



Resentment is soul suicide

Description

Time for me to wake up and practice forgiveness.

I just deleted a post about someone who I was angry at. Just now I also took this [page](#) off of my title bar. The Christmas spirit is transforming me. I resolve to stop ranting and raving about all of my enemies for their past transgressions. Although I will not take down my past posts that protect me from lies, I will try and refrain from writing new ones. You are forgiven and loved by me now. It is time for me to practice the spiritual principle of forgiveness.

Ego Rising

My success at identifying my tormentors caused my ego to rise like sourdough bread. The only way I had to make my discoveries known was to publish your identity here in these blogs. We are entering Christmas 2021 and I am putting too much energy into my investigatory work. I am suffering from cop burn out. It is lonely out here being a sex trafficking investigator. Time for me to retire from my vigilante law enforcement career. Is this real retirement or just holiday cornbread?



Honoring my [dad](#) by baking [cornbread](#)

It is very hard for me to become humble. However when I am able to attain a slight degree of humility the love of the Universe enters me. I am like a selfish greedy child always looking to receive. In an effort to start giving, I had resolved to go to an A.A. Thanksgiving potluck. I am developing a signature

dish of cornbread. Cornbread does not rise, it stays flat because there is no yeast in cornbread. There is no ego to rise.

Give Love

My Okie dad used to always make us his signature dish of cornbread and lima beans. I will skip cooking beans and pop open a can of black or red beans. I will only bake my cornbread homemade for now, not the beans. I chickened out on going to that A.A. potluck because of the latest variant surge. When this town does open back up, I will be ready to give love with my homemade cornbread and homemade chicken soup.

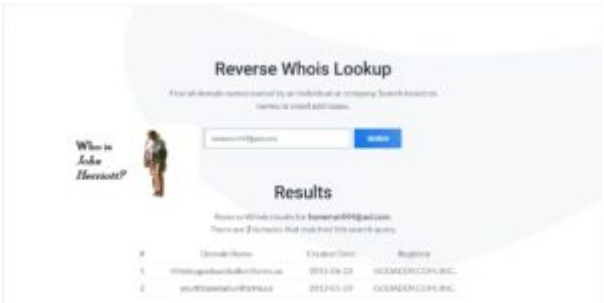


Photo credit: [Galen Crout/Unsplash](#)

Cornbread of Forgiveness

I am feeling the love of my parent's that I misperceived was not there. Like an adult infant, I railed against the quality and quantity of my long deceased parents love for me. Now I am honoring my mom and dad by taking good care of myself. I am baking gluten free cornbread and making chicken soup. I

can feel their conditional parental love running through my cooking style and my life. Click the cornbread below for the recipe for *Southern Cornbread*.



[INDUSTRIAL PEDOPHILIA](#) January 19, 2022



[SEMEN GATHERING](#) January 14, 2022



[HERRIOT'S SECRET HIDEAWAY](#) January 10, 2022



[GUM SHOE](#) January 3, 2022



[HERRIOT'S CURRENT PENAL CODE VIOLATIONS](#) January 1, 2022



[CITIZEN OVERSIGHT](#) December 26, 2021



[Photo Album: BOYLE HEIGHTS](#) December 25, 2021



[JUSTICE WARRIOR](#) December 21, 2021



[KING OF KARMA](#) December 20, 2021



[tithe to thrive](#) December 19, 2021



[WEST COAST GATHERING OF WRONGNESS](#) December 18, 2021

- 

John Herriot
Los Angeles, CA

Age: 70

Current Home Address:
7309 Franklin Ave, Unit 105
Los Angeles CA 90046

Past Addresses: Homes, Rental Properties, Condos and/or other real estate associated with John Herriot in Los Angeles, CA.

8535 W West Knoll Dr, Unit 214
West Hollywood CA 90069

8424 Santa Monica Blvd, Unit 119A
West Hollywood CA 90069

8424 Santa Monica Blvd, Unit A
West Hollywood CA 90069

8424 Santa Monica Blvd, Unit 303
West Hollywood CA 90069

8424 Santa Monica Blvd, Unit A
West Hollywood CA 90069

8424 Santa Monica Blvd, Unit 119
West Hollywood CA 90069

Phone: Cell/landline/voicemail and/or tollfree telephone numbers for John Herriot in Los Angeles, CA. (323) 786-2633

(323) 786-2633

(782) 364-2069

(323) 786-2633

**Child Sex Offender
Change of Address**

AKA: Alias, Nicknames, alternate spellings, married and/or maiden names for John Herriot in Los Angeles, CA.

John Karl Herriot • John Karl Herriot • John N Herriot • John Herriot • John Herriot • Herriot John

[HERRIOT'S CONTINUED NON-COMPLIANCE WITH THE LAW](#) December 17, 2021

- ## Super-Ego



[EGO](#) December 16, 2021

- ## higher power



[HIGHER CONSCIOUSNESS](#) December 15, 2021



[The man of understanding is not entranced](#) December 14, 2021



[Self-mastery is self-motivated](#) December 13, 2021



[Resentment is soul suicide](#) December 12, 2021



[MINDFULNESS MATTERS](#) December 11, 2021



[inner causes](#) December 10, 2021



[THERE IS A SOLUTION](#) December 9, 2021



[DESTRUCTION OF TRADITIONAL CULTURE CONTRIBUTES TO DRUG ADDICTION](#)
December 8, 2021



[AVOID CRIME: Make Art, Not Social Media](#) December 7, 2021



[AVOID MALWARE, START A FRESH EMAIL THREAD](#) December 6, 2021



[DO NOT REPLY](#) December 5, 2021

Category

- Liberation

Date Created

December 2021

Author

deanmcadams