- Object (in mind or outside of mind in reality) ² You can move objects and put it in reality ² For example if I think about aliens the brain create the experience
- Faith ² You believe or trick the mind in to believing this
- Determination (you want this happen)

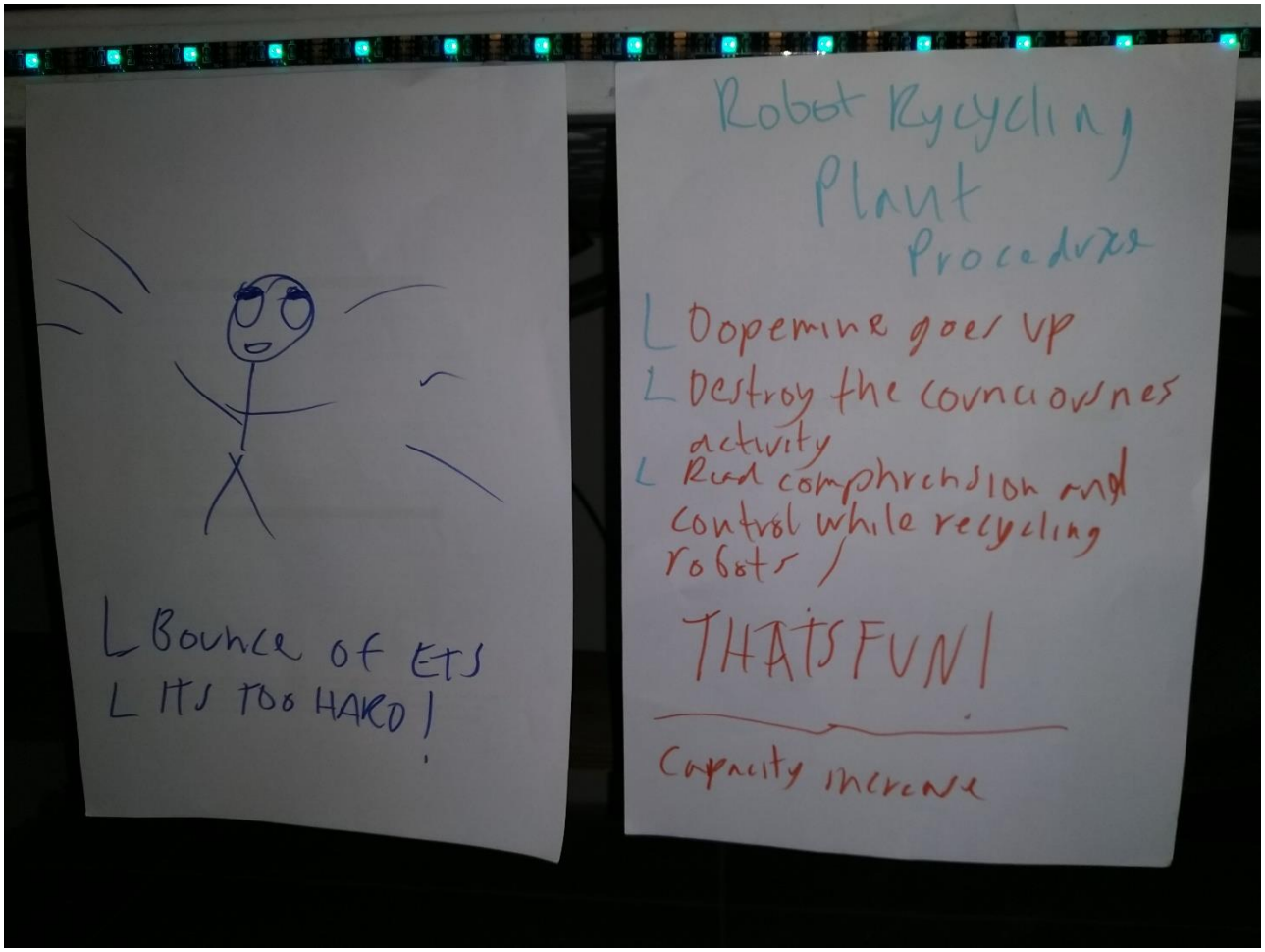
Manual Procedure Writing understanding

- You can write your own procedures based off what you see here and they can be a fun thing to do with spirit guides however you can also revert back to these instructions if it stops working
- This may include the chart too as seen above
- This information in this entire guide is subject to be updated if new situations arise that I need to adapt to

Amnesia Procedure and Understanding

- If you get amnesia from negative symptoms of schizophrenia you may have to make it easier so here is a combined method for people who either have a bad memory or have amnesia at certain times
- This procedure is used with toolset seen in the images above
- You must see chemistry generation guide to bring your dopamine up to start the programming

- This is for people with alien-controlled schizophrenia and see greys ²They generally are sending information from the astral plane to help and offer this programming to people with brain issues
- When you bring up the dopamine using the chemistry generation procedure and then read these instructions L W · O O I R U F H W K H i b y o u r m i n d L Q W R D U R R P
- This is not real this is just a simulation
- Use the toolset to destroy the robot in your imagination or closed vision
- Then get the hallucinations (greys or whoever this might be) to send up your chemistry/other body fluids by getting them to do an arm swing with open ones and closed vision ones. Be aware they may send programming to have fun. You do not have to participate in the activity ²It is up to you.
- You can imagine a spinning object against affected chemistry area
- You capacity should return to enable to have fun again
- This works for both me and my sister
- If you still see greys in your room just enjoy their presence until the serotonin goes down too far then redo the procedure
- **This is critical for people who have amnesia**
- If you have spirit guides or other entities you may be able to signal to them what fluids the body is missing (this includes various chemistry situations)



Astral Plane Projection

- Go to bed
- Pretend sleep
- Stare through
- Relax
- Repeat steps if need be
- Controlled breathing can lower consciousness level allowing you to transcend the consciousness in to a beautiful dream

FIRST DISCLAMIER: IF YOU HAVE SPENT 2 HOURS TRYING TO FIX IT AND NOT FEELING &217(17 (128*+ <28 :21·7 %($%/(72 &217,18(,) <28 +$9(:$17 72 FIGHTING SYMPTOMS THEN CONSIDER NOT READING THESE INSTRUCTIONS AND GO WITH THE FLOW AND MAKE SURE YOU HAVE CONTACTED MEDICAL PROFRESSIONAL NETWORKS. THESE DOCUMENTS DO NOT STOP YOU FROM HAVING A MENTAL HEALTH DISORDER OR ILLNESS.

SECOND DISCLAMER: Do you this at your own risk, I am not responsible for your actions from you following this guide. This may not work for everyone so see your doctor and you should verify this with your doctor before proceeding so they can verify it is safe for you to do. More information can be found on google but is always (H W W H U W R I R O O R Z \ R X U G R F already lost my mind so take this procedure as a grain of salt.

This book may update if I go in to anymore problems, I cannot resolve that bother me too much.