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Be Excited about Life by Releasing Your Natural Inspired Energy All the Time

Tony Kelbrat

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The seven books about finding your natural, intuitive divine standard in the face of all the massive indoctrinating forces of the world trying to turn you into a superficial capitalist, pop culture wage slave then honoring who you really are (can be and should be) by releasing most of your natural energy day after day to feel good and earn self-respect are as follows:

Enlightenment 1. Release the Natural Energy in Your Soul
Enlightenment 2. Release your Life-force with Gusto
Enlightenment 3. Anatomy of the Soul
Enlightenment 4. Joy is doing what is in your Soul
Enlightenment 5. No Matter What, You're your True Nature
Enlightenment 6. Burn the Fire in Your Spirit
Enlightenment 7. Archetypes are Natural Life Scripts

Life is about releasing the natural energy in your soul day after day to honor who God created you to be.

Feel the spirit of life flowing through you. Release that natural energy God gave you. Do it so that you rise above mundanity. Can you do this everyday?

Enlightenment is knowing your true nature then releasing that natural energy everyday to the best of your ability with intensity and love for the process to match an intuitive standard you should feel within yourself of who you were born to be given by the Divine Power of the Universe, God, through your DNA and the divine soul that entered your fetus at some point in time in the womb (Buddhists say day 49) if you believe in the supernatural dimension which I do.

People have to earn a living though so most of the time whatever beauty, love, lust, inspiration, power, greatness, creativity and vitality there is in your soul fades away as you work some average, routine job day after day.

People lose a strong sense of their free spirit so they look for a cheap thrill to try to bring them up a notch for a minute but over time, this self-betrayal of not being who you were born to be by nature, not releasing that natural energy in your free spirit, beats a lot of people down into being pacified mundane people who do nothing much but work a job, consume pop culture entertainment, eat junk food and buy meaningless junk.

You need a certain minimal amount of money to survive. Beyond that, what really matters is a person's dignity which is a feeling of nobility and goodness within one's self.

There are five types of pure, natural energy:

inspired
sexual
loving

hedonistic
practical

The natural standard I feel within myself is that I have to release at least 80% of my natural energy everyday, most of it inspired energy, to feel free, fulfilled and good. If I don't, I'm betraying myself. One day of not releasing my natural energy is no big deal but if I miss several days, I start to lose myself and feel depressed. Imagine people not releasing their natural energy for years on end. That's the way most people are. No wonder happiness and joy barely exist even though on face, pretty well everybody has got the happy act down but underneath, that natural enthusiasm for life is not there.

Besides releasing the five energies above, everything else you might do is releasing energy that is following the artificial values of the world. To me, this is toxic. People have to work crappy jobs to survive following the artificial values of the world but after that, many don't try to do anying to release the natural energy inside which is a big reason why we live in a totally screwed modern society where we have all the modern conveniences and everyone pretends to be doing fine but most people have a lost a connection to who they really by nature the way they were born which is why I'm an enlightened free spirit writing this book, to tell you that the world is screwed, try to be pure simple, free and natural and don't buy into all that psychobabble-self-help crap out there. It's all bull next to what I just said.

You have to constantly release all this natural energy inside of you day after day.

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Janice Pyles:

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