

in my research (in the sense that I will take more people with me in my discourse), I will allow to take distance! from something I know already for so long and I know it well enough. I could maybe even say that the knowledge I have on the 'bright' side of madness is more than enough; I have to be careful to not drown in this brightness. Even swimming would not be entertaining anymore: it would mean that I just swim like an idiot ~~in~~ circles in my own little wonderful pool I have created myself, that stands in the garden I have made, at the house I have designed and built myself in a country ~~as~~ called Joost-Land. Who is interested in that? What travelling agency is promoting that? No I will only have tourists coming to my garden, enjoying me swimming like a fool in my own 'bright' pool. Joost says no, Joost withdraws from his little pool and garden and takes a little journey and will have a look somewhere else 😊 Yeah!

→ DUALITY OF MADNESS!

From the other side, entertaining the journey from the bright land into some darkness. Duality, isn't it? **!**
I am excited already to go for it, to receive what is there.

So, what could be more stored in the spine than wonderful composition, the becoming of a human life, the dance of rotation, flexation, bending and curving? What is the spine more than a fascinatingly architecture that forms us, makes us tend to be adaptable? What when the spine hurts, breaks, holds things that cannot be released (because the spine is so strong). The spine is, like our whole entire body, impermanent, in nature impermanent and suspect of decay. The spine is bloody, for in shape full of imperfections and pain. What does the spine store that we don't see, or that I don't wanna see? Do I want to stay ignorant and play the bright, good weather and see all is beautiful and enjoyable? The answer is

NO From a personal re stand, it is obvious for me that I HAVE to go into this, it would enrich and widen my personal scope. As a spiritual practitioner in Buddhism another fierce argument to not even doubt to neglect it. Buddhist