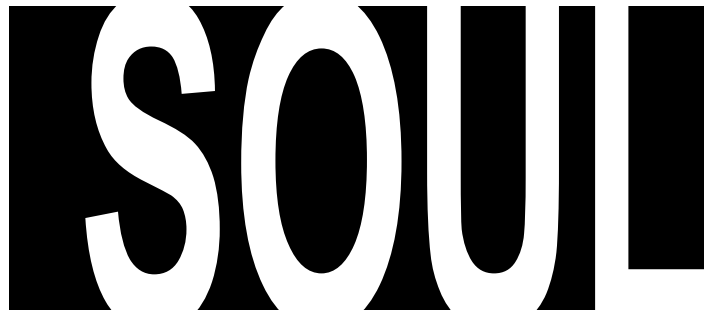


THE DIARY OF THE SOUL

If you cut the body open, you won't find a soul and yet it is the seat of all our reason, in my opinion of course. The soul is the self, the soul is you, the you that appears in "You did this and you did that".

I cannot see the soul being situated in the brain it is nearer the stomach. The Soul is independent of the brain and controls the brain. You can or should control the brain. It is when the brain runs riot, that the brain is confused and mental illness ensues. Mild or strong, the mental illness is palpable in it's strong state we see visions of hallucinations, in it's mild state we are simply fuzzy. In either case, the state is to be avoided by drugs and determination. We can be justifiably glad that we are free of it all, even though the same state is never as exciting as the mad state. But having been there you are only too pleased to be sane. Pleased and proud, though not puffed up pride, coming off a mental illness is a chastening experience, but having recognised sanity hold onto it like grim death. Everything will sort it out if the heart is in the right place. The heart, the soul. You must emerge from the maelstrom, with rest and recuperation you do.

The word "SOUL" is written in a large, bold, black, stylized font. The letters are thick and blocky, with a slightly irregular, hand-drawn appearance. The 'S' is particularly large and prominent, followed by 'O', 'U', and 'L'. The letters are set against a white background.

The brain is simply your tool which can be handled badly or well and can affect the handler disastrously. But with patience and supervision, all is well, so trust the soul first and then the brain and if one is wrong don't let it interfere with the other. Understanding the whole set up is to reach health and happiness and that it is undoubtedly the desired goal. Look outward towards God your maker and Jesus his son. In my opinion Jesus does not wish you to miss out on the riches of life. But your soul does not deserve the second rate or the tawdry, let alone the violent, the vicious or the despairing.

Like God himself, the soul can be wished out of existence but it never goes away and yet it is invisible to the surgeon's scrutiny. How are you feeling down deep inside we say, most of us can answer exactly how we feel. The machine of the brain puts everything into words and we often see in a person's face how he or she feels without words. I believe souls are the only things left when a body dies and the soul is the only thing that leaves the body when the body dies. The soul in my opinion goes to heaven and is there translated into glory. What a wonderful end after all that we've been through, to be with Jesus and our families again.

Happy souls in eternal bliss, in my opinion.

Richard Jameson