

# THE HONEYBEE METHOD

*A Novel Approach to Health & Wellbeing*

Your MIND,  
Explained.  
Make it work  
for you.

Disease  
Formula,  
Solved here  
for you.

Your  
Health,  
Bitter or  
Sweet?



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For Inspowernet<sup>©</sup>

## Introduction

Congratulations, you have a beautiful mind. As you inhale and exhale deeply right now, you realize, that some 20,000 breaths were taken for you yesterday. As your heart is beating peacefully right now, you also realize that some 100,000 beats were made for you yesterday. Your eyes were moisturized by some 15,000 blinks yesterday, so you can see clearly now. Do you even remember that race you won so gracefully some nine months before your birth? You may forget, but your mind won't. You have a powerful mind and it remembers absolutely everything. This little book will open your eyes to marvel at your own mind. It will also shock you, as you will learn how your mind can turn into your worst enemy. Don't worry though, you will also learn what to do about it.

This book and all related material will stay handwritten in the future due to their sensitive content and lack of evidence. I cannot prove that you had a heartbeat yesterday. I cannot prove that you have been breathing or blinking yesterday. Yet you know you did, and if you are like me, you're absolutely sure about it. Likewise, I cannot prove things I share in this book, because it cannot be tested in a lab. I cannot even prove I have a mind, because as soon as I take my brain out to examine it, my mind will disappear and never come back. Now, I wouldn't recommend anyone to try and prove me wrong on this, please.

is a result of an intelligent mind. This pen I am using to write to you, the chair you are sitting on, the buildings, vehicles, art and music are all creations of intelligent minds. You have the most advanced and powerful computer system, and it is working for you constantly, non-stop.

N stands for Negatives, and this is when things get a little serious. Your mind does Not understand negatives. Here is something fun we can try. I can promise you a million dollars right now, if you can do this one simple thing. I will be asking you for something very basic and you can become an instant millionaire in the next few seconds. Here it is, "Please do not think about an elephant right now." You can pause here for a second and try again, "Please do not think about an elephant." I know, it can be quite disappointing to realize your mind just tricked you. Your mind is like a little child that doesn't understand "No". It simply does not understand anything negative.

D stands for Danger, and this is when things get very serious. Your mind is the most dangerous thing out there, as it will turn into a danger to protect you from negatives. Your mind knows love and is incapable of understanding negative emotions, such as hate, unforgiveness, fear, rage and so on, or negative actions such as lying, cheating, stealing, etc. If you hate someone, for example, your mind doesn't understand what it means, it's a

The Disease Formula,  $D = \frac{f(M)^I}{N}$  reads "Disease is the mind's intelligent protective function from negatives", where  $D$  is the Disease (Danger),  $f(M)$  is the mind's protective function, like a Mother,  $I$  is for Intelligence and  $N$  is the Negative.

### The Solution

If you say "I dislike you", I will know that you don't like me, so dislike is the absence of like. The prefix dis- means "absence of...". The word disease means absence of ease. Looking at the earlier example again, if you cannot forgive someone that did you wrong, it's a kind of feeling that makes you uneasy, creating absence of ease, i.e. disease. Solving the Disease formula,  $D = \frac{f(M)^I}{N}$  is easy. If you remember anything from your math's class, this equation would not make sense, only if  $N$  equals to zero,  $N=0$ , as you cannot divide anything to zero. This means, when you eliminate the negative, disease does not make sense. In other words, if there are no Negatives, your mind will see absolutely no reason to protect you. If there is no grizzly in the room, you don't need to fight or flee. In the earlier example, if you choose to forgive, the disease formula would make no sense, as there will be no reason for your mind to work hard behind the scene looking for solutions to protect you. This goes to show that negative states, feelings, thoughts, emotions and actions cause absence of ease, i.e. disease. The opposite

one source for all disease. To address any disease then we have to address not the causes, but the source, that is, the mind. To do that, let's invite the most intelligent insect to this conversation.

## The Honeybee

As humans, we have learned greatly by observing animals and birds. It's now time we learn from insects. Honeybees pollinate most of our fruits and vegetables, and produce a miracle food for us. The one teaspoon of honey in my tea this morning was produced by a dozen honeybees working hard their entire lifetime. Like the human mind, honeybees do not sleep - they don't even have eyelids. They work very hard and support each other in the hive. There is one thing about honeybees though that is absolutely shocking. It is hard to imagine nature would be so cruel to any living species. We will soon learn what it is. For now, to understand our mind better, let's draw some parallels between honeybees and the human mind.

Honeybees know how to make honey, and they have been doing it for over 130 million years. They remember everything. Your mind knows a lot and remembers everything. Check out in the mirror; you might not remember your great-great grandfather, but your mind does. Chances are, his nose miraculously appeared on your face.

Your mind can fly back to eons, like a honeybee, and bring

So, your mind is like a honeybee, your brain is like a beehive, your health is like the honey. The question is, "Is your honey bitter or is it sweet?" Another question is, "What would you like for lunch?" If I was to tell my father I wanted apple and blackberries, he would hand me a plate of delicious organic fruit. Ask this question to your children, and you may have to hand them gadgets. While our mind is familiar with digesting food, it is not familiar with digesting information at the scale we consume today. This, in turn affects our health and wellbeing. Your honeybee feeds off of the nectar - the information you consume every day, to make honey for you. Your mind knows how to handle the grizzly bear, it has a fight or flight mechanism. When you swipe and scroll constantly, you don't fight or flee, but you freeze. You recognize there is no actual threat, yet your honeybee keeps flapping.

### The Nectar

Honeybees flap their wings over 200 times every single second, and always stay alert to protect their hive. Your mind works even harder and flaps even faster, day and night; it never sleeps. If you have a garden with flowering plants and trees, you may have seen honeybees landing on your flowers. They love drinking pollen or nectar, and that's what they use to make honey. Your mind also drinks nectar, the information you

## Sweet vs Bitter

**Love** is an intelligence, the highest form of intelligence. Hate is also an intelligence. To avoid using specific negative words, moving forward we will use the word **Negative** for anything that is not Love, the **N** in **MIND**.

Love, joy, kindness, forgiveness, peace, patience, righteousness, willpower, compassion, faithfulness are some examples of the sweet nectar called Love. On the other hand, hate, anger, resentment, fear, worry, laziness, impurity, dishonesty, toxic thoughts and actions are some examples of bitter nectar, called Negatives. If the flowers in your garden are called Joy, your honeybee will drink joy and make you joyful and sweet. On the other hand, if the flowers in your garden are called Rage, your honeybee will drink rage and make you angry and bitter. When you get stuck in traffic then, Joy will bring you kindness and patience to give way, whereas Rage will make you aggressive, pushy and anxious. Planting the right flowers is important, as the quality of the nectar defines the quality of your honey, that is, your health and wellbeing. We learned earlier, that our mind does not understand Negatives, and will work hard to protect us from the threats and the pains caused by negatives. We will soon learn how our mind also protects love in that process, how it helps us embrace love, even if we make the wrong choices and choose anything negative, that's not Love. If you have ever taken anything that wasn't yours,

It is a sad reality and one that's shocking in many ways. The honeybee gets only one chance in her life to defend herself, or to protect. Remember how this is the single most important function of your Mind? When the honeybee stings you, all her intestines are pulled out with the stinger. She then flies off without her organs, and is dropped dead shortly after. You are in pain from the sting; some people even have inflammation and are rushed out to a hospital. It hurts. The honeybee hurt you and she died. The honeybee stings and she dies. She is only given one chance to hurt in her entire lifetime, and doesn't even have an opportunity to learn a lesson. If someone was to hurt you and die immediately afterwards, can you imagine how patient, kind and loving we would all be? Yet we go left and right hurting people, then carrying on with our lives, as if nothing ever happened. We are privileged to have too many stingers, and we can shoot them in every direction, yet we stay alive. Remember, your honeybee watches everything, when nobody is looking, and your honeybee is listening, when nobody can hear. As humans, we have to appreciate all the things the Mother Nature is teaching us, so we can be better humans.

Now, Mother bees are not known to sting humans. There is only 1 Mother per hive, and perhaps they are smarter and they know better, perhaps they have other defence mechanisms. Moving forward, we will call this a Honeybee Solution.

highly intelligent systems, they have been doing their job perfectly well for millions of years, to make sure the human race continues to exist. Your job is to take care of them, so that your jar doesn't crack or leak. The dome roof or the lid is locked tight, housing your beehive/brain, so that honey keeps dripping into your jar all day, every day. To ensure your jar stays strong, all your viruses and bacteria need to eat, play and sleep.

Let's look at viruses first. They play by watching and listening, like children watch cartoons. Viruses are up 24/7 watching you breathe, as they are hungry for friendships. Every time you take a breath, you bring in 50,000 new friends, and every day you breathe, 100 million extra friends, new viruses join the family. Like children, viruses don't like to be left alone and want you to make an effort to acknowledge the human race and be reassured they can stay safe and alive to continue their mission. Try holding your breath for a few seconds, they will start banging on the walls of your jar. Hold it a little longer and it will get louder and louder. In less than 3 minutes all 380 trillion viruses will bang so hard, that your jar will crack open and your beehive will fall apart. Simple things make your viruses happy. If you go out for a walk, pass by another jar, smile and say a simple "hello", your 380 trillion viruses jump up and down, and dance in circles. When our jars watch and see other jars within a close proximity, they know they are not alone.

and listening, your bacteria play by touching. Every time your jar touches another jar, all your 39 trillion bacteria go "cha-ching!". Any time you touch anything in the nature, including other jars, your bacteria become joyful and make your jar stronger. They love making new friends, shake hands, give hugs, etc. They get 60,000 new bacteria to play with every day and it makes them happy. When you lay on a grass or on a sand, play sports, swim, feed ducks, fish, high-five others, etc, anything and anyone you touch turns gold for your bacteria. The only thing they don't like, again, is ingredient lists - it makes them weak and scared. Chemicals, sprays etc that are not nature-made, kill them instantly; they bang on walls and your jar starts leaking or cracks over time, letting go of all the sweetness, making you unwell.

Overall, your trillions of bacteria and viruses like anything that supports the nature, the longevity of human race, and everything that's good for other jars and the planet. It includes catching a flying plastic bottle on your way and putting it in the bin, before it hits the ocean, killing one million marine animals every year. It shouldn't matter if anyone is watching; your viruses do and they will make your jar stronger, so that you live longer.

This "Jar" section turned out long because of trillion having too many zeros. Who would have thought we have such a precious jar! You may take a little break here before Gugins join our conversation, and brace yourself...

# THE HONEYBEE METHOD™ TABLE

Description	Meaning	More Details	Page
<b>The MIND</b>			
M	Mother	Mind's protective function	2; 4.
I	Intelligence	Love is the supreme intelligence	2; 3; 10; 11.
N	Negatives	Mind doesn't understand Negatives	3; 11; 12.
D	Danger	Disease the mind creates to protect	3; 4; 5.
<b>The Disease (D)</b>			
Danger	$D = \frac{f(M)^I}{N}$	Disease is the <u>M</u> ind's <u>I</u> ntelligent protective function from <u>N</u> egatives	4; 5; 14.
<b>Honeybee (HB) Analogie</b>			
Honeybee (HB)	Mind	Both have phenomenal memory & fly	7; 8.
Beehive	Brain	Both have advanced design & function	8; 15-17.
Honey	Health	Both can be sweet or bitter	8; 9.
Nectar	Information	Both used for advanced intelligence	9; 10.
Jar	Body	Both can crack and leak	14-17.
Sting	Disease	Both are protective mechanisms	12-14.
Sweet Nectar	Love (L)	Both are nice and sweet	10-12.
Bitter Nectar	Negatives (N)	Both can be bitter or toxic	10-12.
Sweet Honey	Good Health	Both are full of sweetness	9; 10.
Bitter Honey	Ill Health	Both can be bitter and toxic	9; 10.
<b>The Honeybee (HB) Method</b>			
The Problem (N)	Negative emotions, feelings, actions etc. are a threat and cause pain for the person experiencing them.	The Mind doesn't understand those Negatives and will protect the person from that pain, becoming a danger to the person it's protecting in the process.	3; 4.
The Solution (D)	The Mind creates Disease to protect the person experiencing those Negatives.	To solve the problem and eliminate Disease, Negatives should be eliminated (N=0).	3; 4; 5.

Honeybee Solutions  $[D = \frac{f(M)^I}{N}; N=0 \& I=L]$   
Virtual Case Studies

Gugin is living a regretful life. He has too many painful memories. He is not joyful or lighthearted any more, and you would see him shake his head in regret sometimes. Gugin is educated and well-mannered; he takes life seriously and treats everyone with kindness and respect. Deep inside, Gugin is hurting. The world is not the way he wants it to be, and people are not the way he expects them to be any more. He worked hard for excellence all his life and he expects people around him to make a similar effort, to be honest, loyal, righteous, kind and loving. Yet every time he turns, there is something negative - hate, crime, division, lies and fraud to name a few. People take advantage of his kindness and he is not social or outgoing any more. Other people cause him even more pain and regrets. Every time he turns the TV on, there is bad news - he sees people being deceived and manipulated, so he feels terrible for their wrong choices; he feels bad for the future generation, for there is nothing good to influence them, and there is nothing he can do about it. He is well-spoken, intelligent and overall well-rounded and kind-hearted, so he cannot hurt other people and their feelings. Gugin is a deep thinker and analyzes everything in much detail, but everything around him just seems to cause him more sadness and disappointment. "I can't believe this happened", "I can't believe he/she said that

I=L, the Honeybee comes up with a Solution (HB Solution) to protect her Gugin. As Intelligent and Loving as the solution may be, it is shocking for Gugin's family and friends. The Honeybee decides, "If I help Gugin forget everything he sees, reads, hears and experiences, it will no longer cause him sadness and pain". The Honeybee continues flapping, "If I get my Gugin forget all his memories, he will no longer be in pain". The Honeybee keeps flipping flapping, "If my Gugin forgets everything, he will be Loved again, like a baby", then "my Gugin will have no more pain". She helps her Gugin forget. The Honeybee keeps flipping-flopping-flapping, she stings and dies. Gugin slowly loses his memory. His relatives and friends aren't sure what's going on at first. Gugin is not the same any more. Everybody notices Gugin needs help getting fed, cleaned and taken care of, like a baby. "Dad, it's me! Remember me? It's your son". Gugin smiles, like a baby. The son becomes like a father and Gugin turns into a baby that's protected, loved and cherished. Everybody notices Gugin lost his mind. The Honeybee was gone. She protected her Gugin from the pain regret and painful memories were causing him, and Gugin was happy again. Everybody loved him again.

This case was very common in Nazi Germany, as many people were left with nothing but painful memories and regret, unable to speak up or resist the atrocities. There was a German doctor that noticed this phenomenon.

VIRTUAL CASE STUDY TABLE - HB SOLUTIONS

<u>D</u> anger	<u>N</u> egatives	<u>M</u> other	<u>I</u> ntelligence	HB Solution Notes
HB Solution	Not Love	Mind's Protection	Love ♡	Mind's Solution Notes
<sup>1</sup> <u>Alzheimer's;</u> <u>Dementia.</u>  Sting - memory loss [Gugin].	Regret + Painful memories.  "I can't believe!"	HB: I want to safeguard you from those memories for they cause you pain, and I don't want you to suffer any more. I will let your memory go.	Joy.	HB: You are here to embrace Love and joy. If you live a regretful life, I will help you forget, so that you embrace Love again.
<sup>2</sup> <u>Cancer</u>  Sting - eats up tissue  [Gugina].	Resentment + Anger.  "... makes me sick to my stomach".	HB: I need to save you from this toxic state. I feel your pain and I will mobilize everything to terminate that rage.	Kindness + Forgiveness.	HB: Love is kind and forgiving. If you are angry and upset, I will help you embrace Love again.
<sup>3</sup> <u>Diabetes</u>  Sting - blood sugar rise  [Gupino].	Fear.  fight/flight → freeze  "... makes my blood run cold".	HB: I see you panic and I will help you. I will tell your liver to keep making glucose to keep your blood warm, so you are ready to flee any time.	Peace.	HB: You are here to live in peace and make peace. If you live a fearful life, I will help you embrace Love again.
<sup>4</sup> <u>Cardio-</u> <u>vascular</u>  Sting - irregular heart, etc.  [Gugi].	Worry + Fear.  "OMG!..."	HB: I want to keep you safe from panic and anxiety, and on top of extra sugar to fight the grizzly, I will make your heart skip a beat.	Patience + Peace.	HB: Love is patient and it brings peace. If you are worried and afraid, I will help you embrace Love again.

## Flapping Test

Before moving on to other Gugin's, let's see if your honeybee is flapping. I have a big, ripe, juicy lemon in my hand. I am cutting the lemon in half and handing you the other half. I want you to take that half lemon and bring it closer to your mouth. Now, open your mouth and squeeze that lemon inside, savouring all the juices. You have all that lemon juice pouring into your mouth and it's delicious.

Carry on squeezing all that juice inside your mouth, until the lemon runs dry. I am now giving you the other half and this time you are not only squeezing that lemon into your mouth, but chewing all the bits with it, until it's all gone. Pause here for a second and notice what happened. If you have noticed, there is no lemon in your hands. You simply thought about it, made a mental picture and your honeybee started flapping. In other words, she saw the flower you just planted, landed on it and started drinking the nectar. The honeybee knows that the acid is corrosive and she quickly comes up with a solution, "I know the acid is going to hurt you, but if I mix it with enough special liquid, it will become alkaline and no longer cause any pain." Straight away, she mobilizes all her resources at an instant and starts pumping out saliva into your mouth. As soon as you swallow that lemon juice, the saliva washes it down instantly and protects you from the acid hurting your tissues. More importantly, this genius Solution from your Honeybee almost immediately turns that mixture

Honeybee Solutions Continued  $[D = \frac{f(M)}{N}^I; N=0; I=L]$

### Virtual Case Studies

Gugina's Honeybee was flapping high that morning. She couldn't believe the terrible news. She never thought her life would end that way. One thing led to another and she found herself living with anger, resentment and rage. She couldn't forgive him and his friend. The pain was far greater, than she could handle. Thoughts of revenge and rage were all that occupied her mind for some time. They stole her joy and alienated everyone. Gugina's honeybee wanted her to embrace love regardless of circumstances, yet she was blinded by her anger and resentment. Gugina's honeybee wanted her to be kind and forgiving, yet she chose revenge. The honeybee kept flapping hard, wanting to protect Gugina from the pain she was going through, yet Gugina never changed. She gave in to the rage and it started "eating her up" slowly. "He makes me sick to my stomach", "That made me sick to my stomach", was all that the honeybee could hear. She kept flapping and wanting to protect her Gugina. The honeybee kept hearing "pain-stomach", "pain-stomach", not knowing what Gugina's Negative expressions actually meant. That morning Gugina's honeybee was about to sting to help her embrace love, kindness and forgiveness again.<sup>②</sup> All of a sudden she realized that her terminal stomach cancer was the only reason she could forgive him and let things go. She realized she couldn't change him, but she could change her

could be quickly converted into an energy to fight or flee the danger. Gugino continued swiping and scrolling through his "social media scaries", while working through his remote "work scaries", while his TV kept reporting more "scaries" from all over the world. Gugino's poor honeybee kept watching his fear day by day, every day, as Gugino kept looking at screens in fear, unsure of what was going on behind the scenes, behind the screens, and unable to understand the Negatives. The honeybee knew that the adrenaline release worked for Gugino's ancestors in fear at all times, and when she decided "enough is enough", she thought "let me give him lots of sugar to warm up his blood, so my Gugino can fight or flee that grizzly inside his screens any time". Gugino's honeybee kept flapping, and every day, every hour, every minute, even every second Gugino kept fighting an invisible enemy inside his screens. Gugino kept fighting from the comfort of his couch.

Gugino couldn't believe what he heard that morning. He had to take insulin for the rest of his life.<sup>③</sup> His Honeybee kept releasing all that sugar and energy, yet he never had to use it. He was laying on his couch, sitting on a chair or resting on the bed. "Fight or flight" turned into the modern-day "freeze" in front of a mere screen.

Shortly after Gugino's son walked into the room wearing big, fat glasses. Gugi's vision has been getting worse over time. His parents have been arguing and fighting for a while and all little Gugi wanted was a warm and

he could make things happen every time he played. Instead, he lost his house, his car and had to sleep on his friend's couch. Gugano didn't feel like he mattered any more. He lost his purpose and became lazy and unmotivated. Despite his laziness, fire was burning inside Gugano. He had all that energy to make things happen, yet he didn't feel anything mattered any more and lost his purpose. That fire was still burning every day, every hour, every minute. Gugano's Honeybee was watching that fire burn inside him, wanting to come up with a Solution to help him out, to protect him from the Negative emotions. She was flapping hard, recalling all the ways Gugano's ancestors used to put out a fire. She knew that cutting the flow of oxygen would put out the fire. Just like putting a blanket over a fire, Gugano's honeybee helped him pop a cigarette.<sup>5</sup> Every time he would take a puff, it would cut out the flow of oxygen into his lungs. Gugano's Honeybee protected him by putting out his fire with a cigarette. Her Solution worked for many years, as Gugano didn't fulfill his purpose, and it was making him agitated for no particular reason. Little Gupi didn't like him in their house, but he was told his dad's best friend had nowhere else to stay. He also felt like something about it was upsetting his sister Guga. Lady Guga was behind in school and nobody seemed to like her. The only person that liked her seemed to be Gugano, but he asked her to keep it a secret. Guga kept eating non-stop. She would empty out

When the news broke out, Gugina's mother, Gugina, mocked her husband's friend Gugano, kicked him out of the house and humiliated her husband. Gugino was upset at his wife for making assumptions without an evidence and offending his best friend. The fight broke out again and little Gugina's heart arrhythmia got even worse.

Later that evening, Gugino's brother-in-law walked into the house in tears. It turned out, Gugino's sister, the aunty, was unfaithful to her husband and run away with Gugano when he was kicked out of the house. Gugine had no idea who to turn to; his world was falling apart. He never thought his wife could treat him that way. He kept saying "I can't stand her, how could she do that!"; "I can't stand him"; "I can't stand that monster." Gugine's Honeybee kept flapping, feeling his pain and wanting to protect him. She kept hearing "stand-pain", "stand-pain", coming up with a Solution to protect her Gugine from the Negative emotions that caused him pain. Gugine could no longer stand on his feet,<sup>⑦</sup> as he had an inflammation in his joints. He became bed-ridden and the news spread throughout the town. After a while, Gugine's wife got tired of Gugano's drinking, drugs and immorality. She heard about the pain her actions caused to husband and felt terrible about it. She eventually fell out with her brother's predator friend and got back to take care of her husband. Gugine's honeybee helped him and his wife to embrace compassion and faithfulness again.

living in fear, so she stopped pumping him with useless glucose. "How are you feeling son?", he asked little Gugi, as he was in bed with fever. "Dad, is mum ever coming back?". "Well, I am glad you asked son! She's been cooking lunch, waiting for you to wake up, and she is here to stay". Gugi sprung out of bed and ran to the kitchen. Little Gugi's Honeybee saw there was no more reason to protect the little child, so Gugi's vision and heart rate went back to normal. Gugina left the job she despised and started a family bakery. Nobody even noticed she had ill health, as she was confident her Honeybee had no reason to flip on her. Lady Guga enjoyed helping her mum. She noticed her appetite was declining rapidly, and her skin cleared up from the lack of "flip-flop-flap". They all started enjoying quality time together, enjoying parks, beaches and all recreational activities. Children started playing sports, learning music, art, dance and theatre.

One beautiful Sunday morning Gugine and his wife knocked on the door. "You won't believe the good news! We are expecting finally!!!". Everybody was happy, sharing Sunday roast. "We just picked up a little free book on our way out from the store last week and we were just talking how our mind was even protecting an unborn child all this time", Gugine went on, "It's been such a long time we've been trying... but all of a sudden we realized if we didn't get our affairs in order, we couldn't have been the best parents for a child. It worked after we planted

inside the skull. Walnuts are therefore good for our brain. Kidney beans are shaped just like our kidneys, and blueberries cut in half also look just like kidneys. Carrots cut in small rounds look like our eyes and ginger looks just like a stomach, so we don't have to think hard there. When you eat grapes from a vine, notice how it looks just like the bronches in our lungs, and when you pass by an ugly sweet potatoe next time, remember it can do miracles for our pancreas. Tomatoes are good for the heart and celeries are good for bones, as they are shaped just like the organs they are good for. Avocadoes are good for uterus, citrus fruit are good for breasts and the list goes on. Without honeybees we would have none of these fruits and vegetables that are so good for our health and help our jars get stronger. Now that you may be a little more motivated to save a honeybee, let's try. There is only one thing you can do to save her, and that is, do nothing. When you do nothing when she is stinging you, when you do not panic and brush her off your skin, the honeybee manages to take her stinger out of your skin, flies off and lives happily ever after. As you can imagine, this is almost impossible. When we catch that mean little insect right there stinging us, there is no way we can stand and watch. She is like a little thief causing us pain at that moment and stealing our peace, so we will instinctively brush her off to protect ourselves. However, if we were able to do nothing, she would be saved from demise.

play, you will be played. No matter if you fight the right or the wrong, the true or the false, the right or the left, you will be manipulated and get hurt. As human beings, we cannot deceive, we cannot divide, we cannot discriminate. We are made of the same brick and mortar, our jars have the same manufacturer and our minds have the same source. We are one race, the human race, and we cannot participate in any Division, Deception or Discrimination, in any way, shape or form. We can do nothing, and to understand what that means, let's bring in Gugin D, a thief that Divides, Deceives and Discriminates, not necessarily at the same time and in no particular order. Imagine walking down the street. You hear Gugin D shouting behind you in a distance, "Hey, stupid!". You carry on walking. You hear it again, this time even louder, "Hey, stupid!". You know very well that the word "stupid" does not describe you in any way, shape or form. You know your worth - you are smart, kind and respectful and you don't have to prove it to anyone. You carry on walking. You hear it again, "Hey, stupid!", but you know that's not you. It cannot be you, nobody would ever call you stupid, and nobody can offend you without your permission. You carry on walking. You never even get curious about this lunatic, you never wonder what he looks like and never acknowledge him in any way. You know your worth. You carry on walking and never turn. Your honeybee

but you will have to prove you are not a criminal. You are also a victim now and you missed the opportunity to be victorious over this time-wasting thief.

Unlike the first scenario, where you did nothing, and acted like a human being, here you did something, you turned into a human doing to prove the other side wrong. You were right and he was wrong, but now you are both looked at as criminals and thieves. You simply wanted to defend yourself, yet your Honeybee is flip-flop-flapping now, as defending you is her job. She sees everything, she hears everything and she goes crazy knowing she has to defend a criminal moving forward. She is flapping million times a second and flying billion miles an hour, looking for solutions to protect you, drinking toxic nectar (Negative info.), coming back to the hive only to make toxic honey and poison your health. They put you in a temporary custody and your jar starts to leak, as your bacteria and viruses cannot eat, sleep and play properly. Your jar cracks, your body falls apart and your mind goes crazy. All you did was turn.

Deception, Division and Discrimination are like thieves shouting "Hey, stupid!" U turn if you want to, but when you do nothing and U don't turn, Nothing saves your Honeybee.

Deception, Division & Discrimination are Negatives and the Diseases that the mind creates in defence are extremely Dangerous. The Honeybee Solutions are a range of mental

Even though English is my 3<sup>rd</sup> language, I know the past tense of the verb "rise" is "rose", so if I say "The sun rose this morning", would you still agree that it is also true without a shadow of a doubt? Well, apparently the present perfect tense of the verb "rise" is "risen", and this is how millions of people perish all over the world—they believe in this simple, innocent statement. The war continues to this day. Over 1,5 million people were massacred during the Armenian Genocide alone and I grew up studying literature soaked in blood and tears. Now let's check on Gugins one beautiful Sunday morning. Gugino wakes up early in the morning, stretches and says, "The sun is rising!". Gugina wakes up, stretches and says, "The sun is rising, what a beautiful day!". Lady Guga wakes up a little later, stretches and says "I see, the sun has risen!". Gugine and his wife reply, "Of course, darling, the sun has risen, you slept in today". Then walks in little Gugi. He stretches his arms and shouts "The son has risen! The son has risen!". Gugano D, who had his feet up watching TV with a full ashtray in front of him, springs up from the couch in terror. He had an insider meeting with his "mates" that week and he knew exactly what that meant. He dashed towards little Gugi, wrapped his dirty hands around his neck, about to choke him, and went, "Say it again, you little rat! What did you just say???" All Gugins were petrified, clueless of what was happening. Little Gugi

is a magnificent scene and every morning it is a reminder to be loving, forgiving, patient and kind. It motivates us to move forward with new energy, new hopes and dreams. Yet every day thousands of people perish in the name of politics, in the name of religions, in the name of medicines, gender and race conflicts, to name a few. Little Gupis suffer everywhere, every day, because they look up to their parents for guidance and look out for the bigger world without much understanding and reasoning. It is our responsibility as humans to recognize and acknowledge each other and honor our minds to create love and peace in the world, warm and happy homes for little Gupis and a brighter future for all of us. Our mind knows only what it knows, our mind remembers only what it remembers. We cannot fight it, we cannot resist it and we cannot train it. We can seek to understand and be better humans. I am using an archival ink for this book. Once I write a word, it is impossible to erase it, correct it or override it. Our mind is also written with an archival ink and it cannot be changed, it cannot be erased or re-written. We cannot change it, nor we want to, as it is there For us and not Against us. It is there to protect us, so we can continue the human race.

The sun rising every morning is a reminder to rise in Love, and embrace love, until the evening comes. The sun falling every evening is a reminder to fall in Love. When

College Faculty of Medicine, where I personally witnessed the due-diligence that goes into scientific and medical research, that is impeccable. This book is in no way to undermine any research, but to show the role of the human mind, that is perhaps overlooked in a laboratory environment. I wrote this book in memory of my father and I request that no information is typed, published under any name or used in any way for any profit, gain or credit. This book and all future resources will be freely available to everyone through my educational nonprofit, centered on mental health. Inspowernet is a strong community of inspired and empowered individuals that are willing to rise in love and make the world a better place. If you have gotten this far, that includes you. If you feel that this book may help anyone in need, I encourage sharing-it can be printed or photocopied for the price of a cup of coffee and can help Save a Honeybee. While our honeybees continue flapping over 200 times a second, 2,000 people end their life every single day by suicide. By the time you finish reading this sentence, 200,000 more people will suffer from mental health disorders globally. Each day over 200,000,000 people face mental health challenges and they could be your neighbour, your family, your friend or a complete stranger. We will never know, until it is too late. If this is a subject you care about and wish to contribute, I encourage volunteering 1-2 hours per week to make a difference, regardless of your background, skills or

end up in an emergency room or a jail cell? What if it starts shouting from our screens - small, Medium, BIG, would we turn on, turn around, turn over or turn OFF? It will be a difficult choice for many. This little book will be a reminder to choose wisely.

I failed to mention in the beginning that once you learn what you have learned, you cannot unlearn. Once you read this little book, you cannot unread it. It will automatically start working in you and FOR you. If you were about to hold that door for someone yesterday and didn't do it, you will tomorrow. If you used to live in fear and worry, you will slowly notice that all your fears and worries are gone and never coming back. If others have been Telling you or selling you a Vision - small, Medium, BIG, you will look into the horizon and set your own vision. If AI made you jobless, homeless or hopeless, you will start looking at the brighter side and attract abundance. If you needed to make that call and never really got to it, you will tomorrow. Most importantly, when the sun rises, you will rise with it and Rise in love, and when the sun falls, you will fall in love - this is when you will notice none of those D words have any place in your hearts and minds.

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12 September 2024; Graceland FTL, USA; First & Final Copy.  
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## Save a honeybee challenge

There is an intentional error on the cover page of this book. It's a mistake honeybees won't forgive. It's not a grammatical error and nothing to do with the "bee on a jar" sketch. If your Honeybee flaps the right answer, message +1(754) FIT MIND to get your book personally signed by Rose and receive a small token of appreciation. If you are wondering how it will save a honeybee, well well, we have just learned that if she won't forgive, she will get mad, sting and die.

Disclaimer: No Artificial Intelligence has been used in the production of this book. It is a product of Natural Intelligence, NI, and every human being possesses infinite NI at their 'fingertips' or wingtips [flap-flap], that is, the mind. To understand mental health, we have to understand the mind. The Honeybee Method you just finished reading attempted to explain the mind. An electronic copy of this book is available at [www.inspowernet.com](http://www.inspowernet.com). Thank you for reading and thanks for sharing.

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Last page, I promise...