

Also

There is a middle point in your life that you have to appreciate.
It is called **Also**.

You can feel that you are the greatest asshole in the world & when somebody says that **Also** you are very beautiful, you see that you have to accept that, too.

Also lets you slide between being beautiful and being ugly. If you learn to appreciate **Also**, it is like an insurance program for being enlightened.

People tend to forget about **Also**.

They think that it is either one or the other.

No, it is **Also** always, whatever it is that is coming.

You are ugly,

you are beautiful,

you are confused and fucked up,

you don't know what you are, **Also**.

You are **Also** sometimes turned on or absolutely a fucking drag to be with, **Also**.

Also sometimes you are just floating:

It is beautiful and there is nothing to say.

You want to know who you are?

You are **Also**.

Never, ever exclude anything, man. Everything is always **Also**.

If you exclude anything, you are a poor human being.

You don't allow.

Also, Also, Also, Also, that's what you are.

We only have this much time to live. Within that time include everything.

Also, Also, Also:

I fucked it up, **Also**,

I feel great, **Also**,

I had the greatest orgasm, **Also**,

I blew it, **Also**,

When you allow that, it is beautiful.

I'm beautiful because I allow the **Alsos** in me.

I am beautiful because I accept my ugliness,

I accept fucking it up,

I accept feeling guilty,

I accept wishing I could do it better.

If you ever come into a situation where you don't accept things, that is an **Also**, also.

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