

Carlos Pacheco



The Diary of Thoughts  
Volume One

*2nd Edition*  
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***This book is dedicated to my dear and only friend Paul Meyers with whom I spent hundreds of hours talking about multiple subjects related to LIFE, our LIVES our EXISTENCE.***

***This friend of mine is the true example of persistence, courage and mostly the inner will of a new beginning that brings us all the necessary STRENGTH & ENERGY in LIFE to surmount all our contrarities and problems, never giving up our PRINCIPLES & VALUES, mostly our DIGNITY.***

***The open-minded spirit that was a common element between us two made possible the writing of this book, where you can find subjective views and analysis, still matching thousands of SOULS that certainly share the HONESTY of how they were explained and exposed to public domain.***

***God bless you Paul***

***This book of THOUGHTS is also dedicated to my beloved wife Eduarda who passed away the 23<sup>rd</sup> April 2011, someone who went alongside me all the way, through all my ups and downs, somebody who completely understood the way I am. She was the other half of my SOUL. She never read this book during the period of its writing as she knew what I was expressing. She knew me maybe better than I know myself.***

***God bless you Eduarda wherever you are.***

***In memory of Felice Leonardo “Leo” Buscaglia, a tribute to all the beautiful human messages he gave to us all during his EXISTENCE, a real example of a “pure SOUL” sharing everything that lived inside him with the whole WORLD.***

***From  
Carlos Pacheco***

*Everything you find written in this book is submitted to subjective THOUGHTS as these are a legitimate right of each one of us, still expressing fundamental notions that can become the target of different analysis, even critics being these positive or negative.*

*I think that this makes an intrinsic part of something called **“freedom of speech”** that implies the sharing of IDEAS, VALUES, NOTIONS, and so on. Without that **“freedom”** SOCIETY would stay in a **“cage”** where nothing would happen to EVOLVE, to CORRECT, even to UNDERSTAND what eventually can be RIGHT or WRONG, GOOD or BAD, CONSTRUCTIVE or DESTRUCTIVE.....*

*Since the fundamental basis and message about this book is about FEELINGS & RELATIONSHIPS along with a spiritual content as BELIEF & CONVICTIONS, it will be normal that you'll read about these subjects, from the beginning until the last page.*

*I also accentuated some topics that are mentioned in several Chapters of this document as I think they are directly related to the subject RELATIONSHIPS and as they represent a **“key”** to solve some social problems that can profoundly affect this fundamental element that makes part of our lives.*

*This way of writing and expressing my ideas also means that a particular REPETITION about these personal CONCEPTS is present, not with the purpose to produce a kind of **“brainwash”** but merely accentuating their importance. They make part of me, independently of the fact that others can misunderstand me, misjudge me or even insult me.*

*I also mentioned several episodes that made part of my LIFE and according to my personal and humble experience as a mere human being. Sometimes I wonder if it wasn't easier to let me go **“along with the flow”** or, on the contrary, think about all the different subjects that are present in this book. Sometimes it's better not to understand so much or at least to be convinced that we do as finally we're all just able to comprehend a small drop of this enormous flood that involves us all, and it's called LIFE.*

*Other times I even said to myself that, either I did understand too much, or finally I learned nothing at all which might be TRUE, but I truly don't think so. If THE CREATOR gave us the necessary means to THINK, I believe that he did it with a purpose as there is a purpose for everything, even if we're not able to UNDERSTAND it, meaning this, maybe there is a final purpose for this book as there is for everything in LIFE.*

*What I wrote also represents my RESPECT for LIFE & CREATION and everything that this represents along with essential VALUES that makes part of my existence as FRIENDSHIP & LOVE, making part of that large FAMILY*

called *FEELINGS*. I focused my writing on these subjects in an involuntary way as what I write just happens that way, expressing what I *FEEL*, even if it's nor correct or not entirely right, even wrong.

All these elements, *CORRECT* or *INCORRECT*, *GOOD* or *BAD*, *RIGHT* or *WRONG*, makes part of *LIFE*, and we just have to do our best to *UNDERSTAND* it the best way we can. That's what *LIFE* is all about.

In this book you can find personal though subjective *IDEAS & NOTIONS* about a few major fields that make part of our daily living. Some people simply don't think about them, others do but try to ignore them or are afraid to express themselves.

From *POLITICS* to *RELIGION*, going through *ART*, crossing the *LOGICAL & ILLOGICAL*, including analogies with *MOVIES & MUSIC*, touching areas of *PHILOSOPHY & METAPHYSICS* in a certain sense, this reading will bring you new *THOUGHTS* or confirm the existing ones that you already possess.

Since nothing is perfect in *LIFE* as *PERFECTION* just doesn't exist, I publicly announce that I ask for your forgiveness for everything that I could eventually write and might contradict other people's *THOUGHTS, IDEAS & VALUES*. However, I am convinced that, as we are all equal in the eyes of *THE CREATOR*, we'll have the right, each one of us to express ourselves as we are, in spite that some people just don't do that.

In the middle of all this, there is this important factor that is the *SIMPLICITY* that I tried to put in all these words, mixing *POEMS* with *MUSIC & MOVIES* to try to translate some examples that match the different subjects that I mention in this document.

I think that, in *LIFE*, everything and everyone are *LINKED* in a certain way, creating an **“invisible balance”** that we're just not able to see with our eyes, but only with our *SPIRITS & SOULS*, all this creation is a **“whole”** phenomenon that is far away from our understanding. I hope that all these words, even naïve, foolish or whatever you may find, will contribute to see and interpret people, things, and events, even our *BEGINNING & END* in a different perspective. At least, I tried to change something while we are here, and we're still in time to do something about it.

Carlos Pacheco, Luxembourg, the 14<sup>th</sup> February 2012

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## THE DIARY OF THOUGHTS – PART ONE

### **I. ABOUT CREATION**

*The present text doesn't obey to any grammatical structure nor is it subject to any rule regarding its presentation to your eyes. All these lines are also subject to modifications at any moment as my spirit brings new ideas every second of my LIFE. There are no rules at all. It means that you are going to find lots of mistakes all along these simple dissertations, even stupid things. Be ready!!!*

*Maybe this document represents my “**Testament for Society**”, as it expresses a certain testimony about my experience, so about certain KNOWLEDGE that it is directly related to good and bad links as it wasn't a perfect EXISTENCE. It never is.*

*Also, it's not the purpose of this document to pretend to write a masterpiece of philosophy or explain some self-sociologic principles. This intention would be a mere pretension of the writer. This book is a simple Diary of Thoughts based on self-experiences all along my LIFE as any other human beings on this Planet.*

*If we think deeply, we'll find that all those millions and millions of THOUGHTS also exist in the SPIRIT of even the illiterate. In their way, they try to express those THOUGHTS, sometimes without success, others in the wrong way or just keep them deep inside, as they make part of that continuous flow of CREATION.*

*I could have also written this document based on the acquired knowledge from historical, scientific or other specialized books, but I didn't. All that I have read in my LIFE, always insufficient, made a fundamental contribution to these words and THOUGHTS. Books are a source of different expressions of knowledge and translate the spirit of those who can share their inner VALUES & PRINCIPLES.*

*I spontaneously wrote what came to mind, without forcing what is supposed to be forced. The THOUGHTS just came out naturally, as usually happens with the word “**inspiration**”.*

*The title Diary of Thoughts is based on a common habit of millions of people which is to write about their daily experiences, but I think that this book doesn't obey exactly to that pattern or practice. At least I don't feel like I am writing a diary of my LIFE, but instead, I am just trying to express the most inner THOUGHTS and reflections that reign in my SPIRIT. I also talk of my DOUBTS, CONCLUSIONS, FEARS, EXPERIENCES, VALUES, PRINCIPLES and CONTRADICTIONS along with all the rest that we all just can't enumerate.*

*The Diary of Thoughts implies also writing about my MISTAKES, my IMPERFECTIONS along with my BELIEFS, CONVICTIONS and so on. You can compare it in religious terms, as a confession before, not a priest, but before*

*SOCIETY as I consider that we all, in a certain way, owe something to SOCIETY as we make an intrinsic part of it.*

*By the mere fact that I wrote this last paragraph, it already manifests a particular vision about SOCIETY that I will try to express in later chapters of this document. I think that the most of this document are based on everything that is related to that VISION, FEELING, and BELIEF that we are all the same without knowing it, or putting it in other words, knowing it but trying to ignore it.*

*This document is also the final result of trying to put together all the pieces of this endless puzzle of THOUGHTS that our SPIRITS carry all the time. This statement means that you might find an unsynchronized relation between several THOUGHTS as they might disperse themselves in writing as it happens in our SPIRITS. Let's call it as they will present themselves in an orderly disorder. Briefly, don't try to find a chronological table of content because, with me, it's impossible.*

*If you find some complicated words that will make you consult a dictionary, don't think that I do it on purpose because I'm very far from an intellectual. As a matter of fact, I believe that the word "intelligentsia" is like a label established by SOCIETY to define those who were able to cultivate themselves, but there is another kind of intelligentsia that lives inside uneducated people.*

*When I started to write these THOUGHTS, I was influenced in an uncontrolled manner, by the writing one of my late wife's favourite writers, namely Leo Buscaglia, Felice Leonardo "Leo" Buscaglia, Ph. D. at the University of California. This writer and teacher had the gift to explain everything with simple and humble words to reach everyone. This humility brings the exact and correct way to communicate with all other people without causing any barrier. The first book my beloved late wife bought from Leo, was "Bus 9 to Paradise", an example of SIMPLICITY, HUMBLENESS, and mostly pure FEELINGS from a person that wouldn't be able to write it the way he did, if he didn't feel it that way. God Bless you Leo.*

*Sometimes, even that HUMBLE & SIMPLE intelligentsia teaches and serves as a complement of knowledge for those "officially" considered or labelled with that same title. You might think that this is a contradiction, but it isn't. It's simply the balance that is naturally created around us. I call it "The Invisible Balance". We'll talk about it later on in this document.*

*As you can verify, the orderly disorderly process has just begun since I am already mixing my THOUGHTS. You see? I told you it would be so.*

*Due to that same fact, at this precise moment, I thought about making a Blog out of this document that will replace the conventional chapters that we are used to seeing in every single book. Instead of chapters, let's call it Diary of Thoughts Part I and so on.*

*It's not that it replaces the concept of creating a precise method of writing, but it might be different in a sense that, as obeying to that principle, these parts will translate my THOUGHTS in a random order. Contradictory it might seem, it brings me a certain feeling in the sense that it can be different this way, and it gives me the necessary motivation to write. Funny!*

*It's incredible what can happen to us regarding THOUGHTS. You might believe, or even think that I am writing these words with a planned purpose, but I don't. I'm not in any way trying to create an ambiance of "suspense" or to create for you the necessary motivation to follow the content of these pages. If it happens, it will be even nicer than it was supposed to be.*

*This idea came along, spontaneously, brought by CREATION itself, if you can call it "it". As CREATION doesn't have any sex, it is difficult for us to define the right gender category of this "invisible entity" that we all know exists, but we fear to accept. I only assume that CREATION played the same role as our MOTHER, so I connect this fact to the feminine sex as it happened with our physical ORIGIN.*

*You see, as I am writing, I have already changed the subject, but still respect a particular line of THOUGHTS. In the end, it's like a conversation around a table or in a pub at the end of a day's work. I don't know if you noticed, but in certain occasions, while drinking with friends and people we meet, we start talking about subjects that we ignored that we would not otherwise discuss...but we do! It doesn't matter if it's because we are uninhibited due to drinking. This eventual condition is not important to me.*

*If drinking brings us an open MIND and FREE SPIRIT that allows us to liberate our MINDS, our hidden POTENTIALS & FACULTIES, just do it without hesitation, always controlling your tendency for excesses. It happens with everybody. It's not a crime!*

*If we take a look around, everything that implies CREATION involves a particular kind of LIBERATION of the SPIRIT as we are not conditioned to conventional VALUES about what we can do or not do.*

*The so-called "moral component" created by SOCIETY is necessary as we all need to have some METHOD & LOGIC in our LIVES. However it's not fundamental and can become an eventual handicap in some contexts, like those related to ART or another form of CREATION.*

*A spectacular movie that translates in a very accurate way the role, even the importance of some non-inhibitive products like alcohol or other related stuff in the CREATIVITY of an ARTIST, is Mickey Rourke and Faye Dunaway's ...*

**BARFLY**

**[www.diaryofthoughts.com/barfly.htm](http://www.diaryofthoughts.com/barfly.htm)**

*Like I just wrote, and it's going to be another subject that I am sure I am going to talk about a lot, LOGIC, is a fundamental component of LIFE along with ENERGY. As a matter of fact, I am convinced that LIFE is nothing but ENERGY & LOGIC. I even think three different elements makes us exist along with the immense COSMOS that we find out there and I even recently posted on my status on Facebook the following THOUGHT:*

***“LIFE IS MADE OF THREE DIFFERENT ELEMENTS: THE ENERGY THAT MAKES US MOVE & EXIST, LOGIC THAT IMPLIES INTELLIGENCE & FEELINGS THAT REPRESENT LOVE & HARMONY. THE FIRST ONE BEING RELATED TO THE UNIVERSE AS ENERGY IT IS, THE SECOND BEING THE ULTIMATE GOAL OF THE CREATOR, THE THIRD BEING COMMON TO THE TWO DIMENSIONS AND THE KEY THAT NEUTRALIZES THE CONFRONTATION BETWEEN THE FIRST ONES.”***

*It's true that CREATION imposes rules to maintain that “Invisible Balance” that exists. By this fact, sometimes we feel like machines or mere robots instead of human beings. In fact, that is nothing but an imposed METHOD that CREATION found necessary to establish as a regulator of our behaviour.*

*This condition also implies the consolidation of a system in its foundations. It doesn't mean however that we are supposed to become slaves of that same system as CREATION also gave us the possibility to THINK and EVOLVE.*

*An example of applying a method and sequence to what I am writing now, it was like I was supposed to say to you, at the end of these lines, “PART ONE”, that “this text was written on the 4th September 2010 at 1 PM”, or whatever.*

*I can do it just to facilitate the arithmetical identification of several subjects. Without calling it Chapters or Parts, I can only identify them by just giving a title to each topic that I am developing in each paragraph, but as they don't obey to any conventional structural writing method, this might cause a lot of confusion. So let's keep the arithmetical formula as a solution.*

*We can even imagine a contest that is living inside this document between all the different subjects that are mentioned. This book would become a kind of creation of a virtual game on a computer to know what subject would win in the end. Don't you think it is a funny or interesting idea?*

*It's always necessary to apply a METHOD, but it doesn't become more important if I do, as these THOUGHTS are identified in their TIME & SPACE.*

*In fact, TIME doesn't exist. TIME is a notion that we created to regulate our PROCEDURES. The concept of TIME we have doesn't match the UNIVERSAL TIME, which after all is not called TIME at all, but merely a never ending MOTION of THE CREATION.*

*I believe that the moment that man created TIME, he started counting his time of EXISTENCE, contrary to other living species that just live every day of their lives without posing that kind of question. The lack of BELIEF about the CONTINUITY of our LIVES in another EXTENSION, another DIMENSION, causes all the distortion related to HUMAN BEHAVIOURS, namely the lack of RESPECT for the LIFE of others, even for our LIVES.*

*We can say that we all are lost in our TIME. This same NOTION and depending on its INTERPRETATION creates several contexts in SOCIETY, sometimes positive, others very negative. I am persuaded that the factor TIME, acts in the minds and SPIRIT of some people as the cause of certain excesses. Those excesses are manifested by, for instance, abuse of POWER, CORRUPTION, CRIMINALITY and other related behaviours.*

*Speaking about Science Fiction, I find extremely “funny” when some people think that they could hibernate, staying in a complete state of lethargy while frozen and living during centuries. In fact, their real individual period of existence would always be translated by the same TIME. Hibernating would be like in a long deep sleep where TIME just doesn't exist.*

*This conclusion means that there is the “conscious TIME” and the “hidden TIME” that makes the difference between being awake and asleep. They only could say that they exist for two centuries or more, but they would never change their TIME of “conscious LIVING”.*

*The notion that we are going to end in a certain unpredictable moment leads some people to think and mostly act as, “nothing matters if I do right or wrong as we all going to die”. This REACTION is the result of the DOUBT that resides in all of us about what's coming next. Is there an END or not? Was I born just to be here and be submitted to everything that my eyes can capture, or there is a purpose for my existence? These are called “existential questions” which are common to every single human being.*

*Surely there is a purpose. There is a purpose for everything. Maybe the purpose for the DOUBT is to create in us a CHALLENGE within ourselves to obtain a CONCLUSION about our BELIEFS & CONVICTIONS. Maybe it is a kind of selection that THE CREATION adopted to proceed to the next step.*

*Of course, it would be too ILLOGICAL, even for THE CREATION herself and it would be too cruel from her to impose on us a BEGINNING and an END, starting by giving we as human beings, that kind of awareness about our EXISTENCE. Don't you think so?*

*At this time, I suppose you are calling me some names like “philosopher” or “crazy”, or “naïve”, whatever. Even if I match one of those labels, I still think there are no limits for our THOUGHTS as they represent a crucial thing in our LIVES and that nobody can take away from us.*

The SOCIETY established the name “**philosophy**” to everything that cannot be proven, or something that they cannot understand, or are afraid to comprehend. If we look at HISTORY and all the examples related to famous CREATORS, we'll see that their so called “**philosophy**” was in most cases, recognized as a legitimate fact that would be proved later on, after their death.

But in reality, HISTORY repeats. It's like a mirror against a mirror lost in space where we can eternally see ourselves through different images and contexts. We can believe that we are present in every single mirror, or merely believe that our mirror will fall into small pieces and be finally lost in space.

### **MINORITY REPORT**

**[www.diaryofthoughts.com/minority\\_report.htm](http://www.diaryofthoughts.com/minority_report.htm)**

So at this point and being coherent with what I said some lines ago, I don't care what time it is. I am writing in my time, or if you want, in our time. Our TIME as we all make part of it.

Science Fiction always tried to use TIME travel to prove that the NOTION we have about TIME doesn't exist, as there will be a way to handle it, locate it and use it at the level that will eventually allow us to change FUTURE events. That's one of the examples that show that every second of our LIVES are interconnected, and the FUTURE is nothing but the reflections of PAST TIME.

As a fanatic about music, as it is part of my LIFE, I read one day some interesting lyrics of a musician. It is an old vinyl recording that expressed some fundamental PRINCIPLES about our EXISTENCE. It only expressed that, quote:

**“Some people are fighting against time; others have time to live”.**

I think it translates the message that I was trying to write to you. Later on in this whole document we'll make an interesting analysis of this poem.

## **II. NUMBERS - ABOUT THE MATRIX**

You can already see in Part One of this document that several subjects were mentioned but still at the maturation state. Even so, they're still at an embryonic state as they were just born from IMAGINATION, supposing that our IMAGINATION would be their MOTHER.

Their cradle would be our brain, and as long we concentrate on their existence in our SPIRITS, pay attention to them - they will forcibly develop and grow up. After all, it's like taking care of our THOUGHTS.

Millions and millions of THOUGHTS were lost in this slight lack of time that occurred. Not completely lost of course as that chain of images, sequences of LOGIC & ILLOGICAL emerges from our SPIRITS.

It reminds me of the famous movie "THE MATRIX", that shows an image of figures scrolling up and down as circulating on a FLOW. As a matter of fact, I agree completely with that vision about the matrix of our LIVES. It's for sure there is one MATRIX.

We could also call it "**The God's Formula**" - (translation from the Portuguese original title), as a famous Portuguese writer, José Rodrigues dos Santos, who gave this title to one of his books. If the CREATION had to define our EXISTENCE by a MATRIX, I think that she would do it exactly like that.

The movement implicated in that MATRIX matches my conception of the EXISTENCE of a Universal Flow of ENERGY & LOGIC, from where we all came and to where we'll all return.

One day I read part of a book from a French author, Bernard Werber, where he tried to explain about the structure of a kind of pyramid that defines the several SPIRITUAL levels of evolution of human beings based on six numbers. Under that influence and basis, I wrote a poem where I tried to express that same idea, as follows:

# **Numbers**

**A number is nothing but  
the expression of a certain reason  
defining a certain logic.**

*Like Life  
a number is not something lost  
within our understanding.*

*It's just a sort  
of chain, of succession  
of factors, of events  
related to the intelligence  
connected to our Existence.*

*Like all forms of expression,  
a number is like a painting,  
real but still abstract.*

*It's like a picture, a photograph  
where sometimes we see an empty thing  
but that has its content.*

*After all, you just have to interpret it,  
identify it to find its meaning.*

*In numbers,  
Sequence and Cadence  
give the origin and continuation  
of an essential and primary factor  
for evolution  
that leads to change  
The Universal Motion.*

*Number one  
means the mineral state,  
where there is not love, bond or option.  
As it is cold and linear,  
leads however to think  
that it is a primary state  
but still so extraordinary  
as the initiator of a process,  
triggering, originating progress  
and spiritual maturation.*

*Number two  
expresses the vegetable state.  
Because of its round and horizontal shape  
it is no longer so trivial.  
It implies loving the Sun and Heaven,  
like a flower filled with colour  
to please to a dimension, to a higher being.  
It is connected to Earth.*

*Number three  
is once again the mutation,  
the maturation of the human Spirit.  
In its original design  
we find in the animal state  
two halves, two truths.  
The doubt about if you can love or not.  
Its existence lies in the vagueness  
of its convictions.  
If we examine its reasons,  
the number three is dragged,  
sometimes overwhelmed by its instincts.  
Given its lack of identity  
it lives in duality between fear and desire.*

*Number four  
translates with the symbol of the cross  
the human state.  
The cross also means light,  
perception, the option of deciding  
to remain in this state  
or evolve to a higher level,  
superior, absent.*

*Number five  
is connected  
to the man intellectually evolved.  
It corresponds to the spiritual state.  
If we determine its form  
the number five is  
the reverse of number two.  
Unlike the vegetal being, the spiritual being  
is connected to Heaven  
and loves the Earth, the material.  
The difference between connection and Love  
provides a comparison ... the inversion  
of two fruits of Creation:  
the five and two.*

*Number six  
is difficult to define, difficult to reach  
in this dimension.  
As it translates the absent  
it depends only  
on your prayer,  
the belief that you can find  
when you give what is inside you.*

***Keep on going in your search  
of the insight of your feelings  
and you will find the explanation,  
the moments to identify the six.***

***Maybe you can join the Kings  
that govern the Universe.  
You might want to stay in this place,  
continue to fight without change  
or reach the understanding,  
the comprehension  
about the Source,  
the Roots,  
the Explanation.***

***(Carlos Pacheco, Luxembourg, the 14th November 1998)***

*It's up to each one of us to find the right number that will define our state of maturation of SPIRIT.*

*A famous jazz-rock group from the 70's named itself as Return To Forever. This is a magnificent name for a band that revealed their evolution in TIME and SPACE. Their music was far too developed, considering the typical and conventional forms of musical expression that were practiced at that time.*

*We have to know that everything in LIFE implies a self-matrix. Even human behaviour based on natural instincts or other conditioned procedures is a target of a MATRIX. We can consider it as the skeleton of that UNIVERSAL FLOW that is CREATION herself.*

*I prefer to consider CREATION as she since the physical beauty component manifested on human beings always lay on a woman and mostly because our ORIGIN is coming from a woman's belly, a place where we've been protected, nurtured and raised during the first months of our EXISTENCE.*

*Apart from its Science Fiction, one of the movies that refer to that MATRIX as a UNIVERSAL KEY of LIFE and gives an approximate image about this concept, reflecting different dimensions of LIFE, is the one with Keanu Reeves "**THE MATRIX**". It expresses the succession and interconnectivity of numbers as if it was a mathematical explanation of our SOULS.*

*It's a fact that human beings reached the conclusion that almost everything can be translated by a "**numeric key**", by a "**matrix**", though it can be extended to our EXISTENCE, even if it is abstract. However, I find it very difficult that our SPIRITS could be represented that way.*

**THE MATRIX**

**[www.diaryofthoughts.com/the\\_matrix.htm](http://www.diaryofthoughts.com/the_matrix.htm)**

Coming back to that subject named **"TIME"**, another famous musician already referred on the first THOUGHTS of this document, defined his time as - quoting:

**"I live in an Ocean Of Time, where the PAST is lost in THE FUTURE."**

This sentence has an exceptional construction of words - a sentence that leads us to think about the EXISTENCE as a **"whole"**.

**Eric Burdon & War – Out Of Nowhere**  
**[www.diaryofthoughts.com/out\\_of\\_nowhere.htm](http://www.diaryofthoughts.com/out_of_nowhere.htm)**

The analogies I make in this document will have the tendency to be focused on that form of ART called MUSIC. Since I was a child, my greatest PASSION was music as it translates the several STATES OF MIND. Human LIFE is nothing but several and different STATES OF MIND. After all, each person lives in his SPIRITUAL sphere, and I am convinced that there are no identical STATES OF MIND on this UNIVERSE.

Let's say that we are all different WORLDS in one single galaxy. Let's say that there aren't identical equations on that alleged MATRIX that we talked about.

It's funny what writing can do isn't it? I find myself writing all this, and I can IMAGINE that I am a writer. By this fact, I put myself in their place, without the pretension of being one, but I guess in a certain degree what they can feel, I can smell a bit of **"their world"** of IMAGINATION.

Just now, somebody interrupted me several times just because of a toaster. This interference happens while I am developing these IDEAS. It made me understand why some writers get frustrated when somebody just breaks their THOUGHTS. It's like breaking the concentration of a guy who's in the middle of reaching his highest peak of programming in front of a computer. When he's finally reaching the final formula somebody arrives and says "can you bring me the toaster please?"

This little episode is an example of how to put ourselves at other people's places, trying to understand their PROBLEMS & REACTIONS.

I always said to my wife that the only way to understand or at least try to put ourselves in their shoes, try to understand other people and their different contexts, is to touch their domains. It doesn't forcibly mean that we have to participate in that specific context, but at least we know or have the perception about what it represents.

I am also sure that in most cases, the great writers, poets, painters and musicians were a target of an involuntary break of THOUGHTS, as they dedicate most of their time to their **"world"** or vocation. As other people don't understand their inner need to dive into that world of CREATION, they just break the chain. Others do that intentionally because that's their way to stop other people's EVOLUTION,

considering that their *EVOLUTION* is limited to their *IMAGINATION* that in most cases are very short.

They don't feel good about it. Some complexes arrive when they are faced with another *DIMENSION* that in a certain way, really frightens them. Their world is under menace. A policy of dependency is sometimes created to avoid the evolution of the **"imaginary spirit of a talented one"**. This attitude is at the origin of what's called **"intellectual castration"** that is involuntarily and voluntarily practiced often in *SOCIETY*.

They start calling them as **"eccentric writer, photographer, painter or musician"**, or **"paranoid"**, **"obsessed"**, and even more to try to slow down their creative process. Even persuasion interferes as a way to divert their attention to other different fields than theirs.

Briefly, **"talent"** always had its enemies and forcibly, sometimes it implies a high price to pay in individual, psychological and financial terms. There's an old saying that claims **"those who don't listen, they will never learn"**. That's the case with most people, mostly because they are afraid of what they can't understand. That kind of fear avoids their *EVOLUTION* as human beings, and their refugee is their **"ignorance"**. Note that the word **"ignorance"** doesn't imply **"stupidity"**.

Another extraordinary poem that I read and was given to me by my wife, was written by a Portuguese poet and translates the following quote:

**In you, there is the staring into infinity; in me  
there is the possibility of seeing only until  
where the eyes can reach .....**

This sentence is so *TENDER* and *BEAUTIFUL* as it's so true. A particular declaration of recognition from someone who you *LOVE* that manifests her understanding, even if this causes a break in your *RELATIONSHIP*. By doing that, their limitations are assumed and recognized.

It's all about *UNDERSTANDING*, a word that will become another subject of this document.

It's also about *RELATIONSHIP* as a **"second key"**, a fundamental and essential element that just a minority of people can discover within themselves or learn from other people if they had the chance to relate with them at a family, private or social level.

*LIFE* gives us examples of these situations all the time.

Talking about *UNDERSTANDING* and *RELATIONSHIPS*; today I had another example about this subject as a neighbour of mine crossed the road while I was cleaning my car. This guy almost never says good morning or hello, just absolute

silence. Distance is created on purpose to avoid any approach. A certain aggression along with fear could be found in his gestures and his eyes every time I crossed him. A massive body carries this character.

Any attempt of approach was useless. Today I see this guy with his crutches and smiling. I didn't know if I would salute him or not. I was already tired of trying to be polite with him with no success but as a matter of courtesy, I always did.

As I stared at him, he stopped and started to tell what happened at the Hospital, giving me the details about the surgery he had the day before. Then I could see that the aggressive person has become so gentle and so fragile. It's clear that, with this situation, he felt the need to SHARE his problems with somebody, like the child that had broken a leg and needed some comfort from his parents or fellow friends.

What he didn't think, was to pose himself the question if it was worth it to be so constantly aggressive and distant of other people during all this time.

The **"fear"** of approaching somebody was not present anymore. Finally, he became like a child. Maybe he endured some events that made him put on that cover. After all, it was all about SHARING his fears and his problems and being able to RELATE to others. Is it as difficult as that?

But be aware that RELATIONSHIPS are not a science. They can become a science as any other subject, but mainly it's a natural BEHAVIOUR that has to come straight from our HEARTS through our INSTINCTS. It implies LOVE & FRIENDSHIP. We'll talk about it another time.

There is another element involved in this situation that helps a lot and has to be learned, called COMMUNICATION. COMMUNICATION is made of words also expressed by writing, actions or gestures and they are nothing but THOUGHTS.

You see? Here we are again, talking about different subjects like millions of sceneries presented while we are sitting on a train and observing the landscape.

# ABOUT THE AUTHORS

*Carlos Pacheco was born on the outskirts of Lisbon, Portugal, EU, in a town called Queluz. Son of Rui de Sousa Pacheco and Isabel Maria Pacheco he reached Secondary School and stopped his studies to follow a professional career related to ORGANIZATION & METHODS, along with ACCOUNTING. He married his late wife Maria Eduarda Pacheco on the 3rd July 1971.*

*He joined the Army from October 1972 until April 1975, and he was classified first on Military Messaging Services. At the age of 38, he immigrated to Luxembourg as a result of a Contractual Agreement, after he accomplished professional missions in Switzerland and France.*

*At sixty years old, he decided to put in writing all his THOUGHTS, expressing, the best way he could all his inner VALUES, BELIEFS & CONVICTIONS, hoping that they would be captured and understood by some people as a message of SPIRITUALITY along with notions about LOVE & FRIENDSHIP.*

*His works reunite THE DIARY OF THOUGHTS - VOLUMES 1 & 2, THE DIARY OF THOUGHTS POEMS, and the epic Portuguese novel DREAMS LOST IN TIME. He also produced the joint-venture THE D.O.T. POEMS - THE AUDIO BOOKS with the prominent narrator from New York, Hank Beukema. Hank reads a great part of the poems included in the THE DIARY OF THOUGHTS books, written by Carlos M. Pacheco. This project involved their dedication and several months of hard work to achieve a 6 hour 4-set audio book collection.*

*Carlo's works in Portuguese are SONHOS PERDIDOS NO TEMPO - (DREAMS LOST IN TIME) and AS MINHAS PALAVRAS (Poemas e Pensamentos) - (MY WORDS - Poetry and Thoughts), the latter being a compilation of his poems in Portuguese along his most profound existential thoughts and different and subjective points of view. He also produced an audio book of his novel SONHOS PERDIDOS NO TEMPO, two files totalling 15 hours of narration of this work by the Author himself.*

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*Rosalind Machard was born in Johannesburg, South Africa. Her TALENT as a painter translates her BEAUTIFUL SOUL, her LOVE for LIFE, her FEELINGS. Her VISIONS, her SENSITIVITY, her personal touch are going to be present in this book on a different edition, through her sketches, IMAGES that reflect who she is and what she represents, the reason why she is present in my LIFE and also the explanation why I finished this document.*

*Through our communion of THOUGHTS, FEELINGS & STATES OF MIND, we managed to achieve together the humble content that is expressed in all those*

written words and at the same time, we consolidated our *RELATIONSHIP* as it is so special.

*BEAUTIFUL SOULS* are destined to meet each other, to finally identify themselves and try to give that same message, that same need, to all people around us.

\*\*\*\*\*

*Mary Anne Finnemore is a dear friend, a Tutor of English, Music, and Respite Care, who puts all her passion into her work. She collaborates on this project by giving her precious contribution in the area of text reviewing.*

*About Mary Anne: ECLECTIC: perpetual student of life, humanist by nature with a passion for music, avid outdoors woman, art, and life. MUSIC: piano my key instrument is a wonderful resource and teaching tool providing respite care for persons of all ages and abilities. Mostly self-taught it is my greatest joy. COOK: professionally for over 30 years in every aspect of the business applying my skills to respite care both teaching and specialized diets. TUTORING: English: Reading, Writing, and Comprehension are both a personal and professional mission of mine to help others succeed in their life which I have been doing most of my life paid but mostly volunteer. No subject is taboo, and no question goes without an answer, to the best of my ability. My purpose here is to see you reach your dreams refining your expressions to print.*

*PS: I would like to present my deepest thanks to a very dear friend of mine, Rosalind Machard, a great ARTIST, a great SOUL, a beautiful human being who helped me finish this simple book, also the author of the illustration that is present on its cover. She shared with me the most difficult moment of my LIFE and gave me the necessary STRENGTH to achieve what she called **“maybe the final purpose of my LIFE”**.*

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*Narrated by Hank Beukema*

WEBSITE

[www.diaryofthoughts.com/](http://www.diaryofthoughts.com/)  
<http://cmiguel51.wixsite.com/carlosmiguelpacheco>

FACEBOOK

[www.facebook.com/DiaryOfThoughts/](http://www.facebook.com/DiaryOfThoughts/)

SOUNDCLOUD

[www.soundcloud.com/cmike51](http://www.soundcloud.com/cmike51)

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