be here more for my the love ones, for my dreams here, but how bright, powerful, moving, exciting it is, God how you feel it.

Anthony Cavuoti

Death And Birth,

Death and birth, what are they both but the chance to dream your self once more.

I do not fear death,

I fear not becoming,

is there more becoming after this life,

is there more sleep after sleep,

more hunger after hunger,

more sex after dissipation, yes, yes,

and more endless more, as you or not you but still more, endless more.

Tears of more,

pain of more,

life of more, death of more, birth of more, cry of more, sorrow of more, bliss of

more, feel of more, joy of more

and still, this time I will do it right of more,

this time I will care more of more,

this time I do not give a phuk of more,

this time I will be the best of more, this time I will love of more, of more and still more.

Anthony Cavuoti

Deceived

The reason why you want immortality or salvation is because right from the start you were deceived into living another life that wasn't yours.

You mistaken a role given to you, for yourself,

mistaken your role for your soul,

mistaken the role that was inflicted upon you for your life.

Many will go to any lengths to maintain this deception but!

Anthony Cavuoti

Deep Levels

I am not going to sacrifice myself on deep levels, simply to be pleasant on superficial levels. That means not suffering people that refused to face and resolve issues, as well as conflicts or pretend nothing has changed so as to hold onto power, their fragile sense of control, their pseudo self. Maybe on Facebook but not in real life. Some will say what is the difference. There is none, so good by.

Anthony Cavuoti

Demons Or Modern Surveillance

there are innate undermining processes, we exploit those innate negative tendencies of the psyche, we do this in many ways, like a predator we are always making adjustments from maximum exploitation, always altering are approach of various degrees of direct and indirectness. Always moving, closing in right in plain sight. One of the multitude of ways we do this is by knowing each person individually better than they know them selves, knowing them better than their closest of family and friends, knowing all their relationships, associations, motivations, frustrations, interest, sorrows, hopes, fears, believes, as well as their status and their ranking on all levels of their relationships and their shifting conscious and unconscious self course all of your secrets, especially the ones that you hide from your self and do not even know that you're hiding, exploiting the many contradictions of your character, all that confounds you and all of the means in which you seek also accumulate as much of your experiences as we can, from every source, we extract, we glean all that we can from it, meaning, conflict, joy, all of it. What appears to most as broken patterns of behaviors to us are predictable algorithms.

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Anthony Cavuoti

Desire

Life is the expression of the desire of the soul to manifest and to share what it uniquely perceives and feels. Columbus's essence is deep in discovery.

Anthony Cavuoti

Dionysius.

Now that my reaction formation is gone

The Intoxication for her is gone.

Such a lovely enemy that almost was the end of me

Cherished her so!

Love thy enemy which I did

Make love to that enemy!

It wasn't right, but so right! So thrilled by her, so filled with delight

Knowing all along it wasn't real, but so real!

Knowing it wouldn't last but God wishing it would!

Cannot leave,

Cannot believe that I could feel so good feeling so bad

Stop, stop do it again

Wisdom, strength experienced, integrity, stability, sanity no

Being undone so deliciously by her, yes

Such a lovely form of madness

Dionysius.

Anthony Cavuoti

Dionysus

Even more than honesty, is caring, giving and effort and struggling from what is meaningful in her life, holding it very sacred, sacred, that is what is real, that is what last.

My heart cries for her but she is not here.

My rational mind knows it is for the best.

She was the fulfillment of my darkness, the unraveling joy of wonder.
The sweet sweat of her I wish to drown in, it was my marsh of pure delight.

The more I am of the light, the sweeter my death in the darkness,

I need the night.

I need her.

Not one, both.

Continue your courage and the unconventional
which is the only path in which you will not be lost.

Give an effort, be real in brave to have a delicious night.

Anthony Cavuoti

Discontinuous Existence

We do not die, instead we live a discontinuous existence. This life here, my body, my thoughts, memories, feelings, what I am physically, once this is over it is over. Anything else is just an allusion. When we die it is over, nothing is going to recreate us, make us again. Restore us to what we are. It is over the end. No more. End of story. Final curtain. The dirt sleep. Or is it.

Could not resonances of this life carry over to our next life, be with us in the after life, in the life between lives. Could it be a process analogous to dreams? Could parts of your life continue in another existence after death in the same way aspects of you continue in your sleep, to different degrees. Part of your life as a child continues periodically when you dream at night, parts of you as a young man and or woman continue in your dreams. Images and deep connections you have with creation and or the divine, depending on your perspective, continue when you are dreaming. Though you are not you, you are you, brought to life again.

Anthony Cavuoti

Dispel The Past Darkness.

Still beyond my capacity to express.

Sometimes the gifts of life, the grace of god goes beyond my wildest expectations, beyond any bliss, fulfillment and paradise I could ever imagine, ever dream of.

A miracle I can see, cherish and appreciate in time. Some were made for greatness, some meant for fame, others fortune, mine is greater than all combined, being able to appreciate you,

having had the privilege to see you in all your shades.

Not cherish it would surely cause a collapse of a major portion of heaven.

Such sunrises always have bright days.

Such starts of dreams always awaken to pleasant feelings in the morning light of day.

Such a dream leads to real life, real caring that dispel the past darkness.

Anthony Cavuoti

Do Not Be Intimidated By Bureaucratic Fools

Do not be intimidated by bureaucratic fools with a little power. Their indifference is only match by their ignorance. Such are fools that are arrogant in their indifference. They are rigid, narrow, shallow and full of them selves. They have no competence in what they do, they are only good at covering their a**.

Anthony Cavuoti

Do Not Wait

What did you come here to see? What did you come here to be, what did you come here to do? Most of the so called experts on psychology, of adolescence, childhood, adulthood, midlife old age, of marriage simply explore as well exploit as they show how are way of living, our society is failing us, how we can not go on pretending.

Do not wait for midlife to really know your self and live your real life. You do not have to meet and live out issues of past generations.

Anthony Cavuoti

Do You Rise To Or Do You Sink To

Do you rise to Creation's, God's, our spirits great powers and the great task before you, before us or do you sink to the false appraisals of those of marginal perception, of little to no depths, little to no spirit and wisdom, though they are most proficient at games of pretense, and deception.

Anthony Cavuoti

Dreams

Dreams remind us of what we are, of who we are.

Dreams also show us how we are relating to others and how we get in our own way.

They tell us how we come to terms with our self.

How we betray our self and how we find our way back to our self.

Anthony Cavuoti

Dyslexia

Dyslexia IS NOT A DISABILITY NOR IS IT AN ISSUE, PEOPLES FIXED ATTITUDE AND IGNORANCE is the real disability! ! ! ! !

Einstein, How come you can't do the math like all the other good students
in Prussia?

Einstein how come you can't conform to the norms and social conventions like all
the other good Germans and later on like all the other good Americans?

Disney why can't you just face reality and realize carnivals and fairs are places
where people act belligerent?

Thomas Edison why can't you just get a regular job?

Winston Churchill, why can't you simply face the fact that Germany is not going
to be in aggressor?

John Lennon as a student why can't you realize that your dreams are going to be
completely useless? Quit wasting your time!

Anthony Cavuoti you're only incarnated in one life at a time, quit believing you
exist in multiple spears that influence one another in so many subtle and
beautiful ways that alter creation itself.

And quit believing that dyslexic on the new mutants that are going to
transfigure the world.

Most of all quit telling dyslexic people that they are the most creative and some
of the best and most productive people on the face of the earth!

Anthony Cavuoti

Dyslexics Are 4g

Metaphorically, when it comes to seeing colors, the vast majority of people are 3G, dyslexics are 4G. They can and do see a greater distinctions of colors and possible more colors, once again metaphorically. When it comes to concepts dyslexics are 4G. However when it comes to decoding and encoding, reading and writing, they are colorblind,3G. What are wonderful yet frustrating at times paradox?

Anthony Cavuoti

Each Of Us

Each of us is more than creation, we are embodying more of creations forces in us, creation in creation, vivifying, expending, without overly identifying with its intense passions, as well as expressing the aspects, forces of creation with others in ways empower. We are, more then being the best, we are being here.

Anthony Cavuoti

Each Of Us Is

We are not the kaleidoscope, but each of us is an unique interpretation of God, of creation. Through discernment, courage and wisdom that we cultivate in time we add to, we all positively contribute to the completion of creation.

Anthony Cavuoti

Each Time Is The Same Yet Different

Each time is the same yet different. Each time is more in many ways, more of what I want to save. My children made it the best. Love, is better than glory, true life, real love is better than any story. Parrallity

Anthony Cavuoti

Embrace All Of Your Truth.

I keep seeing her in my mind's eye,

hearing her in my soul's ears,

you are a Roman,

you are Gladiator,

you can deal with what will be coming your way.

You give to others very generously,

you reflect them,

love them,

healed them,

reconnect them to their truth,

now it is time for you to get your fire back and embrace all of your truth.

You won't be satisfied hiding so generously you have to be you.

In the dive bar with her, so worried about so much, so much apprehensions, the rent, the bills, the renewals, all the angles of vulnerability and potential hazards, yet so very possessed by her, enthralled by her, embolden by the look of her, by the smell, by the touch of her, by the spontaneous words of her.

Anthony Cavuoti

Embrace You Truth

You awakened me to have the courage to live my truth.

I wanted you,

and loved you for you and your truth

Enthralled my you still.

You inspired me to embrace my truth

to have the courage to live my truth.

as I hope you still are living yours.

I respect the space your truth needs to flourish.

Anthony Cavuoti

Emotions

Once you start to be real with what you feel, you feel, you exist; you live more deeply sublimely and profoundly. (You cannot change others, or inspire them to be something they are not, or refuse to be, (meaning more genuine) , or are afraid to be.) But you can be yourself, be your self more profoundly, deeply, meaningfully. Refusing to be abused, devalued, underrated, and disrespected.

Even more than having a great life and having a great life that is yours, the degree for which you are real with life, life is real with you. This start with how you really feel.

It is our emotions that compel, that create the circumstances and conditions for our being, for our existence. In my case this unclear subjective emerging I of me is not looking for resolution, meaning, nirvana, heaven, paradise, or non existence, it is simply striving for fulfillment, expression, to fully experience the maximum intensity and radiance of its aliveness, each life is simply increasing the wave of my passions, of my emotions, of the tides of my rising being in which it reached the pinnacle of which I am right now. But this wave has become conscious of itself, and I was born trying to escape it, out run it, but by chance I am body surfing on it, trying not to be thrown off of it as I ride it, to where, I do not know.

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Anthony Cavuoti

Enchantress

He wanted to change the world with his ideas of the archetypical portals, just like every rainbow is unique every design of a kaleidoscope is unique, we all embodied the attributes of creation in a one of a kind way, that is each of us is the universe and in the universe, and while in it in a finite embodiment we enrich it and all that we have contact with an unknown ways.

But now all that he wants to do is be with her, to be with her once again in her room. She is the universe, she has everything, she is passion, life. She's a living dynamics of the vitality of life. Once you're inside life there's no getting out, everything else is so unsatisfying.

Can no longer settle for facsimiles.

He keeps dreaming of being with her, in her room, in the dream she has two different color eyes but she doesn't in reality. One light gray, the other dark brown. Gray, gray wolf the Native American enchantress of her. Mysteries and fold experience, in ecstasy, tenderness, in food, in drinking in touching. in her heart, in her car, in her art, in her cleaning, in her smile.

He can't wait for, the title wavetitle-through the galaxys, for the next bardo, for the next incarnation, for the Phoenix.

Anthony Cavuoti

Essence

Life

Life is the expression of the desire of the soul to manifest and to share what it uniquely perceives and feels. Columbus's essence is deep in discovery

Buddha is the essence of wisdom, the triumph of wisdom?

Christ is the essence of love, the essence of wisdom, the triumph of love, the triumph of Wisdom.

Anthony Cavuoti

Eternity And Tomorrow

If you died today, you will be conceived tomorrow, born in nine months, and have been in paradise for eternity.

Anthony Cavuoti

Even As A Child

As a Child growing up the adults would hit me,

holler and yell at me,

even as a child I knew there was something toxic and irrational deep inside of them

and they were venting the destructiveness of themselves that they could not face onto me

and telling me it was for my own good. I see how this contaminated my relationships in the present.

Stayed in toxic relationships at times way too long.

Sabotage what I really wanted and needed in relationships.

Unless there was drama, emotional poison, I do not think it was love.

Anthony Cavuoti

Even If

Even if your family is pretending that they love you, in their own way they really do, they simply do not know how to love, That does not mean being abuse or used.

Anthony Cavuoti

Every Son When Their Younger Feels, Beliefs

Every son when their younger feels, beliefs and in fact they know that they're going to be better than their father. A sane man would realize this is normal and encourage it and want it. Notice I didn't say mature and immature I think both of like they would want that for their son to be better than them. When you get insane like a psychopath and narcissist, such a person, such a father will be threatened by it.

The worst type of fathers are those who covered it up, by externally putting on a big show by seeming to want what is best for their's son. They by their son many things not out of love or caring but with the main purpose and intent to make it seem to the world at their wonderful, loving and caring and that their sons is the big screw-up.

In my opinion this is the number one reason for alcohol and drug addiction in males.

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Anthony Cavuoti

Every Time I Was With Her I Felt

Every time I was with her I felt

as if a landslide of diamonds fell on me

It was as if the light came in and I stumbled upon a fortune

It was as if Cinderella endless supply of fulfilled

Dreams burst upon me

Rained true

and I came true all around me

and came true in sheer delightful spectacular wondrous wonder

Anthony Cavuoti

Every Time We Love Deeply

Every time we love deeply we recreate creation again, we added love, tenderness, life, dimensionality, freedom, space, closeness.

Anthony Cavuoti

Every Time We Love Sincerely

Every time we love sincerely, from our depths, from our core, not only do such moments exist forever but they create gaps, they are pure inspiration, of life of life, they become gaps in time and place, that metamorphose the very laws and processes of manifest creation to be more in accordance with the harmonized state of being of paradise.

Such experiences are of spirit, are inspiration, and are soul's fulfillment. Such moments purify past incarnations and guide future embodiments.

Every time you love sincerely you change the universe. You help it be more of what it is meant to be

Paradise, awakened infinity.
Eternity, unconscious infinity

Anthony Cavuoti

Everyone Has Deep Issues

Everyone has deep issues, which are really diamonds most do not know how to mine their diamonds. Most deny their diamonds, or keep them buried, mine them, your issues are your tools and skills, which saves others.

Anthony Cavuoti

Everything Rolls Into Place

The Superstar might not have done the crime but was guilty though of being with the wrong type of woman. Spending too much time with the wrong woman or women, spending too much time with lost souls, you get lost with them and they will bring you down. However being with the right woman, everything rolls into place. No need to over indulge because it feels so good just being with her.

The right one will bring it to new heights you only imagine most profound dreams, feelings and imaginings.

Anthony Cavuoti

Evil Masked As Family, As Friends, As Lovers, As Education, As Caring, As Importance, As Duty, A Salvation, As Race, As Good, As Love.

We are world shakers, shakers, life shakers choose bravely, deeply, what is real to your depths, what you believe in, stand for the truth, the longings, the life that you know is real behind the curtain of dying masks. Rid your self from their ignorance, the arrogance, the evil, the buffoonery, the blindness, the self-worshipping from those of your past. Be free, Be real, be vital, be alive, real in life, in your soul. Only selfish people try to make you feel guilty, selfish. Be the world, the life that you want to die to, to be born into, live in. Be it, become it. Some people I never want to share any part of my life with again. I move past this pain of fools playing god. Looking forwards to new people, as well as the self I will be without being contaminated by their evil masked as family, as friends, as lovers, as education, as caring, as importance, as duty, a salvation, as race, as good, as love.

Anthony Cavuoti

Extended Family

Uncle Joe would beat his wife, verbally abuse her, she would beat her son, verbally abuse him. Take her many issues out on her son rather than face her abusive husband. The son acts out, does drugs; every one acts as if they do not know why the son is so damaged,

Uncle John would tie up Tommy as a child, every one thinks uncle John is great, he is a mess. What a mess, his wife treats him like the fool that he is. Every one says she is cold. She is a control freak that is controlling a messed up man.

Anthony Cavuoti

Face The Abuse And Trauma Neglect That You Went Through And Free Yourself

The scientist now say the parts of our brain compete with other parts

The part of our brain that are disproportionately activated

Well nobody talks about that

That's where your addiction comes in

The hell with all the mind games and tricks of the mind

they Never works

Face the abuse and trauma neglect that you went through and free yourself

move away from ignorant people and be around people that you can talk honestly with about what you feel

What you know and what you are

be Yourself quit playing these stupid rules given to you by stupid people

Anthony Cavuoti

Facebook Is Heaven For People With Attachment, Intimacy Issues

At times part of me feels that Facebook is heaven for people with attachment, intimacy issues, with avoidant and passive aggressive personality disorder. Or narcissist that collect people, that use people as objects.

Anthony Cavuoti

Fed Up With The Attitude Of A System Of Indifference

</>People are fed up with the attitude of a system of indifference that uses them as objects to be manipulated to maintain a statusquo that intimidates and coerces people to serve its one-sided ends. People went along with it to maintain their life, their relationships, their families, in short, to adopt, they knew that it was unjust as well as out of touch, but it was sold as the best of all inperfect systems. But now the huberous of those entrusted to control the system is too much too bare and the citizens humanity is not being fulfill, and their human dignity is viewed as a histrionic element. So now we see our financial and political leaders in the light of their own greed that has broken the system, as the spoiled narcissist of the wealthy, and cunning who put their own life stile above the country and people that made their position possible. People want their humanity and dignity back as well as their life and are now willing to expose the hypocrisy of the con-artist.

Anthony Cavuoti

Feel Sad,

Today I feel sad, it could be the weather, cloudy and rain. Sometimes I feel my best on such days.

Anthony Cavuoti

Fill Your Dream

Fill your dream maker of a heart with your real dreams, your alive dreams. You will grow past the limitations of your painful past and into even more real dreams. All rights reserved 2011

Anthony Cavuoti

Find Your Own

There is always some expert ***head in psychology, politicks, business, ect, trying to frame your life, mine thing is find your own frame.

Anthony Cavuoti

Fire In The Flint.

I am one with creation, with life itself;

an unique embodiment of creation immersed in this social cultural evolving
ecology of other unique expressions of creation,

each one of us in various means and degrees directly and indirectly

awakening

inspiring

motivating

kindling

loving

challenging

antagonizing

confronting

each other to become the most fulfilled expression of the unique recapitulation

emanation

of creation that we are,

though often we do not see it at the moment

but upon reflection, in wise interpretation we realize that it is there

like fire in the Flint.

Anthony Cavuoti

Flying Birds In The World Of Flightless Birds

If you are bad at one thing or some things that people believe is essential such as reading, spelling, directions, people then unconsciously dismiss you, subtly and not so subtly, conveying that you must be insufficient as a person for you lack what is needed to be taken seriously in anything serious. Paradoxically dyslexics are very powerful at other things, they are metaphorically flying birds in the world of flightless birds, or dolphins with tuna's.

Anthony Cavuoti

Fossilized Part Of Them Is Still Alive

Sometimes part of us is buried alive, deep in the foundation of the structure of our personality. People come to therapy at times for renovations on the surface structure at times only to by accident discover the fossil of their past, of the child that they were, of the young teenager that they were, this fossilized part of them is not dead, this vital self is still alive, wanting to speak. Everyone still ignores the child coming back to life, trying to speak, to say the words they were never allowed to say, as they work on the surface structure not appreciating the pricelessness of what they discovered, rediscovered.

Anthony Cavuoti

Found Even When You Hide.

If you hide from your self in her, and in her sweet desires

make certain that it is satisfying and worth the high price you will paid.

In fact make certain that she and you are one, that she is more of you than you.

From here you are more deeply found even when you hide.

Anthony Cavuoti

Freud

Freud made many mistakes.

One of his genius was the freeing of energy

As well as seeing how people falsely transcend

How they falsely sublimate

move on before fully resolving certain level(s)

And if they do move on to higher levels it is reenacting the unresolved issues of the lower level.

The moral development of his nonmoral system is to have dignity for your energy that is Diggity for your sexual energy which he believes is the core of creation, primary force of creation

Einstein believe it was love, Love is stronger than gravity

Perhaps primacy is shared between a few forces depending on what we give attention to.

Voice to text draft

Anthony Cavuoti

From Here To Eternity

If you love something or somebody doesn't want to love you back

From Here to eternity

You may touch their inner soul

They may touch your deepest heart

Doesn't mean it's going to last

Sometimes things that are real are made of glass

Enjoy them but they're all going to pass

Sometimes slow and sometimes fast

Here here to eternity

because of her I couldn't really I can more clearly see

Anthony Cavuoti

God Guides Each Of Us In A Unique Way

God guides each of us in a unique way. What might seem absurd to some people or groups make perfect sense to others for it leads them to their strengths as well as their higher destiny.

Anthony Cavuoti

God Saves Us Daily

God saves us daily from mistakes, from ourselves, from others, from nature and from man made things, especially man made dumb ideas that seem so clever, so wise, but are so lost.

Anthony Cavuoti

Good Dreams

Focus on your good dreams, the feelings, aliveness, the sublimeness, the beauty, love, meaning, wonder, such alive real dreams are life of life, they are you, more than you as well as a head of you, making real your share of paradise now.

Actively process bad feelings than move onto your good memories, experiences, feelings, they are the digestive enzymes of the negative as well.

Anthony Cavuoti

Great Beyond Anything We Know We Are

We are great beyond anything we know we are. We use God, and God uses us as well to help others in ways we do not imagine, fully see, or appreciate. God loves us as we are, but God really sublimely loves us as we allow our selves to be love in God, in our defective misguided but divinely guided ways, while be believe, dream, struggle, work, pray and try, fail, succeed.

Anthony Cavuoti

Great Gift

To give your child room to be at any age them self, not inflict them with your issues, repressed pain and unfulfilled dreams is a great gift.

Anthony Cavuoti

Greater Than Dionysus

Always put your children's life, needs and their future self first as well as your soul.

Anthony Cavuoti

Hate It When

Sometimes I just want to be, simply want share delight, free space, joy of naturally being, no **** heads in sight, just the pureness of life uninterrupted for a while by the bombardment of manipulative people pushing the **** of their or some companies' agenda on me.

Anthony Cavuoti

Haunted By Lovely Memories

As I go outside into the darkness, the coldness of the dampness of the drizzle penetrates me.

This reminds me of the chilly winter raining nights and mornings we snuggled tightly,

held each other warmly.

Loved each other passionately.

Haunted by lovely memories,

crowding me,

I start running but I can never get far enough.

Anthony Cavuoti

Have You Ever Came Out Of Your Cellophane Wrapper

My female friends tell me that she's playing hoe games.

That she now sees me as a cock blocker.

She got what she needed from me and moved on.

Perhaps they are right.

But they never seen her when she came out of her cellophane wrapper

Have you ever came out of your cellophane wrapper

The anti-septic rapper of our socialization of our society

try it!

They never seen her beneath her armor

There Is no defeating Xena warrior

To cherish is to surrender.

God help me I might have been used.

Abused and made a fool of, but I still loved her!

Anthony Cavuoti

Her Arms Are So Long

Her arms are so long, with eloquence they would hypnotized as she danced
Her hands would sway like the breeze

I cannot help but to be a slave to her rhythm

to her Movement

Her voice capture me most of all.

Dream, fantasize, live for her movement

That express that certain something of her so lovely

Anthony Cavuoti

Her Coffee Table

Her one room studio apartment is small, but it is crowded with her artful style, her humanity.

By her bed that we sit on to watch TV there is her white coffee table.

She makes these delicious complex meals, we eat on the high small coffee table while watching TV.

She has black licorice jelly beans and many other candies set along the far edges of the side of the table away from the bed..

Emergency candy for her diabetes. I can't resist it.

She always keeps the table and the white rug under it so clean. So well kept. She is so vigilant with the table.

It is so small but it is her domain, her control.

She is so very generous with this small space and so very exacting

My heart goes out to her and her tireless efforts on the small table that somehow symbolizes part of her life.

Such boundless lovely energy balancing on such of a small space. Somehow she pulls it off. Except for a few well placed looks at times all is so very pleasant, nothing falls.

Anthony Cavuoti

Her Flagrant Decay Compounded Her Irresistible Enchanting Dark Powers.

It was exciting for him to see her at the bars. Very, something about having this wicked sexy mid age black woman focusing all of her sassy charms on him. Her flagrant decay compounded her irresistible enchanting dark powers. sassy, sexy, lovely, staged vulnerable at times yet very strong. She was able to control all of the men with a strange force. Her free association are so sublime, so enthralling. Which made her petty talk more devastating. In a sultry whisper she tells him that some day he will be alone, that when his teenage children leave him he will be alone in his cramped apartment.

Anthony Cavuoti

Her Future Self, Her Soul Would From Time To Time Chime In, Speak To Me

Her future self, her soul would from time to time chime in, speak to me through what ever distortions or frustrations she had with me or with herself. She is an advance soul, a more polished being masquerading as a stormy lady, as a broken toy, but she is a very Wise, powerful and lovely female shaman. The full power of her spirit I did not see until it was too late. She is from the future and from the pass, she is the parentheses of sanity in our insane times. She's unconscious of this most of the time in a pedestrian trance but she is so advance so, so very advance. She inspired me, she came to me, , woken me, she healed me, she taught me, seduce me, strengthen me, reflected me, amplified me, broke me, made me, she warned me, she guided me perfectly when I needed her and in a preternatural flow and rhythm of a Goddess that forgot she is a goddess. But her songs, her soul comes through the faultlines of her human vulnerabilities, fallibilities. Underestimate Xena warrior at your own peril.

Anthony Cavuoti

Her Voice Would Excite Me

Her Voice would excite me

Awaken strengthened and vitalize me

Voice cleared the clouds to my soul

Clear and real

Life life was so real

Anthony Cavuoti

He's A Living Dynamics Of The Vitality Of Life.

But now all that he wants to do is be with her, to be with her once again in her room. She is the universe, she has everything, she is passion, life. She's a living dynamics of the vitality of life. Once you're inside life there's no getting out, everything else is so unsatisfying.

Can no longer settle for facsimiles

Anthony Cavuoti

Hide Go Seek.

We still play hide go seek.

As adults this is nothing unique.

But don't hide from yourself.

Don't be so lost and can't be found.

Don't take refuge In the games you play.

For you just pushing your truth away
You're losing time and that is the real.

Anthony Cavuoti

Hits You Like A Kick In The

If you are dyslexic and every word you read and write hits you like a kick in the balls, if your family invalidates you more than they understand or support you, well why be the scapegoat for the arrogant. If you sincerely tried to talk with them and they are too blindly willful, to see you and they think it is their God given right to abuse you, well thank Christ you are away from them. You do not have to be with them or any other such as they in this world as well as in all worlds to come.

Anthony Cavuoti

Hose That Seem Solid In Their Arrogance On Fixed And Established Ways

We all are expressions of creation that is always changing, evolving, transforming in unexpected ways. Those that seem solid in their arrogance on fixed and established ways will once again find them self buried in the current of life for they only know how to survive on their small life sucking abusive niche. Go on with your self, with your projects, keep a save distance, protect your self but do not play their games and watch them fade.

Anthony Cavuoti

How I Love You Son

How I love you son

You are the rising sun

I am the setting sun

All the things I seen over here

All the pain, ignorance, distortions, pretense I had to bear

This insidious hell I would do it again

Just to experience the joy of you

The best of humanity comes through you

I wish that I became more

Lost in the dark I cultivated ways of staying lost

Light within and light without, steadily transcended, stayed on course

Through scattered pieces synthesize the hologram

Being human first,being a man

Many dreams were dashed

Many dreams fulfilled

Learned to be careful as to who I share my soul with

Many successes as a result of trusting my depths, not others perceptions of me,courage and sustain effort

Even if I fulfilled my greatest dreams

None compared to the joy of you

I am dyslexic and my father's a classic narcissist

No tolerance with the novelty of my being

My strengths were seen as heresies

Weaknesses broadcast, seen as unredeemable

Early on ground to dust

Until you, I did not know the depths of love, of life, of the joy of being,

Seemingly trivial daily exchanges radiate, give more joy than anything in cultural societal orbit

Others run you know how to fly with your dyslexic wings

The creative glory of being yourself

Your voice is more heaven than I could ever imagine.

Anthony Cavuoti

How I Miss

When I seen her there was something special about her.

Something moved me, a pathos,

A tender vinifying,

somehow I felt like I always knew her.

I thought she was buying lottery tickets in the back of the 7 11

I saids you are going to buy winner,

she says I am just getting money from the ATM.

She said it was her birthday

We spoke

Something just clicked

She said she used to be a paralegal

That she was going to go to law school but stopped because the bad guys win all the time.

I told her what I did and that

I understand

I was low on money so I waited two weeks before I asked her out

It was too cold to go on a picnic so she asked me to go to her place to help her put in cabinets.

It seems a cabinets fell,

her Kitchen cabinets

The ones above the sink

She bought some new ones

She did not want the landlord to know that she had a cat

She couldn't afford to pay the extra deposit money for the cat

She was impressed because I had a toolbox

I helped her

Looked up how to put cabinets up on youtube so that I look like I knew what I was doing some.

It was interesting

She called me Popeye

Probably because I was working so hard trying to impress her in putting up the cabinets.

Tiger cat that was her cat,

the cat, liked me

The cat would caress me

Snuggle by me

One of my clients called

One of my client's Brother needed to be homeschooled and I was all right with it,

I was confident with that

Let the client know it was all right.

I was a little impatient but still kind. Called on my day off.

I worked hard putting in the nails, finding a way.

Using the power screwdrivers.

Afterwards, she took me in her car, we went to fat Burgers

she really knew how to enjoy her food,

Then she took me shopping with her for some things for her catering business

She really knew how to have fun

Then she Took me to one of the bars that she frequents

Inside gave me some pictures of herself

Later she asked me to meet her at one of her favorite bar, the leopard room

it was right by my place

I went home change the matter there

I watched her move about the crowd all night long

Everyone was enchanted by her

she always return to me like tiger cat

Then we went to my home afterwards

But for the next many many enchanting nights we went to her home

The cat loved me

tiger cat

Tiger cat would always come by me

Even when she was on the phone with me tiger cat would ask for me.

Approached me fearlessly

Confidently, always eliciting my affection

She wanted to cut Tiger cats tail off

Started knocking things down on her small coffee table in her apartment.

Told her, don't do that to the cat

She loved me.

Tiger cat loved me for a long time it seemed though it was only a few weeks, or months.

But eventually she brought tiger cat back where she found them

God how I wish I could somehow see tiger cat again

Christ how I miss tiger cat! ! ! !

Anthony Cavuoti

How I Was Formed

Going within

Gathering my storm

Brings me back to how I was formed

Alone in the gray

I emerged

A drive of profound, loving, unstoppable appreciation

Deep Desiring been true to the light

This source, I am a small piece of it,

an unique embodiment of it, expression of it

A planet orbiting a star

When I return I will have added and have been.

But I get caught up in other constellations

In other planets and stars Orbits.

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Anthony Cavuoti

How My Passion Rose

She bit me on top of my nose

And how my passion Rose

too Heights unforeseen

As life became a dream

If you have ever went to far in sweet lovely passion you know what I mean

Life is more than a dream and more than what it seems

Anthony Cavuoti

I Am No Mistake.

I am no mistake.

Though adopted and falsely documented from the start

Though dyslexic and slandered from the start.

Darker and misunderstood from the start

Targeted for others ignorance and projections

She was no mistake

Similar to me

More than passion

real life real love

Doesn't always fulfill its self

But it awakens you

Brings you back to yourself

See through the veil of institutionalize, cultural, lies socialized slanders and lies

That is why we are apart and I still love her

Anthony Cavuoti

I Could Not Resist Her

I could not resist herfor a while

Nor could i participate in her self-destruction

Anthony Cavuoti

I Feel Death

I feel death

I feel death on me
Coming, to take me
Lights out forever

Unready, not complete

Unfulfilled

It seems as if I could never fill my self with the joy
The love of life

It seems as if I can never keep the promises I made to life.

It is a delusion to hold such self deceptions, the souls here do not want
fulfillment, or love they just want to have all they can at any cost and to survive

I say I love god but look at this world that god put me in

Every ones heart is black with greed, deception, usury, self-interest, exploitation.

How to love in this anyway

See it

There is more, there is real life, real love real fulfillment in the future, but I need
gods love now

Gods tangible love now.

It is not there for me, really in this world

I must be it

For my self
My children

For life

It is real as long as I have it real.

Anthony Cavuoti

I Followed Her Into The Darkness And Got Lost

I followed her into the darkness and got lost but I found my lost side, my dark half. She was more than my fight flight response gone mad. She was my other half.

Anthony Cavuoti

I Have Witness Many Great Things In This World

I have witness many great things in this world, in this life. The greatest ones by far where when my children were born. They both entered this world differently. The oldest entered calm, he entered this new world with a gentle easy calmness, an alert curiosity, not certain as to where he landed yet trusting, ready to face this new world. Seeing this new life entering the world, I saw myself entering life, all life entering life, all humanity entering life. My second child entered the world, yelling; to me his cries could have been heard all around the world, he announced himself, to the world, to life, with power, with intensity, with certainty 'I am here. '

As a preteen, as a teenager, as a young man, I had many peek experiences while playing sports. Other types of experiences as well, Creative flashes of inspiration that moved me to the core.

I have witnessed the love of the human soul, the tenderness, of the human soul, the strength, endurance, the depths, I have seen, listen to, was moved by all of the Gods of the pantheon of life, the incarnations of being. I seem them go on past endurance, yet still loving, making miracles, finding hope, making ways where there where none, for their children, for loved ones for them selves for life.

Anthony Cavuoti

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Anthony Cavuoti

I Needed Her

I needed her

More than a drug addict needs his most compulsive drug

At first The drug frees one to one's real nature, to one's real potential

Then it destroys you making you a slave to its compulsive hold on your soul

It's not the drug that the drug addict wants

but the freedom,

the connection once again to the lost self

She help bring me back to my lost and forgotten self

to My true self

To the Part of me that was destroyed in my early youth

No assertion is too great in order to obtain this feeling again
in order to obtain my self again

To reclaim all that could have been

to reclaim that all that should've been

it Is not she that I'm looking for, but my lost self

She is a lovely trigger

She is the poisonous liberating drug that no one can possess

But only experience?

But I will find life with those who really love me

with Those that really reflect me

with those that really value me

Through my efforts, in my deeds in my works

in my reflective self encounters with life.

Voice to text draft

Anthony Cavuoti

I See Them

When I was younger I wanted to overcome the world, in dreams I seen it from above, I wanted to influence, to share my feelings of God, to express an impulse, a will I did not yet understand, yet new, part of me still feels that way, but much less. I am in awe of the people, the lovely souls that have shared some much, over come so much, are not seem by their love ones yet, I see them, they see their light upon me, slowly they see them selves in my eyes, and their own. The world sees them as they come more and more into focus. Such brighten up the world, the lives of some many others.

Anthony Cavuoti

I Simply Was Tired Of The Draconian Way Of Life

I simply was tired of the draconian way of life, it was not that I did not excel at what I did, it is not as if I did not have the confidence and respect of my peers, for I excelled in my relatively high position with competence, it was more that my feelings, my dreams, yes, my dreams kept telling me of a better life, a more fulfilling life. Could you understand, I somehow knew there was more to life, to me than this sterile, repetitive program, this pseudo sophisticated, pseudo enlightened, pseudo human way of being that masks our core, our living essence which is the life well spring, the fount of all lasting fulfillment.

Anthony Cavuoti

I Think Back When I Was A Child

I think back when I was a child

There is so

love so

fun

livedlife so

My relatives un-lived dreams filled the air like a fog.

Sometimes it was like cement, stultifying.

Other times my mind would break off from the spear and wonder

Great dreams, my own house with beautiful floors.

Dreams of glory, athlete, innovator, something great on horizon always coming through.

But those moments of love and kindness

of eating

of talking

of dealing with the frustrations and joys of the day.

Tender moments

Overwhelmed by the pain

The frustration of the ignorance of the time and place

Adult smoking ready to take out their straps

Also adults ready to go fast in their cars with you without seatbelts

take you for ice cream at all hours of the night

Eat whatever you want at anytime you want

Watch whatever you want.

Timelessness penetrating into new worlds

creating a refuge of a particular moment, so ordinary then yet now so extraordinary

able to outlast all time.

When I am sad

A half a century later

when I am lost

When I made another mistake

The same mistake over and over again

and there is no way out now

much less time

Always not enough time

Just like when I was a child

just like when I was thirteen

My grandmother My grandfather

They have food, on the kitchen table after school getting dark and all is well.

I dream once more through the fog now as then.

I lived a life in some ways more amazing than any of my dreams,

With unexpected depths

with beauty

with passion

with sublime understanding

with salty tropical breezes of sensation

With caring

With love

more than anything I ever dreamt.

Anthony Cavuoti

I Think It Is Ironic That Many Of The Leaders In Technology Were Adopted.

I think it is ironic that many of the leaders in technology were adopted. Every one raves about how Steve Jobs put so much style into the apple; he turned his computers into an esthetic work of art, as well as into a fluid experience of joy; thus transforming both dimensions, making the outside experience as beautiful and wonderful as the inside, from a machine that was thoroughly repulsive to the vast majority prior to Steve Jobs. As people we wish the outside of our life was as beautiful, cooperative, exciting and rewarding as how we imagine it, as how we experience it on the inside as well as in moments from our depths.

We wish our inside could be understood by our loved ones. We wish to understand others seemingly incomprehensible emotional states. This is never more real than in infancy, as children, and later as teenagers. What Steve Jobs did was pure alchemy, on one level he was trying to bridge the gap from the lost part of himself, to make himself as attractive as possible to his misattuned parents so that they would take a real interest in him. He attempted to decode what seemed to a child his parent's senseless emotional algorithm of being emotionally unavailable into something comprehensible. He also made something very distant assessable, complex codes to be memorized with great labor into a mouse and images, where one simply points and clicks.

He got the love, the admiration from many that he needed, he far out reach most, becoming an icon, but the child in him yearned and created the emotional attunement he never had, in both the inside and outside he had made himself through his products as appealing as possible, towards the end his exterior persona started to fade, and he could not maintain his brilliant performances, ironically for once he could experience the unconditional love on the outside and inside for who he was without having to physically dazzle and brilliantly perform. For once he would be loved for who he was, not for the dreams he could fulfill for others.

Anthony Cavuoti

I Thought I Would Never Fail Her,

At night my clients would call be crying at times

crying, crying so much love

So much tenderness

so much love

They loved hard and their loss hurts

after I would be devastated

I never failed my clients

and I thought I would never fail her, my lover

All I wanted to do was to be real with her,

I took care of everyone but myself

I would fall apart emotionally at times

I was there for others

Except for myself

Anthony Cavuoti

I Wanted You With Love

I wanted you with love
You are much much more than ecstasy and pleasure.

Anthony Cavuoti

I Will Not Mistake Your Narrow Mindedness And Misunderstandings As Mine

I will not mistake your narrow mindedness and misunderstandings as mine, your deficiency as my limitations, your ignorance as my lack of, no matter how much of the collective ignorance and pseudo experts are behind it.

Anthony Cavuoti Copy Right.

Anthony Cavuoti

I Will Not Mistake Your Narrow Mindedness And Misunderstandings My Misperception

I will not mistake your narrow mindedness and misunderstandings my misperception, your deficiency as my limitations, your ignorance as my lack of, no matter how much of the seemingly overwhelming collective ignorance and pseudo experts are behind it.

Anthony Cavuoti

I Woke Up And I Was There

Everyone was what they where meant to be. There was a natural harmony to it all. It was as if all the newborns chose the perfect incarnation for them selves with the assistance of a very attuned compassionate wise and daring counsel. There was a beautiful harmony to the unfolding process. We naturally have this latent faculty in us, to create a world, culture(s) and society that can accommodate us all. Our fears, programing and conditioned reflexes have turned into compulsions. The lower levels have turned on the higher levels to dismiss such of an incipient reality as not attainable, as fantasy, whish full thinking, yet it is just as real as the air that sustains us. I fell asleep and I am back here writing of this place.

Anthony Cavuoti

If I Haven't Suffered

Life will always surprise us in many ways, some so delicious! god I love it when that happens! If I haven't suffered so I wouldn't appreciate it so!

Anthony Cavuoti

If You

If you are dyslexic and every word you read and write hits you like a kick in the balls, if your family invalidates you more than they understand or support you, well why be the scapegoat for the arrogant. If you sincerely tried to talk with them and they are too blindly willful, to see you and they think it is their God given right to abuse you, well thank Christ you are away from them.

Anthony Cavuoti

If You See This God Is A Fake He Will Destroy You.

One god cares for you, the other is so great he could care less, so very great he does not have time to care so he so artfully pretends to care. If you see he is a fake he will destroy you.

Anthony Cavuoti

If You Where

If you where emotional and or sexually abused as a child you are vulnerable to others with similar or the same issues as your abuser. As adults we all have lapses of judgment, but are feelings protect us, they warn us that something is wrong, but if you where abused you mistake familiar for normal, and your inner normal needs heeling from the abuse, from the betrayal.....

Anthony Cavuoti

In The Name Of God

Most numb their pain, their issues, repress them, they never face them, give them to God, therefor they never move past them and they inflict them on others, mostly their children in the name of God.

Anthony Cavuoti

In The Year 2067

Spirituality, any deep feelings for another person and any serious intellectual effort towards a goal outside of the pursuit of pleasure represents an appendage pathology. Part of the mind is trying to mislead the mind from the real aim of life. and if you Can't deal with this reality we have drugs that will help you Forget that you're heading towards oblivion So you could indulge yourself with the maximum pursuit of pleasure which serves everyone here.

Anthony Cavuoti

In This World

In this this this world

Anthony Cavuoti

In Your Coming To Your Self

You are so beautiful in your self.

In your pain

In your coming to your self

There is more to you than you know

You are so very great,

you mean more to me than anything

than anything there every was or will be

so great as you are

so very great as you are

Your pain moves me to my soul

Shakes me out of my hiding place

into the source of my soul

to live authentically once more.

To keep the promise I made to life.

Anthony Cavuoti

Ineffable Wonder

Aspects of our mind, of our life, is God emerging.

We make endless mistakes, but then you know.

Somehow it is worth it.

And here we are.

All the planning and strategies.

The monumental perfectopportunities you messed up so many times you believed that youlost faith in yourself.

Still,you have come to a place.

Then unexpectedly it happens,and you know why.

Afeeling!

A knowing!

Lets you know that itwas worth it.

It is not that you are ready, so much more, you are.

There is no way to describe it.

Anthony Cavuoti

Insanity

Insanity. Want it all, know you are the greatest, and you will be great. You are smart, you are strong so take

Sanity speaking, "What hoarse sh.... We all know how this turns out."

Insanity, do not face your pain, project your pain, your hurts onto others. Fame and wealth will make it all better.

Sanity, own your pain, work through your pain, work on learning how to love in healthy ways.

Anthony Cavuoti

Interference.

There are possibilities in life, and we are more than the matrix of manipulation that we call adjustment and healthy relationships. Most of us are well fed, clothed, sheltered and entertained refugees. It is not that we have learned to hide from ourselves, even worse, we have learned to think that the vast amount of collective information is greater than us. We have allowed ourselves to hold the values and methods of the status quo and its brokers. The ones with the degrees, positions and talk shows. You know them, the self proclaimed experts. We hold them to be wiser than us. We mold our self in false images, we worship others modified and packaged ideas. We unknowingly adhere to and venerate false gods. You cannot be true to your self my living a life prescribed my so-called helping people's second hand thoughts. We are allowing our selves to be victims of well-intended interference.

Anthony Cavuoti

Interior Guide Through Uncertainty

We are looking for our northstar outside of ourselves.

But it is in our interior in more ways than we know.

We feel its salty mist blowing on us through the spectral colors over the endless sea and horizons of the mysteries of our being.

Through our Interior we get our bearings on the external even more profoundly.

As we navigate on a voyage who's outcome is uncertain.

As long as we are in this collective voyage together,

Uncertainty is a constant force.

Only through and uncertainty can we draw from unknown sources of our depths and strengths of our being,

Can we draw closer to God,

We we appreciate our sacred relationship with God, with one another, with God.

Those that do not believe are just as much.

Believe is comforting and reveals an through the unknowing Hayes.

Anthony Cavuoti

Into The Darkness

I followed her into the darkness and we both got lost. But I found my other side there, my neglected, lost forgotten side.

Anthony Cavuoti

Into The Light Of Real Peace

Real emotion is the oxygen for which we breathed, the more it is real the more we grow, the more you let illusions go. Into the light of real peace, only the living know this feast.

Anthony Cavuoti

Invalidates All Validation

My family invalidates all validation, sometimes I pretend it is not so,
but all that I am, they invalidate, there is no real way, sane way, healthy way,
fulfilling way, real way, to be in such hostility.

Anthony Cavuoti

Irresistible Delilah

His mixed emotions compounded his fever.

She embodied all of the cherished imprints that he adored, he could not resist her,

The current of his destruction was too much, a current carried by it's own momentum can not change.

To surrender to death,

To know that she wants to kill you,

To willingly let your self be killed,

To let it happened, to love this lovely executioner of his secret desires only amplified the building ecstasy.

To surrender, to surrender to her, to the feeling,

to the wave of oblivion, to be, to be one with it.

Immense inward vacuum, out wards erection,

containing all of his life entering her, entering the void one with death.

The rhythm of life the rhythm of death, the thrust of life, the thrust of death.
The utter Surrender to life, utter surrendered to death.

Anthony Cavuoti

Is Still

Our soul is still boundless
Our will is still tireless
Our desire for justice is still fearless.
Our hearts are still generous.
Our minds are still limitless.
Our children are still precious
I desire for meaning is relentless.

Anthony Cavuoti

Is You

you

Ever since I met you you've been so perfect so perfect and I have been self-destructing

You have been perfect perfect too perfect too much of of what I've really been desiring

really, so much of what I've been about and I have been self-destructing, because I have a hard time facing the truth which is you

Anthony Cavuoti

It Is Life

When you can Listen to Pink Floyd dark side of the moon, really understand it and feel it, for you understand the heartbreak and loneliness, the isolation and despair, yet you are really all right with it, in fact you kind of love it, except it, for it is life and we love life, in all of its shades. Valleys and mountains, light and dark, space and emptiness, awake and sleeping, holding and letting go.....

Anthony Cavuoti

It All Starts Now

Too many people act as if hope is dead. Just watch the movies, the news, really look at how people treat each other in the office, on the streets. So much pretense, hostility, arrogance, silent killings, so little kindness, patients, appreciation, understanding love and generosity. If people really had faith, if they really believe, in their heart, in their depths they would not be this way. One of the first steps to end the insanity is to face our destructive desires, born and perpetuated out of a lack of love, Lack of EMPATHY, lack of courage, lack of vision. It all starts now. It all ends now. We choose every moment.

Anthony Cavuoti

It Does Not Have To Be This Way

Every culture tries to control, manipulate, shame, dominate the other culture, the dominate cultures today where the so called inferior cultures of the past, the so called inferiors to day where the dominate cultures of the past in many or most cases, in their region or in their portion of their continent. This is what individuals do to one another. This is how we are habituated on many levels, but it does not have to be this way. Believe in your self, face this tendency of humanity that we need to grow out of, defend your self from this, rise without putting others down. Weed out dysfunctional patterns of relating, of being that you picked up from your family.

Anthony Cavuoti

It Is Not A Reflection Of You

The evil that you experience, feel, how abusive people react to you, their false impressions of you, estimates of you, responses to you, is a reflection of their evil, prejudice, blindness, of their lack of development, it is not a reflection of you, of your abilities, intent, it is not an impression of the impression you make, it is a reflection of them, their limitations and ignorance. Their being distorts good, mocks love, and amplifies weakness, such have, are become, such are fake, superficial enlightenment, unconscious.

Anthony Cavuoti

It Is Not Just Outrage About Wall Street

It is not just outrage about wall street, but the majority of people are fed up with the attitude of a system of manipulation, of indifference that uses them as objects to be manipulated and prided to maintain a statusquo that intimidates and coerces people to serve its one-sided ends. People went along with it to maintain their life, their relationships, their families, in short, to adopt, they new that it was unjust as well as out of touch, but it was sold as the best maladaptive system. But now the huberous those entrusted to control the system is too much too bear and the citizens humanity is not being fulfill, and their human dignity is viewed as a histrionic element. So now we see our oppressors in the clear light of reality, as the spoiled narcissist of the wealthy who put their own life stile above the country and people that made their position possible. People want their humanity and dignity back as well as their life and are now willing to expose the hypocrisy of the con-artist and are willing to fight at all cost for a more fulfilling, secure and humane life.

Anthony Cavuoti

John Lennon, Defiance

In the auditorium before the event
Before the school event

Or should I say

In the large room behind the auditorium before one enters the seats of the crowd
people that I did not recognize were reciting all of my failures and many blunders

Sincerely putting me down and judging me

A prelude of things to come before I received the reward for all of my mess ups

There was no way I was going on stage in front of everyone that I knew and
receive such a insult and have all my vulnerabilities exposed

Then I looked at who was present, the only one that I recognized
and that recognized me was John Lennon

He was up front with all the other recipients that were about to be called on
stage and have their weakness is exposed once more

He gave me a look that encapsulated all of his sublime creative daring,
strength, defiance and humanity

He was in a 1965,66-68 perfected version of himself

I walked down and sat next to him.

Basking in his confidence and bearings,

Then a gathered my own

Thinking about how I would shocked the audience with some quotes from my

published book.

He turned the situation around.

To be honored as backwards in such of a backwards place

Then he left before the event started

I thought about staying but decided to leave.

I looked at every one in the audience with pride.

In fact they were the ones to be shamed for they did not get me they did not get many.

Sentimental sadist is what they are

In a narrow-minded and ignorant attempt to abuse and humiliate many, and being blind to vulnerable young peoples gifts, perceptions, and not having the patience to hear them and see them.

I couldn't hold a grudge, I had too much to do

Anthony Cavuoti

Just Be Ready To Deal With Them Very More Intensely After This Life

When you die, where do you think your emotions will go. If you do not face them, deal with them here, just be ready to deal with them very more intensely after this life.

Anthony Cavuoti

Just Because

Just Because I move the dial does not mean I don't love the song or the radio station.

it takes time

It takes a long discussion in time before you commit to one station.

Anthony Cavuoti

Just Like Her

Be Careful what you wish for, pray for you just might get it.

O God if I could get another woman like her, I just won't mess it up.

I won't be such a know it all

I will listen more

I was such a fool!

I beat myself up for the longest time.

Hey! at the bar I see a woman that looks just like her

We start talking, Conversations easy, joking, , , ,

She has a flask of whiskey just like her

She pours herself a big one and she pours me one, just like her.

She is tall Sexy' lovely, confident and fearless in her desires just like her.

She is brilliant in her Sublime channeling that makes all life seen afresh, fun, as if I am seeing everything for the first time, just like her!

We go to her place

We make love all night long just like her!

Later she starts busting my balls just like!

She starts criticizing every little thing I do just like her!

She won't be quiet about all her crazy ex-boyfriend's that did her wrong just like

her! ! ! !

She is snappy, stormy and irritated much of the time, just like her!

I must of been out of my mind crazy and delusional, just like her!

But I learned to Appreciate life and not to take anything for granted, and I realize there is a double meaning and mystery behind everything!

That there is more to each situation and each person than what I think I know

I realize that I'm not perfect as well, but I will appreciate life, enjoy life as best, I can, just like her! ! ! !

Anthony Cavuoti

Kill Me Again

Every time I make love I die

I live a little

and the more I lie

But yet I feel the truth

More deeply I surrendered to the truth

Give in life and wanting death

Looking forward to surrendering my breath

In the meantime I'll just love away

Such a delicious passion play

Do you want to live ones or do it twice

sometimes we are very nice

My pain just won't go away

But when I want to burn

Surrender to the delicious Darkside once again

Only way I could see the light

Only way I could be all right

Come out, come out, kill me one more time

I don't need to take control

The way you killing Makes me go

darkside and into the light.

Though I know it's common it's always a fright to taste death so deeply

Such a passionate, convulsion, into life so fully Without fear unstoppable Into
life thrill.

Anthony Cavuoti

Knew Ways To Know One Another

When we die it is over, but the soul's life of life goes on for an infinite existence, still most of us return to be born right here on earth or in some worlds in some other universes that are very similar. Most will continue their destructive abusive patterns. For what, for more way for the races to abuse one another, yes to know one another and love one another. New ways to abuse each other, yes and knew ways to care for one another, as well as to appreciate one another.

Anthony Cavuoti

Lack Of Consciousness

If you have other people take all the blame for your problems, issues, emotional storms, and they take the blame only for your lack of consciousness of the demons you have, you are a bridge of sorrow passing the family pain and ignorance to your children, you are too ignorant to see the pain, face the pain and deal with it, you unknowingly past it to your children, increase it, to the next generation, you are lazy, dumb, a curse. I do not want anything to do with any of you.

Anthony Cavuoti

Let It Speak To You

Each moment is all eternity, believe in it and yourself and let it speak to you. You have the liberating insight and power to free many.

Anthony Cavuoti

Let Me Reflect The Truth

Let me reflect the truth to the stunted fools as well as to the others that believe them selves wise. One will know that they where use while being told endless lies, the others will know that at least the dumb bastards are real and do not care about their jive.

Anthony Cavuoti

Letting Us Be Ourselves

Real love sustains it self, it is enough for it self.

It is all that it needs; it is the greatest joy, the greatest mystery of being, with all of the quenched answers.

All is contained, all is free.

Even a forest of trees of knowledge could not tempt it.

In real love we phantom our depths, the mysteries of our being as it is, in shared harmony with life, with God, with our loved ones, with our self.

God's love for us is letting us be ourselves, free, being with us in our quest to know, our selves, our desires, our depths.

Letting someone know them selves, not interfering with them, not setting conditions is real love.

Controlling, Limiting is not love, it is fear, manipulation, and contempt.

Anthony Cavuoti

Life Felt Me

When we where younger we had so much priceless wisdom but we traded it for the collective delusions called reality and well adjustment. But I have to pay for the kids food, clothes and computer, so there I go helping people cope without betraying themselves, as I do the same balancing act, being real, responsible while facing life with as much courage as I can so that at the end I will face death with an embrace, knowing that life felt me here on this spinning circle if only for a brief instant.

Anthony Cavuoti

Life Speaks To Us Each Day,

Life speaks to us each day, some days life quickens and in our encounters with the people we know well and do not know we here truths that hurt and means to free our selves from the mendacious and insidious attacks on us by those that are hiding behind walls of legitimacy and friendship.

Anthony Cavuoti

Life Will Give

Having real faith is knowing that life will give you unexpected circumstances that no one could have imagined were all of your so called mistakes, faults, weaknesses, and issues will be your greatest strengths, such ways of how things are will not only redeem you but rattle all those that doubted you, in to higher levels of belief in life, in their good. Many will be more able to see through the illusion of darkness, that is the result of intentional lack of love.

Anthony Cavuoti

Lightening Is Quicker Than Thunder

Lightening is quicker than thunder, for many their weaknesses are exposed first, latent powers in them manifest afterwards in unconventional ways. GOD help them if they are adopted with a narcissistic, self-adsorbed father with compulsion issues, denial, anger, rigidity. Also God really be their for them with their borderline mother who can't help but freely expose all of their children's weaknesses publicly while being blind to their strengths, abusing them for not living up to the conventional culturally marketed definition of greatness that the queen demands.

For some parents, not most, their is something deeply wrong with them, the only way to help them is for their adult children to get away, get away from them on as many levels as possible for very long time, for good is understandable.

Anthony Cavuoti

Little Miracles

Life is always so alive for me, in most of my daily experience synchronicity is a natural secondary process.

Little miracles happen every day by, through the people I meet, that I talk with.

The things they say to one another

through one another.

To each other.

Anthony Cavuoti

Living Through You Now

Peoples anxiety has outstrip their generosity

They take refuge in material comforts and entertainments of all sorts

The soul is crying out

Feelings are crying out

Our emotions are kept in check by substances as they build up

The damage is overflowing Flowing

We all take refuge at times in sensuous delights

but our soul cries out for a deeper humanity

We take refuge in work

If we would do what we were meant to do and had from the start of our life here more ways of knowing it.

If we were orientated more than we were conditioned

if we had the confidence and courage to act on it

We don't even know that we have been duped

So I'm taking it back, courage is no use here

Only a desire for the truth will set us free

If we could free our self from the poison milk

We would be more satisfied and more happy

Happiness is a byproduct of a way of living

Dare to live authentically

We vitalize society and culture as revitalize her self

No acts of violence to yourself or to others are acceptable

Surrender to your most sublime Feelings and intuitions

That is the God of yesterday and today living through you now

Anthony Cavuoti

Longings

Life and Death, the experience of both transforms all of creation. Are longings at death transform not only are life, our soul are next life but all of creation, (that includes society and culture) into a higher, freer, more humane more loving, creative, lighter, more vivid realm.

Anthony Cavuoti

Lost For Ever

To be addicted to false pleasure is a way to be lost for ever.

Be with those that cherish your treasure.

Not those refusing to face their false measure.

Anthony Cavuoti

Love

One moment of real love, of real tenderness for a child, for someone you love has more energy, more information, more meaning, more of everything than infinite universes. The reality of reality is of the heart.

Anthony Cavuoti

Love And

It is never a choice between love and sanity.

Sometimes passion and sanity.

but not love

Passion Takes us out of our homogenize life

Passion takes us out of the insanity of over compliance, over adjustment, over socialization, over normality, it brings us to the colors of being and takes us out of the colorist wrappings of our homogenized existence. I

Love does this and more, love always increases in expanding, grounded and reifying ways.

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Anthony Cavuoti

Love Her Imperfections

So tender
so sweet

so tall lovely and fragile

So strong
so dynamic

so alive

Such a warm lovely presents

Enough enough in her love her imperfections

In her lovely dissipation

she is gorgeous beyond gorgeous

Anthony Cavuoti

Love Is Enough For It Self.

Real love sustains it self, it is enough for it self.

It is all that it needs; it is the greatest joy, the greatest mystery of being, with all of the quenched answers.

All is contained, all is free.

Even a forest of trees of knowledge could not tempt it.

In real love we phantom our depths, the mysteries of our being as it is, in shared harmony with life, with God, with our loved ones, with our self.

Anthony Cavuoti

Loved Her So

He wanted to change the world with his ideas of the archetypical portals, just like every rainbow is unique every design of a kaleidoscope is unique, we all embodied the attributes of creation in a one of a kind way, that is each of us is the universe and in the universe, and while in it in a finite embodiment we enrich it and all that we have contact with an unknown ways.

But now all that he wants to do is be with her, to be with her once again in her room. She is the universe, she has everything, she is passion, life. She's a living dynamics of the vitality of life. Once you're inside life there's no getting out, everything else is so unsatisfying.

Can no longer settle for facsimiles.

He keeps dreaming of being with her, in her room, in the dream she has two different color eyes but she doesn't in reality. One light gray, the other dark brown. Gray, gray wolf the Native American enchantress of her. Mysteries and fold experience, in ecstasy, tenderness, in food, in drinking in touching. in her heart, in her car, in her art, in her cleaning, in her smile.

He can't wait for, the title wavetitle-through the galaxies, for the next bardo, for the next incarnation, for the Phoenix.

A few days after he seen the Rolling Stones concert with his brother, he went to Venice Beach. While walking, he was captivated by the art of an artists. Beautiful works, some how capturing the increasing subtle beauty of the soul in a woman's aging face, the flagrant decay, that releases her souls mysterious powers, how passion intertwines with pathos, how a soul can be permanently stuck in Pluto's influence. Emanating in the portraits of the faces of the African-Native American women.

He kept, Thinking of her, the last time he was her. She asked him to meet her at the dry bar. that Day he was tired after working out very passionately and going down to Chinatown and buying groceries. He was about to go to sleep, call is a night she hasn't called for a few days. She called him after he relaxed and had a cigar or two, after he exhausted himself and and depleted himself with some writing. He took a little pre-workout powder or to get him some energy to make it out.

She gave him the address, directions and dyslexia do not mix, expecially when one is tired. The lifelong flood gates are leaking can't find the place, wrong place can't find a place, can't find parking. There is the place, inside where is she, she says why you're looking down there I am right here.

I don't know why, just started scanning the bar for you, starting from the back. She says, You should start from the front. Here is your drink. Cape Cod/ Voca and cranberry juice with some line. her dress flowes on her, caressing her, so naturally, so sexy.

Bartender looks at me.
So many misunderstandings that night.
She starts telling me how she was putting together her stationary bike and
resisted calling me for help.
How she does not like driving down the street, my street, which is right next to
her favorite bar. because she does not want to think of me.
This is unexpected and I am completely taken aback.
She says I tried to leave you
even when I came to your house
you just followed me out your door
You hugged me
you would not leave me alone.
I got a lot of material things, but never received any validation, self-esteem was
like a drop of water in the desert in my family's atmosphere, positive
reinforcement did not exist. I say this because I never really felt important in
anyone's eyes
I see that I'm important in her eyes and she does not like it
My feelings are Mix I am deeply hurt inflated. yet completely deflated.
Somehow she could always do this to me, be everything to me and completely
destroy me, both at same time.
I am struggling to regain my bearings, she continues.
More compound misunderstandings, about what I did Valentine's Day.
I say if you feel that way about me why are you with me.
She says I thought you were the exception.

Anthony Cavuoti

Lovely Heart Break

I never Wanted to fail her.

I thought for certain I could be there for her

Just prior to meeting her so many layers of my own life are falling apart

I sword, I glided to new heights of passion and understanding with her

while falling apart inside, having my own private Phoenix with nothing to do with her

Everything to do with her

Magically she came into my life

and tragically she went out.

Everything she did was magic, wonderful

but many misunderstandings

Slower than slow

Wish I was able to slow her fast current down

But she took me in a current to a whole new life

The first time I really parted with the lady so significant and profound, with out being indifferent, or angry.

Once twice or three times it doesn't happen too often I'm glad, I experience such a lovely heart break

Digesting all of her splendor

Anthony Cavuoti

Loving Embrace.

We travel through the universe from place to place in a loving embrace.

Anthony Cavuoti

Many Of The Moms Of The 60s And 70s

Many of the moms of the 60s and 70s put the drug value in their infants and babies milk, because the mother was too stupid and immature to deal with them and the father was just as messed up.

Now you're like a dodo bird over trusting, can't fly or protect yourself

All the drug rehab counselors, And your smog pretentious family members are hungry man with axes and guns.

The ones that messed you up

Always tell others how terrible you are and how great they are

and how they will do anything for you

Now the poor bastard is an addict and idealizes the people that messed them up. Update your feelings and ideas so you do not inflict the same abuse/insidious abuse upon your own children.

Anthony Cavuoti

Marooned

Sometimes, mostly during the holidays I go back home emotionally, I get marooned there, for a while, as if I am thirteen again, in the snow in front of the house in the street, with large snow piles all around me, I am telling myself this time I am going to make the long walk back and never come back here again.

Anthony Cavuoti

Match

I am tired of hiding my really feelings, my real perception behind good intentions.

The feeling and the intention have to match. If they do not the person is out.

Anthony Cavuoti

Miracles Are A Byproduct Of Many Thing

Miracles are a byproduct of many things, the main one being love, the more you know the person, the more you love, the more you know your self, the more you love. The wiser you are, the more you love. The more you go through, the more you are, for your self and for others. I do not have to tell you the rest.

Anthony Cavuoti

Miracles Really Do Happen; I Am Not Talking Abstractly Or Metaphysically.

Miracles really do happen; I am not talking abstractly or metaphysically. I was doing very poorly in high school, then one night the vision of my book Parrallity came to me, it gave me the confidence to share my ideas as well as my story with my teachers. They shared my ideas and story with professors, which in turn assisted me in into getting into a great college despite my very, very, very severe dyslexia. Now I am doing well in my profession.

Anthony Cavuoti

Mirages Of Lies

Do not stay in a desert storm, you already paid for the mirages of lies you thought that would shelter you warm.

Anthony Cavuoti

Mirror

We are alive and here in more ways than we know.

We are alive and here in more ways than we realize.

Life is not one Mirror but endless mirrors.

Mirrors reflecting our depths.

Mirrors reflecting our superficiality.

Mirrors reflecting our mirrors.

Mirrors clarifying our mirrors.

Mirrors reflecting how we come to ourself.

Mirrors reflecting how we hide from ourselves.

Mirrors reflecting where we are.

We are here

Everywhere all at once

But now in this feeling instant.

Listen to it laugh

Listen to her cry.

that is how you live the moment transforms but never dies.

Ride this wave to unknown shores

First you must get in the water

Push yourself to the current?
The current is your moving debts.

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Anthony Cavuoti

Mistake Familiar For Normal

If you were emotional and or sexually abused as a child you are vulnerable to others with similar or the same issues as your abuser. As adults we all have lapses of judgment, but our feelings protect us, they warn us that something is wrong, but if you were abused you mistake familiar for normal, and your inner normal needs healing from the abuse, from the betrayal.

Anthony Cavuoti

Misunderstandings On The Heart

We acted out each others worst issues unintentionally.

The good intentions,

our innocent desires to be heard and to hear

Only compounded the stealth

of the arrows of past devastations that cut into our hearts once again.

Anthony Cavuoti

More Assertive And Gentler

I have found that I am more assertive and gentler at the same time. I believe this comes from not just more understanding of myself, my nature and human nature, but a deeper understanding of both with a more profound appreciation of the sacredness of this exchange.

Anthony Cavuoti

More Authentic Life

There is just more to us than what we know.

Much more,

pain will contract,

Pain will frustrate,

pain will distort,

pain will conceal,

Feeling your pain and understanding the sources of your pain will reveal,

the labor pains of your higher self don't always come easy

or in ways that are packaged and shiny self help books or videos.

Once we feel it and go through it it is ours forever, no this.

You will not be appreciated for knowing the truth.

No one will praise you for seeing through their deceptions.

and from their many Self-deceptions

Appreciation won't come from others but it will come from you.

It will come from the depths of your soul and the meaning of your life, not a perfect life.

bit a More authentic life

Not a life without conflict and much trouble, but your life.

Anthony Cavuoti

More Of Life As We Go On.

Life is alive. We encounter more of it as we go on. Sometimes in unexpected directions. As we go we encounter our self, more of life, sometimes directly, sometimes with others who do not know the extent of their presence and meaning. There is always the betrayers, the deceivers, the arrogant and jealous. We learn to protect, cherish and defend the life of life as we see through their fronts. We gain as we go on to more fulfilling encounters armed with more sight, heart, mind, presence and soul. Our obstacles give us the abilities to free others from the games of the lost that believe them self set in their false adaptations. You are free to encounter life on your own terms, that is from your core and no longer beholden to the false perceptions of the pretenders, of the status quo.

Anthony Cavuoti

Most Are Prisoners In Their Limited Perceptions

Most are prisoners in their limited perceptions, many are bullies, abusers, trying to rap them selves in a cause to free them selves from the abuse they did to others. Most do not face it; they only become more indifferent and inflict more, on others, without even knowing it. Find me someone that is miserable most of the time and I will show you some one that is hiding from their sins.

Anthony Cavuoti

Most People Are Appendages

Most people are appendages of their shadow not of their soul. The light, the truth you give them they need and they hate. Do you think you will have the appendage come to life? By your generosity, by your giving, by your love, by your patients. It will return to its master, tell it your soul's ways of adopting and return to destroy you with a face of friendship and love. Give it a blood test and you will find no soul, no real heart. Such dead kill each other, be aware of them and deal with them as they are not as you desire to see them.

Anthony Cavuoti

My Attention Again

While I take my work serious while being grateful as well as humble things go most right, most of the time, I start to get into trouble when I start taking my self to seriously, I rely on my ego which leaves less room for God and miracles, until God get my attention again.

Anthony Cavuoti

My Desire

My desire
is

Your desire
I catch fire
Your desire
Makes me higher
Your desire
Never expire
Your desire
Is my burning pyre
your desire
it Awakens
When you're touching
I am for sake in
And the love were making
Your desire
Surrendering to it is my big mistake
One thing for sure it is never fake
Your desire
I expire
In the middle of the night
You call me once more
Knocking on my door
Just to kill me once more
You say
come get My Lucy
juicy
I know it's trouble
I am on the double
your desire
I can't resist
The mist of the bliss
Bee knocking on my door
I am washed to shore
Drown me in your desire once more

Anthony Cavuoti

My Father Has Been Dyeing On Me For Years Even Though He Is Healthy And Alive.

My father has been dyeing on me for years even though he is healthy and alive. The more I see him, realizes him, the less he is. The past of what was, what was once the sun, is now smaller than a seed, not a muster seed, but poison ivory. I wish it was not but for my sake, I must face this truth. If we came from a place where there was more rage coming to you than love, more frustration than love, more ridicule than love, more lack of boundaries than love, more manipulation than love, more intimidation than love, more hitting than hugs, then you are better off by facing this terrible, this tearful reality go on in to love, to really love, not use fake public displays of love to cover your abuse. Face it, wrestle with it, change it, so as not to past this destructives hell to our children.

Anthony Cavuoti

My God, My God, Why Hast Thou Forsaken Me

My God, My God, why hast thou forsaken me, we all have such moments, all seems hopeless. There is nothing, still we go on, we find a way. If we have done works of the soul, if we have moments before the cross where we were true to our core, those mustered seeds will carry our depths, our soul, our life to a new life here or to new lands, to new hope, to more noble fulfilling desires to better more refined worlds to come.

Anthony Cavuoti

My Heart Yearns

We are all so lovely and wise, but having to survive, stay afloat, flourish we put a great amount of energy into lower levels, in fact we apply our higher levels onto our lower levels, if you do not do so you are considered neglectful, not taking care of business. So much of my life I have been guilty of this, yet as I take care of business more of my heart yearns for more of the innocent ways of putting truth, kindness above all.

Anthony Cavuoti

My Unclear Subjective Emerging I

My unclear subjective emerging I of me is not looking for resolution, meaning, nirvana, heaven, paradise, or non existence, it is simply striving for fulfillment, expression, to fully experience the maximum intensity and radiance of its aliveness, each life is simply increasing the wave of my passions, of my emotions, of the tides of my rising being in which it reached the pinnacle of which I am right now. But this wave has become conscious of itself, and I was born trying to escape it, out run it, but by chance I am body surfing on it, trying not to be thrown off of it as I ride it, to where, I do not know. I sense it, I intuit it, I trust it, even in the storms, most of the time, enough of the time. It is not great acts of heroism, great works of achievement, security, victory and recognition, that resonate most real in us, that give us the most sustaining joy, it is those real moments, tenderness, expression, our truth, love, and even resistance of the powers, of the pleasures, of the standards. of the securities, of the overwhelming traditions of lies that the vast majority of take to be real, such give a little to parts of your ego, take greatly from your soul, and/or dignity.

Anthony Cavuoti

Narcissism Is The New Normal.

Narcissism is the new normal. It is Now considered a sign of strength, of virtue

Like in Roman times, generosity is considered a pathology, A weakness.

If you do not Comment then this applies to you! ! ! !

Anthony Cavuoti

Narcissism.

Don't mistake obnoxiousness for confidence, for strength and for pride. It is blind and useless narcissism, conformity to establish powers. A superficial charade charade massed as vitality.

Anthony Cavuoti

No Matter

No matter how unfairly you have been treated,

or misunderstood,

when you bring out the best in others,

support that,

life will find a way to bring that out of you and

support that!

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Anthony Cavuoti

No Matter How Far We Are Apart Physically Or Emotionally.

We spent a beautiful day together.

She showed me her places. Introduced me to her friends.

We made love that night.

The Next day she asked me to meet her at her church.

I haven't been out of her or her soul since. No matter how far we are apart physically or emotionally.

Anthony Cavuoti

No Matter How Good Or Painful

Facing our feelings and emotions, no matter how good or painful, owning them and coming up with effective strategies to express them, to be heard is a great deal of what life is about.

Anthony Cavuoti

No Matter How Much We Lose Ourselves,

No matter how much we lose ourselves,

hide from ourself

the voice of our depths still calls us, still guides us to broaden horizons of our being.

The inner voice of our soul and our regressions beckons us to chew the past traumas,

neglects and outdated ways of being.

Anthony Cavuoti

No Matter Where You Are I Am Always With You

When you are lost, I have you.

When you are apprehensive, I comfort you.

When you are uncertain, I am solid.

When you are alone, I am with you.

When others slander you and persecute you I cherish you.

I do not judge you.

As you come closer to me you free yourself from the vanities and illusions that you mistaken as real.

Anthony Cavuoti

No Wonder Why Emotions, Feelings, Violence And Love Become Interfused

One of my clients told me today about the terrible abuse she experienced from her boy friend. As well as the ways she emotionally abused him. The destructive dance of fury punctuated by moments of passions they mistaken as love. Later that day I heard a child of about one and a half years old cry out from a church parking lot next to my apartment, his mother was yelling at him, then she spanked him on the bottom, then she picked him up and he melted into her. She is his world but the violence on many levels was done. No wonder why emotions, feelings, violence and love become interfused and later played out so destructively.

Anthony Cavuoti

None

Life is the expression of the desire of the soul to manifest and to share what it uniquely perceives and feels. Columbus's essence is deep in discovery

Buddha is the essence of wisdom, the triumph of wisdom?

□

Christ is the essence of love, the essence of wisdom, the triumph of love, the triumph of love.

Anthony Cavuoti

Not You At All

Everyone has deep issues, which are really diamonds most do not know how to mine their diamonds. Most deny their diamonds, or keep them buried, mine them, your issues are your tools and skills, which save others. They are you but not you at all, your mistakes, sorrows, and pain, intersecting with humanities crudeness, ignorance, greed, and selfishness, if you come to light here some, through this forest of plastic, video, soundbites, pretense, hate and ignorance, you will come through, shine forth anywhere in this, all universes, creations.

Anthony Cavuoti

Now That She Is Gone

Now that she is gone she is more real to me than the air that I breathe.

Then the thoughts in my head.

Then the dreams of my ambitions.

Then the fire of my desires.

I feel like the devil cast out into hell, never to see light again.

Sealed in pitch darkness alone.

I feel like I'm bleeding out

No transfusion.

I feel like an aborted fetus.

A million galaxies,

A million sunrises of her wisdom shine from the darkness within.

I did not realize how great she was until it was too late.

She was very flawed.

That's exactly why I loved her so.

She embraced her imperfections that made her so perfect.

This will not stop her from being, from living her truth.

My arrogance got in the way.

Part of me does not want to get over her.

There is no getting over what is real

You have to digest what you lost and what you gained through your despair.

And how I hurt, how I hurt!

I survive

lesson learned

I surrender to my despair for what I lost

The bitter taste of loss.

The sweet taste of one's having!

Anthony Cavuoti

Now That She's Long Gone I Understand Her Now More Than Ever.

Now that she's long gone I understand her now more than ever.

The more I digestive the time and memories of her, the more I appreciate her

Now that she's going I understand her more than I did

I did not know her

now I do

I did some things

and she did some things

I wish it wasn't so

but my God how I miss her and how I appreciate her

She really was an artist

an artist of life

I Thought I was an artist but I was conventional as compared

Anthony Cavuoti

On The Inside

If your family loves you on the out side and hates you on the inside, that is worse then hate through and through, for you have a hard time not only seeing it, but excepting it, thus making it more difficult to detach your self from this poison.

Anthony Cavuoti

On The Service

Some people so generously, so freely, so nobly, so eloquently, so obviously provide you with two pounds of the most, very helpful, even vital assistance, on the service.

but underneath they have given you ten pounds of hurt, anxiety and doubt.

They are more than
Passive aggressive,
rocks in food,
sand in your drink,
They are hate in love.

Hate pretending to be kindness, generosity, and love.

Anthony Cavuoti

Once More

In deep peaceful sleep and death we are with God.
We are the fish, God is all great lakes and oceans and
we peacefully exist in him.
In this life others needs of us awaken us from sleep.

In death other souls, loved ones and worlds might enchant us to go out down a
stream, or river, away from gods center, away from our home, out of the lake
and that life will be just as real as where we are now. From God to God once
more.

Anthony Cavuoti

One God Cares For You, The Other Is So Great He Could Careless

There are two kinds of Gods, one is always making creations, life, creatures, beings, consciousness, and going on without looking back, creating even more spectacular creations, universes, multiverses, ever greater complex life forms one more fantastic than the other.

There is another sort of God, one that creates a universe but gives a damn about the beings he created. This God is there, this god stays with his creatures, with her beings as they struggle, as they strive, he gives them space and the ability to co-create with her. The other god, could care less, he has other better universes and forms of life to make.

in this universe in our life now, these two gods are fighting it out, in our life now we are fighting it out with them as well. Do you want the greatness of the narcissistic God of cold selfish greatness. What a price you pay for being like this god or worshipping this god. He just made you to prove to himself how great he is, or do you align your self up with the God that gives a damn about you, he made you because she wanted to share herself and all of creation with you,

What is your choice let me know and why, it says a lot about who you are.

Anthony Cavuoti

Only Perpetrators Think Them Selves Queen Or King

Only perpetrators think them selves queen or king, they kill you and have other believe you are mean, leave them alone and watch them fade, they are the reason for their own lack, they take and give their own denial issues back.

Anthony Cavuoti

Orientation

We all are slowly but surely learning to identify with the tender and loving sides of ourselves, that is to be more empathetic, we get seduced by others as well as our (sexual) powers, but when we learn to put our children first everything takes balance. Some people don't fear life that is great but we are learning to be more tender and loving towards each other, people are learning to face their truth, and not act out what was done to them as children. Not To take refuge in fame and power and drugs and sex, they're all great but they are no substitute for the real love, attention, and reflection that we should've received as children when our brains were forming, plastic vulnerable, forming and orientating to this world. When such are patterns made they are locked in for life you could learn to cope with them, but they are locked in for life. Vice then rationalize them. Christianize them, but they are locked in for life. If you are around wise people, gentle caring people, generous people then you can understand your truth, your pain, find meaning in your suffering as well as find true orientation and meaning in you life.

Anthony Cavuoti

Our The Core Of The Forces That Shape To You.

You wanted Change the world.

But you would be lucky if your could change or live out any of your fantasies,

Somehow you know the touches the core,

our the core of the forces that shape to you.

Complying your will with them,

to do it!

To make it and to live right through it.

You have to inflate it in order to pop it

You have to make it real,

in Order to take it away.

You have to be deadly serious,

In order to really let go in play.

Anthony Cavuoti

Our Truth.

We have to deepen our truth.

Know our truth on all levels.

Speak from our truth.

Act From our truth.

Anthony Cavuoti

Outer Layers

In our culture we are almost forced to identify with the outer layers of ourselves and each other, but this is just the outer most surface layer, that has become a thorny protection, but it has estranged us from ourselves and each other to often.

Inside of you more beautiful and wonderful.

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Anthony Cavuoti

Over The Line

If no one can really stand your mother and she says that you are the only one who cannot stand her. She is not a borderline mommy dearest she is an over the line. What a black whole of a queen, sucking the life out of everything in her circle. You can not save her, if you want to mess up your life and the life of your children be with her. If you really want to mess up your life be with your Narcissistic father as well.

Anthony Cavuoti

Parents Need To Be Attuned To Such Unique Gifts And Abilities In Their Children,

Parents need to be attuned to such unique gifts and abilities in their children, but all too often conventionality and the rush of daily life stops this from occurring. Parents have to appreciate such wonders, recognize them, to cherish them, to hold them and to nurture them into being, to be the midwife that give births to such dimensions of your children's soul, and not be an abortionist.

Anthony Cavuoti

Parrallity

As a form of synchronicity. The way I used it in my book, Parrallity. A meaningful coincidence, crescendo of experience in which life your encounters with it are fully meaningful and authentic, inside and outside are the same side.

Anthony Cavuoti

Part Of Me, All Of Me

Being with my children is the greatest joy I have ever known.

Seeing them in the morning before they wake up.

My fears, anxieties of how am I going to make it, how will I make the demands of the day.

Part of me knows it will be alright, that I will exceed expectations.

Part of me fears that I will indeed do great things far past what is needed or right on the mark but miss out on the tenderness, the fun, joy, laughs, that are born in the moments of simply being here with them.

Just my being with them, raining in my racing mind of obligations and deadlines.

When I am with them at times I feel guilty, that I am falling behind on what I must do to provide for them. Sometimes, more and more all is right, I am with them fully, I just got through doing what is needed at the time.

Anthony Cavuoti

Passions In Us That Are Not Rooted In Time

There are dreams in side of us that guide us even when we are lost in pockets,
large pockets of time.

Passions in us that are not rooted in time that guide us.

One more time, this time will be it.

Somehow we know we will get it right.

Our debths Push us to what we will become in this incarnation

We know we did a triumphantly before

We feel it,

It will happen again.

Anthony Cavuoti

People Recover From So Called Mental Illness When They Sincerely Experience And Face The Truth Of The Abuse, Neglect, And Traumas They Experienced As Children.

People recover from so called mental illness when they sincerely experience and face the truth of the abuse, neglect, and traumas they experienced as children. Recovery happens when they no longer attempt and desire to cover it up with chemicals. Our job is to extricate them from this entanglement. Through sincere Empathy and support with the aid of an enlightened person people find their own answers, balance and orientation. They no longer act out what was done to them as children and are no longer willing to destroy themselves to cover up the truth. An enlightened person is someone who is able to face their own truth and is able to stand on their own emotional legs without crutches; they assist their clients to do the same in their own way.

Anthony Cavuoti

People With Dyslexia Are Not Imprisoned By The Limits Imposed By The Rules And Laws Of Language.

The laws of nature are different and more subtle and complete than the laws of language. People with dyslexia are not imprisoned by the limits imposed by the rules and laws of language. They have reality with them, which is magic.

Anthony Cavuoti

Peoples Anxiety Has Outstrip Their Generosity

Peoples anxiety has outstrip their generosity

They take refuge in material comforts and entertainments of all sorts

The soul is crying out

Feelings are crying out

Our emotions are kept in check by substances as they build up

The damage is overflowing Flowing

We all take refuge at times in sensuous delights

but our soul cries out for a deeper humanity

We take refuge in work

If we would do what we were meant to do and had from the start of our life here more ways of knowing it.

If we were orientated more than we were conditioned

if we had the confidence and courage to act on it

We don't even know that we have been duped

So I'm taking it back, courage is no use here

Only a desire for the truth will set us free

If we could free our self from the poison milk

We would be more satisfied and more happy

Happiness is a byproduct of a way of living

Dare to live authentically

We vitalize society and culture as revitalize her self

No acts of violence to yourself or to others are acceptable

Surrender to your most sublime Feelings and intuitions

That is the God of yesterday and today living through you now

Anthony Cavuoti

Perfect As We Are

We Pray to God to give us strength, to deal with this, to find a way to fit in, to be content and happy in this bulls***

God made you perfect as you are.

Every time you prayed to God to change you, you're slapping god in the face,

What you are saying is God you made something a bit *hitty, change it.

God reply to you is, you are Perfect as you are! Be just how I made you and kick the *hits *ss.

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Anthony Cavuoti

Permanently Lost In The Foggy Haze Of Delicious Bliss.

After I surrender deeply in passion to a sexy enchantress do I have the Power, strength and perceptions

and the emotional drive to face my demons once more,

demons from another sexy enchantress who killed me, a Thousand, Thousand delicious ways.

Only afterwards do I realize that I have been avoiding, not facing my demons head on.

But now I have more demons to face.

More begets more, and deeper in deeper.

Permanently lost in the foggy haze of Delicious bliss.

Anthony Cavuoti

Phoenix

In the movie the gray, men face death, some consciously believe in an after life, others do not, through the pain and trials some spontaneously come to their own understanding or experience of death. A pack of wolves is pursuing them, almost for certain they are not going to make it, but still they go on trying as our human instincts compel us. This leads to some of the more basic ideas of the movie, Alfa, dominance, strength and courage, how we face death is intertwined with how we face life. On a more primal level, we create our own phoenix, our own rebirth by how we face death. Unconsciously we all have our own allegiance, understanding of life, death and the after life.

Anthony Cavuoti

Phoenix Passion

Felt it deep in his core.

Life and death are really one.

The two sided duality is only an illusion.

Life and death are one expression,

his love of life, his love for life.

to be crucified, poisoned and die, to die to your self,

to liberate your self, to your real powers, to real life.

How else can you really heal, can you really be.

The power and mysteries of life are intertwined with the powers and mysteries of death,

only when you embrace death,

face death are you really alive,

can you really be you,

your life,

can you really live, can you really dye to death.

Can you really be reborn.

Anthony Cavuoti

Pick The Right God.

One god cares for you, the other is so great he could care less.

One god cares for you, the other is so great he could care less, so very great he does not have time to care so he so artfully pretends to care. If you see he is a fake he will destroy you.

Yes there are two gods.

There are two kinds of gods, one is always making creations, life, creatures, beings, consciousness, and going on without looking back, creating even more spectacular creations, universes, multiverses, ever greater complex life forms one more fantastic than the other.

There is another sort of god, one that creates a universe but gives a damn about the beings he created. This god is there, this god stays with his creatures, with her beings as they struggle, as they strive, he gives them space and the ability to co-create with her. The other god, could care less, he has other better universes and forms of life to make.

in this universe in our life now, these two gods are fighting it out, in our life now we are fighting it out with them as well. Do you want the greatness of the narcissistic god of cold selfish greatness. What a price you pay for being like this god or worshipping this god. He just made you to prove to himself how great he is, or do you align your self up with the god that gives a damn about you, he made you because she wanted to share herself and all of creation with you,

Anthony Cavuoti

Poisonous Roots

You reach a point where you intentionally stop eating and believing that you are getting real nutrition from poisonous roots. (Metaphorically) . Or the roots pretended to be there for you but really were not, for what ever reasons, they were preoccupied with their own internal is difficult if you came from a place where the roots were there for you and good for you on some levels but undermining and undoing you on others. When you reach a point where you have the discernment to really tell the difference, deeply, even far beyond cultural and social perception, where your need for self fulfillment outstrips all of them, regardless of how intense or alluring or seductively they present themselves or they make themselves.

Anthony Cavuoti

Professional Sports Are The Modern Plantations

Professional sports are the modern plantations. Well you say the African American players are rich. No most end up losing all or most of their money; they where treated as objects all of their life. They are free to leave you say. To what. Everyone kept them so focus on sports. Some are rich and keep their money. They are the limping advertisements for the plantation owners to recruit, children, teenagers, young men from the narcissistic fathers, the greedy mothers that uses their children like animals to be fools for their sick needs, and for others with little to focus on, modern plantation owners give them, the young from despair false hope, to be used as peace's of meat, to dream of being players on TV to escape from their painful environments instead of what they really might excel at, science, doctors, engineers, architects, teachers, researchers or parents that do not abuse.

Anthony Cavuoti

Quit Looking For Your Salvation From The Emotionally Stunted People

We forget that we are part of the very core of creation, thus we are an expression of creation. From time to time we incarnate into families that is into circumstances that shame us out of are core, of who we are, this starts from birth, such feelings begin in the womb from the circumstances that surround the mother. The way out of such feelings is in. Own your feelings, they are telling you that the environment that you were raised in was inadequate. Quit looking for your salvation from the emotionally stunted people of your past. Find it in people who are able and willing to own their projections, who are capable of really loving you, that is be with people who love you for you instead of trying to manipulate you into roles that validates their twisted and stunted sense of self.

Anthony Cavuoti

Real Change Happens

Real change happens, never on one level but on many levels. What makes change difficult at times is that we could use one level to hide, to talk the talk, to look as if you have changes, when in fact we have not. On the other hand one level is often a blue print for change, a map for change, a drive, impulses, intuitions. The trick is not to have all the levels work at once, we are not machines, but to work in harmony, each of us is more like original music.

Anthony Cavuoti

Real Love Makes Life

Real love makes life so wonderful, so worth living, so worth the pain. Real love is greater than are many sweet yet blinding desires. Real love is greater than all pains, neglect, abuses, all of the ways they have compounded on themselves and one another, in our brain, in our mind, in our heart, in our soul; love does more than heal, more than purifies it restores, it reifies God here in every moment that it is real. This last forever after all of the dust of the cosmos has vanish into nothing.

Anthony Cavuoti

Real Love Unfold

If the important people in your life love you on the outside and hate you on the inside, that is worse than hate through and through, for you have a hard time not only seeing it, but accepting it, thus making it more difficult to detach yourself from this poison. Once you sense the good in you that is beyond any game, you no longer judge yourself from their shallow standards, but go forwards into a higher ecology of life, of love, of human interactions. Soon you meet other people that reinforce higher ground. Then watch the miracles of your life, of real love unfold.

Anthony Cavuoti

Real Self

For better and worse or both, how we felt before birth, intra uterously, as an infant, as a child are the impressions we carry for the rest of our life. Blessed our those that go through life with this tale wind. But the vast majority of of us have a headwind, dealing with so called loved ones hostel, and ambiguous attitudes right from the start. The damage is made and set for life. Denial of this only makes for a life of distortions and illusions that is a life of denial. We end up believing we are in love with our distortions. We destroy each other by trying to make our distortions work. We go to work for our distortions, we marry our distortions, we idealize are distortions. That is why we self-destruct. That is why you have so many symptoms. That is why you're depressed. Is why you drink so much. Is why you are on medications. That is why you are so irritated. That is why you want so much materialistically, in a vain attempt to fill is void. But we want to be with someone that loves us for us, as we really are, who excepts us when we are in our real emotional states. Think about that, how real that is. We need to be with Someone that loves us not for what we project which takes constant effort, which is not the self but an effort of the self; to flourish we need someone that sees us, that except that cherishes us for how we really are, in our default mold, which is our early impressions. Which for most of us is not a pretty picture. The active persona that we cultivate later in life is our representative. The more our representative represents us, and not our ideal self, the more real satisfaction we will experience. It takes wisdom, intellect, and a deep desire to live your life to except this. Your life could seem to be very successful, very interesting but if it is not your life, you have no real life. First we have to see ourselves. We cannot see our own eyes in our own face. So we need to be around people that really love us for us.

A Big house can not make up for lack of authenticity.

Sex all the time, will not make up for lack of authenticity.

All the money in the world will never make up for lack of authenticity.

All the fame in the world cannot make up for lack of authenticity.

Very famous rich and successful Actors are committing suicide, think about it!

Reifies A Deeper Portion Of Our Individual Subjective Depths, That Resonate In Us For Eternity.

That is, For better and worse or both, how we felt before birth, intra uterously, as an infant, as a child are the impressions we carry for the rest of our life. Blessed our those that go through life with this tale wind. But the vast majority of of us have a headwind, dealing with so called loved ones hostile, and ambiguous attitudes right from the start. The damage is made and set for life. Denial of this only makes for a life of distortions and illusions that is a life of denial. We end up believing we are in love with our distortions. We destroy each other by trying to make our distortions work. We go to work for our distortions, we marry our distortions, we idealize are distortions. That is why we self-destruct. That is why you have so many symptoms. That is why you're depressed. Is why you drink so much. Is why you are on medications. That is why you are so irritated. That is why you want so much materialistically, in a vain attempt to fill is void. But we want to be with someone that loves us for us, as we really are, who accepts us when we are in our real emotional states. Think about that, how real that is. We need to be with Someone that loves us not for what we project which takes constant effort, which is not the self but an effort of the self; to flourish we need someone that sees us, that except that cherishes us for how we really are, in our default mold, which is our early impressions. Which for most of us is not a pretty picture. The active persona that we cultivate later in life is our representative. The more our representative represents us, and not our ideal self, the more real satisfaction we will experience. It takes wisdom, intellect, and a deep desire to live your life to except this. Your life could seem to be very successful, very interesting but if it is not your life, you have no real life. First we have to see ourselves. We cannot see our own eyes in our own face. So we need to be around people that really love us for us.

A Big house can not make up for lack of authenticity.

Sex all the time, will not make up for lack of authenticity.

All the money in the world will never make up for lack of authenticity.

All the fame in the world cannot make up for lack of authenticity.

This distorted and jaded imprinting that we have for life is not a tragedy, it is a constant reminder not to play the game so much where you take it as real, it enables you to see it as it is, a distorted part of a process, yours is not to master the game instead it is to remake the game, to increase its range of human expression, to make it more human, too deepen it and expand the definition of humanity, even if the world does not want to play our game which is not a game, we live our truth anyways for a portion of the world that is ready to free them self, we make our own pocket of sanity. This forces us to tap deeper into a higher self, to be more attuned to our debts self, too more fully identify with our deeper nature, the layers of us that are not born in this life and that do not dissolve in his life, instead this dimension of us, increases through this life. This side of us is closer to our core. The more we live authentically from such debts the more we reifies a deeper portion of our individual subjective depths, that resonate in us for eternity. When we are true to our core, we now only tranform our very life, we set the conditions, we set the switches for you high or human faculties to emerge, this allowed others to more fully manifest their uniqueness, less distractions, less distortions, less materialistic and ornamentation.

Anthony Cavuoti

Russian Roulette

People are capricious, reckless with and minimize emotions And use people as objects for their own desires

Only when their feelings aren't theirs.

When people refuse to come out of their deadly sleep, and while they are sleepwalking they believe that they are like all others playing, playing so called adult roles without really being themselves, and not facing their own truth

Once they get to know themselves and their truth their feelings are there's. And the changes are vitalizing and they come to themselves with all the power from their core.

You have to be with a person not an echo of their past.

They have to be more real than their echo!

Anthony Cavuoti

See Through Your Fake And Shallow Personality

You help others when you face your pain. You get by the storm when you expect and deal with its force. Everything grows this way. If you want fertility without a rain you are empty sand in a man made desert, a desolation, you only live a marginal life, all in your orbit enact your strife until they see through your fake and shallow personality where nothing grows, and all is a cover up, just displacement of false pride.

Anthony Cavuoti

Self Negation

It is here now.

We are slowly allowing our selves to be prograded by our own random interactions with Facebook and the internet; how, well in you're responsible for individuation and integrating our self, but it seems of Facebook and the Internet is doing it for us but for their own benefit. Passive integration does not serve ourselves it serves their Financial interest and reduces us to a commodity. Facebook and Internet advertising towards us Interferes with contaminates our sacred synchronistic 's slowly pulls us away from ourselves into an object of desires of hungers with no center with no core, with no vistas, no dreams, no horizon in short with no soul. It will be a pigs paradise we will be well fed animals without any real dreams of her own. But of Course we could buy dreams for ourselves on the Internet, right.

Wait now, from childhood onwards our forming emotional and psychological development and augmentation and developingment will be very influenced by this monetary driven, artificial process. We will be shaped as well as influence in ways that we can not even imagine. We will be Manipulated and coerced without us even knowing it. As a matter of fact, we could end up being active participants in her own self negation.

Anthony Cavuoti

Sharpens The Very Sword They Will Fall On

Some can only get to you when you are vulnerable and make a little mistake, do not worry, if you desire wait, you will catch them doing the same, if the moment past you by, much better, don't worry, they will attract others of their kind and destroy one another as well as them selves in their insane compulsion, mad competition of slights and vindictiveness where intelligence only sharpens the very sword they will fall on.

Anthony Cavuoti

She Altered Me In Her Stealth

When I first met her

My stresses were so so compounded

They have nothing to do with her

The stressers where building like a hurricane

Each one of them

Would have destroyed most other lives

A strange resilience runs through my soul

In her lovely Ways she wasn't afraid to tell me the truth

Take care everyone except myself

She was older and more experienced

I thought I knew

I know how to help others

Much more than myself

She altered me

In her stealth

Anthony Cavuoti

She Destroys So Sweetly

She was so impressed because I had a toolbox

True I wasn't good at fixing things in the house

but was pretty good at helping people fix their souls

Just released them to fix what they wanted to fix

She gave me permission to break whatever I needed to break

Which was my pride and my heart

And my over identification with certain roles

She lost out on the opportunity to really get to know her own truth

To live her truth out more fully

Instead of perpetrated it on to others

what they did to her

She is so delicious

she can get away with it

she could play with it

But she will be so much happier if she was true to her truth

She Pleases everybody in how she destroys so sweetly except herself

She Is Almost 60, Gorgeous Beyond Gorgeous

So tender
so sweet

so tall lovely and fragile

So strong
so dynamic

so alive

Such a warm lovely presents

Enough enough in her lovely imperfection

Every Flaw makes her even more irresistible and sexy.

She was once a 10

now she is in infinity, age does her well

Digested experience of life, of pain, of daring of courageonly, of sensitivity and
of compassion

are the only way to see her,

to appreciate the fine wine of her beauty

Voice of her voice
of her soul

In her lovely dissipation

she is gorgeous beyond gorgeous

Anthony Cavuoti

She Is Beautiful, Lovely And Far Beyond The Norm

She is Beautiful, lovely and far beyond the norm

That is why she's storm.

She's able to really see my soul.

Will Always cherish her

She's truly all of her sides

She is a bumpy but Beautiful ride.

Take you to your very core.

Destroy you and you will ask for more.

For you are more real for having been with her!

In a past life I killed the killers, the treacherous in the Civil War

She was a native Canadian Blackfoot woman who was subjected to being Chattle.

such residence from our past, Residence distort as they amplify.

That is why she so real even as she tells her lies.

With her the strength and mystery of my soul and passion are reify

Anthony Cavuoti

She Needed And Secretly Desired

She needed and secretly desired

A man she could control and destroy the way a man abused and destroyed her innocence while activating her desires through twisted avenues of pleasure, of ecstasy, of sex, of a shame that could not be part of her identity but needed a victim to perpetrate so she could keep her own childhood pain out of her own mind.

Even more, this was further compounded by what she secretly deeply desired, to be close to a woman emotionally and physically to make up for her cold, distanced, emotional blind and cut off mother whose lack of empathy could only be match by her dissociation.

Her attempts to attain love, understanding, and emotional protection were doomed to be frustrated. Sexually acting out overly or covertly became her only outlet and this too she repress and distorted behind the cloak of religious adherence.

Anthony Cavuoti

She Taught Me

She taught me not to be afraid of myself, of my nature, to really not care about what others think. Her wild live embracing madness freed me from the suffocating madness of the cowards normality of those that take refuge in standard bearing socially defined roles of maturity and normality.

Anthony Cavuoti

She Was Closer To My Own Self And Farther Then A Star

Her Voice sang

Her voice caressed

Her Voice enchanted

Her Voice haunted

Her Voice soothed

her voice seduced

Voice made me feel closer than close and farther than far

She was closer to my own self

And farther then a star

Voice is tender and lovely

lovely and profile

Voice always rises

It lifts you up even if it puts you down

When she lifts you up, you fly so high

Eagle soars, it is its passion of the Heights, flying through the Heights that never dies

She Was Just A Shallow Messed Up Woman That I Felt Bad For.

eeffff ffff fff rrrr rrr

Anthony Cavuoti

She Was My Greatest Truth For A While.

What I fear, what I know.

Only the strong and broken of equal power to me are able, are capable and willing to be there for me enough to truly and accurately reflect me back to myself, to allow me to encounter, to know the truth of myself, the real truth, of my powers, needs and wants were I can live out what is really mine and satisfying.

She taught me not to be afraid of myself, of my nature, to really not care about what others think. Her wild live embracing madness freed me from the suffocating madness of the cowards normality of those that take refuge in standard bearing socially defined roles of maturity and normality.

Anthony Cavuoti

She Was My Sun Set, Morning, Day And Night

When She spoke it was always such of a Celebration

Stressers were gone and everything was all right

She was my sun set, morning, day and night

Anthony Cavuoti

She Was Not A Mistake

She was not a mistake

I am no mistake.

Though adopted and falsely documented from the start

Though dyslexic and slandered from the start.

Misunderstood from the start

Targeted for others ignorance and projections

She was no mistake

Similar to me

Misunderstood and forsaken

But never gave up

More than passion

real life real love

Doesn't always fulfill its self

But it awakens you

Brings you back to yourself

See through the veil of institutionalize, cultural, lies socialized slanders and lies

She is still freeing me like starlight from a distant past

She Was Real With Me,

She was real with me, at times she was very real. Revealing, illuminating life and my depths like no other. At times She is not aware of how marvelous she is. She is a diamond giving her self away as if she is a Crystal. Her associates are invested in keeping her that way. Unable to reflect her true value. She belongs to herself. I will never ever betray that. So precious and I will always cherish her. Even if her associates use her to destroy me. I see through that. The depths that she reveals are more real than real and lasting than the misleading games. Xena warrior will see that someday. Diamonds always survive and she's a diamond in a coal mine. She took me out of the salt mine that I didn't even know I was in. In the meantime I'm going back to Rome in Rome is coming out.

Anthony Cavuoti

She Would Say

Some of my professional colleague say this is just countertransference

I think it's even more than synchronicity,

It's part of life creation, our unfolding interest subjective experience

becoming manifest

our Experiences that are unique to our inner desires

Just as much and part of us as our nervous system, our digestive are hair

She would simply say that his life little miracles of life

Which is just what we failed to notice but it's always there

Anthony Cavuoti

She'll Be Safer That Way, Right!

Let's get Mary Magdalene to put a restraining order on him.

She'll be safer that way, right!

Anthony Cavuoti

She's A Living Dynamics Of The Vitality Of Life.

But now all that he wants to do is be with her, to be with her once again in her room. She is the universe, she has everything, she is passion, life. She's a living dynamics of the vitality of life. Once you're inside life there's no getting out, everything else is so unsatisfying.

Can no longer settle for facsimiles

Anthony Cavuoti

Sides Of Her

The Irish side of her could drink drink, hold her liquor.

She would stand a maintain her poise

The Native American blackfoot side of her goes deep, deep

into profound trances

Channeling wonders,

visions,

seeing right through you into your core.

No Escaping your real self

How you hide from life

What it will take to get it back

All my notions and education about what is real, what is healthy, what is norma, I are shattered.

I think I know it

but I don't

She proves me wrong always

Her Natural self is so much wiser than anything I could acquire

Anthony Cavuoti

Sincerity

You only can get it from sincerity.

Anthony Cavuoti

Slower Than Slow, Faster Than Fast

Have faith in the speed of God, slower than slow, faster than fast, just right, not known to us, yet perfect.

Anthony Cavuoti

Smaller Than A Mustard Seed

The part of us that loves, part of us were their is real love, our soul, our spirit, smaller than a mustard seed but larger than all the universes combine, more powerful then all combined. So relax, your debts are in the center of it all, creating it all being it all, guiding it all! Voice to text draft

Anthony Cavuoti

Snuggled Tightly

As I start walking out of my apartment and into the mist, I keep seeing her in my mind's eye, hearing her in my soul's ears, you are a Roman, you are Gladiator, you can deal with what will be coming your way. You give to others very generously, you reflect them, love them, healed them, reconnect them to their truth now it is time for you to get your fire back and embrace all of your truth. You won't be satisfied hiding so generously you have to be you. In the dive bar with her, so worried about so much, so much apprehensions, the rent, the bills, the renewals, all the angles of vulnerability and potential hazards, yet so very possessed by her, enthralled by her, embolden by the look of her, by the smell, by the touch of her, by the spontaneous words of her.

As I go outside into the darkness, the coldness of the dampness of the drizzle penetrates me. This reminds me of the chilly winter raining nights and mornings we snuggled tightly, held each other warmly. Loved each other passionately. Haunted by lovely memories, crowding me, I start running but I can never get far enough.

Anthony Cavuoti

Snuggling With Her In Her Apartmen In The Rain Of December

Snuggling with her in her apartmen
In the rain of December

Funny the things we remember

She was not the best listener but she was the best singer

I wish the rings, stayed on her finger

Wish i seen more clearly

Now some other woman will get the best of me, made by her, and will not have
the worst of me destroyed by her, that is awaken, awakned me out of my denial
by her

Anthony Cavuoti

So Much

Sometimes I am in so much pain, so much pain, so much emotional pain. my life, the world, so much pain, so much emotional pain. Yet so many to love, to share with, to give to. So much more life, love joy.

Anthony Cavuoti

So Much...

51, at 21 my heros died very young, they where deep, real, dynamic and entertaining. Mine is different, to know the truth, expose the lies, to be real and never give up. Lived through so much. There is so much to share, to wright about. So many miracles, so many blessings, so many mistakes, so much folly, so much love, so much confusion, so much clarity, so much joy, so much hurt, so much purpose, so much neglect, so much abuse, so much kindness, so much caring, so much ignorance, so much arrogance, so much deception, so much knowledge, so much risk, so much bravery, so much insight, so much.

Let my so much be your so much more, for there is still so much more to wonder about, to share, to bring forth, to create, to make real, to destroy, to make more real, to protect, to care for, to love.

Anthony Cavuoti

So You Think You Can Change A Narcissist.

Do you think by pleasing me that I will really love you, respect you, let me tell you something, I lost my self, my humanity long before you were born, you are just a front for my enterprises, no more. I will fool you as well as myself into thinking that I am for you and decent from time to time because it makes me more appealing so that I can sucker others in, so shut up and play your role.

Anthony Cavuoti

Social Engineering

Social engineering has a lot to do with the flaws in our of our society. Having us constantly battle one another instead of resolving something we can't see because were too much into conflict with one another. You don't have to be an assassin for the status quo or in apologists. Is someone isn't different or someone has a substance problem or sadistic they are an assassin for the status quo

Anthony Cavuoti

Socially Sanctioned Forms Of Child-Abuse

Carnival rides

amusement parks

A Socially sanctioned forms of child-abuse.

That is why we get addicted to crazy experiences and encounters throughout our life.

The repetition compulsion starts

you know when.

Anthony Cavuoti

Some Are Born Into

Some are born into an environment that cherishes and nurtures their unfolding individuality enough where they are able to cultivate the capacity, faculty, the facility to be objective enough to see it is not them but the ignorance of others lack of God that acts out, that allows evil to have rain, they do not take others satinizing them personally, they find their way back on course, back to the path, back to God. Such not just create their own new births, they also are part of the creation of a higher stratum, ecology of carnation, of incarnation, they are part of the resurrection.

Anthony Cavuoti

Some Are Born Into An Environment That Nurtures Their Unfolding Individuality

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Anthony Cavuoti

Some One Posted A Think Positive Hoarse

Some one posted a think positive hoarse

This is someone who was so abuse by her parents she was not allow to see the truth, feel her feelings and emotions. Think her own thoughts and live through her own senses. Even as an adult the fears linger, she keeps in alive in her dogma, her inner self stunted. All the so called new better ways are a vain attempt to run from the past, the truth. New wine in old wine skins.

Anthony Cavuoti

Someone Who Is Really There For You

I know it might seem odd for you to have someone who is really there for you, but let me be there for you, let me help you with the discomfort of feeling valued so highly, of being cherished, loved and supported emotionally.

Anthony Cavuoti

Something

She was always easy, easy to fall for and dream upon

Something about her was so gentle, something so far out of reach

Something, a certain something about her that glided me into love again

Something about her, that made be not hide away,
with her it was so easy

The natural way she played

The many things she said,

Sometimes I still think about her

How she drifted away

The illusions are more real,

Than the fixed patterns of our days

Sometimes we get a glimpse of what will come.

Of what should have always been

We run away from what is our true nature

Hide in our safety of others expectations again

To find my self, I no longer crawl,

After her now I run.

Anthony Cavuoti

Something In Our Selves

We are here to reify something in our selves that is us as well as the core of creation itself.

You will get much resistance. As you go forwards anyways life cooperates with you.

The lightning of resistance,

frustration,

misunderstanding,

no understanding,

and unappreciation

is faster than the thunder of
coincidence,

synchronicity, support,

appreciation and recognition.

The more despair you are in, the more bliss is awaiting you,

the more you have to offer, even if it is not seen or felt yet.

Anthony Cavuoti

Something Real

When we hold onto Something real it doesn't bend time and reality

it is time and reality.

It is more courage, faith, positive thinking, good attitude and confidence

It is a spirit of giving

To life in a unique way that you decide.

Anthony Cavuoti

Sometimes

Sometime my feeling simply hurt some much. I am just in some much emotional pain. So very much. It is hard to say. What is it, it is. I will tell you at times I, hate such emotional irrigate people.

What want to be free from the hang-ups up of the past, to be free of the pain of the misunderstanding and be free to love my life un-bogged down with all of this emotional pain, weight at time.

Anthony Cavuoti

Sometimes I Just Want To Be

Sometimes I just want to be, simply want share delight, free space, joy of naturally being, no **** heads in sight, just the pureness of life uninterrupted for a while by the bombardment of manipulative people pushing the **** of their or some companies' agenda on me.

Anthony Cavuoti

Sometimes She Would Pretend That She Was Not Pretending

Sometimes she would like just as much as men

Sometimes she would pretend that she was not pretending

Moments like this there's no getting through

no love gets through her defending

She is flowing water that you cannot hold

To be with her you have to be crazy and or bold

Once you have her

Your entire life is told

Intoxication

Enchantment from a channeling wonder of creation

A dark incarnation such a divine 60 like lovely sexy beautiful woman

To have her, even though you don't for a little while you really taste life deep,
fully.

Anthony Cavuoti

Sometimes The Higher Does Just What It Does

Somehow we always find a way, the higher levels have always been used to hide the agendas, attitudes and desires of lower levels, still sometimes the higher is just what it is, and does just what it does, transfigure; Christ hated pretense, yet he new the stratum of our ways of existence, our culture, render unto Caesar what is Caesar's and God what is Gods.

Anthony Cavuoti

Sometimes You

Sometimes you have to stand in the rain of the pain of your past.
Other times in the light of the ceaseless delights, of seeing, of knowing, of
wisdom, of being.

Anthony Cavuoti

Sometimes You Have To Look Away

Sometimes you have to look away from the distortions of what is, look away from the fragmented misleading manifestations and expressions of what is and into the majestic sky that is the source as well as the greatest expression of what is.

Anthony Cavuoti

Sometimes, More And More All Is Right

Being with my children is the greatest joy I have ever known.

Seeing them in the morning before they wake up.

My fears, anxieties of how am I going to make it, how will I make the demands of the day.

Part of me knows it will be alright, that I will exceed expectations.

Part of me fears that I will indeed do great things far past what is needed or right on the mark but miss out on the tenderness, the fun, joy, laughs, that are born in the moments of simply being here with them.

Just my being with them, raining in my racing mind of obligations and deadlines.

When I am with them at times I feel guilty, that I am falling behind on what I must do to provide for them. Sometimes, more and more all is right, I am with them fully, I just got through doing what is needed at the time.

Anthony Cavuoti

Sterilization Process Of Our Modern System

Could the sterilization process of our modern system and the cellophane wrappers that we are all trapped in be part of the reason why as a society we seek so many illusions for an escape.

Anthony Cavuoti

Steve Jobs Being Adopted

Steve Jobs being adopted had a great affect on him. It is no accident that he made the computer and later the smart phone irresistible. As an infant he had to sell himself, make something that was potentially great yet rejected acceptable, similar to what he did with the computer. No matter how good of adopted parent you have or are, there is always Miss-attunement. Good adoptive parent's face it, except it and deal with it thus allowing their child to except this reality so they could cope with it in their own way. Most parents from the sixties and prior were like mine, they told their child that they were lucky they did not end up in an orphanage; most adopted children do not have a chance to sublimate their miss-attunement the way Steve Jobs did. He used his skills to transform the inaccessible and incomprehensible computer of his time into an instrument of freedom, of happiness, of creativity. Something as a child he could not experience directly from his parents.

Anthony Cavuoti

Storing Experiences

Storing experiences and retrieving them, using them in life, how you react to others in life. If you do not know how traumatic experiences were stored in you, you will not understand why at times you react as you do. You self will not know it self and the parts of you that are buried alive will cry out in pain until you pay attention to them. Sometimes people do not even know that they were traumatized, the collective denial of the family cover-up.

Anthony Cavuoti

Strange Gravity

At times, in the morning, I have to break through a strange gravity of my past.
I did not create this gravity of my childhood, for this world and the next I am
making a new gravity.

Anthony Cavuoti

Sublime Mind

We have our own Sublime mind, that part of us is above all that is known about you corporeally, and beyond everything what is acquired true.

Anthony Cavuoti

Such As Winston Churchill's Father

Such as Winston Churchill's father, my father detested me at times, other times he really loved me. I did not know how to make sense of this strange rhythm. The only thing that I could imagine is that if I am great, not only would he love me, but I could save him from his destructiveness, his recklessness that I was so painfully aware of as a child. Being dyslexic I did not receive any validation from school. Just more confirmation that there was something deeply wronged with me. In my writings I found refuge, solace, strength, my voice. In mid to late sixties and early seventies rock music I found parts of my self, all too much of the wild side. The blatant hypocrisy of the adults turned me off to church. My God never left me. My dreams kept dreaming me. Once I had access to books on tape I was able to see more clearly my reflection in the works of literature. To this day such attitudes that were born of my past still affect me. Besides being with my children I feel my best while helping others that are going through similar ordeals.

Anthony Cavuoti

Suicidal Families

The entire situation is invalidating,

their expectations are completely irrational.

They treat you like royalty, royal mud, have you lie in the mud and expect you to have the entire puddle of mud which is your families issue stand.

The puddle was there before you were born,

they put you in it,

blame you for it

and expect you to have it stretch to the sky like a glorious statue

while they continue to harass every vulnerability you possess

as they stealthily indulge their decadence

all the while condemning you mercilessly for any lack of perfection and social status you have.

Anthony Cavuoti

Surrenders To Surrende

To Simply be like the blowing wind

To feel

the warm sun

Surrender to the day

surrender to the night

Surrenders to surrender yet actively be

Anthony Cavuoti

Sweet Sweet Allusion Broke My Heart

Sometimes I am the fool

Ignoring my feelings and using my body like it tool,

Sometimes I Take care of everyone except myself

Sometimes I simply just need to feel

That's something beyond my meaning is real

Sometimes I just feel so tenderly

She is all that I can see

To the point where she's everything to me

but illusions they just fade away

But they are more real than the brick

More real than light
more real than ground

more real than sound

More real than a blink

more real than a swallow

more Real than awakening

more real than sleep

Yes yes it is really that deep

Sweet sweet allusion broke my heart

Beginning

Echo genesis, phoenix it's a new start.

Anthony Cavuoti

T Is Better To Have Tried Lost Your Way And Learned Then Never To Have Tried At All

It is better to have tried

lost your way and learned

then never to have tried at all

Anthony Cavuoti

T Is Never A Choice Between Love And

It is never a choice between love and sanity.

Sometimes passion and sanity.

but not love

Passion Takes us out of our homogenize life

Passion takes us out of the insanity of over compliance, over adjustment, over socialization, over normality, it brings us to the colors of being and takes us out of the colorist wrappings of our homogenized existence. I

Love does this and more, love always increases in expanding, grounded and reifying ways.

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Anthony Cavuoti

Take Root In Your Soul, Not In Others Issues.

Take root in your soul, not in others issues.

Anthony Cavuoti

Tenderness And Longing Of My Heart

Can my tenderness and longing of my heart ever be embraced, understood.

Will I forever be a slave to my exterior, to others misunderstandings and projections of me.

Will others always see the monster in Charles Bukowski and not his tender heart.

Will I always be a target of emotional assassination, because of my tenderness and daring outside of the conventional.

Will these I know and don't know forever try to destroy me on different levels and not comprehend, cherish and nourish my tender longings of my being.

Anthony Cavuoti

That Is A Harsh Gravity,

If people were emotionally harsh with you while you were forming, that is a harsh gravity, that constantly pulls you down; you do not have to be that way with others or your self, stand, reach for your dreams, help others do the same.

Anthony Cavuoti

That Is What It Is.

Somehow God, (creation itself and in creation) makes our lives work out in ways far beyond our understanding, for that is what it is.

Anthony Cavuoti

The Biological Rebel

Dyslexia the biological rebel

We are slowly allowing our selves to be prograded by our own random interactions with Facebook and the internet; how, well in you're responsible for individuation and integrating our self, but it seems of Facebook and the Internet is doing it for us but for their own benefit. Passive integration does not serve ourselves it serves their Financial interest and reduces us to a commodity. Facebook and Internet advertising towards us Interferes with contaminates our sacred synchronistic 's slowly pulls us away from ourselves into an object of desires of hungers with no center with no core, with no vistas, no dreams, no horizon in short with no soul. It will be a pigs paradise we will be well fed animals without any real dreams of her own. But of Course we could buy dreams for ourselves on the Internet, right.

Wait now, from childhood onwards our forming emotional and psychological development and augmentation and developmental will be very influenced by this monetary driven, artificial process. We will be shaped as well as influence in ways that we can not even imagine. We will be Manipulated and coerced without us even knowing it. As a matter of fact, we could end up being active participants in her own self negation.

So what is the implication of all of this. Instead of this life being our own personal encounter to enrich our own soul We become objectified, made to identify with the most superficial levels of ourselves, hence narcissism is the new normal, and our life now serves the few in their own personal interest. Right back to the worst part of Rome

I can foresee a time where a psychological disorder will be equivalent to an act of self satisfying spontaneous expression. That is if you form a conviction or an impulse from a deep level of yourself such of an act challenge the status quo in you will be label deviant with A pathology and of course there will be a medication that will make you well, that will that will heighten your arousal to superficial stimulation and alienate you from your deeper sources and levels of your mind.

But this is happening Right now, dyslexia, Dyslexia the biological rebel

Anthony Cavuoti

The Children Cry Out

We violate one another more profoundly than anything ever depicted in the Old Testament.

The way we fashionably compete with one another without ever really connecting.

Modern day emotional gladiators where are most personal intimate life is a spectacle, our worst tendencies become trending and that's what we cultivate, while actively suppressing anything decent about our selves.

We allow ourselves to be exploited, manipulated by the ringmasters of debasement, those with no shame destroy us from the inside out.

We give them status, we give them power, we give them shows, now we give them everything.

They promised to protect us but all they do is bring out the worst of us.

Yes we are protected, we are protected because we have insulated ourselves, lost ourselves in the crowd, lost ourselves in the crossfire, lost our selves in the debauchery.

Through the portals that connect us, we traded life in truth for entertainment and we lost all perspective, our inner compass on anything decent.

We turn on, tap in, connect to, y5, yb to be told what to think, what to feel, what to believe, what to be,

While we are slandering one another, being jealous of one another, undermining one another, The whole social economic system continues to accelerate in bringing out the worst, the most based tendencies and minimizing anything noble in us.

If you do pursuit sincerity, decency, transcendence through love, through real productivity to life, to truth, to honor it is seen as a form of clowning, or you will be slandered as a radical who refuses to make themselves predictable in this degenerating cycle of our system, of our society, of our humanity.

Perfect the art of subtly manipulating people, of shamelessly destroying them and covering your tracks, of slandering people, of coming upon top while annihilating any that notice that everything you touch has become degraded, be the one to lead, the one to please, regardless of the means, and now you are healthy productive wise and a leader.

Narcissism is the new healthy way, is the new form of predictable healthy psychosocial development. What is next, psychopath, all emotional attachment is simply a pathology and we will develop the art of physically, emotionally, morally destroying one another even more profoundly, power for power's sake without any pretense of perfection, superiority or a greater would seem that Hitler won, that we still honor those that abuse children like Hitler, Hitler's father and their followers.

The children cry out and true Life answers.

How, we may never know but do you want to be on the side of life or pseudo life.

Hitler's they're sure is there going going to have Hitler's the worst of it not the worst of the West in any what the worst of the East the only what is nobility was offered his way is giving him what he wants which way to base ourselves abuse ourselves totally relate to each other in most places.

Flood save us bookstore and save us for nuclear and I'll ation save us or we save us are we going are we lost already.

Anthony Cavuoti

The Director Of The Movie Clearly Was Traumatized And Succeeds In Re-Traumatizing The Audience.

The movie Ten Clover field Lane really shows what it's like to be in an abusive family. The director of the movie clearly was traumatized and succeeds in re-traumatizing the audience. This horror movies and others have a real reality behind them besides their entertainment and their overkill. Such movies remind us by making us emotionally vulnerable and feel once again the terror we felt as children. The terror and horror most of us experienced sometime as children and early adolescence when we where depended for a time on a relative or an authority figure that held us hostage emotionally and we where prematurely forced to deal with their crazy monstrous, manipulative subtle or not so subtle abuse. Of course such relatives or authority figures always told us that the abuse they were inflicted upon us was for our own good and that we should be grateful. Such adults that had Power of life and death over us and the residence of the abuse we were forced to endure still lingers that's why such movies are very effective.

Anthony Cavuoti

The Endless Suns Of Your Being

We come to our self more and more in unknown ways

in orbit that only our depthscan fantom

there is more to us than we can ever know

Moreto us than there are stars in the night, grans of sand on earth

images and feeling catchesome of the trails of our orbit,

momentsthat stand forever in time, in love

in unknownways

more to us than what we know.

Stay away from the lost ways of others.

come to your self

come to you being once more

let your self come to the light of your self

the starlight

the endless suns of your being

Anthony Cavuoti

The Ethereal

The brown eye side of her,

Beautiful lovely irresistible needing to be heard

needing to vent.

I was too exhausted and to off-balance to give it to her then.

The gray eye side of her would call me later that week, apologizing and thanking me for being, and appreciation for my presence of being.

The ethereal side of her which is so empathetic caring, attuned.

Anthony Cavuoti

The Force Of My Depth

I need to be more patient with my self, allow the force of my depth, of my soul to guide me through the various intuitions of my mind, trust the spirit of my depths to navigate the changing winds of human frailties, limitations, emotions. Allow, summons the land of my vision of a full life to unfold its dignity, to infuse me, to wash over me, to bless all those I have contact with. To release, to harmonize with their depth, with their core.

Anthony Cavuoti

The Good Intentions, Our Innocent Desires To Be Heard And To Hear

Build a bridge of communication conducive for real intimacy before, or while you are crossing the bridge of passion. Otherwise it's tragic, lovely, rocking, devastating, delicious,

life-changing, ecstasy but tragic.

You will act out unresolved issues from your past.

Resurrect and attempt to perfect unresolved issues from your past.

Fighting not to be misunderstood. Mistakeing excitement and intensity for love.

We acted out each others worst issues unintentionally. The good intentions, our innocent desires to be heard and to hear Only compounded the stealth of the arrows of past devastations that cut into our hearts once again.

Anthony Cavuoti

The Heart Is Larger And Greater Than The Mind

The heart is larger and greater than the mind, the mind, our limited use and understanding of our minds is a byproduct of lack of trust, lack of life, lack of acting on real life and choosing to pretend to be greater than the forces that created and sustained us.

Anthony Cavuoti

The Insidious Side Of Cyberspace

We are slowly allowing our selves to be programed by our own random interactions with Facebook and the internet; how, well in you're responsible for individuation and integrating our self, but it seems of Facebook and the Internet is doing it for us but for their own benefit. Passive integration does not serve ourselves it serves their Financial interest and reduces us to a commodity. Facebook and Internet advertising towards us Interferes with contaminates our sacred synchronistic 's slowly pulls us away from ourselves into an object of desires of hungers with no center with no core, with no vistas, no dreams, no horizon in short with no soul. It will be a pigs paradise we will be well fed animals without any real dreams of her own. But of Course we could buy dreams for ourselves on the Internet, right.

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The Karma Of T Is Not The Karma Of C Or D

T is not D yet and the karma of T is not the karma of C or D. Do not forget there is more to come. What is real on C is something else on F.

Anthony Cavuoti

The Lies We Tell One Another In Love Are Often More Real Than What Is True

The Lies we tell one another in love

In a state of passion

Are sometimes

Are often

More real than what is true

For the reveal to us

And are

What we really are

What we really desire

What we really need

instead of our

Artful façade born out of defense.

She was always easy, easy to fall for and dream upon

Something about her was so gentle, something so far out of reach

Something, a certain something about her that glided me into love again

Something about her, that made be not hide away,
with her it was so easy

The natural way she played

The many things she said,

Sometimes I still think about her

How she drifted away

The illusions are more real,

Than the fixed patterns of our days

Sometimes we get a glimpse of what will come.

Of what should have always been

We run away from what is our true nature

Hide in our safety of others expectations again

To find my self, I no longer crawl,

After her now I run.

Anthony Cavuoti

The Magic Of Life, Like Happiness Is The Byproduct Of

The magic of life, like happiness is the byproduct of a great deal of faith, determination, courage, self discipline and love, with direction as well as vision, not just for yourself but for the people you care about and humanity in general. Also being here enough to see the beauty, the paradise in your life, such moments expand creation more than a million big bangs.

Anthony Cavuoti

The More I Try To Forget Her, More Deeply And Profoundly I Remember Her.

The more I try to forget her, more deeply and profoundly I remember her.

Anthony Cavuoti

The Most Precious Thing In This Life

The most precious thing in this life has been

Being with my children

Seeing, experiencing how beautiful and wonderful they are

Being with them experiencing growing developing

Nothing matters more

Nothing is more

Anthony Cavuoti

The Ocean Is More Than Any Oil Spill.

The ocean is more than any oil spill.

No matter how much ignorance you mistake as love you drill.

If you were raised in a man made desert storm,

It will take you awhile not to idealize and perpetuate the abuse for which you were formed.

Your mountain is more than the fraction part of its base that is a quarry

You will face your past and live your own story

Find others that dare to be free, away from the shores of borderline narcissistic psychopathic, cover up.

Into the glory of your soul. Into the life that is your soul of meaning purpose and sublime wonder, and real love.

Anthony Cavuoti

The Risk Of Not Being One Self Is Too Great.

The risk of not being one self is too great.

One must be what one is no matter the cost, no matter what the risk.

The false layers fall away, let them fall, let your self be.

When you had enough of the unsatisfying ways of adopting

just be, you know it,

the ways will come, invisible,

but never failing

like the air in your lungs.

Anthony Cavuoti

The Same Force

Our life,

our inspiration

Our Guiding faculty

Though invisible like the air

is even more real

Life unfolds and unknown ways

far outside the known

The same Force that orbits the planets around the stars

the same force that moves you,

the Same force that brought the stars into being is the same force

That moves you, that brought you into being

The same force That created creation,
is Guiding you

filling your in every way.

The more you are you

The more you experience in the more you appreciate creation

Creation is invested in you being the most you are
DRAFT

Anthony Cavuoti

The Self-Destructive Parts Of Us That Are Augmented Out Of Miss Attunement, And Neglect, They Are Greatly Amplified And Exploited While The Healthy And Profound Aspects Of Us This

The self-destructive parts of us that are augmented out of miss attunement, and neglect, they are greatly amplified and exploited while the healthy and profound aspects of us this minimized, dismissed and invalidated. In therapy, the trick is no trick it is to reverse this process. But this in limited. In real relationships the mystical aspect of us come alive in very day life, all obstacles are ways of releasing the miracle of being.

Anthony Cavuoti

The Sincerity Of Your Presence Never Fails

Some how the sincerity of your presence never fails. This is more than words, more than psychology, more than religion.

Anthony Cavuoti

The Things We Do

The things we do affect our children. It is amazing how much people are in denial of this. Our children feel our peripheral life even more than are daily image we project out to the world. What we do in our depths, in our heart matters more than the momentum of the past we believe we must sustain to get by.

Anthony Cavuoti

The Was Sabbath Made To Serve Man Not Man To Serve The Sabbath

The was Sabbath made to serve man not man to serve the Sabbath. Though that became reversed. Same is true for technology technology was meant to serve us. We don't even know ourselves yet, we only know a small fraction of ourselves. It's insane to think that technology is an organism in and of itself. Technology is an extension of ourselves. The Question is what Kind of extension of us. Extension of us hiding from ourselves in this perpetual game hi go seek and homogenizing each other, and provoking each other and keeping us maroon on lower levels

Anthony Cavuoti

The Ways I Hide From Life At Times And The Truth That You See In Me

The ways I hide from life at times and the truth that you see in me

The harsh Was at times you Convey, hurt to the core

But yet you say it when others dare are not

I know it takes one to no one and that's yours as well

A strange Bond yes but we both benefit just the same

Anthony Cavuoti

The White Album. The Voice Of 1968 Today

The white album. The voice of 1968 today

We are slowly allowing our selves to be prograded by our own random interactions with Facebook and the internet; how, well in you're responsible for individuation and integrating our self, but it seems of Facebook and the Internet is doing it for us but for their own benefit. Passive integration does not serve ourselves it serves their Financial interest and reduces us to a commodity. Facebook and Internet advertising towards us Interferes with contaminates our sacred synchronistic 's slowly pulls us away from ourselves into an object of desires of hungers with no center with no core, with no vistas, no dreams, no horizon in short with no soul. It will be a pigs paradise we will be well fed animals without any real dreams of her own. But of Course we could buy dreams for ourselves on the Internet, right.

Wait now, from childhood onwards our forming emotional and psychological development and augmentation and developmental will be very influenced by this monetary driven, artificial process. We will be shaped as well as influence in ways that we can not even imagine. We will be Manipulated and coerced without us even knowing it. As a matter of fact, we could end up being active participants in her own self negation.

So what is the implication of all of this. Instead of this life being our own personal encounter to enrich our own soul We become objectified, made to identify with the most superficial levels of ourselves, hence narcissism is the new normal, and our life now serves the few in their own personal interest. Right back to the worst part of Rome

I can foresee a time where a psychological disorder will be equivalent to an act of self satisfying spontaneous expression. That is if you form a conviction or an impulse from a deep level of yourself such of an act challenge the status quo in you will be label deviant with A pathology and of course there will be a medication that will make you well, that will that will heighten your arousal to superficial stimulation and alienate you from your deeper sources and levels of your mind.

But this is happening Right now, there is a deprogramming aberration amongst us dyslexia, Dyslexia the biological rebel

We Cannot criticize this dysfunctional and destructive system as well as our government directly any longer, if we do will be under surveillance. We now live in a state of fear, hyper conformity, hyper compliance, and fake deviance. We only criticize our government by how we criticize China and other countries. We see that the Chinese are competing so hard for status to get ahead that they do

not look critically at their government or consciously reflect on what is meaningful for them and what real satisfaction feels like. We Cannot say right now that is what we are doing. We can not say directly that we want to get ahead so much that we don't have time to think critically. No, Everyone in the world is working hard just to stay afloat. How did it get to be this way and what can we do about it. The question is what will you do and the answer is. Nothing. go on the Internet Post about it, chat about it complain about it and do nothing! What is it that most people do, get a job that you really hate for an inadequate amount of money. Try to please and or idealize a parent or someone from the older generation that never reflected on their life. Become emotionally over involved with some one from the opposite sex like you that has all sorts of unreasonable expectations. Try to obtain all of your satisfaction, fulfill all your unreasonable, and inflated dreams in such of relationship that is really a compensation that reflects your worst pathological attachment patterns. Attachment patterns that you refuse to see, that you cannot see because you never had time to reflect on yourself and know your truth, Dugs alcohol and desperation you go from one relationship to another or stay in a shitty marriage and pretend it is great.

We Pray to God to give us strength, to deal with this, to find a way to fit in, to be content and happy in this bullshit

God made you perfect as you are.

Every time you prayed to God to change you, you're slapping god in the face, What you are saying is God you made something a bit shitty, change it.

God reply to you is, you are Perfect as you are! Be the wisdom and courage that I have giving you, don't get caught up in the distractions and fulfill your destiny. No one can account for you, especially the collective, your inner self is the only residents that matters.

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Anthony Cavuoti

Their Own Distortions

Some people are experts at bringing to public a flaw in you, and then dismissing you as incompetent because of a flaw. Now we all have many flaws. Such people that try to do this are so ashamed of what they hide, their flaws, stay firm they will fall. Such people do not reflect you, only their own distortions. Smile at their fun house mirror and know that it is just that.

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Anthony Cavuoti

There Are Demons That Torment All Of Us

There are demons that torment all of us. Our past struggles in coming to ourselves where our acts reflect are pain and not our core. Such demons are thought compulsions, which have become an unwelcome tradition in us. They are the ultimate distraction; they have nothing to do with anything. Just think of the ways in which the past echoes through the media during presidential campaigns. Things said and done in the candidates past that have nothing to do with anything relevant are constantly being played. The negative slander of the opposition with a portion of their past truth gets more time, money and energy than defining who one is and what one stands for. Such adds, are disinformation, they have nothing to do with the issues, and who would be best suited to be president.

A significant portion of our mind generates negative rhetoric like the negative presidential campaign adds; it spins gross distortions against itself and for its self. Even more lethal in countless ways is the positive adds that are also distortions. In both cases the mind lies to itself. Our enemies, meaning those who are jealous, envious of us or those who are threaten by us, or those who are addicted to manipulating people, will take advantage of the rhetoric we except. Such parricides will play on your vanities and exploit your weakness. The artful ones will do both.

Superficially the parasites sharaid themselves as a friend, as a stable alliance, as someone you trust, confide in, as a wife. They will appear to be your most genuine supporter who defends you from the negative distortions from your self and from others. But they are not there to support you, all they know is betrayal, for the ones who they are closest too betrayed them. Many times they have identified with the parent or parents or person who betrayed them. As a defense they will not admit how hurt they are and how awful their childhood and life is. They were brought up in a world in which there was the appearance of love, but not real love. They perpetuate this illusion and people who could potentially really love them get caught up in the gravity of their illusions, in their atmosphere; it is a planet of denial and deception where not real caring grows but contempt, where no real love can grow. Where potential love withers and fades unless freeing itself from this insidious sneer.

Such people, cannot really help you, they cannot even help them selves. They can not give to you what they themselves to not have, love, genuine compassion, sincerity.

There Is No Middle Ground With Sexual Abuse It Is Always A Crime.

There is no middle ground with sexual abuse it is always a crime. Directors who never faced their own truth continue to distort the truth in reenactments, in dramatic reenactment's of lies, of productions. Directors continue to reenact the cover-up, the distortions. To Give equal way to the perpetrator is a crime, a crime against the child, A crime against the child who soul they murdered a crime against a child whoes future self they did not care about, against children and against humanity.

Anthony Cavuoti

There Is An Essence That Is Us

There is an essence that is us, that is coming through us.
There are realities in us, that is us, that are coming through us.

There are higher, more fulfilling ways of being that is us, that are coming through us.

There are more real states, more real dimensions of love that are us, that are coming through us, uniquely, and together in our own way.

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Anthony Cavuoti

There Is No Real Way, Sane Way, Healthy Way,

My family invalidates all validation, sometimes I pretend it is not so, but all that I am, they invalidate, there is no real way, sane way, healthy way, fulfilling way, real way, to be in such hostility.

Anthony Cavuoti

They Never Asked The Question, Why Did You Become An Addict,

All substance-abuse addicts were abused or neglected as children. All drug treatment centers and detox centers are scams. They never asked the question, why did you become an addict, what needs are behind your addiction. Instead they talk about what makes you feel good, change your thoughts, change how you interpret your dysfunctional family. They Never want to help you face the truth that is the cause of your addiction. Why, because they are invested in making money from your addiction and keep You coming back. Do not take your drugs, Take our medications, take our drugs. Never get to the root of your problem. You can't fix the titanic by dealing with the deck. The pain from your addiction is deep below. That is why none of the detox centers and drug treatment centers ever work. Yes your emotionally that collected and stunted parents are the cause of the root of your addiction. Facing this truth is how you free yourself from it now, you're responsible. The emotional detox by facing this poison and getting it out with someone who can except you contain your pain and help you find your voice that is your task.

Anthony Cavuoti

They Never Were.

If some one does not respect you, does not or can not appreciate your soul, your depths your feelings, emotions, ideas, if all they want to do is sell you something and when you do not play along they turn on you, then the hell with them, go on with your life, they never were, really they never were. I am just not saying it, they never were. Though they appeared to be a parent, spouse, lover, friend, they were an illusion, at best they were a bad dream that taught you to be more honest with your self, to respect cherish and appreciate your depths and others as multilayered beings that have an inner life.

Anthony Cavuoti

This Life Is But A Shared Self Forgotten Dream.

This life is but a shared self forgotten dream of a greater existence we are all having. Dreams, they are powerful beautiful and generous. We are too great there in the all at once to be close, but here in our sublime imperfection we can be close in our pain. Sorrow washes over me, in my heart I hold the dear defected lives of those I know close to me now. Once more we will meet on the grand horizon of death, which is being once more without time. From here we shall view, cherish our folly, and more, once more our endless power and fulfillment will beckon us to yearn to be fools once more to ourselves and too each other, a man.

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Through Each Setback We Summons More Of The Depths Of Ourselves,

Through each setback we summons more of the depths of ourselves, of a deeper spirit, we not only learn about ourselves and strengthen ourselves, we teach, we give hope, we give renewed vigor and vitality to humanity, to go forwards with life in the spirit of love and generosity no matter what! ! ! !

Anthony Cavuoti

Time Is How We Are Connected And Stretch Out Together.

You see, time is what we are, more than you know. Time is how we are connected and stretch out together.

You are the awakened the artist of your unfolding in the world of sleeping time. Many are time bomb to them self. You stay awake, the defuser of ignorance, of fear,

the makers,

the shakers,

the awakers of time.

Anthony Cavuoti

To Fall In Love Once Again

Because of her

even though our love failed in the so-called conventional sense

You Cannot love theInvisible unless you first love the visible

To fall in love in life once again

to fall in love creation once again

to fall in love with help and generosity once again

to Fall in love with God once again

Anthony Cavuoti

To Give Your Child Room To Be

To give your child room to be at any age them self, not inflict them with your issues, repressed pain and unfulfilled dreams is a great gift.

Anthony Cavuoti

To Go On

To see the lie, to know the lie
and still go on,

To go on with joy in your heart
yet not be deceived

when others cheerfully put themselves into buckets
and marched them selves and their children into broken destinies that never
worked

To invest in what you know is real in your debths
and not be deceived and seduced.

You go on

go on with your soul intact.

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To Life, Yes, Yes And Always Yes

To life, yes, yes and always yes

though it may strongly feel like no at times

yes, yes and always yes

To love yes, yes, and always yes

To be Generous and find paradise in this, jungle of power tripping, of greed, of ugly ego of chaos, yes yes and always yes

Anthony Cavuoti

To Many

most People are sadistic pigs and don't even know it! sadistic pigs raising sadistic pigs.

Most people were missed treated as children and he never died just did their pain. They unknowingly inflict the abuse they suffered upon their children and upon the more vulnerable and each other. The candy house the old lady in the candy house too many people and too many parents pretend to be nice on the outside but are terrible on the inside and the children feeling

Anthony Cavuoti

To My Future Self Now.

We are not bound by the collective deeds of our parents nor the collective sum of our genes, how we face death how we face life, over and over this single time says all.

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Too Many Bright People Have Been Excluded From The Conversation And We're Tired Of It.

Too many bright people have been excluded from the conversation and we're tired of it.

Anthony Cavuoti

Too Many People Act As If God Is Dead

Too many people act as if God is dead, as if hope is dead. Just watch the movies, the news, really look at how people treat each other in the office, on the streets. So much pretense, hostility, arrogance, silent killings, so little kindness, patients, appreciation, understanding love and generosity.

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Too Many People Use The Machine Of Society Not To Promote Life But The Destroy Life.

Too many people Use the machine of society not to promote life but the Destroy life.

Without knowing it they destroy themselves though they appear to flourish.

All will be Revene

All will be seen

All will be known

A clear perceiving

There is no Judgment Day simply a revealing day.

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Anthony Cavuoti

True For You

The ignorance

The lies

the Arrogance

The fear of all the fake religious, psychological, spiritual

minded narrowminded

twisted warped

People

All of the false understandings and documentations about the universe has not diminished it one bit nor does change it

This is just as true for you.

Anthony Cavuoti

Trust Is The Real Currency

Trust is the real currency that keeps the world going and it keeps our lives in order and he keeps us on track. Trust is lacking in our culture and our society, is replaced by cleverness deceit to selfishness and with the motto what ever it takes to her ahead. If you trust your considered to have a weakness. People that say I do not trust, are respected and feared for in their cunning no one can trick them deceive them. Then again whatever they have to share inside doesn't adequately become manifest because is no real currency for it to come through, trust.

Anthony Cavuoti

The Abusive Ways People Express Their Sexuality

The developmental issues of sexuality are complex, it is epigenetic at its best and worse at times. Most of the abusive ways people express their sexuality is through fronts of being "the good," the good Parent, the good religious instructor, the good coach, just checking your under close to make certain you have them on right, real, perverted freaks pretending to love a child, and care for a child when in fact they are just enacting their own past abuse behind a fake role, a fake motive. And the passive parent, or passive one that lets it happen without doing anything. Such stunted people just use children as fronts, they are Bookies, drug dealers, fake businessman, and fake politician. The fake politician, is perhaps the worse, like the fake father it is all about his vanity, he will destroy his son for his vanity and cover it up with righteousness.

Anthony Cavuoti

Underestimate Me At Your Own Peril

I don't like when people yell at teenagers or children. I see teachers and leaders doing this. And the parents that are supporting the group they tend to perpetrate this on each other.

people project onto others their insecurities to maintain their equilibrium.

I choose to meditate work out and write.

Not to use others vulnerabilities for a crutch.

And I really do not like it when people attempt to play on my vulnerability.

For them I'm like electric eel underestimate me at your own peril

Anthony Cavuoti

Undoing Me So Deliciously

Her voice is such, her sassiness.

Her dark high cheekbone gorgeous face.

Her style of carrying her self, of dressing, how they highlighted the melodic spell of her presence.

The tension of being with her in low malicious corners, and the risk, the risk I took and many chances, everything, the many hazards that made my heart race, my chest turn to ice.

All the dangers of her sweet poisonous ways aroused my passion for her, made her so desirable to me, so more irresistible.

Washing me ashore to denied hidden strengths while undoing me so deliciously at the same time.

Anthony Cavuoti

Unexpected Encounter

Some things are beyond my capacity to express.

Sometimes the gifts of life, the grace of God goes beyond my wildest expectations, beyond any bliss, fulfillment and paradise I could ever imagine, ever dream of.

A miracle I can see, cherish and appreciate in time. Some were made for greatness, some meant for fame, others fortune, mine is greater than all combined, being able to appreciate you, Potentially having the privilege to see you in all your shades.

Not to act on it would surely cause a collapse of a major portion of heaven.

Such sunrises always have bright days.

Such starts of dreams always awaken to pleasant feelings in the morning light of day.

Such a dream leads to real life, real caring that dispel the past darkness.

Anthony Cavuoti

Unique Connection With God

After we really find our own unique connection with God, above the slogans of timed public displays of faith, beyond pleasure, ease, personal reward, we change the world, but we must follow through, not give up in the face of this seemingly overwhelming struggle.

Anthony Cavuoti

Universe Speaks To Us

At times the universe speaks to us very clearly in our encounters. It always speaks to us, but we must give a effort to understand.

Anthony Cavuoti

Very Bright And Warm

Sex can wash over pain, puts tropical oceans of stars in the night but real love gives meaning to it all, puts suns in my heart, so even if it is dark it is still so very bright and warm.

Anthony Cavuoti

Wanting To Speak

Sometimes part of us is buried alive, deep in the foundation of the structure of our personality. People come to therapy at times for renovations on the surface structure at times only to by accident discover the fossil of their past, of the child that they were, of the young teenager that they were, this fossilized part of them is not dead, this vital self is still alive, wanting to speak. Everyone still ignores the child coming back to life, trying to speak, to say the words they where never allowed to say, as they work on the surface structure not appreciating the pricelessness of what they discovered, rediscovered.

Anthony Cavuoti

Was A Place

Mayberry was a place where people genuinely loved one another, they celebrated each other's strengths and did not take advantage of each others weaknesses but protected one another, even from them self if need be. It was world of love, of respect, where people treated done another humanely.

Anthony Cavuoti

Water Your Muster Seed

Sometimes you could feel so bad, so vulnerable even when you are moving ahead, saying good things to your self and focusing on past times you made it through and what you will do to make it through now. Sometimes we push, we stay focus, and are discipline, smart and actively push our self to feel it but still we do not as much as we need. At times our faith is the size of a mustered seed. Sometimes even when we do our best and every thing seems right we loose our self simply to find our selves more fully. Then we start doing once more what really matters to us. Now you no longer have to force your self to feel it, you are it. Doing activities that nurture our soul gives us the sustenance to endure all frustrations as well as more capacity with the ability to share this with more, for it intensifies and expanding our point of focus. We unintentionally shine brighter, lighter, hotter and wider on more. I am doing more than making a living, dealing with reality. I am writing now, I am good.

Anthony Cavuoti

Way Too Often We Project On Our Lover The Abuse We Suffered As Children And Way Too Often They Do The Same To Us

Way Too often we project on our lover the abuse we suffered as children

and way too often they do the same to us

We reenact it

in many ways

in many form

The repressive of mechanism of this

The sexuality of it

This creates an irresistible urge that blinds us

so You don't see the pain of your childhood

So you don't see how you were betrayed by those that were supposed to love us
to Protect us.

It's too painful to bear as a child

so we compulsively reenact it as adults with different partners

My poetry in my writing I go from the child's passion and emotions

To the adult cerebral and intellect

Not to be marooned on either is the way of true healing

To process it

to see it

It's much faster and better with someone who will validate

And enlighten individual that is able, that is capable to see
who sensitive, emotionally attuned enough,

to validate, to see and perceive your reality.

to The face and bear the truth

Someone who is not dependent on drugs and alcohol

who has their emotional legs to stand on, and not the crutches of defensive self
help thinking drugs and alcohol, or running with alcoholics, someone who is not
a neglectful parent or child abuser

Is not dependent on abusing, of miss using others and misusing their power as
well as indifference

Voice toText draft.

Anthony Cavuoti

We All Have Our Blind Spots,

No matter how Close we are to God, our center or the universe

We all have our blind spots,

our vulnerabilities

The universe sends us to be helpers

For those more vulnerable

The universe will send us a helper

I am very Thankfull to my helpers many of them are on this page

Anthony Cavuoti

We All Sometimes Sense That There Is More To Us Than What We Know

We all sometimes sense that there is more to us than what we know, than the self that we identify with. Also we are curious about the mysteries of our origin.

What if you experience, actually came in contact with your past and future incarnations of yourself right now. What if Facebook, Google and all the other high-tech is not really the future, what if it is simply a trap to conceal you from the vastness of who you really are.

You can actually experience and be the many other incarnations of yourself that are not separated by time, by death or rebirth but instead by the man made illusions and conditionings that are amplified by race and culture. What if the future of ourselves depends on us freeing ourselves of such illusions, from the self-inflicted cyber prison that we are building, which is only distancing us from ourselves and one another, what if a grand future awaits only if we awaken to it now And see ourselves as we really are.

What if people with Dyslexic traits have the key to this and don't even know it. What if devaluing them and disqualifying them is only a strategy to make sure that such truth is not known, that such a fulfilling reality never comes into existence.

What if you had more desires, more passions and more of a destiny than you can now imagine, what if other sides of you came to your assistance in crucial times and awaken you to the strengths to live the authentic life you only gotten a glimpse of in your wildest dreams,

I am very dyslexic and a Licensed therapist that works with people with dyslexia.

A reoccurring dream came to me starting from childhood, teenage years, college years, in my 30s 40s, the book wrote me more than I wrote it for much of my life.

Anthony Cavuoti

We Amplified Each Other's Desires

I could not help but surrendered to her before really I got to know her

Such of a powerful knowing

Such of powerful feeling

It was so real and clear for both of us but not ready for each other this incarnation

We reflected each other's blind spots too intensely

We amplified each other's desires too intensely

We expose each other's hiding place too intensely

We awoke at each other to our fires wicked desires, wicked intentions, Too quickly

We tour each other up with our phoenixes

Awesome rebirth

Anthony Cavuoti

We Are Love Is

We are the salt, love is the ocean, love is the sky, love is the universe, love is God the source that creates, that sustains this and all universes, every life, your life. Love is in every grain of salt just as much as it is in every universe. See the love, the miracles unfold, through the winds, through the storms, in the sunshine, in worlds being destroyed, in worlds being born, in universes going out, in universes coming in, in man's birth, in man's death, in our present time, in your birth, in your death, in your life, right now.

Anthony Cavuoti

We Are All Making Our Way Back To God.

We are all making our way back to God.

We are expressing our joy, our wonder of God.

The joy we felt in our emergence from our prior location of God to this one.

Anthony Cavuoti

We Are Connected In More Ways Than We Know.

We are connected in more ways than we know.

In more ways than we can imagine

Words separates us

Technology dilutes us

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We Are Flexible And Alive,

We are flexible and alive, outside of any known pattern, theory, worldview, medical, scientific data, observational studies, spiritual path, practice. Find your rhythm, your pattern, your space, the spaces, the spaces that are right for you.

Anthony Cavuoti

We Are Life

We are life, more than this present time.

We shine in ways that we do not know of yet.

Day and night.

The darkness will past and we will be again, each day, more each time,
increasing in our real desires, with the strength and wisdom to find and to stay
on and to create the path that we where ment to be on.

The path to our self becomes the path for many.

Anthony Cavuoti

We Are Not Machines

Real change happens, never on one level but on many levels. What makes change difficult at times is that we could use one level to hide, to talk the talk, to look as if you have changed, when in fact you have not. On the other hand one level is often a blue print for change, a map for change, a drive, and impulse, intuitions guiding us to change.. The trick is not to have all the levels work at once, we are not machines, but to work in harmony, each of us is more like original music.

Anthony Cavuoti

We Cannot Afford More Of This Modern Day Rome

Being positive, transcendent while neglecting your emotional pain, being blind to it while unconsciously projecting your hurts into others, will still cause you to succeed materially, you will still obtain your abundance, your vast wealth, Rome, The Roman Empire is a good example, you will have your desires, but at a dehumanizing cost.

We cannot afford more of this modern day Rome. Now Rome can not only destroy itself but all life. Then what, will we get a free ride on another planet. We are just going to be so welcome and simply fit in after our self-destruction. Are we that arrogant where we think we will not have to start over from dust?

Anthony Cavuoti

We Did Not Travel Through Universes Of Time Simply To Be Well-Adjusted Good Consumers

We did not travel through universes of time simply to be well-adjusted good consumers. Sometimes our intense feelings are life crying out for us to come back to our selves. To find, to cultivate and cherish like minded people and endeavors. To make your own niche, to make your life more your life, reality more reality. More of a reflection of our depths not a distortion. Some people reflect some part of you for a while, others are more of a fun house reflection more and more. Parrallity Copy Right

Anthony Cavuoti

We Enjoy Each Others Hiding Places For A While

We enjoy each others hiding places for a while, be gentle, be patient and be real, there is no hiding from our truth and one another. We learn about our selves and one another in the revealing process.

In time we learn to be true to ourselves, come to one another naked, we find greater love, fulfillment and joy for our real desires are met

Anthony Cavuoti

We Go From

We go from unconscious thoughts of God to conscious thoughts of God, both are infinite, in this endless cycle all is becoming more aware.

Anthony Cavuoti

We Have

We have more love and purpose than we know. Sometimes we really feel it in
and are it.

Anthony Cavuoti

We Have A Tendency To Ridicule And Attack One Another Harshly On The Deepest Levels

We have a tendency to ridicule and attack one another harshly on the deepest levels, really calumniate to destroy one other emotionally, morally, personally. This reflects the emotional ignorance, lack of understanding and emotional respect we were subjected to, often unintentionally, as children as infants, as newborns, it gets played out in all sorts of elaborate fashions but in essence it is the results of our hurt minds, emotions, feelings and soul.

How do you respond in a healing manner to others that are important to you that are marooned on such emotionally stunted levels that hold such limiting, painfully restricting views? You do not go down to their level, nor do you pretend that the gravity of their mindset is not toxic. You go on with your life, as you do you might occasionally invite them to meet you on higher grounds but do not engage in battles on lower levels. You lose your self and power that way. You gain self and strength when you have the space to engage live freely, meaningfully that only comes when you do not restrict your self to battles on lower levels. You healing these who are receptive to heal, in time others will find their own way if they choose to let go of the unfulfilling ways they are exercising on lower levels, mind sets, when such individuals stop using control for control sake. If out of stubbornness they wish to remain immature, that is their choice, you do not have to destroy your self, hurt your self in engaging with them, by connecting with them, in trying to save them if they do not want to move.

Anthony Cavuoti

We Have Powers, Abilities, Gifts That Only We Know Of,

We have powers, abilities, gifts that only we know of, if they are exposed prematurely to the wrong people they fade like mirages, but if we hold them long enough and receive the necessary validation from caring enlightened people they become a solid intangible that forms pillars in our souls that give us the tools and confidence to realize them, to create, to do something miraculous, never seen or done before.

Anthony Cavuoti

We Learned Even More From How We Are Lost

Each life awakens us more and more,

deeper and deeper,

to our self more and more each time.

We expand out in unexpected ways

We learned even more from how we are lost

than how we are found.

We learn more, experience more

become more

from how we become marooned in each other

than from how we are liberated from this world and into the light of the void.

Anthony Cavuoti

We Promised The Light,

We promised the light, God Life and our selves that we will do our best, get it right this time, somehow we end up thinking we are better or worse than the rest of others like us, but this time we not only remember the promise we made to life, we somehow recall the traps here as well that is why we will get it right. The pain of our strange recall puts us back on track.

Anthony Cavuoti

What Did You Come Here To See

What did you come here to be, what did you come here to do? Most of the so called experts on psychology, of adolescence, childhood, adulthood, midlife old age, of marriage simply explore as well exploit as they show how are way of living, our society is failing us, how we can not go one pretending.

Anthony Cavuoti

What Good Is Freedom

Apes must have thought that the first people were such defects, with such disabilities, such handicaps. If they apes had thoughts in their minds, their thoughts would think, 'What good are the human's thoughts, awareness, sense of self, what good is thinking, is knowing, is being free, is having the faculties to know your self, how could that help them survive in the real world, in reality.'

Anthony Cavuoti

What If

What if your awareness was more sensitive and your brain development reflected this. As well as your entire way of perceiving and reacting to the world. What if you were first born a chrysalis instead of a inchworm. In a state of evolution where most are inch worms in very very few become butterflies. In the culture of the inchworm you would appear to be quite insufficient. The demands of your environment will force you to come out of your chrysalis. In many ways you would still be an inchworm but you will still have unformed appendages that are the precursors to being a butterfly which would simply be a hindrance in your struggle to adapt and compete and being an inchworm.

Intuitively you know that parts of you will be lost if you succeed and by your very success you would have failed so how do you adopt to and be part of the transformation which you inherently are. How do you potentiate yourself in a environment that sees your strengths as a deficiency or some sort of character fault.

Anthony Cavuoti

What Is It That Most People Do

What is it that most people do, get a job that you really hate for an inadequate amount of money. Try to please and or idealize a parent or someone from the older generation that never reflected on their life. Become emotionally over involved with some one from the opposite sex like you that has all sorts of unreasonable expectations. Try to obtain all of your satisfaction, fulfill all your unreasonable, and inflated dreams in such of relationship that is really a compensation that reflects your worst pathological attachment patterns. Attachment patterns that you refuse to see, that you cannot see because you never had time to reflect on yourself and know your truth, Dugs alcohol and desperation you go from one relationship to another or stay in a shitty marriage and pretend it is great.

Anthony Cavuoti

What Is It That We Experience

When we die, change form, all of our life makes sense to us this grand lucidity, we experience a welcome clarity of our life, deep waters of feelings, heights, vistas of beings, opening, judgment day is the shared encounter with all of humanity, where we experience our life with all other self encounters with creation, with humanity.

Sides of us, our erotic side, our heroic side, our sophisticated side, our nurturing side, our warrior side, all sides of us blend, synthesize with others, we are and we let go, we ripen.

Alive, being, it is a beginning,
An appreciation, being for all time, in peace, joy, wonder, bliss,
We make an inner promise, we have a perception, we extend out and into once more, and there we are once more.

Anthony Cavuoti

What Privet And Tender Moments

What privet and tender moments do you have with your child, with your teenager, with your friends, family, love ones, with your self, with life. Don't you know that such moments, such experiences are the very core of creation, extending out from God, to God. Let me help you know this more, see this more, as you show me, this is the only way.

Anthony Cavuoti

When Cherished There Is No Stopping Us

There is something deep inside of us, our inner most being that only our soul and God ever felt and experienced.

Sometimes a mother could experience this while holding her quavering child tenderly in her receptive warm arms.

Lovers experience this unexplainable something while holding one another closely but mistaking it for passion.

Something inside of us is yearning,

That only comes to life

That only comes into this world

When it is really seen, felt,

and appreciated,

no there is more to it than this

when it is cherished.

When it is cherished there is no stopping it, are real self, the Full force and Core of our being.

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Anthony Cavuoti

When I Was A Child A Bully Would Challenge Me

When I was a child a bully would challenge me. He was bigger. I would run away. Over and over this went on. One morning I woke up from a dream in which I seem the bully punch some one I love over a fence. I was furious that morning. That morning the bully said something about my sister. Later that day we met at the park to fight. It was all set we would fight. It seemed as if every child from the school was there. I did not care. All that I seen, felt, all that ran through my mind was him punching my sister over the fence. The bully looked so surprised when I stepped into him and punched him right in the face. He started crying. When he got back to his feet the crowd of children were cheering. One of the older children ran in. He would not let him continue, blood poured from the bully's face. The older child might have sensed that I really would have changed the bully's life even more profoundly.

Anthony Cavuoti

When Jesus Went To Jerusalem

When Jesus went to Jerusalem for almost certain death did people say he lost it, he is crazy, no, (only the lost said yes) Jesus had enough of the **** and knew what he must do, do you. Do you want to be a fool for Rome all of your life. To really have life within you must say no to Rome and yes to your soul, to Life to God, to the light, to sanity, All rights reserved

Anthony Cavuoti

When We Love Sincerely, Generously And Deeply We Recreate Creation Again,

When we love sincerely, generously and deeply we recreate creation again, we add love, life, dimensionality, depths, vividness, freedom, consciousness perception. This is not always easy yet it is always the right way for us as well as for humanity. Individually and collectively we are in an unfolding process to a higher perceptions of our selves, creation, and life.

Anthony Cavuoti

When We Where Younger We Had So Much Priceless Wisdom

When we where younger we had so much priceless wisdom but we traded it for the collective delusions called reality and well adjustment. But I have to pay for the kids food, clothes and computer, so there I go helping people cope without betraying themselves, as I do the same balancing act, being real, responsible while facing life with as much courage as I can so that at the end I will face death with an embrace, knowing that life felt me here on this spinning circle if only for a brief instant.

Anthony Cavuoti

When You Fee

When you feel there is so much hurt at times, so much welling up of tears, so much pent up pain, sadness and emotions, but it is worth the rain of the pain of the tears of sadness for such storms open your heart, the skies of your soul are clear once more. How we see so much more, care so much more, love so deeply, so much more when we feel.

Anthony Cavuoti

When You Love

When you love, when you give because you want to, not because you have to, that is love; that is real, its distortion is ego. The ego is a construct born from our immature but vital depths, a collative distortion gone mad, it needs to be updated, it is no more the center of us than the earth is the center of our solar system, if you do not swear by it and our collative ways of overly identifying with it and exploiting yours and others you will be banished as a heretic.

Anthony Cavuoti

When You Wake Up In The Middle Of The Night With Long For Her Your Soul.

When you wake up in the middle of the night with longing for her, with tender fire for her, was burning sincere emotional desire for her in your soul.

Time and space just meltaway.

You're left with nothing but pure desire in your truth.

You cry out for her warping time.

It's more real than a touch, than a hug, than your pride, than your notions of right and wrong, good and bad/

Far apart emotionally, divided by distortions of your upbringing, and the manipulations a so-called friends, but closer to you than you are to your self.

Anthony Cavuoti

When You Were

It is always so painful going to old neighborhoods were you used to be when you were married.

So many memories, so much that sustained you at one time.

Is now shrouded in disappointment, deception.

Going to places you used to go to when you were, in love, engaged, married.

When your children were small. When they were er life it seems.

Anthony Cavuoti

Which Is You

Ever since I met you you've been so perfect so perfect and I have been self-destructing

You have been perfect perfect too perfect too much of of what I've really been desiring

really, so much of what I've been about and I have been self-destructing, because I have a hard time facing the truth which is you

Anthony Cavuoti

Why Should Criminally Narcissist Corrupt People Thrive Under The Cloak Of Legitimacy?

We're living in a point of time where the powers to cover up the truth are both falling apart and being more firmly established.

There's an interregnum here where we could really find ourselves or we could lose ourselves even more profoundly.

Think of Winston Churchill, in many ways he was monumentally wrong but in the most significant way he was monumentally right!

All the people that opposed him had absolute impeccable confidence in their delusions.

How they shamelessly chipped away at him to the point where he even doubted himself at times.

In such situations where we faced harsh opposition's of delusions of corrupt superficiality we have to be like Winston Churchill.

We could be flawed.

We could have many defects but we could be right and deep and profound and carry a truth of a higher Liberation that the status quo wants to conceal and destroy.

We need to be more like Winston Churchill not like say Brian Jones,

those are extreme examples but I'm sticking to an English theme today.

Why should criminally narcissist corrupt people thrive under the cloak of legitimacy?

Practice and perfect your skills through the pain.

Cherish your connection to your soul.

Reaffirmed the affiliations of your sublime depths.

Endurance, as truth, follow through with what you know, make real your essence as it overlaps with what is real as it dissolves the delusions of the corrupt.

Anthony Cavuoti

Without Love We Die

Without love we die.

When we lack love, we rush time.

And seek instant gratification, in the past it was TV now it's computers, portals of cyberspace, Facebook, Twitter, Instagram soon virtually reality.

We go faster and faster.

The symptoms of our time.

The degree to which we raise children without knowing it, without giving them real love, is a degree for which they will as adults seek instant gratifications, pursue more and more false life and pleasures in cyberspace, and less and less real human contact, experience and relationships; they will not matter much to them, only what they could obtain through them.

Marketers and advertisers will make a virtue out of this pathologies, in time the financial pressures will force some scholars to back it.

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Anthony Cavuoti

Xena

Her Xena warrior never failed.

Anthony Cavuoti

Yes, There Are Two Gods

There are two kinds of Gods, one is always making creations, life, creatures, beings, consciousness, and going on without looking back, creating even more spectacular creations, universes, multiverses, ever greater complex life forms one more fantastic than the other.

There is another sort of God, one that creates a universe but gives a damn about the beings he created. This God is there, this god stays with his creatures, with her beings as they struggle, as they strive, he gives them space and the ability to co-create with her. The other god, could care less, he has other better universes and forms of life to make.

in this universe in our life now, these two gods are fighting it out, in our life now we are fighting it out with them as well. Do you want the greatness of the narcissistic God of cold selfish greatness. What a price you pay for being like this god or worshipping this god. He just made you to prove to himself how great he is, or do you align your self up with the God that gives a damn about you, he made you because she wanted to share herself and all of creation with you,

What is your choice let me know and why, it says a lot about who you are.

Anthony Cavuoti

Yet Do Not Know

Some people are so good at knowing the psychology of others, so good at manipulating them, yet do not know their own children, nor themselves. The dumb fools thank the very people that abuse them, show them respect, and yet neglect their own children.

Anthony Cavuoti

You

You

Bernadette, Bernadette I won't forget

Bernadette, Bernadette

baby, baby, Bernadette

It is true, Will never find no one like you

No one as lovely and unique as you!

Dreams, some true

Bernadette, Bernadette

I won't forget

Most of the time I felt so alive thrown into an unknown passionate overdrive

The unique real emotions of you made me feel so alive

Bernadette, Bernadette I won't forget

Enjoyed the ride

Enjoyed the cried

At the end I felt like I was going to die

Even after the Phoenix an the resurrect

The joy of you lingers and I will never forget

Bernadette, Bernadette

baby, baby, Bernadette

When you are ethereal

I must look the fool

Only you could do what you do

Look at everything as if it's brand-new

Hope all your dreams come true

you feel it through and through

Bernadette, Bernadette

baby, baby, Bernadette

I won't forget

Enjoyed ride, enjoy the ride, orientated from the cried

I wish I was more cool, no that's not it, more presence with you, not just in your

delicious attention but through her rain of your stormy pain. You can't have one without the other.

Wish I was more aware and did not squander such a lovely time

Not driven so much from the things I thought I need to do

Such a presence

Just soul

Your the only virtuoso that I ever knew, made love to, loved!

Anthony Cavuoti

You Are Enough

If you think for one moment that wealth success, fame or status will make you happy, will give you peace of mind, then you are already lost, Very los!

You already owned more than you know and are stronger than you know go to your center,

back into place,

feel it, priceless!

Don't let the world trick you are enough!

Anthony Cavuoti

You Are Not Letting Them Die, They Killed Them Selves.

Some people always want to expand their power, well, power for its own sake without real depth and understanding is bad ego, such loss their infinite self in their finite self, they are psychopaths that hide, hide from them selves and from you as business partners, bosses, spouses, and so on, they are bad programs. Ego possessed people passing as well meaning will not change with reason, reason is not a means to the truth but for them a means to hide. Love, and attachment for them are weapon to be used for their increase of power, such people really do die while they are alive, you can not save them from them selves, they have to put life and loved over power which they will not do or face. You are not letting them die, they killed them selves.

Anthony Cavuoti

You Are Perfect Just As You

Dyslexics might misunderstand things, but in doing so we really perceive things.
I don't care what they say about what goes down in the zebra
I don't care what you do
You are perfect just as you

Anthony Cavuoti

You Are So Beautiful In Your Self.

You are so beautiful in your self.

In you pain

In you

There is more to you than you know

You are so very great,

you mean more to me than anything

than anything there every was or will be

so great as you are

so very great as you are

Your pain moves me to my soul

Shakes me out of my hiding place

into the source of my soul

to live authentically once more.

To keep the promise I made to life.

Anthony Cavuoti

You But Not The Real You

We are more than ego;
It is you but not the real you.
Ego is b (be) to C, no where near I yet.

Anthony Cavuoti

You Cannot Resist

In one sense you can see her even better than she can see herself.

She's like a vampire

You're dazzled by her

You want to follow her you

You cannot resist her

you want her to lead

Even though parts of you know it's heading toward something terrible

You feel something special

and you suspend your mind

your own needs-

and judgment for a while.

It happens when we are susceptible, especially under stress

Especially when you come from neglectful and or abusive family, that is sneaky and mendacious at covering up it's neglect and abuses.

Especially when parents project their own undigested pain, destructiveness, immaturity and lack of emotional development onto their own children.

You mistake abuse for love.

Anthony Cavuoti

You Do Yours And I'll Do Mine

Metaphorically you are snow

And most of you is and will be in the sky

When the small patch that you identify as you
melts

There'll always be more of you to come

1 foot on the ground is not the run

You may not know the final destination

Still you are creating your self in unknown ways even in your darkest and worst
frustrations.

Go ahead give it your best, this and endless other one more time

You do yours and I'll do mine

Anthony Cavuoti

You Escaped But Not Without Damage

Your father was a predatorial narcissist that projected his shame on you and you could never fulfill his irrational needs that he saddled you with in his ignorance.

You are trying to escape the distorted self image that he imposed upon you by overcompensating through excessive work and risking yourself.

From an early age your mother was emotionally misattuned to you and overwhelmed in signals affected your maturing system.

She was not able to give you adequate reflecting.

In the terms of your day in culture your parent's relationship was a verions of a classical narcissist borderline dynamics in which the oldest child which is you is inflicted with the shame of the father and is emotionally scapegoated by a mother that demands that he be the hero that saves her while she demands and does all in her power to have you remain powerless.

You escaped but not without damage.

Anthony Cavuoti

You Have More Than One Destiny

Come my children and you shall see

That you have more than one destiny

Come my children and you shall find

That you are more than one state of mind

She is more than pleasure and bliss

Her divine presence is what I miss

Thus the mist from the sensual kiss

Anthony Cavuoti

You Have To See

You have to see the evil or maladaptive manipulative ways, or adoptive manipulative ways of others that use people as things, then you can protect your self and relate to them as well as God in a ways that do not poison you to their level. You can really do good when you see the evil in others, even if they do not see it in them selves, do not play their game; if you do, on the deepest levels they will despise you for being dumb enough not to see through their games. If you play their game to get more game, you are, or will be just as lost as they in time.

Anthony Cavuoti

You Just Might

Sometimes you just might over work.

because of this she thinks you're a jerk

Sometimes you play the song of your soul

If she doesn't like it, it's time to let go

You can't change, nor are you responsible for someone else's taste

It is Really not a matter of professional success

All you have to do for yourself is try your best.

Anthony Cavuoti

You Learn From Strange.

Winston Churchill, Albert Einstein, Walt Disney, George Patton John Kennedy
John Lennon Steve, Steve Jobs, Stonewall Jackson,
the greats from antiquity.

This is my core, ?my regenerative force

Charles Bukowski, Mickey Rourke in barfly

This is my vulnerable side you me try to kill me there

You shot me in the ass

freeing me from an outdated mask.

CG Jung went through something similar but the same all I can say is that you
learn from strange.

Voice to text draft, poetry freestyle

Anthony Cavuoti

You Love So Much More Alive

Little miracles, big miracles are so very common, they really are. Life could fill you with so much anxiety one moment, later that day you see it was clearing you to wisdom, now you love much wiser, deeper, you love so much more alive.

Anthony Cavuoti

You Self-Righteous Fools That Beat, That Neglect Your Children And Hit Them And Think It Is All Right

Those of you self-righteous fools that beat, that neglect your children and hit them and think it is all right, expect the same when you are elderly, from them and from life. But I would be a fool to think that you God gift to the world Narcissists would get this, you will quote the bible and blame your children, they will blame them selves for your stupidity and pass this ignorance to their children, you deserve your fate, but you are so right, all of the time.

Anthony Cavuoti

Your Are A Marked Person

Control your thoughts. Your feelings, your emotions, your desires and you control your life, your destiny. Many sayings go like this or are different versions of it. There is too much control and too little understanding, love, empathy and wisdom already, I say, Connect to your depths, to your heart, to God, to the source, be your self, be your destiny. Your pain, your fears, your mistakes, the pains you suffered is God's, is life, is creation letting you know that it believes in you so now you have more understanding to really assist others through their pain. Your pain is God's way, life's way, your ancestors way of giving you a burning drive that does not go away with tricks, with fake remedies, seductive slogans, paid for spirituality, you are a marked person with an unfolding plan to increase our human wisdom, freedom, intelligence, generosity and love.

Anthony Cavuoti

Your Conscious Intent

Your conscious intent will heal and offset your unconscious issues, your attachment patterns, in time as well as instantly provide you with healing experiences when you deeply and really mean it, that is to the degree that you connect with your depths, see the God in others, and make a loving way even in the face of seemingly overwhelming intentional ignorance and cruelty

Anthony Cavuoti

Your Desire

Your desire

I catch fire

Your desire

Makes me higher

Your desire

Never expire

Your desire

Is my burning pyre

your desire

it Awakens

When you're touching

I am for sake in

And the love were making

Your desire

I expire

In the middle of the night

You call me once more

Knocking on my door

Just to kill me once more

You say

come get My Lucy

juicy

I know it's trouble

I am on the double

your desire

I can't resist

The mist of the bliss

Bee knocking on my door

I am washed to shore

Drown me in your desire once more

Anthony Cavuoti

Your Father Is Incapable Of Love.

All of My life my father verbally and physically abused me and he says that he loves me. I am still a Minor. He hits me and causing all sorts of terrible names, specially when he stressed and angry.

Answer

Your father is incapable of love. The people that are telling you that he cares are covering up their own child abuse, what was done to them as children and/or what they're doing to their children now. Your mom is just as bad for not protecting you and being a passive abuser.

There's a difference between love and waiting for love you're never going to get the love from your father because he is incapable. And your brain is still developing and you were subject to this all of your life. He inflicted enough damage on you, that is a crime on his part, it is him not you, it is your mother not you, it your family and not you.

You can't reason with him, it would be like trying to fix the titanic by working on the upper decks when the leaks and the major damage is so far below. He is lost and wants to stay loss, there is nothing you can do, you did not break him and you cannot fix him. You do not have to tolerate his abuse and think that you are responsible to change him. By not getting help and by listening to other people's ignorance, his dynamics only become worse for he will continue to cover up his own repressed abuse that he has come to identify with.

The worst advice people are giving you is to try to empathize with him, you have to start empathizing with yourself and protect yourself. If you stay you're going to be even more permanently damaged. Now you have a chance to leave and get help and obtain a more peaceful and meaningful life. I do not know how old you are but the sooner you get help and end the cycle of abuse the better. Your brain and your emotions are still developing and are still plastic. To you now remains a lifetime and now you're learning to protect yourself and not tolerate such humanity, such crimes, such ignorance and such mendacity.

Read the books by Alice Miller

Anthony Cavuoti

Your Real Feelings, Your Depths Have An Intelligence Far Beyond Any Cognations

Your real feelings, your depths have an intelligence far beyond any cognations, thoughts, reasoning, intellectual understandings, conceptualizations. They are lakes of wisdom in your soul, for you to life. Liston to their wisdom, the more you do the more your life is yours. Listening to the experts, the powerful of the times, and place, the fake circle, the shallow familiarity is tragedy.

Anthony Cavuoti

Your Soul Is Stalking You

What memories call to you at times.

What feelings cry out to you at times.

What drive scream out to you at times.

What longings try to possess you at times.

Your soul cries out for you.

Your greatest lover.

Your deepest friend.

Your soul is the way.

Your spirit raises with the longings of your soul.

Mysterious resonance, longings, expressions of your depths, of your needs, and core

They find you.

They move you.

Find a way.

Are the way.

Unknown ways and paths open up.

Encounters amplify and focus.

Needs and longings find expression.

Keep your vision, your purpose and your sensitivity

that seems hopeless and meaningless at times.

Your perseverance in the face of despair is the light and mysterious gravity that

Translates our soul and our multiple portals of desire in unknown ways.

Your fulfillment is multiplied, consolidated, reified and transfigures.

Anthony Cavuoti

You're All Right.

All of the information recorded about the universe since man's inception is false.

So what ever is and was documented about you is completely false.

it tells more about the jealous deceivers.

Once you realize that most of you is out of time, you're all right.

Anthony Cavuoti

You're Responsible For Individuation

We are slowly allowing our selves to be prograded by our own random interactions with Facebook and the internet; how, well in you're responsible for individuation and integrating our self, but it seems of Facebook and the Internet is doing it for us but for their own benefit. Passive integration does not serve ourselves it serves their Financial interest and reduces us to a commodity.

Anthony Cavuoti