

Song Lyrics and Zwiebel's Analysis

"I don't care who you are, where your from, or what you did, as long as you love me."
-Back Street Boys

We all want to be understood intellectually. But deep down what we really most strongly yearn for is a felt experience of love. We may think we want intellectual recognition, but what the animal in us needs most primarily is a profound sense of being loved. This feeling energy cannot be communicated with words alone. The intellect can often even get in the way. We turn opportunities and people away or don't tolerate flaws. All humans, whoever they are or however long we've known them, all need to be loved. Deep down we are all human, and we all need the same thing. I can recognize that even in a total stranger.

"Search for answers that refuse ever to be found.
Now we're compromising, finding a new horizon."
- Delain

Analysis - Humans instinctively desire their *full vital energy*. We experience it at certain peak moments in our lives. Maybe we desire it from a particular person. But trying to get it all in 'one gulp' puts too much pressure on us. When we compromise, we lower our standards a bit and just 'hang out' in the right environments without any real expectation, then we can be more likely to absorb vital energy at the **rates that tend to occur within current society**. It's not all or nothing. If groups are actively organized and we consciously create an environment of 'safety' and 'play' this energy can be gathered at faster rates.

"Tell me why I can't be there where you are, there's something missing in my heart."
-Backstreet Boys

Could this have a more literal interpretation.
Heart Coherence?
A life energy field.
Bioelectromagnetism

Her biophotons are literally missing from his heart.

How beautiful to think that I could literarily absorb someone else's residual bio light just by looking at them. Just in a moment of eye contact. Something radiated

by someone else, that is absorbed and stored in my own body. Just by looking at a girl I like, her quantum light energy has already become a part of me. It really is magical. Have you heard the saying “advanced enough technology is indistinguishable from magic.” We all swim in this same sea of life energy. It’s the water we swim in so we don’t know it’s there. Separated from it’s flow we feel the effect. We just don’t understand why.

“Sometimes I hide. Sometimes I’m sacred of you. But all I really want is to hold you tight.... baby all I need is time.”

Britney Spears

She’s trying to tell us not to take things personally. It’s powerful to hear a woman say this. If I have a sense of unconditional belonging and self worth, then if someone else is in fear and runs away I can see it as a reflection of their own fear behavior and not as purely a reflection of something I ‘did wrong’ or ‘I’m not good enough’ that’s the fear talking. The other person doesn’t feel safe. And neither do I. We are alike. So one of us has to role model belonging and not be phased by the fear. Deep down we all need love. Not a high attention getting energy, but a calm relaxed consistency. I used to think girls were ‘too cool’ for me. Now I can see that the woman is just as scared as I am. If I have no fear, then I won’t take a negative sign personally, I can remain in her presence, and in the presence of others, for example if my joke falls flat, then it doesn’t phase me. Confidence is not about always being funny, but more about holding my ground and not being phased even when I don’t receive an ideal reaction. It’s slow and steady. Calm, unphased, unconditional. I know that I matter even in the face of judgments and insults, or just being ignored, not having an effect.

“I look into your eyes and see that your colors changing. I wish that I could change with you”

Her ‘colors are changing’, I see this as her eyes may be radiating more light, so more color is actually visible in them.

She has found and bonded with a new group that meets her social energetic needs, it fills her eyes with more light.

This gives rise to a situation in which the man depends on her energy, but she doesn’t depend on his. Tell me about it.

The colors changing may also include the sadness and conflation she feels that show in her eyes. About her satisfaction with her new friends (or new life decision) and wanting to split up with the guy.

"When I had my first taste, I fell from grace, and ended up in this place."
- Halestorm. I'm not an Angel

When too much sexual energy is spent the body can fall into a depressed state. The trends in society can be conducive towards addictive tendencies and this depressive state. Without our sexual energy we are more susceptible to falling into the pleasure cycle. Vital human energy becomes confused with pleasure. It is not bad to have sex, but pleasure cycles can distract from the cultivation of vital heart energy. Healthy fun must replace pleasure seeking.

"I could fight this to the end, but maybe I don't want to wait. I breath you in again, just to feel you."
- Halestorm - Familiar taste of Poison (in the video she holds a glass of wine while drowning in a pool)

By fighting the pleasure cycle we feel we are doing the 'right thing'. but it is not enough just to remove the negative. for every negative we remove we must replace it with something positive. If we take out drugs, we must gather more friends, community to replace the energetic need, instead of struggling on a solo 'lone wolf' mission.

"You're getting closer. To pushing me off life's little ledge. Because I'm a loser. and sooner or later you know i'll be dead. You're getting closer, you're holding the rope and I'm taking the fall."
-3 Doors Down

When the body is in a depressed state we are desperate for connection. But others may sense our neediness and feel reluctant to give us their friendship. We feel constantly tested and our energetic needs are not met. We place too much pressure on one person or romantic interest to meet our social need. We may be better suited having our needs met with a group environment. While relaxing into a sense of inherent belonging.

We may not be aware of this. When our need is not met our well being is literally on the line.

"I tried so hard, and got so far, but in the end it doesn't even matter."
-Linkin Park

This is profound for me. These lyrics resonated after everything fell away with my first crush.

There is so much suffering in the world. *Trying harder* doesn't *necessarily* lead to better results. We can put years of work into something and end up with results that seem to come no where close to equating to the amount of suffering required to achieve them. (Me and my animation projects. Me and running. Me and dating and the 'confidence persona'. Me and meditation). It is important to have a fun environment and not suffer too much. Don't work hard, work smart.

"What you feel is what you are, and what you are is beautiful."

-Goo Goo Dolls

The body gives off a natural energy. sometimes we don't see it. Just our presence alone can have a notable effect on people even without words.

Instead of 'acting beautiful' to get attention we should tap into the feelings, what feels good to us, and that becomes naturally attractive.

"I wanted to be like you. I wanted everything. So I tried to be like you. And I got swept away.

I didn't know that, it was so cold and, you needed someone to show you the way."

Michelle Branch

When we try to take too much on our own it can be overbearing. (...)

We may need another person to guide us. The energy of another person we feel comfortable with is powerful. It's not necessarily about a person 'teaching us' but simply having a person 'with' us is important when learning to relax around people.

"Started out so simple and innocent. Chemistry like apple and cinnamon. (...) I can't believe that you and me were falling out of love. (...) What we had was just too good, too good to last. Please don't look at me like that. Please don't look at me, don't look at me like that."

-Utada Hikaru

When too much sexual energy is spent vital energy leaves the body, the eyes emit less light, the 'neutral expression' almost appears angry. We feel angry not to 'get the love' that was previously effortlessly emitted by the eyes.

When less sexual energy is spent and we are immersed in healthy social circles (and follow our passions) we can cultivate greater emotional capacity and longer lasting feelings of love.

Sometimes it feels safe just to be with one other person for long periods of time, but we may need a group or other activities to meet our full social/energetic need.

"In her eyes there will be fear, that will never disappear."
-Unsun -lost innocence

When traumatic events occur they can make it much harder for us to integrate into social circles, or want to at all. Traumatic Birth, Rape, Violence, Community *Indifference*, an Absence of something, Yelling. Some of us won't make eye contact after this.

For others, we do ok with loving expressions but neutral or depressed expressions of others trigger anxiety within us.

Our inability to feel safe gives us anxious tendencies or behavior. Others may even call us bad names and not see our hurting. "that person is a bitch" "this guy is an asshole" It is important to relax while connecting in groups. Even if others fall into subtle depressed energy pits 'awkward moments' during a conversation that create breaks in the 'love energy' flow, we can learn to not respond to this. Not to see it as negative. It doesn't have to create anxiety, or a need to run or fill the gap. Fight or Flight.

Traumas may vary in intensity. Be kind.

Does anyone really feel safe? Are you sure?

When everyone acts happy then that can make us feel safe but it can also be stressful. If I am comfortable with both neutral energy and happy energy then it is easier for the happiness that does arise to be genuine.

"Is anyone out there because it's getting harder and harder to breath."
- 3 Doors Down

When the bodies social need is not met we physically suffer. We become energetically depleted.

"We don't even have to try, it's always a good time"
- Owl City and Carly Rae

This is actually pretty profound for me. When we gather, love becomes effortless. To gather just because. The 'efforting mentality' the 'efforting paradigm', the idea that effort/ subtle suffering is good, is disrupted. Something deeper emerges. Free energy.

“Please tell me why, do we build castles in the sky? Please tell me why, do we build them way up high?”

We live on the idea plain instead of the physical. In our minds instead of feeling into our hearts. we focus on distant ideas instead of having fun in the moment. We ‘solve problems’ and don’t spend enough time just enjoying ourselves in the company of others.

“... When are you going to live your life right... _____, Girls just want to have fun. Oh girls just want to have fun.”

The parents want her to ‘live her life right’ the *survival mentality*, suffering mentality. ‘hard work’. But she is resonating with this deeper message of just wanting to have fun with her friends. How can we bring this liberating sense of ‘fun’ to a larger audience?

It’s important to gather people just for the sake of gathering them, and allowing time for fun to happen. This is how humans thrive.

It’s important to survive, but if the survival mentality becomes so intense the stress of it takes over, and play, relational safety, and bonding never actually occur. We remain in a state of stress paralysis and depletion, the energy never enters the body.

Women have a stronger bonding chemical than men, so perhaps they can achieve this playful energy that emerges from the bond, from safety, more easily. But when we become conscious of the underlying phenomena we as men or women can create this sense of deep safety in the connection in a way just as powerful, we can create playful bonding with anyone. The chemical doesn’t make bonds stronger, it just makes them more likely to happen.

"I like the way you touch, I like the way you stare so much, most of all, I like the way you move"

"I like the way you shake your hair"

Slowing down to the heart rhythm we become more preceptive.

Also the girl in the song is in a mode of play. Relaxing and being in play is a powerful combination when in relation to people. It is attractive. Because there is **a primal recognition that what we are seeing is the *natural state*.**

“Wild thing, you make my heart sing.”

Same thing. What is this powerful resonance with the 'animal state'. The animal state that emerges when freed from mind based living. To be playful and free when in the company of others. Is this what emerges when all the layers of fear and stress are removed? And yet it's not enough simply to remove stress. We must add, play. Where there is no play, there will be stress. You can be sure.

Wild = value of variety. It also mean unselfconscious, released from stress behavior. Doing what the body naturally wants to do, regardless of my conditioning. A simple but highly attractive animal power that emerges.

"All I wanted, all I needed, is you, in my arms. Words our very, unnecessary, they can only do harm."

Enjoy the Silence

The body has an inherent energetic benefit. We emit this bio energy and we can receive it from each other. it feels good just to have people around. just to know someone is there with you. just to know someone is listening to you. it's not always about solving the problems or having an answer. men who feel like they have to have an answer for everything can actually cause problems. Instead we must learn to at times, simply enjoy the silence. Listening, even without having a response is valuable. I'm worried that if i don't have a response for someone i am letting them down, but if i allow that let down to happen, it creates time to relax, i'm not distracted thinking about what my response will be. I just listen. Oh no, there's a lul in the conversation. But no i just daze, think about what they said. Relax. The next day i will actually have retained more, even if less was said. Maybe i'll have a deeper response down the road. But just being there for someone is powerful on it's own.

"I got you here, just to be quiet"

the Listening

"I love my bitch. She the shit"

This culture of throwing these words around like it's 'cool', or no big deal. It is derogatory.

It's a sign of a lack of basic self worth, in the person saying it. Because 'I' lack a sense of basic self worth, then I find other ways to compensate. Using words like 'bitch' gives me a sense of power over people. And seems to give me confidence.

(Not unlike the way cursing a lot makes me think I am funny.)

But it comes at a price of harm to others. I gain power and control, I can even manipulate others through their insecurities, but ultimately it never makes me truly close to them. I lose out just as much.

"Each touch belongs to each new sound."

All American Rejects

Something about being in the moment. Every moment is so new so unique, when we are actually paying attention. Depressive projections of the mind make it appear similar. We live in patterns. Forgetting how to have fun. We must learn to fully receive everything in our environment. It is full of fun and possibility. Though having a sense of basic self with in relation to others helps. By which I mean feeling 'held' in the eyes of another person.

"Can you take me higher, to the place where blind men see."

Creed

I used to think this was just referring to those rare romantic moments where you are taken to that magical place, but now I think that by understanding how to open the channel for social energy to flow between people, getting 'higher' (biolight) becomes a much more available experience. I can already be high on a smiler energy even before I get to romance.

"You've been hurt babe, that ain't no lie." "Every little thing I do, will never be enough for you. You don't want to lose it again. But I'm not like them."

Isync

After we've been hurt, it can be difficult to trust anyone, we read the worst into anything. the misinterpretation of expression. Projection of fear and doubt. We have to trust, because the alternative, avoidance, is much worse.

I know the pain of not feeling like you're trusted, being the 'good guy' that finishes last, but looking back I was so deep in the fear myself, I couldn't even see it, like the water the fish swims in. I didn't understand the inherent power of my being when a playful relaxed relational field is maintained with others.

Living inside this trauma isolation induced perspective of reality is sort of like surviving a bazar illness. it has nothing to do with weather I'm a good or a bad person. we often start doubting and wondering if we are bad. what we need is a conviction of inherent belonging, that applies anywhere we go.

These lyrics drive me nuts, sadness, anger. How long has this primitive fear separated us? No obstacle has been more formidable. No obstacle has been more ridiculous.

“If there’s nothing missing in my life, then why do these tears come at night.”
Britney Spears

No amount of wealth can ever replace deep human bonding. That much has been clear. However even knowing that, finding that bond isn’t always easy. It was clear to me early on that wealth did not lead to satisfaction in and of itself. I was very set on romantic love, I was a romantic and eager to discard the material, yet, there was still much I didn’t know.

The human being isn’t a static object. It’s an energetic being. If the need for community and feeling level connection is not met. We will suffer.

I was too inside my fear and a lack of inherent worth to understand how to relax and channel that group energy.

“No matter the distance I want you to know, that deep down inside of me.”

“Even when we behold each other, somehow our eyes do not meet. And when you hold me, in your strong embrace, still I feel no heat.”
Pain

And if there eyes did meet and continue to meet with a periodic rhythm, without fear, while they held each other and enjoyed each others company, allowing there eyes to wander too at times, to relax, to allow the eyes to go where they want to go, but not being afraid of periodic eye contact, knowing that she deserves this periodic eye contact, even if the other person doesn’t ‘light up’. This is still healthy. It creates a channel for energy.) It would gradually create an electrical current in her body, sending bio light from his eyes to her eyes into her heart, and from her eye to his eyes to his heart, and soon she would feel **heat**. A deep irreplaceable warmth and fullness.

Intimacy my not at first be a radiant light. Rather there is an awkward subtle energy. But I am not afraid of these eyes that only have some brightness. This allows the bond to form.

If I feel I have to fake a smile, or look away, it’s hard to ever be fully close.

We think we are unworthy to simply gaze into the eyes of others. Fear makes us look away. We have never experience a sense of deep felt connection, so subconsciously we think that we don't belong. This assumption of not belonging is the water in which we swim. We are not even aware this is happening.

Without the eye to eye bond, the heart will not be satisfied.

A man can act strong, as we are conditioned, but without this unconditional eye to eye bond, there can be no real power or compassion.

“Give me a pain as pleasing as your sight, so I can feel you all the day and night, and keep me from fading away.”

Pain

This person is trying to express how much pain there in. The lyrics don't make sense, why would I want pain? But emotionally it makes sense as a cry for help. Other people will relate to this. 'I'm' trying to let you know how bad things are even though it's hard to see form the outside. There is a kind of madness, there is so much pain that I almost challenge the gods to give me more (in some cases.)

Without biolight and other social energies the true self will fade away.

“My concrete heart isn't beating. I'm still alive. I'm still alive.”

When we are removed from the social current. It can literally be damaging. how long is something energetically unhealthy before it becomes physically unhealthy? Isolation threatens our well being, even our life.

“I've been dying inside, little by little. No where to go but going out of my mind, in endless circles. Running from myself until, you gave me a reason for standing still.”

-Nick Lachey

Lyrics like this may have a more literal meaning then we think. Isolation is energetically damaging. Eventually it becomes physically damaging.

Being still in a place with others has more energetic value that being still when I'm alone.

“And empty room can be so deafening, the silence makes you want to scream”

-Nick Lachey

Too much stillness is unhealthy for the body.

“When your shadow crosses mine, what it takes to come alive”

Often revealing our flaws is what makes the way for deep safety to emerge. Feeling safe to gaze into the eyes anyway. Not feeling rejected or taking it personal. Negative expressions, lulls, absences of positive responses are perfectly normal and not a reflection of myself. Staying in relation in spite of poetical negatives, this is actually what allows energetic satisfaction to emerge.

“Do you think your better off alone. Do you think your better off alone.”

There is an absence of community in our time. This is a common thing. It’s not just the individual but a trend of the enter society. but individuals may have to shift it.

“I feel like I can fly when I stand next to you”

Blue October

Sharing and receiving the excess biolight the body naturally emits actually makes us lighter. Physics tells us that we are like floating clouds of energy. When I charge the energetic system in my body, its like filling a ballon with helium.

“Inori You raise me up” (song title)

“No more poison, killing my emotion, **I will not be frozen. dancing is my remedy.**”

“Move while you’re watching me. Dance with the enemy”

Remedy - Little Boots

Play is the solution to fear paralysis.

(It’s important to note that the body will go into a type of stress paralysis even if i am not feeling an emotion of fear. If my life is boring enough, and i’m not making ‘unqualified eye contact’, then the body becomes energetically depleted and that actually puts stress on the body. My hair will frizz up and tangle. I will feel empty.)

“Move while you’re watching me” She gets the energetic benefit of eyes on her, without giving in to neediness of others. We all have to deal with this on some level. Getting the benefit of eye contact and being with others without compromising our feeling energetic rhythm, or compromising it as little as possible.

“Ain’t nothing but a heart ach. Ain’t nothing but a mistake.”

For the girl losing this love isn’t a big deal. brushes it off “just a mistake” But for the guy, in this case, his life hangs on it. She has a sense of belonging with others in her life. For the guy, she is his only true link to this energy. It’s not just a hormone. the hormone creates the bond for the guy, that allows the biolight (and all other healing attributes of human connection) to flow between him and her. (I actually had these same thoughts when I was much younger (not knowing of biolight). I remember thinking that the ‘hormone’ is a temporary thing that holds people together long enough for something *else* to happen. such is it’s evolutionary purpose. Don’t say love is just a hormone, because its not. bitch. jk.

His heart is on the line. Perhaps because women have a stronger bonding chemical, she can get this bond from other places. For him the hormone is the bonding chemical. The chemical prioritizes bonding, but with awareness I can do this without needing a chemical to tell me to.

Love is an enlivening exchange of quantum biolight between people. Obviously.

“I gave and gave the best of me, but I couldn’t give you what you need.”

-Nick Lachey

I love this. Poetic and it sums it up. We give and give to attract the one we love, but some how its never enough. Somehow something is never right. So we keep adjusting. We keep perfecting. Putting forth the best part of ourselves. And yet, she has less and less time for you. Soon it is over.

What she **needs** are the energies you naturally emit. Not your social persona. Not what you’ve become in order to attract her. Knowing that I already matter, I already belong, I can take time to simply relax and enjoy myself, have fun in a way not unlike I would if I were alone.

You just need to be there for her. Once you get past her guard, her fear, you must drop your guard too. You can just listen to her. And enjoy yourself. Half the time you listen. The other half you enjoy, you express. It sounds complicated, but it is actually natural, it’s what the body wants to do. My comments can have an energetic benefit, or ‘stir the pot’ even if they are not a realized idea in and of themselves. I can jog someones memory. Depending on what I say.

You worry as little as possible. You let go of everything, let go of any tension, as though I were alone, like no eyes were on me. I see what wants to happen on it’s own while knowing that I deserve to be in the presence of the other. She needs the energies that you naturally emit when you enjoy life for the sake of enjoying life. She doesn’t need the best of you. She just needs you.

When you're relaxing and having fun without fear of how you're received, there will be a satisfying energetic field between you both, there may not be immediate positive responses, but there is a consistent energy. It will affect her in a subtle but important way. With this it will be easier for her and you to relax, and eventually to talk freely, to think more clearly, to come up with new solutions if need be. You can receive each other's energy. Generating more than we spend. Now we both have what we need.

"He says all the right things at exactly the right time, but he means nothing to you and you don't know why"

Everything You Want

Vertical Horizon

"She's like a maze, where all of the wall continuity change"

"I've done all I can" "my heart in my hand" "now I'm staining to see, baby it's got nothing to do with me"

John Mayer

In conclusion I repeat this.

"We don't even have to try, it's always a good time"

- Owl City and Carly Rae

This is actually pretty profound for me. When we gather, love becomes effortless. To gather just because. The 'efforting mentality' the 'efforting paradigm', the idea that effort/subtle suffering is good, is disrupted. Something deeper emerges. Free energy.

When I don't have inherent belonging, it's hard to connect to people, I fall into the pleasure cycle at night. During the day I live by a social persona. I am exhausted. My body isn't receiving energy. And I'm in many cases burning a lot trying to get attention. At night I crash. I relate to others in a mode of subconscious fear. I don't know that I have an inherent energetic worth to them. Everyone is afraid. Fear and fear clash like oil and water. I am attracted to people but I can't get close. It feels hopeless. I am not cool. People are afraid of me.

The truth is everyone is afraid. They are on guard. But if I am calm, I can follow my heart. My heart wants them. And I can hover around. I can utilize the friends I have. I can use that energy to create safety with new friends. There are many ways at it. But it centers around staying calm, and committing to a sense that I matter, even when I'm not doing anything of seeming significance.

If something bad happens I don't get shut down. I try a new group. Calm and consistent. I hang around, but i don't 'act cheerful' burring energy, wearing myself out. People learn to like my self at the energetic level that I'm at. No one has to put on a show. And it become more instinctive to spend time together.