

AWAKENING WITH LI'L ANA-D • DON'T SUFFER IN THE HOOD! (SBOO4)

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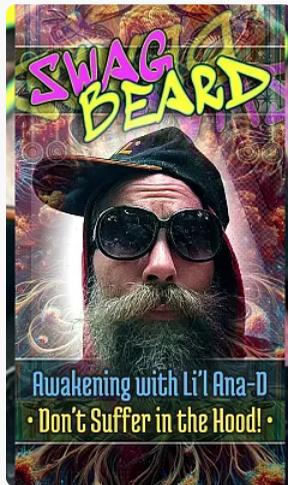
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Guest star streamer! Li'l Ana-D in the red riding hood! More cringe than your youth pastor! More street cred than your average roadkill opossum! In this reel: Dee gonna share ya the secret sauce to end that mass of suffering. Ouch!

Swagging without the swagger? New roll in the hood yo! Nobody home – everybody homie! Triple ultra-bar excellence! Back alley subject gangsta tagged hard! No hoes no woes! Crips and craps! Let go of the shit hill games! Be free!



#SwagBeardSeries

#Suffering

#GhettoVibes

#Awakening

#Liberation

#Buddha

#FringeWizard

#NextGenDharma

Dude, are you like **suffering** hard? Ain't **nobody** saying it's **got** to be **that way** all the way **forever and ever** for you. **In** this reel **Lil' Ana-D** gonna **show** you three **points** to be at **peace without** smoking all those **joints**.

Check out the **triple ultra bar** to help you **see** to the **far** side of **reality**. **One**, what's **up** with all the **suffering**? **Two**, how to **end** that mass of **suffering**? And **three**, a **way** to keep you **away** from the **cray cray** in the **mid-brain**.

So **one**. What's **up** with the **suffering**? **Who** makes it **happen**? **I** and **I** is the **groot**. The **g-root** of your **suffering** is the **craving** and clinging, the **pushing**, **pulling** and **swinging** of all things **this way**, **that way** – but it's **got** to be **my way**. We try to **bully reality** into being what **it's not**. With that, your **tripping balls** in a **hall of mirrors**. Suffering.

Then **two**. How do we **end it**? Look **dude**, **stop** being a **gangsta** in the **back alley**. Anything you **see** – you **flag it** and you **tag it**. This **my hood**. This **my hoe**. This **my skim** or I **slay it**. **Why'd you do that**? When you **push** and **pull** to be the **king** of your **shit-hill**, you **turn** your **heart** and **mind** into a **dark ghetto**. Just **let it go bro**. **Survival** of the **ego ain't the same** as survival in **real life**.

Then **three**. The **middle way** to keep **away** the **cray** **cray**. **Not** a way of **compromise**. A way of **reflections**. Also **not** a middle way **between** the **extremes**. **Shit you haven't seen** the first **fraction** of the **extremes**, how'd you **know** **where** the **middle point** is?

So the **middle point** is the **mirror point**. You **reflect** on all things to see **where they fit**. Where they **fit** in the **big picture** of all that is. **What is**. **Not** in your **schemes**. So we got to **know what is**, we got to **know** what **you made of** – as it is. **Roaming up and down** the **rainbow** – look at **every** one of 'em **colors**. **Clearly**.

Dig it for **what it is**. **Bitter**, **sweet**, **rotten**, **creepy** – **don't matter**. **It is** what **it is**. **Dig it**. Dig it and learn to **live with it** and **make the most of it**. That's **all**. **Look at** what you **made of**, **make the most of it**, **don't hold on to any** of it. There's your **middle way**, **flowing** through the

magnetic sizzles of life. **Stick** your dirty little **fingers** into the **socket**, try to **hold on** to it, you'll be **electrocuted**. **Makes** for great **content**. **Not** very **cute**. Results in **suffering**.

So **that's** the **heart** of it. Thanks for **chillin'** with **Li'l Ana-D!** **Recap** take-aways. One: **find** the **source**. Two: **stop** the **games**. Three: keep it **real** in the **middle**.

I **learned** all this from my **homie**, the **Wizard-G**. A student of **Sri Pampkin-G**. He'll be **back in the hood** shortly. **Excellent**. Swagging **without** the *swagger. The **new roll** in the **hood**. **Li'l Ana-D** has **left the studio**.

Greetings! What **seems** to be the **problem?** If you have **questions** for the **Wizard** – then **ask** your questions! If you **don't have** questions for the **Wizard** – then **shut up** and **contemplate!** **Wizard** has left the **mortal plane**. The **resonance** of the **third eye** is ever **so loud**.

 <https://ananda.icu/talks/swag-beard/sb004-awakening-with-lil-ana-d-don-t-suffer-in-the-hood>