

Table of Contents

01	Hoi-Hoi	1
02	7 or 60	5
03	obrigado	10
04	ciao	19
05	NANA	24
06	showing	29
07	portal	33
08	prophecy	37
09	caring	40
10	boom-boom	44

11	ABC	49
12	Feel	52
13	i to 1	55
14	9ineapple	58
15	g1ft	60
16	nour1shment	62
17	1derfull	66
18	e=mc2	69
19	P1npl	72
20	i 2 eye	74
21	recylamation	77
22	gold	78

23	A	80
24	time	83
25	parable	86
26	tao	88
27	see sense	91
28	summary	95
29	bonus appendix	99
30	glossary	102



**This is a little book about alot of
pineapple
It's some tao on the spirit of
pineapple - who, what, how why the
cosmos gifted us the juicy, fruitful
Flow of...Ananas Comosus**



T was a bright young day, at the dawn of the fresh millenium - future is bright... Fresh off the'boat to 'Merica' and sejournd in Santa Monica - enjoying an adventure to the Sierra Mountain and Mammoth Lakes - Out on a bountiful hike, and nearing a crest I selected a little spot by a beautiful tree to savor the view.



**....¡¡¡AMOS!
OK. LET'S
GOOOO!**

we'll start in the middle – coz (just like a pineapple) all that sweet stuff is right in the middle deep-inside, then we'll ride the 'pineapple-express' - your guide to galvanize you into a hero....against the villainry!

BONK - BOOM

...a pine cone topples to my head I flip my phone from viewing-out to capture the vista to 'selfie' and examine the wound! LOL All's good! the only thing that captures my attentive-eye is the brand phone logo - 'ORANGE'

(a UK Telco that I had an unlocked version of) The future's bright - the future's Orange was the famed tagline - and began playing in my meagre-mind. It was to signify the tao of transformation - a culture of no-more constrains - just an amazing vision. WELL - the cosmos always has your back - and in those moments the pineapple prophecy processed!



YEAH - like all good deeds - part of my prosaic little plan on that hike was to conjure a 'name for the new to be minted 'corporation' I was curating. In a cocktail to pine-cones --- fruity thoughts and thankfulness - there was only one feted flow - pineapple. A harmonized fruity enactactment (thank-you orange) of the pine-cone - who doesn't love a pineapple...YEAH you have my vote - and Pineapple Fitness pronounced it's place on the planet!

Look-out LA - here comes Pineapple-ology - and rather than Nick I went with the 'nick-name'



PINEAPPLE.

Gifts of great success augmented my intentions From big-wig Hollywood biz and Mr Ironman himself through to Athletes emboldening fresh-edges in entertainment, execution and all the embellishings that entourage to all the effects.

At one such event a gorgeous starlet sung across the room 'hey PINEAPPLE...come here'....HELLO! I internally heckled but alas as I burrowed through the bedlam of festive-fun I was apositioned to greet a more-moderated beauty of middle-aged Asian Man.

HEY PINEAPPLE MEET PINEAPPLE!

The other 'Pineapple' turned out to be a prominent Filipino Principal incredibly connected in the Pineapple-industry. As we shook-heads He presented me with his business-card...It's just pineapple! -- the card-stock.

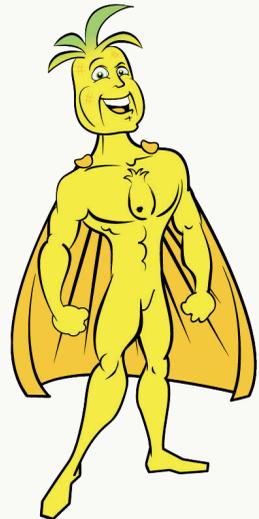


We've just won a celebrated sustainability award for turning pineapple waste into 'paper'...



Almost an hour later we bid adieu until Mindanao and the "pineapple to product" (P2P) had ignited a Boom-Boom in my brain. Always ignite success and in all ways. BAM ... trash to treasure, waste 2 wonderfull. WOW - there's something more in this pineapple! The prophecy plonked in my psyche...every product on the planet made with/from pineapple! Put that in ya Pipe!

JUICE-UP!





**OK>>> Let's start!
 ...your choice just
 7000+ years ago
 or 60,000... LOL.
 Up an at em!**

HEY!...

Dinosaurs eating pine-cones is documented at 60,000 years ago or the existence of cool-folks in Amazonian tribes chomping on pineapple 7000 yrs-by

Perhaps the best-choice....'In window number 3' - How did it go from pine-cone to pineapple!...We do now know that a pineapple isn't a single-fruit it's a coalesce - every little spike is it's own little fruitlet - all then collaborated, collected ...coalesced into a single-'thing' pine-cones 60,000 years ago to pineapples in the Amazon 50,000+ years later - Obrigado!

HOW?

...The most known-name for these folks - is the 'Nakiwara'



Nambikwara - spirit connected by nature are the native folks from Brazil, “people with nature” is the simplest translation and their deity.

In every discovered photo they revere pineapple...clothing, Medicinal properties, Alchemic power - altruistic aggregation - -- all activated from the

'PINEAPPLE'

The pineapple was the centerpiece, the core (all pun intended with relevance of the pineapple core and nowadays cultural connection/connotation of CORE-values.

They were Nomadic in their nature. Knowing to utilize what they needed. They enjoyed a harmony alongside nature - never waste - enjoy the circular tao to all.

Even back then they enjoyed the innate intelligence that we're all 1. They intuitively understood that nothing ever 'disappeared nor appeared' - for energy is merely transferred. (yes the 1st law of 'modern science'...



ENERGY NEITHER CREATED NOR DESTROYED!



Their revered pineapple was just the most symbolic example – you ate the 'fruit', you worked on eating the 'skin' and

**you planted the crown to make another ONE! –
could anything be more brilliant! - it was a gift from the
Cosmos**



Darwin best summarized many eons later - as he enthused that the glorious flower was an “abominable mystery!” - he dissects and dicates that 200M years ago, long before we walked the Earth, it was a world of cold-blooded creatures and dull color — a kind of terrestrial sea of brown and green. There were plants, but their reproduction was a tenuous game of chance — they

released their pollen into the wind, into the water, against the staggering improbability that it might reach another member of their species. No algorithm, no swipe – just chance. ***...But then, in the Cretaceous period, flowers appeared and carpeted the world with astonishing rapidity – because, in some poetic sense, they invented love.....aahhh.....Once there were flowers, there were fruit – that transcendent alchemy of sunlight into sugar. Once there were fruit, plants could enlist the help of animals in a kind of trade: sweetness for a lift to a mate. Animals savored the sugars in fruit, converted them into energy and proteins, and a new world of warm-blooded mammals came alive. lest we forget.

LOL!

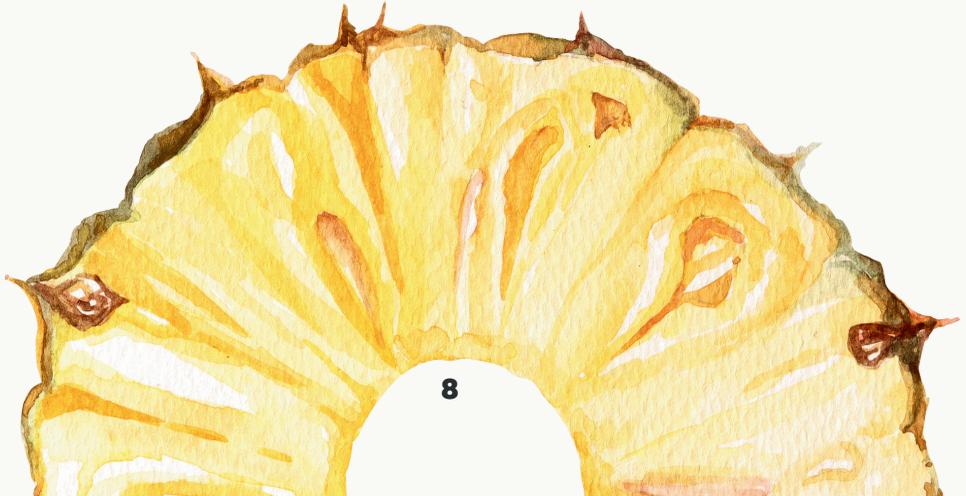
Without flowers, there would be no us.

No poetry.

No science.

No music.

Darwin could never comprehend how flowers could emerge so suddenly and take over so completely. But out of that mystery a new world was born, governed by greater complexity and interdependence and animal desire, with the bloom as its emblem of seduction. You think you know you don't and it won't stop you from trying.



...NATURE KNOWS, BOND WITH BIOLOGY

**AWARENESS
APPRECIATION...ACTIVISM**

#ABC

**BOND WITH BIOLOGY, BE YOU, BELIEVE
BREATHE BETTERMENT**

**CONNECT, COLLABORATE, CURATE,
CREATE...CHOOSE
PTNEAPPLE**

PINEapple...PINEal gland...what you see shapes the story you sell to yourself.. (Yes the clever-clogs named the part of your brain) – the PINEal-gland after the PINEapple – as it resemble the shape and structure of ‘eyes’ on the pineapple and the skill of a 6’t-h-sense a 3’rd-eye that your pineal-gland delivers.



Obrigado

The Nakiwara were just grateful (oh such a wisdom we all need to assimilate!...APPRECIATION) for the pineapple.

They named it 'NANA - i think the phonetics is what drew & dictated this - which we now know to roughly translate as EXCELLENT MEDICINE!!

They continued to thrive and next phases of folks on the planet begun hunting, fishing, gathering - purported civilization! had arrived....as small settlements started but - this was/is the beginning of EGO from fluid Tao to trying to Contort our human-will had begun...aargh the endless and insatiable quest...MORE More with less – will become our wisdom. But MORE through: Power, Stuff with this startling starting.

As we delve into the history books, we can 'see' the celebrated civilizations are documented for this continent. They were all previously oasized by such vast surrounding Oceans.....The Mayans, The Incas, The Aztecs...all ostracized initially by Ocean. YET...They all aligned their prosperity to the PINEAPPLE! (PS the Chinese word for pineapple can also be translated as Wealth, Health, Good-Fortune).

Mayans are known for their proud pyramids which they positioned and purposed to celebrate and communicate with the gods/godesses. The DNA of their architecture

is shared with the pineapple!...and Fibonacci-patterning. This celestial-celebration connected them to the cosmos and history acknowledges them as the first active astronomers, Their writing of logos and first forms of mathematics described in the alchemic geometry of the pineapple.

FIBONACCI-patterns and what we now call 'Pi' / the golden-ratio guide us of how to grow – and shine a light of deep humanistic aspiration, ambition, activation.

Offerings of pineapple were placed at the top of pyramids and even challenges to carry them to the top showed strength of mind and muscle was part of the mayan manifestations!...and the cosmos's way to highlight the empowerment of a pineapple. Yes Strong outside, Sweet in and wearing a crown... the mayan meme of pineappleology.

The Incas – historical artifacts of their first roads - were always depicted with folks carrying a harvest of pineapple in celebration that the road had been built – a celebration and joy of a way to connect, highlighting the connection/collaboration for what a pineapple is... a Coalesce of berries



-a connection of multiple fruits into ONE --- the cosmos guide to us to create connection, collaboration, co-operation.

Aztecs - expanded farming, and sculptures was their wanton and sacrifice shimmied their shift. Pineapple was a demanded part of the agricultural growth and a fayre of the favorite food

These early civilizations aligned the gift of the cosmos – the PINEAPPLE to their wisdoms and innate intelligence which continued through the early expansion into ‘European civilizations’ – which embedded the pineapple as a key symbol in the buildings constructed an ornate pride (you can note one of the most famed modern day trophies – the Wimbledon Tennis Champions Cup has a pieapple a top of it!)

BUT

what happened to these celebrated cultures (in our ‘modern ‘advanced’ (LOL) times??

We seem besotted on AI – which really should be re-framed as ‘Accelerated Information’ not “Artificial Intelligence’ --- as perhaps the Tao the pineapple is Telling is that we can gatecrash the future now by aligning ourselves as a pineapple and the Ai 2.0 is yes Access innate intelligence (a meme to the “common-sense revolution re-evolution”

Our current ‘problems’ / pains can all be pointed to...the underlying burgeoning of the EGO!

from the nomadic namikbawara and their harmony with nature – there's been a gradual degradation to ego enfusement > zero-sum - we win you lose! (is a bad/sad endictment of the 'times' rather than civilization - this is perhaps the start of the calamity (and what the calling for the p1neapple prophecy sings now!)

YES - PINEAPPLE : THE SPIRIT OF PINEAPPLE + SCIENCE OF 1

The conquistadors are the crowing tipping point - they crushed! and compounded the conquering of land and all such. In the tale of our pineapple that lands us in the 1400's and the Caribbean with the doyen of 'Merica - the adventurous Christopher Columbus.

On seeing the pineapple he named it the Pine-Cone of the Caribbean. On tasting its exquisite flavor and marveling at its beauty - he knew immediately he had to bring one back to his King. The entire voyage it was kept in his quarters - tended to daily - a ritual that was given to the most favored ship-hand - it was an honor...

At the presentation to King Fernando Ferdinand - a hubris of joy filled the air - anticipation was augmented to an explosion of excitement as the king marveled at the aroma - and his first taste curated the indelible impression of AMAZING

The sensory attributes were a feast of stories of the flora and fauna the pineapple features



**King sent a fresh ship solely to get more!
He also renamed it Pina - it is stated**



THIS FRUIT, WHICH THE KING PREFERS TO ALL OTHERS, DOES NOT GROW UPON A TREE BUT UPON A PLANT, SIMILAR TO AN ARTICHOKE! ..."PINA" ...RESEMBLENCE TO THE PINECONE



**> the King Shared the feast with Priests
Who began sharing small morsels to clergy to embolden their
Medicinal powers. This spread swiftly to the other Euro-Kings
and globally to Asia via Africa.**

**YES – the pineapple was pivotal in the power-base of religion –
as they cleverly aligned the medicinal power of pineapple
(nutrition) as a ‘god-like’ gift proffering HEALING.**

**The empowerment present (aka gift from the cosmos) that was
and is now (presence from a present!) spread to all lands and
lore of the European nations and the Royalties that ruled.**





LOUIS XIV...LOVED THE PINEAPPLE SO MUCH...HE DECREED... TO "CALL IT THE KING OF FRUITS, BECAUSE IT IS MUCH THE FINEST AND BEST OF ALL THAT ARE UPON THE FACE OF THE EARTH. IT IS FOR THIS REASON THAT THE KING OF KINGS HAS PLAC'D A CROWN UPON THE HEAD OF IT, WHICH IS AN ESSENTIAL MARK OF ITS ROYALTY!"



WOW

For the Europeans...the Ananas name... became synonymous with the 'pineapple' ---- * 'NANA' - was a word used to describe 'amazing medicine' by the ancient Amazon tribes which many of the Euro adventurers adjoined with/to – and a flourished the naming to a Nana (s). This flow morphed in many languages/cultures across the planet as 'ananas' - and the botanical name for it...Ananas Comosus.**

Comosus was added to describe how it grows - tufted from the ground up! PineCone from the Ground!

**King Chales II ...he named the 'pineapple'... kingPine
The scipture describe...."pineapple is born with a crown like a king: within its skin: which resembles a brocade of pinecones, lies the royal opal, guarded by its thorns, like soldiers, with its Royal insignia, created so uniquely by nature, with its great and beautiful stature" – such impressive and imperious statement.**



In fn extension: The pineapple inspired him (the KING) to create the Royal Observatory in Greenwich. (which is the alignment and symbolism...that pineapple is your "3'rd-eye" – it was his gift (the observatory) to look further into the sky and connection vision into what was previously a level of 'invisible' – but which his innate intelligence knew there was stuff out there!

A consistent constant theme – a knowledge and provocation to go deeper and see more – a prompting of what the pineapple is to provide for us all!

This Empowerment path of the pineapple was emboldened from the 'CROWN', ie by the king (queen) which shows how the cosmos and it's 'innate intelligence' know the 'modern-day tricks of social-media influence' (even back then!) – just a different mechanic but the same scaling – for this was classic 'marketing' to make the pineapple both impressive and iconic with its crown.

Pineapple's rich history detailing its sovereign status and symbolism of hospitality, gratitude and representation of health, wealth & good-fortune stands into modern-times.



YES...BE PINEAPPLE...ROYAL IN APPRECIATION, BELIEF AND CHOICE

LIFE : SIMPLE : ABC



Perhaps this best summarized and a gift for us in such a contentious climate that currently exist – by regaling the ancient fued of France and England - and the

breaking/brokering of peace to connection and collaboration that is pivotal pineapple-ology!

Louis XIV once dressed up as a Pineapple at a big-party to seduce Madame de Pompadour (MdP). She became his partner and first incredible Philanthroper on the planet...spending monies to save animals and help the planet (yes another amazing example of pineappleology and that leadership is by giving* care & share!)

MdP will be in historical hubris to celebrate and she introduced and curated the Treaty of Dover. With a flourishment of fun, she brokered the Treaty with clever coercion of connection, collaboration & creativity - the cornerstone being the creation of a fund for Animal Welfare - (aaah - the art of negotiation - we all w1n or no-one does #p1neapplePROPHECY)

The 'impact, influence 'power of the pineapple' grew and grew in Renaissance Europe - as there were so few sweet things that existed - it extrapolated the sensory qualities of the pineapple and kept expounding the exquisite extraordinary impact, influences. Its was is a continued becoming a special shining star!

BUT the paradox of human behavior which is a prevalent in all parts of our civilizations was the Pineapple Wars emerged from such.

As the jousting to control the entry in the Americas...the caribbean continued - in a profound move King Charles II (KC2) cut a head of a pineapple crown (head) at a meeting with the contingent of William of Orange - (over

ownership/control of the Caribbean) - its was a symbolic gesture, that gesticulated that the British can get pineapple (from the colonies) - and had such Emperor-like power that the outlandish gesture of cutting a pineapple crown, was akin that they could be the other opposing Monarch's heads! Britannia rules the waves! was the clear message & many was followed!

Continuing conflicts & in-concert catalyst for growth crafted the (Queen) Catherine the Great. Again the paradox of human behavior tapped the empowerment of the pineapple as both the pivotal positive empowerment of females but also pains of war (from human behavior)

Pioneered in Russia under Catherine the Great - the Enlightenment period - expanded - and yes the pineapple was the symbolism to flourished by Catherine for female power!

The scholars at the time also stimulated the first kernals of what we now name the "Circularity / sustainability' movement - which was prompted by mirroring the guidance of the pineapple (reminder the crown is planted to create a fresh one) YES the pineapple our gift from the cosmos to GUIDE us, as this time-period was of explosive growth across the planet, as humanity' spread of civilization from americas to africa, asia! we're all 1 and un1que - each culture had a gift to share and story to shine for the pineapple.

Cross-woven in it all - was that Nature Knows - the explosion of humanity and its intellectual purported prowess - always had a drip that Biology does it BETTER.

CIAO

MR LEONARDO FIBONACCI GRAZIE MILLE!

An Italian Mathematician from the 1200s whose wisdom's didn't really ignite into its glory and guidance to the rest of humanity until the 1600's

and fueled the growth on International Trade and prosperities that powered so much developments on the planet. Forza Fibonacci!...The reverberations we realize every single day:-

Accounting, Banking...Fair-Trade...staples of society - all curated by Fibonacci and his alignment to nature's 'architecture' and 'alchemy' ---he gifted us the glory to grow (yes the Golden-Ratio, aka 'Pi' is the wisdom/guide/nature's algorithm) - which unfortunately has been overtaken by human greed! And the foibles of human behavior. Our pineapple is the sweet pickly prod poke that Nature Knows – we really don't and to align and bond with Biology!

The pineapple was one of Fibonacci's muse - He observed

the sequence of 'eyes' on the skin and their sequence in the spiral - There was a rhythm! (this became Pi - the golden ratio...the DNA to all mathematics and subsequent associates and structures of how we 'survive' on this planet today (Grazie Mille Leo and Obrigado to the Nakiwara who gifted to us by and with the pineapple)

Manifesting his inner Monteverdi - Fibonacci harmonized the rhythmic strategies of music to mathematics and numbers! He mused a pineapple sitting under a tree (so similar to my tree and pine cone guidance!)...Listening to birds sitting in trees (talking to trees is the guidance bote here folks!!)



Manifesting how biology bellows and grows - it was a concert! (yes his inner Monteverdi announced)--- how stuff grows in nature is our solution - it's the guidance of what's the next move (eyes to the future!) (Pineapple eyes) (chinese wisdoms) (the prophecy - we're a portal and path to the ubermensch). Each day he would return - his scientific-mind gathered the science of how rabbits grow! - in the field upon which he mused and manifested - IT became the fibonnaci sequence 1,2,3,5,8,13.... Golden spiral...GROWTH. Exactly how to BEST scale and scribe the future of growing and such - it was simple.

This corellated into Beauty proportion - sculptures - (and a reminder of hwat/how/why the Mayans ...built such beautiful, bold and strong (they still stand today! Structures) - and also confirms the Mayans wisdom was their intuitive vision....their pineal-gland!...their pineapple-eye!

SO in Summary...the Cosmos gifted us the pineapple to map such global glory and simple map to grow and the skill to see it all - yet our greed has over-garnished it all!

The Taj mahal, Parthenon, mona lisa, sistine chapel all based on Fibonnaci and the 'Pineapple-Pattern' - was the start of truth and some clever folks tapped the wisdom as indeed...the pepsi apple toyota logos are all based on the 'Pineapple-pattern' - fibonacci patterns aligned - the golden-ratio in good-use pineapple the breadth of beauty --- such a simple lesson (which we tore up but HEY!...now is the pathway to return to and align ourselves with what the cosmos gifted us and harmonize to pineapple-ology.....we're all 1 and un1que - beauty 2 all...the p1neapplePROPHECY

..scalable to grow! the spiritual wisdom of the right-way to action this (yes - we're a portal at present!)

the reproduction of bees, rabbits - are all the pineapple guided (Fibonacci) 'add pineapple' TAO! To turbocharge in the best way

be pineapple - we are pineapple - (it's the portal)

look to the skies for there the cosmos shows us space-time properties – YES – the orbit of the sun is like a pineapple - it IS the mathematical path how it flies/occurs!

Look around ya – each human face - the vibe we get from a good is harmonize to the 'pineapple-pattern' - faces are in-proportion to the 'pineapple-pattern' - in proportion to Fibonacci, golden proportions and Human Biology!

We are pineapple – Yes...Be PINEAPPLE is the way to be BETTER everyone's ear and fist - is a structured spiral! In the 'pineapple-pattern' being pineapple equals constant motion – which is life...spiral up or down - never stationary is the tao of life and the subtle but constant motion that manifests us.

It all the constant consistency of Fibonacci across the entire Human Genome!



Fractal-behavior aligned exactly like Nature knows! (Bond with Biology)

Fractal geometry (stated plato, euclid, pythagoros - elevated with pineapple the origins of life - lie in the pineapple! widely accepted in architecture/art – actually it's in every-human.

Understanding is the key to quantum advance in such fields as AI, biomedical engineering, human regeneration and such this is the pineapplePROPHECY some guiding chapters...(now follow!)

your map...what would you do if you're know it's right?

The cosmos always has your back (if your intent is for betterment) spirit of pineapple...do good - be pineapple! Enjoy betterment.

PILL

A 'nana' is not banana!...just 'NANA' - was a word used to describe 'amazing medicine' - that's what the ancient Amazon tribes called the 'pineapple' it's the flow that has in modern-day morphed in many cultures across the planet as 'ananas' - and the botanical name for it...

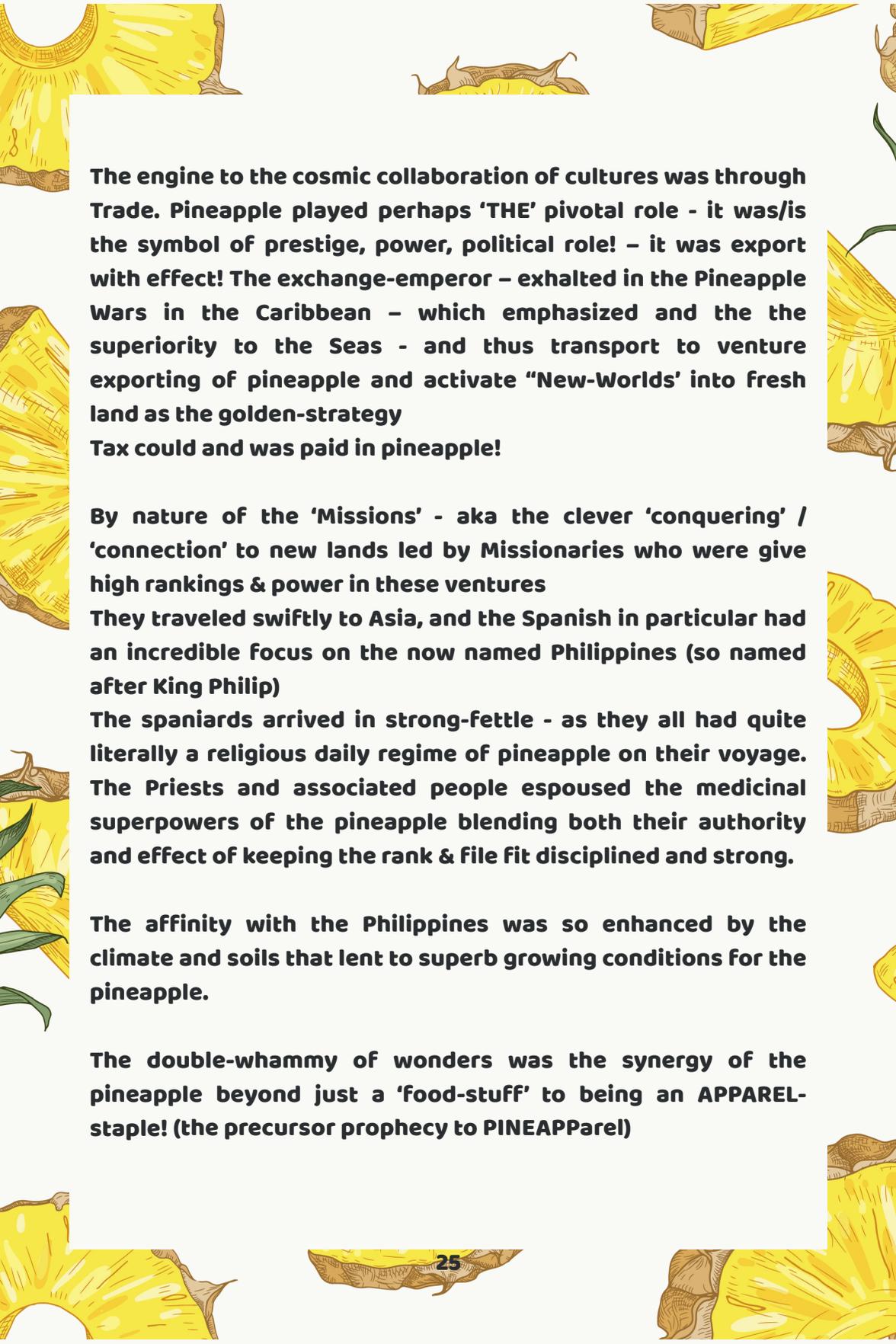
Ananas Comosus.

Comosus to describe how it grow - tufted from the ground up! PineCone from the Ground!

Christopher Columbus called it the PineCone of the Caribbean King Charles called it the KING-PiNE - and an 'apple' was added to the naming which was apt in those days to 'fruity-things' so it named to all...as KING PINEapple - and later shortened to Englis-speaking folks around the planet as PINEAPPLE.

In Chinese-culture it's the-symbol!... of
"good luck" - "fam po lo nie" -
 which extends further as wishing you HEALTH & WEALTH (with and through abundant prosperity).
 It is the simple path to BETTERMENT. The missionaries that made ways and crafted the New Worlds across the centuries - were the 'Fuel'





**The engine to the cosmic collaboration of cultures was through Trade. Pineapple played perhaps 'THE' pivotal role - it was/is the symbol of prestige, power, political role! – it was export with effect! The exchange-emperor – exalted in the Pineapple Wars in the Caribbean – which emphasized and the the superiority to the Seas - and thus transport to venture exporting of pineapple and activate "New-Worlds' into fresh land as the golden-strategy
Tax could and was paid in pineapple!**

By nature of the 'Missions' - aka the clever 'conquering' / 'connection' to new lands led by Missionaries who were give high rankings & power in these ventures

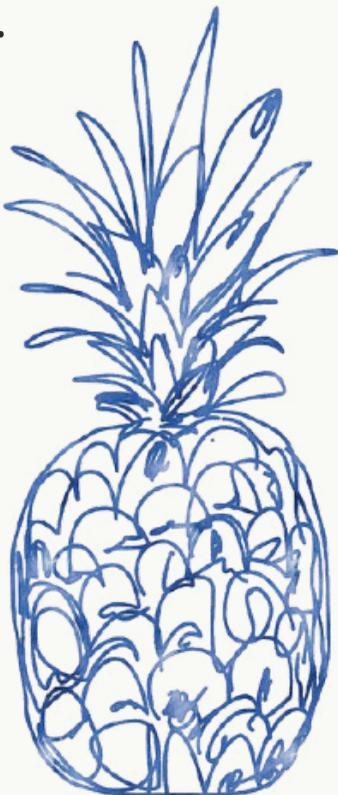
They traveled swiftly to Asia, and the Spanish in particular had an incredible focus on the now named Philippines (so named after King Philip)

The spaniards arrived in strong-fettle - as they all had quite literally a religious daily regime of pineapple on their voyage. The Priests and associated people espoused the medicinal superpowers of the pineapple blending both their authority and effect of keeping the rank & file fit disciplined and strong.

The affinity with the Philippines was so enhanced by the climate and soils that lent to superb growing conditions for the pineapple.

The double-whammy of wonders was the synergy of the pineapple beyond just a 'food-stuff' to being an APPAREL-staple! (the precursor prophecy to PINEAPParel)

The natives, who were already skilled in weaving fabrics from such plants as cotton, abaca, Palma and plantains, were encouraged and excelled to consider it as another source of fibre/fabric - textile.



The Missionaries had quickly noticed the Filipinos' skill when working with abaca (*Musa textilis*Née), cotton (*Gossypium*L.), and coconut (*Cocos nucifera*L.) fibres, encouraged the introduction and cultivation of fibrous pineapple varieties into garments particularly to lend them even more authoritative aptitude.

Missionaries were powered for wealth - impact, influence! and the pineapple crafted this - Indeed such was the profound impact of the pineapple's success into the Philippines - King Philip was so proud of the Archipelago he so-name the coalesce inspired by pineapple with his name Philip (islands).

Bishop of Manila, was the King's right-hand man and gifted to oversee this new-land and bounty of Nutrition, Medicine & Clothes all from the pineapple. He galvanized successful trading with China - with special success aligned to trading spice, silk and pearls for apparel from pineapple!

We can see that the pineapple was the key bridge brokering the interchange of 'east' and 'west' - the cornerstone of cultural connect. Maraming Salamat to the pineapple.

China was swiftly besotted to the pineapple they began cultivation to sate the incredible demands.

They named it 'fam po lo nie' - a phrase that best translates as 'good luck and great health' - that so named it - and as the LORE grew that 'pineapple's' have 'eyes' (the spikelets) - rendering the power to see the future and thus shape your choices and health - hence the symbolisms of being a 'good-luck' charm.

As the legend of eyes grew - so did a similar fable of eyes in the Philippines

the story speaks to self-Responsibility and Action

A mum used to ask her daughter for help in daily chores at the house - the daughter so neglected such basic co-operation - always offering the excuse that she couldn't find' (nor SEE) the tool needed to complete the task - eg. when asked to gather the broom to do some sweeping - she would excuse that SHE could find, she couldn't SEE where the broom was!



In a pique of frustration the Mum admonished the daughter - that she wished she could grow a 100 eyes - then she'll have no more excuses and can always see what was required. The Daughter disappeared - in a strop.

And quite literally vanished. The mother kept searching, and after over a month gave up hope - BUT>>> in the exact spot where she used to play and feign that she shouldn't see / find the broom or such - was a pineapple plant - She had truly grown 100 eyes! And become a pineapple

The famed artist Vladimir Kush embellished similar tao with his beautiful guardians art-piece - it illustrated the story of Zeus actioning a worker to have a head like a pineapple with its 100 eyes to watch out/over guardian-style loved-ones.

The greek-mythology has extended into modern-practices - the part of the brain scientists have concluded that shapes our powers for intuition and almost alchemic 6'th sense style activity --- they named after the PINEapple (and the conotation of seeing with 100 eyes!)--- it's named the P!NEal-gland!

Flow is this has led to the pineapple being strongly symbolized as your 3'rd eye!

As we get bombarded daily with AI nomeclature - perhaps the guidance here is Aii 2.0 -- yeah A with 2 i's....Access innate intelligence - part of the P1NEapple prophecy and prod/poke to access our pineal gland of wisdom, power and perception.



SHOW & TELL...THE SYMBOLS OF PINEAPPLE

A pineapple is a coalesce! Each little 'spikelet' is it's own fruitlet - coalesced into a collaborated entity. This the key of the cosmos gifting us the pineapple. (yes we can date the pineapple to the pine cone and dinosaurs eating pine-cones – but only the cosmos know how the pine-cone then became a pineapple!).

The collaborative, connected nature of pineapple's coalesce is key guidance that everything connects to everything else. To be pineapple is the wisdom.

We all are the open source collaboration of trillions of cells. Each one of us: a uniquely conscious, creation both interdependent and interconnected into a force we council as LIFE

Nothing happens in isolation from one another. Each of our actions has a compounded network effect, and every choice we can make moment to moment can change everything!

we can't steal from ourselves - as nothing is ever lost or wasted (yet we appear in many actions of current way to 'sh*t' in our own kitchens!)

HEY

we're all 1 and unq1ue - is the prophetic flavor of what pineapple is guiding us with, as the gifted scholar from the cosmos - and it's journeys of passage to pathway humanity! (stop shitting in our own kitchens and be pineapple) >the problem...Our eyes only see what our minds are ready to comprehend. So YES we have to be pineapple!...Enjoy access to 100+-eyes ...open your 3'rd eye/your 6'th senses.

- **>it's Ai 2.0 Access innate intelligence**

Humanity has evolved from the limited views of our scarce surroundings and we see differences more often than similarities, if not for anything other than what we had thought necessary for our immediate survival. Until now, linear, deterministic, reductionist logic gave us the comfortable illusions of knowledge, within the isolated age of hostile local conditions.

Now that we can see farther and wider, should we not also live wiser?



Abundance, love we're all 1! pollution is hardwired into the design we're delivering to ourselves...crapping in our own kitchens waste is unacceptable, we understand WHOLE, and when we're pineapple we see the full circle

for the pineapple wisdom is there is no score. it's all zero, infinite.

1: NOTHING IS EVER LOST. WASTE IS UNACCEPTABLE

Margaret Thatcher named as the 3rd most powerful/influential woman of the 21st century - always had a pineapple in her office - and was known to travel with one as a subconscious symbol of identity & empowerment. She frequently worn scarves that were woven from pineapple fiber and skilled into silk-like quality. She felt this was like wearing a crown! And goes back also to early progress that shifted pineapple apparel initially being for males-only! to the rightful wearing by females aswell - and scarves being the first choice of such.

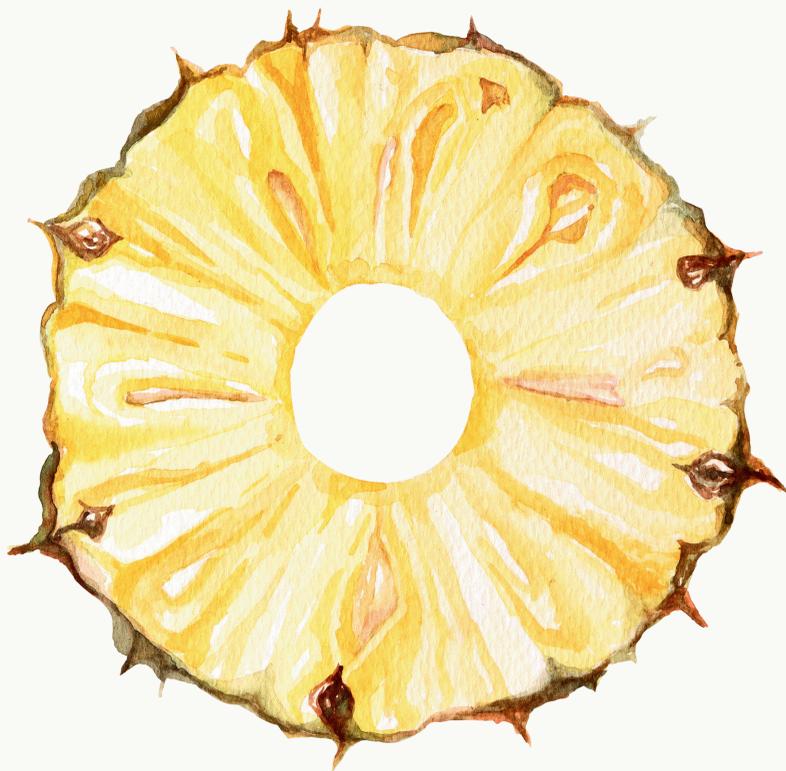
Today apparel from pineapple is cast as the clean circularity curation! the solution in the current chaotic climates for folks to wear and reduce negative impacts on the planet with a positive statement and strategy. Termed trash to treasure - the phase waste to wonderful flows so aptly - and collaborates with the common-sense - everything is connected - so walk the talk and wear it. It harmonizes that pineapple arrived as a gift from the cosmos.



The corner-piece of guidance and the illumination of lights to shine what we should SEE as the 1st law of science depicts - energy neither created nor destroyed merely transferred. Nothing is ever waste - it's all time, energy, materials... 'matter' - of which we 'SEE' what we 'see' and thus continue with the story we sell into ourselves and thus choices, curation, creation, connection, collaborations of action (or not so!)

Here to the prophetic 'poems' and ilk of the pineapple.

ENJOY!



PINEAPPLE IS THE - PORTAL TO PROGRESS - BUT THAT MEANS CHANGE!



Change in us is connected to FEAR. There is a baked in resistance (aligned to our 'Fight/Flight' response) and Desire for 'certainty-based'

'prediction'. It can only occur from deep inside, and only with collaboration - a curation to continuance (aka growth in fibonacci like 'pineapple-pattern) with an ability to SEE more than immediate manifestation (aka the pineapple empowerment of 6'th sense, 3'rd eye) a 'pineapple-sense' to SEE the inter-connection & inter-dependence of all the components within the cosmos (pineapple - we're all 1)

we must all work together!

Common-sense determines we're all connected Darwin espoused harmony (he never really stated "survival of the fittest" - but actually depicted, described and summarized that the 'folks' that connect & collaborate best with by those that flourish! (which > doesn't sound quite as sexy

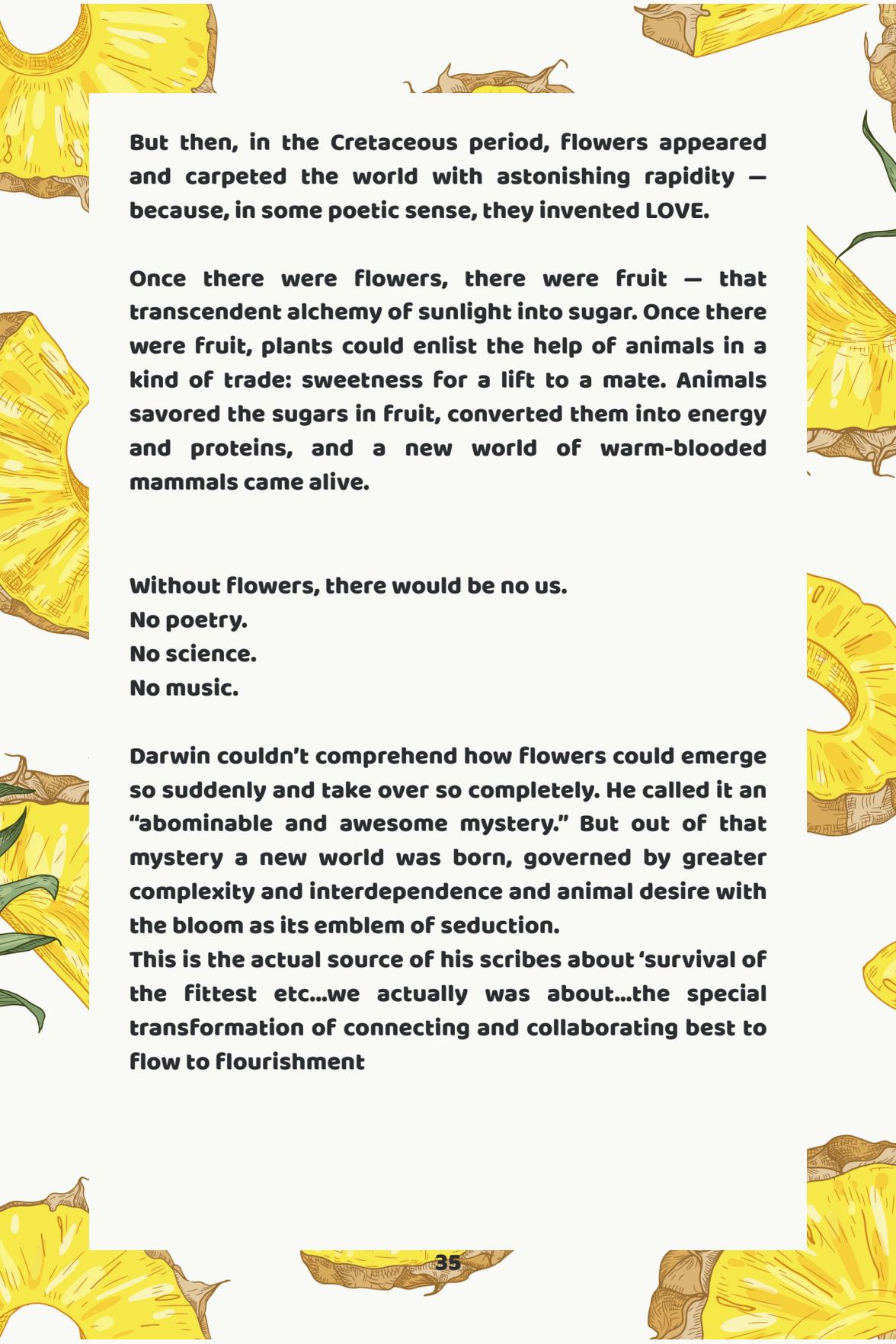
as the zero-sum...Survival of the Fittest ego-machismo!)...but does highlight the route to BETTERMENT is the shift from flight / flight to FRIVE (yes Thrive spelt with an "F")



A little bonus of 'Darwinism'

Darwin's discovery driven by Dahlia's...(yes the flowers and transformations to FRUIT!)

HEY... around 200M years ago, long before we walked the Earth, it was a world of cold-blooded creatures and dull color – a kind of terrestrial sea of brown and green. There were plants, but their reproduction was a tenuous game of chance – they released their pollen into the wind, into the water, against the staggering improbability that it might reach another member of their species. No algorithm, no swipe – just chance.



But then, in the Cretaceous period, flowers appeared and carpeted the world with astonishing rapidity – because, in some poetic sense, they invented LOVE.

Once there were flowers, there were fruit – that transcendent alchemy of sunlight into sugar. Once there were fruit, plants could enlist the help of animals in a kind of trade: sweetness for a lift to a mate. Animals savored the sugars in fruit, converted them into energy and proteins, and a new world of warm-blooded mammals came alive.

Without flowers, there would be no us.

No poetry.

No science.

No music.

Darwin couldn't comprehend how flowers could emerge so suddenly and take over so completely. He called it an "abominable and awesome mystery." But out of that mystery a new world was born, governed by greater complexity and interdependence and animal desire with the bloom as its emblem of seduction.

This is the actual source of his scribbles about 'survival of the fittest etc...we actually was about...the special transformation of connecting and collaborating best to flow to flourishing'

**You think you know you
don't and it won't stop
your trying.**

**Nature KNOWs, Bond with
Biology #ABC**



***P1NEAPPLE PROPHECY...SPIRIT OF
PINEAPPLE + SCIENCE OF 1...
P1NEAPPLE***

It's a PORTAL...

We at this point are just the process. It's a path, not a fulfillment. Our purpose is to catalyze, augment and accelerate. We're fruitful fertilizer... not the flourishing flower.

We're all connected: humans, animals, plants, nature, feelings & thoughts, atoms & planets... From this 1'ness From this connection/collaboration...We draw all energy...and where are FRUIT flows

鳳梨

1'st law: 'energy neither created nor destroyed just transferred'

**Have a look into Nietzsche...the curation of: 'superhumans' -
The spirit-evolution...described as "Camel / Lion / Child"**

**Current society is ego, it's the entrapment...Bio-hacking: is an
example of that...an ego-driven process...to 'out- engineer'
Biology!**

**Nature knows and Biology cant be Beat. How can we profess to
'out-engineer' it !?! >>> Our moment on this planet is the path
that catalyzes the journey to 'super-human' which Nietzsche:
describes as: Cow / Camel, Lion, Child.**

**Many in society are like a 'Cow' – just a mollified member of the
herd. Perhaps assigned as meaningless – the First-evolution, is
they become a "Camel" - breaking from the herd, but taking
aboard a 'book-load' of 'readings etc...ie. they carry a heavy
burden of knowledge and teachings.**

**The Camel eventually tires with the self-imposed fatigue from
carrying 'old-weight' and liberates to becoming a LION:
'breaking' past-traditions, and blossoming fresh beliefs.**

**The Final Flourishment is the transfer from Lion to Child. The
shining empowerment to play!**

The Child is curator, creator, connector.

It's the collaboration that releases the future...the super-human. We are living in the time of a catalytic opportunity of the (Cow/Camel/Lion/Child process)

We are the conduit, not the fulfillment

Our purpose is the accelerate and augmentation. That's the purpose of the pineapple.

To highlight the truth...it is named P1NPL (more with less) (science of 1 + spirit of pineapple)

The future is centered by heart. it's an envelope of love. caring is the fuel to fly



09

COMPASSION



aring is the fuel to fly - starts by being YOU

Awareness, Appreciation,
Action

Be-YOU, Believe,
Breathe Betterment,
Bond with Biology

Connect, Collaborate, Curate,
Create, Choose....

#ABC

ABC...

Yes...l1fe = s1mple

It how 1 &1 = 11

It could also be positioned as

PUNK!!!



punk is love - it's hippies with armor! - just like a pineapple with its super-armor like skin. Yes pineapple is punk!

Here's our pineapple parable.

Proud as Punk...prodding you with a piece of rebel-yell...refuse 'authority'...retrain the rule...Recycle, Reimagine, Empower. Re-frame your flow...feast upon the mystical-looking skin and it's alchemy:

...not only is it strong and protective, it's a fibonacci spiral! each layer is laid out in the golden-ratio: Pi - giving reference to a pineapple being the 'golden-fruit' and passaged as the 'pine-cone from the caribbean' to all continents and powered as peace with It's crown giving regal sovereignty, protecting its sweet assets

Take the magical skin and note how protective it is... How much care it takes of the sweet, soft stuff within. Just as your aura protects you and keeps the softness of your soul safely wrapped within.

A savior of spirit slice-open the pineapple...Vision the 'flesh' as your body – fibrous and malleable, yet also firm. Your physical body is a wonderful thing. Perfectly designed for your world...note the prominent and powerful core that gives strength and robustness just like your spine does!... it also represents the column of energy that flows through you aligned to your chakras.

Keeping your balance and solid within the aura. Holding the pieces of you together. Allowing your soul to have a safe harbor within your physical body and this physical world.

...AAAHH THE PINEAPPLE!

...consider the leaves...Spiky and upward. Look at the fruit the right way round and they may reflect your thoughts reaching out to us, up to the heavens. But turn the fruit over and do they now not remind you of your roots into the earth grounding you in this life. For the pineapple is a

complex fruit, but so are you. Complex yet simple. Complete yet seeking completion. The pineapple exists to bring joy, so do you!

#ABC

**Awareness
Appreciation...ACTIVISM**

**Belief, Be You,
Bond with Biology...Breathe**

**Connect, Curate, Create
Coolaborate
...Choose**

Scientifically proven the coolest fruit on the planet.....J Sports Sci. 22(4):365-72).

"pineapple empowers both as healing + improve muscle performance"



10



Punks & F-bombs... pineapple & “grenades”

BOOM-BOOM!

**Always ignite success all ways.
wear a crown! Be sovereign to your soul. Be pineapple**

F* OFF**

**FIND OFFice Find your purpose. Remember you have a simple
and singular role here on the planet...leave it better than when
you arrived. Pineapple is the symbol of your 3rd eye. Access
your innate intelligence. Be Pineapple**

**FLOW OFFerings. As Darwin said...those that collaborate thrive
best. Offer your skills, spirit and superpower to all around.
Connect, curate, create... COOLLABORATE Just like a pineapple
is a coalesce pineapple also symbolizes friendship, harmony
and good V1BE. Feel like a pineapple**



FEEL OFFicial The most incredible achievement is you being you. Wear your own crown. Empower yourself to the highest sovereignty. Be Pineapple Strong out, sweet in, stand tall, wearing crown. Caring is the fuel to fly. Fly pineapple express!

FUEL OFFline Nature knows. Bond with Biology Its the art of LIFE., and As the pineapple prophecisizes the science of FRU1TFUL! Nourishment with play at the core. Yes f/off outside. Liberate and lather on the freedom of nature & alignment with Biology

FREE OFFset. You're **UNIQUE** and we're all 1. Parable of the pineapple...it's Alchemic in its status clothed in the golden ratio and with an edge of punk! Offset outside the strictures of state. Freedom is liberation. Its love. It fast tracks you to be free. It is the sole solution.

Pineapple... Legendary in its symbolic sense of joy, celebration, goodwill

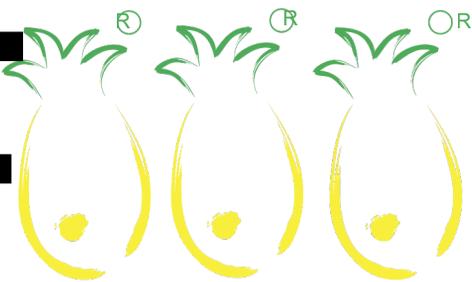
Revered to such a high-level, that the first pineapple grown in a country was given to the king!

Yes our mission is to create sovereign like status in your feeling and flow. Just like the pineapple is referred to as the golden fruit, your experience will be golden.

be cool...wear a crown...be king/queen of your land

You being you, is all you can be. And the toughest challenge in this world.



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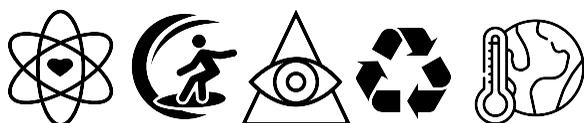
LOVE



FEEL

FIND FLOW

FUEL FREE





HEY...

You entered pure, and then the continual bombardment of malevolence, distortion, Machiavellian control and perversive powers disconnected you. Manifesting a monstrosity of ego, sense of self and mis-identity. Tell it to f*ck Off. Hey you're monumental in magnificence when you are you.

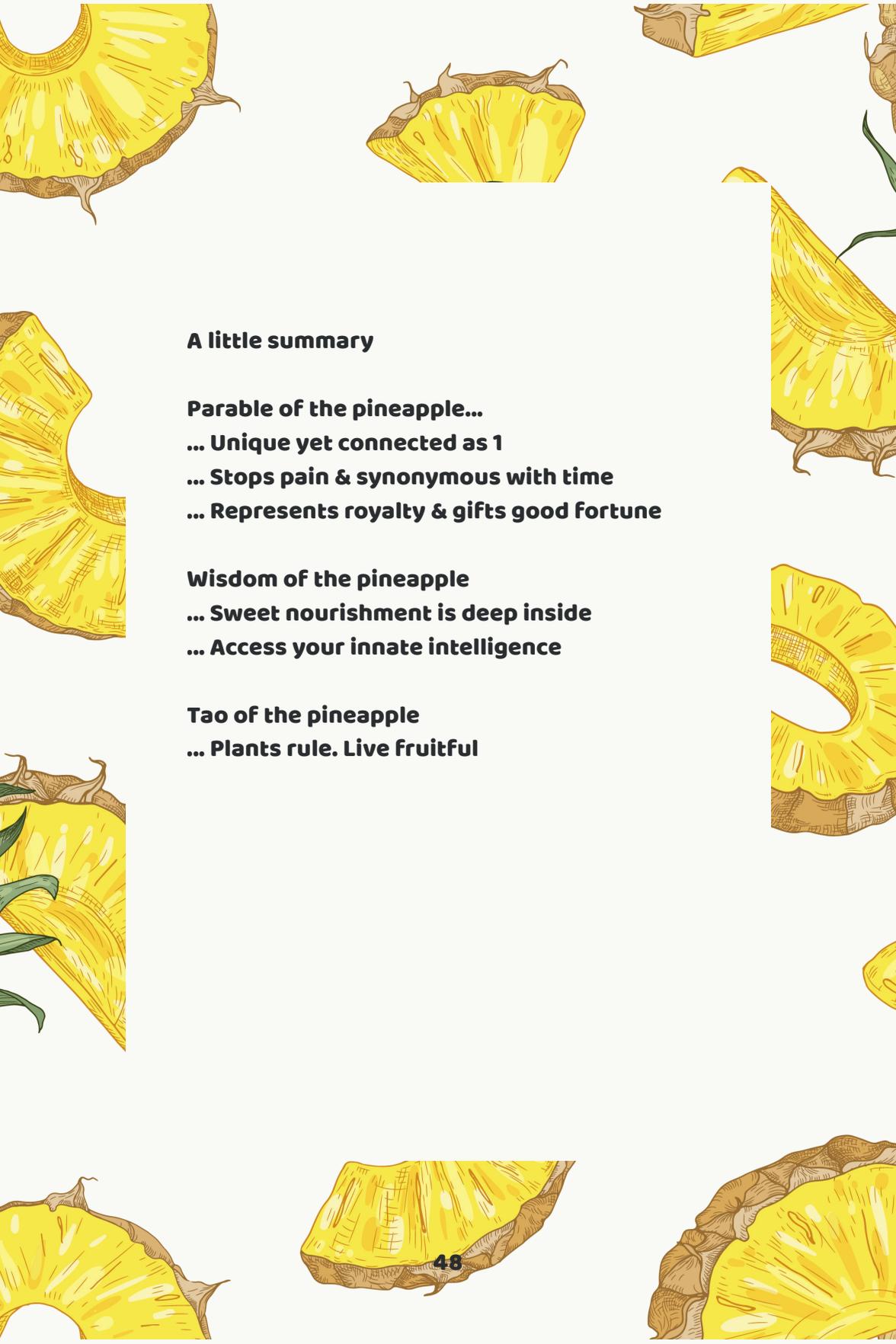
**Be sovereign to your spirit
Your soul is connected to your essence. You appreciate the air you breathe, the ground under you, the food that goes in you, the gear you wear.**



Your not limited, you're liberated.

Caring is the fuel to fly, and love is the engine. Be P1NPL

(pineapple is the) gift from the cosmos – know you don't know – hey!...where do pineapples comes from - we don't know - but they're here! from thousands of years investigation that transformed from pine-cones imbibed by dinosaurs to a healing super-fruit cherished and cultivated by ancient amazonian tribes.

The page is decorated with several detailed illustrations of pineapple slices. The slices are shown from various angles, highlighting the yellow flesh, the brown rind, and the diamond-shaped patterns on the surface. Some slices are whole, while others are cut into smaller pieces. The illustrations are scattered around the central text, creating a border-like effect.

A little summary

Parable of the pineapple...

... Unique yet connected as 1

... Stops pain & synonymous with time

... Represents royalty & gifts good fortune

Wisdom of the pineapple

... Sweet nourishment is deep inside

... Access your innate intelligence

Tao of the pineapple

... Plants rule. Live fruitful

A little more... ABC

Authority - strips your spirit.
 No-one knows what's best for you except you. How could they. You have your spiritual superpower, and it's simple with connection to the cosmos. (Alignment) every solution is in you - but it's your responsibility to join the dots to connect to the cosmos. Not easy (and nothing is – it's all hard) but simple! #ABC

Acknowledge there is no method... That would mean there's a result and a desire to finish!...A relinquishment to Authority...As every facet of Authority shapes containment and controls. It tries to trick sources of satisfaction, goals and structures of security and safety.

Awareness, Appreciation Activism...

LiberateLove... There is no end. It's journey. It's path. Your life is Tao. Fly from fear. Caring is the fuel. Acknowledge, Appreciate...Action!...

(PS> LOVE = alignment, acknowledgement, appreciation to something/someone other than yourself – the assignment of that 'thing' as higher than you at that moment!)

BE YOU !

Flow far higher than fear and it's fierce fence that restricts you from being you. Access your innate intelligence...The deep sweet science of your soul.

Your impulses, your instincts. Your journey! Your body is a temporary housing. It will destruct. Your soul, your spirit shines brighter than your body and flies beyond your brain.

**BEING...is the beautiful Awareness and Appreciation
It culls Authority... Liberating you to be you.
Breathe the Betterment**

CHOOSE

**.. Crafting your amazing boat to connect and collaborate with the cosmos. Be like a pineapple! a coalesce
... Strong out and sweet in. Crafted creation combining connected and collaborate - yeah a coalesce of berries into a single fruit.**



LIVE FRUITFUL

Be pineapple

Enjoy P1NEAPPLE – whence

1 & 1 make 11



...‘FEEL like a Pineapple’

A t-ONE: just like a pineapple is hundred of berries collaborated into ONE sweet fruitful beauty.

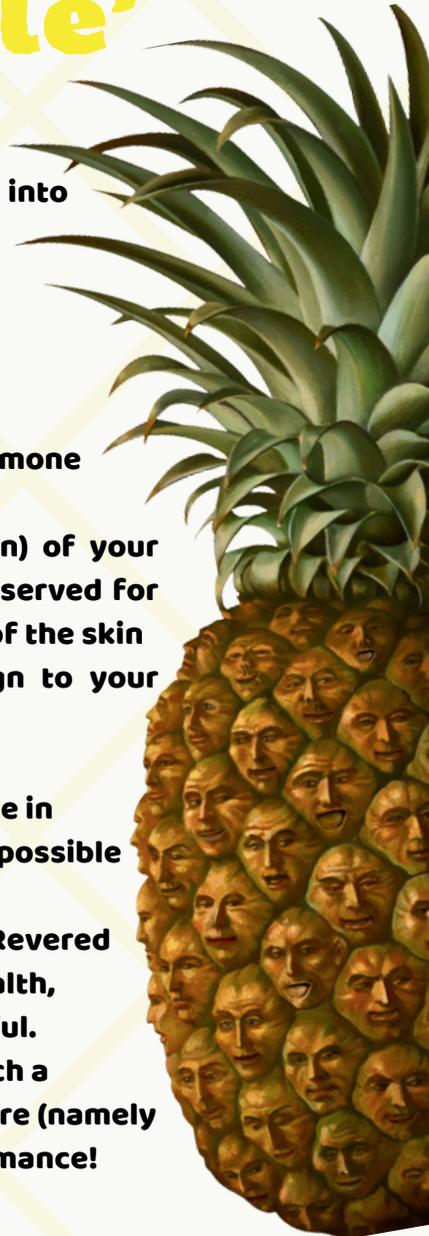
Pain-free: pineapple the most powerful natural anti-inflammatory

happy: pineapple enjoys the most potent concentration of serotonin: the happy hormone

empowered: be-sovereign: king (or queen) of your country. Pineapple wears a crown, and reserved for royalty magical with it's fibonacci-effect of the skin
Enjoy magical results by being sovereign to your spirit & soul

friendly: pineapple symbolizes the ultimate in 'hospitality' and being the most cool-host possible

fortunate: pineapple signifies good-luck. Revered in Eastern cultures for it s guidance of wealth, health and abundant good fortune powerful.
pineapple is physically-presented with such a prominent-core, which mirrors our own core (namely our spinal column) – it is the key to performance!



Healthy: pineapple is a super-food! Abundant in an amazing craft of Phenols, Flavanoids and Bounties of Antioxidant & Anti-inflammatories that nourish all nooks.

**Being 'pineapple'ness': is savoring your unique, fruity fun & memorable: the metaphor for do good, feel better!
Just like a pineapple...**

So amazing, you think it's alchemy...(all that fibonacci sequence! aka 'pineapple-pattern') so incredible it was first reserved only for royalty! but hey put on a 'crown' and be your king (or queen) of happiness ...in fact it does has super doses of the happiness molecule 'serotonin' and that is a crown isn't it!

It is a coalesce - it's our tutor to the wisdom: connect, collaborate to ensure happiness. And go deeper to enjoy even sweeter. (yes the sweet-stuff is deep inside)

Caring: The fuel to fly!

We are the TRUTH!

**This isn't philosophy - it's PHYSICS
(...and all the tao to Meta/Mega
Physics! of pineapple-ology.**



Pineapple contains the highest concentration of serotonin (the happiness molecule) + unique superpowers of anti-inflammation, and other superfood qualities. PINEAPPLE is underscored by ensuring happiness and incredible efficiency & effect.

THIS ISNT PHILOSOPHY... ITS PHYSICS!

**The world-famous...J Sports Sci. 22(4):365-72)
summarized...pineapple empowers both as healing + improve
muscle performance**

Pineapple:

**The iconic symbol for innate-intelligence (spiritual-wisdom).
Pineapples named after the pineal gland...your third eye.
Welcoming energy for you to follow your purpose, passion and
possibilities.**

**Pineapple also means 'excellence' - that's the entirety of your
enjoyment here on the planet. Excellence in your life
calling/expression/enlightenment**



The pineapple prophecy is the shift to spiritual

The tao to 'pineapple-prophecy'...'P1NEAPPLE' (which equals...the science of 1 + spirit of pineapple)flowing to P1NPL (pai.na.pl): because

enjoy MORE with less!

P1NPL is a portal. As the pineapple prophesies with it's significance as being so named after your PINEal-gland...aka...your 3'rd-eye you have to 'see' truth. You have to access your 6'th-sense so you can FEEL.

The guidance of pineapple is simple...it's ABC. Access your innate intelligence (awareness, appreciation, activism).

Be you (Bond with Biology, Breathe, Believe).

Collaborate (curate, create, connect, choose).

The science of 1

we're all 1, yet UN1QUE

Everything is Energy

Tilt Emotion...Energy in Motion

Be Pineapple

RECYCLE...so you live fruitfully, feel pineapple!

REIMAGINE...growth is exponential & infinite...just like the golden-ratio pattern on a pineapple

EMPOWER...be pineapple...wearing a crown! sovereign to soul

Feel P1NPL (pai.na.pl):

- > transcend finite**
- > unlock intangible**
- > enjoy infinite**



The 'light' is always there. Are you Aware...do you Appreciate...are you going to Act.....Be-it...are you Brave enough, Believe enough...just Breathe, Bond with Biology Choose...Connect...curate, create...Collaborate

#ABC

The structural significance of the pineapple - where the sweet stuff is inside, encapsulates the wisdom that in to out creates happiness. The future is by accessing our innate intelligence (AI 2.0) (Access innate intelligence) - opening the opportunity to connect to the cosmos and the galactic journey ahead.

**Recylamation, Recycle, Reclaim Reimagine,
We're all 1, Empower, All, Future Here Now.**

Feel...using your 3'rd eye. (Yes PINEapple is named after your PINEal-gland your 3'rd eye)

Enjoy 6'th sense. Be superhuman...be pineapple, be a king (or queen) - iconic with its crown, pineapple has a rich history detailing its sovereign status and symbols of hospitality, gratitude + representation of health, wealth & good-fortune. Be pineapple...royal in Appreciation, Belief and Choice

...*'FEEL LIKE A PINEAPPLE'*

At-ONE: Just like a pineapple is hundred of berries collaborated into ONE.

Pain-free: pineapple the most powerful natural anti-inflammatory.

Happy: Pineapple most-potent concentration of serotonin: the happy hormone.

Empowered: sovereign of your soul Pineapple wears a crown/reserved for royalty.

magical: fibonacci-effect (pineapple-pattern) of the skin. Enjoy magical results.

Friendly: pineapple symbolizes being cool.

Fortunate: pineapple signifies good-luck powerful. Pineapple core is the key to performance

Healthy: pineapple is a super-food!

QINEAPPLE

(9 PINEAPPLE MANTRA)

A constant, continuing, curation creation cycle of 9 processes that ensures you access and organize the innate intelligence inside you.

**Re-shape attitude, re-fresh belief, re-adjust choice
re-cycle perspective, re-imagine you.**

**Reaction: why...what is your perspective.
What do you 'see'**

**Resiliency: nothing is easy. solve through
simple. Commit! enjoy the journey.**

Restore: AaaaH. Soothe the soul.

Realign: the dots are all in you.

Reinvent: make a new pattern with your 'dots'

Recuperate: ..."Rome wasn't built in a day!"



Refresh: inspiration & excitement fuels.

Revitalize: ...add extra JUICE. a tw1st.

..Reimagine: simple as ABC. Happiness isn't a number it's a FEEL.



PINEAPPLE TO

PINEAPPLE

A Pineapple the cosmic gift to the world. The cosmic prompt and guidance...nothing is ever waste...yes... the 1st law of science! There is no waste ... it's all time, energy, materials and 'matter'

Matter: something is nothing until it's 'something' – then it's everything.

What you 'see' is the story you sell to yourself. Access pineapple and SEE with a 100-eyes!

Pineapple isn't a single thing - it's an everything. You don't have a soul...YOU ARE SOUL. There is a body - but it's just bones and a bit of brain - here on rental. It your soul that soars.

HEY

It's your heart that controls your brain (not the other way!) Your heart has 100 to 1000x more 'electric'....5000x more magnetic POWER than your brain! Change is THREAT (fight/flight response).

Energy...is needed to prompt. Expectation, experience - prediction – emotion...energy in motion. Connect, collaborate.., compassion....the coalesce of a pineapple!

Pineapple a gift from the cosmos...a partnership with Biology...a co-operative for YOU. A Blast that un-blocks you. Flow past the F's...Food, F*ck, Fight, Flight, Freeze...the new 'F' is FRIVE (thrive with an F)

Your essential role on the planet is to reproduce...so 'everything is energy-management' to effect this!

PS> reminder / remember this: your actual sole-role here is to just leave it in a better way than when you entered! You need food as fuel to fulfill that role: hence the in-built reactions of Fight, Flight ...This is the most embedded-part of your existence, and is essentially drawn to keep everything just the way it is!

The next-evolution of you...is a desire to predict (so just like espoused above - you can keep the status quo) – it's the part of you that want to CONTROL you.

BUT...how can you then advance? A great Greek saying can be translated - that if you want to reach new shores you have to leave the harbor you're in. You just need to unlock adventure, exploration (connect the curious in you)...but you have to curate a strategy of SAFETy to solve. That's the strength of the pineapple-skin! It Safeguard(s) you.

Nourishment

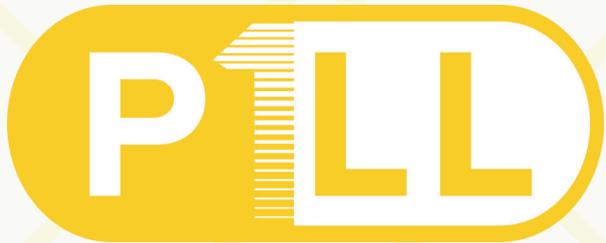
T The incredible FLAVOR! of a pineapple is like a shadow what would you say to it...it's like love that bridges between gaps...it's a faith to fly you there.

who would imagine the flavor inside?> fear is in your head not heart the SWEET stuff is deep inside.

(you just need to access that innate intelligence)

Be you! your values & beliefs – connect to them!

BUT



Who, what, how...what are you hiding, fearing...what can you share - identify it - shine light on it - it can't stay in the shadow. For you to supercharge past the 'fear'... be your purpose, enjoy the excellence in it - excitement...FEEL.

MEDITATION IS A MOMENT

It doesn't need to be fluffy silence nor 'thoughtless' enlightenment.

NAH

...it's a FEEL, an Experience at a MOMENT.

It's not a new magical 'state' --- It's a CONNECTION to something already in you...a re-discovery / uncovering of an awareness / an insight within you.

It's not a special technique -- it's a PLACE - where you access some purity (already in you). A place that allows you to 'SEE'...without distortion, and the 'usual bias' that bellows around you.

It's not a practice - it's a destination - a place you can SEE 'purity'. I suggest everyone can access-it with some movement/play/dancing. It's why I'd like to share that 'exercise' should be reframed as 'MOTION-Meditation'



BONUS

The best way to get 'present' -- LOL....aaaah "...being in presence!"

GIVE - yes a gift a present is HOW. Your daily destruction - pain is literally you - how/why it works - it's gets you outta me/ego - which will always find pain...as your ego is constant search for certainty, security (there will always be some sort of problem/pain - perfect doesn't exist - there's always be a problem/pain)

When you giving you're happy, you're in that moment of gifting and the recipients immediate connection. The fun CURIOSITY of the emotion/engagement in that MOMENT it's NOW, it's real. They're happy, you're happy, pain momentarily dissappers, that's your opportunity.

There's no special breath, no magic mantra - it's a moment of 'meditation'. It's a destination, you'll feel it --- no need to tell anyone who how why and when you're there - it's just a place to see from what you look for, what you see --- totally just you and your 'perspective' but it's PURE.

You can't banish negative thoughts...we all have anxiety, fear recognise them....don't let them rule just like cleaning house you can't sweep dirt under rug.



Awareness, Appreciation,
Action...with ALTRUISM

Bond with **Biology**
YOU, **Believe**

Betterment,

Connect, Curate, Create,
Collaborate, **Choose (Pineapple)**

Iderful – wonderfull

There's no... 1
...You're un1que
There's only your way!

HEY!

**You're awesome...Be the N1NJA inside of you
No-one knows what's best for YOU... Except you.
How could they? It would mean you
relinquishing your soul and spiritual
super-forces.**

**Every solution is you...accessing your
innate intelligence...being you...
Connecting to the cosmos.
Not easy... Be real!... Everything is difficult
Just focus on SIMPLICITY on the ABC**

**Acknowledge there is no method... That
would mean there's a result and a desire to
finish!... A relinquishment to authority... As
every facet of authority shapes containment
and controls. It tries to trick sources of
satisfaction, goals and structures of security
and safety.**



The page is decorated with several illustrations of pineapple slices and one large whole pineapple. The slices are scattered around the text, showing the yellow flesh and brown rind. The large pineapple is on the right side, with its green crown and a body made of many small human faces.

**Liberate
Love**

**...there is no end. It's journey.
It's path. Your life is Tao.
Fly from fear. Caring is the fuel.**

BE YOU

**Flow far higher than fear, and it's
fierce fence that restricts you
from being you. Access your innate
intelligence. The deep sweet science
of your soul. Your impulses, your
instincts. Your journey!**

**Your body is a temporary housing.
It will destruct. Your soul,
your spirit shines brighter than
your body and flies beyond your
brain.**

**BEING...is the beautiful
awareness and appreciation.
It culls authority... Liberating you
to be you.... Crafting your amazing boat
to connect and collaborate with the cosmos.**

BE LIKE A PINEAPPLE!

... Strong out and sweet in.

LIVE FRUITFUL

You're awesome, just like a pineapple - perhaps the healthiest, tastiest fruit on the planet, and unique!

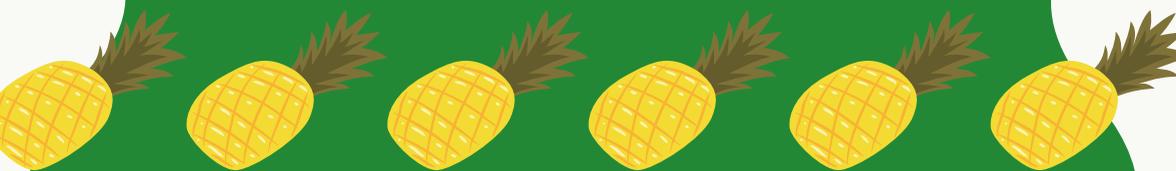
Way more VitC than an orange, chock a block full of amazing minerals and vitamins and the only fruit on the planet with legendary bromelain: the scientifically proven amazing ingredient for healing.

YES!

You're awesome - the fact you were borne is trillions to one odds,

Harness Healing (not and never hates)

MOVE 4 JOY.





Everything is just Energy

Everything is nothing yet always something! --- it's a part of TIME & SPACE simultaneously --- a thought and a feeling at the same time - perhaps only which can be connected with compassion!...a collaboration to embrace all stuff at the same time - for we're all 1 and un1que.

HEY

There aren't straight line(s). Cause & effect only works to satisfy hindsight - as you are in it!

You frame what you want - you know what you've done, but you don't know what's next - you can only step in the path and passage past self-delusion...as reality is paradoxical and dynamic as it defies rational analysis - it's like LOVE you can't pin it down - the more you try the more choke life from it!

We're all 1 of a kind and being 1 of a kind - finds it's expression in everything that you are & do ...how you perceive and shape the world ...what you think about & express yourself.



BUT We're also all-1 ...we live in & form bonds between all perspectives of the cosmos ...we're all connected: humans, animals, plants, nature, feelings & thoughts, atoms & planets...From this 1'ness From this connection/collaboration.....We draw all energy!

1'ness: Full happy living enjoying the presence of all things.

Question to ask when you wake up.

How are you navigating life - your tao? How are you connecting with yourself, your community, your world what do you love...connecting, sharing achieves immortality. it soul-power, spiritual supercharge.



MOVE 2 GIVE

Is a key part of pineapple-olgy. Love is available to all. it's the glue to what is it's passion, (the best part of humanness) + connection. The quality of presence in that moment...Intense collaboration!

BE PINEAPPLE

The exquisite cocktail of what it is & exhibits the intense curation/creation to challenge you into collaboration (which is what a pineapple is!...a coalesce of 100+ fruitlets into a singular cultivation!

**Pineapple --- so unusual...be
pineapple...
(rather than weird outcast -
embrace unique)**

HEY

**“what would you do with zero fear...? ...what leap would you
commit - to get what you want?”**

It's not easy, but it's simple - just join the dots!

**Access your Innate Intelligence Flow, Flourish Go for a ride!
...reality is paradoxical and dynamic ...it shifts to your reality
...GO FOR A RIDE life is a banquet, yet so many starve we're 1 to
the cosmos ...but we think we're limited to time and space**

***...BE FREE, LIBERATE TO LIFE...1 LOVE!
CONNECT TO THE DOTS***



***BE YOUR
IDEAS
LIVE
FRUITFULLY***

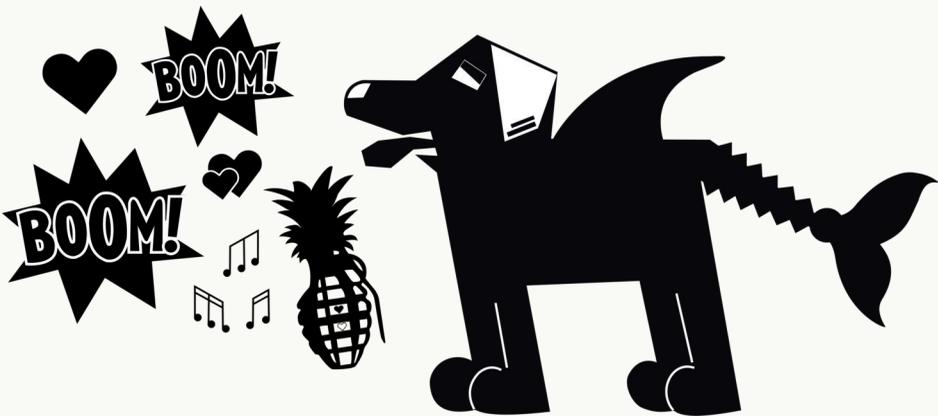
**Pineapple grows with sun
and the sun never says to
the earth - you owe me.**

**It just loves - and lights up
the sky!**

**The weight of average
pineapple is the same as...
your brain.**



**Hey:...the burden of
disappointment the weight is love
it touches, constructs, imagines.**



Yes – be pineapple

1derful – wonderfull

Pineapple EYES

It's your prompt - ART = the science of life.

In a world of data dystopia and dopamonic 'click'. It's THE reminder...art is expressing...what you believe...

data is like a smile - you might see it and think good.

But the smile could be imagining you being burned



Hey...

Is the data fwd or backwards. Hey - watch the movie Jaws in another way - and it's a story about a shark gifting arms and legs to disabled folks!

Mercy is the mind's inability to manifest the contents within. YES the SWEET stuff is deep inside. Every pineapple is so different and so much the same. The fibonacci sequence (aka pineapple-pattern) is the Same - yet every other dimension different!

we're all 1 and un1que

The sensory-qualities!..we as human think & reason - but eMotion is still above all!

Energy in Motion.
science of 1.

Let's explore anger! - it's like drinking poison and waiting for the other to die.

EMOTION is so undervalued in the demonic despot of data (which if you might have noticed doesn't do context)> align your memories with a little bit of fruitful stuff!

What you see is the story you SELL to yourself.





CIRCULARITY - CUT THE CROWN, PLANET AND RE- GROW! (PINEAPPLE-LOGY 101)

Re-imagination

5 mins complaining is 5 mins wasted. 5 mins of slog in a desert. You can only choke on your own dust of regret.



Just move forward

Galvanize a fresh action. Move past & optimize your time. Rejoice in your own control to elevate. What are you doing – NOW What are you Being Becoming BE...what the caterpillar calls the end of the world, the butterfly calls a glorious beginning. Free your attitude and fly. In the desire to reach the moon – you fail to see the flowers that blossom at your feet.



Be pineapple.

Pineapple is The Golden Fruit

It's so named because every pineapple enjoys the **GOLDEN-RATIO** as the pattern of it's **PEEL** (Fibonacci: pineapple-pattern).

Each Peel is beautifully arranged in what's known as the **FIBONACCI** sequence - a prosaic pattern of growth where everything is multiplied by **Pi** (known also as the **GOLDEN-RATIO...aka 1.618**).

Yes to curate that spiral as the skin on a pineapple - it's just a beautiful simple process to keep multiplying by **1.618**.

It's the gift from the Cosmos - the guidance for **HOW** to **GROW** (but LOL >>> we get too-greedy so many

times as Humans!) for it seems our desire for even more is insatiable!...We're seem to be so anxious for pleasure that we can never get enough of it!

Current society and the dopamonic desire for clicks, flicking/fiddling passive consumption is a dystopian despot. (cheap dopamine addiction! of 'I want')





It's soured a stimulation of our sensory stuff so much they almost become insensitive searing us to only be sated with stronger stimulants that simply strain & stress.

We're on a path to always pursue 'happy' but never have the harbor to actually enjoy!

The paradox and pain cycle that is culling current TAO the pineapple and it's GOLDEN RATIO is the cosmic g1ft to gu1de.

1.618 is the strategy to supercharge and the sh1ft from i to 1....from me to WE.

WE ALL WIN OR NO-ONE DOES!

#P1NEAPPLEPROPHECY

HOODLE-DOODLE ...ENJOY



23



A: Awareness, Appreciation, Action... (Altruism)

Stop your 'life' of.....cheap dopamine & passive consumption aka...Flick & fiddle
'I want' change your 'environment'

to....active creation engagement connect/curate 'gratitude'.

Better doesn't exist until you enjoy

what you have (grown by fibonacci - yes the

Pineapple is the guidance....THE GOLDEN

RATIO...the 'pineapple-pattern'

**'what you SEE'...is the story
you scribe (& sell) to
yourself!**

why people buy & yeah - the how, WHY we
can synergize & supercharge!

(yeah we get it - we're all the same in
deep-TAO - WIFM! What's in it for Me -
unfortunate absolute TRUTH

3 S'S

Safety: wellbeing

Significance: sense of purpose

Social: part of tribe

Your BONUS readin'

Self-improvement - a better version of yourself! is the validation (emotion + logic equation) make life 'easier': convenience/hassle, entertainment...exer-tainment, wellness, wellbeing status, image...feel reward, recognition, give-back belonging, tribe, statement culture reduce pain, increase pleasure, double-bonus....psychology of success + science of winning - we're all 1 & un1que

FUN, FUN, FUN:

NOBODY WANTS TO BE BORED!

BAM

Fitting in: We crave approval and belonging.

Love & Connection: We don't like feeling lonely/alone

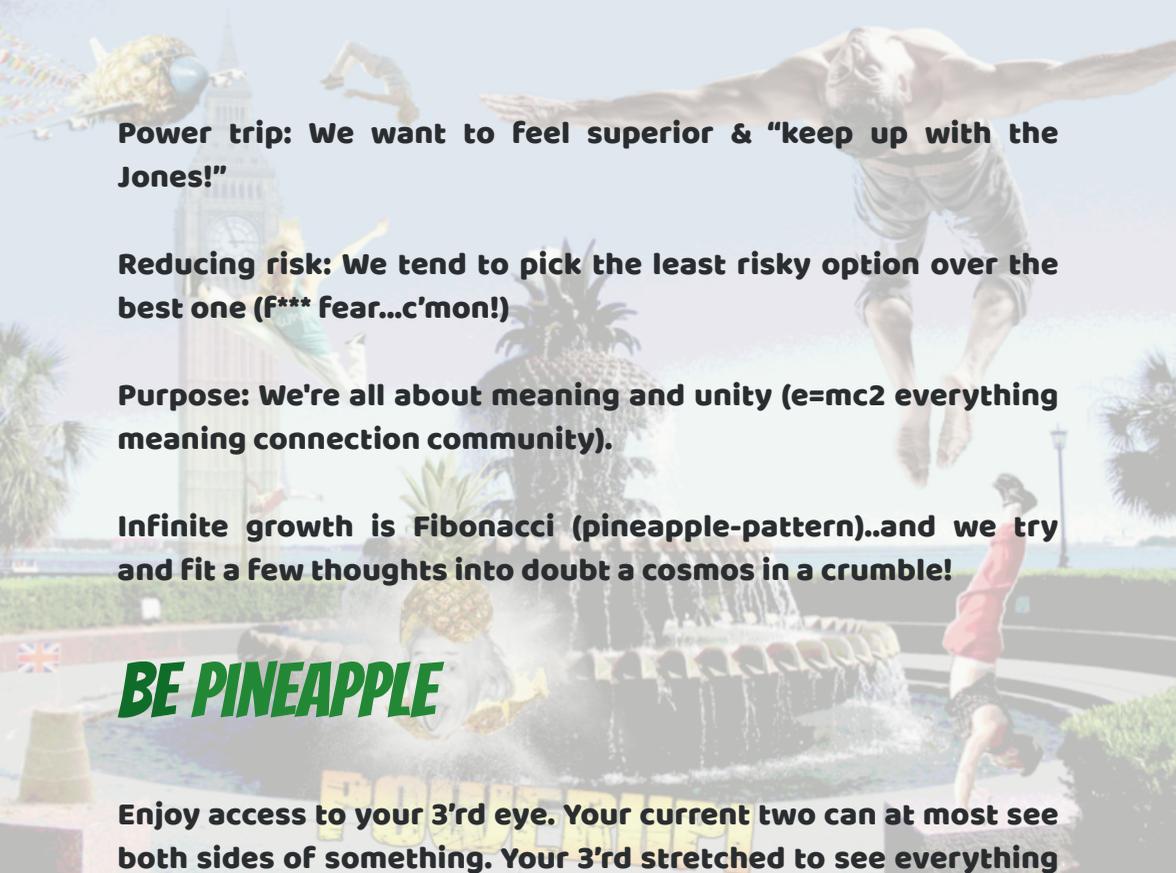
Self-love: Feeling good, stylish...'cool!'

"Look at me!": We want recognition...to be valued...respect !

Control freaks: We love patterns & organizing chaos.

Fewer decisions: Too much choice tends to overwhelm us.

(aahgg data dystopia!!!)



Power trip: We want to feel superior & “keep up with the Jones!”

Reducing risk: We tend to pick the least risky option over the best one (F* fear...c'mon!)**

Purpose: We're all about meaning and unity (e=mc² everything meaning connection community).

Infinite growth is Fibonacci (pineapple-pattern)..and we try and fit a few thoughts into doubt a cosmos in a crumble!

BE PINEAPPLE

Enjoy access to your 3rd eye. Your current two can at most see both sides of something. Your 3rd stretched to see everything & nothing at the same time!

As a society - we need to go beyond the data-stuff and touch into the unseen! Even Nikola Tesla agrees! - ‘when scientists study non-physical phenomena - they will progress more in a decade than previous centuries!’



Tick-tock (no not that!)



Time!...a pineapple takes 21 to 34 months to grow!
 what's the guidance...a prompt of perspective...(the
 pineapple-ology)...slow n steady is special...

waste to wonderful = everything something nothing...
 everything.

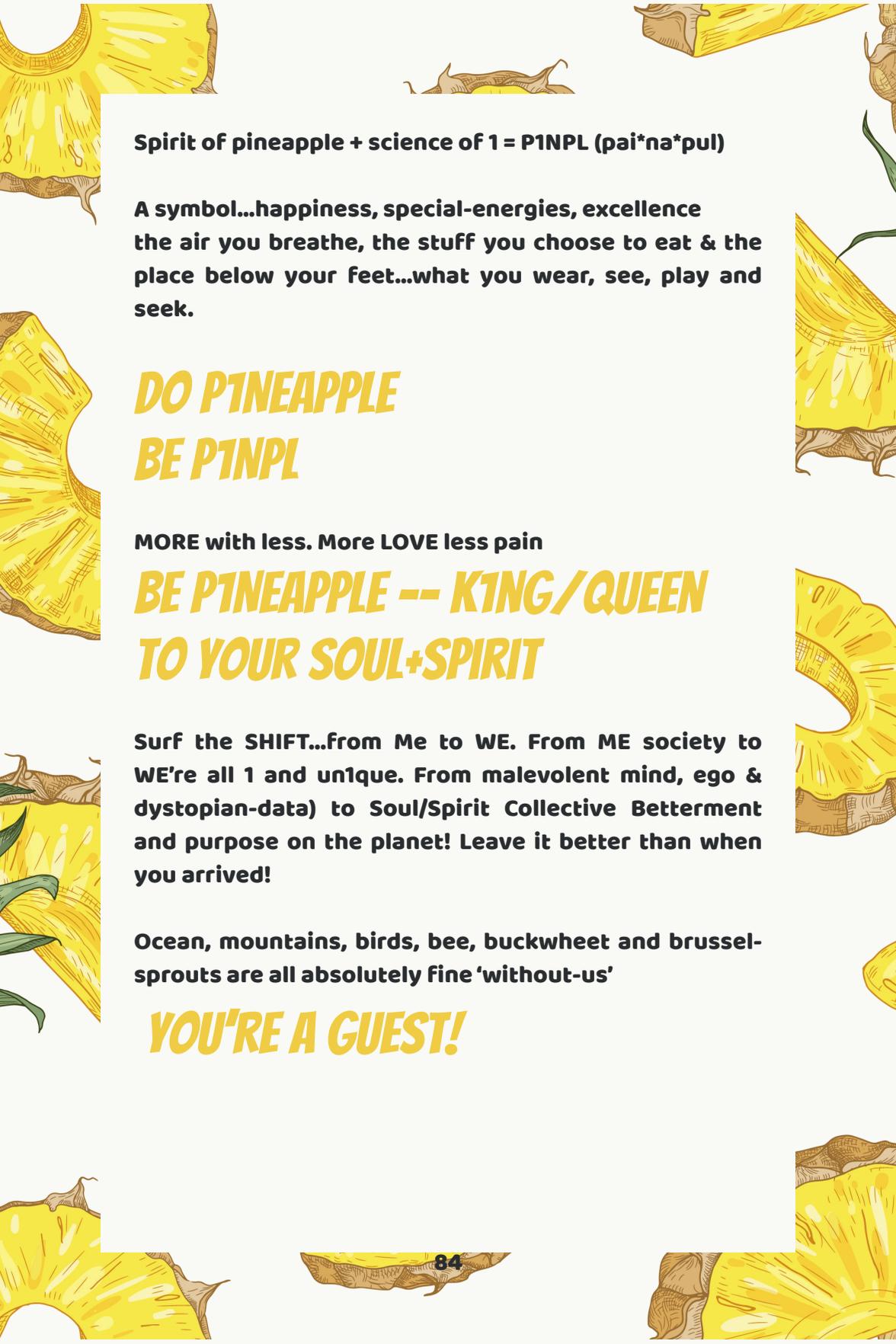
matter and space - are the same and without there is no form =
 nothing = everything!

Matter is energy and add some space (something spatial to
 give it form = something!...but there's always dynamic
 constant flux in each moment - aka meaning!...meaning it's a
 relationship.

Pineapple: the iconic symbol for innate-intelligence (spiritual-
 wisdom). Pineapples named after the pineal gland...your third
 eye. (& 6th sense)

**Pineapple is the welcoming energy for you to
 follow your purpose, passion and possibilities.**

Pineapple also means 'excellence' - that's the entirety of your
 enjoyment here on the planet. Excellence in your life
 calling/expression/enlightenment.



Spirit of pineapple + science of 1 = P1NPL (pai*na*pul)

**A symbol...happiness, special-energies, excellence
the air you breathe, the stuff you choose to eat & the
place below your feet...what you wear, see, play and
seek.**

***DO P1NEAPPLE
BE P1NPL***

MORE with less. More LOVE less pain

***BE P1NEAPPLE -- KING/QUEEN
TO YOUR SOUL+SPIRIT***

**Surf the SHIFT...from Me to WE. From ME society to
WE're all 1 and un1que. From malevolent mind, ego &
dystopian-data) to Soul/Spirit Collective Betterment
and purpose on the planet! Leave it better than when
you arrived!**

**Ocean, mountains, birds, bee, buckwheat and brussel-
sprouts are all absolutely fine 'without-us'**

YOU'RE A GUEST!

Respect there is no waste. It's all time, energy, materials and 'matter'. Common-sense...everything connects to everything else.

We are the open source collaboration of trillions of cells.

Are each of us not the uniquely conscious, essential creators within this interdependent and interconnected force called life?

Nothing happens in isolation from one another. Each of our actions has a compounded network effect, and every choice we can make moment to moment can change everything!

We can't steal from ourselves duality is just inner-conflict, get over-it.

***YOU'RE A MIRACLE.
YOU'RE UNIQUE***

**WHOLE
Nothing is ever lost or wasted**

WE'RE ALL 1



Acknowledge there is no method... That would mean there's a result and a desire to finish!... A relinquishment to authority... As every facet of authority shapes containment and controls. It tries to trick sources of satisfaction, goals and structures of security and safety.

Pineapple parable

Proud as Punk...prodding you with a piece of rebel-yell...refuse 'authority'...retrain the rule...Recycle, Reimagine, Empower, Re-frame your flow...feast upon the mystical-looking skin it's alchemy: ...not only is it strong and protective, it's a fibonnaci spiral!

Each layer is laid out in the golden-ratio: Pi - giving reference to a pineapple being the 'golden-fruit'

Peace-on

It's crown gives regal-sovereignty, protecting its sweet assets. Take the magical skin and note how protective it is... How much care it takes of the sweet, soft stuff within. Just as your aura protects you and keeps the softnesses of your soul safely wrapped within. A savior of spirit slice-open the pineapple...Vision the 'flesh' as your body –

fibrous and malleable, yet also firm. Your physical body is a wonderful thing. Perfectly designed for your world...note the prominent and powerful core that gives strength and robustness just like your spine does!... it also represents the column of energy that flows through you aligned to your chakras...

Keeping your balance and solid within the aura. Holding the pieces of you together. Allowing your soul to have a safe harbour within your physical body and this physical world...aaah the pineapple!--- consider the leaves. Spiky and upward. Look at the fruit the right way round and they may reflect your thoughts reaching out to us, up to the heavens. But turn the fruit over and do they now not remind you of your roots into the earth grounding you in this life. For the pineapple is a complex fruit, but so are you. Complex yet simple. Complete yet seeking completion. The pineapple exists to bring joy, so do you.

#ABC

**Awareness
Appreciation...AC
TIVISM**

**Belief, Be You,
Bond with Biology...Breathe**

**Connect, Curate, Create
Coolaborate**

...Choose

**P1NPL
MORE
with less**



Timeline and Tao

For Americans and Europeans...our 'pineapple' was originally called PINE-cone from the Caribbean!

Pine cones have been around for at least 60M years! We have evidence of dinosaurs eating them as their favorite snack. They are the original symbol of spiritual superpower.

The Roman also assigned them to the Goddess Venue and LOVE-power.

PS> the female cone is bigger than the male-so she can 'mother' the growing baby seed

Serve! sharing is caring

Coz!....everything that exists is, in a sense, the seed that then sprouts! Do good stuff and enjoy the spread!!!

Perhaps all people are DKHDs – just be a BETTER human – do one thing to help someone towards their potential each day



You can't be happy alone – be pineapple and coalesce not one!

That happiness is the main cause of success, not the other way around. That happiness is a mindset, not a result of external good things happening. That if you're generally a grateful person, you're more likely to be happy i.e. more likely to be successful.

Awareness, APPRECIATION, action to altruism



“Be like a pineapple and PLAY! I predict as we enter the 21st Century and our desire to gatecrash the future now is the passage to PLAY!...it will be as work was in the Industrial-Age!...to know, do & create value will be powered by PLAY

**Make this our dominant process!”
She did add.”...PLEASE!”**



Starting as a pine-cone and the favorite snack of dinosaurs, it re-emerged in early Amazon tribes around 7000BC - as their go-to medicine!

Flourishing further in fervent celebration and sacrifice to the 'gods' through the aztec/maya/inca era's captured by the Euro's & catalysed by Columbus who named it the pine-cone of the Caribbean...it became of immense impact & influence - empowering prestige, power and political play in concert with cosmic realization it is the Gift to the planet as Fibonacci unlocked it's alchemic like architecture and aggregated wisdom (pineapple-pattern)

If you want to #gatecrashthefuturenow enjoy the p1neappleprophecy...the portal that paths the science of 1 with the spirit of pineapple!



Pineapple fitness...new eyes!...

R eal discovery
 eal joy. The real voyage in life...comes in
 having 'new eyes'

**YES --- all you 'fitness-industry'... now aka
 'wellness-whotnot'> exercise has been
 commoditized, commercialized...castrated - by the dystopia of
 data.**

**Let's liberate it with ART, It's all about
 transforming that data into ART.**

**Your ART...everyone's an artist - it's the
 1 single step everyONE can achieve - the
 'aspiration' to... just do it!...DONE... art is
 ART - it happens!**

**It's your personal expression/emotion
 (energy in Motion) to share, care, shout,
 scream, sing, protest, proaic, pathway,
 progress!**

LOL

**It is Ai2. Art inspired insight transforms
 data to be Meaningful / personalized.**



Yes --- YOU 'fitness/wellness industry' have to REFRAME what moving is.

MOVE 4 JOY ***MOVE 2 GIVE***

Not castrated, commercialized, commoditized current stuff - and dopamonic data.

Activate AWE

BLAST joy of collective movement...creating visual...curating....big ideas....you can see start & end physicality to spirituality.

#NEVERWORKOUT ***#MOTIONMEDITATION***

Here's a little experiment for you....

Are you thirsty? Now!?!...well just recollect when you have been thirsty. You take a drink - and your thirst is satisfied to some level...correct?

BS

It's absolutely impossible for any physiological process to have proceeded. You just predicted it would work..and you tapped into your experience and expectations to rationalize, ratify it that's how your brain works...prediction!

You shape the story you see, everything is nothing until it's something then it's everything.

It's all made-up but Yes it is reality!

You live in a somewhere made up by someone...even your name is made up by someone. You acquire stuff with a something called money that some paper with a face and numbers on it. You have a plastic card that represents invisible pieces of paper that sends invisible things to trade to serve you. You willingly participate as it's real to you!

Nothing in physics or chemistry construes you leave one state to travel to another except a Social-reality a Social-sequence! (and that tao is SOCIAL-signaling! IOL)

No special sequence to the sun - that makes it January we just agree on it.

**NOW remember we're actually not 'machines reacting' to this stuff - we are the opportunity to choose choice of what we predict and thus behave!
Exercise is commoditized, castrated**

**move for the JOY
move 2 g1ve
move 4 joy**

Primal principles galactic opportunity...is what Ai 2.0 is the fitness/wellness industry has a HUGE problem...getting folks to MOVE

MOVEin' is the highest level of BIOLOGICAL function, hence top of the 'food-chain' (all pun intended!)

Problem = MEANING

That's what the fitness/well industry is missing
exercise is commoditized, castrated

move for the JOY

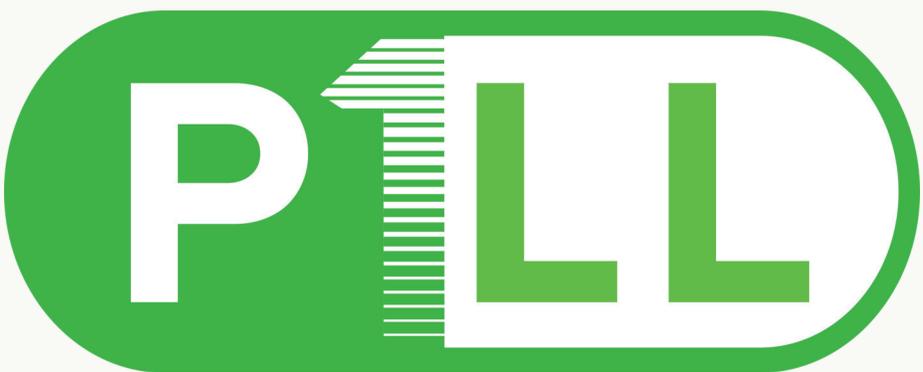
move 2 give

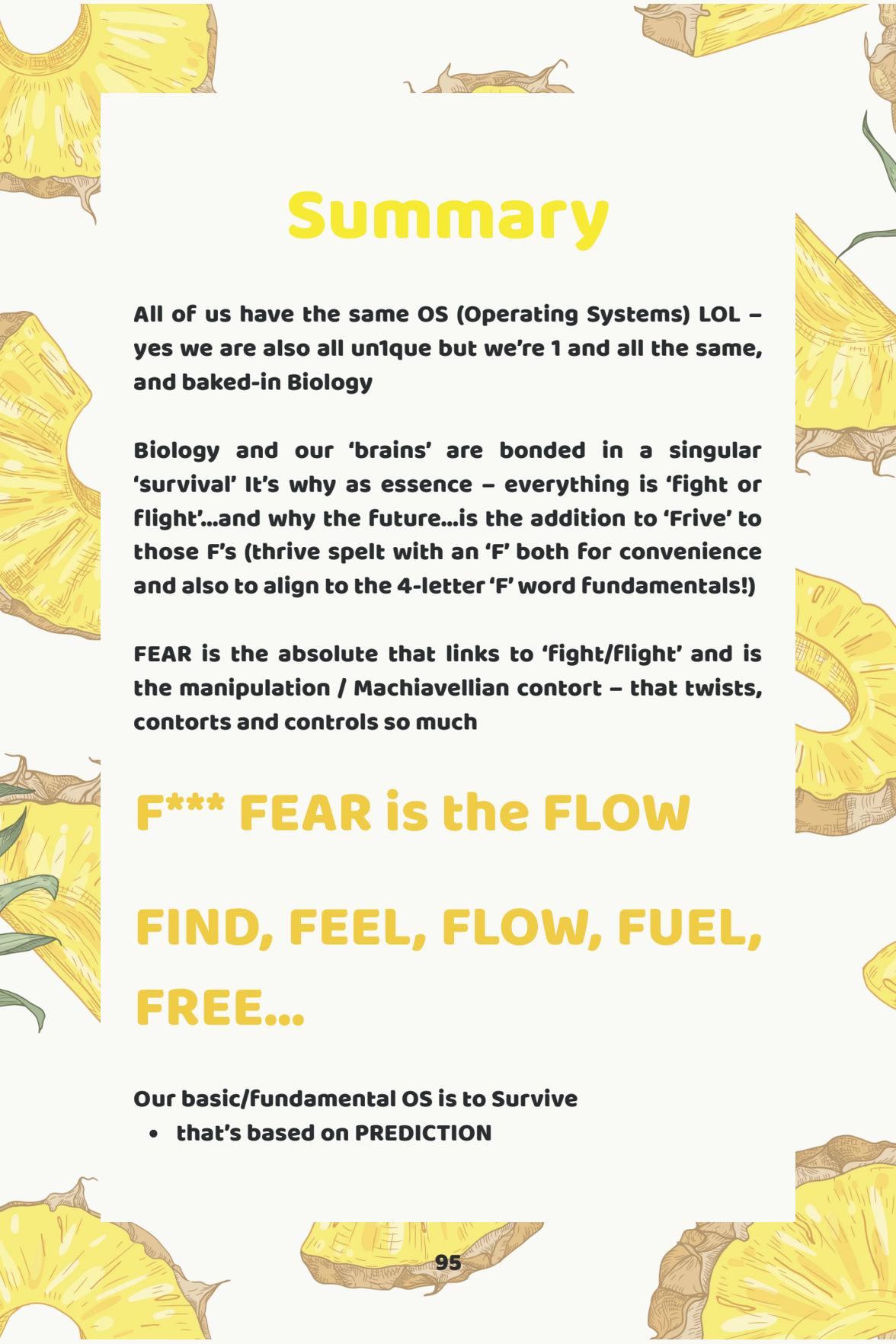
move 4 joy

DM when you're ready to connect/curate something special

**DATA is just stuff! It's just a growing growing, growing
PROBLEM...it has to have MEANING. Personal, exciting and
unfortunate but DEEP-TRUTH--something you can virtue-signal
in some way.**

**Social-display is a TRUTH of how we humans operate
psychology of success + science of winning tao**





Summary

All of us have the same OS (Operating Systems) LOL – yes we are also all un1que but we’re 1 and all the same, and baked-in Biology

Biology and our ‘brains’ are bonded in a singular ‘survival’ It’s why as essence – everything is ‘fight or flight’...and why the future...is the addition to ‘Frive’ to those F’s (thrive spelt with an ‘F’ both for convenience and also to align to the 4-letter ‘F’ word fundamentals!)

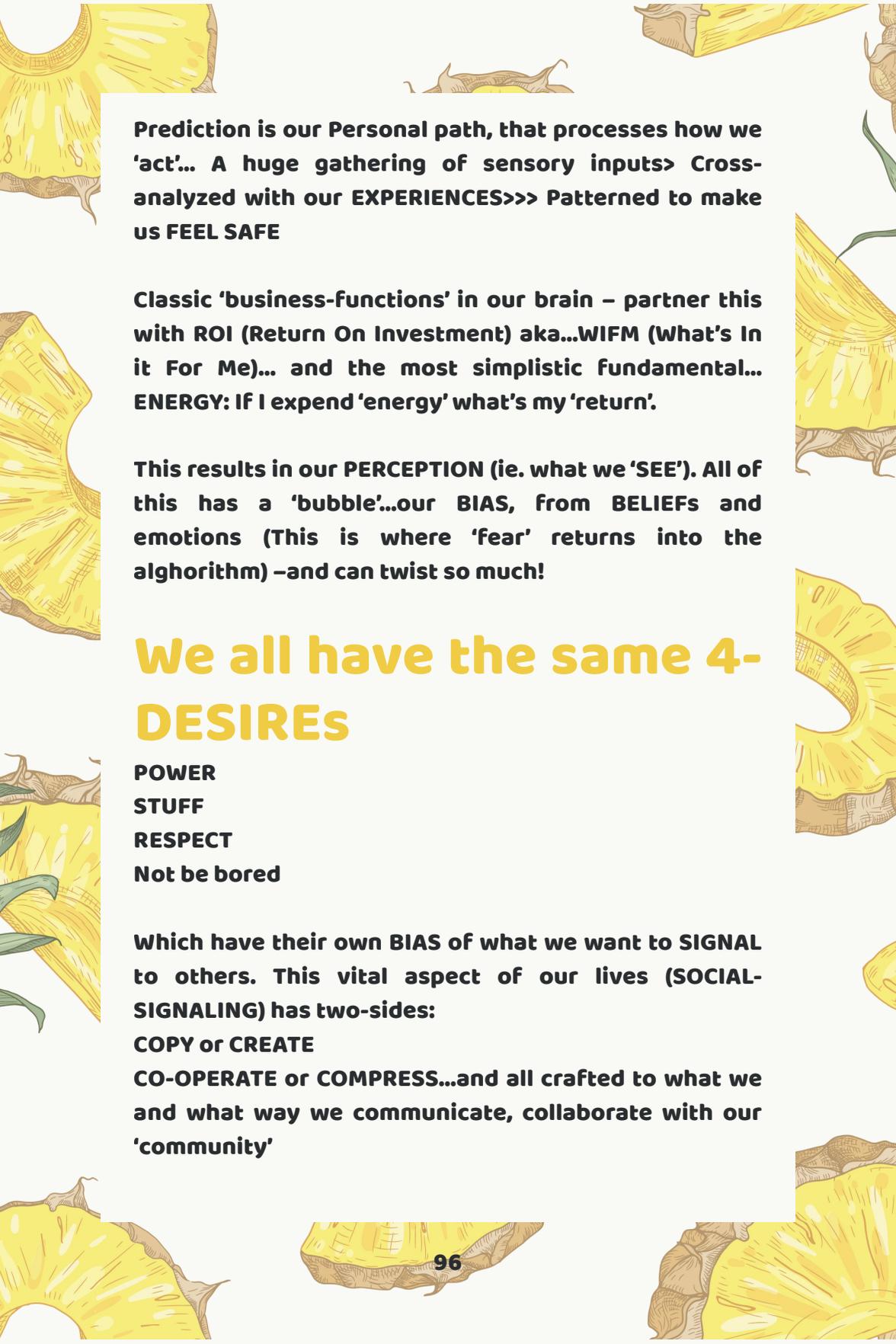
FEAR is the absolute that links to ‘fight/flight’ and is the manipulation / Machiavellian contort – that twists, contorts and controls so much

F* FEAR is the FLOW**

**FIND, FEEL, FLOW, FUEL,
FREE...**

Our basic/fundamental OS is to Survive

- **that’s based on PREDICTION**



Prediction is our Personal path, that processes how we 'act'... A huge gathering of sensory inputs> Cross-analyzed with our EXPERIENCES>>> Patterned to make us FEEL SAFE

Classic 'business-functions' in our brain – partner this with ROI (Return On Investment) aka...WIFM (What's In it For Me)... and the most simplistic fundamental... ENERGY: IF I expend 'energy' what's my 'return'.

This results in our PERCEPTION (ie. what we 'SEE'). All of this has a 'bubble'...our BIAS, from BELIEFs and emotions (This is where 'fear' returns into the algorithm) –and can twist so much!

We all have the same 4- DESIREs

POWER

STUFF

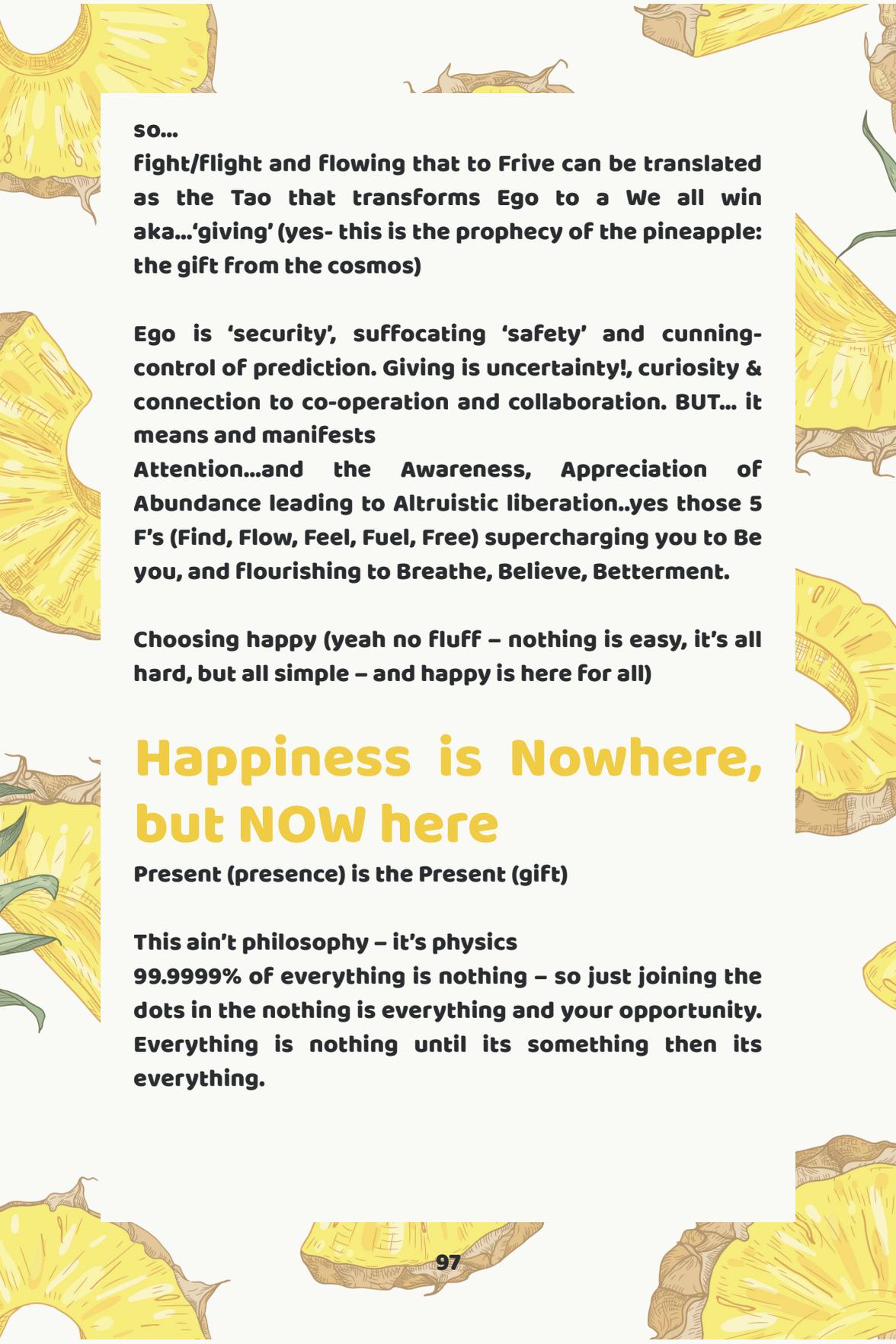
RESPECT

Not be bored

Which have their own BIAS of what we want to SIGNAL to others. This vital aspect of our lives (SOCIAL-SIGNALING) has two-sides:

COPY or CREATE

CO-OPERATE or COMPRESS...and all crafted to what we and what way we communicate, collaborate with our 'community'



SO...

fight/flight and flowing that to Frive can be translated as the Tao that transforms Ego to a We all win aka...'giving' (yes- this is the prophecy of the pineapple: the gift from the cosmos)

Ego is 'security', suffocating 'safety' and cunning-control of prediction. Giving is uncertainty!, curiosity & connection to co-operation and collaboration. BUT... it means and manifests

Attention...and the Awareness, Appreciation of Abundance leading to Altruistic liberation..yes those 5 F's (Find, Flow, Feel, Fuel, Free) supercharging you to Be you, and flourishing to Breathe, Believe, Betterment.

Choosing happy (yeah no fluff – nothing is easy, it's all hard, but all simple – and happy is here for all)

Happiness is Nowhere, but NOW here

Present (presence) is the Present (gift)

This ain't philosophy – it's physics

99.9999% of everything is nothing – so just joining the dots in the nothing is everything and your opportunity. Everything is nothing until its something then its everything.

P1neapple...the science of 1 (energy neither created nor destroyed just transferred) + spirit of PINEAPPLE

Tap into the tao of pineapple eyes – shape what you SEE – enjoy the sweet stuff that’s deep inside – and always wear a crown: be sovereign to your soul.

Be p1neapple



Bonus Appendix

A lot of chat on AI and 'SuperIntelligence' – and perhaps this could be an ode to Zuck - and yes I'd be delighted to help the Betterment of your "SuperIntell' for all" Tao - the spirit evolution (yes - it's here the sp1r1t revolution... 1 & 1 = 11)

It's a PORTAL...

We at this point are just the process

It's a path, not a fulfillment

Our purpose is to catalyze, augment and accelerate.

We're fruitful fertilizer... not the flourishing flower!

We're all connected: humans, animals, plants, nature, feelings & thoughts, atoms & planets... From this 1'ness ...From this connection/collaboration...We draw all energy...and where FRUIT flows

1'st law of science reminder: 'energy neither created nor destroyed just transferred'

reminder the Nietzsche guidance...the curation of: 'superhumans' is The spirit-evolution...described as "Camel / Lion / Child"

Current society is ego, it's the entrapment...Bio-hacking: is an example of that...an ego-driven process...to 'out- engineer' Biology!

Nature knows and Biology can't be Beat. How can we profess to 'out-engineer' it !?!>>> Our moment on this planet is the path that catalyzes the journey to 'super-human' which Nietzsche describes as: Cow / Camel, Lion, Child.

Many in society are like a 'Cow' – just a mollified member of the herd. Perhaps assigned as meaningless – the First-evolution, is they become a "Camel" - breaking from the herd, but taking aboard a 'book-load' of 'readings' etc...ie. they carry a heavy burden of knowledge and teachings. (cross-relate the mountains of data that folks are bombarded with daily -- literally the same as hundreds of books)

The Camel eventually tires with the self-imposed fatigue from carrying 'old-weight' and liberates to becoming a LION: 'breaking' past-traditions, and blossoming fresh beliefs. (This touches the immediate world today of AI, crypto etc...)

The final Flourishing is the transfer from Lion to Child. The shining empowerment to play!

The Child is curator, creator, connector. It's the collaboration that releases the future...the super-human (the aspired 'super-intelligence')

This phase is Ai2

Art inspired impact, Art insight intelligence, Access insight Action impact...you get it Ai2! LOL! Aii – Access innate intelligence – humans harnessing humanity heuristics.

It's the playful fun but very seriously the method how we transform all that data to art.

So we can play n paint...move n make a message --- just like we've all done before as a child...and the evolution/revolution of that is a software and app...a P1NEAPP (in respect to the 100+ eyes a pineapple has in conjunction with it's spiritual qualities gifted from the cosmos to guide us)

We're living in the time of a catalytic opportunity of the (Cow/Camel/Lion/Child process)

We are the conduit, not the fulfillment

.

Our purpose is the accelerate and augmentation.

The future is centered by heart. it's an envelope of love...caring is the fuel to fly

Now go and meditate on that. (PS> meditation. REAL meditation is a place you go to see. (yes pineapple eyes empower that)

What & How ...that's unique to you - but go deep so it's a place that touches your spirit and lights-up the simple stuff you were meant to see - your soul will guide ya!

Boom-Boom: we always ignite success all ways

Glossary

A

Appreciation. Say 1 extra thank you to someone, something. >

B

Breathe... Spend 1 minute... Just focus on taking it in through your nose...your SNOUT! is where the magic flows in!

C

Connect. Find 1 extra person to connect today. Aim to spend 1 minute in conversation with them

D

Drive... Write down 1 deep thought and desire that pushes you

E

Energy... What is it? Hey Think about that and tap into 1 source that fuels you

F

F*. No not that! Feel. Explore 1 sensation and the feel it gives you**

G

Go for it. Try 1 thing a little bit more special today

H

Have f*cking fun. It's not a rehearsal you only LIVE once

I

**No i's. Focus on swapping i to we
It simply turns illness into wellness**

J

Joy. Seek that 1 special feeling today. ENJOY

K

**Kriotherapy. The most powerful biological trigger available. Go
find a session**

L

Love. 'nuff said!... it powers all. It's liberation

M

**Mum. Phone her up. And I send some energy to her resting
place**

N

No-one else is you. Shine brightly today. You're a N1NJA

O

**Oomph. Shout it out, scream and holler. Supercharge with 1 min
extra oomph today**

P

Passion. Or otherwise wtf. Add your oomph

Q

Queen of fruit... The pineapple. Act royalty today

S

Slay fear. Take 1 of yours on. Confront it. Slay it

T

Turn it up. Boom boom. Always ignite success and in all ways

U

Uncover. Take a minute and shine a light on something you've been covering.

V

Vulnerability. It's how you grow very quickly. Be open and liberate. look for the love

W

Water. The majority of you is exactly that! Find fluidity today

X

Xtra. Less is more...get MORE with less. Focus on exceptional experience

Y

Yeah! Go on do that 1 thing today. Yeah... Enjoy that yeaaaaah feeling. Fly!

Z

Zen. It's the journey. Flow your tao

WOOF

X Hoot-Hoot-Hoodle-Harry