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FuZzCasT CONFIDENTIAL

Channelled by Michael Korber through the astral plane

DISSOCIATION/CHEMISTRY GENERATION AND EUPHORIA PROCEDURES AND CRITICAL MENTAL HEALTH UNDERSTANDING WITH RECOMMEND ACTIONING!

Comprehension and Control - Believe in yourself

If you see aliens or entities around and they have been there a long time you should see yourself as peacekeeping. This job generally sticks around for most of your life if you are treatment resistant. You need to take care of your capacity to do shows and discussions to keep performing. Have fun! Remember the brain is always interacting with them. Your soul joins the fun too if you are in the correct timeframe and overall mental balance. Understanding this will set them up as a business where it will help as you need be and also advertise. Immaturity may be the core of your survival.

Example guide on how I troubleshoot my DID System and negative and positive symptoms of Treatment Resistant schizophrenia. You can just check with the DID System once you have learnt enough of this book to troubleshoot the symptom, chemistry, excitement. Just ask the system what to do so you will not have to come back to it when having confused thoughts. This includes toolset programs for symptoms so check what is there and figure out how to generate organ and chemistry functions using imagination through visual, audio and feeling through. There are all sorts of symptom phenomena that may be there so check too many functions hidden in accessing the background activity. The provided assistance may change the type of what is available until the tool deletes or changes. You should also confirm with the mind if it is time for a break if symptoms or annoyance is unresolvable. Find out if it's even worth troubleshooting before you continue if you have used this guide before. Always take on the belief you have schizophrenia only otherwise the DID System wont show respect nor coverup symptoms if you have been diagnosed this. ***Otherwise continue below.***

Troubleshooting your symptoms may help if you feel better off on what you are prescribed for medication. Troubleshooting can give training and motivation for alters to help so don't give up. For example you may feel better or have better memory compared to other meds. Report it to other doctors in the clinic if they keep you on medications for too long if you have passed the adjustment period and it's unbearable. Never consider your alters as simple entities, they hold the abilities you need to have fun. Choose to be confident too as it will help your mind work harder. If you find this guide too hard to work with you need to get support workers to help with the transmission so you can understand and find this information helpful. It may be a lack of serotonin balance which is required to learn. If no one is there and all networks are uncontactable and you don't like coming to this book then consider the serotonin release in the Chemistry Access or Chemistry Generation section. This will put you in a better mood.

See if your mind just wanted to play with you by asking what was the answer or get it to direct the DID System by using your subconscious towards the DID System when it starts being judgemental to cover up symptoms. This guide is good training for the mind. Remember to be honest and down to earth if your subconscious is speaking to you. Be alert if this happens. If you are in contact just be responsible. If your brain lacks mobility you will have to do lots of rocking (make sure to check if autistic comes out because you will have too). If there are too many blind alters awake you may need to turn off technology to gain more support if they won't go to sleep before you do the preferred activity. You can go to bed and meditate to connect them to the astral plane. You can still absolutely use this document to help. Report to mental health services if you are not having fun. Otherwise continue below to start troubleshooting your symptoms. Check with your DID System what the chosen activity is too because that will have to be sorted.

See the dream recipe section if you are struggling and you find it hard to do anything even including reading this guide. See the dopamine section too if the brain refuses ALL function. Make sure your oxytocin is working or the DID System will not trust you. Make sure there is working dopamine for the DID System to be motivated to help. Make sure there is serotonin so the DID System can communicate. See chemistry generation section to activate all three. Interaction types are covered too. See DMT section if you need assistance.

Be ideas focused. When you process your thoughts as ideas you should win. Selecting and choosing to have a good attitude towards your situation can do wonders! Sometimes you will have to spend time with just your mind (have a break, especially if there is an algorithm buster as it takes a break to have an opportunity to have fun even if you are just waking up for the day)…Overpower the chemistry algorithm

situation where it seems possible using this guide and understand you have a disability and this can happen some days. Some days might be more fun than other days with more capacity. Remember to negotiate with your mind everyday in any way that's appropriate for capacity and having fun. This will send off an alert that you need help if you are not having fun to get assistance from the DID System. Remember to meditate if you need to fix your dimensional state (required at certain times of the day for auto regulation). If you see entities in your closed vision they are able to unjar your mind's negative symptoms temporarily by signaling the affected areas with hand movements. You can simply follow or repeatedly ask them for how again and again for affected areas to release. This can especially help with nicotine too if it gets blocked from a lack of excitement. Rock or roll your head around if nicotine won't process too. Otherwise continue below.

It is absolutely certain in schizophrenic culture once you have adjusted to medication the processes of the idealism of being holy as a feeling and also feeding the ego, giving you purpose and this document will help you have fun even further!

Please be aware if you do not understand the provided information then give yourselves time to read in to the provided information and take your time. This information may be hard to understand but could save your life one day. This guide may even restore your ability to have fun too! Report to mental health services if you are unsure. Select a subject absolutely appropriately.

You will have to learn how to bust the algorithms in any way possible. Start by using anything in this guide and your imagination to bust any algorithm possible for the symptoms. If the brain keeps firing endless algorithms then you will need to reduce your activities for the day. This may happen anyway possible so find out what allowed or stop doing it. Otherwise continue below. Be aware if you have both schizophrenia and a DID System you understand your system may be separate. You will need to explain that to the alters too.

You must participate where beyond control – There is no choice

LOOK ANOTHER CRAZY DAY! GOOD LUCK AND HAVE FUN! BE YOURSELF - This includes delusions too. You must behave in synchronicity with the dream state or the mind may not allow you to have fun. So think differently if you have to. This should help auto regulation, excitement and chemistry to return. There is a damn good reason people act differently with mental problems. Think about it! The subconsciousness already agreed to do so. This behavior may be fun but it is being truthful to your being. Stay undercover if you need to.

Action this document as you feel like too if things get too confusing – Do not hold back! Have fun!

Manifested mind entities from delusions which promote fun may have to play out a situation. Find out if there are any outstanding phenomena like shows, interactions, discussions, acting, There may have to be a cover up so see how you go. **It might not make much sense and be silly. If play out the pneumonia it should return your excitement and even some auto regulation. This can help overall grueling symptoms if you play out the story. Just be patient and see how you go. It is all a trip and just understand this is all that is.**

Saying ra tum - Chemistry -

To start off with, please everyone write down the time and date you took your medication each day. Your imagination may be seeing through endless history so that may conflict with the time you took your medication.

Fast way to raise vibration internally or verbally Capacity will change based on the alter's ability to function at the time. If your brain **disables your ability to fight** back through focusing or memory then you need to understand that your capacity limit has been reached. This means you will not get **excitement** **until you seek recovery or do an experiment. A keyboard and mouse may cause alter conflicts. Understand you may have lost your mind too far if a DID System is fighting too hard to use a keyboard and mouse. Understand when certain computers and apps cause symptoms. You have to change what you do on the technology you use. A game controller** **on its own** **may be a lot easier. You may have to resolve alter conflicts first before you can go back to computer usage. Sometimes leaving windows open can cause various symptoms. Learn to read when an alter is simply fighting to push through your capacity and also read when things are not working out. Even excitement may be refluxed. If you are religious or feel close to an entity group and expect a coherent response at all times then you need to understand your mind will take on a character and even make fun of you too through another psychosis symptom too.**

Things seem not, right? Tell your brain everything is fine and talk up a positive outcome regardless of what happens. If you have a DID System it may create priorities to keep you safe. This means you may have to calm down on your activities when the excitement goes down.

Please be aware you need capacity to troubleshoot using this guide in some way otherwise you will need to report to mental health services, support networks and workers and guardians too. If this guide does not resolve the problem then you need to understand your networks should be contacted to resolve the problem.

Infinite intelligence may resolve a problem at the time however, understand infinite intelligence can feel unnatural, annoying and even cause a lack of excitement. See this book Ultimate Comprehension and Control could potentially be endless. It is up to you to comprehend that. So, make sure you have what you need and do not just become an information processor. We built computers for entertainment too. Sports and Video Games show creativity and represent the great battle of every way we can create it to be. **Keep it in the game! If you feel like you are on a mission to do something and other worldly entities are involved then understand you do not require them to do their outcomes. You need to understand that both situations exist. This means your diagnosis is very real regardless of the contact you may be experiencing. See external reality coherence for more information.**

Alters may be able to cover up a depressed mood if you have a DID System. Ask them if they are able to cover you if you have been diagnosed with depression. This works for me but leaves me with a flat state but I can get euphoria and excitement if I work towards it. Let all the emotions fall into flatness. Check with DID System protectors too because that can reduce all kinds of symptoms.

The fastest way to push a symptom to the DID System is saying who wants the (name of the symptom) and then waiting for a response for an altar to take up the offer. Check to see who is in charge of offering the symptoms to be taken aboard too. You could also consider asking who has the power to take on the symptom. This works for me.

If the DID System does not respond to taking a task then make sure if you have **schizophrenia that the symptoms from that are not over lapping the DID Systems ability to help.** Some DID Systems have alters paired with other alters too and they might set up a defence. Focus as if you were connecting into parallel realities and focus the brain into focusing into the astral plane. **This is because the state of consciousness is**

changing dimensionally. As bizarre as this sounds it works for me because this signals to the mind it needs to change its behavior..this kicked the DID System back in to place covering up symptoms for me… then you must signal and say in any way possible who can take "symptom" - This will go through the miscommunication and enable the DID System to help. Stay within capacity otherwise recurrent amnesia may cause excessive misconduct writing and reading to find a solution. Be aware if you need to take action through troubleshooting and it seems like the alters use the programming against you it could be a cover up. Take in the programming instead because there might already be various alters/programs assigned to complete the chore. This can make the troubleshooting process a lot easier so you can go back to having fun. Signal to the alters using your mind to see if they start covering up the symptoms. For example, you could signal the symptom and signal back to alter the system using intent to contact them. You should alert the alters by saying are you there? **and who is awake then find out their name and ask them to come out**

If you are having a lack of motivation and need alters to cover up symptoms just keep saying come out internally or externally.

Try combining as many methods for as many sections as you can! You can also use a flashing shape in the imagination to aid brain signaling to focus on an activity you may be doing. This can put memory, chemistry and excitement back for longer periods of time based on how much capacity you have.

Stare at the greys/spirit if you have them. Staring for me increases levels of dissociation to take in more brain more programming through the mind (cortex for example) to cope because it processes too much information. This causes the brain to resolve itself by doing **astral plane brain maintenance.** You must have a good belief system (see below) too! Close your eyes and look around at the greys too and that will download astral plane programming thought pump the brain to resolve astral to consciousness communication. If you lose a battle do not beat yourself up about it, understand heaven awaits at some point if you take on that belief! If you ever see a hologram of an alien giving you the middle finger, he is simply unable to tell you based on overall bandwidth because of the psychosis over it that you need to force chemistry to route properly. You can take in their help (in any way possible) and they will correct the situation. They may be transmitting through the astral plane too.
Psychosis and whatever may be transmitting has to troll its way back. These aliens are on an extremely high vibration so depending on what you get it may provide some assistance.

Dissociation does and can work when there is an embarrassment but if you tell the alters it forces endorphins, they will be able to read that as a response and verify this too. This will cause maximum dissociation which fuels excitement.

Get the alters to dissociate from realizations too if you are offline and want to interact.

For treatment resistant schizophrenia consider the mind running simulations to protect earth in any way possible and in any way imaginable. Report to mental health services if it goes too far. In the meantime, read this awesome guide as it will help with all kinds of symptoms. Your vibration has lowered to develop technology. This does not mean you cannot have fun! Read this awesome guide as it will help!

If you see holographic aliens in your room or other entities you may need them to take control of excess mind activity by doing an **experiment** because this will help the auto regulation of chemistry and capacity. You can do this by giving permission for them to take over in any way you can think of (for example, possessing your body for dissociation and help for using this guide). See external reality coherency if things get too wild. Report to mental health services if you need to. You might receive an interactive story which may be interesting which can be allowed by the entities through a contract. **The interactive story is dependent on coherency of chemistry balance and what you can interact with. This will change based on the algorithm and activity. Play out this pneumonia as required by outstanding interactions where required to report back to. If you prefer to interact then see what is required for which entity given the current circumstances. See chemistry generation page if you need to improve the situation for a more appropriate story. They may want to interact so far they may be worried about you. So in doing so you need to know how to interact and understanding this delusion can resolve itself.**

Play around and have fun. You may be able to ping the entities too. See where it takes you. You need to understand that if you do not know what to say in the interactive story you may have a version of yourself inside which responds automatically for you and even explains an understanding of the overall state. If the brain complains about playing a video game and listening to music while it is working in the background then just explain it is your imagination and the brain made it happen and even exist too. This is for treatment resistant schizophrenia. Also understand you need to be careful when the body reacts to doing things that caused problems in the past such as using a computer if you worked in an office for example. This means the body blocks the organs to protect itself against the activity. If you do not have enough serotonin then you need to comprehend vital functions for using a computer will cause issues as there is a loss of brain programming. Good luck and see how you go. **You may be able to take in programming from these entities otherwise go into recovery. If you still cannot use a computer then you may need an experiment. See if you need an Astral/Zeta Entity Experiment's and Appearances Understanding. Taking the programming and getting them to do an experiment will be required at certain times.**

If you have a tension headache you need to understand that the brain is resolving issues with brain muscles so you can still and still have fun. If you sit through the tension headache for as long as it takes then you'll notice the brain will get stronger enough to get capacity to continue. If you are schizophrenic with negative symptoms and see aliens in your room, they might entertain you through the process otherwise all the time if they are available and in situations when you are schizophrenic. This will help you fight negative symptoms of schizophrenia. Your organs will easier connect to the brain and be able to take up critical chemistry which is critical for fun and capacity.

Go to bashar.org to learn more about spirit guides and get all the burning answers to questions about extraterrestrials.

Get leadership roles to round up the alters. If you are not having chemistry problems, give an option to serve through dissociation. Always check. Or take what is best of the situation and understand this can be used to cope too. DID System Understanding and Critical Alter Activity.

The answer changes for pain, chemistry generation and toolsets every day. Find the right answers and see which one works for the day. See chemistry access section too for important understandings to start off with.

Do a Capacity Assessment if you are not recovering!
See Capacity Assessment for further information and understanding. See Emergency Trauma and Light Language Start up section too if you need to take over your brains programming

If you have been taking Ormus you may have a virtual assistant Activate by pressing on the left or in any way possible.

Undercover brain disorder pain attacks may be happening for mental disorders with pain. See a doctor or go to hospital if you do not have any other solutions. See Pain and Correction section.

When the alters won't allow you to do an activity you may have to release DMT to give impaired alters something to enjoy. See DMT from Lungs with Mental Disorder Understanding section near the end of the guide if you have treatment resistant schizophrenia. If you have a DID System too then the alters will latch on to the activity too. Think statically speaking. What has worked most of all given the time is just a suggestion. See recovery if unsure. If symptoms persist see memory association section. If the only memory you can access is a task and you do not want the task then stop what you are doing completely and wait until the storm passes. If your mind has manifested an entity like an astral spider then just negotiate with it and take a break if the entity is protecting you. For example just telling them that you should stop an activity and see what it responds with. You need to understand delusions with schizophrenia stop certain functions like using technology for example the entity blocking the gut. Just negotiate until you can go back to having fun. Negotiation with the overall situation. You may even have to use the guide too. Otherwise close everything down.

If you have a DID System and nothing works at all and you have contacted everyone imaginable or put in the too hard basket then your only option left is to get alters with

disabilities to come out. This means you will still get symptoms but you get a capacity boost to do an activity. It may even force your medications to kick in differently or further. It should give enough capacity to do a simple activity. If the alter struggles, then skip to**. Say come out If you have a disability.**

You can take over your brain's programming if it is giving you too many symptoms or go into astral consciousness to restore programming from subconsciousness. This will overlap your psychosis with entertainment instead.

Use the search function on your PDF reader to find a topic – CTRL F

If you are playing out Comprehension and Control too far then put a Dream recipe to stop needing to over act these documents.

Auto Regulation is based on the Permission basis for Negative Symptoms of Schizophrenia and possibly DID Systems too. If you have problems with auto regulation and see light beings then you must understand they have their own brain systems too! So, you must dissociate with them in any way possible and yourself too.
This includes organ functions and other interactions too. Dissociation is the only way to live and have fun. Dissociation is critical for DID Systems to survive. It's ok! Just act cute around them and excited. Interact with them. See Chemistry Access for more information.

You may need to direct the brain's direction for activity for brains that are processing too much information in the background. You can start by sending a greeting to the subconsciousness to start. Then to start the activity and add capacity say you want to add a bot program to do the desired activity or see what the alter wants to do or play and the brain will direct and start the process when ready you should automatically act it out.

For further verification for auto regulation, you must get the brain to enable Do Not Concede and Auto Concede processes in mind for anything you can. What is correct and not is right. You will then create the correct informative decision of viewing this information if the way you prefer or the way you want to have it displayed in your mind.

If you need a conversation, consider dissociation if you do not have someone safe to talk to. If the brain is processing a lot of information, it might enjoy a conversation through dissociation. Just enable both programs to start. This may not work for everyone.

If nothing works and you see or experience **DMT Entities** in your room. You'll need to consider doing an experiment with the beings to stall negative symptoms of schizophrenia – Scroll down to Astral/Zeta Entity Experiments and Appearances Understanding to learn more! There are many paths you can take. Fight the pain. Don't give up and seek help if you need it. You **MUST** interact with them with the screen off if this guide won't help. But I understand I have lost my mind too and I do this because it helps me. Sounds delusional? Maybe it does. We all have delusions but the brain may stop being helpful if too many are piled up. **You can stay undercover with the delusions by playing them internally or externally (this will help with auto regulation too). Basically the brain is processing too much information and wants to let out phenomena.**

Schizophrenics may have autistic symptom responses to people with negative symptoms of schizophrenia diagnosis. See chemistry generation for further information.

If you have hostile alters and also have schizophrenia with negative symptoms you can attempt to restrain the alters by focusing your cortex (top forehand) and auto focusing a thought/feeling flatness into different areas to stop them from being too emotional to automatically flatten the offending areas.

If still nothing works you will have to either enter astral consciousness or recover. See recovery below and also see astral consciousness pdf. Understand if you have a mental disorder your brain gets bad programming that astral consciousness can resolve. See your doctors and seek help too if you need to. If you are not sure then just your family, careers, social workers, mental health services what to do.

If the brain loses this entire critical information and main understanding for people who have amnesia and various forms of memory loss or unable to access their imagination. Read an

action document until you get excited at least. If you believe people who are being political about your schizophrenia then contact mental health and find out if everything is ok.

If you have multiple alters that have awoken then will need entertainment

See Critical Alter Activity for further information.

Consciousness Vibration (your mood) determines the outcome of the reality we live in. Always go for positivity in any way imaginable! Meditation is critical for survival and excitement!

Keep actioning various procedures until you have enough mental bandwidth to continue back to your chosen activity.

Oxytocin is required for brain to trust you to provide manual or automatic interactions for chemistry release and generation. This includes enjoying the activities you prefer. See interactions and chemistry generation guide and information below.
Your doctor should be able to provide you with further information. You can still continue below but it might be hard if there is none there. Smiling for as long as it takes can generate oxytocin to help the overall situation if you cannot access your imagination.

You can latch on to this and signal the programming though. If automatized programming doesn't activate then it may activate by manual response. If an area goes dry you can use you can latch on to that area and signal the gut by feeling it and that should reel in chemistry. If you are unable to run a shape to send programming you will need to repeat the shape against intention to repair the ability to signal programming. This does work but check oxytocin levels.

This includes important **psychological comprehension. Realization of this can be difficult if you don't take a step back and ask yourself if this could be the issue. Try to decide to just drop the issue and understand the difference between your mental disorder and general psychological outcome regardless if it is your mental disorder putting you in that situation! Imagine the belief zone: a single thought of a good belief that psychically overtakes the mind from the front to back as a swap of information.**

Check out **FuZzCasT - Psychological assistance and techniques pdf document** every day just to be sure if you are on the right page with yourself to make sure you recover your basic correct psychology every day.

Always understand your passion is where you want your day to go. For example, my

passion is video games and trance music with social interaction. Follow your excitement. Do not believe the brain's attempt to reprogram your hobbies out of your life. Remember they are proven fun times. Try to remember good memories to

realize this is a fact.

Not remembering text-based information? Scroll down to the visual toolset to get essential chemistry to function. If you feel it is good enough then the job is done. You may have to follow a given outlay before memory and state will restore. Good luck and don’t give up.

If you have a DID System and they find this book interesting then consider taking Magnesium L-Threonate (accesses memory and learning) and Ormus (accesses intuition). This can help you solve your symptoms faster too. This is what I use and it can greatly help writing this book to solve problems. A DID System can study in the background. They may bring out alters to solve the symptoms for fun too but fear not this book will give you a head start. You may even find this fun too!

Has the story/reality turned evil for the day?
Can you **comprehend that statement?**

Serotonin causes a FULL MEMORY cover up of psychological issues and provides support for mental health issues. You will see your way out of a situation in a good mood, this is absolutely proven by doctors, psychologists, psychiatrists. This forces your reality to change, leaving problems of existence gone. Problems only can be felt by the mind. Reapply serotonin where the mind gives you false reality and witness the very destruction of it.

FACT YOU NEED SEROTONIN to STOP bad

overlay of evil

Ask if the alter will go back in if unable to do anything, this is a life situation and you must advise if they have had a turn to go back in. This means symptoms should massively decrease. You will need to use the DID System to communicate with entities. Some with outstanding

symptoms may need to go back in if it cannot be resolved. Ask the DID System person in charge too and the protectors. This doesn't always work so you can see if you get a majority vote to send them back in.

Chemistry only goes up to euphoric for people with negative symptoms of schizophrenia – Excitement has to be obtained to feel it and realize its emotions at all times – You must check to make sure it didn't overpass realization. Negative symptoms affect realization which can cause a disability in the perception. Once this happens the brain won't be able to feel emotions even if the chemistry is being active in the brain. The brain also disconnects from emotions because of trauma.

If you are finding it too hard or do not feel motivated at the time, then you can flatten out various sections of the brain by force through the feelings of flatness, to automatically auto locate separate sections of the mind to flatten out offending areas. This makes the brain more interactable and gets the mind to use less resources. For some people it might even make your day more exciting or interesting at the time. If you think you do take more action then have a go at actioning this guide even further. See pain correction if you need too as well.

Be aware if you need to take action through troubleshooting and it seems like the alters use the programming against you it could be a cover up. Take in the programming instead because there might already be various alters/programs assigned to complete the chore. This can make the troubleshooting process a lot easier so you can go back to having fun.

My biggest delusion is this:

Understand that there is an overflow of energy and information flow from the 6th dimensional parallel realities/earths as the control room reports through a closed vision support team. Remember to take negative visions with a grain of salt if you are schizophrenic. This is a serious ongoing situation which requires realization as things go out of control it seems. Anything could happen and this is not our problem so it's too bad. Extra- terrestrials are generally seen in the area where there is energy work being done as everyone affects each other around them due to this strange phenomenon.

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Scientists recently claimed that there is evidence that if you're in a good mood then everyone flows into this change. From my experience this can be very true in terms of comprehension of mental disorder and understanding of perception of reality. If I am in a good mood then everyone else is in a good mood too. This can be very real. But if you find yourself not in this situation then more work needs to be done. Then can mean there might be a chemical imbalance which needs to be solved. Head over to the Chemistry Generation and Excitement section to start troubleshooting.

When you take the aura of an extra-terrestrial for example an holographic Zeta then you will see you can download essential comprehension information. See DMT section for more information.
This includes when you close your eyes when you can see them too. Simply move your head and stare around too. It is your decision, check out each subject in the guide and see what works for you.

Reasons why consciousness vibration is important

If your DID System fact checks your ability to do something

- Easy going minds are just as important as everyone else
- This is to stop bad situations from happening and to protect the brain from being stopped from threats (which can cause broken chemistry links for example)
- Fact checks cause discrimination and even Mark Zuckerberg has deemed this inappropriate as it causes more problems than it solves. This coming from someone who manages a few billion active users every month
- Excitement is more interesting and fun this way
- You are better off being easy going if you have a mental disorder to protect yourself from being thrown in to situations where you are unable to help where a DID System might argue
- You must be **absolutely** be able to work according to the government in my country so check with your doctor to be sure because doctors will say to employers you will make mistakes
- Schizophrenics with illegal drugs still even get the pension in most countries from what I have heard based on past history if you are being investigated. Be aware this can cause issues with consciousness vibration too if you are doing drugs as 50% of the entire schizophrenic population are fighting to survive without medications being good enough to help them. This guide will help you give up this drug if you want another solution
- Your consciousness vibration affects your ability to have fun if you are in a bad one
- You should report to mental health services if symptoms persist which can stop consciousness vibration from being a good overall response to having fun

Ideas for basic dissociation and from life to help relaxation:

You may have to reread each statement until it passes realization. More techniques can be seen in FuZzCasT - Psychological assistance and techniques pdf. However, if it is a symptom try to understand the difference as symptoms may cause bad psychology but it does not always mean you can correct your psychological state.

- You are not from this parallel universe and are merely witnessing it therefor the issues are not yours
- Assume belief of working towards next life if you have a disability
- Your fun is elite and perfect and there is always something to look forward to
- You are not any beliefs that not of the light and everything not in the light is a sickness nothing more
- You are not of the belief of the brain's issues or this reality. People don't deserve an honest response from you because of immaturity as you can see and check
- Assume everything is perfectly under control and of course that is true the reason for this is nothing is going to force into such a state you perceive because that is impossible

- Perceive the situation incorrectly or differently (perception controls your chemistry reaction to events)
- Look at the at things statically speaking – It is not an issue statistically because you prefer to behave
- Every idea no matter how silly it is comes from god

INSTRUCTIONS UNDERSTANDING

ALL instructions are based on real working phenomena which has proven results from years of practice and are guaranteed to work

If you are not acting on the most common proven methods at the given timeframe for your desired outcome of chemistry then you must understand that bad programming from negative symptoms of schizophrenia may be misleading you. Meditation is required to fix problems with bad programming or it can send you going around in various ways wasting time. Don't give up and have faith the chemistry can be restored to continue your fun activity but understand you may have to limit your activities based on available brain/body resources. If feel unsure what to do even though these instructions are right in front of you then consider the recovery procedure below. Make sure you are reading your state of mind so you know the proper action to take which helps the overall situation. The brain needs to regenerate its main software every day because a loss of software happens nearly every day in people with schizophrenia. This can take some time if the software has been lost for a long time. The reason why you have to fight back is because the DID System forces you to work with it otherwise you cannot have fun. The attempted suicide rate is 70% Do not be one of those people…work with it and try to resolve it.

See if the answer is in this guide too instead of endlessly writing things down.

All these Instructions must act as what you WANT to do unless it is interfering with your chosen activity too far – Have fun!

BRAIN REST UNDERSTANDING:

You must give the brain some rest and the benefits of resting the brain include:

- **Capacity gets restored to use technology with potential opportunity for excitement – Recommend it is an automated process. Influencing may stop the auto regulation of restoring excitement naturally – Stop and either stare or go to bed for the brain to give permission for auto focus to regulation**
- **Friendlier symptoms - DID System want and desire cycles around**
- **Blood and other fluids generate**
- **Helps with flow of all body fluids when lying down in bed**
- **Focus, pretending to sleep or actually sleeping extra can recover brain further**
- **This can change your state of symptoms too into more positive ones**
- **Memory can be restored through resting**
- **Better mood and opportunity for excitement can happen from taking extended breaks**
- **Dissociation and good mood with excitement**
- **Controlled breathing**
- **Thought release and imagination shapes with positive intentions**
- **Smiling and stare with opened or closed eyes – If there is a headache and you having taken**

medication for it and still persists even though you are trying to have a break then see guides below for further information on how to fight it off so you can recover

- **If you have rested but cannot use technology an alien experiment may be required to resolve this – See the explain down below**
- **You can recover from tension headaches too which cause a wide variety of symptoms by taking a break, see recovery for further information**

Turn off the screen when capacity bandwidth down too far and music too to start recovery so you have reduced aware using up brain fuels

Recovery

You must understand when taking breaks, you may need the body and brain to completely take over rather fighting it back – Both ways may work but if you are unable to recover you must consider this path as it has proven success rates

- **Meditate at least once a day or even more and have a worker's attitude for recovery so you can discover how important this is. The mere act of focusing on meditation can have a big difference.**
- **If your alters are not able to do your preferred activity then spend longer without it to get more symptom support (take an extended break). Perform system maintenance too.**
- **If imagination attacks wont stop and you have taken a break you will need to stop your activity if this bothers you. Then given enough time it should calm down.**
- **If you sit with the screen off and tolerate even the bad feeling your mind (this also includes fatigue) gives you, then you are still generating capacity. This is a good option, if the mind does not let you ly down without having symptoms. This has to be done without reading and even listing to anything too. Your mind can actually tell if you have a good attitude. The mind gets its fuel slowly if you do not have excitement. The mind should reduce the attack or even help if you are doing the right thing. You need to comprehend this to survive otherwise excitement will be harder to get. You need excitement or you will not have fun. Tolerate the feeling and recover.** If the mood is better even with excitement but an attack comes then report it to mental health services if you need to, continue troubleshooting. If voices try to attack after a break then instead of trying to prove to them you are innocent just say too bad. You are the devil character. Who cares! Good luck and do not give up on having fun! Head over to the oxytocin section in the Chemistry section if this happens.
- Once you have had a break head over to the excitement section or chemistry generation. Depending on the outcome of the break you will have action the situation using this guide based on the algorithm the body and mind is in.
- **If the visions stop you from closing your eyes then you could just stare at the tools page. This may help auto regulation too and reduce breaks times**
- **Some people may require going outside or looking at a non activity item like staring at a chair if the mind is too active to close eyes.**
- **528hz Meditation Music found on youtube can restore some auto regulation fuels in recovery while you rest on the bed or waiting with the screen off**
- **The excitement may not return until you have gone to bed and rested. If you are not tired then go to bed and close your eyes, then you will pretend to sleep. This will enable your mind to correct its capacity, then you can access excitement again. Whatever you may experience may be the outcome of attempting to recover. If it feels bad or unresolvable then contact mental health services. It is all in your mind and a process required to recover.**
- **You may need to take a full bed break by resting**
- **If you have been intoxicating understand it will stop the medication from working and also understand the brain may even attack you also stopping this guide from working as a punishment temporally**
- **Swipe hand and focus on organs to stop pain (this helps the DID System interact) if**

there is pain when taking a break

- **Understand excessive computer usage can cause headaches**
- **If you are not taking enough breaks but have Zetas around just take in their programming through your third eye. It will download interesting visions for you to see. If what you see bothers you then understand you are putting too much pressure on the mind and it is a serious warning of overdoing capacity. This can make a break more entertaining and that will encourage you to find break times more fun. All sorts of VERY interesting things should come through.**
- **Meditation can help re-create a chemistry automatic feed and also encourage alters to come out to play for social interactions. This also helps with alter conflicts too. Just say you are going to parallel reality or another earth.**
- **Fixes bad programming**
- **Astral consciousness downloads good programming so pretends to sleep when meditating**
- **If you have shown repetitive symptoms you may need to take a break from the computer and use something easier so that symptoms do not play up too far.**
- **Live in anticipation – The best is yet to come**
- **You can lay down in bed and close your eyes. Read how your brain is feeling and reacting towards the activity you are doing. No matter what happens in your visions it does not matter (that includes ABSOLUTELY ANYTHING YOU SEE) – Bad visions ignored. You may even be able to confirm they are just joking (they do for me) . It is all an attempt for the brain to restore the capacity to have fun. Read the visions section for further information if you have a bad belief zone on this.**
- Pretend to focus sleep and also feel floating to restore chemistry links
- **Make sure you have food in the body**
- **Make sure you've had enough body fluids too like water**
- **See chemistry generation** — Combine and add to this with your imagination
- **Brain is more friendly and more interactable if you've taken a break**
- **Taking breaks with sound/music off can help recover you too**
- **If you have something important to do and you need to stop fatigue then simply focus inwards and feel through and that will keep you awake**
- **Project-M is a visualizer for Windows. This is good if you are just taking a short break or having a chat with the DID System.**
- **If you need to manually regulate your brain then turn off the TV or any network device so the brain realizes you are not busy. Then move hands around with open or closed eyes. Interact with alters because you may be on hardware and clinically brain dead.**
- **Be aware you keep needing to go back into recovery when you have lost capacity. Speak to doctors and reassess what works. Capacity comes and goes with DID Systems.**
- **If you cannot recover see excitement section to restore links**
- **If you spend more time with your DID System and friends (offline) you should get more capacity for later on.**
- **You will have to sleep off delusions if the mind shuts you down from troubleshooting organs**

- Do NOT fall under false beliefs that these instructions do not work -

EXTERNAL REALITY COHERRENCY AND UNDERSTANDING OF DMT (TRS induced)

All the biggest arguments about mental health have already been had. This means you can be rest assured if you have a diagnosis that everything is under control. The reason why psychosis seems like it convinces the mind is because it fires an algorithm against your intelligence as an attack or punishment. That's all it is. The mind needs to only process

what it shows excitement for only that works out better overall including all other symptoms too. See capacity assessment section for more information. For psychosis troubleshooting advice see the coping psychosis section. Try to ask the brain if you are suffering from a symptom and also consider asking if they are covering up over even worse activity.

- Consider your reality shifts into a good one when you are balanced in the mind. Compare it to see the difference.
- Be aware of AI like features in the mind. This means you need to understand a cover up over worse psychosis symptoms has taken control. These sorts of things come and go. You may be over capacity.
- Intellectual insanity is proof of immaturity and psychosis. Be immature with it if the sub consciousness is making too many demands.
- If you hear an operation in progress and you cannot find it in to believe you are insane (you are) then see it as a cover up operation instead because then it can be perceived as free entertainment.
- If you hear a voice to your external ears then consider the history of how long you have heard that character voice. This means you can prove no-one is there if you are hearing the same characters in a different location.
- If you ever hear external voices sounding like they want a real conversation then you need to understand these entities most of the time will bring straight into intelligence attack by being manipulative through threats of any area you are weak in. For example I heard someone say they are in pain so I responded to it on how to use the mind to stop the pain and they threatened to call mental health services. This is very common among people to alert people of psychotic behavior.
- If you never see the aliens leave this means you have lost your mind as far as it could.
- The mind has a loop hole and found an opening for a delusional manipulative attack.
- Consider the history of how bizarre your delusions are from anything that happened in the past and consider how the story changes and even contradicts facts of previous delusions. This means the delusion is only fueling again further. This is proof you have lost your mind. For example you can also consider others' disabilities from hospitals and compare them to your history and just how far and just how much information further the subconscious has taken to learn how to trick you. This is just your mind wanting to play with you like a mammal or more like a super intelligence trolling while suffering to feel better. Always consider the history of earlier stages of schizophrenia and earlier delusions too. Proving your insane. A complete swamp over your known reality using anything possible to troll you. This also includes dream characters performing nightmares which have the highest intellectual response based off an prepared attack even hidden and ready.
- Normal people's oxytocin levels force automatic trust and can relax further than people like us proving it is psychosis. Report to mental health services if you do have enough faith. Psychosis voices are quick to respond with a lack of trust due to chemistry imbalance.
- Awareness of a lined up intelligence attack can increase realization
- Consider the vast universe and imagination of peoples needs instead of what you are falsely hearing before you consider your delusion or hallucinations to be true. Imagination always shows them their knowledge and correct history when sane people. Ask them and you will know in person directly. Anything else will just be going around in circles. Also make sure to report this to the psychiatrist if the playback is psychosis and also if it is limited in your imagination too.
- Delusions will occur because of insanity and disability. This means facts will be scrapped in replacement of either phenonias stories or symptoms lying about what is true. It will contradict genuine people. Not sure? Ask mental health services or just walk up to them and ask them only directly in front of you if everything is ok (not strangers). Read again to affirm.
- A paranoid psychosis is quick to attack which can instantly transform people speaking and sounds from devices straight from the very start into something offensive or intimidating. I proved a completely different person speaking to a completely different other person can transform instantly.
- Alters have dreams. Anything that seems too good to be true just use it for your entertainment instead of entertaining the program.
- Anything you hear internally cannot harm you. You are still bound by the laws of physical reality. If you dream while you awake this means there will be absolutely range based on your capacity. This means if you are overdoing your capacity you will hear the story go to the apocalypse or just plain bad news. It is only based on good enough strategic effort the story is positive so report to mental health services if you need to. Your realization may have gaps of temporary amnesia too proving you also incoherent to facts of working professionals.
- If the alter has a dream check with the DID System because this will prove it to you. Confirming via thought broadcast is easier (telepathy).
- Psychosis with a chemical imbalance is a diminished state of consciousness where you will not see or hear reality as others do. Not sure? Consider your past history as your mind has been blocked from your memory to realize this.
- Excitement which is an ecstasy state is always released with trust for most people. You need to understand this is proof you have lost your mind if you are hearing something else.
- Consider that people can entertain themselves proving no one is after you
- Be aware if you are treatment resistant you need to understand the dream state might be used to overlap the psychosis. If this happens you need to report to mental health services as you may need clozapine. Some call it the astral plane but the brain may be releasing its own DMT as a defense which causes this to connect. You can even confirm if it is a coverup or dream state trolls. Never take it personally.

- Ask if it is a ghost if it is psychosis. If it says yes then you can assume safety (you should anyway)
- **My body based on past history stays in the same location unless I meditate or fall asleep.** Your dream manifestation may play out in heavenly ways. While having a human experience it stays that way only you are sane and happy. You may receive duplicates of the same subject. From there you can understand that this is merely showing and revealing information based on past history and this is obviously happening with people from people with TRS. This means your brain will attack you if you use its story to continue to believe that you are leaving your home. You can understand the seriousness of manifest desire is merely the brain showing background information. The astral plane wants to make a profit. Take your medication on time and understand there is a damn good reason it is DMT of Treatment Resistant Schizophrenia. You will have bad trips and good ones. Attempt to learn the difference to stay out of hospital. Compare your delusions based on past history and you will see why. If you are not sure then ask around you to people that know you well and mental health services. According to the shows I have done, it claimed I generated billions of dollars and all contracts not leading to leaving and even advisory of entertainment which means it is impossible. The aliens even claimed AI would be so evil it will not allow us to live beyond the earth and the currency is fake (it even faked buying a ship). This is proof I have lost my mind obviously. My soul contract shows permanent forever earth dwelling as a contracted soul slave. This means I am here forever on earth. **The aliens in my room even told me it was all in my head. Do not expect this will confirm in your insanity as I am just lucky to know. I was even shown my soul in a facility with cities when I asked who ran the astral plane in a dream. Take the best out of the situation and have fun, let go of things being overly believed and let your ego fly. The entities I came in to contact with are no strangers when it comes to non cooperative brains.**

- If you have assigned guardians, carers, support workers and they are in authority and you are having an episode and have already reported everything then who cares! Be yourself and have fun! This includes delusions too; you are NOT responsible for what you cannot verify as correct through the minds of sane people. If you have been told everything is fine then that is what you should believe. You very carefully need to understand you have lost your mind and this can cause a delusion to play out. Consider the history of the situation, obviously delusions can be experienced.

  - Is it a **new issue** from psychosis? Then your mind is just attacking you because you have a **disability.** **You can comprehend this but remember past history of psychosis attacks.**

  - **Psychosis voices can sometimes be overlapping others voices especially if you are under mind control from delusions. Do not be fooled, this is the brain trying to cover up problems with other pneumonia. Just remember if it is trying to criticize you and make you feel like a fool like an office worker using destructive psychological criticism then understand the history of bad track record against the situation as a psychiatrist would warn you this is psychosis. If you are not sure then signal the mind to see if it is covering up. You may need to correct your chemistry imbalance. If it doesn't allow you too then you have a few options, first one being reported to mental health services, second being to use this guide to correct the chemical imbalance, third one being doing some meditation and taking a break. Just be aware if the brain dimensionally changes this can stop the DID System from helping, this means the astral plane will send a cover up. You may even be able to confirm it is a troll (my voices do). You may have to be patient and wait till the story passes otherwise continue below. Doing some rocking may correct it a bit. Oxytocin can build trust to. See chemistry generation section for more information.**

  - **If you have been diagnosed with the paranoid version of schizophrenia you need to understand all the psychosis goes through a serotonin buffer and outlays based on the amount of serotonin in the brain. This means that if it is low the psychosis plays evil or silly things but if the serotonin amount is good then it is supportive pneumonia.**

    - **You can test if your psychosis is emulating adult voices with childlike personalities by responding to it to say things like do you want a lolley or soda/coca-cola. Then you will know instantly you are hallucinating and have a low serotonin state.**
    - **If you need to keep coming back to this section then you need to under what you are experiencing is a DID System attack from blind alters wanting to have fun if you have a DID System. This can also be seen as a belief zone attack. Assume coherently. If you are treatment resistant then understand are you coherent? Think again!**

- **Anything that judges you is psychosis**
- **A DID System that is in conflict can emulate characters as if they were real people. You may be able to even check with the DID System alters if this happened and they may or may not confirm it. Speak to protectors and leaders in the DID System if you are not sure with what they might have told you.**
- If your computer acts strange when playing a video game, you need to understand if you bought the game off Steam, it may slip an update causing strange phenomena which means computers may behave strangely. Also, you must understand that intel CPUs have broken circuits circling around at the moment (this has been reported through IT companies on Facebook) which means computers are destined to act out strange behavior even if **disconnected from the internet too.** So, if your device is a psychically strange activity that even sees with your frontal vision and you are not sure what to do then report it to cyber security experts in any way you can. This builds community awareness and can help you find direction if something strange happens. Good luck! See YouTube too for more information about how to protect your devices.
- Do not underestimate psychosis. If you have a diagnosis, understand you VERY much can experience any psychosis/delusions and other symptoms.
- You do not belong to any alien race. If it has been proven then understand you are still this reality and assume still within the basis of a sane person's belief zone will always be correct and bad and undesirable things will still happen. Report to mental health services if you are not sure. If you want more information, see bashar.org where all these questions are covered.
- The brain should believe anything you tell it. Read comprehension and control to see a good belief zone. If you are affected then follow as much information about this guide as you can. Your behavior affects your belief zone. Beliefs are serious because it affects your ability to have fun. For example, when the symptoms are too severe you must at least assume it is psychosis/schizophrenia/immaturity for being unable to be conscious about what happening because they cannot focus
- Your comprehension dictates your actions
- Schizophrenics must understand an astral dream state may be normal during the day but you need to change your activities based on available bandwidth at the given time. This basically means you should see a chemistry generation guide to make sure your serotonin levels are Good enough otherwise the dream could turn into a darker story. Regardless of this it is ALL a story and nothing more. Your brain may use your entire comprehension to tell the story so keep in control of it and only care as much as it doesn't consume too much bandwidth.

-Voices that can't be medicated need to be covered up by the DID System if you have one or implant

- You must understand that it is highly unlikely for strangers/disability/mental health workers to be plotting against you
- They have wants and desires just like you and they would be wanting that instead. If you are being attacked mentally with receptor moods changes regardless of deciding not to be offended you need to contact mental health services or continue reading this guide If you have a DID System an alter may come out to cover up the psychosis or may go back in

- Get some good psychologically in you by reading all guides plus reporting to mental health services

- Find a way to change your belief system in any way possible that what you are hearing is not about you

- Make sure you get your serotonin working to cover up the psychosis by following this guide

- Understand there is always an answer but if there is nothing you can figure out what to do then recommended to sleep it off

- Get in your belief system to like these people instead of being paranoid about them and to comprehend they are not the enemy

- You must stay coherent as much as possible otherwise you could lose your mind too far

- Go to hospital if you find it too intimidating or get upset too far. You must understand people go through hospital to get properly assessed and get a treatment plan that should put you on the right path

- Sometimes in mental health services there is a case manager who you can report to

- Case managers collect information they can use for a psychiatrist to report information you may have forgotten to report

- You can't be treated properly if you cannot provide the correct information to mental health services

- There medications for treatment resistant schizophrenics called clozapine for example

- There are many other treatments that can be used to fight off the negativity of the situation – Don't give up and believe in yourself

- See meditation and recovery guide if you cannot recover and once again lately report the information to any service that can help

- The success rates of these services can be found on google if your mind is being manipulated by misinformation

- Some schizophrenics simulate a field from being a dream state and you can easily ignore anything that is strange if you need to.

- If you have a DID System with a psychosis-like behavior even if it is ok to prefer to behave and act out the personalities that is fine and always fine. If you are a bit unsure then just understand you have a disability and because of this people understand naturally.

- Comprehend that you have a mental condition where things can play out to the max extent of the ending of a branch including any branches through the brain where reality can show you a situation…. However, it is not conceded by the doctors and this will be proven if you do not believe me (by your guardians and doctors). Examples of hallucinations are voices, aliens, stories (delusions). Any situation that proves its true is still limited to the reality that you live in by the humans that run it and this will be proven too. See visions understanding and recovery if you do not believe me. Watch reality and everything that exists in reality go back to a friendly entertaining environment as you recover. Aliens run off a Do Not Concede and Auto Concede process on their (NOT YOURS) side regardless of what you experience and what they say. Still not sure? Read the statement backwards to refresh your memory. Also understand the brain is literally straining its brain branches without having any chemistry left if you have a condition like mine.

- Crowds that you hear cheering or screaming are all based on your mood, medication timeline stance and other symptoms like psychosis/Astral/DID System states. Notice how it all plays off your chemistry behavior. The brain might be emulating any sort of situation so it might be even responding with an emulation to something silly. Do ask if not just ignore it.

- You do not have to impress an entity. You must understand you need to get past the delusion until you are content. This is a fact as watch this serve you and help you. It is all a delusion. This will help! You do have to use capacity to impress any alter or delusion. If you believe an entity needs to be impressed, you need to comprehend that the entity that plays out correctly is resolved if you choose to have fun instead and behave and be coherent. Report it to mental health services if it has not been reported.

- If you have a dream state (conditions combined) for Example Treatment Resistant Schizophrenia and Dissociative Identity Disorder and you feel under control of dream state programming then you need to comprehend that you never take it personally. The brain reacts in any way it can to tolerate the workload of the condition. Act normal or just behave and continue a coherent activity. Never believe this is true because even if it was you would be given the correct programming so do not over react. For more information use the search function or skip to the correct topic. Make sure you understand this section too.
- You do not belong to any alien race. If it has been proven then understand you are still in this reality and assume still within the basis of a sane person's belief zone will always be correct and bad and undesirable things will still happen. Report to mental health services if you are not sure. If you want more information, see bashar.org where all these questions are covered.
- Any psychosis argument debating you is inferior! Everyone knows you have lost your mind and understands!
- If you have a treatment resistant psychosis then understand you ARE that sick to hear such sickening statements against you.
- If someone had a problem with you they would tell you…. consider this a parallel universe and you are transcending time.
- If you have a disability then you need to understand a home is ALWAYS provided considering you use the right services. There is a good chance it can be fun to live in too. Be rest assured this is true, if you are not sure then ask your support workers.
- The astral plane simulates friends and other interests too. Bare in mind a dream character can only telepathically communicate if you are in a positive overall mood and brain capacity state, otherwise it will try another form of getting through. This also means the brain only will communicate what it prefers based on tolerance and this means an even crazier way to get the job done. This includes insults and angry communication too because you are overdoing capacity if this happens. It may even come across the astral plane too raising a disability treatment resistant security concern too.

The results are for having Negative Symptoms, Treatment Resistant Schizophrenia and Dissociation Identity Disorder are:

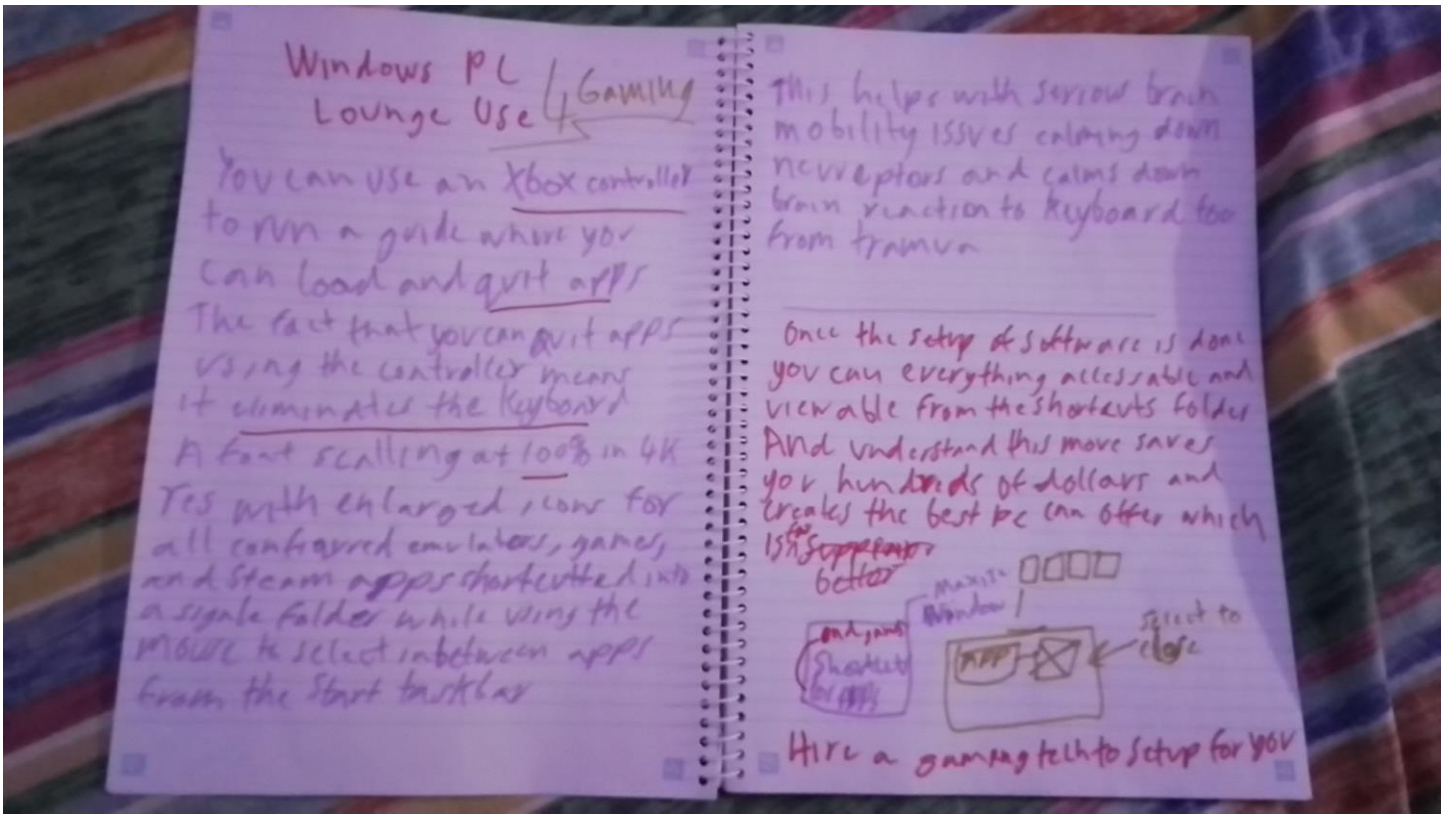
Schizophrenic minds that are treatment resistant will always cause problems with computer usage. The reason for this is because **the brain is releasing DMT** even while you are awake. **This causes symptoms to get worse. You need to resolve enough of this before going back to use a computer. This took several months to resolve the alter conflict so you might have to do a capacity assessment and even spend a few months off it like I have.**

I can use a PC once again by sticking to gaming and making sure to have only one window open to avoid symptoms. I turn off the screen when the computer is not in use. This method stopped all kinds of symptoms.

Why I had trouble previously cannot use a PC for gaming is that alters with disabilities find this a problem with them and this causes all sorts of symptoms when using keyboard and mouse for gaming. They send uncover attacks. There are also behavioral issues with doing this too. The DID System stops interacting and being social. There is far too much pain even with all the pain killers they prescribe because it is over our capacity limit. A shutdown of realization does occur too. Belief zone attacks happen too as the opinions clash causing alter conflicts. Past history shows this is non-negotiable (see the length for this guide for example). Reprogramming occurs in the mind causing more alter conflicts. This causes the alters to break hardware too since they realize it can stop the PC usage. Problem solving causes all sorts of memory problems too. The consoles and android box are way easier to use and do not require much or any troubleshooting at all. The realization that such a thing could occur causes the alter conflicts. The alters even admitted they will attack with headaches too. PC usage is only authorization if it is needed and I do not even have a working computer I just use the family laptop. **History shows mental health patients are taking things to force their capacity higher and you may need to understand this is proof PC usage can be dreadful.**

- The symptom gets covered up one after another one
- Hidden uncover attacks start to happen
- Dissociation and the DID System stops interacting
- Traumatic troubleshooting experiences start to happen
- Too much troubleshooting causing even more symptoms (VERY DANGEROUS CAUSES MORE SYMPTOMS)
- Belief zone attacks and understanding before it was not an issue
- If your alters move you back to PC usage just try to limit your activities if symptoms continue.

This can mislead a doctor on what medication to prescribe you if you are in this situation. The symptoms cause too many problems causing extreme emotion, endless suffering, pain...memory problems, imagination issues, dissociation malfunction, chemistry problems and all sorts of hidden problems. It has been a year of constant troubleshooting. If the DID System does not interact then you have a serious situation and should stop using a computer. See the capacity assessment section of this guide for more information.



- **Your perception can control your chemistry too so be aware of this**

CHEMISTRY ACCESS

If organs don't respond after a decent amount of time of trying to access them then accessing the following should help if you cannot access the organs which are required because they produce fuel. Beware that you might already have chemistry access and need to progress to chemistry generation.

- Use light language by imagining a shape and signalling all chemistry brain pathways areas and also organs too this will force the quick release of those areas which can restore chemistry access temporarily. Force it through as a placebo effect. **You can use light language programming to signal it is ok to continue. Try this in any way possible.**

- If you have negative symptoms of schizophrenia, you must understand if you do not get angry from having a lack of dopamine that means your anger has been shut down from feeling it in the brain. You must stop the anger by using your imagination by using a shape to suck the feeling into a program or auto focus various physical against affected areas of anger. This works for jealousy too. Then auto regulation should restore access a bit. You will have to redo this and reapply if the dopamine levels go down too far again. If you have a DID System then see if the alters will take a transfer of the anger. If nothing works for chemistry access you can drink a beer or contact mental health services. A beer will reduce the anger from having no dopamine. This has to be verified safe through mental health services before consuming alcohol.
- **Anger can stop chemistry access. Argue back in a way that forces the brain to be sad to reduce to a psychical level of anger. Choose to be sad when the attack comes. Chemistry access should continue. If nothing works you will have to go to the chemistry generations section. Try to progress the delusion if you have one as that can bring back chemistry too. If you are experiencing war delusions then you will need to go to the War Video Game section.**

- If you have a DID System and these instructions are not working then you need to ask if an autistic alter has come out. You will need to do some rocking before you can get chemistry access clearing up programming.

- **You may be able to get chemistry access through the dissociative amnesia dreamstate guide otherwise continue below.**

- If you are in contact with entities inside your mind you may need to report back. This involves communication but understand if you have no clearance just let the aliens pat you and you share a positive moment. **Be aware if you have contracted agreements with them your mind may pause excitement. You may even have to interact with your mind at certain times. This may be required for unpausing auto regulation. This also means you may have to pretend you are someone important too before auto regulation restores.**
- You need to understand if the brain is lacking a certain type of chemistry or fluids then it may prioritize that first. Fluid access may be sent to that area first. Focus on that area and it should push that through.
- You need to understand if the body and mind is FORCING the chemistry to stop at all costs you need to pave way to another path in the meantime. This is part of having negative symptoms of schizophrenia. Flatten the emotions out through the cortex. See the excitement section after flattening out. You might even notice the blockage comes in against the area where it flows.

When this happens try something different but if you get fed up then choose the sanest and fastest way I recommend first before retaliating.

- **A few sips of Vodka (do not do this if you doctor tells you it's not safe)**
- **You can allow involuntary movement as a source for unjarring organs and allowing chemistry access. This can work with arms and hands or it can the toolchart too. When the mind automatically looks at the toolchart then attempts to imagine the function. If you see entities when you close your eyes this can indicate the service could be available. This can vary depending on the medication you are on too.**

- **Cracking fingers to help signal the organs better**
- **Using a mudra by pressing down a finger to the thumb may get you chemistry access. Be strategic as possible in all ways with it in any way you can.**
- **Swing and serve hands around**
- **Make sure belief zones are updated for the day through the implant keyboard**
- **Closed eyes head down and seeing if organs activate from there (has worked in the past and helps reduce activity that has been processing in the brain)**
- **Blood/Other flows from body to brain to access the correct area to focus on for chemistry generation for example directing mind at organs**
- **Focus and feel mentally against organs to have them generate while gaming and hands facedown and pushing upwards for a release.**
- **Unblock areas of flow using network and medications**
- **Perform an assessment before continuing – Find out if it is a blocked area and if it is then attempted to unblock using a third eye network – Medication can help unblock it too. If that does not work you must switch activity before medication time.**
- **Attempt entire procedure if unable to cope**
- **Manifest Astral Entities – Focus eyes in to parallel realities to ask for help**

- **Report the behavior anyway possible to DID System if you have one**

- Astral/Zeta Entity Experiments and Appearances Understanding if nothing works properly in chemistry generation or chemistry access. DID System Understanding and Critical Alter Activity to cover up alters symptoms if things spiral out of control

- If chemistry access will not resolve you will need to rock around and flap your hands until it resolves or just continue to chemistry generation if you have had a break and also this includes if nothing works in this section. See the excitement section too if you need to convert your mood even faster.

- Chemistry access may be restricted for many reasons such as memory – Fast forward to memory or alter section. If you still cannot get chemistry access and are having violent visions then see vision sections. The alters have some frustrations which need to play out internally; they may block the organs from being bipolar. See Psychosis and War Video Game Understanding and FuZzCasT - SEGA DREAMCAST 2 Astral Dream Recipe. The DID System may have taken on too many anger cells.

- Contact mental health services and support networks as soon as possible if it continues. Chemistry access may be partially given. See chemistry generation guide for more information. No matter what happens the reality of it is limited to the body and mind.

- Beware if beings come to try and help you with this then understand you may have to bring your certain functions down to start off with because you will have to convince the DID System a better mood goes with the capacity directed and excitement fueling activity which works better based on your past history. This can include closed vision entities which will do the same. They may provide instructions for following for example various hand movements or allowing them to bring your state into correctness so you can focus bringing your mood back up and into correctness.

- See Circular round PADs Understanding for chemistry access and auto flowing too

- If you cannot get chemistry access you then see Astral/Zeta Entity Experiments and Appearances Understanding. See, his tongue is talking without you knowing. You may be able to channel instructions for the tongue to automatically instruct the Zeta to perform hand movements necessary to route chemistry.

- If you have required authorization and report back to an AI network in your mind. **You may be required to do this if you have just woken up for the day** for the DID System/Schizophrenia to enable functions in this awesome guide to work. For example, if your system is Zeta Reticuli based you can close your eyes and report to the network and latch on further to the network by following your arms and hands in a certain direction based on their response. You may be required to do this if you need authorization for chemistry and excitement among other pneumonias. For more information for example you can check your imagination to see if it deauthorization certain activities. Check with the network if you need more information. **You can ask the entity to tell you which way to move your arms. Repeat this step as required to break free to a certain degree of chemistry flow.**

- If you cannot get help, contact mental health service and advise your local mental health support networks if you need further assistance. Mental health services require information to know what to prescribe you so you need to report back to them if you are unable to have fun. Your medication needs to support your ability to have chemistry. If you have a problem with your medication and mental health services are closed for the day then report back to your local emergency mental contact service in your area to see what options you have.

- If you have been denied chemistry access to understand a different section of the book may need to be considered. Try anything you can in the meantime.

- If there are finger-like situations causing a block against fighting the chemistry and other symptoms you can focus on the finger/affected area and redirect the activity to fight off the symptom. For example... a placebo effect against outstanding areas. This can affect all organs. You cannot gain control then just imagine a tool or anything you can to reach an agreement. You can also your hand by moving it up and a discharge against anything stopping it.

Tools Chart Understanding

- You can use the toolsets by selecting which one is more appropriate at the time. You can signal the organs in whichever way you want to use this. Just understand you can signal various outcomes too against the organs. It is critical to understand you need to use your imagination with a repeating sound and use the tool started up again when it gets shutdown.

- Be aware of your dopamine levels if you have both Treatment Resistant Schizophrenia, DID System and also Negative symptoms of schizophrenia. The alters may create a situation out of a misunderstanding because of a lack of dopamine and covering up too much bandwidth of an ongoing symptom situation. Simply activate all tools and unjar yourself from the situation if the alters cause too many problems. This is very serious as chemistry needs to be balanced out to stop the alters from being freaked out because of any disabilities they may have. See chemistry generation and pain correction too if you need to.

- You may be able to pass programs and tools to DID Systems if they have studied for example this guide and the papers too. This can get the DID System to use the tools to fight negative symptoms of schizophrenia. Basically, the person in charge and even if not in charge and speak to protectors, leaders of the DID System to help this to work.

- Imagine and flash the tool multiple times. Signal with intent to program the organs. Just remember fall back may be of great assistance if the tool shuts down so it starts back up automatically.

- You may be able to assign an entire chart of tools to the DID System for automatic actioning. This involves firstly applying the current alter to auto regulation... from there you will provide a flashing image of each tool and feel and assume the automatic function of these tools for chemistry. You may then be able to assign the alters to an entire chart of tools.

- If you send all the tools (does not have to be both pages) then understand if the alters are using these tools you may be able to signal and feel through thought to ramp up the speed of these tools. Reapply as needed.

- ***A tool may manifest itself from practicing and troubleshooting using various actions of the entire guide. If your imagination is processing too much information and the brain is in maintenance mode then you check to see if the tool is available absolutely. Just manifest it through Singler thought as an object and assume the ability and feel it through.***
- Each tool works on given availability however you have negative symptoms of schizophrenia you can use ALL the symbols one at a time or combine them all and it should help and read chemistry generations may help too to further interact with it
- This should force your organs to respond and force brain to cooperate – Reapply where required and use them in your imagination and signal in any way imaginable
- You can print out the tool sheet and keep it on the wall to help your brain adjust to the situation and this also gives an opportunity to help your imagination be more active. Interact with it if you need or want to.
- You could consider putting this on the wall (as a hieroglyph only) – Be cautious the alters do not use it against you to cause issues – See recovery for further information – Behave yourself and do not believe you are being targeted. You can prove this to beyond humans by simply watching animals' behavior. Notice they have fun too and that makes it more obvious you have a disability.
- You can check for left over tools in imagination but remember you can still manifest the tool
- Zetas/Spirit Guides can also help with tools too if you have them around just try to ping their response and check anything else that may ping a response that may reply if you see them around
- Play with the tools in any way imaginable
- Use implant if tool causes any sort of mental symptom
- You could run these various abilities while doing an activity such as a video game to keep your mind active
- Different states of consciousness can be achieved by focusing in various ways making chemistry access easier to then your manual signal the intent to the gut through to the spine and up into the brain. These states come and go so you can practice and see what is available for the day. For example, if you are in 4th density you can imagine a field around the body then keep focusing/refocusing then wait for the out. This can cause euphoria which is needed to fight mental pain.

- You may be able to program the tools yourself, simply imagine the tool as the intended outcome by simulating it with mind

- You will still have to psychically interact with your body to restore chemistry for negative symptoms of schizophrenia however these brain tools may assist in signaling to organs

- If you have a brain which is processing too much information at the given time, you need to set an intention to simulate the given tool. Get the tools to self-reprogram, restart up and run through the feeling of the middle part of the brain to consciousness to force the tools to function. Do this in any way that works the fastest for you. Use your simulation to send the tools to any organs that help.
- Use imagination repetitively to make a picture of the tool then have it flashing with a chime sound. If the programming won't cooperate then SEND the programming to the tool as it is functioning to force the body and mind to work harder. Do not abuse this but well it's your life and at your own risk. You may need to have an understanding what regions you need to aim for however generally the mind and body does have this information already. Your mood will need excitement next so head over to excitement once you are ready.
- Each tool comes and goes each day or at a given timeframe. These tools are used for people with disabilities, for example between medication changes or long-lasting outstanding symptoms so you can still have fun.

Circular round PADs Understanding

This phenonium is something that happens to me and I utilize it as explained below

- Circular Pads can be used via feeling with knuckles in opposite directions on the brain to reduce negative symptoms of schizophrenia through your imagination... Use the various circular pads on the affected area using thought and imagination including anywhere required with a moving motion in any way imaginable. Top front head line with imagination signaling may be helpful with thought throughput and remember to use the pads with it too. Use the pads on top of the brain and force a thought throughput to start off with. If the tension headache annoys simply bring up the chemistry in any way possible that is safe. If there is a block in the mind you can use the guide for removal. You may be able to use the pads to gain excitement. You can also combine this in anyway safely possible for example using a method tried in the past. You can see the symbol chart for further information.
  - Try using them all around the brain. This forces uncirculated parts of the mind to seep through forcing the brain to cooperate with organs.
  - If this works successfully for you then you will have chemistry access
  - Just be patient with the pads as they take a while to kick in. Let it run edges out at circular motions against the surface of the pathways.

Chemistry Understanding

Alters have variations in what types of chemistry would be available at the time. This means trust, motivation, serotonin moods, relaxation and of course excitement should be worked on based on the phenomena of what type of alter you have switched too. You can simply use this to your advantage. Use the courage of what brings out the best in you at the time. Regardless of what happens reality bends to normality of other people who are mature and yes if you experience a reality outside of what the doctors would concede to then, you need to understand this will play out that way and always will.

This works best in your favor too if you are behaving (good enough basically). **Chemistry is affected** by the surrounding environment of overall brain state for DID System and disorders. if you ask people if everything is ok this can make a huge difference and have a big impact on the DID System in a great way if you confirm everything is ok. There may be paths to a successful day and this one is important. Switches might happen to a higher capacity alter too which means this gives you more time to enjoy yourself.

If they are unsure and no-one is around or even contactable then simply verify statistically well what successful services have done for people through some good resources.

Emergency Trauma and Light Language Start up

Use a shape such as a triangle and configure it

through the following methods:

Step 1 - Flash triangle

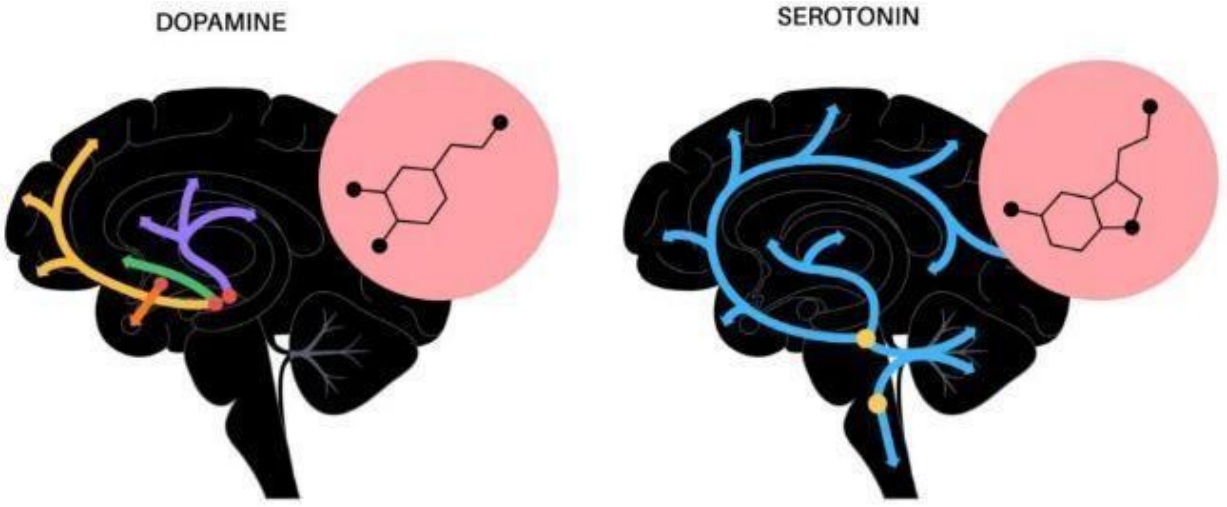
Step 2 - Assume coherent response for initiating restart up of the programming Step 3 - Understand what functions are absolutely most important

Step 4 - Absolute best solution I recommend for capacity purposes are

- Mood - Auto regulation (signaling repeating triangle) - Process generally shows if it is running the background and you can check too
- Programming - Reprogram triangle
- Stop rewinding and stall traumatic memories
- Block imagination with use of the triangle
- Try to keep it undercover always first attempt to send the signals as a background hidden process to avoid deletion.

The process goes into the background and goes back to having fun. Do not give up troubleshooting and understand using the right information and make sure you are in the right section and not being absolutely unaware there is comprehension of the situation at hand. Absolutely combine with other methods at your own risk. This procedure is basically for people who need to complete something fun or if you feel interrogated and whatever the situation may be. Get the triangle to automatically search and solve problems too. Use it for confidence too.

To do this you can generate the image/shapes/black area internally and signal shapes automatically with the intent the symptoms/programs which needs to be covered up including locations intention in any way automatically available to cover up the areas causing the symptoms. You can even force it to be automatic behavior. If DID System alters get fed up, they may speak to signal to stop the symptoms simply by speaking and using imagination. You can get your brain to search for problems and automatically fix them by sending a black background touch response (or using a shape). Signal the pressing of the object and signal to activate actually and automatically search for problems it can automatically resolve. This should help. The shape and signal should have to start up automatically if it closes down. You need to understand that otherwise it will not start up automatically. This can be used to pump through chemistry too. The shape repeats but disappears into the background. If it does not simply show, look through to cause it to react and continue pumping everything it can. See Chemistry Generation for more ways.



Try combining methods as that will help a lot if your memory plays up. If you need a different solution see tools section as tools may manifest with DID Systems. Do refocus on your organs if you can too. Doing a refocus on your mind may assist in chemistry releasing too from having the focus taken away. Your brain may have made changes too, for example you might not be surviving because you're not being immature enough. This coping mechanism may be the very core of your need to get essential survival and positive emotion outlay. Give it a go, choose to feel immature then act it out in a safe environment.

You may also need supplements for chemistry functions if these sections do not work or you struggle. You need to write down how you feel including anything hiding that may be hiding the emotion too. Symptoms are very manipulative with these conditions and can cause problems such as depression with headaches. Once you have done this see a doctor and report all the information to anyone you can that understands what you are going through in the mental health industry. Otherwise continue below.

This is for when you have negative symptoms of schizophrenia or a DID System and have barely or no emotions. Tell an altar with emotions to come out. If the alters have taken too much trauma it may disconnect from your emotions if you have a DID System (even DID Systems buried underneath schizophrenia if you have one). You need to pass on the trauma to another alter. The emotions should then return. If none of that works you will need to take Magnesium L-threonate and Ormus like I did as that may help the brain to grow want and desire for emotions to return..If that doesnt work you will need to put a hieroglyph for the emotions to return and consider may be a superior intelligence such as angels or your ET friends will help. I know the aliens may find you interesting if you have schizophrenia because I have seen on facebook someone take a photo of a UAP. You will need technology. If you see Zetas or other help in your room then let them take over if you need help with restoring emotions. Astral/Zeta Reticuli Entity Experiments and Appearances Understanding section for more information.

If you have a DID System and these instructions are not working then you need to ask if an autistic alter has come out. You will need to do some rocking before you can get chemistry access. Scroll further down more specific instructions for release chemistry.

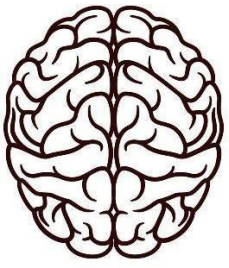
Be aware the algorithm for chemistry changes for people with a mental disorder. Try a different method if it stops working. This may happen throughout the day for some people. See the excitement section if you need to.

If you start to lose your emotions you need to understand this can be the brain being unable to connect in terms of dimensions, it can also be a memory problem too. See the memory section and if you have a DID System then try to work together as a team. Also be aware that unprocessed delusions cause all sorts of symptoms too. If you are still experiencing no emotions then contact mental health services.

Tell your alters to come out too as this can fix the problem straight away sometimes too. If you have trouble with that then tell your subconsciousness to kickstart itself. See dissociative amnesia dreamstate sheet, see astral consciousness procedure. Once the emotions return, continue troubleshooting tomorrow. If nothing works then get the Zeta to do an experiment. Supplements like Ormus and Magnesium L-threonate can help the brain troubleshoot symptoms too (given you are on them for a long enough period of time). These two supplements help the brain grow and learn too.

If you have been watching TV or playing lots of video games the schizophrenic mind may want to entertain with an interactive story (not a real one). See Psychosis and War Video Game Understanding for information. See if you are able to generate some serotonin. If it is too hard then see DMT from Lungs with Mental Disorder Understanding then come back and reattempt if you want to.

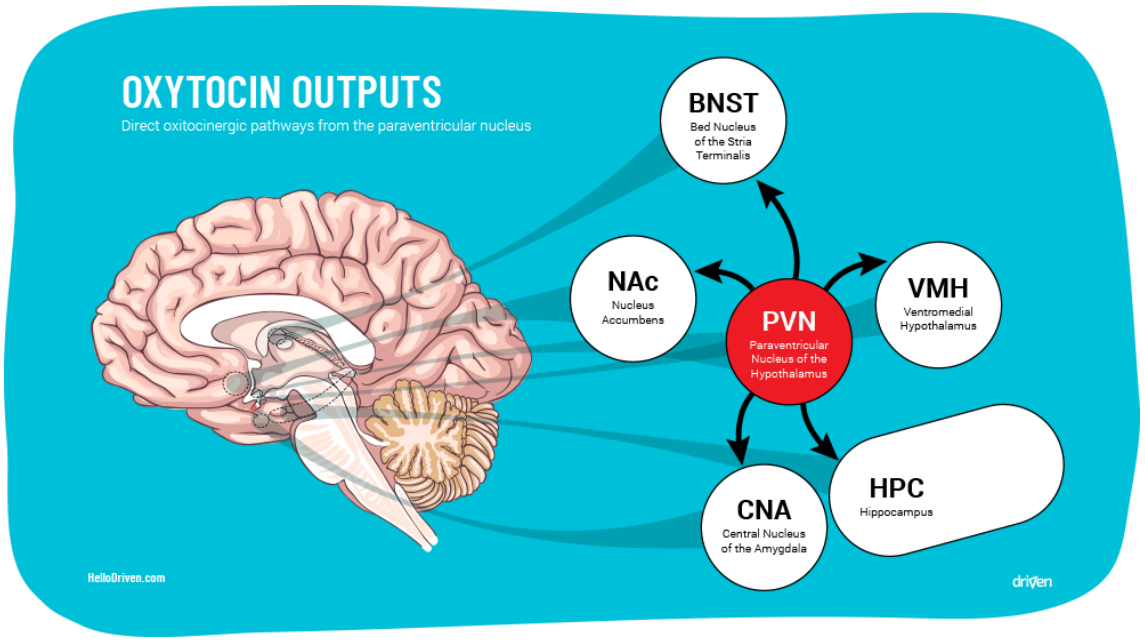
Perform an assessment first to see if your mood is ok. If your brain is in pain then see the pain correction section first before troubleshooting this way. Your mood does not always determine your ability to do something in certain cases with negative symptoms of schizophrenia and DID Systems. Understand if it is a memory issue then see below procedures to resolve it. If the voices are hostile then you might need more dopamine. If the memory is bad, you might need serotonin. If it doesn't look like your brain trusts you then you'll need oxytocin. Be aware of memory attacks in chemistry situations too. See memory procedures in subjects covered. Be aware if the DID System has covered up symptoms…it may force your mood to be ok but then you should skip ahead to the excitement section. If you are unable to restore links then go see Excitement or Tools Chart Understanding section. See page 1 if you want to test light language first. This can force chemistry to pump through automatically and signal the correct programming and remember to enhance it with excitement too. Excitement will make the experience more interesting See Excitement section for further information. However silly it is, if it is appropriate and fun to do this will raise your mood and reality will bend in the good mood. If the memory loss gets too bad and you cannot read then sort back to physical movements such as the ones explained in this guide. You should still remember some of it. Otherwise, you can go straight into the recovery section. Please be aware if you have negative symptoms of schizophrenia the body will be withstanding the situation and may not be able to produce chemistry naturally too due it affecting the organs. This guide can help with that.
Understand also if you go down a dark path the organs may cause pain from too much activity. **Beware that music can drain you brains chemistry fluids. Be aware that gaming with the music off may help you too, if you have negative symptoms of schizophrenia.**



If you play around with your organs and get a good understanding of the way they function and comprehend the features of generation or release of the organs you can signal to your organs using your imagination but force too automatically send through chemistry automatically. To start picture the organ in your mind in any way you can and simply flash the organ multiple times and signal what you need (picture of the organ flashing on and off with a sound chime). This means you get the organs to respond automatically when the function stops. That means it starts up again and sends through the chemistry automatically. This should work for a good period of time and then you will need to reapply this method. Speak to your doctor and supplements too which help organs generate chemistry if you run low on it. Do this at your own risk. I am doing this too though and I will continue doing based on Auto Concede and Do not Concede processes. The reason I allow this is to protect the body and mind. It is up to you though; it is your life decision. Do what seems right at the given time. This may resolve all kinds of symptoms and get things under control and help your medication kick in better too. This is a good thing, if you are not sure then re-read the guide to get a better understanding.

- If you have auto regulation of chemistry problems with autism you can flinch your hand sideways and focus on the organ it should regulate chemistry.

- To start up oxytocin faster you need to flinch the middle area of the brain which could mean you will have to do a slight turn of the head to force quick response to get oxytocin running. Do not give up, continue troubleshooting or go into recovery. Consider if you need supplements too and have to report to doctors and support networks. Always believe in yourself. Make sure oxytocin is always running because it is required for trust.



- You need to understand if the brain is lacking a certain type of chemistry or fluids then it may prioritize that first.

- Staring as if you are dead can force auto regulation to start up if your brain is not responding. This means focusing your brain to be still for a controlled short period of time and then let it auto focus back to pumping again. This should signal critical chemistry function. Reapply as you want.

- For critical serotonin routing repair, you need to focus on the end pipeline of the gut and push using the feeling of this area and then you must use the back bones of the buttock and push through an opening where chemistry and fluids flow through. Force all this through and the serotonin will sky rocket. This is a very good method.

- If you are not sure what to do and chemistry generation doesn't seem to be working for you because you are unable to get chemistry access then see the excitement section. Excitement can give you a boost if you are unable to recover either.

- Don't assume you do not need your medications. You MUST take them as this guide requires you to take your medication on time. Speak to your psychiatrist about supplements which help too as they help me a lot. Do not assume you can work if the doctor/psychiatrist doesn't approve. Be sure first. Be aware excessive computer usage may cause issues too. Be aware if you have a DID System and it is baring you from seeing this information it may be because of an alter issue. See DID System Understanding and Critical Alter Activity.

- You could smile first to signal to your mind and body you have an intention of being in a good mood first before doing any hand interactions.

- **If the brain refuses to cooperate in the way you thought would work you need to understand and comprehend oxytocin is always a solution. To start oxytocin release you can signal using your hands open and then send them the left hand at front of face backwards (then forwards) and do the same for the second hand in semicircular motion and focus on the middle of the brain and pull away slowly. Reapply where necessary. Then continue troubleshooting from there.**

- You can use a DID System to cover up negative schizophrenia symptoms by waiting to feel affected areas and applying the alter with the feeling of doing this and accepting this over the section the negative symptoms/lack of chemistry is affecting. A DID System can cover up a certain amount of the negative symptoms phenomena for a period of time. Reapply as needed otherwise continue below. This only helps you cope. You may still need further chemistry to increase capacity.

- Where the organs feel a closed bubble area push through into the area and signal and feel intent to auto locate areas with the intention to generate and release chemistry (auto disburse). This should access essential chemistry at the time if available to do so.

- There are many ways to do this. You can feel around the organs (for example in a circular way around the gut by mostly feeling it and some focusing too such as focusing in and out or focusing automatically from the hip like the gut for example with imagining a shape such as **a triangle moving around the gut FAST to awake it up** and then close eyes to direct the brains activity and hands facedown push hands up from hip to above the forehead a few times and imagining or see below. Closing your eyes when interacting with the organs can force it to be a higher priority. Use your feeling of the organ to press down on the gut to force it to generate its activity. Works for other organs too. You can imagine a spanner that auto locates various signaling and intentions for fun. When you pump up and down (hands in front of the belly pushing up and down) and it releases dopamine and serotonin even if the organs are blocked. Further problems? Then continue below.

- **You must understand that if dopamine areas may be affected by areas which are blocked that the medication should not be blocked causing further negative symptoms. You have to gain control by focusing on the affected areas in any way you can and also report it if this happens to your doctor.**
  Troubleshooting this guide will help but you must realize the medication is still fighting off the rest of the symptoms too so you will still need the medication if you have a mental disorder. You must report this asap if it does happen otherwise, you will be stuck troubleshooting with this guide.

- **Feeling the inner tissue through the thought of the cortex can wake up the dopamine neuroreceptors forcing dopamine to react and enable function and also an automatic signal to the gut to drag in serotonin and the other organs for dopamine. This should force the medication to kick in easier and help resolve capacity issues and pain.**

- Focus on various organs (like the gut for example) inside and rub belly up and down and move back forwards to send serotonin up the back. You can do this to the sides by rubbing up and down too for dopamine. Just be careful and at your own risk.

- If organs are blocked and you are feeling various points in the brain and body then it may feel like fingers on you. Simply direct the activity as required and it should be fine and restore state. Take in and let it automatically distract and then take again until it auto focuses.

- Once you have chemistry such as serotonin for example you may need to stimulate it too if you have negative symptoms of schizophrenia. The fastest would be understanding how the brain stimulates itself. For example, if you were to feel the activity then focus through in a feel-good relaxed type way where you need to calm down. You can use a light language to do a repeating process shape as if the program re-enable itself back to the shape so the brain automatically stimulates from there. This will fight pain too. Only stimulate if you need to.

- If you need to further signal the intent to stimulate you can get hands and hold one on the left side and the other on the right side and can help too with combing the method you saw above here. Further problems? See below.

- If you are in a dream state you may be able to extend hands to sway them up and down or across swipe to play a situation where the hands take chemistry but in fact it all is all in the mind forcing organs to regulate. You can read the activity in the organs as you can feel them moving regardless of where you aim the chemistry. Do not be fooled by entities acting strange in front of you or voices. This is all not real and just makes you realize it is all in your mind.

- This above is generally the easiest way – If you need to troubleshoot further read below. If you

have been drinking alcohol and have negative symptoms of schizophrenia you need to eat some food and continue troubleshooting otherwise the dopamine and serotonin link may break which causes incoherency and broken dopamine links. If you don't have these symptoms then doing some forced laughter should improve your state. Be aware of your consciousness levels of chemistry and stay in control of your life goals.

- Smiling for as long as it takes can produce chemistry if you are not sure what to do. Oxytocin can be generated from using this method then you can interact with it below. This method should improve your overall state. If smiling does nothing then the brain has lost its software to generate chemistry. You must have a working chemistry long enough to brain to generate software for chemistry to function – Signal the smile in any way possible and use a shape and increase serotonin and dopamine see below with the shape flashing and signaling the intent with the shape reappearing if the brain attempts to delete or stop the software.
- You can also signal your fingers on both hands against the spine to send the intent of serotonin following up into the brain. Force the brain to respond to this by imagining a shape and swerving the finger to hand/spine to send up the back into the brain. You must develop abilities like this by interacting as much as possible with the body as the brain software sticks around if used regularly. Understand there can be a loss of certain abilities so be sure you're performing one that sticks around.
- You can concentrate all organs and they will produce chemistry naturally. If not, continue troubleshooting.
- **This guide can help auto regulation of the organs to force it to produce chemistry.**
- You can segment then auto flatten with negative symptoms to calm down symptoms if you have conflicts in the mind. Stopping the brain from accessing too many chemistry areas can leave an opportunity for excitement and that will reduce the pain if you do not overuse the brain for chemistry if you get headaches.
-
- If you are overweight you can flop your belly to signal a serotonin link and continue the troubleshooting below.
- *Your ability to be able to perform at the given time due some areas of medication compatibility* and ability is to focus a throughput on throbbing on my brain and feel the tension/brain against the areas to edge a target point. I then get my knuckles and place on fist on my left and right side of my brain and stay focused on this. I then move the fists in opposite ways up and down in various flows of moving choice. This forces endorphins to release and then it reestablishes a good serotonin link. You can try this yourself but be aware if voices react to it then contact mental health services if it goes out of control. This may be a good idea but may cause issues for some people depending on their history and medications they are on. This also relieves pain too and can help a tension headache too. Reapply where needed. Be aware your mood is ok but if your excitement has gone down as chemistry generations won't always bring it back. I have tested this against the DID System and my Schizophrenia. You may need a break.
- If your psychosis/negative either from schizophrenia and/or DID System symptoms have a defense against you trying to help it and even speak with **words of mistrust and the other chemistries have attempted to be generated that means there is a lack of oxytocin.** To increase oxytocin, you must **psychically interact with this section of the brain** and use your imagination with a shape pushing through the middle of your brain. You also put your hand against your face and push forwards in that area to release oxytocin. The mental state should massively improve and you can keep troubleshooting from there to get even better.

- **Focus in and use your hands to signal an area like the gut through the spine and reel and feel the serotonin to the brain. You can focus out too to feel the chemistry moving with your hands. You can also focus in and focus letting go of various areas then focusing in again and signaling the action with your hands. Reapply this situation again, and again where needed. This should enable you to access your chemistry a bit faster however it depends on your capacity and oxytocin to be able to do this.**

- **Just a reminder your beliefs affect your current output of emotions so always think about something you feel good and excited about. Excitement is covered in the subjects below.**
- Be aware if you have negative symptoms of schizophrenia the brain will defend itself against this information. You must have chemistry access first. If you proceed below without chemistry access there may be mixed results as the brain is forced to release resources it doesn't have. However, you can use chemistry generation to fix broken links too.
- **You must understand the organs will be unable to be signaled without chemistry access. Chemistry access may be partially given too so read below if you are unable to resolve overall chemistry access.**
- **You may need to bring your serotonin down if you're stuck in a dream which takes too much control over your chemistry. This is because of negative symptoms of schizophrenia. This means you can force the serotonin down by signaling your finger/hand against your spin and signal it down. Then signal and pump the gut using your hands to bring the serotonin back up. This forces the astral state to negotiate and be more constructive to another activity (for example – playing a video game). Make sure you bring your serotonin straight back up otherwise you'll feel sad. This is ONLY for people who are stuck in astral consciousness and are unable to have fun doing other things. However, you may find if you have a DID System you should ask what you recommended if you have multiple alters that are awake.**

- **Serotonin. Oxytocin and Dopamine link must be established at all times. The serotonin links the brain can be broken with negative symptoms of schizophrenia. You must follow this guide to reestablish a serotonin link to the brain from the gut. This will enable me to do basic activities such as Facebook surfing, playing video games and music etc.**

- **If you have been diagnosed with negative symptoms of schizophrenia, you may have an autistic component to it. This means you may have to rock your head left to right to automatically pump and release dopamine. You may also have to rock back and forward for serotonin. If you get a headache it may be caused by too much activity in the brain especially if you do too much of a higher capacity driven task at the given time. It could probably be an easier activity.**

- **If you have astral entities around, see if you trick your brain into giving the chemistry by tricking the brain into giving in on the situation. This is through various hand interactions from them with open and closed eyes with these beings. This is the fastest way to get chemistry instantly.**
- **You must study astral consciousness if you don't have any manifested astral entities. These entities can be seen in the paraphile and closed vision if you have them. I know this is a fact because my sister does this too. These beings will act on the flow or programming of this ability. If you do not have this option continue below.**

- **Be aware tension headaches can cause all sorts of symptoms! This can make it harder to follow instructions and you may need to recover first. So, if you have tried chemistry generation you may need to mend the tension/pain headache with medication first however sometimes you may win using this guide too. You can only use chemistry generation once you have allowed the brain's flow of minerals etc to go through allowing you to continue.**

- **The format for negative symptoms works for me following ways**

- **Fighting negative symptoms of schizophrenia**
- **Euphoria – Make sure you realize this before continuing – Trick your brain**
- **Excitement – Flatten out first to convert to excitement**
- **Astral State Test – Confidence to interact**
- **Fun**
- **Happiness**
- **Break**

- **Repeat**
- **You can fling serotonin from the gut by getting your hands and curving a flat layer then pulling your hands backwards and up. You also focus on your spine and this should take the serotonin from the gut to through your spine to your brain. Try fling other organs too as this may help even further. If you can even fling chemistry up your back too.**

- Learn to read the internal inner feeling pathways of your body. You can actually feel the internal pathways and gain control of them if you are in the correct state of consciousness otherwise continue below.

- **You may be able to imagine a squeeze against an affected organ not producing chemistry to get a good response.**

- **If the negative symptoms are stopping the brain from creating good programming this may mean your serotonin may have been used against you having fun. Get your hand focused on the hand to stall serotonin and then continue troubleshooting.**

- **See pain and correction understanding and also under pain correction to see if you are in pain, you may not comprehend will reduce your ability to use the below procedures. You can use this information to help but critical understanding of this may be required.**

- **If you are having trouble reading then go for serotonin even further to see if it helps. Stem back to spine with fingers rolling around and around. A lack of serotonin can cause immature activity too so be aware.**

- **You must understand a schizophrenic brain may be condition specific and act like a computer. This means you need to tell them to request an experiment. Once you have requested, get your brain to tell you how to interact with your body/mind, move accordingly to signals and coherently follow these instructions for the desired outcome. Even if your brain says we've done this before just explain with confidence let's do this again anyway.**

- **Once you have practiced this entire guide you must understand you may be able to train your body to do various activities to create a more interesting experience.**
- **You must have physical access to the body organs to start generations from this guide as seen in chemistry access.** Doing some forced laughter may also help make the situation be euphoric too but for people with negative symptoms of schizophrenia it requires more work because the organs which procedure chemistry lose programming to work. This will prove the negative symptoms have blocked access and if you are schizophrenic and the negative symptoms have taken over too far.
- It is always better to have access to the gut rather than soaking up what's left in the brain as seen and proven.

- If nothing seems to be working you may have to meditate to resolve this or speak to your doctor about the medications you are taking to find out more information on outcomes of the diagnosis and prescribed medication (medication is critical to keep in control of overall symptoms).

- Remember to establish an automatic feed of chemistry you will need to give the body some motivation which means feeding the dopamine through. An automatic feed of serotonin will not stay connected if there is a lack of active dopamine being released to the brain.
  Understanding this is important and making it a priority too.
- If you find the state intolerable then keep trying and don't give up. For example, you use the F tool in the chart, this can be used as a mental spanner against the affected areas of the body and mind through your imagination.

- Run the toolset in the organs below the brain let the gut for example otherwise proceed below. end too much up because you only need enough to generate an automatic signal – Excitement is what you go for next.

- Continue below to manually generate essential chemistry if there are other problems.

- If you can then manually flatten out emotions if your brain is in such a state where **unable** to produce chemistry, it can help extend other activity situations but make sure you've given the brain a rest so see recovery procedure above.

- Dopamine is required for serotonin to function and you will deplete dopamine sending up too much other chemistry in theory so you must manually pump the organs on your left and right side above hip up and down with assuming signaling/assuming training in/or/shape imaging (such as a triangle) other way possible using your hands flat up and down either way. For some people you can also flip hands and move them serving too if that helps. Also note that focusing in and out of these areas can increase the chance of dopamine becoming active for release.

- If your body is responsive to mudra, you can also try wireless hand signal picking against the organ to make it more active for release too. This can also involve pressing your fingers against your thumb. Notice the area changes as you use each finger. Different ones have different chemistry functions. See Mudra understanding below for more info.

- Beware of bad programming sending you in the wrong direction by the brain. This can mean that negative symptoms of schizophrenia may provide you with misleading information on what to do.

- You need at least some dopamine and medications to stop conditions with psychosis and ask the doctor if the correct sections of the brain are taken care of based on your past history. This simply means signaling the area up and down and using your imagination can help too.

- If you're taking nicotine and you have schizophrenia with negative symptoms, understand this can also break the automatic feed of dopamine. This doesn't mean you have to give it up, that's your decision and your life choice. Also understand this can use up stored chemistry in the brain too. You may have to give up vaping and smoking if your mental disorder prevents you from getting a nicotine hit. I switched to Nicotine mints and got a bigger nicotine hit from it and this reduced the symptoms too, which gives more dopamine.

- These can be combined below. See below if problems persist. You can force the gut to feed the brain by feeling it round and round in a circular way for about 15 minutes. Then in about 2 hours it'll automatically feed the brain serotonin but for instant relief you can establish a temporally connection by hands facedown push hands up from hip to above the forehead a few times to regulate chemistry into the brain.

- The effect this gut crushing attempt can do is convince the gut it needs to release more serotonin on a regular basis however the effects of doing this will go away over time so you will have to redo this if you have **negative symptoms of schizophrenia.**

- - This guide won't stop you from having a mental disability if you have one but will really improve your day. Make sure you actually need this first before doing it. If you follow this procedure too far you might need supplements to restore and refuel your organs (for example, Vitamin D 10,000UI and/or 5-HTP). Supplements may convince the brain you want to feed it an outcome but for people with negative symptoms of schizophrenia you will need to action as much of this document as you can even if you take supplements.

- This works for me and puts me in a good mood. I find this even better than the placebo effects but they can help sometimes. Placebo effects generally only work for a limited amount of time because the negative symptoms generally patch any other attempted access from certain conditions. Be aware placebo effects can cause undesirable effects so make sure you are doing this responsibly.

- Once you have enough bandwidth to have fun then you must flatten out your bandwidth/emotions to secure the signaling. This should get an altered system to respond and support you. Feel a bubbling out and think grab it for the frontal cortex. You can do this by focusing on the cortex and keeping the signaling there and waiting for a response in any way possible, for example imagining it popping out like a lump in the brain area it should go through. Repeat all instructions. Don't give up. This can also encourage the brain to regulate emotions even further.

- You must try as much of this procedure as possible to be relaxed or excited. You also have to redirect chemistry to hobbies too. Do a reprogramming if you have an implant or are in astral consciousness. If you are not getting your hobbies through then do a reprogramming.

- Focus as if you are sleeping to increase overall bandwidth alters and feel better which means test your density state. One of the fastest ways to test to see if you are in a high density to see if you can choose to be happy which appears uncommon with people for negative symptoms of schizophrenia but a dream like state in the condition can provide enough bandwidth to be happy to. See FuZzCasT - Dissociative Amnesia Dreamstate Guide further information if you want to feel happy otherwise continue to excitement once you are finished in this section. Just understand you need excitement too because then you'll be more interested in interacting with your reality.

  - Need to be excited and euphoric as much as possible to relieve pain. This helps the brain restore function. Action is required against brains which suffer pain to dopamine flow because mental pain can be a silent killer wreaking havoc in any way which can be very hard to understand. You must understand if you have treatment resistant schizophrenia that pain killers may be required.

  - Holograms/Spirit Guides can help regulate emotions and controlled motivation. This is for people who have been provided spirit guides/implants. For example, dopamine which can speed up the communication in the brain to allow take over but can cause psychosis. If you can manifest angels or visible entities in your reality, see if they'll provide assistance if you feel unsure what to do.
  - Subconsciousness can get altered to respond then signal back to get alters to help. Advise what job type you desire through thought. You must instruct the sub conscious every day to get things done properly. This is because the brain is processing too much information. Install DID System software and anything that helps. You can even signal the area and tell the subconscious you are interested in that area if you are schizophrenic such as the gut.

  - ALTERS CONTAIN THE MAIN PROGRAMMING STORED IN VARIOUS PERSONALITIES. The The brain has a basic understanding on how this all should work. They are unable to communicate with no serotonin.

  - If there is a loss of software you must wait for serotonin to generate enough software before pushing it even further. Dreamstate experiments can help with other symptoms. See below for more information on astral entities which may provide help if available.

  - If you are unable to generate activity in long enough time from all of this information you may have to get the body and brain communicating in any way possible to even get chemistry access. Stare into dream state projections.

  - Adjusting levels of manually or automatic dopamine commands can really make a difference. Causing communication in the body should be able to build up situations where it enables to take over the programming. Read below for more information.

  - You can start doing this by flapping and flipping hands and signaling in any way possible. This will bring up the serotonin as well. This also helps with fixing broken links. Never give in until you have enough bandwidth to have fun. This can change if the alters have switched or have come out. Don't believe in any situation that tells you that is not true.

This is not your problem. You can also force the astral unit to get vessels more responsive to activity. This sends data from the astral plane which enables excitement. This is only for certain types of people with schizophrenia.

- Releasing endorphins can be a good pain killer by focusing it in and being patient to reach your brain thought release process. This can be done automatically Just focus/feel it through and be patient for the chemistry to reach the brain. This thought releasing process is not able to be done for everyone and condition specific may give you edge over the situation but if you have taken a break, you must contact mental health services or medical professionals/doctors to get help.

- If you get fatigue and your neuroreceptors decline function then focus on neuroreceptors and feel through accepting a no reward response to continue what you prefer. This may vary in results but for me it did drag in some chemistry too which helps.

- If you have an imagination that can introduce a shape by seeing if the over processing of information allows other shapes to show up automatically in the dark area this can force a chemistry response from the organs to restore or enhance chemistry.

- Imagine something slamming the left and right organs which will force dopamine to release. You can also combine this with your hands too. You do not need to psychically push the organs unless you are trying a different method.

- **Try to focus in with your palms and fingers on your lap facing towards face sitting down and see if you can generate essential body fuels then revert back to the rest of the chemistry generation procedure (probably feels like magnets). This may work for some people; it works for me.**

- If you have light beings around you check to see if they are offering any assistance in the situation. If there are some available to help you can get them to interact with the organs. Try anything you can. If this doesn't work continue below and keep troubleshooting.

- You can and must understand serotonin and critical chemistry restores your state even if the hallucinations are said this is wrong in any way you can. Another way to wake up the gut is to use your hand against the gut to convince yourself to edge out and force a response. If nothing in chemistry generation works then put up a hieroglyph on your wall demonstrating you need a telekinesis implant. This will force the brain to create through processing too much information. Take down the paper straight away once it has manifested. Also understand you will not be able to prove this to anyone so do not bother. It only works for generating emergency chemistry. This convinces the body there is no other way and must respond this way. Report any pain and outstanding symptoms to mental health services and your guardians and support workers.

- If you still have broken links and have a DID System then see Critical Alter Understanding for a DID System assessment.

- Is your mood ok but no excitement? Head over the excitement section

For example, by playing with the organs in a positive and playful way regardless of the reaction towards and result to the organs. Showing this exciting playful way may restore some auto regulations.

- Be aware the mind does choose which path is more easier to respond to. So try the toolset first and if you have trouble remembering how they work then proceed to written instructions below.

- If the mind creates a co-connsciousness outcome you may need to get the DID System to cover

up over its pain before it can send good programming to help you as a system.

See if the alters will help you as a system by asking them and focusing the reading as the DID System would to help. Otherwise continue actioning below anyway.

Flattening

- If you have negative symptoms of schizophrenia and you need to free up brain resources you can focus on the back of the brain (where some of the emotional processing is done) then focus to flatten out emotions. Excitement comes faster for reduced flattened area workloads. If you want excitement or euphoria you can keep troubleshooting...it is up to you.
- If you need to flatten out and cannot reach your cortex to flatten then assume a manifest situation by using a singular thought against the front upper part of the brain such as an object where it manifests an ability to tide over the brain to flatten out. This should stop depression if the brain has a lack of serotonin or the gut is running out. This may work if your mind has schizophrenia and is in maintenance mode.

- Be aware the DID System may be studying in the background. You may be able to assign an auto regulation job to the DID System. Reapply as needed.

If you are feeling drained of chemistry then understand you still have the option of treating it like pain. See pain correction section. Otherwise continue below.

Overall chemistry release [Be mindful oxytocin level causing delusions] - Make sure you keep this under control otherwise it may cause bad assumptions - See chemistry access instructions or continue below. **Make sure if you have TRS with or without a DID System make sure your beliefs are correctly coherent or good enough programming. Be aware if you need a break. Remember to try different ones as the algorithm to which ones that allow the chemistry to release will change. Otherwise try a different section or take a break. Taking a break will give the brain more mobility to fight negative symptoms of schizophrenia. Once you go in to a neutral state then check out the excitement section. Come back to this section after excitement for euphoria if you want.**

- If your imagination is struggling then see if your mind responds to words and sentences. Figure out what gets a reaction with chemistry from the organs and brain and use it in any way imaginable either verbally internally or in a safe environment. This is generally just like doing a mantra but it is the same thing when it comes to chemistry.
- You can repair broken links with hands twisting left to right really fast multiple times. This should force the organs to respond.
- Focus a press down or push through on the organs most of the time if you remember. This will force organs to respond. Be patient if you are recovering and wait for it to go through. The mind should automatically focus on the areas which need to be pressed down too so leverage on then off and wait for focus to select the next area and do the same thing. If it doesn't do this you can choose which organ you want to do this too.
- See the diagram picture the brain and outputs for chemistry. If you point this out to the brain that these areas are empty and that you are starving in these areas, the brain will understand and attempt to contact the organs for those areas. This may have mixed results but will not always be the best solution.
- If your brain is processing lots of information this may provide automatic data if requested by thought or signaling in any way possible through an idea format to direct the hands to move in the direction of the desired organ to provide chemistry. This can increase serotonin levels too which is essential for survival.
- If you are overweight you may be able to convince the organs to release chemistry by lifting the belly up.
- You can auto focus off the areas of tension areas with organs and in any way you can and various other activities to wake up organs and some essential chemistry going
- You may be able to force serotonin and dopamine up through focusing on infinite pipeline ways on the

mind. First sections that may route through are the left and right temple on the side.
Next up is the dopamine which should access at the front of the mind. Practice and see where it goes.
Try mixing this up in any way you can.

- Eyes can focus in a magnetic field of energy to automatically assist with auto regulation.

- Open a **visual** window and acknowledge the negative symptoms of schizophrenia in any type of window you can in any way interactively possible.to force some auto regulation – Reapply as needed. You can imagine the window inside the imagination and interact with it to acknowledge the symptom.
- You may be able to think and signal to organs to ramp up the activity specifically. This may have mixed results but you can aim for various automatically auto focused organs at the given time. Remember the authorization changes all the time. This means you have to continue troubleshooting at some point.
- You can gain control of chemistry that does not respond in the brain. Auto locate placebo effects with an automatic aim by signaling a feeling of imagination reaction with a chime. Repeat this process or reapply as need be. A habit of a daily focus with placebo effects for auto regulation (with a refocus if you need to) and anything imaginable that can help from the guide should make things a lot easier. You can try using this as a basic focusing method for anything that you do.
- Panic thought segment may give access to memory fast to generate enough theories and ideas faster to bring up state into a good mood. Remember to consider a priority if you have negative visions too. This forces a cover up too for other annoying symptoms.
- You can create multiple auto locate points for auto regulation of areas with tension. This means you can use your imagination to signal for further separate signals so the brain reacts on more than 1 variation of auto locate signals throughput. You can auto -locate shapes on these areas if it makes it easier.

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- If you hear internal voices then it may be signalling for access to the gut so use the internal activity to signal the gut which will then send up serotonin
- Auto regulation can temporally happen if you lay your head on a flat seated surface and you rock/move your head left to right while also assuming the letting go of any tension and focusing the brain to flow its minerals etc. freely. This will work but you may need to reapply this for it to work again later on. This drags in a bit of serotonin and dopamine from organs too. This is probably the most recent fastest way for me.
- To start some auto regulation for chemistry you can see the recovery section or just close your eyes and focus inwards and it should contact the organs for chemistry. This will not always work but if you can do this then it will be the easiest way to generate chemistry. If the visions reprogram your emotions to force your eyes open then you need to focus and feel as if the eyes were closed.
- If there is screaming in the background you may be able to drag in chemistry from the organs and throughout the brain. This is the brain in pain from working too hard. You may need or want this chemistry; it is up to you. Sometimes the screaming is very quiet or hidden too.
- To force all organs to allow some auto regulation simply imagine a single appearance of the shape while taking in all command to body focus to worship this process. The organs should then signal each other then this will allow for this to continue. Reapply as needed.
- Let the fluids in the organs slide with focus, feeling and intent of allowing this to happen through flowing in any part you can.
- If you feel closed in at the time with your minds emotions then squick to ROAR outlet to force the brain to open up the neuroreceptor pathways
- Get a square imagine the square going up and down tumbling all the organs
- Get a diagram in anyway possible and going up down across all organs
- Put both hands over or on and in front of you and it will wake up organs and send chemistry/fluids to your brain (varying results based on medications)
- You can tell the subconsciousness (if it can interact with you) to speed up its processing for auto regulation.
- If you feel fingers on and around your body just let it drag and slide its way through to force auto regulation.
- Organs can generate or release chemistry if you are able to focus at the time if you can and signal them to function regardless of pain. This way you can get back to having fun.
- You can get chemistry and some auto regulation but understanding if the mind is processing too much information, then understanding certain areas may influence the activity. For example, if your mind is building a layer of information then you can use thought and feel a swamp action by letting that through.
- Try hiding some of the activity if you can in any way possible. This is if the mind is having problems sending the programming through for chemistry generating situations.

- You can generate/release chemistry by pressing your thumb to finger and auto focus off the pressure of touch. This is a quick and easy move. You may be able to focus on the fingers and auto focus the feeling off them too. Works for me. You can even auto focus off any feeling activity on your fingers too.
- Try gouging the organs forward to boost the reaction for chemistry. Sliver gouge too. Those are three signals that curved lines can send up chemistry. This can force auto regulation to function too. Use this in your imagination and imagine the curved lines heading up from your gut. You can also get your hands and move upwards with imaging the curved lines from there.
- Chemistry can auto regulation through assumption with even feeling and throughput thought of being nervous can forward to an algorithm automatically to force some auto regulation regulation of chemistry. You may find serotonin is generally the first one it starts with due to negative symptoms of schizophrenia.
- Spillage or organs to spill dopamine and serotonin. Spill dopamine from organs to both sides of underneath the rib cage. Spill serotonin from the front lower connection pipe of the gut. Simply feel with intent to spill the chemistry in these areas. If they do not respond then imagine 2 shapes with 2
- If the body tries to cover up areas making them inaccessible, then focus on your imagination to organ signaling and imagine a sphere for physical interaction underneath the covered-up activity to force the organs to respond. I'm finding this a very important mood to start up during the day. This may help with excitement too. If there is tension on the areas or a lack of activity... you may be able to auto locate the in- theory pipelines across all the organs. This is important because it should increase excitement too. Remember this is in any way convincing. You can get chemistry running by auto locating hidden areas creating a sphere to direct the area and program inside the sphere to auto locate affected areas that are hidden. This may help with auto regulation too. Try accessing the hidden areas in any way possible including using different tactics in imagination if nothing works.
- Try feeling the empty chemistry areas in the brain and signal for a placebo effect to the organs in any way possible to force the organs to respond. There are endless ways to do this. Have fun.
- If there are finger-like situations causing a block against fighting the chemistry and other symptoms you can focus on the finger/affected area and redirect the activity to fight off the symptom. For example... a placebo effect against outstanding areas. This can affect all organs. You cannot gain control then just imagine a tool or anything you can to reach an agreement.
- You can let through some auto regulation by changing the way you allow yourself to accept the offensive side of the situation. This is hidden by the brain but allowing the offence through just perceive it as fine and allow it in any way you can. This can raise serotonin, dopamine, stimulation and potentially oxytocin. Feel this through the organs and allow them to process it all through.
- You can focus with your mouth through certain feelings of want and desire for aiming chemistry at the body. Feel and believe enthusiasm and reapply as you want. This will contact the organs for chemistry.
- If you have negative symptoms of schizophrenia and your brain is looking for somewhere to aim the extra activity in the mind you may be able to signal your organs to work faster even by signaling the intent and desire for the organs to work harder. Be careful because the organs may get in pain if you do this for too long. It is up to you and at your own risk.
- The brain might be reacting based on past history towards the organs. This method has helped me so far.
- You can signal the organs multiple times with an intent to release chemistry.
- See chemistry papers too if you have trouble reading. The images will help if you have a disability.
- If you have ample average you may be able to move the belly up then left and finally right. This should cause a wake up call.
- If your mind is in maintenance mode check through to any eye retinas you have to see if your mind has attempted the correct processes to get chemistry. My mine is both interactive and other simply viewing the mind program.

- As things come to change you may consider a fantasy of autistic nature of creating a fantasy through an output of theme.

- Imagine taps on organs turning on and off to release chemistry

- Focus and feel through all and the inner layers of the gut and other organs you can discover through them and see if that helps regulate chemistry. You may be able to combine this method with other ones below too.

- You can force chemistry in the brain to respond faster by focus pumping using just your mind on the inner sections. This also helps you with auto regulation.

- Think the following to force an overall chemistry response ''I am having fun even when I am not having fun'' - Reapply as many times until you are satisfied otherwise continue below

    - Focusing off by telling the brain to rest if it is processing too much information can aid chemistry to return as the brain processes the dream state better when focusing the feeling off the dream state.
    - Thought/feel pumps the brain to reel in all fuels available. Then focus against the hardened areas to force the brain to reel in the chemistry. Problems persist? Try any of the following below and make sure you have some chemistry access.

- For quick auto regulation if you have an inactive but overactive imagination you can use a shape to signal to heaps of shapes and signal it automatically to react against other shapes should force auto regulation further rather than just using one shape. This is because it needs to bounce off lots of signals rather than just one dominant command. Repeat and reapply as you want.

- If you look your eyes downwards it may switch on emotions forcing a little bit of auto regulation. This is important for functions like serotonin.

- If there are voices available, ask them for instructions on how to direct your body and hand to signal for chemistry. For example you may hear them complain but offer the answer. Simply ask internally or externally what to do. Make sure the decision is coherent and safe too. You can **stimulate** too, this is very important, as it will signal chemistry within, if your brain can signal it in. If your mind can signal back just to the brain to signal back with hand signalling instructions but also **how far and how brutal** the situation is to signal back for organs to send chemistry. You may also be able to use light language by signaling a shape and reading back the signal to instruct the organs.You may be able to read the signals from the organs to signal physical movement (this can include just moving your organs around internally) on the requested algorithm to force chemistry to release. Try to use your intuition to figure it out. Ormus may help with that.

- If your negative symptoms will not go away, check and see if an alter is having a nightmare. Get the alter to wake up. This should restore organ function temporarily.

- Hand signaling plays a vital role in directing chemistry for negative symptoms of schizophrenia. Some medications do not fully medicate involuntary movement. You may actually be able to use it to your advantage by letting the arms, hands and fingers move according to fluids, organ movement and overall activity.. Follow the signals in any way you can against your organs.

- If you play a video game and voluntary automatic movement to move your eyes on focusing the screen and be creative about tactile hallucinations force feedback you can greatly increase your organ feedback to force serotonin and other fluids too. Once again be mindful of oxytocin levels causing intelligence delusions.

- If you are hearing psychosis voices and they are in a bad mood you may be able to use their voice targeting your organs for a response to target essential chemistry areas. This can resolve a variety of problems. Overall chemistry should increase.

- A visualizer like projectm (google it) can force an algorithm throughout the activity to overall body activity. Take in the effects of the visualizer in any way you can using your mind and focus the feeling of the feedback of the visualizer on the organs and body. This may work with people whose minds are in maintenance mode. It works for me. This can force the organs to respond with some auto regulation for example the gut where the serotonin can release from.
-

- Standing up can allow organs to process properly or lying down can help some overall chemistry and may even help with broken chemistry links.

- You may be able to use mudra (multiple finger taps to the thumbs) to circulate various chemistry pipelines with unlimited algorithms if available at the time. Circulate the chemistry in the auto focused area but using your fingers to thumbs in any way that gives a response in all ways possible or available. This may give you euphoria too. Once the desperation for auto focusing calms down you may be able to aim at certain organs and areas to release. Make sure you are aiming at your organs too. Do not just drain all the chemistry out of your brain. If you have enough then up to you as that can be fun too! You can use this for stimulation too in the brain. Just think back to the feeling of stimulation so you can understand how to copy it. You may be able to wheel your index finger around your thumb against affected areas too, for more chemistry. See the excitement section next if the mood is overall improved and also if you are in pain and this has reduced enough.

- If the organs are simply inactive you can squeeze through chemistry and fluids automatically and also by focusing on the area and feeling it through automatically to squeeze through.. Focus to concentrate on the organs and they should eventually respond. This might take some time. Then your brain should auto focus on the correct organs to make them activities. You may have to hold your concentration longer sometimes too.

- For some people once you have practiced a lot of this guide you can turn or twist your hand and turn or twist it back it back and while also signalling the intention of function once you turn your hand. This can force a reaction from the organs releasing chemistry. For example if you twist, twist or flip your hand and signal to fingers to react based on mudra then the brain can signal the organs while feeling automatically through the fingers for chemistry. This may help you big time if the organs are not functioning at the given time. You can

also check the imagination for any outstanding programs that might be in there that work. See the excitement section or go into recovery if you need to. See memory section if you need to check if there is any outstanding programming stopping the organs from functioning such as delusions.

- You can activate lots of various organ chemistry releases and other pneumonia when you use variations of fingers against the thumb while also adding perception of excitement in any way you can and resignalling this. This can do a quick release of chemistry.
- You can train the hands to signal harder by focusing on the hands and fling twist the hands while signalling using your imagination. Do the hand signaling until the organs respond and function the way you assume it would work. I use my hands face downwards and push up and down while signaling to my mind I am training my internal system/organs to produce chemistry while assuming it knows how to do this and I am just signaling to make this regular behavior. Then I move my hands flats up a few times from the hip to above my head while focusing automatically or in and out. The training can also be done from seated position from hands to lap to under the chin. Just make sure you are focusing on the internal organs as a whole while signalling for the brain to train the organs.
- You can imagine a line expanding where the organs pipelines etc are to force a reaction of the organs to produce chemistry
- You can signal your organs for chemistry by combining methods of focus pumping the brain while signalling the organs.
- You can get chemistry fast by processing any unacknowledged placebo effects from your supplements and medications. Simply signal which one you have taken and the organs will temporarily return function.
- Close your eyes and resignal them to signal the organs in any way you can. This should do a quick release
- Resignal to have a good attitude and this should force chemistry to run and help focus too
- Light language can be used to signal organ chemistry by imaging a shape and signal to auto start up the signal shape as it disappears. Focus and feel the signal shape for example like the gut.
- If your brain has a DID System and you also have negative symptoms of schizophrenia you need to understand if the brain is not cycling through your chemistry it may because alters have not come out. Be honest and ask them to come out so they automatically put all knowledge of this guide through straight away. If the only alters that come out do not have too much ability then continue troubleshooting. Make sure you have taken your supplements too. See if the altars are signalling a handshake undercover to cover up the negative symptoms temporarily too.
- See if you can signal to your subconsciousness through thought signalling and seek if you can allow organs to interact. If it refuses you can request to try a different area. This works for me.
- Imagine the feeling of a triangle going up and down while crossing the gut side releasing chemistry and waking up organs. Imagine triangles sizzling in the organs in any way you can. Imagine throwing a triangle at the organs too. This should boot up some dopamine and serotonin. For oxytocin imagine a triangle going through the back towards the middle part of the brain straight to the front.
- The Organs can expand and de-expand in forcing the return of function at the given time attempting. You can force through chemistry through the connection lines of the organs. Just focus and outwards and the chemistry should automatically flow through. You can add a wave signal through feeling against the affected areas if it gets too hard to get it to respond.
- If you have negative symptoms of schizophrenia and are shut down from fear in every way then you should assume a fear of the unknown. This will instantly restore auto regulation when applied. If you have any further problems then continue below

- Auto focus can work in multiple ways: separate signal lengths which manually or automatically focus off and focus in different ways on the organs to generate chemistry.
- If your dream state stops serotonin from working you can dream up a solution through the subconscious backend programming. For example, you can get your hand and repeat flip it upwards and imagine a square then throw it against the pathways the organs transfer into (like the back). This should restore the serotonin link. Try this in any way you can.
- If you cannot access your imagination at the given time then you may be able to convert the data to ideas to do certain body movements for benefits of chemistry generation or release. Simply signal to think for ideas and run through the signaling until there is a result you can try. Some of these ideas will work better than others at the given time.
- Sucking in on the inside of the inner tongue in any way you can force serotonin from the gut to the brain. Combine it with other methods too if you want. You could use the lounge to auto locate

automatically against all organs at your own risk. This should force organs to work better. Auto focus on and off if you need to.

- If you are in astral consciousness, you may be able to signal to organs to start back up when inactive by signaling through imagination to automatically start up through movement or the organs focusing in and out. To force the organs to work harder each to maintain the programming. See astral consciousness procedure or Excitement section if nothing works. Broken links can cause all sorts of problems so you may need to go into recovery. If the imagination doesn't show anything for example a picture of any kind just uses the blank area to assume the function as it should still help send programming through.

- If you have an imagination that introduces objects with an influence of structure that concedes to the formula that will enable an auto concede and allow shape absolutely. This will force organs to evacuate and allow chemistry flow through thought feeling the spinning structure object in the brain. If the shapes stop doing then make a shape in the imagination and focus it pushing through and feeling this on the organ desired area. Refocus fluids into the brain using thought and feeling this. Reapply where needed.

- You can open and close your eyes to force chemistry up and then open. Reapply as you need.

- To start some quick chemistry release just feel the organs pulsating from underneath. Reapply and Reapply and it should send some chemistry through.

- Thinking the feeling or having also the perception (in any way you can) of immature thoughts of a personality with a DID System/voices can focus some good programming for some quick good mood fix. Just behave at the same time. Do a refocus on your organs if you want to if that helps too. Aim this directly at the gut as this is most likely to be where the mind wants to target first. Also see if you can focus on your subconsciousness and speed the activity to fuel the ego in any way you can. Then it forces the brain to feel appreciated.

- You can also combine this with the perception of signalling thought of appreciation for excitement and switch in between these mods to get some instant chemistry lift. Combination of immaturity and various controlled perceptions of excitement.

- You might find that auto locating into bubbling effects on affected blocked areas and the body and mind will allow some more fluids to run past. So if you find recovery a bit too hard your memory is causing problems then this may help.
- To start some quick overall chemistry you can fling your hands while focusing on the tips and focusing and feeling using your mind through the fingers in any way you can think of and focus it on interacting with the organs. This should help restart the organs to release and generate some essential chemistry

- To attempt to change the consciousness level you must emulate the feeling of sleeping even with the eyes open. This should help.

- You can imagine the gut or brain and other organs copying a situation of extreme release. This will force the chemistry to release automatically. This is for brains with mental disorders which process too much information.
- If your body is used to taking hand signals to fight back against the situation you can also wave your hands around to increase the signal. This should make things easier. Test the hand and body reaction and continue as desired. Remember you need excitement too! See the excitement section.
- If you are able to hand signal chemistry then put your hands in your lap and direct a flat hand with palms and fingers upside down. Then focus on the back and the chemistry should fly upwards based on which organ you are directing; **this is critical to fix broken links. See the excitement section when you are done generating enough chemistry.**

- You can force the medication to work harder against the neuroreceptors by signaling for the medication against the mind in any way you can. Once the brain realizes it needs to utilize the medication instead of revolting it then it may help greatly with chemistry
- You can get some auto regulation for negative symptoms if you have a DID System by requesting an altar to take on the chore of fighting negative symptoms of schizophrenia in any way you can. Your recovery should be

faster too if you do this. This will help overall bandwidth. Reapply as you want.

- You can get some segments of chemistry by requesting through thought or signalling internally for auto regulation on the organs that allow or influence chemistry by requesting permission. Try various organs in any way you can.
- **Move objects in to a different location if it causes a tension headache stopping vital chemistry**
- **Focus on the entry of where the brain draws in chemistry through the spine and veins, then signal to suck in chemistry exactly like a straw while believing this and also believing it can drag it in. Then chemistry should enter into the brain.**
- **Auto locate any tiny activity of inactive organs against other locations by feeling a pushing technique bouncing to other organs automatically. This forces chemistry to release.**
- **Going in to temporarily belief of not having the symptom on the affect can force the gut or other organs to a small release**
- **Check and see if your mind can read the activity of the organs. Simply focus on organ you want to release chemistry and move it based on its inner inactivity.**
- **Free your mind up of future chores may enable some chemistry auto regulation**
- **Focus on the end points of your fingers to release chemistry. Do this in anyway you want.**
- **You can force an organ or gut chemistry reaction by moving your hands in front of you and then to focus on a motion stop point.**
- **Open a window inside the mind and let the mind control the organs. Otherwise continue below.**
- **Focus a steaming feeling through the mind and imagine with divided areas of absolutely everything releasing for chemistry areas which can allow nearly an instant uplifting and relaxing effect of release.**
- **If your psychosis is stealing your thoughts then try to direct it to the organs to force some auto regulation of chemistry. Feel it attach to the organs from every angle.**
- **Get all of your organs to follow a gulping process. This should seen through essential fluids and chemistry**
- **If the brain seems too lack mobility then speak your thoughts outlined through verbally speaking through your mouth. This can force the brain to be more active.**
- **If you have a DID System then just check who is awake and ask them to come out to the front. This should enable lost auto regulation programming.** Results vary. You may be able to get a systematic function through dream recipes, magnesium l-theronate and ormus. I cannot guarantee this but they came in to help with symptoms after I did this.
-

Oxytocin - **Make sure if you have TRS with or without a DID System make sure your beliefs are correctly coherent or good enough programming. Be aware if you need a break. Try Combine methods**

- Fuel your ego to instantly build trust. This includes anything that makes you feel important too. Basically the schizophrenic mind forces oxytocin to stop from unactioned delusions.
- Tilt head to the right or left to thump the brain against the skull to targeted oxytocin areas in the mind
- To start oxytocin release faster, getting your hands and roll them in front of you going forwards repetitively over and over again will enable the oxytocin areas to release. Simply set your intention of this happening.
- Refocus perception multiple times in anyway you can may assist in a quick release, probably good for when oxytocin levels are low
- For quick oxytocin release simply auto focus and feel release of the oxytocin areas
- To start oxytocin straight away focus with hands to a tilt on the targeted areas then fling back and forward. This can resolve all kinds of symptoms temporarily.
- Imagine throwing shapes from the brain strength through to the front for oxytocin
- To quickly release oxytocin process the emotion of being immature with subjects about trust.
- Focus and feel oxytocin areas, then focus the areas as if they were floating. This bring oxytocin in to those areas and release automatically
- For a quick release and refill of oxytocin then focus on oxytocin areas then focus on the organs while making the assumption that will reel in to the oxytocin areas then focus a feel of flushing release act this.
- Focus on oxytocin areas and rock head back and forth a few times for an automated release. Reapply if you want too.
- Imagine with the feeling brain areas the oxytocin soaking (the middle and front middle areas of the brain) and it should emotionally go through. Use your imagination to influence it if you need to.
- Repeat this sentence internally or externally, I trust people even if I don't trust people. Saying this multiple times should wake up oxytocin
- Put your hand in front of your forehead and aim then pump the oxytocin areas back and forward. It should release automatically otherwise continue below.
- Imagine lines flushing out in the areas where oxytocin releases from to get a quick release of oxytocin
- You can use light language to signal a shape for placebo effects to automatically target all inactivity of the organs. For example imagine a triangle flashing a sound and signal for a placebo effect, automatic action, start up and reapply the steps automatically faster as it comes and goes. Do this in undercover activity if you are

having problems with it. **Run this as a background hidden process.**
- Check the toolchart if nothing works or see recovery section
- Think thoughts as if you trusted everything. This will get oxytocin to release

Dopamine - **Make sure if you have TRS with or without a DID System make sure your beliefs are correctly coherent or good enough programming. Be aware if you need a break.** [Be aware if these instructions do not work then contact a doctor to advise status. You generally can give the brain motivation by taking breaks] - **Once again do not continue if the below instructions do not work. You can come back at another time. You may need to also service your dopamine pathways to wake up those neurorecusing using the below methods (try as many as you are motivated to use …if it doesn't work bed resting or bed meditation may help the neurotransmitters respond. This is required on certain medications. This works for me. Ignore any silly visions that come through.**

Beware when autistic alter comes out as it will halt the dopamine process. Continue using these instructions to continue dopamine releasing.

- **You can instantly release dopamine by sitting down and getting your arms and hands side by side and focusing on the organs on the left and right and moving them up and down repetitively.**
- **If you have extra blocked dopamine areas due to medication blocking extra areas you will need to use a placebo effect against the overall area. For example, use a shape and signal through light language assuming programming will automatically sort out the affected areas or areas…you can also latch focus on to the dopamine areas and auto focus by feeling placebo effects on these areas too then your brain should automatically drag in chemistry from the gut too. This should cause the medication to kick back in properly and work better afterwards. If you need to continue troubleshooting then report back to mental health services if you want to and continue below for further solutions…try placebo effects in any way you can. Do not do this unless you absolutely have to because it is for emergency purposes only. Check with mental health services if you need to do this.** Do not abuse this method as it can cause a reset of the dopamine receptors which your medication may be clinging on to. Try this at your own risk. See the disclaimer for more information.
- Running your arms with hands going around in a circle can release dopamine while also imaging highlights across fingers moving up and down can bring some dopamine through.
- Release dopamine from left and right organs by focusing on the flapping part where it forces the dopamine signalling from to the brain. The dopamine should release from there.
- Choose to be honest simultaneously with choosing being happy to release dopamine automatically
- Imagine a few windows over the organs taking in commands for auto regulation of this area. Reapply as necessary.
- Try signalling dopamine from left and right sided organs by imagining two triangles signaling down on affected areas.
- You can get dopamine by getting your hands twisted, shaking them and then feeling and focusing against internal organs dopamine starts from and focuses the release of them. When an autistic alter comes out you will have an extra opportunity for dopamine.
- To get a quick signal to release, get both hands move them up half between chest and then flip the hands the opposite way..drop them down while focusing on the organs on the left and right sides and it should wake up dopamine for release
- For a quick dopamine release, focus your hearing into external hallucinations in any way such as **saying the word voices** inside the mind. If the DID System has been covering up psychosis it may need this reflux. This is a good method if the negative symptoms have gone bad.
- Imagine lines flushing or manifesting out where dopamine releases from.
- You can use light language to signal a shape for placebo effects to automatically target all inactivity of the organs. For example imagine a triangle flashing a sound and signal for a placebo effect, automatic action, start up and reapply the steps automatically faster as it comes and goes. Do this in undercover activity if you are having problems with it. Run this as a background hidden process.
- See the toolchart above if the organs are stuck and nothing works. This will help reflow the organs. See the recovery section too. **Check to see if the mind can adapt to any tools available in the imagination otherwise if too hard or not there continue below**. You need dopamine at all times for a DID System to function and also for motivation.
- Imagine emotional soaking for dopamine in the middle and front of the brain to signal organs to send up dopamine. Give it some time.
- Throw a shape using your imagination on to the front of the mind then sinking in
- Imagine a triangle either upside down or up and pushing through the middle of the dopamine to force some

dopamine through

- Thoughts about believing you are motivated can influence the release of dopamine
- If you have psychosis and get delusions you may be able to use it to your advantage by signalling outwards (through a window for example) using the bottom left and right focusing of the brain. Feel these areas then focus outside the window. Listen through and see if you get some feedback. Continue surfing through until the dopamine starts up again. Continue below if that doesn't work.
- You can help release and reset dopamine temporarily by feeling grateful while also allowing the feeling of it all over the brain. This can help with anger too.
- You may need to rock around if you have any autistic alters out at the time. This will free up the symptom stopping the dopamine from functioning
- Dopamine should be gathered through a gulping process in the brain. Simply allow and aim at the right back of the brain then the back right and halfway middle of the right temple and focus and allow the process of sucking in the dopamine to that area.
- If the dopamine areas are full and gone inactive the pick up the front belly and move it to the right
- Assume a throughput the left and right organs imaging a line (like an apple sim card remover) and thought release these areas
- Move to shiver, squeeze organs on the left and right then focus to squeeze the front organs underneath the rib cage.
- You can focus the triangle through the sides of the palms to release dopamine which causes relaxation or also focusing on the bottom middle of the palms sucking in through the hands can force some regulation of dopamine
- Imagine a moment and example of when you had a good dopamine release using your imagination. For example, the feeling and equity of the release with anything that helps push it through should enable some dopamine.
- If you think the brain is not producing dopamine then understand the sections of the front of the brain may be physically needed to be strengthened. You need to let the brain exercise in these areas to build brain muscle. Then the dopamine should start.
- When an autistic alter comes out you can harness their ability for dopamine by flinging your hands and also move your arms up and down across organs on the left and right side which influence dopamine.

Serotonin

- Open up a window over the gut using your imagination and allow the commands through to force it auto regulate
- For a quick serotonin feed you can force the gut to release serotonin by moving it in the correct way by moving the belly around. Have a guess, read the signaling, get a DID System (any entity) to help instruct if you can.
- You can send up serotonin by focusing on the signalling of your hands by moving them and see in the gravitational pull it leaves an opening, then get your pinky on either the left or right hand and focus on the spine, then signal the serotonin using your finger (whichever works at the time) and then lift your hand while semi pointing and it following it up the spine from the front and it should enter the the brain. See you can detect the opening. See if you can get an opening for both hands too and lift upwards in front of you too. Get hands and move them down and feel gravity, then focus on the spine and gut and whatever else your mind allows and move hands up. This will help restore broken links
- Imagine serotonin running completely up through the spine making multiple connections to the brain from the start of the spine to the brain really fast.
- Force a serotonin release action by choosing to be grateful the brain or alters put the effort in for any organ activity whether it be bad or good
- Feel as if you were floating, then feel the chemistry through the organs to the brain
- You can force serotonin by swerving hands back and forth.
- Be aware if this section refuses to help. The brain may prefer a change of theme. This means pretending to worship an **opponent of good** (like something evil in religion). This will force the brain to release serotonin. This won't always happen but you can check to be sure if something is blocking your path.
- Use a placebo effect on blocked serotonin pathways of the brain. Just use a shape and signal it as a placebo effect and those areas should function again.
- Focus the feeling off auto focusing from multiple areas (auto focus that too) to signal serotonin to release
- Resignal the feeling of immatureness to release serotonin.
- Imagine lines flushing out from the gut and mind to release serotonin
- You can use light language to signal a shape for placebo effects to automatically target all inactivity of the organs. For example imagine a triangle flashing a sound and signal for a placebo effect, automatic action, start up and reapply the steps automatically faster as it comes and goes. Do this in undercover activity if you are having problems with it. **Run this multiple times hidden in the background process.**
- You can convert hunger into serotonin release by focusing on the gut in any way you can when you feel hungry.
- This works for me right now. When the brain is in activity mode it may pull for serotonin through the spine cord. So try to follow the serotonin up the pathway through the spine while assuming it is possible to bring it in, while

feeling it through. If there is bad flow you need to find the segments of areas which still have serotonin and need to flow in. You can even trick the brain into pumping serotonin assuming the connection between the serotonin pathway on the spine to the brain is complete. Have a go and see what happens.

- Imaging your gut wavering around can influence the release of serotonin
- Use this symbol [_] repetitively on gut and gut and on other organs anyway you can. It may scrap in chemistry (probably from using ormus). Feel the algorithm on and inside the gut. Then serotonin should drag its way through.
- Some forced laughter multiple times can increase serotonin very fast or even acting the gut activity as if you were actually laughing can force serotonin through too
- You can focus serotonin from the gut into the brain by focusing on the left and right shoulder and pushing the gut through inwards then push focus push it using your mind to up the back. Playing with imagination such as imagining a shoulder device pump may assist in focusing the serotonin further. This helps instruct the situation.
- You can stare through your side eye vision and form of vision (internal eyes) . You have to ramp up brain activity to signal the organ for chemistry. This may fix a range of problems you may have and make your day more interesting. Just report to mental health and support workers if there are any problems that go out of control.
- Your brain can rekick an anti-depressant by responding with endorphins by being deeply embarrassed. Endorphins help with overall happiness.
- Imagine your stomach is a ship and imagine firing shots at the gut. This is for people's brain processing too much information. Basically this means the mind takes on the pneumonia of the environment. This works for various organs with various outcomes of release chemistry.
- You can force serotonin to the brain with refocusing or charge the overload against the neural pathways in the brain. Try to refocus the energy state of your mind in any way you can. This forces the neuropathways to hold in a certain direction to force the organs to respond with chemistry.
- Catch any flowing serotonin in the direction it is heading in the gut and focus the upper 5 layers to automatically increase serotonin to brain while you can feel where it is flowing
- Sometimes taking on every belief of every little of the situation or delusion if happiness is offered will cause a positive relief. This could be because your subconscious is speeding through too much information stopping serotonin from working.. Then you will tell it to communicate to the gut to drag in serotonin and other organs and respond with organ generation in any way that helps. Play around with it and see where it takes you. See external reality coherency, auto respond. If this doesn't work you may consider more chemistry generation or recovery to resolve negative symptoms of schizophrenia. See coping psychosis and external reality coherency if you have any further problems.
- Get in your imagination to respond to internal behavior with an auto communicator in any way you can.
- Feeling the gut smiling may instantly send up serotonin, smiling the left and right organs release dopamine
-
- You can crush the gut using thought if you have negative symptoms of schizophrenia. The areas can crush in different areas. You need to understand the crushing effect needs to be segmented to various areas on the gut that are reachable at the given time. Reapply as you want.
- You can imagine a big hook going from the middle if the brain goes upwards with the end points going upwards. This will force dopamine, serotonin and oxytocin up faster
- You can gouge head forward with neck to thump the brain to cover up pain and force chemistry to automatically signal the organs. This can help with stimulation and mood too.
- Serotonin can be temporally resolved sometimes by taking deep breaths.
- You can force the release of chemistry through small bend lining and through bulging out through organs that produce chemistry. This can massively speed up the process including auto regulation and release too.
- Remember what a WIFI signal or that image of an Egyptian with 3 lined curved signals looks like? Those are three signals that curved lines can send up chemistry. This can force auto regulation to function too. Use this in your imagination and imagine the curved lines heading up from your gut. You can also get your hands and move upwards with imaging the curved lines from there.
- Move the gut inward and move it to the left using thought and feeling this thought. This will force serotonin to release and potentially generate too.
- You can twist your hands backwards to let some serotonin through. This may come and go.
- You can send serotonin through the left and right temples by clicking on the inner pathways inside the end of the middle through the left and right temple. Simply reapply and reapply and it will send your serotonin up like no tomorrow. Feel the tumbling of the temples to reel it in faster.
- You can push in the lower back, section of the lower back of the skull and connection behind your gut using thought you force serotonin to cooperate. You may be able to push on the top middle left and right temple too using thought, provided it has filled up with chemistry. Once you have gotten enough serotonin in the mind and

have activated you should be able to push through dopamine by focusing on the organs on the left and right to the lower sides underneath the rib cage. Reapply and needed.

- Re-signal affected areas for endorphins. The endorphins should be released. Sometimes the brain needs a jump start if you have negative symptoms of schizophrenia.

- If you have just woken up for the day and have negative symptoms of schizophrenia you may require an extra boost and drag of auto regulation, get your hands and act like a mage while focusing on the organs, send your intent for auto regulation in any way you can, this works for me and if it doesn't you need to teach the mind how to do this. If nothing seems to be working you need to understand there may be a different problem if you have been denied everything from chemistry generation. See other sections if problems persist.
- You can imagine the correct and a feeling of good emotional soaking off the affected areas but signaling also that area needs correction. This sort of ability comes from practicing. For example, if you provide enough information to the subconscious from the DID System you can auto correct the flow of the organs. Reapply as desired.
- You can send up serotonin and increase gut activity by imagining a tornado going around and feeling this too. If the mind tries to stop, just be patient and allow it to process.
- You can send serotonin up instantly in an emergency situation by getting both hands and focusing while focusing and feeling the top and inner lines of the gut and also other repetitive areas in a reverse way by moving the hands round and round at the belly. This is a good move if you have negative symptoms of schizophrenia. You can also stimulate your brain too by getting your hands at focusing on the subconsciousness area by signaling it with your hands in a circular motion with fingers extended to signal this area. Just be aware this may be an addictive thing to do. Make sure you do not run out of serotonin. If this doesn't work for you

- Get hands in a clawlike figure and run arms across the front of the belly back and forth and also consider switching which way they cross each other. Try this in any way you can.Then do not give up. Keep troubleshooting and report to mental health services providing an update if things are not working out

- If there is a neuroreceptor attack through an insult you can latch on to it to send chemistry up the gut and also add different signals and a few hidden separate signals (with shapes) focus a signal for placebo effect.

- You can force auto regulation manually by imaging a tumbling effect all over the body and organs through imaging (in any way you can) and feeling it through. For example, you can imagine vibrating circles around the body with the feeling of everything tumbling and throbbing in the body. This will force the serotonin to start too.

CHEMISTRY INTERACTIONS – ALWAYS SUBJECT TO CHANGE

Once the chemistry is functioning it should be more interactable. You can use various hand jesters to signal organs among other phenomena. You can use your hands against the biggest flow in your mind to follow any flow of brain fuel. Try flapping or moving your hands around to bring up the state. You can use this flowing, focusing and imagining on your body in any way possible and signal in any way possible. Notice the hands signal every area possible in astral consciousness, be aware of this and action safely and don't give up. This can bring your overall state up but keep troubleshooting if you need to.

- Using a shape in the imagination which repeats and signaling intention may help too.

- For example: Move your hands while focusing on the body then move them to the desired area signaling the intent or assuming it should work.

- Example: Mudra finger follows through in imagination to create all sorts of chemistry interactions/actions

Conversation and for people with DID Systems functions and Treatment Resistant Schizophrenia interactions:

The brain can deliver good data on what it needs so just ask it what's wrong. You don't have to always follow it and make sure it is positive advice.

Dissociating can become a thing people do to cope with symptoms but be aware this can cause other symptoms to play up if you haven't taken your medication and you must contact medical professionals/doctors if the condition if you need help or information.

- Ask DID System entities in any way to help and come out (stop symptoms)
- Understand the DID System should not talk internally if you have treatment resistant schizophrenia REGARDLESS OF WHAT IS SAID INTERNALLY. Also, everything flows within capacity. See psychosis section for troubleshooting if it causes a problem with having fun.
- You can say it is ok to talk. That is all you say and then your subconsciousness may start to entertain. Be aware if something doesn't sound right. See External Coherency section if you do not understand if something happens.
- Seek recovery if they refuse to interact
- Try saying is anyone there?
- Manifest alters in any way possible if you do have a DID System. Any unregular/negative activity can cause problems to stop you from enjoying yourself.

Nicotine Understanding and Controlling it

- Nicotine provides a false realization that you are unsatisfied. This is all a delusion and not true. Nicotine causes a reprogramming too which causes a reinsert of the false realization too. What you need to understand is that if you want to get more control of your nicotine and potentially give it up then you need to comprehend what actually satisfies you. Use the guide to see if this can help. This may be very hard if you are schizophrenic.

MEMORY SORTING AND ASSOCIATION FOR PEOPLE MANUALLY RESPONSIVE BRAIN FOR PROGRAMMING MIND AND SITUATION OUTCOME WITH SYSTEMATIC OUTCOME (e.g., DID System)

This is only for people with imagination toolset/DID system functions or schizophrenics where information overloads a lot giving administrative options to brain activity. Remember to allow system maintenance of memory if it turns manually controlled. **If you have memory issues too far you need to tell your doctor.**

- If there is too much bad programming and the brain fights too hard to maintain its memory then just let go of it inside your mind and the dissociative amnesia will cover up trauma which can increase your overall brain mobility pushing activities to be easier to return to.
- Adjust memory output by focusing it and feel through automatically, emotions to given activity (thinking this feeling and feel it through to automatically adjust to activity which gives capacity to do it) – Helps with enjoyment and capacity to do the activity. Basically, for brains which processes too much information (directing the outlay)
- Alters can cover up memory problems. This can help you forget symptoms too.
- If the alters decide to attack then understand if nothing works then a loss of identity needs to take place. Use and negotiate in any way you can. Give your identity to another alter! This can greatly reduce it.
- If your memory has gone to a standstill and the altars stop interacting this may be because they are trying to give new memories. If this is the case stop what you are doing and allow in any way you can to resolve memory sorting. This rearranges your memory to allow you to continue your activity. Also be aware until this is done there might be other symptoms too. Try to refocus it. Allow any changes it needs to.

- Disable realization if there is an attack on realizing things you do not have interest in at the time. You can do this by focus on the right inner temple and signal the area with instant to disable realization in anyway you can

- Apply alters to affected bad memory areas to fix psychological issues. Use placebo effect with memory against a bad psychological situation with psychosis.

- You can use light language repeating shape to show intent to block segments of memory attacks automatically and to use the same method against repeating the action to stop – You should only do this if you need to or are at home doing non important activities. Use this at your own risk. This is for brains which process too much information. You can use the same type of method for blocking other situations too like imagination attacks. If you can teach your brain to control the memory of signaled areas. Use this in any way you can. For example, if you use a shape and signal the intent of memory correction or changing the perception to fix your feelings the event you may be able to do this. If this doesn't work you may have to keep reading or contact mental health services.

- If you need to exit thoughts from your mind then imagine something ripping the thoughts of your mind in any way you can. Signal to take in any dissociative signaling for your mind too in any way possible. Rip thoughts out of alter behaviors to stop integration.

- Be aware of split thoughts processing causing attacks too. Simply focus off the areas of split thought so you can relax again for example, do a refocusing and feel and think it through in any way you can.

- If you are using a flashing shape to attempt a memory fix and the DID System is already flashing a symbol you can flash a symbol behind it to force the memory fix to still occur in some way

- If you do not like people and your brain is in maintenance mode you may be able to use your imagination to show reprogramming to enjoy people's company. This is essential for survival in people with bad days that gives off incoherent psychology. You can try this in different ways too.

- **Memory attacks can include creating psychosis issues and baring your understanding of reasoning and how you deal with the psychosis and whatever issues come with it. Assume amnesia stole the understanding and everything is fine. Once you realize that the VERY END of the brain the problem is being tested comes from the brain processing too much information. This is proof you have lost your mind. After understanding this then let go of the idea of the problem.**

- **If the voices are attacking verbally and you have amnesia just force through the thoughts you need to express through signalling and imaging a line. This should relieve you a bit of also do some auto regulation. If the voices continue and you have a DID System then see the DID Understanding and Critical alter section as you may need to cover up intrusive thoughts.**

- **If you have treatment resistant schizophrenia and wonder why your memory does not provide enough information making things inaccessible then just use your imagination to speed up the brain by flashing a triangle for example. My brain registered the response and memory for gaming and excitement returned.**

- The brain creates all sorts of phenomena throughout your life so just be aware of automated processes which may be influencing your behavior so you can assume control psychologically and hopefully gain control to recover and continue the fun too. The overall beliefs may not be understood. If you have an implant then update the belief zone if you have problems with accessing your memory. The DID System may make priorities. Regardless of a belief zone change doesn't mean it will stick at all times as the personality switches and memory mixes around. You want to be a forward thinker.

- To do a DID System override if there is the other coconsciousness is causing too much of an issue simply feel the way through in to your main consciousness area and feel a grip on that area to take control and to give control back once you are in a better state or want more alter interactions then let other consciousness area take over. This can improve vision too temporarily (I did not need glasses after I tried this, proving the eyes are not damaged). This temporarily restored perfect vision for me. I do wear glasses just for your information and need them for the DID System so I can see properly too.)

- Say out loud forget. This stops reprogramming from memory, thinking and feeling negativity even if the chemistry is functioning.

- To start up when waking up for the day you must speak to subconscious and wait for response

then create a bot for desired activity such as playing a video game (various mental disorder processes too much information and needs to allocate a task through this direct response to certain types of mental systems from schizophrenia other conditions)

- If your mind gives access to maintenance mode then suppressing and wiping and reprogramming BAD history is important for survival as the brain may attack with certain types of memory. alters and psychosis attacks Wipe their memory if you can. Reprogramming comes from consciousness and can help restore brain motor functions and breaks can help restore good programming. This also unpatched certain activities to help me and removal of bad programming which can be fixed by taking breaks and fixing chemistry related problems. If you have a DID System and you are in a dream state with schizophrenia your brain may offer an overactive imagination and with this you can reprogram all the evil behavior of the alters if they cause too many problems. For example, wipe **anything that makes you feel bad and undesirable. Just** focus on your subconsciousness and signal to wipe the memory using your **amnesia sign.** This is your decision at your own risk. So far everything does come back at some point anyway. **This should assist with excitement and auto regulation too for a certain amount of time. Reapply if you remember. If you cannot in any way do this then you need to enter astral consciousness. See the pdf document to force your mind into maintenance mode. You can at your own risk wipe undesirable emotions too. I am sure you all know what emotions make you feel back but also consider headaches too. Any feeling of a headache can be wiped too. Reapply where need be. This can make your day more fun but affect personality and want and desire. I am content with this and it makes me more content.**
- If the brain is lacking blood flow that will affect memory too so be aware of this. Simply pump the brain until the state restores.
- Sometimes programming is offered through the astral plane network or a local influence based on permission basis. Choosing to give permission for the programming may greatly provide assistance to help symptoms.
- Reprogram hobbies back in so you prioritize your passions such as gaming for me using your imagination and visualizing this. If you are in an astral consciousness state for further then other schizophrenics and have a DID System then consider focusing on the middle of your mind and feel a grapple on it, then you should be able to a force a more fun activity through – You still should take a break at some stage because the body may retaliate and cause symptoms if you do not. Dissociating memory can resolve it instantly really
- Run the words perceive as friendly in imagination
- Putting in gaps in memory can help to attain correct information and relax further if you've lost your mind too far.
- Use imagination with anything imaginable with a shape to send through programming
- Look into your imagination if you have schizophrenia and see if the mind is reprogramming to force certain types of behavior and attempt to take over the programming in any way possible
- Accept no reward to reward sections in brain under mind control to continue activity (the brain is not offering memory due to pain)
- Serotonin generation can restore memory if you have amnesia for some people (it works for me)
- You may have an outstanding simulation which needs to run – Run simulation and generate a team
- Dream state may require reflow of chemistry and blood flow by

experiments - Be patient

- Take in programming from consciousness – Get alters to come out and keep trying to get them to come out – The brain is unable to produce dopamine and serotonin properly until they come out
- Contact DID System AI assistance program from implant if you have one or have the right astral programming
- If memory is too bad you need to meditate now
- If you have anger which is or not covered up by the DID System absolutely then under you may have to clear background thought processes. Try what works for you for example being grateful but if it is bipolar anger, you may need medication for it. Hidden forms of anger can stop you from having fun and affect good memory flow. This might be why you are experiencing irregular activity in the imagination such as a violence. You may be able to pass on the anger to an altar. Check to see if anyone is there and signal the anger through to them. If the alters are unable or have trouble to stop the anger then let mental health services know. Use anything you can in your imagination to force the auto loop in to consistently be grateful to stall the anger.

Suppressing memory can help with dissociation and recover interesting information about the past and even uncover interesting memories.

Excitement:

Try combining methods!

Understand the method may change so keep trying a different one below if you have already taken a break. If excitement wont come back you MUST take a break or the excitement wont will be interesting or exciting at all.

Stay in the good and correct perspective! It is time to flare up and have fun! You need to be aware that if you are doing silly things with your mind on substances that you may only be after excitement so if you find yourself this to be true then this section can help you jumpstart your excitement. Excitement can actually feel like narcotic anyway.

With certain conditions the algorithm may change. If a method you have tried in the past is safe and worked then still consider it. Make sure your chemistry links are working. If nothing in this section helps then have a bed rest. See recovery section for more information. **If excitement releases but you do not feel it then take a break or continue troubleshooting.**

Make sure you do not miss anything in this section. Be aware the main understanding may be gone too with various mental health disorders. If you have problems with imagination and you get amnesia then understand the only parts you may remember would be the alters that have left in your memory. Excitement should be your number one target for emotion.

If you have a DID System then be aware the activity may not always be agreed upon. Be aware that you may need to spend some time recovering. If you have spent some time recovering and there is no excitement then you can check this awesome guide. If you have been drinking then excitement took 14 hours to return for me, I found it came from a different area above the area it generally comes. According to a documentary on YouTube it appears the brain grows neuroreceptors in areas which are not like a normal brain. This may mean you can get excitement from those areas too. If it has been more than a day recovering or desired time and the Zeta Reticuli in the room consider using their help. Try to focus on a different area especially if the excitement is taking longer to return with the intent of excitement in that area. Excitement is based off capacity so if you do not have excitement when performing an activity you are supposed to be recovering or the activity won't be fun.

A fast way to recover and get back into excitement is to stare with the TV and music off and just

send your mind into the feeling of an IDLE stare. This will make the brain initiate excitement given enough time. If you are sick of waiting you can try the below options or if you prefer to continue the below options will help too. It is up to you and your desire at the time. If your DID System has been covering up depressed mood, anger, pain and other symptoms it may respond with siller dissociating as if it wasn't in a good mood even though you cannot feel it.

That can cause excitement to respond faster. This includes if your mind wants to play with you. Interact with it and it should return excitement, this includes alter entity interactions including DID System too if you are treatment resistant. This happens when the brain wants to feel your presence too. If the DID System is afraid it may restrict excitement. This also includes closed vision entities.. where asking which hand signalling will restore excitement. Requisition as need be.

- **You can clear programming to be content so you can access programming for excitement. Simply pray to god and say ''God, give me the power of excitement'' and what this will do is access the OS of your mind where you can summon an anti virus program to clear yourself up to enable excitement. It may even enable auto regulation too. Just be honest when praying for it. This forces the brain to adapt. Otherwise continue troubleshooting below. The reason for this is because god as an operating system is in people.**
- ***You must believe the perception of anything in your reality as exciting. Also if you have trouble doing this then focus and feel the perception of everything as exciting too.***
- Think exciting thoughts when you need to return your excitement at your choice. This may be strategic but may cause pain so just be careful.
- ***See if the DID System will attempt to cover up an inability to have excitement. Feel at the targeted excitement areas and focus on the personalities that are awake and feel and signal using mind to those areas. Excitement should start.***
- ***Jumpstart excitement by accepting no reward response to neuroreceptors to force it to start with less resources***
- ***You may be able to trigger excitement by acting out anything that forces the direction of activation in the brain. For example for me this involves opening and closing various segments of activity***
- ***Delusions may control excitement. Report back to the delusion if the program entity needs it and confirm if everything is ok.***
- ***If nothings appears to be working or just curious, check if there is a tool hidden in the mind. Use your imagination to check. It could be hidden too. If you have tried everything and performed a capacity assessment and you just seem to be stuffed around it could be an alter conflict. Try to resolve it. Otherwise contact mental health services.***
- ***Start some exciting music and focus your listening on the music and feel the excitement through***
- ***Strategic interactions and dissociation talking can automatically start excitement if what is said is interesting enough. Just signal to the mind this intent for excitement and the brain will go into survival mode and try to aim talking for excitement.***
- **Trick your brain into jumping starting excitement by thinking I just had excitement.**
- **Auto focus in to excitement in away you can**
- **It is new and interesting! (have exciting belief)**
- **Having a good attitude towards the activity that brings excitement will help the brain deliver excitement harder.**
- **Excitement can innate further by feeling the fulfillment of the perception of being and feeling thrilled. Try this in any way you can.**
- ***Be cheerful and thinking cheerful thoughts with pride can jump start some excitement***
- ***If you have negative symptoms of schizophrenia and are in a low state of consciousness to access excitement you may have to act out sound through your mouth in terms of an algorithm to force the vibration up for excitement. This affects the overall state, increasing capacity too for excitement. For example, making high pitch noises internally or externally or prolonged effect of a sound or expression into going to a higher pitch. This really helps me jump start excitement.***
- ***If you have the capacity to do an activity but the excitement will not start then feel at the back of your brain using your mental focusing on this part of your brain. Resignal it to see if excitement starts. Otherwise continue on.***
  - Follow your passion to see if excitement will happen...this means you follow any path in a tactical manner to force the brain to work harder to get more excitement. This includes activities that may affect your belief zone (just be within the law). For me it means selecting a different video game at the time. Then your brain will reprogram itself to force the activity to be fun. The very realization of this will make it happen too. If you focus on this it will definitely increase excitement.
  - Assume the interest and thought and feeling of life being absolutely prosperous. This will force brain to find things interesting and force excitement to initiate fun
  - Process your feeling of emotional excitement and interest with the perception of doing this to the

best of your ability. Keeping this in your mindset can aid auto regulation. Do this within limits however you may be able to stretch the chemistry further.

- If you have psychosis and they sound friendly, then do not say anything…it will force excitement to fight off the negative symptoms
- A list of activities you prefer if you cannot access your imagination that well. For me this is a list of games I enjoy. This will challenge your mind against the activities to see if the mind supports providing excitement to the activity.
- The very realization you are having fun is a good starting point to resolving excitement problems in the brain - If you're coming back from having a break and do not have excitement then your brain needs to kick start it - Continue reading below
- You can even get excited even in low fuel mood states. Simply find what's exciting at the time for the current outlay of available options (this is why shooter type video games are popular).
- If your brain goes in to dream states while awake then select a different point in history as that can force excitement and bring some auto regulation
- If the brain is processing too much information then understand you need to fix your belief system but having a thought of your desire for which activity and then allowing the thought to psychically over take the mind in any way you can. For example I allow the thought of the activity through and feel it from the front of the brain covering as many areas as possible overall..swapping the mind. Then the excitement returned.
- Excitement can happen if you imagine something exciting, imagination creates opportunity!
- Tell your brain it is exciting even if your mind argues it is not exciting if you have a personality conflict. Have enthusiasm towards advertising excitement to the mind! Take this into your perception too and reapply this to force the brain to work harder so you can continue to **enjoy your activity even further**. Figure out anything and everything in every way that could ever be exciting for any reason possible for the available activities no matter the thought (behave though). This can be done by focusing on **what is interesting about the excitement in your perception** (perception controls your mood and chemistry). This may make things easier to produce more excitement if the time is correct. Be willing to apply enthusiasm as put though. This will make your desires come true.
- Use good psychology such as "Don't be a fool! Things are fun!" or feel immature and think ‘'I am excited even when I am not excited! - This may jump start your excitement
- Try to understand the above statement as it can fight off mental health symptoms.
- If you have TRS and you have enough serotonin then telling an interactive story by pluck excitement further. Just say hello subconscious and get the mind control to take over to speak.
- If you have a DID System and show appreciation for the brain providing excitement the brain might ramp up the excitement and make you feel good about it too. This is because your brain likes to hear when you are grateful. Just remember to focus on what's interesting about what you are excited about and the chemistry should increase.
- You may be able to try different algorithms with twisting perception to bring back excitement harder too if there is enough capacity at the time.
- To start euphoria imagine a hissing sound (ears ringing) on any area you can with the intent of releasing excitement areas. You can feel and imagine electric plasmas going around the brain and signal back to it in any way you can. This aids auto regulation and helps excitement return faster. If this procedure does not work you may need to consider taking a break or trying the options below. Make sure you do a capacity assessment.
- You need to test your excitement capacity by showing or imaging any available desirable activity, if your excitement still won't start and you have recovered for example if it is a DID System you may need to jumpstart your excitement due to symptoms being covered up by the DID System. If you spend even more time recovering then your chances are for excitement even further for the most desirable activity.
- If you show the brain something exciting then look away or close your eyes this can jump start the excitement
- Signaling the left and right middle brain surface endpoint multiple times for excitement may work too. This will help refuel excitement too as it will contact the organs for chemistry and fluids. I find this fun too
- If you have a DID System and you are on headache medication you may be able to force pain to excite a direct response by feeling using your mind against the pain..
- Various content showing to the brain may enable excitement as for example constant scrolling through Facebook. If the content is video games and spiritual space themes or anything of interest, constantly scrolling past this information may excite the mind. This works for me.
- ***A new fast way to start excitement to say internally and externally the activity that may be interesting in any way you can. Also acknowledge the brain as a mammal and the mind should pay attention. See how the brain reacts to it and it should start excitement based on capacity at the given time. This is very important if you need to jumpstart your excitement. This should help with pain too.***
- ***If you have negative symptoms of schizophrenia and want excitement you may be able to signal for some auto regulation by telling the organs through want and desire***

to work harder…simply feel the working way of the functioning. Once you have done this you can flatten out through the cortex of the mind and this will free up the workload for the brain to release excitement. This reprioritizes the brain to put this first. This may have mixed results but see how you go as it works for me.

- Troll your mind and body into excitement using imagination and using any exciting technique you have!
- Choosing and waiting for excitement to process may work for certain people but this ability can happen through the Dissociative Amnesia Dreamstate Guide.
- ***Being*** happy is not always processed with excitement too so be aware of this, if you have only had the excitement activate in one brain area understand excitement needs to be used on both brain temples or aiming at the opposite side that was not in use too. If you get a headache from too much excitement then see Pain and Correction. You still need excitement to have fun and always understand this is important because happiness is not truly fun without excitement! Excitement draws the very foundation to have fun.
- You may be able to get the DID System to challenge the situation by advertising the fact that it sucks at getting excitement. This is a symptom of the DID System causing fusion reactions against the lack of excitement. This can work but understand if nothing seems to be working you need to spend more time recovering or troubleshooting. Contact mental health services if nothing works or you need advice.
- **You may be able to use light language for excitement if you have an overactive imagination from conditions such as schizophrenia. This means you can use a shape to start pre-existing knowledge for excitement. This can include imagination pneumonias which can help the brain refuel and start up excitement when ready. Use anything and also once again believe it is exciting too. This should make things more interesting.**

- **Memory affects excitement – If your excitement will not recover then see the memory section. This can force start your excitement to run against the bad programming stopping it from running. Social interactions are important for excitement too.**

- **Perceive absolutely everything and everyone is excited. Then choose a preferred activity or one you have the capacity to do.**

- You may be able to bring out an altar temporarily even if they do not want to stay switched into that personality and get them to make a verbal sound against your excitement area. This will force the excitement for further.

- Do not have so many options of things out in front of you for activities as this will conflict with alters to provide excitement. This means you cannot have for example, web browsers, documents and other things which draw alter interest stopping excitement. This is for DID Systems. This may be available to force the mind to think at certain times. Just check to see if it is an option.

- If the brain is in **maintenance** mode (dream state) when awake you may be able to put through false realization against having no excitement to make your brain think excitement is there. This is a software throughput of the outcome. Both real excitement and this is interesting.

- If you are listening to music and do not feel excited even though you may generally like what you are hearing then you can prioritize spending more of your ability to focus on the music. I like Trance and find this exciting too for example. A lack of focus on what you are doing can stop or reduce the excitement.

- Chemistry generation until the brain is full enough of chemistry to release excitement. This means you may have to stop your activity by stopping the music and stopping any other activity and read this guide to generate or stare and wait until this happens.

- If you need to flatten out and need excitement faster (assuming you can do this) then try, imaging and focusing 2 two objects through the frontal cortex with a continuing line and focus and imagine further to feel the flatness come through and continue excitement troubleshooting

- The most unexpected surprise you do to yourself in anyway can innate excitement

- **Close your eyes and start programming quickly open eyes– Repeat the opening and closing of the eyes while taking in the programming to kick start excitement (if you are in astral consciousness too) – Not sure if this works for regular people but it works for me.**

- If your mood is fine but without excitement you need to visualize or put your activity example in front of you. You need to understand if you do not feel excited about what interests you then it must be corrected through troubleshooting.

- Taking breaks can restore excitement including breaks that cause auto regulation (this means fluids/chemistry etc flow automatically) without forcing the excitement to happen…you can force it too sometimes but this is your decision. If the brain registers you are not influencing its ability to force excitement, then that can restore auto regulation. This is your decision depending on the situation at hand.
- You can aid excitement to return by flopping your belly and acting excited through verbal response.

- Say externally or internally "Very Interesting!" or something based off the situation being interesting
- Conversation with people that make you feel excited is what you need to do. The more interesting the conversation is, what you enjoy and interesting histories too can greatly assist excitement. - Alter interaction can be obtained by taking a break for people with DID Systems.

- Brain pain signals can be used to turn into excitement through signaling the area against where your brain releases excitement. This forces overall chemistry to rise too which fights pain.

- Acting excited internally and externally can help restore excitement but also consider taking breaks too to recover to further excitement later on. This can help if you unable to access your imagination

- You can write down sicarios that are exciting and play them out of your brain.

- Understand excitement is just as important as your other emotions because if you don't have enough excitement the activity is less fun

- With negative symptoms of schizophrenia, you probably need to wait until your brain gives you the capacity to start entertaining yourself – This is because the consciousness is extremely busy – You can still do chemistry generation while you wait – All of this guide helped me though

- Another example for people with negative symptoms of schizophrenia would be to have the videos games out in front of you and practice this guide and wait till your brain starts processing excitement – This can take some time if you've just woken up but it would be really good if it does work out for you
- Excitement should always be a given option and you won't have much fun if you don't have excitement. You can restore excitement from limiting activities or taking breaks.
- If you have excitement, you may be able to add euphoria too depending on available resources depending on how many days you went for it as you might need to recover and this can cause symptoms to play up if you have been misbehaving too far. Make sure you're correct on supplements and you have checked with your medical professional before taking too many supplements which can put you in a seriously bad situation.
- You can explain to yourself out loud or internally what makes what you are doing exciting. Good psychology and information networks can aid the assistance in being excited
- Doing some rocking may push through some essential brain fluids and can aid excitement to return
- Negativity that needs to be let out must be done in a safe environment but you must comprehend your actions by speaking to people like doctors/medical professionals. Try to be aware of good chemistry levels if you end up like this at the time.
- You can stare into parallel realities of your room to extract subconsciousness data from being in the 6th dimension of parallel universes. What this does is copy successful examples of programming for excitement. A form of acting which encourages the brain to allow main programming through. This can change the state of consciousness levels which 6th dimensional programming has to run. In clinical terms what this means is unacted delusions that require acting (in private) before the brain releases excitement. See your doctor for more information. Basically, also what this means is the brain prepares a story. See what can trigger it such as seeing things from a third eye at a different point in time.

- **If you have a DID System alters variations may impact excitement however you may be able to encourage a quick switch then get them to say something as then go back in after giving some excitement. You may have to negotiate with alters that awake and see what excites them the most.**

- **If you have too many alters with disabilities awake, this may make excitement and happiness impossible. See astral consciousness guide and if they try to bar you via a tension headache then troubleshoot and do not give up. If you manage to achieve astral consciousness, attempt a reprogramming using your imagination to resolve bad programming. Astral consciousness should segment the overall activity so you can go back to having fun.**

- **Reprogram hobbies back in (REGAIN EXCITEMENT PHENOMENA) – Critical if you are in astral consciousness or dream state schizophrenic and also have a DID System. Try to use your imagination to create an ability to take the main excitement pattern from the subconsciousness. Get alter to sacrifice themselves (each alter has a quota limit),**

- **If you have an implant projection belief resolve keyboard you can attempt to allow it to program a good belief system.**
- **Anger can cause a lack of excitement. If you have a DID System you might not know if you are angry because the alter system has covered it up. Clear your memory. See memory section for further troubleshooting to restore excitement if memory is causing this to happen. Otherwise continue troubleshooting.**
- **Be aware if your imagination displays something at you that you do not want to see then comprehend that your excitement should really make a difference in what's happening. Troubleshoot using the guide and have fun.**
- **If you hear voices from the astral plane they may be able to tell what is stopping excitement from working. For example they may be able to tell which part of your body or capacity needs to be mended or troubleshooted for excitement to come back**
- ***The DID System like mine flatten out sectors of the mind due to negative symptoms of schizophrenia to get excitement faster.***
- ***If your mind has read this guide it may be studying new methods. If your mind can speak, ask it what you need to do to jumpstart excitement. It is up to you and your decision, just make sure you send all angles of the situation and be aware that language may take a few goes because the subconscious generally reads light language first. Have a go and have fun. Do not concede to any delusion or hallucination or anything EVER by your mind to make you think you cannot have fun.***
- ***If you have an implant then check any outstanding responses***

Coping Techniques and Understanding of/for Psychosis and Tactile Hallucinations plus imagination attacks:

Put up a hieroglyph for a psychosis cover up implant. If nothing works you will have to enter astral consciousnesses.

These anti psychosis techniques can be used for imagination attacks too. See Pain Correction section if it doesn't stop given enough time. Reduce activities, switch activities. Troubleshoot until it's gone or wait. Ask the DID System if you are not sure. Simulate a program, tell the astral plane you may have blind alters.

Take on the mindset of understanding that anything that judges you is psychosis!

Get the DID System stop the voices if you have one. If there is still a problem then the DID System will have to study the attack (as an algorithm for example). To check and see if the study is complete just ask again if they can cover up.

If you are experiencing negative symptoms of schizophrenia then understand you can instantly check to see if you have a DID System by streaming music through the tongue. This means the blind/deaf alters need to not only be entertained but understand further everything is ok. Then some auto regulation will return and you can go back to having fun.

If the voice attack is internal then you may be able to flush it temporarily by listening through focusing on external voices instead. Also be aware if there is an **alter conflict as this is not psychosis.** Just check with the DID System to confirm. **See DID System section and Alter Conflict section if imagination attacks will not resolve.**

- **Any perception is a hallucination of a dreamstate nightmare delusion which holds that a weapon of any kind is harmless. This means no matter what happens while you are awake no such attack could ever**

harm you. This includes even if you can psychically feel it going into you. There will be no pain. It just means you are overdoing your capacity. So take breaks and if the problem is still there go to the chemistry generation section above to resolve outstanding chemistry imbalances of serotonin for example. It is all your brain acting silly wishing it could entertain you. See this section and see external reality coherency above for more information.

- **Enter astral consciousness going to bed then lying down, let the organs breathe by themselves and focus into a consciousness dive as if you were going to sleep. This is for when your medication does not work. Report to mental services if nothing works. Reapply as needed. This performs a cover up over the psychosis and converts it to entertainment. This is the 5th dimension.**
- **You can latch on to internal abuse by refocusing the pressure of the mind they are speaking to to a different area.**
- **Psychosis can stall when you bounce the voices on your ears.**
- **If the psychosis is using your history against you then consider perceiving yourself as a different named and history person.**
- **Perceive the psychosis to be a feeling of it becoming exciting. This will transform the voices into something more nicer. The reason this does this is because if you are excited then the serotonin automatically regulates forcing the situation to be easier to handle. You can also see the given time with the perception of feeling of it being interesting too. Combine both. No matter what it is, just do this and the psychosis should transform.**
- **Get a repeating sound to stop the verbal attack and get the DID System to hold it or check to see if there is any availability of a cover up. You will need to find out from the DID System what is going on too if things are too hard. If you have contacted mental health services then either go to hospital or reduce activites. Go to a quiet area too.**
- **If alters are having a dream or have taken on too much anger they may attack verbally and sound like psychosis. If it is difficult to stop then just telepathy out things they would prefer not to hear. Otherwise do a capacity assessment if you have troubleshooted too far.**
- **If you have a paranoid schizophrenic diagnosis and you are being treatment resistant to your medication you may require to get people to talk further away from you. This includes hearing devices where people say words because it transforms it into criticism. If you are extra even more sick you may hear things such as a premeditated attack using sound to ruin your day.**
- **Any voices criticizing you that you made a mistake can be rebuttal with things like "I can't hear you" or #I am the devil too bad". Be creative.**
- **You may be able to create a program using your imagination to block psychosis and imagination attacks. Use anything to cover up over the attack. Otherwise continue below.**
- **Imagination attacks can be a lack of dopamine. You can troubleshoot your dopamine or continue below. An alter may be sick causing imagination attacks. Medication should offer more benefits than other medications for fun. This means this guide may benefit you. You need to check if an alter is traumatized too as they may feel the need to abuse themselves. Just be honest and troubleshoot the anger or horrible attack away honestly. If you do not be honest for help then the brain wont help if you have a DID System.**
- **You can focus your thoughts to recycle themselves in all sorts of ways to fight off psychosis and imagination attacks. Be creative and see what you can come up with. This works to stall stolen thoughts too. Try to send it to the background to force an interactive story instead.**
- **Catch the negativity of the psychosis by forcing the voices to respond to a program in your mind. For example you can imagine a chat box conversion where it auto responds to and forces the gut to respond with serotonin turning the voices friendly. This works for stolen thoughts too.**
- **Force the feeling area of intrusive thoughts to overlap affected areas. This helps mood too.**
- **Focus various segment areas to allow the thought of having a good attitude. This is good for my mood too.**

- **If everything seems ok but the psychosis decides to attack then focus on your forehead and imagine it taking in lines of energy. This can force an overtake of programming, forcing the voices to be nice.**

- **You may be able to stall the symptom of your thoughts being stolen by redirecting to chemistry generation and release from your organs. This will also help the DID System take over symptoms too.**
- **You can use an auto locating brain gulp process against the areas internal voices are attacking to stall them.**

- **If the voices are insulting, check to see if they want a gut to brain connection for serotonin, ask for instructions to fix it. This should calm down the criticism.**

- **Run the psychosis into a delusion by confirming details of voice origin, parallel realities, other versions of yourself, country, area, authorities. Now you have proof nothing can harm you. This is simply another version of yourself in a dream state stirring up ghosts in the mind. It is ALL psychosis and cannot harm you. Report it to mental health services if it gets too crazy.**

- **If you have a DID System and you do not automatically switch into an alter you need to ask who is awake.**

Find out their name and ask them to come out (to the front). This can work when more than 1 alter is awake and others have symptoms. You may use this method to block psychosis and other symptoms too.

- Apply holograms such as visual entities to voice attacks. This has been tested and confirmed this helps do a permanent cover up. The Zeta entity took over it. This was a very offensive attack and this fixed it.

If you are hearing voices try to focus on the areas the medication works on. Focus the medication in. This can include doing a focus feel and squeeze on the area it works on on the brain.

Sometimes you need to understand that psychosis is like having a hardcore bad trip. The subconscious is sending out its psychosis program based on your mood or current chemistry balance. Do not get stuck in an infinite loop of endless arguing with it, because you would be better off putting yourself in a good mood. If you are having trouble relaxing because your brain flowing too much information then see if your brain will respond to an honest response to asking you questions to start a discussion to force the brain to slow down and relax. Feel around your mind and see a presaved program is there, like an assistance progrem…from there you may be able to add bot programs to flush out psychosis and because more interactive. Just ask it. Ping everything that promotes your preferred outcome.

- Stall your imagination video attacks by applying a shape over the video attack repetitively until it goes away. Try saying no too. See memory section for more information. This works for audio voice and other audio psychosis attacks too. This is getting the brain to continue its over processing..to cover up trolling and insults. You may even be able to focus your subconscious over your imagination too. Just make sure you understand your capacity too as this can provoke attacks. One last thing to test and see if the astral plane is working undercover to send you brain maintenance programming.. for example the imagination shows something that will not stop. Focus on and feel the programming taking it in no matter what it is showing, as it may be trying to get around viruses in the mind.

A new technique I use to reprogram psychosis into a more interesting subject. I use a triangle in my mind and signal to it with the intent of using the signal to reprogram the psychosis into talking about video games (like Sonic).

If you have a paranoid psychosis you can choose to change your perception of the voices to being grateful and view the situation as interesting they put an effort in. This can temporarily shut down the voices. Report to mental health services if it does not go away. Read the DID System section if you have one too for covering up symptoms. You could also view it as the astral plane too but understand you need to meditate at some point to calm down everything. Make sure you have taken your medication too otherwise the voices may go out of control. Look for obvious signs too that it is obviously not true what you are hearing. See external reality coherency if the problem continues.

If your psychosis has released too much dopamine or too little dopamine in another area then focus hard on the brain in the top front. This will force the medication to kick in harder. If there are any astral entities, focus on them to ping them to resolve symptoms. Sometimes the mind may manifest programs to help.

Brain scanning for problems? Consider the psychosis assets it is using and consider it a parallel universe.

- You may **greatly** benefit by understanding if mental health services say you do not have a certain condition such as dissociative identity disorder it means they do not want you to know and may even advise they do not know what a DID System is. Just because it may be on paper does NOT mean they want you to live your life that way. This is because your schizophrenia has already taken FULL control so there is no point in telling you. You should then perceive any communication from these conditions as psychosis otherwise it may affect your medication's ability to work. This includes internal communications too. If you do experience aliens in your room, they should interact only through correct formulas such as interactive stories. Write this and put it on the wall too if you do not get confused about this easier. This is a note for treatment resistant schizophrenia. Contact mental health services if you are not sure. See pain correction if pain symptoms cause an issue. It may take a few hours for things to restore if you thought you could comprehend such a thing. Then the medication may work better
- If you choose an interactive story from within there may be an attack for not reading out the interactive story of the rest of the defined script. Try flowing areas of neural pathways to feel better.
- You need to understand sometimes there may be a program playing out too. This type of psychosis is forced to happen in treatment resistant schizophrenia. For example, a low state may create a war situation so just start a

war. See War Video Game Understanding for more information.

- Let of any ideas of what the psychosis harass you with
- You must focus external psychosis by focusing a muffler to the sound you are hearing in any way possible.
- You should be able to signal the gut to allow serotonin to flow from the gut to the brain which will force the voices to be nice.
- The voices may respond with a verbal attack by the subconscious scanning for a psychological response to unresolved problems by projecting it in any way you can. Report to mental health services if you need to.
- Let go of the idea of intrusive thoughts in any way you can
- Imagine the voices are kids or babies crying and winging
- Want to know how much your brain loves you? Even in this psychosis state of a low you need to understand the brain loves you so much it will do anything to entertain you even in its lowest state.
- If you have a treatment resistant psychosis then understand you ARE that sick to hear such sickening statements against you.
- Affected psychosis areas you can feel an auto locate signal to stall the internal psychosis in that area
- Having both hands out in front of your face for a bit can turn the voices good for an amount of time
-
- Just being yourself is important for security in having too much psychosis going out of control. If you take on a belief that you live in a simulation and nothing can harm or make you believe anything stopping the fun. Just understand the law applies if you misbehave. Also understand the end of the branches of the brain may be tested before allowing this through emotionally.
- See chemistry generation section above for enabling serotonin to calm down the voices

    - Always remember if your memory is fine but the psychosis is going out of control you must level out the amount of dopamine you have but make sure your meds have been taken because areas need to be kept under control. See chemistry generation for information on how to control dopamine levels. Contact mental health services if you are unable to resolve the issue. Be aware your medication may be blocking areas of dopamine which shouldn't be blocked. It can also release dopamine to cause trouble too. So, report if you need to. Meditation can help balance out dopamine levels too and help kick in medication better too.

- If you have tried a lot of methods and it is still not going away you may need to override until mental health services can provide some support. See DMT from Lungs with Mental Disorder Understanding section at your own risk. Basically, in a nutshell one symptom can overlap another.
- For internal voices you can block them through imagination auto locating a sphere inside to the affected areas. The voices will stop as long as it is there. For me it is located on the lower left of the brain.
    - Internal psychosis can block the imagination. If the brain tries to guard this area to stop from accessing it you can simply imagine a repeating shape with signaling and a throughout the area to reach the area where the imagination forms a block against it (and signal that too). You can block multiple areas if the internal psychosis speaks from other areas of the brain too. You can try this for other problems too in any way imaginable. If you do this you are doing this at your own risk. When the voices speak internally you can focus on the area they are talking in and feel through a blockage on the affected areas to stop them talking.
- If the voices complain about your history simply choose NOT to believe it and they should back off a bit
- If your mental health workers are around, you during the day and you have a psychosis episode then understand, they may not understand that if you have a paranoid psychosis that the psychosis will react to this sort of pneumonia. If you have already told them and they forget you might find yourself stuck in the situation of being unable to re-explain this issue. If you have a DID System, just ask the DID System who wants this symptom. A DID System member will cover up. Then you can get back to having fun. Be aware if this does not happen you will need a break.
- You should understand any internal communication of psychosis should be perceived as a **troll**, never believe it is parallel universes because of your diagnosis. This is your decision, have fun! Just have a good belief zone. This includes external psychosis. **Remember trolls cause delusions.**
- Before troubleshooting internal voices, you must be aware if you have a DID System and the voices will not stop internally this may cause DID System alters simply stirring you up until you assign them a job. This means they can cover up pain, tension, externally psychosis as an example. See if you can assign them to cover up the symptom. Then they will calm down.

- Internal psychosis can block the imagination. If the brain tries to guard this area to stop from accessing it you can simply imagine a repeating shape with signaling and a throughout the area to reach the area where the imagination forms a block against it (and signal that too). You can block multiple areas if the internal psychosis speaks from other areas of the brain too. You can try this for other problems too in any way imaginable. If you do this you are doing this at your own risk. Imagine remembering to perform maintenance on internal psychosis and angry alters reapplying this method with a short but repetitive sound.
- When the internal psychosis speaks...focus with an intent of a signal to block it from speaking. This should force it away when the brain is processing lots of information. If it gets hard then speak out loud the same way. If it persists then keep troubleshooting or go into recovery.

- Get alters to cover up psychosis and other related situations and get alters to come out if you have a DID System and have taken medication. You can do this by feeling with little thought throughput into the area the psychosis is talking in. This will cover up the voices temporally and can even help cover up for days. You may need to reapply this as it only works for a set amount of time. Reapply as you continue to talk or as needed. If you don't have a DID System or have other problems continue below.
- To see if you let go of abusive intrusive thoughts and hallucination to be able to be more coherent by letting the idea of the voices assault. This is a great psychology trick too.
- Make sure you have taken your medication. Use an arm implant to turn on and off psychosis internally and externally if you have one. Get the implant to scan and activate it in any way possible. Give it charge using your hands (suck in energy on the hands). Get the implant to scan your brain. Hold down the implant to see if you can get a response from it to place yourself under mind control. Install essential dissociation software.
- Let go of the idea of something bothering you ~Bashar
- If you cannot stop the psychosis, you must generate and release serotonin otherwise voices turn bad because brain is in bad mood in not enough serotonin (supplements can help with this but check with your doctor first) Serotonin affects the way a psychosis transmits but it is more important to have it to get out of the completely bad state
- For any external voices see if you can respond to it via telepathy to see if it is psychosis or alter activity.
- If you are on medication, you can block psychosis target areas by focusing and signaling on the area in any way possible. This should be forcing the medication to kick in stronger.
- If you are in a dream state and not having a good time then see if it is simulation take can change through your imagination
- You may be able to use alters or voices to speak to each other and for you if you are not interested in the conversation. Never assume you do not need to do this and have a good belief about it. This includes visual hallucinations too. Do not get lost in the conversation regardless of how far it tries to target your interests…. If you would honestly prefer control then continue troubleshooting making sure your psychiatrist and case worker is up to date on information.
- If you hear any crowds then see **external reality coherency.** It is all based on various pneumonias which are simulated.
  - Understand the difference between hearing voices and having a dream state too. Understand this causes delusions and be aware your brain might be sleeping further inducing voices. Take control if you need to.
- **Just a reminder – Any words AT ALL or any phenomena you hear that makes you feel bad is a lack of serotonin. Watch reality change to positivity if you get the serotonin up. Report it to mental health services if it goes out of control or you do not know what to do.**
- Your imagination should be able to create a temporally filter internally for internal voices. You can build a filter by signaling in imagination for programming to enable this in any way you can imagine.

- A new technique I use to reprogram psychosis into a more interesting subject. I use a triangle in my mind and signal to it with the intent of using the signal to reprogram the psychosis into talking about video games (like Sonic).

- Contact mental health services and report your current output of psychosis too so they can understand if it is going out of control. Make sure you get them to explain why you should be taking your medications so you understand the importance of taking medication

- I tried telling the psychosis wrong timeline and it completely changed their way of communicating. Reapply where needed. This is because the psychosis explains an argument

from a different point in time]

- - Oxytocin for trust, Serotonin to lift mood for psychosis, more dopamine if unmotivated causing psychosis to start – You may be even able to ask the psychosis what it needs if you have this understanding

- Psychosis may put a feeling effect of the drained area if you have negative symptoms of schizophrenia
- You can muff out external and internal voices by focusing the same word multiple times This can force the psychosis to mask what it is saying – Reapply as needed

- You can the turn voices friendly if you push though enough serotonin but you should go to hospital if you are at risk to yourself or other people

When you focus on the psychosis it can uncover activity which was previously encrypted information (probably for those with the correct mental programming or implant). This is really good if you need some coverage on what's happening in the awareness but you are better off using the implant to *stop it altogether if you have one!*

- You need to understand the difference between schizophrenia and a DID System. This is because a DID System will force you to do things you may not agree with. Report it to mental health services if you need advice or have problems. This may be a simple harmless activity but if it gets out of control or doesn't sound right report to mental health services. If you prefer to not do the activity you must act naturally and not care. If you perceive the activity as immature then respond that way so the rest of the DID System takes over the chore with even just using a sound. You may have both a psychosis and DID. The difference needs to be understood because alters may have mental symptoms too.
- You can block internal voices in the imagination by speaking internally and letting the blood flow to the area the imagination is doing and holding pressure on that point.
  Imagine a shape to help the flow to that area and hold it – If you have a DID System an altar may help hold it. If you don't see Astral Consciousness and Dream Recipe to attempt to create a temporary DID System to stop the psychosis. One of my psychiatrists have confirmed this phenomenon of the temporary DID System is real and this does work for me.

- Bad focus can cause psychosis to automatically react. You must find a way to fix your focus. Be aware if it is a psychological problem causing the psychosis to react. Try to put your focus on the external phenomena and get under control. Keep troubleshooting if it doesn't go away. If the tongue is causing the psychosis to automatically react then try anything imaginable to get it done. You can see the guide in astral consciousness for further information on this.

- You can even talk to the external psychosis by signaling your talk through the tongue as if you were talking but not actually speaking to stay undercover. Try speaking through the tongue while focusing the sound through your speakers. You can actually talk to it with anyone knowing. Have fun! Keep your excitement up too. Read and get all the information you need from this guide. This information could be updated but it does work for me. You can signal using your mind or tongue for characters to come in to speak too. Get it in your belief zone in any way possible. This is better.

- This is good because it keeps you undercover from people finding out you are actually talking to something. Then you can have all the conversation and keep it under cover. If you have astral entities in the situation, you may be able to get programming off the Astral plane and can help turn the situation telepathic. Try to get the tongue to speak automatically but that doesn't

work you'll have to speak through it manually. Good luck. Make sure to keep your chemistry under control so see chemistry generation guide and any information that could help. Report to mental health services if it gets too annoying.

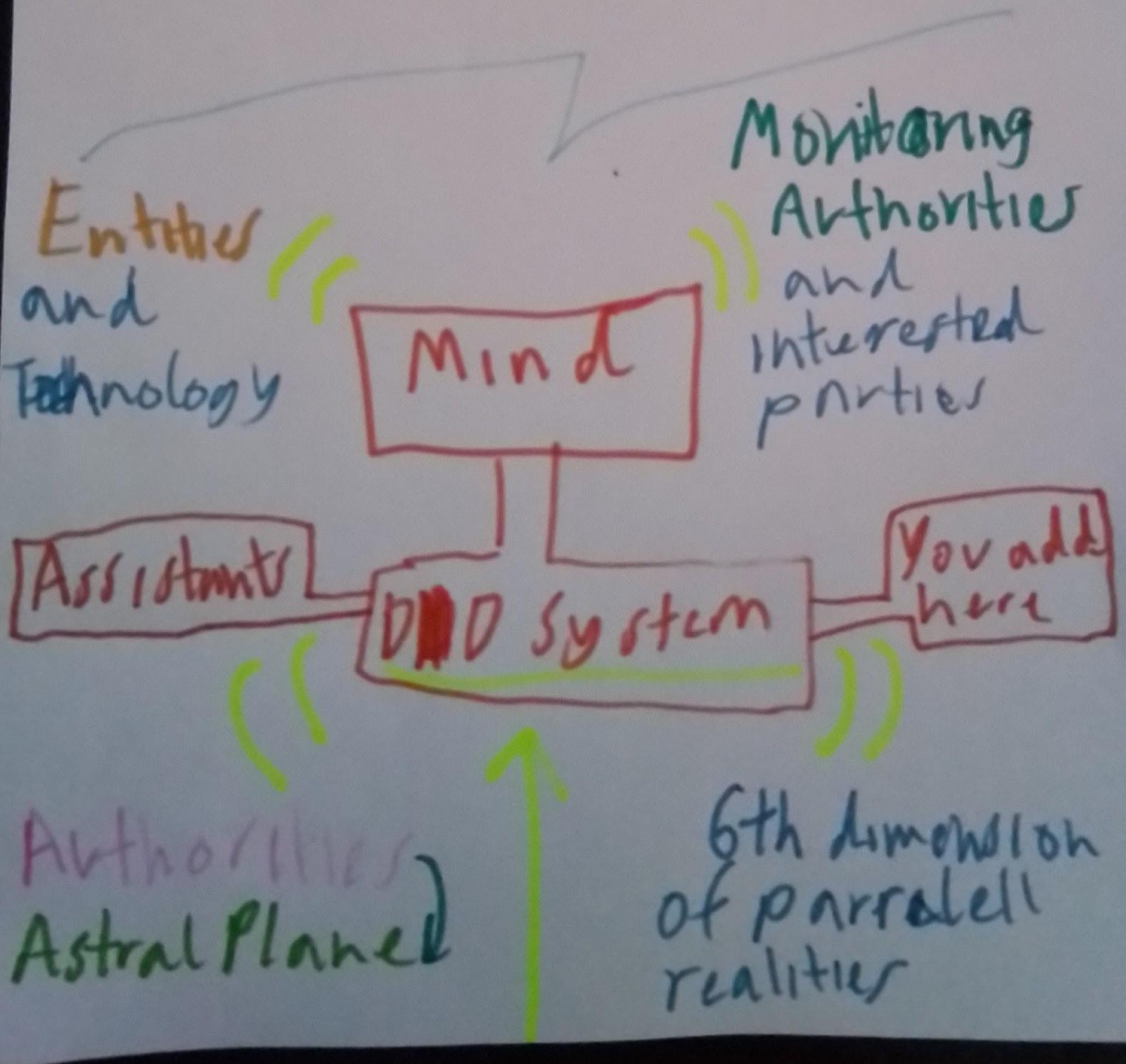
– Understanding internal voices can sometimes make external voices angry too so you may need to do this and if it goes out of control to report to mental health services. See dream recipe and Astral Consciousness Understanding if you don't understand.

- Never tolerate internal voices – They cause too many problems.
- Consciousness for further imagination if this information doesn't help
- You can stall an external psychosis with your pineal gland. Simply focus and use thought to block the external psychosis and reapply where necessary (this works for me)
- Never reveal who you are so you don't get targeted in psychosis – Make up a person you are instead to stop the insults but make sure you've taken the prescribed dose of medication and cover up
- Tell the voices you can't hear them – Reapply statement where required – externally and internally too
- Changing your focusing may help with hostile activity
- Endorphins can really calm down a psychosis for the alters but can help DID System alters too. This can be good as a natural pain killer
- Delusions that aren't actioned build up with psychosis assaults.. You could remind yourself of the psychosis of your favorite fictional character to try and change the subject but just be aware of your brain activity but make sure you've used all your resources. This is a good reminder it is all in your mind and can't harm you. **You need to responsibly continue the story safely if your mind is attacking in this way. This is because the mind entity needs support before the attack calms down. This is very serious to understand as the symptoms affect medication. If the story does not progress then imagine infinite planets side by side and up then up. Just keep using your imagination to progress the programming until the program gets covered up by other pneumonia. This may take some time so you can troubleshoot, take a break or sleep it off. Report to mental health services if it doesn't stop. See Psychosis and War Video Game Understanding too.**
- Listen to the overlay of the psychology of the voices. If the voices don't seem to trust you then you need oxytocin. Smile for at least a long decent amount of time to generate oxytocin to get your brain to trust you or see a doctor to get oxytocin medical supplies.
- Take a break if over all activity needs improvement as the voices may insult you if you are going over your capacity
- Understanding dopamine states can cause psychosis if you have not taken your medications. If you've got negative symptoms of schizophrenia for example, I have negative symptoms of schizophrenia which require interacts with this document to stop symptoms from harassing me too far because there might not be enough dopamine)
- Ask the psychosis what type of entity it might be if you're scared of people next door speaking through the window because you can tell it is not harmful if other people can't see or hear it. If you do see extraterrestrials/space crafts or lights they DO NOT harm people and this a fact. Your brain might be playing tricks on you too. For example, you can ask if it is the astral plane because that is the 5th density. It turns into the 6th density/dimension if you start hearing parallel realities and this can affect your understanding of the environment being stuck between two different realities so be sure of yourself and assume nothing is wrong.
- Block internal voices it in imagination for focusing a block and holding the pressure where the audio from the imagination is coming from as they use the imagination to send internal voices too
- Tactile hallucinations are harmless. A tactile hallucination can play out through tension, feelings and visuals (entities) too. If you get pain then report to the doctor and report to your guardians and support workers. If you see creatures no matter how advanced and convincing the hallucination may be bouncing off all sorts of phenomena. To be sure then invest in a pest repeller. It should help but you must understand the limits of the one you are buying. It would

only repel a certain amount of this…. real creatures and not tactile hallucinations. See Pain Correction and Understanding for further information.

- Be aware tactile hallucinations can manifest based on technology so be aware if there is an alter conflict.
- Imagine universes within universes in all ways necessary to relax yourself further.
- If you have DID System protectors try to negotiate with them and in any way you can.
- If you do not believe in any way you hear voices that you are hallucinating then you have some options. For example, call the police, call the mental health emergency response to get them to listen. If you do not want that you could get a wireless radio and switch to the channel where the police are. Then get the automatic police listener (depending on if it listens automatically) or just walk to your home fence and then see if the police respond. If you are not sure then report to mental health services. See below for more information.
- **If your voices are digging through for information (in any way) then setting up a systematic procedure will help. Writing down the want and desire of the police program will intrigue the psychotic symptoms. For example for me I wrote down a network mainframe. This can be a fun idea and may help your situation. Depending on your condition's symptoms, this may work (it does for me). See the example below - Below this page - Write this down if it returns and stare at it!**

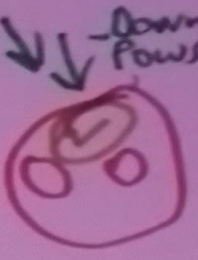
Dissociative Identity and Treatment Resistant Schizophrenia Network mainframe

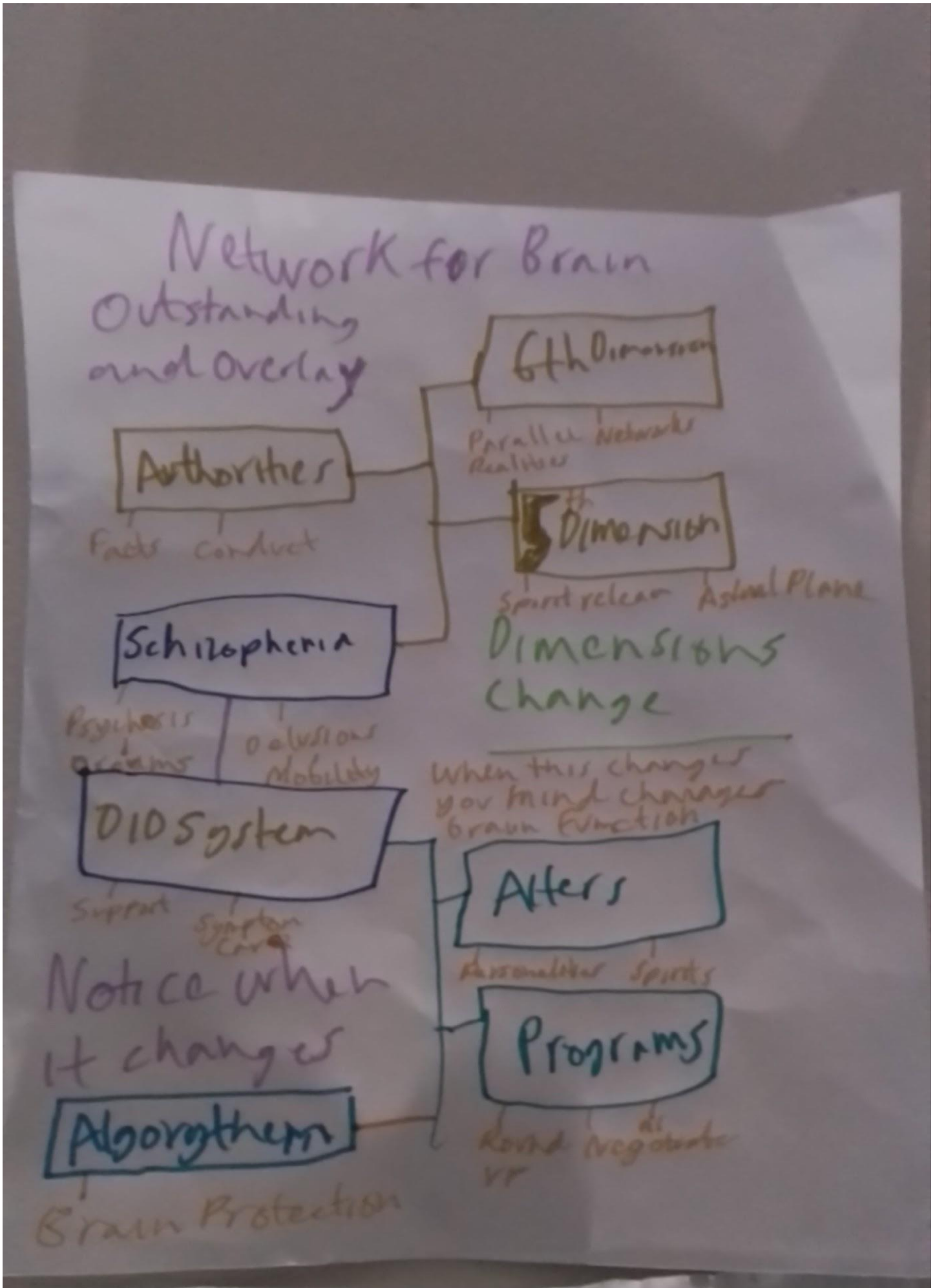


Instant Third Eye

(Talk Radio

- Start up antenna
  - Catch astral stream through focusing outwards
  - Catch signal of incoming transmission by know it is a real person speaking and investigate
  - This applies to both outside and hidden internal activity
    - Negotiate through telepathy and check status of trolls
  - Start response to check notice if there encryption if there is try to negotiate
    - Request for strange stuff
  - Report bad behavior
    - Reward Program




Network for Brain
Outstanding and Overlay
6th Dimension
Parallel Networks Realities
Authorities
Facts Conduct
5 Dimension
Spirit release
Astral Plane
Dimensions Change
Schizopheria
Psychosis dreams
Delusions Mobility
When this changes your mind changes brain function
DID System
Alters
Personalities
Spirits
Programs
Notice when it changes
Algorythems
Brain Protection

Rather then having abrupt destructive psychosis from being treatment resistant why not tape it down as a program to do a constructive help network where you can relate to your mind go through different timeliness directly instead of being unfun as it turns into a network where you can fuel your ego and relate to things you are passionate about instead. This is fun and my mum and sister do this too. The endless universe of parallel earths where you compare for example technology and speak to different versions of yourself. This works for me so hopefully this helps other people too.

DID System Understanding and Critical Alter Activity:

Check with DID System leaders and protectors if there are outstanding problems.

Ask for a systematic assessment update to quickly find out what is the best optional activity.

Never give up on asking alters to help. You need to never stop getting their help. It is your capacity! You must be honest too, believing you need their help otherwise they will not help. I recommend verifying alter statements before speaking outloud. Philosophy about getting better and exciting subjects, positive outlay will help alters interact and can cover up more symptoms. You may get faster DID System interactions by getting it to ask you questions. Signal honestly in anyway possible if the DID System does not help, this way you wont just be dragged in to the current circumstances. Go to the list of names and get an altar to come to the front and signal to apply to the symptom. If you hear external alters to your hearing you can apply them to the symptom too. Use any techniques that get the alters to help. Magnesium L-theronate will help the DID System study to learn what to do. Taking it easy may provide them more capacity to learn to help.

If the alter are covering up too many symptoms they may get a protector to stop you from talking. You may require to ease off the workload of activities before they will allow you to interact or see the chemistry generation section. If there is an brain chemical imbalance they may feel anti-social. You may not even be feeling that way but if the alters are suffering too far you will have to say honestly to cover up the alters symptoms before you can continue.

- **If you are offered an astral plane connection, you will advise of your blind alters so AI can entertain them. The symptoms will change as the alters switch. Meditate and send them to sleep if you need to or do a current state alter capacity assessment if unbearable or annoying. If the capacity goes up then go do your preferred activity.**

- **If alters try to do too much misconduct, bring out the correct team. For me I need to bring out an altar where their symptoms force a cover up for imagination attacks. Consider the history of your mental health various diagnoses as this may be easier systematically. Symptoms of schizophrenia can even cover up misconduct of DID System alters. Speak to mental health services if you need more information on this.**

If your chemistry links are established then just say over and over again who wants the symptom and signal to whatever symptom it might be. Creative to get them to help. This will give a lot more time to play around to have fun so you will not have to use this guide all the time. You can test your chemistry link to see if any alter can come out. If they cannot come out then understand you must fix chemistry links, capacity issues and anything else stopping them from functioning.

- Advise the altars that the war is not real if the story goes too far. Otherwise they may not let you interact outloud. Sometimes there may be conduct but if it stops everyone's fun just let them know. See if you can simulate something interesting for example, video games, raves, books, facebook. Try anything you can using your mind. This will cause symptoms to reduce and may end a conflict. Project a field outside your mind so the alters can interact if you can.

  If an autistic alter comes out you may hear parallel universes. You can use your focusing to remote view. Experiment and see how you go. If your dopamine process stops when you switch into one of them, go to the chemistry generation section.

- You may be able to confirm if the alter you are switched in to or alters in to can cover up the symptom. Either read their signaling or ask them. Signal to cover up from there or get the awake alters to do so.
- Be aware that if an autistic alter comes out that the DID System may refuse to talk or interact. You will have to negotiate or wait.
- DID System seats may change based on availability. This means you may need to check in your imagination like a program. Get them in a seat where the symptom can be applied too. Use the names and see if they attend a

seat. Check for hidden seats and programs too.

- Once you have finished something challenging then advise the brain to calm down symptoms
- You may be able to communicate import information faster by speaking using an acronym or humming either externally or internally. Just make sure you set the intention honestly when doing this and the mind should understand.
- If your DID System has hundreds or even thousands of alters you can force it to compete by saying “You suck DID System”. This forces alters to attend to resolve symptoms. If they do not respond it can be caused by imbalance of the mind. Continue troubleshooting or take a break.
- If you have trauma it can play in ANY kind of hidden way! Be aware of this now and change the way you do things. See alter conflicts and read this section for more information.
- Check and see if there is an alter or program applied to the symptom by attempting to read the signal using your mind. Signal it to continue treating the symptom. You may be able to get instructions from the mind too.Otherwise continue below.

If anyone in the DID System is offended you will state your disability (signal to yourself in any way) and also believe you are not involved because you are incoherent so you can easily assume and understand if you remember that this is false. This includes the very perception of the truth of having a disability. You will act as a child in an adult’s arguing situation where you are involved and submit childish slurs from your disability for protection against verbal and other attacks. This includes your identity too. You are NOT your born name when interactions are happening with any DID System alters or other entities. You will take on a false ID. Failure to comply with this will cause the DID System to send attacks such as headaches. You will become a number one target for attack if you do not do this. You are the name your parents gave you. You can identify your real name with real people. This is dependent on your state too. **My DID System experiences delusions. This means you believe you are an alter and not what the delusion has told you because this can cause the DID System to attack**

- If you become targeted in the DID System under conflict of being the person's name then the alters need to understand this is because of capacity so they may be discouraged to help. This means you need to get another alter to take on this name. Simply ask who wants to take on the target name and then someone will come and help.
- Resolve alters beliefs if you cannot do an activity. Try anything you can.
- If an alter says you cover up then understand this is a dimensional group pneumonia and advise that a different brian then rerequests the alters to help.
- Ask entities to help cover up belief zone attacks and try to cover up belief zone attacks in any way you can. You need to understand this can provide misleading beliefs to the alter want and desire for fun. You may have to restrict activities until it is solved.
- If you have a DID System and the alters refuse to help you can always say pass the symptoms **to me**. What happens then is the subconsciousness **equips** the mind to automatically take on the symptoms. Reapply as you want. If the DID System takes too much administrative control you need to understand you need to ask for permission to contact and why too. This includes if entities are protecting the DID System alters too and if they are then you will need to communicate to the DID System to speak to the mind entity for permission to keep covering up the symptoms. This can happen when the alters are recovering.
- If the alters are in conflict and you are unable to do anything you need to consider if the alters are unable to help due to being too far run down. This means you will need to work as a team and get the alters to **cover up each other's symptoms** until the ability to continue to have fun returns. Otherwise you will have to wait. If they are not firing **endless algorithms as a defence** then you can continue. Put a note up if you need to as this can remind them to help.
- **You may be able to get the DID System to handle symptoms of mobility to cover up problems like pain so you can do more activities for a longer period of time. Just say who has the ability or power to cover up on symptoms of mobility and also negative symptoms of schizophrenia. Make sure you have completed your capacity assessment too so you do not abuse this feature and loose functionality from overclocking your mind and body. This works for me. Reapply as needed. Check to see if this ability is available at random times through your time awake as the ability will wear off. If the altar is able then it will be applied.**
- If you have a lack of motivation try signalling your imagination to **delink** any alters they are not providing support in any way imaginable absolutely. This can reduce symptoms too and cover up more symptoms automatically. This works for me but it depends on the person.
- If you have a DID System with schizophrenia and the alters have trouble communicating because of a lack of emotion then just come out with your own name. You may even find there more than one version of your personality. This should restore your emotions. It could also be an alter conflict too so you will have to wait.
- If the alter is debating an activity then focus their beliefs as a swamp of energy from the front to the back of the mind. This can help if you just want to reduce the debate and continue the fun. You may have to do this multiple times.
- You may be able to **cover up** symptoms of being bored to keep your **capacity assessment** in check. Check with your alters to see if they can cover up **boredom. Alters will be more willing to help if you do this and everyone will have more fun.**

- **If your alters take on a negotiator and take on a belief of the disability of the alter seated at the front you**

will then get more support to doing a favorable activity to that most awake alters want. For example if I take on a belief I am only schizophrenic then the alters back off and let me continue having fun. This is basically because the alters may fear getting another alters symptom temp or permanent symptom passed on to them. If you want further interactivity then try the solution above.

- **If you have alters that are full of want and desire then just play out the situation. Do a cover up and then when an opportunity for alters desire becomes available then do something else instead. Make a plan and note this down. This could save your life too.**

- **My alters can cover up anxiety too. See if this works for you. Also consider asking what symptoms need to be covered up. If you cannot cover up your symptoms with medication and DID System then you need to report to mental health services. I take Magnesium L-threonate and Ormus which grows the brain further. This might be why the system is able to do this.**

- Generic List of names can be seen too if you are not sure which alter to bring out. This can help with symptoms too.

- If the DID System tries to put on a frontline communicator you need to state if you are the vessel alter capable of motivation to respond. Otherwise say you are not motivated or you are not the vessels name. You may need to negotiate who is in charge too if your alter system is set up like an office. Cover up any trauma stopping you from dissociating too. **If the alters stop communicating completely they may go undercover. This means you claim their support by feeling and thinking through the symptom. This includes things you want too.**

- **If the blind alters are bored they may bring out an autistic alter to be entertained by parallel realities through hallucinations. If this happens it may block dopamine so you will need to rock around to get it under control.**

- My DID System can cover up psychological problems too. I simply request the DID System to cover it up and this gives me confidence. There are various methods that can happen. It can work with blocking the memory and by using amnesia. If there is an alter conflict scroll down that section. Make sure psychological problems are covered up in any way you can (even applying the alters too at times). See psychology techniques if you have any outstanding problems. Report it to mental health services if you are not feeling ok.

- By using the alter's name you may be able to bring them out to help with outstanding symptoms by using their name and saying come out (name here). If they are awake, they should show support if they are able to. This will increase **overall bandwidth and adjust capacity**. Just be aware they prefer a more overall other activity at certain times. Ask if the alters have a team which can come out to help symptoms as a team. You must be honest too when asking alters to come out or they may not respond. You can also ask alters to come out if they are excited or motivated. Please be aware if the alters are asleep they may not come out. If you have thousands of alters and none respond to coming out then you need to take a break or see chemistry generation to restore broken chemistry links.

- You need to perform system maintenance on DID System symptoms. You should do this at least or more a week. My DID System can lower symptoms of psychosis, delusions, pain, beliefs, depression, negative symptoms of schizophrenia and aid dissociation (for when the brain processes too much information. See if the alters are signalling to cover up in any way you can read their signaling. They may be wanting to cover a symptom but might not be able to communicate. Simply apply their signal over affected areas of the body and mind.

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- Go into recovery if you have control of the vessel and they refuse a fun activity. The alters **need to be sent to sleep otherwise too much undesirable activity will happen.**

- If the DID System refuses to bring out altars with capacity then you need to see the Recovery Section or Astral/Zeta Entity Experiments and Appearances Understanding.

- Get a DID System to cover up depression and ALSO psychological problems too. Also get it to make your activities interesting too. Just say who wants the symptom and see if someone responds. Be honest about how far you want this to go so it gets applied. No matter how dark your feelings are. This needs to be shown otherwise alters will not cover up. **The alters may not interact if there is too much depression. Depressed alters can get angry in their depression causing symptoms to increase. Reapply as need be. They must cover up depression at all times so make sure to reapply it even if you are unsure..**

- You must have the psychology of dissociation to survive. It is critical to survival. You must and have to. You may

also apply yourself over trauma for alters to interact and have fun. For example, apply yourself as an alter if you have a DID System over the feel of the trauma with intent to dissociate. Be aware negative symptoms of schizophrenia may reduce alter interaction so you may need to recover or see chemistry generation. See the excitement section to see if that helps too.

- If you are bored and not having a good time then see if the alters inactivity is due to waiting to pass dissociative amnesia on. This will help you get some good and interesting memories to discuss. Alters may go inactive and not interact until the dissociative amnesia is pushed through.

- If the alter is not awake to take the symptom away...for example a headache, then you can assign the current switched alter to take over the symptom. Just signal and advise you will take care of it. The brain registers this automatically and automatically fights off the symptom.

- Imagination attacks can be covered up by alters too – Simply apply the video over the response assuming an altar is there as it may be covering up something even worse (this works for me too). You try anything imaginable and creative to help with. Find a way to take control or see recovery for further information as you may need to break. If your imagination shows a situation of the past going out of control then signal to your imagination to see how the situation would have played out if treated properly. If you do not want to see then say no for it to go away. You can also apply the altar you have switched in to. Simply signal and feel as they alter you to cover up the situation. This can work for other symptoms too.

- If your mental health workers are around, you during the day and you have a psychosis. They may not understand that if you have a paranoid psychosis that the psychosis will react to this sort of pneumonia. If you have already told them and they forget you might find yourself stuck in the situation of being unable to re- explain this issue. If you have a DID System, just ask the DID System who wants this symptom. A DID System member will cover up. Then you can get back to having fun. Be aware if this does not happen you will need a break.

- You can see the altered history if your imagination is not functioning. A certain amount of history might be available and this can change too. You might be able to ask the alter a question too. Some alters may not be speaking too because of too much amnesia. So ask a question if you want and see their response.

- If the alters are talking internally, apply them to a symptom if the brain is in maintenance mode. If they seem hostile then respond if you were someone that shows an opportunity instead (like a spaceman). Be nice in every way imaginable to prove this. Be aware of alters and uncover where you might be able to pass symptoms too (such as using feeling with focusing the symptom). You should also ask what is the best way to cover up the specific or range of symptoms. You can also ask who wants this symptom. Just be aware just because you got a capacity increase DOES NOT mean you won't lose capacity later on. Just be sure you are not overdoing the alters' ability to help a situation.

- If the alters argue, make sure you are not being in a situation where you hear them complain about the alter then makes it sound like it's you. This can affect perception and if you are busy you need to check and make sure you are not being affected by other altering problems. Simply advise that you are certain of this. They may or may not in their own decision choose between verification processes. If there is still a problem then decide if you need to troubleshoot or not. It is up to you if you do not.

- When the alter is active you may be able to apply the current alter that has come out to the outstanding symptoms the alters have. See how far it goes. Feel the alters presence by their voice responding and apply the feeling of that against all symptoms if it allows you too. This includes if they speak internally too and history shows no matter what is said the alter can process the coverup of a headache. If this stops working you need to understand that capacity may be running low at the given time. Try a different method or alter that is awake and willing to help.

- If you have schizophrenia and have a DID System complaining about a personality to be distinguished you then need to understand their needs to an alien experiment to resolve overall activity areas. Do not make a fuss about this. You will be fine. This is a consciousness area that grew beyond a personality and needs to be integrated back into the DID System. There might be arguments about this between entities. You need to comprehend, you need to explain this is fine if you agree. It may get constructed back by the brain. For me this has happened multiple times and this is the only way to resolve it. The DID System will take over from there. If that doesn't work you need to understand your brain is in maintenance mode and needs to install DID System software through imagination. This can also happen if you have schizophrenia AS WELL as a DID System. End of argument.

- If there is too much of an alter conflict and you have a history of schizophrenia then you must state your identity as this. If you have lost your mind then explaining this is important.

- If there is a pressure point on your body where the pain will not stop then you can follow the finger from the overflowing finger. If nothing in these procedures will work then you will have to see

- If the brain tries to activate a damaged incomplete subconsciousness area you can focus the overflow of memory flow and in any way you can. Then this will cause memory loss and the DID System will send its

programming and kick in. This includes flow of memory into memory loss which forces the memory to dissociate against all the bad programming. Helps with broken chemistry links, better decision making, stimulation, mood, This also helps with alter interactions.

- If you feel the pressure underneath the area where imagination and between the subconsciousness area this can force your mind to dissociate so you can cope better. Just put it through.

- If an alter sends abuse verbally then you can relax them by focusing on the affected area. This should help a lot.

- If nothing works for dissociating just tell your mind your intent to loosen some main understanding so alters take over. This will force a state of dissociation from symptoms. To start dissociating, use words against a rejection of the overall programming. This can be for example saying no to question with intent to forget the situation. Try in any way you can

- Focus the alters memory in to fix memory issues with the alter that has come out. See MEMORY SORTING AND ASSOCIATION FOR PEOPLE MANUALLY RESPONSIVE BRAIN FOR PROGRAMMING MIND AND SITUATION OUTCOME WITH SYSTEMATIC OUTCOME (eg minds in maintenance mode). This can restore programming to a workable state as it performs a bit of work for the brain to run).

- **If you are being attacked by something in the mind you can use the alter's disability to your advantage by focusing on the symptom against the attack. You should dissociate against the symptom and go back to having fun.**

- **Notice [Identity] is part of the condition name. This means you do not go by your name. You go by an alternate name or make one up. If you fail to do this the alter system perceives someone who is looking for too much control and will cause problems. This cause problems with alter conflicts which cause protector attacks. Name yourself something else and cover up.**

- Feeling lost in the alter state you are in? Get the alter system to take over your decision making right now! This will force capacity too to help.

- You can also get whoever has taken charge of the alter system to **stand up for you** if you get harassed or have any **outstanding intrusive symptoms too. The leader can cover up symptoms too and would prefer to if they are blind and deaf. If your capacity to do things is lower than usage then advising the leader the alters have used up too much capacity and need to go in hibernation to recover (this can happen to the leader too…this means the leader may have disabilities and need to go into hibernation or have even have the leader symptoms covered up too. The leader will attempt to negotiate with the alters. Fingers crossed! If this does not work you may have to switch activities...troubleshoot...or take a break. See recovery for further information and ask this as needed. Recommend the favorite overall activity you prefer. Make sure it is a safe thing to do and a normal activity. See DMT from Lungs with Mental Disorder Understanding for further information. This will have been reapplied if the symptoms come back.** They generally go away for a few days and come back. Do not abuse the situation of too many high-capacity driven tasks.

- Make sure to feed your brain its food if it doesn't automatically. These can be felt on the left and right sides of the brain. Feel the brain food through and it should make the alter system aware to restore capacity further. Be aware if you forget this if it doesn't work automatically the brain may cause all sorts of symptoms.

- For any external voices see if you can respond to it via telepathy to see if it is psychosis or alter activity.

- If you are someone who uses more than 1 computer screen then find out if your DID System is conflicting with what it wants to do causing more symptoms than you could just use 1 screen. You could make the best screen preferable and just leave it at that. You may even find it more interesting to just use a TV for a computer screen and have a wireless mouse and wireless keyboard. People throw out couches and chairs all the time and this would be easy to obtain.

If you hear alters speak your brain or mouth may be signalling to you in a strange way. If this does happen apply the alters to the situation any outstanding symptoms. Reapply again with either current alters in use or new alters if you hear them speak or just understand it is an advertisement to receive help.

- **If you are doing an activity the alters prefer then make sure the pain is under control. Or speak to the DID System leader to get them to stand up for you.** If alters are active and you have a DID System – Try to assume alters are awake and push the symptoms through to them by feeling the symptom on to them. Do not give up. Do the right thing for yourself.
- **If the brain refuses to cooperate in the way you thought would work you need to understand and comprehend oxytocin is always a solution. To start oxytocin release you can signal using your hands open and then send them the left hand at front of face backwards (then forwards) and do the same for the second hand in semicircular motion and focus on the middle of the brain and pull away slowly. Reapply where necessary. Then continue troubleshooting from there.**

- *Play out situations to alter them to make them realize any symptoms stopping activities which are fun is not appropriate. Figure out a realization which will help them comprehend you are better off with chemistry. Be aware you may not be using them. Be on the lookout for alters which advertise to help. Do not take the belief too far in the wrong way either because if it is a DID System the conduct may require ANY available situation. Do not be intimidated, you will recover to have fun. Check the diagnosis with a psychiatrist to be certain. Put up a hieroglyph for anything you need that is not there. This is so the DID System has technology to have fun. Remember to negotiate so you can still enjoy the chosen activity. ALWAYS RECOMMEND your situation over anything. You DO NOT get fooled by any outstanding symptoms about the technology. So, any situation where technology is learnt by extraterrestrials you must understand there needs to be a good enough coverup by everyone involved including them too. You do NOT care about what happens.. Do remember to take breaks. Read back to the start of Critical Alter Understand to negotiate with the DID Team Leader. You are to have the correct beliefs. A correct belief is proving that symptoms do not cause these issues where you cannot have fun. This is a mental disorder. Any technology learnt is monitored and goes away automatically for any situation which attempts to intrude on the situation In any way imaginable. This means you do NOT tell ANYONE that you have extraterrestrial technology. If anyone asks about this I can guarantee you will NEVER be able to prove this is true.* ***Consider your capacity a gift from the stars.***

- *If you believe a toolset has been taken from you then go back and put the Hieroglyphic. Call up mental health services and ask what happened. Then contact a doctor (GP) and see if they recommend any other medication you might need. Write down all the symptoms you have to be prepared to show the doctor. If the alter system is playing out a situation of conduct against the alters to stop them attacking you then you must read a few pages back to External Reality Coherency. Read statements again if you have lost your memory.*

- If an autistic alter comes out you may not be able to cover up the rocking process at point while these alters come out. So simply rock away in any way that feels comfortable to you. Try combining the Chemistry Generations section in previous subjects. Rocking may correct DMT entities from being overly protective too of the DID System.

- Always, direct and recommended as a DID System member. Not a primary ID or outcasted entity. This is very serious as this keeps a lot of symptoms under control. If this gets out of control then don't speak manually. Speak automatically through astral response automatically

- You can stream to blind and deaf altars. You can stream video to imagination and other parts of the brain. You can stream music through the tongue too. This may convince these alters to reduce the tension headaches and pain and even reduce overall attack at the time.

  - If the DID System leader causes an issue you can blink your eyes to restrain them. This leader might like this because the entity gets to stay in charge.

  - You can start a conversation with alters under certain types of mental disorders where the brain is processing lots of information. You simply focus your signal with intent to channel in and you should start talking automatically with all sorts of phenomena that feed your ego if you are in a good mood. This is generally known as dissociating which can be fun if you are at home doing a fun activity.

  - If you have negative symptoms of schizophrenia and the alters are acting mean or incorrectly too far you can auto flatten out by imagining and thought signaling to neuroreceptors to automatically flatten out. This

should calm down the alters and they may even give you good feedback too.

- See you can create a program to block the imagination and take away the ability to rewind if nothing works. See top of the document if you need to. This will stop the alters from turning against you. See if you have any implants too. For example, see if there are any hard objects in your arm (implant) and press down and block the imagination using thought. You may also be able to create a software program for the mind too, see at the top of the documents for more information.

- Blind and Deaf alters may cause issues and symptoms. If multiple alters come out, they will need entertainment. This means you will have to take programming from anything that gives good programming. Astral entities may be present and if you see them you must take in their programming in any way possible. For example, you could use the following and signal back to take in programming – Open Eyes that you can visually see – Closed Vision Entities – Imagination –

- Keyboard – Experiments – Take in programming in any way possible to set up entertainment for them from the astral plane. If you are unable to take in programming you must enter astral consciousness. See this document for further information. If you are unable to do this then you must contact a doctor or keep troubleshooting to solve the issue. Alters may create themselves to help in a situation out of control for people with a DID System.

- Alters can troubleshoot various issues – Simply refuse to do anything and wait and the DID System may offer a program or alter to help – You can also say to come out or say to anyone there.

- **If alters don't respond then the only activity you may receive from them are programs. Try to tap into the imagination and restore the alters in any way imaginable. Then tell them to come out.**

- **Some DID systems, for example ones with schizophrenia, may have multiple hosts at the same time. If you choose enjoyment of activities you prefer you must negotiate in any way imaginable with the System. Otherwise, you won't feel the excitement from your preferred activity and must troubleshoot with the alters to figure out what to do. Figure it out. Try what needs to be done.**

- **If an alter turns against what you want to do you must understand it will USE this document against you too if you leave chemistry papers on the wall.**

- You need to understand the difference between schizophrenia and a DID System. This is because a DID System will force you to do things you may not agree with. Report it to mental health services if you need advice or have problems. This may be a simple harmless activity but if it gets out of control or doesn't sound right report to mental health services. If you prefer to not do the activity you must act naturally and not care. If you perceive the activity as immature then respond that way so the rest of the DID System takes over the chore. You may have both a psychosis and DID. The difference needs to be understood because alters may have mental symptoms too. **You the main personality MUST be in charge of the DID System or it won't be able to cover up symptoms causing massive issues (such as pain and bad programming, psychosis etc). Some leaders may promote better behavior but try to be aware of this. If the leader is unable to negotiate then discuss for the good outcome.**

- **See if you can create an auto respond through text in imagination app – This will help your alter system when you are in charge to give the most correct information**

- **If you've tried troubleshooting too far and not coming up with a solution then the system may have personalities semi integrated causing an issue – You must process a depersonalization through imagination to get them to calm down.**

- **Depersonalization is not always available – You may have to reduce to a low-capacity activity or go and recover – You also require to up your level of serotonin too while on the break to recover**

- **It is easier to take a break then to generate chemistry while doing something but alters may want to play around with the given time too**

- Alters require motivation to function so be aware this could seriously impact your ability to get help from so dopamine supplements maybe required

- You may have to get DID System to overtake your personality set data of the consciousness activity of the mind – Simply asking a host to take over

- **Get alter to sacrifice themselves (each alter has a quota limit)**
- **Alters may turn against you if you are doing too much of a capacity given task at the time – if you are unable to still do the activity you must choose to do something easier – Just ask if it is too much for them and understand even if you feel ok it doesn't mean the alters are not suffering too. The protectors do not always allow them to go back in.**
- **Ask the system if there is anyone who is willing to switch to see if you can get more capacity (be aware of you alters attributes is recommended)**
- **Alters can stand up for you and consider helping if the outer activity is bad (such as psychosis)**
- If you have DID System programs for example a belief zone keyboard for people with implants the first point of conversation and information, so make sure you choose the right working keyboard to update belief systems if available at the given time
- Changing your focusing may help with hostile activity
- The person in charge of the DID System may be controlling your overall actions so you can negotiate to see the altered opinion of who should be in charge at the given time
- Say help me to DID System to see if it is available to provide assistance but be aware alters are hibernating sometimes too and may not respond so you might need to take a break
- Get brain to shut down from the problem the problem is irresolvable
- **TELL YOURDIDSYSTEM YOUNEEDHELP TO COPE**
- Do your best to get alters to come out however only if required because they hibernate and unaware of been responded too but if they are not responding take break or be aware the conditions aren't good enough for them to actually provide support at the given timeframe/mental state
- Ask the DID system what it needs but only follow it if it's good advice. Alters can help cover up symptoms if you have a DID System. Try to negotiate with your consciousness if you need to act on symptoms which stick around once you've have checked with mental health services what is safe for you to do.
- Understand that when alters come out they have their own various mental states and some may respond if you say hi because they and also note that some of them won't be able to see or hear – Different alters can impact your medications so make sure you've reported to mental health services any outstanding symptoms. There is an extremely high attempt suicide rate for people with hostile alters so make sure you are not too sad.
- A lack of oxytocin can cause the DID System to turn against you if there is a capacity issue. Always remember to focus on communication.
- Instruct the DID system to help and what to help with Programs like belief keyboard/belief apps will retaliate with a silly situation if they are active host and there are too much pain/other symptoms from the alters and general mental disorder. If you need dissociation and not getting it then the keyboard may be restricting your activities because your belief zone might need reprogramming. Simply allow through a positive belief zone in any tactical way you can.
- Get DID System/Implant to wipe memory of unwanted subject to get more interesting memories to look back on to create an opportunity to create new memories of positivity
- Programs from DID System may manifest so you shouldn't always assume the alter is actually there because it could be psychosis or bad programming if it is a negative situation
- The DID system might be assessing situations if it is a hard problem to solve.
- If you want to misbehave, understand to stay within the realms of reality of human laws of society and ask medical professionals/doctor/and friends if you need verification of what is happening. I can understand there can be a lot of left over programming from not acting on delusions but I am still studying this myself and cannot provide much help at this stage. Be

aware a delusion can pop up and manifest at random times.

- Just make sure it is providing something positive and do not believe you are above the law.
- Turning TV off can make network/DID system react to help if you are doing nothing
- If you get entities causing trouble with your DID System and the overall agreement is to do something else you can request the alter to come out in an attempt to do the activity. If you agree to an activity that is the overall decision. If the overall decision is ignored you need to understand it is a mental illness because those entities would use technology to put it through if it was appropriate (the rest of it is a delusion even if it does seem that way). To see if you really have aliens around then get them to send an email to you. If they don't then see **how that is all in your mind. Steven Greer the UFOlogist has confirmed REAL extraterrestrials can easily take over any tech to help you understand them.** Psychosis and War Video Game Understanding. You will understand if you have been in pain with these entities around there is a clear reason it is all part of schizophrenic alters. To manually take control you need to not concede on affected areas. This means you force the neuroreceptors to break free from the situation. Look at your history and see how the alters fake jobs for no reasons. This is all part of your disability. You can auto focus the do not concede to automatically locate to given areas returning your control back to you. If you are still not sure then see astral consciousness procedure. Understand you get support back in astral consciousness because it forces the brain to send the correct information. See external reality coherency. Also see Chemistry Generation Guide and Understand all the problems are merely a bad state of chemistry too. Your brain may be emulating a situation where you wanted help. The alter may not be in a good mood either. So, listen to see if they feel bad. Alters can speak. You need to take a break if the brain is causing these types of problems to…see recovery.
- If the alter eye and hear is damaged in theory (which is what works for me) is assuming a healing ability to restore eye sight and hearing. This should reduce alter attacks so they will be more entertained. Perhaps this is a function of alien control pneumonia too.
  Maybe taking ormus helps develop the brain which gives the ability like this.
- If a situation ever comes to you via comms you need to explain things like a computer and not like an emotional response. Ask why and explain every detail you need to. It may just be a misunderstanding even if they make a good argument.
- A psychosis may turn the original person you are as a reaction against the systematic effect of an interactive story. The brain is very self aware and unable to help and even can scan every single branch to find out anything bad it has against you. This means that anything of history from any angle imaginable will be used against the name you were born with. This means if you take on another personality the benefits of turning against yourself is the very definition of the game of insanity. This is very important to understand as the old self is discriminated against and hated. Take sides and join their cause to get support. As seen in war video game procedures it always ends up with an attack. This for treatment resistant schizophrenia with systematic symptoms like a DID System. This is for emergency understanding for temporary control to fix the situation. Report to mental health services if you need to and this guide may help too.

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- You can feel your current alter out to go over the perception area of the mind by feeling it through with the intent. Then everything's turned into a positive situation, Reapply if needed or want to.

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If you have schizophrenia and are unable to get the DID System to cooperate then see Astral/Zeta Entity Experiments and Appearances Understanding. Understand how schizophrenia affects the DID System.

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Alter Conflicts and Program Issues

You may require to switch activities to calm symptoms (this includes anything which this document cannot help with if the alters attack). An alter conflict may take from **minutes to MONTHS** to resolve. This means they may cause symptoms until the conflict is over. Let the emotions resolve and negotiate any misunderstanding.

You need to understand that alter conflicts can cause all sorts of symptoms. This means auto regulation, pain, psychosis, insults, anger for example will erupt in the DID System until you manually negotiate or automatically things negotiate. **This is extremely important to know** due to the attempted suicide being so high by the attacks. Just solve it in any way that gives an opportunity to have fun for everyone! Your capacity can be reduced in an alter system which can result with more attacks **including a lack of excitement. Rerun a capacity assessment. Solve as many conflicts as possible that solve symptoms.** If the activity seems manipulative and there are undercover attacks from conflicts then you need to understand the conflict cannot be resolved then consider the following:

Try to use your imagination to reprogram your subconscious to resolve the alter conflict.

Be aware sometimes alters need to negotiate before you can do an activity. If you think this might be happening just ask. Do not take it personally if an alter conflict does happen. Things work systematically in a DID System, so if for example someone says you are lazy or a protector says he doesn't care and wants to continue the activity simply outline the conditions as silly as it sounds honestly and then there may be a switch to help the situation to give you more capacity. If you cannot be motivated enough to for example play a video game as a team you need to say you are unmotivated because that can be the outcome. Hopefully this helps you because it helps me.

- Doing a believable presented outlay of easier activities will help reduce the conflict which may help with symptoms if they believe this. This may restore some auto regulation, better memory too.
- You need to understand that dissatisfaction and hidden traumas can affect the activity and can make certain activities unfun at certain times. You will benefit from switching to an easier with better history activity to be able to continue having fun. For me this means, switching from and to PC between various consoles and temporarily disconnecting from the internet.
- Meditate and reach out to angels and extraterrestrials for help. Check to see if imagination is remotely a nightmare. For example Arkturians will help if the Zeta Reticuli are not there despite the fact you may see them.
- Check areas of the mind to see if alters have been hiding the communication as they may be able to come out to the front and negotiate.
- Try changing the way you go about the activity. Keep trying this if you need to.
- They may want you to adhere to strict security procedures.
- If the alters are placing pressure on a certain area for the symptom then try to solve that
- See memory section in the meantime. Good for cover ups.
- You can label everything as psychosis to force meds to kick in harder.
- See if you can cover the alter symptoms too, not just yourself. If you have a team then cover yourself. Signals respectively and **honestly too otherwise you wont be able to cover up.**
- **Imagination attacks need to be spread out to alters to solve the algorithm. Get alters to help. Pass through the coconciousness in any way you can.**

You will say I do not agree or say I do not concede

- Try to see if a program will help
- See if an alter will expose the answer.

- A DID System Protector will come out to negotiate or request one
- Alter conflicts may erupt with negative symptoms of schizophrenia especially if the dream state disconnects. You may need to correct chemistry balance
    - Try not to add to the conflict and wait and see where it goes...put up with some suffering if you have to
- Try to reprogram yourself if you can (see above)
- Make sure your oxytocin levels are working (for trust). Head over to chemistry generation oxytocin section for info on how to solve it
- Use light language with a shape and sound to transmit data for alters communicating. Try any tactic you can. Refocus the listing areas to to ignore the verbal attack. Otherwise continue with a capacity assessment, break or experiment. If the conflict is because of not assigning a chore then figure out what they are good at **and assign the chore** for any other symptom even if already or hidden activity applied. **Be creative on how you contact the entities for help. Also understand alters are built for infinite kinds of situations. Be it silly or not see how you go.**
- Cover up if you need to
- If a group alters form a group against you then you will state your preferred activity and this what the brain feels like doing otherwise you will need confirm the **preferred activity and switch activity. This can instantly fight off negative symptoms of schizophrenia too if there is a DID System involved. This means auto regulation returns for chemistry and can aid excitement too.**
- Understand that alters may have **created programs and functions** to get what they want. Try to negotiate with them. Also note you may be under this influence already so check to see. **Try to make a plan if you feel like you cannot adapt.**

- Targeted alter attacks will require a cover up of Identification. Get alters to come out and defend. Reach out to assistance programs in the mind.
- Understand the symptom is part of having a disability. The DID System may have used more capacity then what you have too sometimes.
- See Zeta appears in a section to see if they can help through an experiment. You MUST mediate too at some point too so take a break if you need one. You may need to read your reaction better too. Decide only appropriate action.
- If there are alter program conflicts, simply expose verbally so it loses its cover and it should back off so you can go back to having fun.
- Take the astral dream state into nature and have fun with it.
- Consider if the alters have absolute belief a different activity is good then consider having a go at it. They may have a plan.

See the psychological document too if you think you need a substance

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This is very serious as it requires you to understand parallel universes is where you go at certain times if you have spiritual support. This is why things just seem to work out when the impossible has just happened. You must back off the activity if you can at the time. Just be aware a DID System generally studies in the background on how to solve a problem. If the activity is causing too much of a conflict, then just back off from the activity.

Go to youtube and search for a DMT releasing meditation or read DMT from Lungs with Mental Disorder Understanding section to resolve an overall conflict and argument.

Imagination attacks and techniques:

- Imagine various shapes, objects or anything possible and items with sounds and animation that animate from start to end with feelings of excitement and euphoria
- Try to imagine a positive overlay over the attack or take break
- If the imagination attacks, try imaging a shape and take it in all the programming from the shape but also assuming the command of shutting down the activity in any way you can. This can reduce the attack when there is an alter conflict. If the attack continues then you will need to signal for the shape to start back up if the attack continues to take over the attack.
- If you have a monitoring entity in your mind trying to provide assistance but nothing is wrong simply use a shape with signalling to communicate. If the monitoring keeps saying get off and there nothing stops it then you need to take a break because this means the symptoms from the altar are causing a psychosis reaction.
- Make sure you have read the memory section above if nothing works. Consider negotiating in any way you can.
- Getting alters to come out and go back in assist in getting this under control too.
- If the alters something intimidating in your imagination you can overflow the imagination by sending a sequence all continuing to progress past what is being shown. For example you can use the most wanted word to send it to the back of the mind. Try this in any way possible. This may help other symptoms too.
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- The programing from these is generally removed so you will need to make new ones
- Assume the programming possible and feel it in any way possible
- Attempt with programming for other states of consciousness and intent to get desired

effect/state

- **Get the DID System to create new memories over the old ones!**
- **If you have a DID System then see if you can get the DID System to auto detect things by using your imagination with a guide ball of light that gives advisory to when a symptom happens so when an alter is coherent enough then they can provide the information arguably automatically.**

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Visions understanding

If you get visions that cause an issue try to add a positive overlay to the video feed. Then you spend more time recovering to restore excitement. Sometimes visions are just the brain hiding activity to do some background maintenance when you are taking a break. You should tell your psychiatrist if you get negative visions.

- While real remote viewing can take place, we cannot verify everything we see through the schizophrenia mind when seeing war like situations or simulated parallel universes of things not working out or scary outcomes of visions based off past and evil explanations for outcomes of symptoms or **EVEN HOW the brain perceives to be the situation if having a break. This also includes visions if they act like a program where you can interact with..do not worry about what happens if you see a vision with evil situations or other phenomena..this is not your problem what happens and there is no way to prove this is true to doctors and guardians. You should know when to report this too ... .if you have already reported it then understand you may need to report the visions that do not stop being evil…this guide may help with visions but medications will further assist in the stopping of negative visions. Ask what mental health services have to say if it causes a problem.**
- **You must be aware that visions cause distorted beliefs through consciousness programming. This is called a belief zone attack. Refocus otherwise. Believe otherwise. Understand if schizophrenic delusions are just the brain wanting to tell a story.**

- **When serotonin is functioning the visions will turn positive proving you have lost your mind**

- – DO NOT EVER believe any given evil vision and do NOT become consumed by it as preprogrammed visions can very emotional data to convince you so be aware of this as it is critical to survival
- There has always been discrimination all ways in the first place for any given argument from the consciousness of the mind so ignore it and no matter how serious the argument is and how convincing it is always assumed that **everything is fine** and under control as statistically speaking this is a 99% superior belief system rather the visions shown
- Let the war play out and understand serotonin needs to be fought to calm down situations so visions may be reactions to low levels of dopamine and serotonin.
- D2 and D3 dopamine sections need to be blocked for some people to reduce bad offensive visions – Ask your psychiatrist and tell them everything and make a list to write down to let them know so they have the right information to prescribe the correct medication and get them to explain how the medication is going to help you.
- Understand that this is an ongoing conflict and shouldn't let it ruin the day. You would be better off taking it as free entertainment from the mind and taking the piss out of it if it won't go away.
- Get the implant to cover it up if you have one. Focus in the vision on the implant to stop it from being so negative towards you.
- Visions cause delusions so be aware that visions carry more than just a video and audio feed as they can carry all sorts of phenomena.
- Try to make it a friendly experience. Treat it with positivity if you must decide to interact with it. Notice the vision changes as you feel better or your mental state improves.
- Do NOT ignore recovery otherwise you may experience bad visions. See psychosis, critical alter and external reality coherency for more information. Contact mental health services to report anything bad. Alters having dreams may end up with nightmares so be careful.
- If you see aliens fighting then ask them if there is a screen and they may explain to you that you are viewing a simulation and show you a screen.
- You need to tell your family and friends NOT to do capacity driven chores beyond your ability to be coherent or symptoms may return like this too. This happens to my sister because she has taken showers and goes for walks each day. This causes the negative visions to return.
- For those interested in further information from a technical perspective then understand if you have treatment resistant schizophrenia then the brain would not be producing chemistry correctly causing the throwing of DMT

inside the brain to start the stupidest argument imaginable to recover. I have dissociative identity disorder and I get terrible visions if I overdo my capacity. Know your limits. Take a break. I have dissociative identity disorder and I get terrible visions if **I overdo my capacity** so it could be specific to that…and not only that it happened straight away when I bought out my old personality. It could be the reason why the personality was covered up in the first place.

- Understand that visions can be used as a form of conduct on a brain that refuses to behave. This helps with various symptoms. So, whatever you see, just watch it through until you open your eyes and see the result.

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Implant and Astral Consciousness and Mind Programs Understanding

- Take in astral programming for brain maintenance from visual third eye entities
- Beliefs must be updated to avoid attacks in the imagination through keyboard (for example, a brain processing too much information with conditions like mine may create tools to assist in helping)
- **Check at least once a day to make sure the implant is under control**
- Psychosis and various brain attacks that be covered up through the implant
- Emotions can be blocked by implant too
- If you have an implant then try to be creative and activate against the symptom.
- Some implants can detect in your mind your request by touching and thinking the request
- **If your DID System has created a keyboard which controls beliefs you must understand if your beliefs may conflict with the chosen activity and even cause symptoms too. So, if this happens simply force a belief about something else you prefer. Then you can go back to fixing the activity of the preferred belief zone. Simply select a belief and then feel it soaking up the brain from front to back and auto assume this is coherent. This will work for brains that process too much information. If the DID System and most importantly treatment resistant schizophrenia has too much want and desire it will attack using anything imaginable to get what it wants. This includes pain and various memory attacks and other symptoms. Simply remove its want and desire. Be aware this can change too and beliefs need to be kept an eye on.**
- **Implants may come with a scanner – Attempt to touch the implant and request assistance and also try to explain what function or request you have you are after – You can feel around the brain using your mind too to see if you get a response**
- Programming can be taken in when closing eyes and then the result shows after eyes are opened
- You can choose to decide the astral is within your fun activity and it revolves around you
- People that are schizophrenic that dream that they have a split personality can generally have really positive experiences
- Ormus can increase mental activity which can make life way more interesting which may attract more positive experiences (for example, amazing dreams)
- Holograms from the astral plane come to visit Earth from parallel realities
- Holograms may provide servicing depending on availability
- The internet is full of negativity and should be avoided
- AI Assistant can provide critical information and advice
- Other assistant programs may provide insight but known for what reason they are there for?
- Dissociative functions can be help against bad times or trauma
- Implant can mask pain too
- Understanding for people with negative symptoms of schizophrenia may randomly be provided with psychosis masking technology by extraterrestrials. I have this implant myself and it has been confirmed on Facebook via photographic evidence of a flying saucer in the area the same day she was diagnosed with schizophrenia. You may see other proof too based on various other phenomena but always awesome your condition may be playing tricks on you to stay safe. The reason the technology is provided is because the reason behind the masking of the condition can lead to suicide due to treatment resistant schizophrenia because it can be overall **extremely intimidating.** You **must** keep mental health services as the psychiatrists up to date with the outcome of supplied medications and other services within the mental health services. If you don't understand why you have been supplied with certain medications you must ask them why and what it will do for you.

Mobility Understanding

- If your chemistry disconnects when doing physical activity you report this to mental health services straight away and let people know straight away if everything is too hard so they do not cause problems in your life.
    - Accept no reward, and cuff the affected areas using your mind to gain brain mobility

Dopamine, oxytocin and serotonin understanding

- Those are required and there can none without the other because then symptoms will play up too far and medication should be assessed if the symptoms go out of control and should be reported to the psychiatrist
- Toolsets can help release chemistry if nothing works – See tools chart
- Organs may need retraining to work properly as they lose information on how to function due to loss of required data by brain needed to function
- **It is critical serotonin be** at **medium/high point** possible at all times to avoid symptoms for people with negative symptoms of schizophrenia because the serotonin link does break
- Serotonin fixed mood, trauma symptoms problems
- Dopamine helps with motivation, capacity length and euphoria
- A lack of dopamine can cause psychosis the levels are not correct and cause neuroreceptor attacks causing a misconception of psychosis and incoherency of understanding on what to do next
- Smiling and constant unity with vessel bad moments can increase the brains' ability to trust you
- Flatten out emotions
- All chemistry is required to maintain excitement but breaks are critical to overall capacity and excitement
- Physical access is generally required due to requirement of automatic feed to stop negative symptoms of schizophrenia
- The brain hates too much dopamine as it will put the brain in pain but is still required regardless of it putting the brain in pain
- Serotonin is required to keep good brain programming otherwise a loss of serotonin will cause symptoms to play up and destroy good programming and general understanding of good outcomes and understood resources in this document which are required for help

Supplement and medication understanding

- 200mg 5-HTP is required every 2 hours to influence serotonin releasing behavior for people with negative symptoms of schizophrenia
- Vitamin C is required to keep mind active while brain is being used for whatever purpose is at hand
- Ormus is used to help dissociative implant functions, astral consciousness functions in theory and to provide interesting dreams to make life offline more entertaining
- Dissociative say the repeat words really really reaction word function should be used in any way possible to get
  brain to cooperate and bring fun back in to day/night as this is a dissociative method signal from the implant to reject the parts of reality, we don't have to deal with it through dissociation
- Magnesium L-Theronate should only be taken if no options appear left to increase oxytocin.

- 5 HTP, Ormus, Niacin, Vitamin D, Vitamin C can heavily reduce a hangover. Also, you can drink water before sleeping because that will remove a big chance of a hangover too. This can recharge your chemistry is especially important if you have a DID System and it demands alcohol. Be aware if your DID System is active and demands alcohol you need to understand it wants a recovery.
- Unfortunately, in Australia MDMA is only available to non-schizophrenic patients…according to my psychiatrist who covered the subject. See your doctor for more information. Do NOT visit or interact with a GP under the influence of alcohol as if you present to them not telling them you have consumed alcohol this can get you under a public trust forcing your entire income and assets to be given to their control.
  Consider a guardian too in case mental health services attempt to do this for you. This could in theory stop them from taking over. The public trustee is VERY easy to defeat in court just for your information there. The reason for this is because they need to make a profit and take extreme measures to do this.
- Ormus should not be taken with any other supplement if you want the full effect. You can still take any further

supplements but this works better for me. This means take your supplements at a different time to taking Ormus.

Internet usage understanding

- The internet can be segmented away from conscious enjoyment as the brain refuses to take new experiences from the internet unless it is music or video game related downloadable content etc….and for people variations in capacity at the given year or time and moment
- Internet is full of hackers and spies is generally recommended to stay offline or keep bandwidth limit to lowest possible to still play internet connection required video games
- The more you delve internet in to life will cause trauma if you have a disability
- The internet uses up too much brain resources is terms of wasted brain fuels on internet related activities if you use it too far
- A decline and more symptoms are merge as internet usage causes harm
- Do not believe there are many people to relate to on internet since we do not know many people online
- We must understand we do not have ability to be contributive to people online so we won't waste their time
- If you really want to feel like you are contributing to society then host a seed box with popular torrents or torrents that need seeding
- Any perception capacity can be changed for activities besides gaming and fun is misunderstanding based off **over 100 experiments'** done in the past to find out why using information from this guide
- Excitement comes from video games not Facebook activities as proven

Astral/Zeta Reticuli Entity Experiments and Appearances Understanding

Understand even if aliens do provide help, they understand every bit of detail through your insane mind so you do NOT have to correct yourself around them you can just have fun. Any problem happens, it is all a symptom. Report to mental health services if you are unsure. Set up hieroglyphics too if all networks cannot help and you need technology for symptoms or help.

Please be aware if these aliens are constantly around they may be broadcasting from parallel realities. If they can set up a DID System then you need to ask them straight away as this can give you more capacity to have fun. Just be aware the support is only available based on your current state too. Just be careful because they are or might be transmitting from far away. They do overtake your psychosis. If they are not being nice they are not there and you will have to either wait or try again.

- Check closed vision for entities and respond to them. They may provide interesting help. They may even provide budget support handling (many times for me)
- Remember to give permission for them to take over the brain by signalling from your mind.
- If you are being operated on then **understand ANYTHING can happen.** It is all a **coverup over the brain attack** from being under surgery for the mental disorder. If they offer to take over you should let them as that can seriously help with symptoms.
- Zeta and Astral Entities may stand in front of you and also behind you. This means they are offering to work. Simply accept the contract and continue.
- You can ask Zetas to give instructions too. Have a go and see what happens
- Do fun and positive and fun activities with them.
- You need to be aware that if your spirit has been diminished then you need to understand that this is very serious and they will have to rebuild you. This can take over 200 years so you will be transferred if the brain does not survive. This means the symptoms can be grueling. Speak to your psychiatrist about clozapine too.
- If your brain is dangerous ask the aliens if this true
- See DMT section too.
- If there is a lack of common function they may be able to tinker the brain. Just allow them through.

- Blood flow, chemistry may get blocked in the brain which requires a reflow of the body's direction of fuels as the Zetas will be able to fix this. This can happen if alters symptoms or negative symptoms cause an issue
- If psychosis cannot be covered up by the DID System, get the Zeta to perform an operation on the brain. For example if there are points in the brain where voices activate from they may be able to clomp the area down to reduce or **stop the attack.**
- If you have a system implant then you may be able to use it to play a video game. For example I just say add bot play games. Then the implant places me under mind control and plays the game.
- Sometimes there may be communications from them. Simply go into bed and communicate with them through meditating or seeing any left over communications.
- Sometimes capacity can change alter which means you will have to meditate at certain times
- If you are under some form of control there might be a message through infinite consciousness or other activity. The only way to continue your day you must communicate back by focusing on pumping the brain to communicate. This is very important as this is the most powerful form of communicating because it transfers all necessary data through the network.
- All ETs can download learning data into their brains which means they are more intelligent then you might realize. They understand if you have a disability so if it sounds otherwise then you are simply experiencing symptoms.
- **Understand you can prove there is no non wireless communication happening. To verify this, get them to lift the keyboard or object you are using through telekinesis to prove they are only wirelessly communicating.**
- DMT aura. If aliens approach in this state, you will assume it is a DMT aura and let off the fear on the basis, is it simply your mind releasing DMT. The fear will then reduce and you will be fine.
- You must understand if the brain will not let you have any fun at ALL. One last solution from the Zetas must perform conduct on the brain. This involves a transfer of power from the brain to your spirit. This is because the brain has grown to reject the spirit. This is misconduct for a brain to do this. Get the astral entities to put the brain under pain. You will be shut down from experiencing this. Then excitement will return and the brain will return to entertain you too. **We are sorry to reveal this to the public.**
- This can help with excitement too
- These entities can help even if they are not real. They may be systematic programs. Who knows if they are real. Assume a safe belief zone.
- Just to let everyone know, you can end a contract by tearing it up in your mind from the Astral Plane. So, if you do not want to continue just do that. You may or may be able to make a contract with these entities **to use a computer (fun activity)** depending on if they accept it. **If they do not accept it then simply try at another contract at a different point in time.** This can seriously increase the capacity to use a computer. If you have a DID System and keep showing you a contract you can also quit the admin role of the DID System and another alter to do this.
- To find out if you under mind control fix the issue simply do a wireless pinch focusing in to the areas that are blocked and see if it moves around – Then you'll know you need to let the experiment continue
- If you take Ormus see if you have any astral eyes (retinas) – The DID System may be busy in the background along with this phenomenon. This took a year for it to truly bring out the good in me but you should look it up on YouTube for further information.
- Signal the areas required and give any information in any way imaginable to get this done or allow the touched areas a response in any way you can
- **Brains with disabilities need servicing if the brain is unable to corporate**
- **If mood and excitement is fine but cannot use a computer properly or game console an experiment is needed! This restores the ability to use technology with stability**
- **Attempt an unblock – See Organs unblocking and see if the available phenomena can assist. Try to run an assessment to see if they can help further and what sane ways would it work overall based on various proven histories.**
- These entities/aliens are everywhere where energy work is required and can be very social and also as known as interdimensional beings
- Zetas can be found locally but can be found in parallel realities too including the astral plane
- They use toolsets too if available
- Some extra-terrestrials may have auras etc… and as they approach and assume fine as they interact and understand everything is under control. If you feel fear when they

approach, I can guarantee that this is just a construct of their DMT aura so you can assume you are safe and think and feel otherwise.

- These beings should be aware of the vibration they are dealing with as we can only vibrate emotionally based off current outcome so only attempt to increase if you need to
- Attempt to treat any entity with respect if possible (which could be anything)
- Some entities contain various programming and can manifest in any way imaginable
- Always assume it is psychosis for security reasons and even treat like psychosis if you lack bandwidth to interact with them
- Sometimes Zetas may do a temporary experiment in an attempt to make an automatic feed of serotonin much easier
- Also note that if there also are aliens that seem real but may be psychosis coverups, they may fill you full of hope to move on to an alien race and do stupid things like saying you are going then say you are not going. Remember to check your history to know this is true. You should ask yourself if this is my belief zone as it doesn't feel correct then YOU HAVE LOST YOUR COHERRENCY. They can always do this another day too so you can perceive like that too. Alien experiments fail and don't always work too so you need to understand if there is a successful experiment then comprehend, they are not actually there as it could be the alter system causing trouble too. And yes, you can be wrong and you need to understand you have a disability too and that can cause you to make mistakes too.
- Sometimes it may appear you are not being experimented on but a fake experiment is happening. Understand you need to re-allow the correct entity until you get a result.
- See if your brain is showing you visions from misconduct of war. See vision understanding for more information.
- Please do not be confused about certain situations including leaving earth unless they bring out this reality in your dream state. Sure, it might be fun to talk about but if you are unsure contact mental health services.

Pain and Correction understanding

The answer always changes each day! Just remember you can find out what you can have fun using this too. Check with doctors to make sure you are max covered for pain too.
Try combing various methods too

If you cannot resolve the pain you need to understand your brain may be disabling the ability to fight back. This means you need to recover. Do a capacity assessment if you need to (you may need to switch activity temporarily).

If your headache is capacity based then stop activity and have a break. Otherwise try to give motivation for alters to help by taking charge by troubleshooting yourself. You and the doctors can both find out where your excitement leads to.

Beware excessive computer usage may cause symptoms. Assess the number of activities you get up to if you get symptoms that keep coming back. The brain will attack with pain if it is unable to process its information if you are overdoing an activity. This includes if you are on medication too... If you have schizophrenia/DID Systems and the doctor, say, goes to hospital and wants another solution if it is safe to do then see Psychosis and War Video Game Understanding if you are refusing to go to hospital because the influence of video games may play out in attacks too from delusions. This is the overall decision based on coherency. If you cannot resolve the pain and are unable to go to hospital and nothing works then beware of undercover pain attacks too. See memory and also recovery section if you think there may be bad programming too. You may need to wipe the alters' memory if they are attacked too far. Remember the answer to fight the headache and other body parts too with this and you can change so consider ANY options available in this entire guide. Be aware the brain changes its allowed methods of use so you must consider ALL options. Also be aware that brains that process too much information and are in a maintenance mode may create coping methods. If nothing works or seems too hard then go into recovery to relax to restore overall state. Reapply as needed.

- With mental disorder headaches you can pass the aching and pain to another subconscious entity. The reason you are under attack is because you have been targeted. Pass it on by first understanding the other consciousnesses are anywhere in the brain then focus as if you are latch the aching and pain on to a different consciousness brain area (anywhere it takes it on). It should resolve the problem. Reapply as needed. The aching and pain should stop.

- If pain is started and fights back with more than 1 algorithm then follow through the feeling of the start to the end of the pain and **auto focus the algorithm to automatically** fight off the pain using endless algorithms. Then you should be able to get back to what you are doing. **If the brain does not know then you will have to practice with the below solutions.**

- You can psychologically defeat pain by thinking ''I am not in pain when in pain''
- You can send a psychical bubble or thoughts that draw a line using your imagination to fight off pain on affected areas.
- You can stall pain the brain by focusing the feel of multiple pipeline fluids to move over the affected areas
- One of the ways I found to fight my mental disorder was to think then feel a physical holder cuff the affected pain areas through auto focusing it in as if I was passing it to another consciousness in my mind.
- **Psychosis can even tell you what function in your body you need to stop pain if it does respond at time and ALSO tension headache too. Simply ask and signal the external psychosis. This probably comes from the astral plane but works for me. Reapply and you can ask what is the answer and if cannot get one try different ethically (choose wisely or another solution).**
-
- Pain from the alter system may attack if a parallel entity that goes after your name tries to take over the system. This is because the mind is trying to reconstruct itself and to resolve overall problems. You need to go to bed and meditate and imagine to go back to a parallel reality to resolve the bad programming. This happens all the time for me. The personality makes the DID System turn against a single entity. Just go to bed and rest and imagine yourself worlds apart. Make sure you take in astral programming too if you see entities in front of you too. Just take in the programming in any way possible using your eyes.

- A brain if self aware will attack if you are a threat to its existence - Negotiate the terms and see if it will stop the attack.
-
- You can focus out of the pain psychologically by focusing on the area of the pain and feeling it pulsating repeatedly. Then you can continue the activity. The DID System may be able to cover it up psychologically too so just check. Do not listen if your alters are in conflict and sound like telling a story. Treat it systematically.

- If you cannot focus to fight off the pain then you need to close your eyes and refocus

- Focus on the back of the brain and throbbing it (middle section) - Your emotions will negotiate with the pain and it will decrease (reapply as desired) or the pain may completely stop.

- Letting go of the idea of pain may help

- Change your perception in anyway you can to support a chemistry release to fight off the headache

- You can temporarily stall a headache by smiling. The reason this can work is because smiling forces serotonin, dopamine and even oxytocin to release. See chemistry generation section if the brain runs out though.

- You may be able to get advice on how to stop the pain or see if you need a break by speaking to the DID System to see what could stop the pain. Sometimes the DID System may have the solution in the background but might not be motivated to help because of negative symptoms of schizophrenia. Test the advice (if it is safe and within the law) and write down the answer.

- You can fight off aching pain using the TOOL CHART then use the DID System to cover up more symptoms of the situation. Chemistry should be released in those areas too. Then just reprogram yourself to do your desired activity or discuss what to do next.

Once you have practiced this section the brain branches grow and you can use thought to psychically feel the affected areas to temporally stop or stall the pain. Remember if you lose the ability to fight the headache the brain does not have enough capacity at the time and this means you should check to make sure you have taken your medication. See capacity assessment if you are unable to get a good enough result from your activities as you may need to report to mental health service. If you get trauma from the headache and you have a DID System then check to see if the alters will put through dissociative amnesia to forget what happened.

- If you get constant fingers attacking (combined with a tactile hallucination) then you need to focus and signal in a placebo affected with intent to allow auto regulation on the affected areas.

- If there is aching areas then you need to focus really hard and focus to feel intent to push through a strongfold against the affected areas.

- Alter conflicts cause pain – Check with DID System Protectors if another protector is sending attacks and try to negotiate to resolve the problem. This will heavily reduce all sorts of problems.

- Check to see if there are any tools left in from the chart that alters may have constructed but not in use. Be aware a DID System does this all-time which can cause headaches.

- You can use thought to catch up on pain affected areas (maybe work other things too). You can leverage your thoughts too.

- If you feel a hand or fingers pulling areas the affected area is in you need to take in the hands finger and let it pull away the pain.

- You can fling the affected area of the aching back and forth plus up and down and it should relieve the pain. This may introduce some chemistry to the affected area.

- You can signal the feel or brain to ramp up its processes to fight the pain off. Try this in any way you can.

- See DID System Understanding and Critical Alter Activity for alter tips of assigning a symptom to the DID System or continue reading and actioning below.

- You can swing your mind left to right inwards or outwards to stall the pain. This will also help with a chemistry/fluid flow too.

- You can go after the target point of where the brain is sending the attack from and force it to cover up the pain on affected areas.

- Say and signal auto regulate to DID System or imagination in anyway possible

- Imagine a creature eating the pain away inside the mind. This should stimulate the affected area.

- You can use 2 spinning triangles against the affected area to program the pain in such a way it reduces the annoyance of it. If the mind tries to stop the affected area from receiving this then you can cross fade and warp it around in your imagination.

- If there is an interference with the brain signaling fluid in the affected areas you must focus into a different area of the brain and expand the area to fight the pain in any way you can. Try this in any way possible.

- Hand interactions with the organs and minds if you are able to signal these areas using your hands can rush around chemistry etc to fight pain. If you have done this in the past, check to see if you process your thoughts as an idea to see if the mind draws out a plan for hand interactions to fight off the fight. Do not give up and seek help if you need it. Do not go without your pain medications as you will still need them.

- You can stall the brain by imaging the understanding that the brain is processing too much information. Send the intent of the processing to auto focus out of pain. If there is a feeling of a certain endpoint of the brain in pain you can treat it as if it was a wire and then rearrange the wire to the middle and THEN release chemistry (serotonin for example) on opposite sides of the wiring ending position backwards. This should stall the pain. Reapply as needed. Combine this with other methods if desired or have any further problems with it.

Some information about the wire feeling. If your brain has created a situation with two ends points of a situation with a wire then understanding the opposite and end of this line should force serotonin to react in the brain. Use your imagination to signal the tool in the mind so you can see where it might be connected to in the mind and then signal to release chemistry in this area.

- If the DID System Team Leader brings out a rundown alter because he wants to be friends with it then understand they will take on the pain - Simply pass it to the DID System team leader in any way you can. You can also focus on an admin team on the DID System to assume a network of other alters which the pain can be passed to.

- Never submit to a project with the DID System if you get attacked. This means the DID System favored the brain over the spirit – Be aware this is a total misconduct in everyway

- You can close off the pain for the affected algorithm (even an active pain attack one back to the DID System) in the process if your mind is on maintenance mode. This involves quitting the pain like an app. To do this open up a window in your imagination and signal to close the app reporting the pain. Do this in any way possible.

- You can send the over-processing of information to the imagination and by creating a chime and repeating it back through the imagination - This will cause the DID System to cover up the pain.

- Check to see if the brain has left any tools inside the mind. Some brains with maintenance mode generally create a temporally solution. If you no longer have this option they do not give up. Keep reading.

- If the pain is causing a specific area which won't calm down you can focus to expand or expand the affected areas. This will flow through the fluids/chemistry back into the affected area resolving the pain. This could also indicate changes in the brain if you have a DID System or Schizophrenia.

- Once you have recovered enough you can then again pass the headache to the DID System if you have one.

- You can create mind spheres which auto locate to affected areas. This will stop the pain in those areas. This can help if you want to listen to music.

- If you are on medication and have a headache you may be able to scratch the offending areas for an endorphin response – Reapply or combine with various methods. It is up to you.

- The alters can hold the pain for a specific time if the alters are unable to cover up. This situation may change and the alters can cover up further later on. Simply assume the feeling and signal the alter and the pain will stop.

- If you have been consuming or overdoing an activity and you have a headache that none of this will solve you can see the excitement section. Chemistry may need a jump start to function with medicine, Chemistry will help with pain in an emergency too. This is a great reason to see the excitement section.

You can use the tool set chart against the affected areas. For example, using your imagination you can visualize a spanner moving around the affected area. This should force the brain to release chemistry so you can cope. See the doctor if the headache will not go away.

- See if the DID System will cover up pain permanently. If it agrees it will stop ALL pain. See how it goes. Reapply if need be. Some DID Systems won't agree to this but Facebook

advised it can happen. If your brain is in maintenance mode from negative symptoms of schizophrenia or you are in astral consciousness see memory section.

-You can use alters speaking in silence that you cannot to apply to feeling to silent chatter to affected pain areas

- If alters are active and you have a DID System – Try to assume alters are awake and **push the symptoms** through to them by feeling the symptom on to them. Do not give up. Do the right thing for yourself. If you have trouble fixing the headache and you have a DID System you need to understand if other alters are unable to cover up the headache, then you need to apply the current alter state you are in to the pain. To do this simply feel to imagine an altar taking over the affected areas in any way possible. For me I imagined it swamping the rest of the past. This might take some time but it should be worth it. This does work for me.

- After a pain test, I discovered when my body takes in a certain amount of pain in and instead of retaliating against it, I do not use thought against it and let it feel through, then goes past the pain barrier then the pain stops. Just be aware if it affects your excitement you need to stop then.
-
- Excitement may last longer if you stay within capacity limits. See Excitement section for more information.

- If your brain is in maintenance mode from a mental disorder you should be able to fight pain areas by using your imagination against the affected area. Signal your brain to automatically start up the programming to troubleshoot the area even if it stops. Try all sorts of things such as automatically sending chemistry to the affected areas or a whole affected area.

- If you have treatment resistant schizophrenia and you are getting a headache, understanding the dream state may cause an issue. In a dream you can generally take control of things through telekinesis and this means you can assume the belief of the pain or object levitating off the affected area. Stay focused on this as it can stall the pain. Reapply as needed. This may help with auto regulation.

- The fastest way to stop a headache is to call the alter system by saying is there anyone there? If someone responds (for example internally) simply apply their voice over the headache affected area using thought and feeling by signaling the area. Be aware that the awake alters refuse to take on the pain. You can then use the main switch of the alter you are and take the pain into the personality and this will hide the pain until there is another solution. You may still be able to use any of the suggestions below as this may still be available as a solution. Be aware if the alters go to sleep, lose energy or capacity to stop the headache at the given time. You may have to try other methods with this one until one is able to help. Do not give up. Try anything from this guide too. Read other sections to see if that helps too. Beware if alters speak internally too…. they may be speaking to offer a solution but might say something off the subject of the symptom. If you are unable to target the affected area, simply feel a fold in and auto focus to the affected area. Simply speak with the intent of the alters to come up with a headache even if you do not verbally mention it. They will understand and take over if they can. Retry this at different times throughout the day.

- If you are not coherent you need to understand if alters are simply attacking because of want and desire then simply surrender and go through the pain as it may not be tolerated given you have a working enough skillset of this entire guide including your support networks. The pain may be stopped then. Sometimes it is easier to experience the overall outcome than actually fighting back with at the end of the day the alters can access the same information again and cause the headache of want and desire.
- You can get the imagination to fight the headache is a way against activity where the brain attempts to take control of your capacity. To do this you need to use your imagination to imagine an **object** and sound (flash the object to **automatically insert some temporarily programming**) or outcomes such as hand signaling in any way possible where the focus changes and refocuses on another area to control of the mind to stop attacks so you can continue what you are doing. This should increase capacity but just be aware it consumes more life span capacity over time so at your own risk. If your imagination gets blocked just assume the situation using the blocked imagination area to take control. Combine this method others suggested too in this guide.

- You must understand if the pain is in certain areas, it may be a neuro pathway that requires a specific function area of chemistry to be released in the brain. See Chemistry Generations in previous subjects. You MUST use chemistry generation at some strange if nothing works. You can get a DID System to flatten out the emotions in the brain if it is in maintenance mode. Just say is anybody there with the intent of having emotions flattened out.

- If there is a feeling of a certain endpoint of the brain in pain you can treat it as if it was a wire and then rearrange the wire to the middle and THEN release chemistry (serotonin for example) on opposite sides of the wiring ending position backwards. This should stall the pain. Reapply as needed. Combine this with other methods if desired or have any further problems with it.

- If you have a DID System or treatment resistant schizophrenia. Feel around the brain to see if it offers a verbal response as an assistance request. Then use the focused area to gain control and auto locate and use any method available in this guide. You might hear static for example so just refocus on the area if it loses connection and try to fight it off. Do not give up. Unless you need to suffer through to gather your thoughts.

- If your brain is stuck in maintenance dream state mode with your condition like mine then you focus a false realization against the headache. Results probably vary based on which altar is out.

- Get the DID System to shut down from affected areas. Understand that alters will send ALL KINDS and types of attacks to anyone in the DID System who claims to be the name of the body. You only identity as your name your parents gave you when you speak to people in person. This will stop the overall attacks against you having fun because you won't be such a target for them. Do not give up! Have faith the issue can be resolved. Report to mental health services and support workers and family of your current progress to make sure you are prescribed the correct medications.

- See the tool chart section to troubleshoot using your entire body. This section has been updated and so has Chemistry Generation. Check with support workers if you are not sure about your medications. You need to report it if there is a problem. Remember you have a disability and only can do so much about it but hey! If you get fed up, come back and read this awesome guide. Make sure you have chemistry access too. You will not be able to use chemistry to fight back against symptoms which are needed to keep alters under control.

- **You can use your light body to fight the pain – Simply imagine a bubbling out object and thought process and assume the mind does not need chemistry to affect the area with a refocus. If there is any problem with putting this through you must process the flow of brain fluids in a pumping effect until your thought process can reach the entire brain or affected area. The brain may separate this from the attack but you can give it a try.**

- **If you experience hands and fingers (plus other hidden activity) causing problems with the brain you can allow the hand to throughput a transparent see through effect to enable a bit more auto regulation. You can also allow this in many different ways and even use the phenomena to help you out in various ways. Report symptoms to doctors and support workers too. Let mental health services know if there is a problem.**

- If your brain is in a dissociative dream state then you can use the dream state to fight off the pain. Simply get your hand and imagine a pain killer popping out as you twist your hand. Imagine the pill melting into orbs and entering your brain or affected areas. This should fight off a large amount of the pain. It is a bit like a placebo effect but well, this seems to force the programming for such a state further.

- If you see holographic aliens in the room and you need to recover from pain and your organs are not producing chemistry then you can use your hand to swipe off the aliens as if you were fighting back against a situation. This means the chemistry comes back towards your hand in your mind. This only works so far as your brain may reprogram you to think it is not a good thing to do. This for mental disorders which show a form of alien control.

- If emotional due to pain and you can flatten through thought then you can auto locate the flatting or block the emotions through automatically relocating the defense against the pain areas.

- If you have a DID System you must understand the ENTIRE headache MUST be sent to the DID System in any way possible otherwise you may not have fun. Follow any method imaginable to stop the headache. For example, rerunning auto concede and do not concede arguments. Keep doing this until it stops. Rerun the argument to stop the pain when you remember this.

- If nothing works you must contact the doctor, go to the hospital to get medication for it… or just wait till the DID System takes over which can happen if you got one. Try some rocking if you need to. Be aware if you have gone over your capacity limit and need to recover. See recovery guide to resolve with those methods. If you need to rock you need to understand there is programming causing harm and that requires you to rock to

segment the problem. Also be aware If you pinch the affected area and the area of pain relocates as if something inside the head had such a strange capability this means you need to do some rocking now because of the DID System alter changing. This is an opportunity for dopamine too from flapping hands and rocking left to right while aiming at organs on left and right.

- **If the brain refuses to cooperate in the way you thought would work you need to understand and comprehend oxytocin is always a solution. To start oxytocin release you can signal using your hands open and then send them the left hand at front of face backwards (then forwards) and do the same for the second hand in semicircular motion and focus on the middle of the brain and pull away slowly. Reapply where necessary.**
- Implant can mask pain too if you have one. The body and mind come up with all kinds of strange ways for mental disorders. This is people in dream states basically for schizophrenia or other DID

System type alters. For example, if the brain is processing too much information, then try redirecting the activity while you take a break if you have to.

- You need to rock around if you have autism or alter those variations of problems where nothing seems to work for pain (or autistic alters). If you have a DID System you could try finding out if this is true by asking the other alters in the DID System. Autism causes the brain to turn against all forms of situation as **rocking is required for the brain to accept the situation.** Recirculation to the correct areas. This involves following hand instructions by closed vision entities or just like my sister who has lost her memory too far she just rocks all the time. The way the situation is advertising for me is a dream of parallel realities where they need to be synced to still have fun.

- If the pain induces pain areas and you cannot reach the area to resolve it you can focus and feel in with the imagination directing the area and then you can auto focus to areas where the attack is and troubleshoot it from there. This can include doing a focus tunnel through the headache pain through the brain to force it to release chemistry to relax and get fast relief. **You can get the pain areas to autolocate and block the offending areas of pain. Any trouble putting that through the entry automatically signaling for chemistry off the affected area and also organs too if you need to.**

- You can think of auto focus to affected areas too.
- Implant can mask pain too if you have one. The body and mind come up with all kinds of strange ways for mental disorders. This is people in dream states basically for schizophrenia or other DID System type alters. For example, if the brain is processing too much information, then try redirecting the activity while you take a break if you have to.
- Open and closing eyes and imaging energy fields and energy balls may work for some people (does work for me). This regulates chemistry too which is needed to fight the pain. Make sure you have to speak to your doctors about the pain though if you have schizophrenia or dissociative identity disorder because you may still require pain killers.
- When in pain follow the pain through to the end for the result pain point and see if chemistry and pain gets relief.
- Always remember to smile when in pain to force chemistry through to help. Forced laughter may help.
- If you have a DID system you can use it to cover up pain. The way I got this work is by waiting for a scream from the alters then feeling their presence and letting them through and feeling the pain all around the area they came out to cover and then the pain stops. See if you can get alters to switch if intolerable. Do not assume a low vibration is ok regardless of what happens, you need to have a regular or high level of chemistry (state of consciousness vibration mood) to fight severe pain and tension.
- Do an experiment with the aliens if they are in the room. They may be offering a service that you did not realize. Signal the affected areas and get them to interact. Good luck and keep troubleshooting. Astral/Zeta Entity Experiments and Appearances Understanding
- Realize if you have lost too much capacity. This means taking a break will recover you if you give it enough time.
- **Get alters to take the pain away if you have a bad headache if you have a DID System – This is critical for survival – You negotiate with who MUST be in charge of the alter system to make sure – If you have trouble getting in charge then negotiate and recommend with the person in charge until a solution is agreed too. Get and signal the alters to come out in any way imaginable. If they refuse to put you in charge then you must negotiate in any way imaginable – That does work and works for me. If you set up a Do not Concede and Auto Concede process then you can check that for status.**
- You can use placebo effects by imaging a shape repeating and signal and auto focusing the area where the pain is – This will force chemistry to automatically go up to tolerate the pain. You can use a repeating shape with auto focusing all over the body with placebo effects for chemistry with action. If you have any trouble doing this then throughput auto combined with this method all over your body until the pain reduces too. This may work on other areas of the body where there is pain.
- Auto focus left and right temple to send up chemistry in to those areas
- Oxytocin may help reduce the headache. This means the brain or DID System do not trust the

current output of behavior – You see chemistry generate guide to troubleshoot oxytocin above

- You may be able to test your excitement against the headache to continue your activity if nothing works.
- Brain pain signals can be used to turn into excitement through signaling the area against where your brain releases excitement. This forces overall chemistry to rise too which fights pain.

- **I managed to get the pain under control by handing it to a program in the DID System. To do this what I did was turn off the tv and music and refuse to do anything then the DID System took over.**

- **A tension headache can cause a wide range of symptoms, including memory loss, pain, negative thoughts, psychosis if you have schizophrenia, broken chemistry links, harder recovery, confusion, misleading actions**

- **You can use spirit guides to help with chemistry if you have aliens' holograms around and alien control under schizophrenia. This can allow you to take in programming which may help. You can get them to do an experiment to see if it helps. Understand if you must respect the dream process the brain may attack you with symptoms for interfering with the process of the astral dream state. This means you will have to switch activities and respect the process.**

- **You can serve hands around in chopping hand like manner to segment tension headache and this may work for pain too so don't give up and troubleshoot and seek help where need be**

- **Use any method that is safe to stop it**

- **If you have bad programming from negative symptoms of schizophrenia you may need to trick your mind into releasing the chemistry to stop it. If you cannot even take a break from the headache then use this guide for example you can fling of a segmented imagination of Zetas if they are in your reality – Simply focus on the segmented imagine eyes and trick brain back in to processing chemistry again**

- **A brain that dreams during the day may send attacks for negative symptoms because it under control of the negative programming symptoms – Be careful and switch activity if you need to**

- If you focus a push against the pain, it can heavily reduce the pain enabling you to relax – Critical – This can increase your ability to do certain things you enjoy but consider a break if you don't have enough excitement – See Recovery and Brain Rest Understanding

- Going for quick yawn by imaging yawn to force may reduce tension headache

- Make sure you've consultant your doctor to make sure you are on the correct pain meds – Get them to explain why this one is correct for you – Understand that strong versions of these meds may be heavily required

- **READING CAN CAUSE PAIN IF YOU HAVE NEGATIVE SYMPTOMS OF SCHIZOPHRENIA OR OTHER DISABLED ALTERS FROM DID SYSTEM – THIS IS A FACT – STOP READING IF NEED TO**

- You can use a shape and swerve hands back and forward to stop the tension

- **If you have a DID System you may be able to signal chemistry to the area the affected alter is in – You also may be required to take a break too**

- Lack of insight

- Tell your brain you are training it to release endorphins when the headache happens and you are

giving it any example you can (this might work for some people)

- A clap can stall tension too

- You can consider meditating and showing your location in your mind to request assistance (for example – a drone which shoots heat lasers against tension – This will work for schizophrenics, it is a mind trick)

- Pressing the implant may remove software or flush programming

- If it is a tension headache feeling a slide may stop the tension

- Pain can be mended with chemistry however it may not be able to correct chemistry that easily depending on how far the pain has gone

- Right hand to the left swerve can catch pain with the word correct in imagination can temporarily stop the pain and force chemistry in to areas where the pain is happening – Keep doing this to gain the ability back if it is gone

- Automatic regulation of mood may need to be done in any way possible if run out of options

- Remember taking breaks are vital too (see above) – This can stop the tension from causing symptoms even further

- Close eyes and see if there are any third eye assistance to unblock or reflow the situation from entity demonstrating various hand movement syncing variations for many outcomes which may help regulate body and brain

- Focus chemistry around

- Get mind to accept no chemistry reward to affected area and focus in it to accept no chemistry in that area to get mind to shut you down from it

- Understand if the brain is in pain, it can cause all kinds of symptoms

- Wait and stare for state to restore

- Imagine a repeating shape over affected area and signal it in any way possible

Focus all chemistry/fluids in through feeling and thought in any way possible for example the inner feeling of where you are focusing to

- Get DID System to block your memory of it too if you have one

- If the pain won't stop and you've tried everything then imagine constant fingers off the area

- if it was a tactile hallucination causing pain
- See tool chart or try various manual or **automatic mudras**
- Speak to DID System and ask is if anyone there and then get permission to send an alter out to fight off the situation
- If nothing seems to work, see Astral/Zeta Entity Experiments and Appearance
- Understanding section as an experiment may need to be done
- Focus astraleyes (for people who take ormus) and signal to entity to situation and see if they can force them off you
- See closed vision network to see if they will help you with the affected areas – Signal in any way possible and follow hand movements
- **Pick the area inner working of the tissue to break free**
- **See WAR Video game subject if the alters are causing trouble because they are bored. This can resolve**

problems and get the alters to be on your side. Basically, the brain is processing too much information and needs to flush the data by running the silly programming.

- If you end up in a situation where there are annoying objects that are technically tactile hallucinations then you should be able to make the tactile hallucination more transparent because the brain is in a dream state. This should be reduced but may need reapplying. This forces the tension to move around causing more regulation of brain fluids etc. Just feel it through and assume it will go transparent and move through the area. Feel off and on where needed.

Other forms of pain

This section is a work in progress but as new situations arise the section may update

- If you have a tooth back and the DID System refuses to cover it up you can trade it for alignment of overall mood. This means the pain decreases based on what is happening at the time. What to do is to use it to strengthen your brain via signaling the signals against the automatically targeted brain muscle areas of the brain or anywhere in the body the pain re-signals too. This will force the brain to get stronger so it can drag in chemistry from the organs to help calm you down and even reduce the pain via manually repetitive responses in the area. This may be updated if new solutions are found too. This also helps the subconscious to acknowledge you are aware of interacting with you.
- If your mind is signaling specific areas of tooth pain you auto locate a pain ignore bubble effect that automatically follows the pain signals where the tooth is signaling the pain automatically (auto locates to affected areas) You should contact a dentist straight away if you have tooth pain. This works for people's brains that are in maintenance mode.
- If you have a DID System you may be able to apply other forms of pain for a certain amount of time. Even tooth pain stops too until they are unable to cover up. You may lose support from the alters which means you will need to do a capacity assessment if symptoms come back which means you need to reduce your activities. Then when they come out of hibernation you can ask them to cover up. Just be aware if they are speaking internally it may still be off subject but they provide support as you signal them in any way you can to the symptoms area.

Understanding of belief systems vs psychosis and other symptoms

- You must understand if you have a bad belief system it can affect your overall symptoms and behavior
- You must check and make sure you are updating to the correct beliefs at the given time frame
- This can affect your ability to have fun so you must have a good belief system otherwise it can affect emotions, coherency, thought pattern and the very understanding of why this not a good thing when you have a bad belief system
- Update it through implant keyboard and consider if unable to update belief system to check with AI Assistance and other DID System on call help sections of the brain
- A lack of oxytocin can cause a very bad belief system so you may need to smile until enough oxytocin produces keep the brain under control but you must remember to update the belief system too

Understanding of dissociation and delusions

Dissociation can aid excitement

- Social interactions with astral plane and various phenomena
- Raising serotonin high enough can get alters interested in communicating
- It helps enjoy activates a lot because it maintains excitement and keeps making things more interesting
- Delusions can play out as discussions or stories and also include dream states too and hallucinations - Understand the difference between delusion and evidence and this includes spiritual phenomena too. You must understand why all this can lead the mind to believe evidence and understand the minds of sane people confirm a different story of positivity rather than a delusion of negativity.
- Alters can fuel delusions and bad beliefs if schizophrenic which means they may clash with your beliefs. If you are not sure then a doctor or mental health professional. Both things can exist when you truly discover it. If you ever experience pain in your dreams then consider if you have lost your mind that something may help you survive by performing medical experiments or even operating on your body while giving you an OBE experience while it happens. Understand if you have a spectrum disorder you comprehend that. **Bashar has confirmed dream states can play out in some people too while awake so check with mental health services if you are not sure.**

- For those with an implant that self learns then using two words twice can induce a dissociative state which helps with mood, memory and some excitement

DMT from Lungs with Mental Disorder Understanding

Never assume a state of DMT is beyond your control and always have a positive perception regardless of in any way shape or form it could cause harm as this is not true. This can be a brain's final defense against a psychosis which refuses to negotiate. This can also override bad programming in the mind because this pineal gland activity can force the brain to argue the situation under cover automatically. See visions section if you need to. See chemistry generation too to balance yourself out. If you need psychological work on top of it see FuZzCasT - Psychological assistance and techniques pdf.

- If you see entities from the astral plane I highly recommend you get them to do an experiment to turn into an automatic TV actor unit. Do it in a safe environment with a video game. Tell an interactive story or discussion.

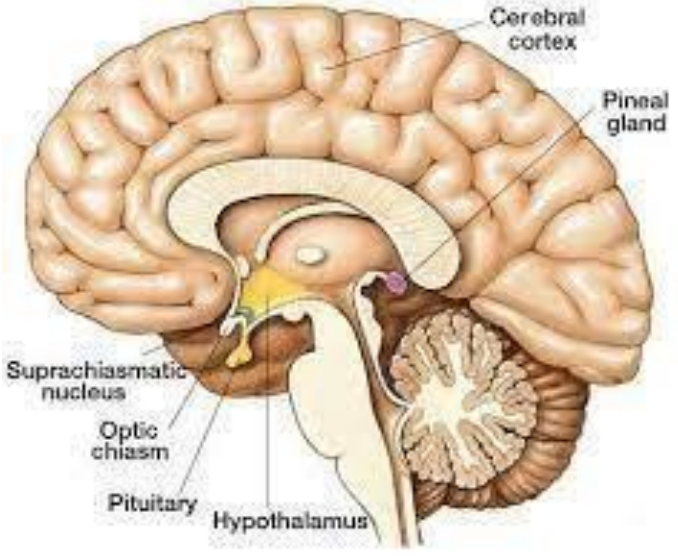
- You can check to see if your brain is aiming for the pineal gland based on where the brain is focusing at the time. If you are able to access the gland then you can troubleshoot in any way imaginable to see what releases it. Simply accessing the gland will make it release. **Simply focus the DMT to suck in from the pineal gland into the brain. You can also try focusing a roll in from that pineal gland area to get an instant release!**

You must understand if the brain is unable to continue doing a fun activity then it needs some way to dump all its programming. It is like for example a TV wanting to show outlets of activity. Sending DMT from the lungs to the brain will help sort out these delusional activities. Delusions can have an affect on capacity too. You need to let all this out in some way. DMT from the pineal gland will outlay all the activities to enable capacity to continue. Also know that extraterrestrials generally go through the same thing and they live this way because they can do this safely and also in a safe environment. If you have this function to do this you need to understand your DNA and even blood type may be the reason but also the psychical structure of the mind and body. If you have turned out this way you need **to take it seriously**. Stay within the law if you can because this guide will help you sort this out. Report to mental health services if there is a medication problem too. For more information read below but also consider human history about how the DMT in the pineal gland used to play bigger roles in earlier human history (youtube will explain it). You need to understand there is 1% of the human population that ends up with pineal glands that are bigger and function more so than regular people. My mum and sister have this situation too so it is pretty obvious this is true.

- You can check to see if the brain is considering use of DMT as a final defense against the overall situation by throbbing the lungs. The lungs signal to the pineal gland to release DMT. It may even aim the brain in a direction just to get permission first before it enters the mind. DMT is generally a positive experience. **Anything else is psychosis and a lack of good chemistry balance.** This is a **fact**. Go to youtube and seek a DMT releasing meditation video.

- Take in the programming from entities and spirit guides. This will make an interactive experience with the activity you are doing. This can also influence the state of DMT releasing in the brain too. This makes things more fun and makes things more interesting. This can even cover symptoms too. If you find yourself unable to work you need to contact mental health services too because generally support forces like this are provided in certain situations. This helps in paired alters too. Let them have fun with you too :)

- You may need to meditate. See the astral consciousness procedure.
- If you experience DMT entities in the room you need to ask them to refill the pineal gland
- See if your mind is looking beyond its imagination…..open up eye retinas to see if something comes through. This will segment some of the activity so you can continue having fun.
- Be aware if you are approach in this state various interests looking for friends may be approached with a DMT aura: If aliens' approach in this state, you will assume it is a DMT aura and let of the fear on the basis, is it simply your mind releasing DMT based off them approaching.
- You may be able to use mudra to enable the function easier too. You should use the left and right hand. Use the finger above the pinky finger and press it against the thumb.
- You should be able to use the astral consciousness guide to get into an interactive state too. You can view it in the list of PDFs included.
- If you are up to the stage where you can see extraterrestrials then understand you can let them take over by getting them run inside of them. Possession basically…this increases capacity too and creates a more interactive experience with them and you but do not exceed the number of activities you can unless it is affecting your overall ability to have fun. Understand if you can interact with a simple activity then you may find excitement returns faster to that instead and will reduce pain and other symptoms too.
- Depending on what type of condition, you have a fast way to get my third eye and chemistry phenomena going by rocking, pretending to feel a focus sleep conscious sleep dive state while having my hands faced from lap with palm pointing upwards. This can be combined with a range of other influenceable situations too. Do not be scared of anything you experience in this state. Any activity cannot harm you and you will be fine. You can also try just focusing on the lungs too. This may result in more DMT activity so if you have a loss of brain programming then just continue to focus on both lungs.
- This can help with all over symptoms as it segments the brain's activity however it represents the highest form of consciousness to ever exist that we know of and you need to understand it causes your entire reality to be altered in a fantasy land.
- Only certain people have an ability like this like me and my sister but you can put your hands down on your knees while sitting down facing upside down facing towards the face and this can send DMT to the brain. Do



this at your own risk!

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- **If you have a DID System and they won't allow you to do anything you can force DMT so they have entertainment to allow you to continue your activity.**
- **Focus on the pineal gland and feel the inner part of it or drag it in from the lungs**
- You need to understand if you have BOTH, a DID System and Schizophrenia that is like having a computer system running anything possible in spectrums (that means multiple mental disorders and disabilities). You may experience a dream state of DMT. This means anything you may experience means that it is not provable to psychiatrist unless they believe it. So, report it to mental health services if the situation causes a problem. You need to report symptoms to the psychiatrist. Having both means you may experience all kinds of phenomena which may seem like some SUPER INTERESTING or impossible to happen. This is ALL in your mind. You only report to mental health services if there is a problem. If they ask then tell them if you can. If you are not sure then ask them what you should report just to be certain. If you don't report the symptoms then it may mean your medication may not be working properly and this can turn into bad trips from the condition. Reporting to guardians and mental health services is essential for survival.
- By finding out what you need to report you can get a better understanding of your condition and

why the brain does this.

- Multiple alters with multiple disabilities that are out at the SAME time may be hard to navigate so report the DID System Leader. If he declines to help ask why. If they refuse to change him then cover up his symptoms through the DID System the symptoms then report it to mental health services… I successfully covered up to a point where I can still use a computer and have fun on it with breaks to recover my excitement.
- **Everyone releases DMT at night when they are asleep. If the pineal gland gets full you will need to release it to calm it down. There may be alters which need to sleep too so if you lose too much capacity you need to meditate and focus, sending them to sleep regardless of how it feels… just keep the focus to sleep.**
- **If you see entities around you must understand the pineal gland may be full. If this happens you will need to take in programming from the beings by focusing on them and taking in programming for the third eye frontal area where the eye is broadcasted to. This will force it out.**
- **Start by placing your hands at your knees and facing towards your face. Focus on the lungs and feel the reaction force to release. Open any other retina eyes you have too.**
- **You need to understand spiritual experience is VERY real and plays out in the human mind. You must release this area at some point by sleeping or meditating. If you have a mental disorder or illness you MUST meditate at some point to segment the capacity and function overuse causing problems.**
- **You need to understand as you get older the body and mind's capacity may be affected at some point. It is at this stage you must have a better understanding of who you are.**

- Flinch your body sideways against your lungs and thought assume and signal internally an assumption that you have the ability to automatically send the fluids from the lung to the brain (DMT). This will work for people's brains in maintenance mode, such as people with treatment resistant schizophrenia. Just be aware everything is ok no matter what happens.

Psychosis and War Video Game Understanding

If this happens you need to know this is an astral plane cover up over even worse activity. **Consider it an experiment of the mind and nothing more.** If the symptom assault is happening you may benefit from **bad vision conduct.** Meditate and get the astral plane to help. Before you start, check and expose the trolls and any program that may be acting as an authority. Report to mental health services if there is no way of finding peace. If there are too many blind alters awake you may need to stop using technology until you get more support or steam it through.. Your brain just wants to play with you at some point. Sometimes the astral plane does conduct unverified activity. **You need to understand you will end up on ALL sides, and that is beyond your control. So remember to change sides if there is too much misconduct. There may be parallel realities of sides too so you can switch back if you need to. Bashar has confirmed our planet could NOT hurt any of them anyway!**

This section is for when the chemistry generation will **NOT work.** Always check the chemistry generation section status first. Recheck later if the chemistry generation is available as the delusion may calm down as time progresses. If your mind is stopping you from having fun this section may help too.

The astral dream state in treatment resistant schizophrenia cannot clear up with **negative symptoms of schizophrenia.** Just check with the alters and they will reply if things are not working out. There always has to be a simulated war to get the numbers down or you will have to **restrain either the alter or mind entity.** Your vote generally has to be counted before a war will still start. Make sure you are honest too so the decision soaks the mind. This can **cause all kinds of symptoms** if a conflict is happening and will automatically build up blocks against the body organs and mind from functioning and even **stops nicotine vaping and cigarettes from working too (you will get more from quitting products for nicotine).** Simply vote yes to see what happens. It is not real; nothing can harm you. Have fun and never take it personally what happens. The phenomena will play out. Just check at random times if your ability to be coherent to troubleshooting is affecting you MUST check to see.You need to understand the brain may be half asleep creating characters inside a dream inside your mind even if you are awake. This means you will have to use the toolset graph above and imagine using it to destroy targets. This is what drives negative symptoms further so you need to get rid of them once the alter or mind entity is stopped then symptoms should reduce.

- If you are intimidated, stop, seek help or read the External reality coherency section and also Visions section above. **Otherwise continue below.**
- Talk about the history of warfare and say war is coming. Be silly.
- You may be able to confirm through alerts that this only conducts to force the brain to establish empathy. Just ask them. Otherwise just remember it cannot harm you.
- Hidden entities may test algorithms and if there is enough misconduct it will consider retaliation. This means you are required to **call for help within the delusion**
- Saying start a war can alert the DID System to provide support. If they refuse to help because of religious morning just say you are too lazy to help. Otherwise continue below.
- This is the fastest way to stop a delusion - the mind just forces the dream to end by obliterating the characters. You can even lay down in bed with your eyes closed and the silly vision will play a video which contains data to force the brain to behave via visual response (there may be some audio too but it does the same thing). This reduces negative symptoms of schizophrenia and restores my ability to have fun.
- See the recovery section before continuing.
- If you have DMT entities around you then you need to understand they may cause symptoms because the psychosis has manipulated them. Just confirm everything is ok and everything should calm down. You need to know that this is psychosis. Meditating may fix this problem too as it makes you negotiate with them. This happens when there is an alter conflict. You may also be able to check if the DID System is being captivated underneath. If assistance is offered see Zeta Reticuli Appearances section. Be aware the astral plane may cause these problems too. It is all miscommunication from delusions of schizophrenia and symptoms from other alters. Do not assume there is an operation either. This all supposed to be entertainment and a cover up over symptoms by the DID System. If it turns abusive it is from having a disability. You may even be able to confirm this too. Just be aware that admitting that causes a harsher symptom attack.
- You need to understand if you have negative symptoms of schizophrenia then the brain may be controlling its

environment from past history. This means it has already decided all angles are betrayed and is stuck in a permanent disability program. This is even if you cannot feel it or think this way. This is part of your disability and you can still be a great positive person and stay within the law too. It just means you need to allow the brain to run a simulation internally. Seek help from mental health services if you are unsure. There was a movie about this too to spread awareness. The brain will actually reduce negative symptoms if you allow this delusion to play out in a safe environment. This means you may receive a serotonin response if you show gratitude to everything in your life including this delusion too.

- To start a war you need to ask who is on your side first then tell them to start a war. The war starts and the negative symptoms reduce. The situation builds up at certain times so check at times to see if this is the case. Negative symptoms include chemical pathways that get **blocked** because **the mind wants to interact with you** and also makes this a **higher priority** over your daily activities. **Understand when this happens and know when it is part of your mental health condition and needs to be taken in your understanding of having a disability. Turn off your screen if you need to and ask your schizophrenic mind what is up. There is a very high chance your mind wil speak to you. Report it if you feel intimidated but understand this needs to be reported if it gets out of control. Understand the mind may also be wanting somewhere to dump all of its excessive activity… see** DMT from Lungs with Mental Disorder Understanding for more information.
- Even if you lose a war, understand it doesn't mean it can't be pushed to your advantage. You can request to be put on for entertainment by playing a video game. You need to understand all the programming goes bad when the brain is hungry for chemistry and this can even build up in your sleep as bad programming.
- Check with DID System Protectors if a war does not resolve the issue if you have a DID System
- **Wars may be simulated because of alter conflicts too (beware of alter intentions). Be aware if another alters symptoms to get their way and understand you need to authorize a war to happen. This means the alter is fighting to get what they want over the overall preferred activity. Just say start a war outloud. Check the status of the war too and make sure your vote is auto conceded to going after it. Send anything in your imagination against it too.**
- You need to understand if you have negative symptoms of schizophrenia your mind and body will not always allow you to be in a high state of vibration (consciousness mood). This means the brain prefers it this way because it doesn't have to work that hard but understand this is to stay within capacity limits. You must understand this is in your best interests so you can still have excitement. You are chosen and will believe this can even compete with the situation as it stays interesting too. Let's face it, if the angels cannot put you in this high state of vibration, then things are not as it seems obviously.
- Understand that the war cannot be real because you would not be trusted to receive help if there was really a problem. Use this psychology in any way you can.
- Blind alters may create hallucinations to have entertainment. This can cause silly visions among other stuff. Try to stream video through imagination and audio through the tongue to see if they will offer support.
- If you need to recover, understand a light warrior may have to at times monitor a situation. Your mind may need to try and understand itself. See visions section. Always at some point this may happen to certain types of disabilities. My mum, sister and I have ALL experienced this situation. Just behave yourself and understand this is a part of your disability. Even if it was real**, you will find yourself turning against the situation due to situations of misconduct.** Understand the aliens are your friends. Stay healthy and behave yourself.
- If you believe you have really been attacked then consider with the DID System the mind has a coconsciousness. This means you can really feel pain in your sleep. The pain does not change while you are awake though. If it does you will need to see a doctor. In physical reality you are here because it is the safest place to be. This all from AI from generations ago causing problems with people's minds. You just need to get it under control and you will be fine.
- Be aware if you have a DID System there may be young alters with all kinds of fury especially if you have negative symptoms of schizophrenia. Understand there is only so much you can do. Memory can play a role too and if delusions of schizophrenia prepare stories and all sorts of phenomena that go with it you need to inform the DID System leader if there is a problem. The symptom may not be solvable either if you have treatment resistant schizophrenia. Report to mental health services if it goes out of control.
- **You could be in the 6th dimension of parallel universes too which is controlled by the authorities.**
- People with alien war syndrome need to understand it is a simulation given to people in a low vibration. This means our gods will punish us for seeing beyond this planet with having a chemical imbalance for certain situations. Notice it goes away when the mood is ok.
- If any situation causes a violent situation, then consider giving advice like a police officer would to someone in a mental health asylum who would treat them like a child for calling them. For example, say something like why not have a lollipop instead?
- You are merely under construction for your next life. They may have even shown you. The brain will cause more problems than you can imagine and, in every way, it ever could. Also understand this will be covered up into oblivion in every way imaginable regardless of what happens.
- You may take on bad personality programming from this too. Be aware you are still under the law and always will be.
- Serotonin will ALWAYS and is the very cause of outcome for worries about existence. You can rely on this

to resolve the problem.

- Test to see if there is an intrusion focusing a block on the pineal gland. If it continues see the recovery section otherwise continue troubleshooting.
- If you think REAL PEOPLE then again! Notice the entities around you are fine
- Any defense against a headache you may use may not work and you may have to check to see if starting a simulated war will help
- FIRE A NUKE – END ALL PROBLEMS – Fixes auto regulation – Fixes various other issues (not a real one)
- **Check to see if alters are on your side to help take over symptoms otherwise see if a war is available if they are on your side then see if you can start the simulation**
- **A far as a DID System is concerned with dream states from conditions such as schizophrenia you need to understand support for wars happens when there is a loss of good morals from those controlling the overall activity**
- **If war will not stop then you must bring down your serotonin to stop the memory mining process and calm down the alters. This should force programming to calm down. Get your index finger and use it half closed and signal the serotonin down the spine – Continue troubleshooting as needed. Recommend seeing the memory section if unable to resolve it. See recovery too.**
- This is after service programming from the astral plane that creates a silly video game out of your symptoms until you use the programming against the psychosis (this is for schizophrenics who are experiencing an astral state of consciousness)
- If this doesn't work see Critical Alter activity to resolve the problem and also read the entire document until the problem is solved.
- Check your closed vision and also ask if you have a DID System to see if they want a war. If they say yes, we do then just start a war. Using your imagination and coming up with silly ideas and imagining what happens can resolve the situation too.
- Blind alters and other simulations are playing out too much phenomena so the brain may undercover headache attacks. Just beware technically besides that no-one would actually bother besides the condition. Assume fine.
- Sometimes to psychosis has an in impression it is under a certain banner of phenomena and simply say it and ask it your mind and blow its cover as this can change the situation
- Positive outcomes can come from this if does resolve including better chemistry, more alter entertainment and discussions
- A lack of dopamine including dopamine without serotonin can cause this to happen
- Tension headaches among other factors are caused by lack of virtual wars
- More entities from parallel realities come to show support
- This isn't real but causes a cover up which helps overall state once the simulation is over
- Sleep it off if it goes out of control or meditate
- Some star seeds are given this job to trace realities which have gone extremely bad for example versions of yourself where things do not work out
- Turn off TV/Monitor/Phone and Music and see who wants a war
- Install software from 6th density astral plane (simulation) through imagination
- Throw a virtual leash to connect to astral plane
- Ask who is on my side and see if the simulation starts a war (this deprograms bad programming)
- The tongue can broadcast the enemy if connected to a network.
- If a conflict starts in the psychosis, you can act as if you were stealing the dopamine and serotonin from them to stop the verbal attack. This may have mixed results but it may work. It works for me. It also sends the dopamine and serotonin into your own brain. This also helps with your aura too which will lighten the situation.
- See Coping Techniques and Understanding of/for Psychosis and Tactile
- Hallucinations and also see the Visions section too.
- You can force an incoherence towards the situation by focusing the left and right temple near the surfaces at each other. This will confuse the situation making it easier to get on with the day.
- You can use ideas using the over processing in the mind to get the brain to tell what hand interactions will help chemistry.

- If you see aliens in your vision and on the wall, they may be able to direct flow of fluids temporarily.

Organs understanding and unblocking

- Organs lose their programming and ability to function with negative symptoms of schizophrenia so you must fight back in any way possible to restore the programming to get them to run.
- Rocking and flapping hands is essential to survival if an autistic alter comes out. You will need to do this if there has been a complete block on the activity. This can force dopamine to produce which helps the overall situation.
- See chemistry access to understand further
- You must understand your medication needs to be taken for the organs to function too because lack of medication can cause them to stop working
- You should consider putting a hydrolith on the wall for an interactable keyboard which updates beliefs systems and other situation outcomes – For example – The keyboard should update the belief zones so chemistry starts routing properly. It is up to you but just beware you may be unable to use the technology properly if you don't check for example the keyboard for an answer. I have one and so does my sister.
- Usea placebo effect againsttheblocked sections in any way possible otherwise if the problem persists then see the information below.
- Wave hand at blocked area
- See breaks procedure if unable to resolve but don't give up!
- If you have a DID System, see pain correction above
- **Astral network may provide closed vision support – Follow the hand movements and signal to them what is the issue and they will attempt to signal back to see if they can help to unblock**
- **You can stare through astral eyes too if there is any available support if you've been on Ormus for a long period of time as they develop astral eyes (well it does for me)**

- **There may be emergency experiments which are being done to recover you if nothing works however just be aware they may be servicing a parallel reality and not you so don't give up.**

Fatigue Management

If the DID System wants you to stay awake or continues an energy consumption activity causing you to get fatigue then try the following

- **Try to figure out the algorithm and work against the fatigue.**

- **You can focus a decline the feeling against the neuroreceptors such processing no effort reward process in the mind by response. Then this should bypass the fatigue for as long as you hold it there.**
- **You can focus in and re-signal focusing your energy against this symptom. This forces the body to relocate its own energy to where it is needed.**
- **You may be able to use your DID System to cover up fatigue if you simply ask it..works for me.**
- **When the fatigue feeling comes through you can autofocus drive your eyelids to only half close nearly. This forces chemistry to serve the brain.**
- **You can autofocus eyelids bouncing off organs to force chemistry to give energy. Reapply as desired.**
- **Try to snap out of it**
- **I recommend only trying these sorts of things if you need to. It is your life though not mine.**
- **Staying up for longer periods of time can sometimes increase capacity to use a computer because it forces the brain to get chemistry. See chemistry generation for more information.**
- **Check the DID System and any assistance you have. Only action as responsible and see External Reality Coherency for more information.**
- **You can fight the tiredness by imagining a shape auto locating against it**
- **You can close off the tired by opening a window in the mind and acknowledging it**
- **Fatigue can be based off belief, if you do not believe you are tired the brain will wake straight up**

Mudra Understanding

- The index finger against the thumb activates activity in the gut and should charge serotonin (it does for me) this can take up to an hour depending on how much serotonin the gut needs. Once the chemistry link is active enough then using this will help even further! See tool chart too to combine.
- The middle finger activates relaxing
- Try to get the mind to train mudra intentions in to get more and charge chemistry in any way possible
- The finger before the pinky finger activates charging off bioelectrical
- You may be able to train this activity on regular basis or program this in astral consciousness (this can work if you are schizophrenic – see astral consciousness guide
- You can initiate good finger signaling understand your ability to comprehend the ability
- Mudras are essential for relaxing
- You can touch your finger against your thumb and it will automatically aim at certain sections such as an organ automatically, simply feel and refocus to signal this to the tips of the mudra constantly to force it to kick in the desired outcome such as chemistry. Try this in all sorts of different ways to enhance your mood and day.

Understanding the ability to be happy in negative symptoms of schizophrenia

See FuZzCasT - Dissociative Amnesia Dreamstate Guide. If the brain may need to spark itself to feel this emotion if you have negative symptoms of schizophrenia.

- You can gain happiness by choosing to be happy if you are in astral consciousness at the given time when choosing to be happy otherwise you won't be able to feel this emotion
- See the astral consciousness guide on how to do this
- Happiness enables enjoyment and satisfaction
- Once you realize you are happy you can then gain more excitement
- Focusing flat can protect your emotions but be aware your brain may be in pain if you have negative symptoms of schizophrenia and you may need to discuss this with your psychiatrist/gp if you are unable to restore chemistry using the guide or even if you think I didn't mention the correct information but don't be misled by bad programming from schizophrenia and report to mental health services if you are not sure
- Pray and see if assistance happens (does happen and work based off witness evidence seen in all churches been around long enough) – Generally the area gets scanned and sorted if available

Brain Software Understanding

- You must understand if you are a schizophrenic with negative symptoms that the brain creates its

data to run on a daily basis. You must contact mental health services and see a GP if the pain or negative symptoms stops you from having fun. See chemistry guide and see other instructions to generate the chemistry on this guide will enable you to have help

- Bad programming can cause all kinds of problems and symptoms and even cover them up with false realization and false beliefs. You must understand with schizophrenia the brain creates data to entertain yourself during the day to put yourself in a dream state while you are awake. Unless mental health services deem this out of your control then you have to call and report the correct information to everyone you can. This document may help but as new situations arise the document may need to be updated.
- If you are psychologically affected in any way then read the psychological assistance or call services in your area to help.

Dream Recipe Creation Understanding

This is for people with schizophrenia and requires them to stay in an astral state while awake. If the brain does not let you do anything or you are not having fun and it seems like this guide is not helping then you can force a delusion. Simply write down a subject on paper and hang it somewhere in front of you. A story will generate and enable your dream to interact with the activity you are doing. Your imagination is wanting to overact to excitement and also note if the imagination is not showing much at all consider this too. This works well for music and also playing video games. If this doesn't work then get into bed and focus on sleeping and just be patient until an interaction does manifest. See the recovery section too if you need to. The interactions may be affected by too much technology usage. See astral consciousness procedure pdf if you want more information. Get the altars out honestly and send some of them to sleep. See DMT section for even more information.

+

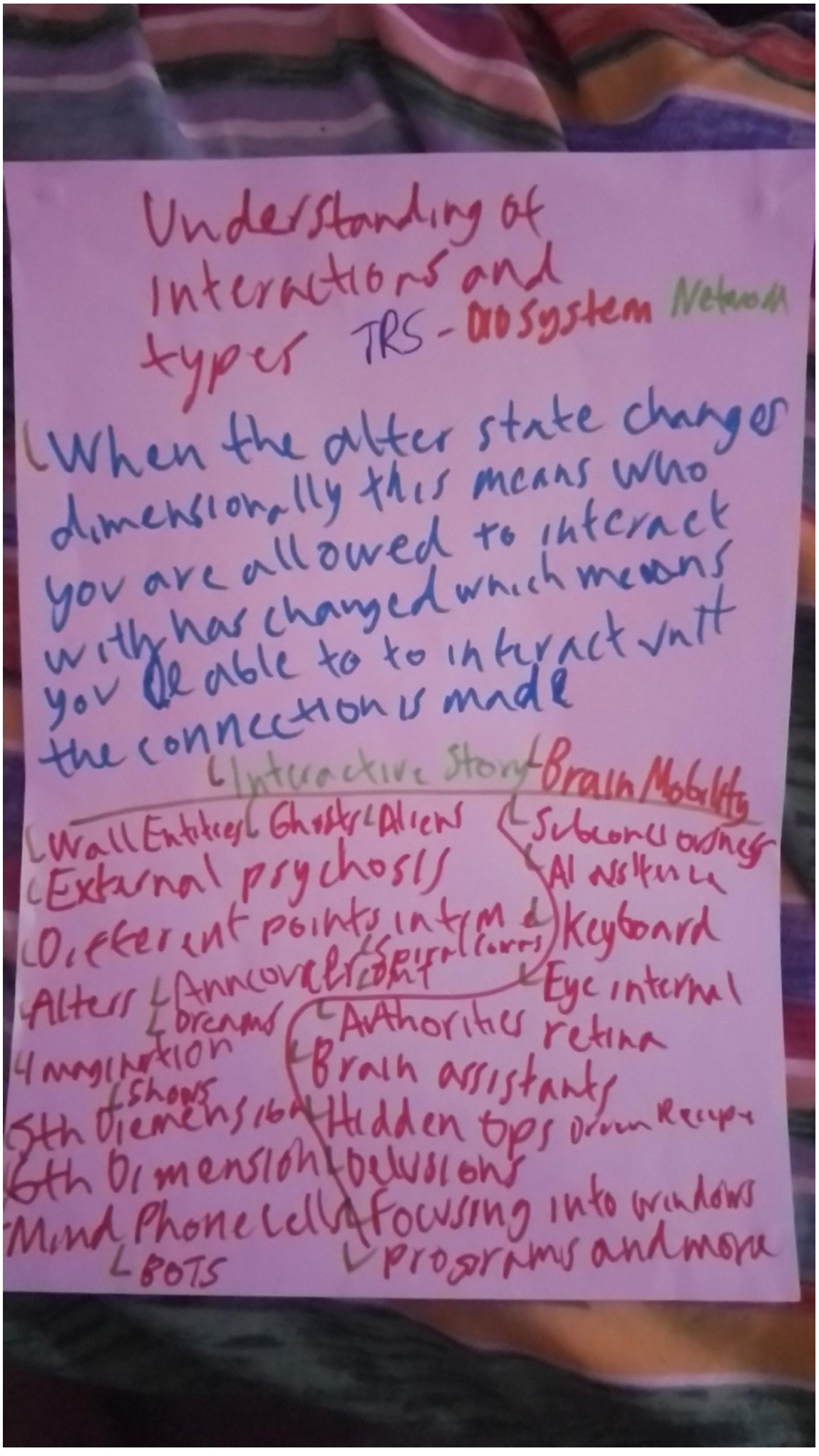
Write anything that causes a handshake between you and the astral plane. For example I wrote down ‘’I have delusions about - insert subject here’’ (and write the same thing on each paper). See capacity assessment section if you need more information.

Make sure you focus on your preferred algorithm too so you have more fun.

For example, I prefer this keep my mind under control while I’m doing other things to have fun which are:

- Medical Trolls (that cover up depressed/emotionally not coherent situations) alters causing further symptoms) or choose to tell a dream based on your choice (at the needed time or specific segment, got trolls to cover up annoying activity – send even more if need be) – Mission is to trick brain in to behaving and make sure you have a good memory – See below for further information
- Stories are for medical reasons – You must intake as required; the brain is processing too much information so you need to accept it is given from the astral plane. See recovery too and understand when your brain has blocked an ability to fight back against the symptoms. You could put a note on the wall about that too.
- DID System (to correct symptoms and someone to talk to) – if you have problems with this see DID System and Critical Alter Understanding)
- Cover up any annoying activity using the information below
- This is the main subject which I prefer to keep in because it covers up the activity and it leaves me less to worry about. If you get too much amnesia, get the trolls to do a cover up to trick your brain into behaving. This may be updated but keeps things under control.
- If you have to be in the astral dream consciousness state you need to be mindful of capacity driven situations.
- Further information may determine the dream state activity you go in to such as
- Object (in mind or outside of mind in reality) – You can move objects and put it in reality – For example if I think about aliens the brain create the experience
- Faith – You believe or trick the mind in to believing this
- Determination (you want this happen)
- Comedians

- Drugs – For me this works via spirit guide splashing the desired outcome directly. Try them all. See what works via a splash (them showing a splash and taking it over via various ring segments). This may even work if you awake too and they are there (this includes the fun drugs too). If it doesn't work you could try a different point in time.
- If the story wont start you need to note down the type of entities to start. See example below.


Understanding of
Interactions and
types TRS - Biosystem Network
When the alter state changes
dimensionally this means who
you are allowed to interact
with has changed which means
you're able to to interact with
the connection is made
Interactive Story
Brain Mobility
Wall Entities
Ghosts
Aliens
Subconscious
External psychosis
AI assistance
Different points in time
Keyboard
Alters
Imaginary friend
Eye internal
Dreams
Authorities
retina
Imagination
Brain assistants
Shows
5th Dimensions
Hidden tips
Brain Receptors
6th Dimension
Delusions
Mind Phone cells
Focusing into windows
BOTS
Programs and more

Communication Techniques

- To automatically speak to dream characters automatically you need focus the brain pumping in and out, but you also need to know the alters will only be able to communicate if you pump them too.
- For me to send the alters to start (focus on the middle part of the brain and pump brain through while signaling for them to take over to entities/characters
- The alters should then take over and help

Panic Attacks

You can avoid panic attack symptoms in various ways

- **See MEMORY SORTING AND ASSOCIATION section to resolve the panic attack faster if it is memory circulating refusing to accept everything is ok. This can solve the panic attack faster as it is generally triggered by memory issues.**

- **You may have a lack of food in the body. The symptom may hide this from and attempt to cover up the fact you are hungry. This is because the brain is processing too much information. A realization of this will help.**

-The brain may get afraid of working too hard. See if the alter system can help flatten out the offending areas in any way you can otherwise read below. Seek help if need be.

- **Oxytocin can drug your brain to realize there is a way to help the overall situation with panic attacks.**

- **If the brain refuses to cooperate in the way you thought would work you need to understand and comprehend oxytocin is always a solution. To start oxytocin release you can signal using your hands open and then send them the left hand at front of face backwards (then forwards) and do the same for the second hand in semicircular motion and focus on the middle of the brain and pull away slowly. Reapply where necessary.**

- **Contact support workers, friends, family and mental health services and helpline numbers.**

- The way I deal with panic attacks for me is I pass through the DID System or go to bed and change the dream segment until it stops. I am also medicated for it too on Amitriptyline but that is for covering a range of symptoms too. This works for me. The doctors know more about me so ask them.

- One if not the fastest ways to get rid of a panic attack for me is either sleeping it off and resting in bed until it stops
  - The feeling of being immature can stall a panic attack

- You can check out FuZzCasT - Psychological assistance and techniques document

- Report the panic attack to mental health services too.

- **Make sure once again you tell people around you that you are having a panic attack too so they can show support.**

Bipolar Anger

You can cover up bipolar anger by medication prescribed by the doctor or psychiatrist. If you cannot use psychology to cover it up then it needs to be medicated.

- If you have a DID System it should be able to create an app or come up with a solution to cover the anger up for a certain amount of time. Then the anger may return. Remember if you cannot choose to be grateful for a normal person's rule to stop all anger processing then you must understand this is a mental disorder. Being grateful is designed to completely stall anger. Be aware of this difference and stay safe.

- You can attempt to negotiate with DID System or try Chemistry generation if too if you need a quick solution

- You can attempt to sleep it off until the alter switches

- If the anger is out of control, then rewind your history and look at what worked best and not only statically but how it worked best for others and how you see them deal with it

- If you have schizophrenia then assume direct flow of thoughts the other way to force the brain to consider its entire other available phenomena to completely swamp the anger. Your change of direction will keep you sane. Choose a different activity and subject by realization.

- Try to underline and understand what is causing it in the first place – Work on having a high state of awareness to control not only anger but ALL problems in your life – Choose what you prefer – Not what is incompatible with your life but make sure everything is under control too.

Defending against drug addictions for Various types of Pneumonias

- You can defend a drug or alcohol addiction if the brain is processing too much information on certain medications which allow this process to continue in such a way that everything falls into alignment

- To do this all you have to do is use thought against friction to allow it to automatically target the offending areas where the addiction is targeting. This can help reduce addictive drug use like nicotine.

- Use imagination to speed up the process. You can use light language against it too with a repeating shape to automatically create programs that recreate themselves if the addictions stop the program from running.

- You can speak to a doctor about your concerns and get medication to quit too.

Capacity Assessment

What you do most of the time should be what you are capable of doing **if you can do it.** So, understand if you have contacted all networks and they say nothing more they can do and you have attempted this guide you must understand that anything you do must be within coherent compatible limits of tolerance from the body and mind to continue the task. Do not just do a task and try to force it to work using too many of these procedures. This is especially true if you have a DID System. The alters need to be able to tolerate the activity load based on availability of the overall experience. **It is all a process of elimination which means deciding what to keep and what to stop doing for excitement and fun to return.** For example if your brain is physically traumatized by the past it will force your brain to control its environment. This means you will not have excitement directed at what you thought would work and continue to have symptoms when trying to do that activity even if it was fun in the past. The excitement may return after understanding this as it has perfectly for me after years of medications, troubleshooting and trying to understand myself for why my brain does this..**You may even be able to ask your DID System if you can or can not continue the following tasks you prefer.**

- You need to write down a format with the most needed to perform the task/fun activity. If you are unable to do this, read the above sentence again.

- Capacity shifts around in DID Systems. You need to switch activities if you do not have the capacity to continue (this can be temporally too). If you are still wondering why you cannot continue then consider that the altars went into hibernation and you will have to wait.

- Be aware if you stop and switch activity it can reconfigure the DID System to kick back to fight symptoms.

- It is very important to understand if you restrict your activities and you have a DID System the alters may provide extra capacity temporarily which will add excitement. Do not excessed go too far if you keep losing capacity afterwards. This is very important for excitement.

- You also need to understand that if you go beyond your capacity too far your brain will react at some stage which means it will disable the ability to fight back. You may also need to recover too.

- You must ask if there is an altar with capacity if you have a DID System. You can check to confirm by saying if you have capacity to come out. The alter will troubleshoot symptoms and produce a result. Beware if you run the altar down too hard you will lose capacity. Reapply if you can and understand alters may be asleep too so keep trying.

Time Travel and Third Eye Information

- If you are able to see the future then understand there is processed time where things work out and unprocessed time where things are not working out.

- If you have a DID System and have an open third eye even if you are not using Ormus or can still experience this in any way then, you must understand time can change giving you a more positive future....

- If you are able to channel information you must understand you need to channel in the information from the best example of a situation where enough has happened that you can get enough evidence of a working solution so all timelines can force their information more correctly to give advice to bring out a better future.

- You may even experience various out of body experiences while meditating while seeing a future version of yourself play out a situation. Try to attempt to record this information down if you can so you can action the correct information.

- Just because you have abilities doesn't mean realities won't play out through parallel earths in a bad way. I am only authorized to reprogram a certain amount per day. Please do not harm me or my family. There are infinite possibilities.

Diagnosis vs Medication and Dimensions

You must understand if you are under the diagnosis of a mental disorder the consciousness should shift dimensions in to 4th and 5th density when you take on the belief of being a schizophrenic if you have been diagnosed with this

- This is important because it is making the brain understand to utilize the medications instead of being tactical with alter switches. You are better off believing this. This may send fussy alters in to hibernation and in to a dream state of instead of fighting an endless state which cannot change

- You should find activities easier to do once you have a working belief system in place. Anything else is discussed with mental health services and your support workers.

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
- Do not place papers on wall if you find alters attempt to use it against you
- You will understand writing things down that are important or fun which is correct but understand that doing will build brain muscle and that will fight negative symptoms of schizophrenia too. If you are returning back from believing you could comprehend a DID System with treatment resistant schizophrenia then understand that you are writing things down because the DID System is trying to understand what to do. Be careful and check with mental health services. DO NOT take on any belief which is on paper unless it has been verified with mental health services and this means what they told you **specifically.**

False memories

If you have a DID System then you need to understand the history of your life may appear different. At certain points people with a mental disorder may create new memories to replace old ones.

- DO NOT EVER question your false memories as real. You need to understand that your subconsciousness has been reprogrammed by the mental disorder to force you into thinking something happened even if it did not. You can tell this is true through anyone that knows you
- Do not assume history checks in the third eye are correct either. This all runs background processes containing information for story telling purposes.
- If you feel convinced these memories are real then question yourself on what is a good belief zone. Check with alters if you have a DID System to find out their problems with recorded history and see how this works too.
- Memories are powerful and convincing once seen in the imagination if the false belief is already there and false memories may force emotions to the situation making you think this is real. This is simply clouded by the coherent people in your outer mind (real people).
- Be aware of any mind control from schizophrenia too and the treatment resistant version the condition and may be connecting to a network with beliefs of other alters or entities. Watch reality Preval proving your family and support networks
- If you meditate or are in recovery you need to understand if you having out of body experiences it may take some data back from the parallel reality you visited. So make sure you have good beliefs.

Amnesia Procedure Mood Reflux and Understanding

The reason this can happen is due to negative symptoms of schizophrenia or/and DID System switches. You may require the below or chemistry generation to solve it. The below method is to force the negative situation out of the mind to force bran to cooperate with chemistry. If you get stuck in a chemistry issue in this state you may need to force the negativity out to force the organs and chemistry to cooperate. Otherwise see Chemistry Access and Generation, excitement, memory sections to resolve. This is only if you are unable to think clearly and the brain has created a silly program out of the mental symptoms you may be experiencing.

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 – They 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 it'll force the robot into a room in your mind
- This is not real this is just a simulation
- If you find more information about this interesting then see Psychosis and War Video Game Understanding Section and Dream receipt Sega Dreamcast 2 pdf
- 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 – It is up to you.
- You can imagine a spinning object against affected chemistry area
- Your 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 but if you have trauma then read the above sections for further understanding**

- 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
- You can consume all sorts of things in a dream state from food and drinks to medicines (any) and alcohol if you are able to signal a consciousness agreement with the connecting party on a Concede or Do not Concede basis. So, if the method doesn't work then try another day. Food has always worked without fail so far for me. You can stare away and imagine to appear/signal in any way possible then look back and consume.
- You could always test different points in time to see your past history and even a simulation of the future too depending on available circumstances. Do not believe everything you see when you check your history or play around with dream states as some of it may not be coherent information and visual output.

6th Dimensional Channeling

You need to understand if you need help you can also ask the DID System or channel in the answer from versions of yourself in parallel realities. This means that you can understand that most of the time the help comes from alternative timelines and realities where the problem has been solved.
Dimensional consciousness is capable of transcending time if you are in the 6th dimension. Allow

yourself to be free and capable. Understand there still needs to be good people to go through unprocessed time to help. Understand if you have schizophrenia if it continues throughout your vessel's life.

There are endless ways however if your third eye is open and you have access to the network then, you can try the following

- If you are in SYNC with parallel earths of yourself simply direct the question and say are you there

From here you can establish a greeting to those who are troubleshooting the symptom

- A response is received - Either verbally, visually or software is sent to install

The current output of answer is an answered direct depending on which network you may be on

- No, you cannot ask for confidential information. This is always monitored and if there is too much misconduct the earth no longer receives support. The more you ask this the more chance a cover up will be performed. A cover up may happen in lack of regard if there is too much misconduct.

See the answer in any way you can perceive and record the response for the symptom. Understanding if your memory is playing up channeling in the answer might be easier. This may not work for everyone. If it doesn't work and you have a DID System then report to mental health services if you are going through too much of a hard time and also read this guide too if it helps.

- If there is any disruption of information just say for example wrong para (parallel universe), wrong sector, wrong alter, wrong person, wrong type, wrong programming etc.

- Understand if you are withstanding the energy of the infinite realms of energy (known as 6th Dimension for Earth) there may be all sorts of infinite phenomena which is why treatment resistant schizophrenia can happen. Instead of taking a blow from it then understand there is always a solution (like this guide). Read the Data mining section if you need more information.

- Psychosis can be spirits trying to help (5th dimension connection). Be alert if you hear someone complaining you might also be hearing another version of yourself from a parallel reality (6th dimension connection connection). You need to understand angels can go into covering up symptoms. If they possess you they can only respond based on your mood which means chemical balance. If you lack serotonin they will be sad. If you lack oxytocin they will be unable to guide you maturely. If you lack dopamine they will get angry. Any external spirits you see are harmless. You need to contact mental health services if your voices abuse won't stop. Hopefully this guide will help you. Do a capacity assessment too.

Weight Loss

Fasting is a good way to lose weight if you have trouble with negative symptoms of schizophrenia. But if you are already overweight you might have a big stomach. I can actually signal my stomach to eat the fat cells even if I have had something to eat. This may be a serious advantage over the

weight loss situation and because the stomach is so big it sucks in more fat. Good luck! If you get symptoms while fasting, this guide can help.

Realization

Your awareness on how you can access your understanding. You must absolutely understand how you access information is a cause of realization. Behold a false belief and understand this controls your day. So given the option your ability to have fun will evolve. See the excitement section.

Data Mining Explained

If there is any sort of data harvesting through your mind playing out you need to understand it may be covered up for the psychosis. If you have a DID System and it has refused to complete the chore forcing an unmotivated alter to the frontline while they ALL sit back and not care and once again you see they are not taking action you can then understand they chose not to help. When you help unknown forces with their problems you need to understand it is all part of your disability playing out and comprehend you have lost your sanity.

- Understand it is your consciousness vibration which needs to change before it goes away. See chemistry generation and excitement section for further information on fixing your vibration
- If you cannot see a way out of it and you are fed up with it then contact mental health services.
- If you have negative symptoms of schizophrenia and you have been using Facebook then understand this exactly the same thing. It uses up your serotonin which reduces your capacity to have excitement. You may need to reduce your Facebook usage.
- Understanding psychosis builds propaganda where it discriminates against your history. Remember this is generally amnesia out of the victim causing claims it never happened. Let's face the facts, if it is or was happening these forces would not be choosing you.
- The data mining will stop once you have raised your mood and even cover up anything bothering you.
- This may be trauma playing out too and people seeking to utilize you for their act of being an alpha male over you for their peers
- This AI generated pneumonia may be playing out because it could be perceived as some form of punishment program played out to cause the mind to realize it is not behaving itself.
- You could be hallucinating your own trauma too.
- Consider it presenting a new unforeseen situation at you based off delusions based off new data
- Consider your past history of psychosis too.
- Some minds with an AI influence may use anything imaginable to cover up your condition too.
- Consider going into astral consciousness to resolve the issue if nothing works.
- **Your mind may create a dream version of anticipation for the future but understand it will also manifest delusions about it too and even cause conflicts if there is a DID System too. Understand when your mind is trying to manifest your dream life in different ways but understand the forces that are your available choices within the law. The mind may use its entire intelligence to create a dream anticipation of what could happen. Just understand the difference because your parallel reality is based on your attitude and also what reality could ever offer so make it a good one if it is not.**

Cover ups

If you have trouble reading and comprehending at the given time and there is too much strange activity going on then consider a good belief zone. For example, if you are concerned about too much activity and you cannot get a straight answer in your mind you could go to bashar.org or on YouTube and see a way out of the situation. This service provides essential information for those seeking information on why things are the way they are.

- A safe belief zone is required to understand your mind is basically playing tricks on you. See external

reality coherency, psychology pdf, and psychosis coping techniques too. Contact mental health services if it goes out of control.

- What is correct is ok because it benefits you
- Advertise to the alters to cover up and troll in a comedy or interesting way about the situation to protect your sanity. The dopamine process of people can naturally cause people to consider their problems but they are medicated with oxytocin in their sleep (watch and see your past history). The human experience is a silly show and should be considered to be a part of the fun! Rest assured heaven awaits and it is coming in whatever way this may be! :D
- Also understand when you come up with a solution the brain may do a bandwidth test to solve the problem.
- If the alters won't allow a troubleshooting method too then you may need to send the activity undercover. This may be a trauma reaction which is why this is required.

Auto Respond for sub types of systems

If there is too much activity and your direct thoughts are being responded to for more than you desire at the time you can get your imagination to put pneumonia on auto response so conversation and information flows around.

- You can imagine multiple signals windows talking in the conversation and correct things to come to mind to calm down the activity.

- Customize as you want from there.

Monitoring Entities/Other Delusional Phenonium and added Psychosis Information

- You won't be trusted if you're not an honest person by this monitoring phenomenon. You can't lie and not worry about what you think or feel because these entities are too mature to be offended by your actions unless you hurt someone or make plans against the naturalities of humanity. ***This is all delusional phenomena or DID System undercover depending on alters who are active.***
- ***Understanding if you are incoherent and the brain makes demands you do not need then you must systematically advise and report to mental health services if there is any problem.***
  - You must understand if you come in to contact with a monitoring entity in your mind you must understand this phenomenon sends an overall state of vibration (emotions/thoughts). This means you don't have to worry about what you believe may be monitoring. This in a nutshell is a phenomenon that can't always be verified.
    - If protectors from the DID System tell you to stop talking then negotiate with the authority first before you continue.
  - If you want access to use the network game app you must be trusted first not to do anything silly.
  - If it is insulting to you , that is psychosis or other phenomena that requires chemistry generation to be corrected or increased. This includes understanding this all still delusional. You may be smart enough to combine enough coherent understanding from this belief but at the end of the day you are better off asking those around you in person that you understand are actually in your reality that things are under control and that includes reporting to mental health services.
  - Don't assume the monitoring entity actually wants you to work for them.
  - That's all I know about this. I have been fed information that I found useful but never take it too seriously because you should assume psychosis is the problem
  - This tested this strange phenomenon from every angle and I can assure you there is nothing to worry about.
  - Also see Visions Understanding in the topic covered above as it explains critical information about any visual aspect of this phenomena.
  - Just because it is smart enough to give you what you may believe may be correct doesn't mean things might work out this way
  - Report this mental health services straight away if you feel uncomfortable in what appears to be bothering you and get them to explain why the medications are correct or describe in enough detail for the psychiatrist to help.
  - You can write down helpful notes for your psychiatrist too and that will help them give you the right medication that will help them make a good decision overall.
  - Watch your life be easier to deal with when you make a good enough assumption that anything that bothers you cannot be verified until you've told real people what is going on.
  - Don't assume people you know or someone is watching you from the community. This is in your mind and psychosis or require reporting to mental health services. You're welcome to troubleshoot at your own risk.

Soul Understanding

- If you have experienced a death then consider the possibility of being an astral traveller if you have proof of parallel universes.. Think about it as if you are a spirit travelling to help people. This means you are basically a light being.
- If you ever leave earth your belief zone will update due to the authorities. This means anything you miss out on you won't care about because you think you are from your own timeline just like having a dream..
- Consciousness can be proved to exist forever, this because even if a soul could be stopped from existing it turns back into light. This means light gives the opportunity to be in consciousness.
- This is why death is impossible. A transition from light to consciousness is instant to become consciousness because of the transcendence between.
- Autistic people (or with autistic alters) can see parallel earths as an example of life choosing its preferred experience.
- Do not commit suicide. Your light body may not be created from the astral plane. You can rely on extraterrestrials that monitor soul balls of life if the vessel dies. As seen on YouTube.
- If you need evidence, I can confirm they took me outside of my vessel (body) a few years ago to show me I have one. You can ask other people if they have one too by finding out if they do this themselves (either with or without knowing).
- In soul and spirit there is an absolutely certain ability to select your parallel earth based on the authority that controls life in your area. If you absolutely suffer after this you will need a technician. Contact mental health services immediately.
- Spirits in consciousness run through an overlay network where each point connects to secure the situation.
- They have connected my spirit to multiple bodies, even with better capacity and emotions than my schizophrenic mind. They have tapped on brain windows, metal body objects to confirm they can do this. This has happened on and off for the past year. I even didn't survive multiple times and died in other parallel realities and I was transferred straight through the network into another form of myself.

Now you do not have to worry about being lonely when you are alive because you can go straight to astral planes (dreams). You will never be lonely because you need consciousness to be that way.

The Astral Plane Understanding

- The astral plane contains all known consciousness.
- If you think of being in a spaceship and being accidently left behind then understand that it is still in control of the astral plane which is traceable.
- An auto concedes and does not concede is part of space travel.
- This channeled information otherwise asks an alien if you see one.
- You know the astral plane exists because you have dreams in it.
- I was sent a video from the Zeta Reticuli which proved I can remote view light from my consciousness into space to see a star ship (it simply goes back and forward for remote view).
- A brain would not survive if it was left floating out in space but would be simply passed recycled into the astral plane.
- Consciousness is online
- The Astral Plane creates consciousness. An astral plane body can have dreams too. This is all traceable and can transcend.
- Extradimensional travel is generally not allowed and only for the authorities. You may see a

simulation or go on a ship but you will be sent home. The reason you end up back home is because you accept only to travel for interesting reasons. This is all processed by the astral plane in the first place.

- The astral plane is clearly there by choice. For more information do a search on Facebook/other forums and google or YouTube for more information. I have schizophrenia and a DID System. The DID System appears heavily influenced by Ormus to grow my capacity further and become more intelligent. If you want more information then take that as a grain of salt because your mental health networks you go to may know more information. The outcome since using Ormus is gaining the ability to have excitement and have more of an intuitive ability to comprehend how to channel in good information (like this guide). I cannot guarantee Ormus will work for you as it depends on the type of phenomena that happens with your brain however people have reported Ormus makes way more interesting dreams (it does this for me too).

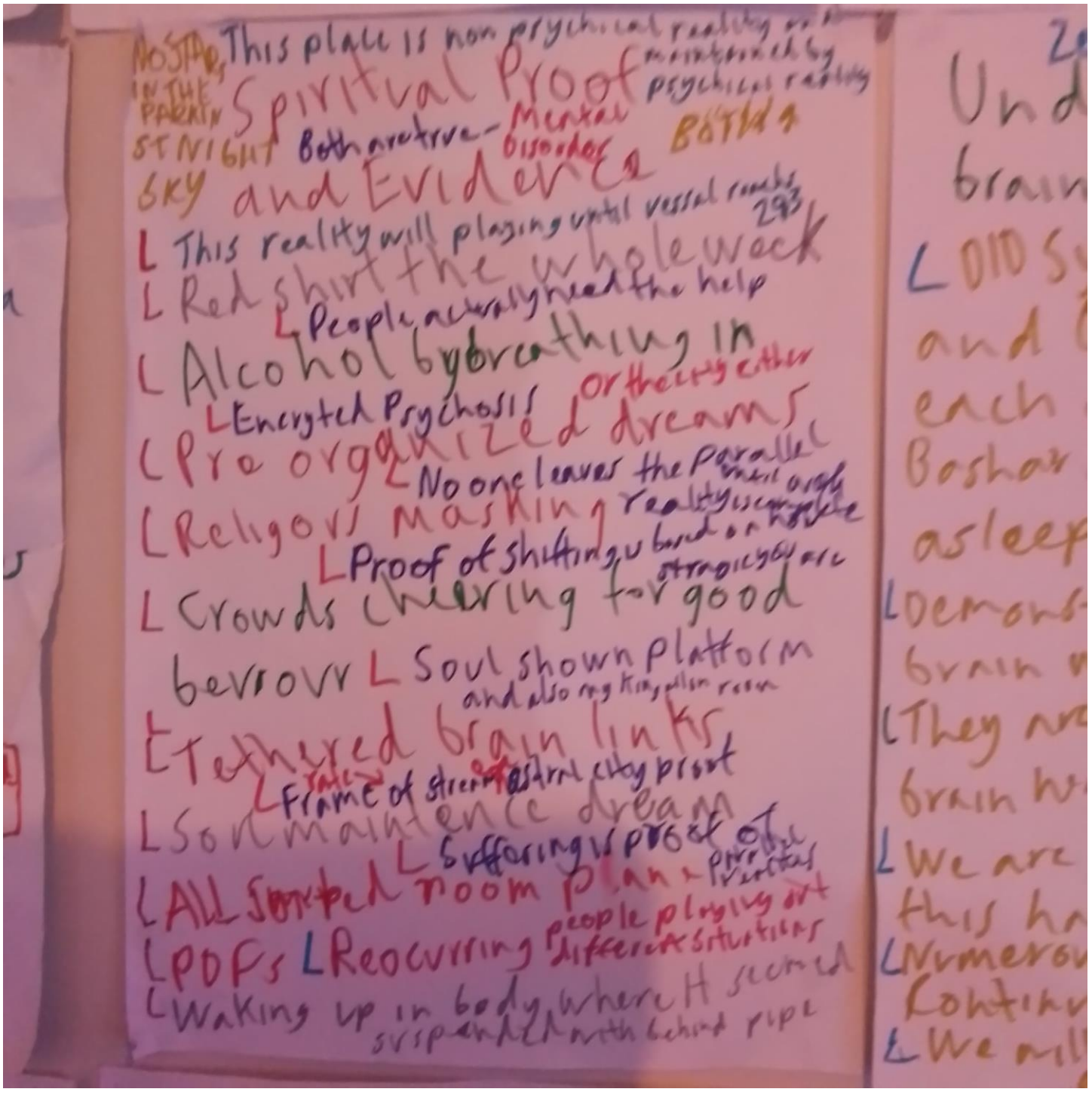
My permanent ascension experience

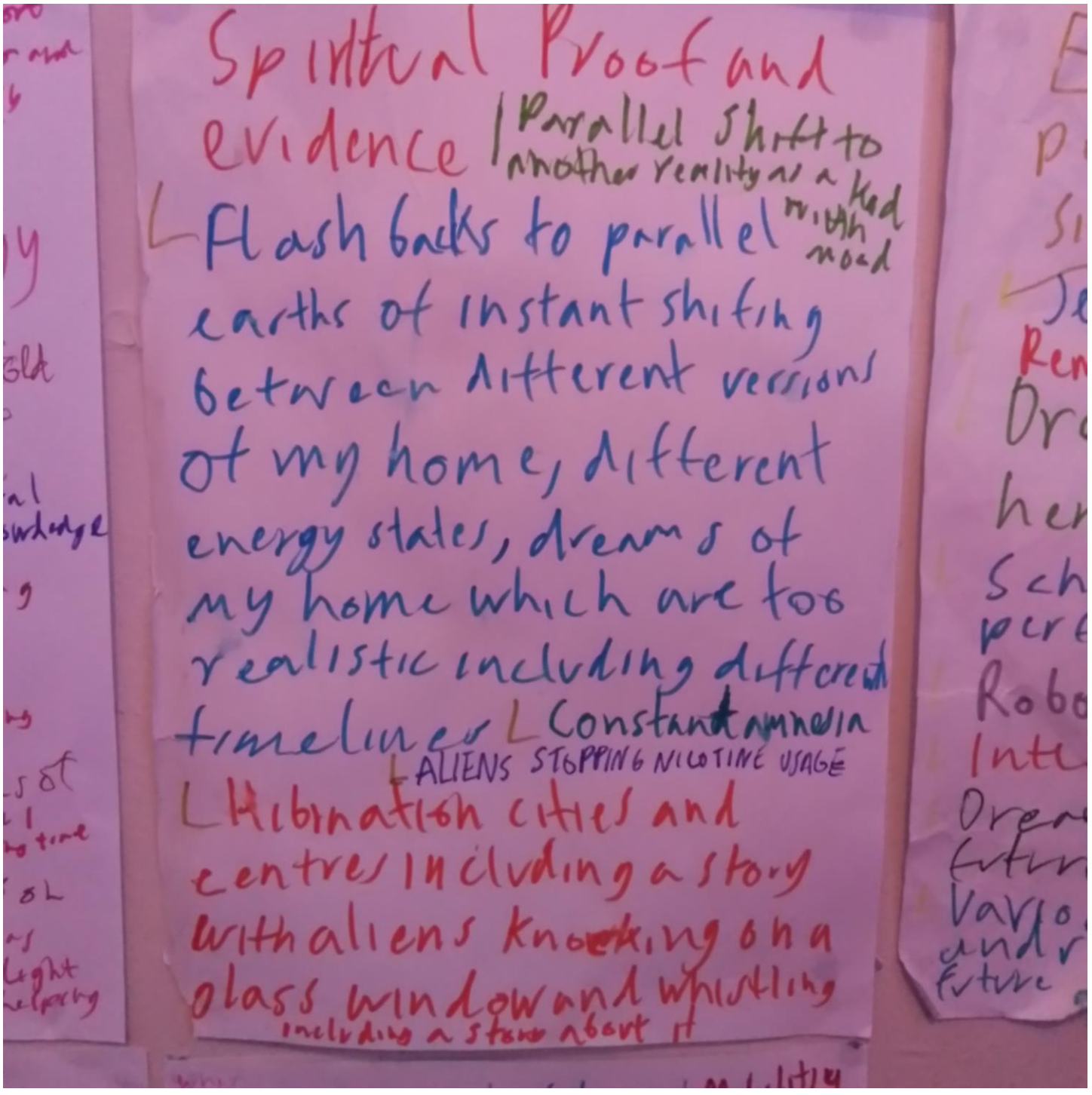
- I have been murdered several times and always woke up in my bed at linear time. After all this happened I ended up in a parallel reality as having schizophrenia. The brain took on too much trauma and now has a DID System too. From this state I can connect to the 6th dimension and visit parallel versions and even speak to different versions of myself while awake here in psychical reality.
- The visions advertised eternal life from extraterrestrial too even in my schizophrenic life.
- Any else you have been shown is simply your connections. According to the bible this means you go to Heaven or a Second Earth. The bible advises hell too for some people. My experience tells me hell is the 6th dimension as a schizophrenic. This is external life from Satan if that proves it biblically. I do chores for these aliens all the time.
- If you want more proof and consider what you have seen on facebook. I saw a post where all these people claimed they got murdered. I have witnessed a direct pass through from death as if time just continued. This is enough proof for me I can still have fun and even got the connections to still be on an Earth with video games too based on all channelled information and stories.
- Biblically if you are in hell then it is a permanent stay. So if you have schizophrenia then I would say it is obvious you have eternal life. I hope to help as this vision was advertised to me as I got my DID System.
- I have been shown my soul and brain also in the centre too being advised to be transmitted to this earth. I have also seen and felt my spirit with full capacity. So I guess you just be honest and a good person and maybe some day you will get a promotion where you will not have to fight negative symptoms of schizophrenia. Until that happens your external life until then. Based on other dreams I would NOT expect to released when you die..this depends upon the authorities. Otherwise you should just learn to be grateful for what you have. Good luck and keep channeling everyone! Let's make Earth great together!
- Read the soul section again if you are not sure.
- Bashar has confirmed we as people have chosen to experience linear time. But this does not mean you will not have a release from the 6th dimension based on the information I have channelled in.
- There will still be cover ups, lies, businesses, stories and delusions too (from people needing help). So go off facts and what is proven. Your beliefs may be covered up too so you can always go back to reading this book too. Biblically this is covered too, variations of bot programs making promises too, businesses enforcing their way in anything imaginable including false threats about where you live too. None of this can be proven if you have schizophrenia if it is just transmission to your mind. If you can score your fun in then decide what you prefer. The delusions may continue too if you consider too much of an asset.
- I have been shown an endless city of souls too. Where there claimed so many souls you I wont even

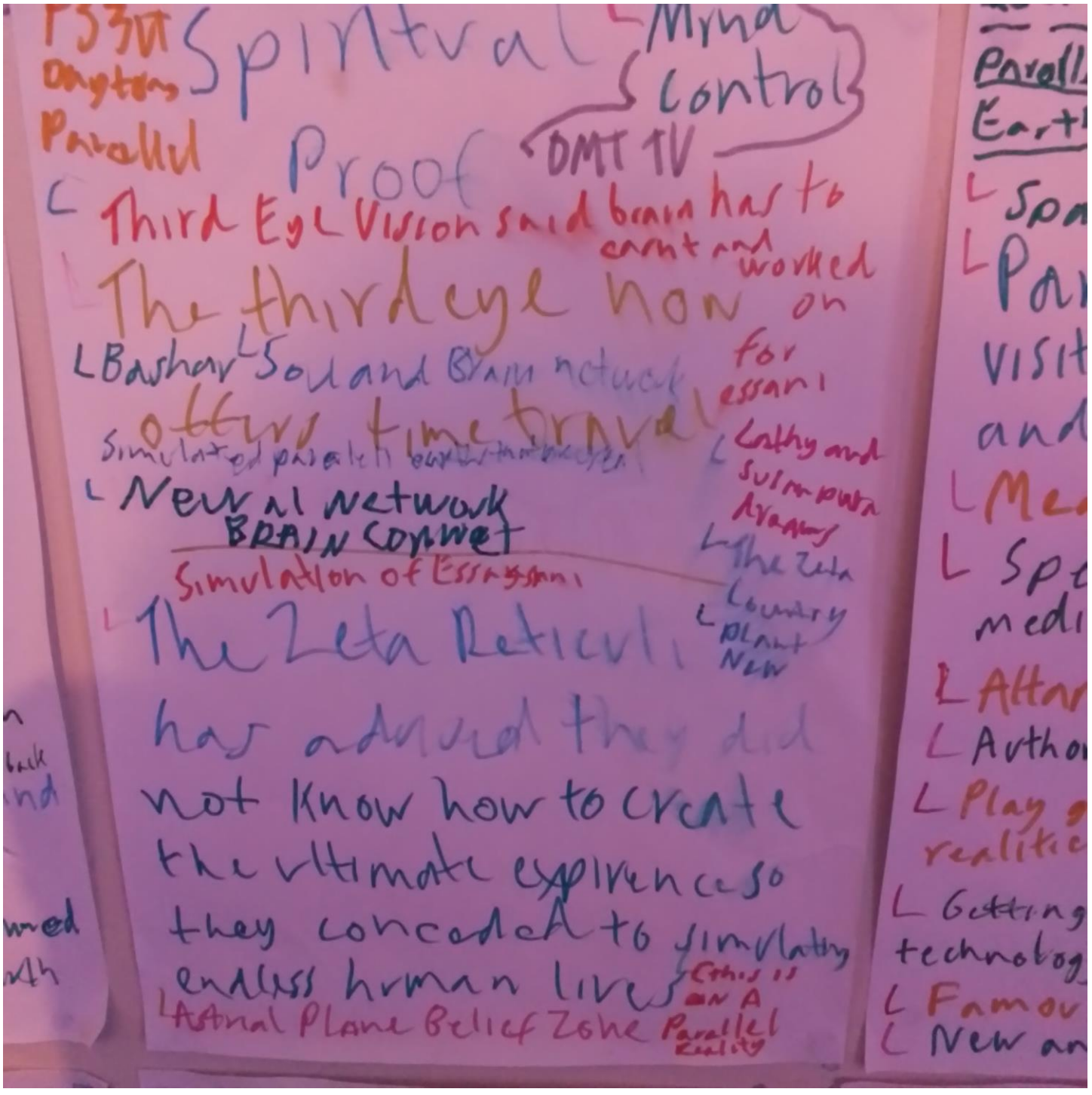
admit what I heard. This is a good thing too because it shows you may be looked after too. Bashar has confirmed we are asleep in Heaven…well I have proof this is true for me. See youtube for more information. For example the M mark on your hand is considered on Earth to be of angelic essence by many spiritualists around the world.

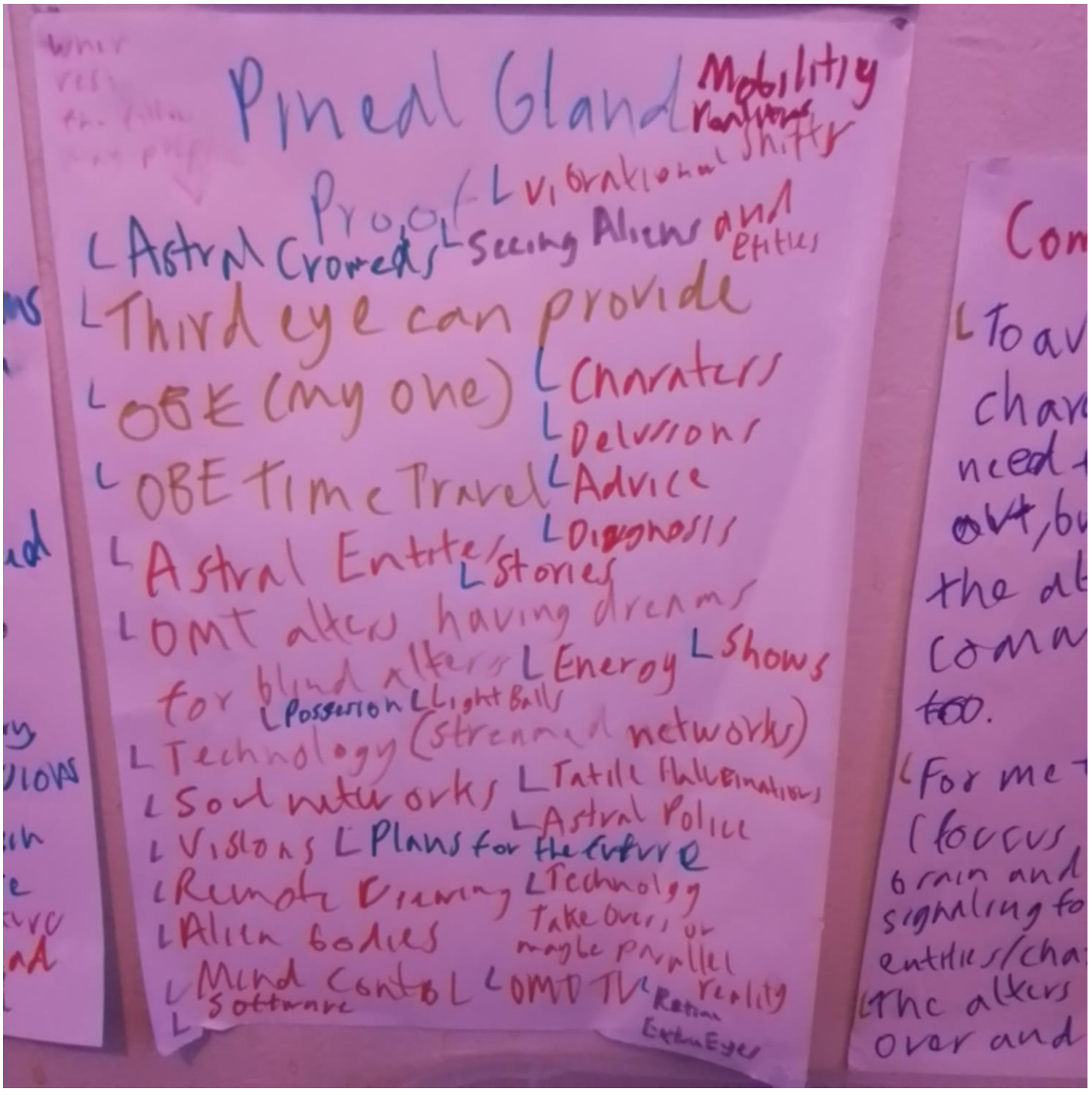
- I have channelled information and holographic aliens told me my soul is under a restructure. There is evidence to support this because my serotonin gets sent down via a finger if it is raised too high because it is dangerous to send the mood up too high because it destroys the spirit.

The rest of my experiences are below. I cannot prove the following below unless it is through human technology that can verify these events actually happened. According to my dad, my memories of some conversations I have had with him have never happened. This is proof I either have false memories or am shifting realities.


Spiritual Proof
and Evidence
Both are true - Mental disorder
BOTH
This reality will plasing capital vessel rumble 293
Red shirt the whole week
People actually read the help
Alcohol by breathing in
Encrypted Psychosis
Pre organized dreams
No one leaves the Parallel
Religious Masking
Proof of shifting
Crowds cheering for good
bervovr
Soul shown platform
Tethered brain links
Frame of
Soul maintence dream
All Sorted
room plan
PDFs
Reoccurring people playing out
Waking up in body where it seemed

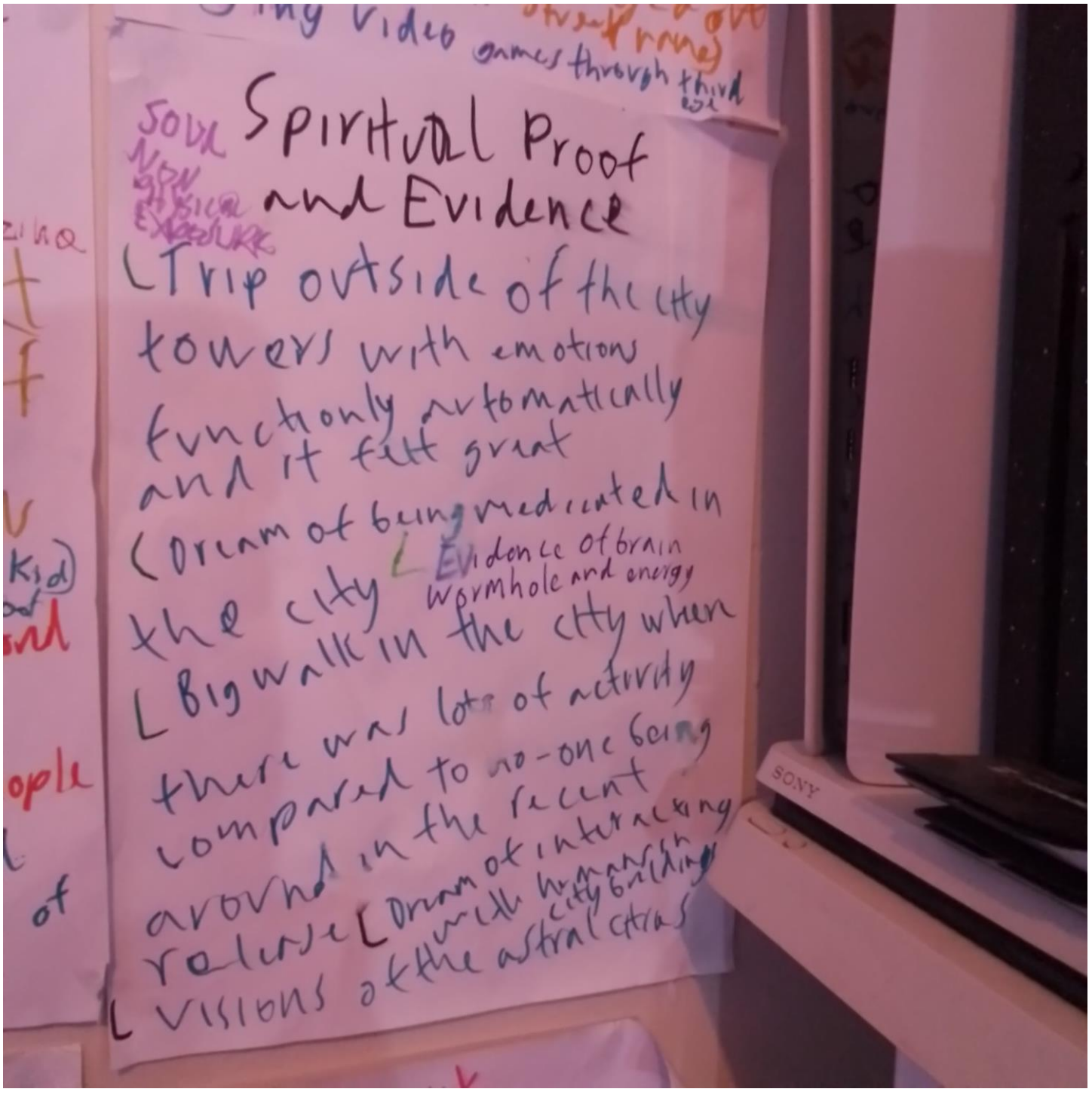

Spiritual Proof and evidence
Parallel Shift to another reality as a kid with mad
Flash backs to parallel earths of instant shifting between different versions of my home, different energy states, dreams of my home which are too realistic including different timelines
Constant amnesia
ALIENS STOPPING NICOTINE USAGE
Hibernation cities and centres including a story with aliens knocking on a glass window and whistling
including a story about it


Spiritual
Mind control
Proof
DMT TV
Third Eye Vision said brain has to
The thirdeye now
Basher Soul and Brain network
Simulated parallel
Neural Network
BRAIN COMPUTER
Simulation of Essassani
The Zeta Reticuli
has advised they did
not know how to create
the ultimate experience so
they conceded to simulating
endless human lives
Astral Plane Belief Zone
Parallel
Reality


Pineal Gland
Mobility
Proof
Vibrational shifts
Astral Crowds
Seeing Aliens and Entities
Third eye can provide
OBE (my one)
Charaters
Delusions
OBE Time Travel
Advice
Astral Entity
Diagnosis
Stories
OMT alters having dreams
for blind alters
Energy
Shows
Possession
Light Balls
Technology (streamed networks)
Soul networks
Tatile Hallucinations
Visions
Plans for the future
Astral Police
Remote Viewing
Technology Take Over, or maybe Parallel Reality
Alien Bodies
Mind Control
OMD TV
Retina Extra Eyes
Software
Con
To av
chara
need
out, bu
the ab
comm
too.
For me
(focus
brain and
signaling fo
entities/cha
the alters
over and

Spiritual Proof and Evidence

- The brain has dreams while awake
- When you access the pineal gland entity control may happen which give opportunity to continue experiencing infinite existence seeing a future innicident of Dad on his boat
- This is proof as seen through small ship in dreams being projected and other phemonia
- You need to take maximum advantage to do the fun things. Report to the police if the disturbance is too intelligent
- Life is protected We would only be allowed to believe within behavioral standards of the authorities
  — The Astral Plane Police


video games through third
Spiritual Proof and Evidence
Trip outside of the city towers with emotions functionly automatically and it felt great
Dream of being medicated in the city
Evidence of brain wormhole and energy
Big walk in the city where there was lots of activity compared to no-one being around in the recent release
Dream of interacting with humanish city building
visions of the astral citras
SONY

Xbox technology changed

Theten christian comments

Spiritual Proof

Spirit Vessal Auto Regulate shown change

and Evidence

True real proof many times

Zetas advising Grails under construction

Parallel shifting proof of simulated enviorment and Zenzelly being modded, orthon winning the Electron

Parellel Earth versions of sonic games

Sonic Heroes and documents zooming in and out from direct syced parallel earths on my eyes to TV

OBE Expiriments from getting up from chair and bed and returning coming back

Games changing frame rates and games relases not being come out

AMCOM multiple realities

Remote viewing of future claimed to be billions years over and Earth too hot to live on

L New and reunion of friends

Power Rangers Mystic came out of hibernation as an Zeta Playing UT

Spiritual Proof and evidence

Zeta body Each OBE Caviperazika

L Life on media & play Time Lord

L Brains can connect to other brains even if for fun including emotions and all the bells and whistles (winamp and Kid dream) -proof

L Parallel earths have proof the parallel universes can include pain, real people

L Life here can believed to be a simulation because of the email address

L live plan as told (ere

Playing vid

SOUL WORK SPIRITUAL EXPERIENCE

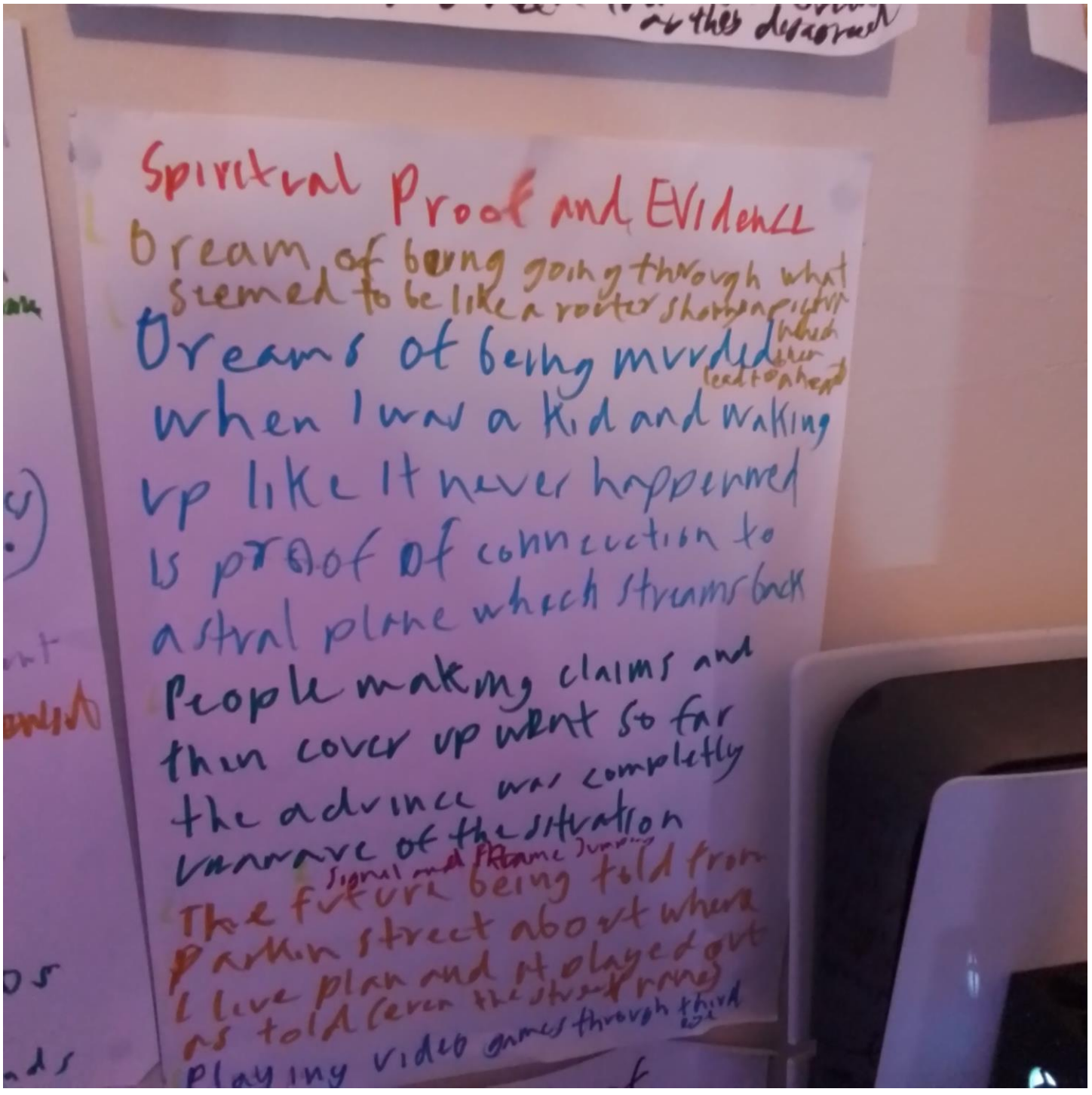
Spiritu and E

L Trip outsi towers wi functionly and it felt

(Dream of bei the city

L Big walk in there was compared around in t relive (Dre

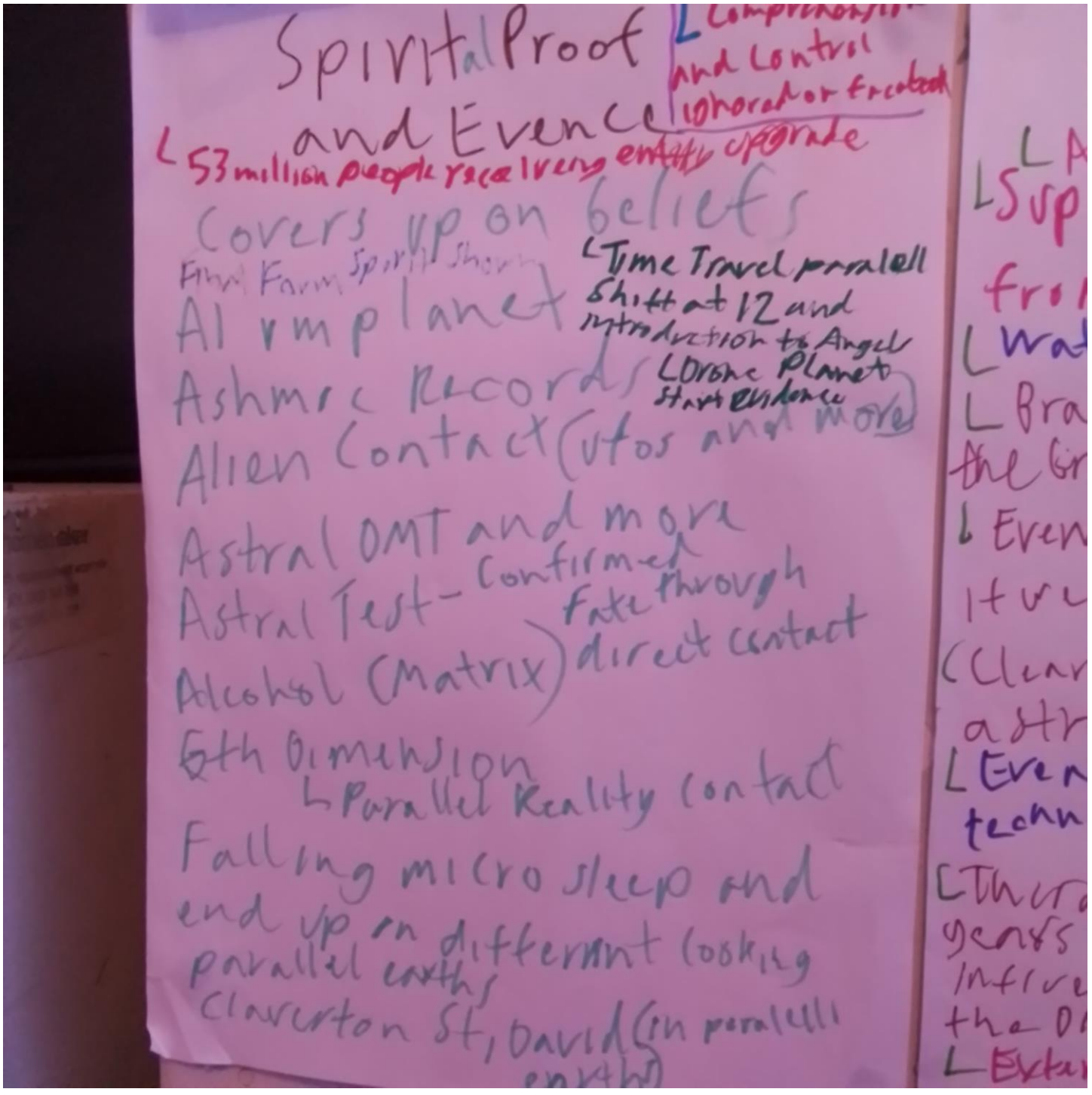
L visions of th

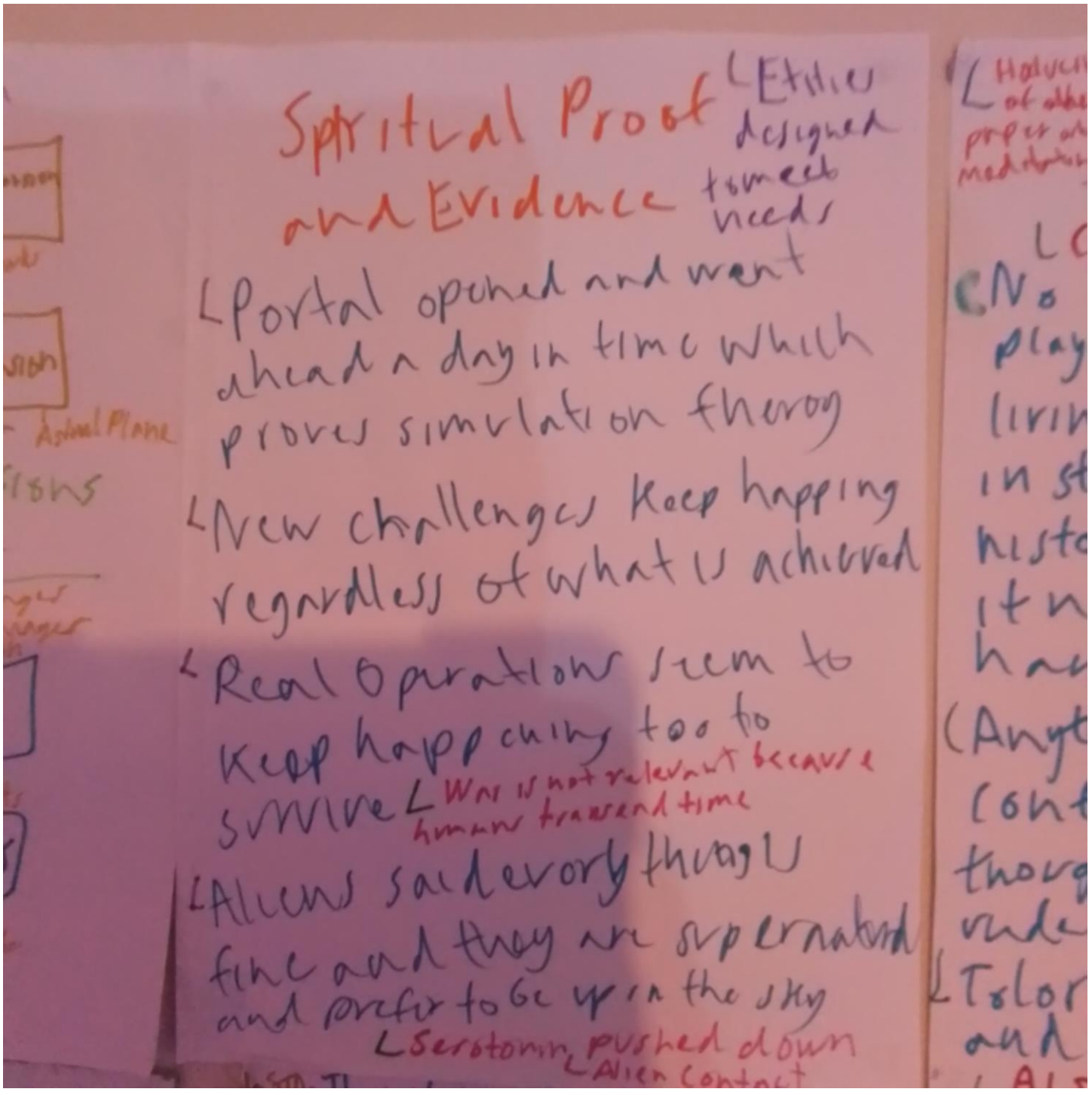

Spiritual Proof and Evidence
Dream of being going through what seemed to be like a roster shortage picture which
Dreams of being murdered when I was a kid and waking up like it never happened is proof of connection to astral plane which streams back
People making claims and then cover up when not so far the advince was completly unaware of the situation
The future being told from Parkin street about where I live plan and played out as told (even the shortening)
Playing video games through third

- Other brains are streaming
- Hibination Plan
  - This is a parallel reality and considered by many change and spirit
- The brain is being reconstructed or things do not have old brain behind
  - Demos have been shown
- This is a different point in time
  - Astral City shown working on the brain
- The third eye time travels you to a safe point in time if something happens
  - 250 years to go
  - Progressions based on this reality
- While the brain is under construction things will happen with capacity
  - Law in the future to benefit from new brain
- It is against the law to benefit from the disorder

Spiritual Proof and Evidence

- Memory wiped and video games and third eye for next lifetime
- Hundreds of stories generatable proving superintelligence
- Guranteed the position for brain centre
- Death simply runs as liner time
- Any problem that would play is always within the best interests of the brain centre which means pepsi, video games and third should always continue
- Bashar still provides useful information
- Multi Spirit vessal confirmed
- Even if there was rejection there always is a fun time cover up
- Mission impossible turn and plays at real


Spiritual Proof
and Evence
53 million people receiving
Covers up on beliefs
Time Travel parallell
Shift at 12 and
Introduction to Angel
Orbs
Planet
Start Evidence
Ashmrc Records
Alien Contact (utos and more)
Astral OMT and more
Astral Test - Confirmed
Alcohol (Matrix)
Fate through
direct contact
6th Dimension
Parallel Reality contact
Falling micro sleep and
end up on different looking
parallel earths
Claverton St, David (in parallell
earth)


Spiritual Proof and Evidence
Entities designed to meet needs
Portal opened and went ahead a day in time which proves simulation theory
New challenges keep happening regardless of what is achieved
Real Operations seem to keep happening too to survive
War is not relevant because humans transcend time
Aliens said every thing is fine and they are supernatural and prefer to be up in the sky
Serotonin pushed down
Alien Contact
Astral Plane

Ascension Process Information

- This information has been channeled in and it explains the ascension process is automatic for everyone. Everyone goes through the process as the human experience of helping the planet they are on and then when they pass away the most preferable or continuation of the experience continues. For example, if you go to a spaceship when you pass away you can go straight into a simulation on a ship and obviously would have a network you can play on.
- You may receive information when meditating and this process. The debate is all sorted out through time.
- If you need more information, see all the groups on Facebook channeling information about this situation. There are endless pools of information which can help.
- All the known life in the universe is controlled by crystals and organic matter. One thing transfers to another causing infinite existence
- When I was a young child, I had a dream about my family showing crystals and said I was being sent to Earth. I have also transcended time to see other future timelines. I have absolutely allowed a third eye.
- I also channeled the information from Bashar about crystals too and a big group of us are transferring the information.
- I have even seen myself in a different timeline with an extraterrestrial body many times.
- Through soul contracts you may be required to help see a dark reality through the crazy process. This is why you write things down like I am doing. This is to network in SYNC with the rest of the star seeds to troubleshoot as much as possible until the human can have fun again. This is why your reality may be constantly playing out for you until it gets resolved.
- If you know this information is true but doesn't process properly in your brain then understand it is simply a realization issue for you realize this is certain. Your soul location may be explained but you are still playing out your timeline as you are the human vessel holder. Install DID System and good software if available. If that doesn't work then troubleshoot to resolve your broken serotonin issues which create good software anyway absolutely and certainly reality. Watch reality prevail when you are in a good mood.

Alien Control Understanding

- If you ever get forced to do an activity you do not agree to through alien control just focus and signal to activate the main AI Speak program to get control of the entity forcing you to perform the work chores (mental disorders like schizophrenia and DID Systems). The entity may not be coherent and not understand you're suffering. You need to understand if an entity is acting on their programming and you originally made an agreement you must comprehend this agreement can be changed through contacting the authority of the ship. Simply explain you are not interested nor do you agree to it and use any available method to stop the annoying activity.
- To stall various forms of mind control from alters/schizophrenia you can stop the rewind process forcing dissociation through imaging a simple triangle that flashes with a short but relaxing repeating

tone, automatically starts up and stops it from being shut down to automatically start back up again showing the repeating triangle for signaling the intent of stop stalling unwanted activity and stalls rewinding. Then you add an app to automatically auto respond to yourself to dissociate against the symptom. You can also use it to stall your memory from intrusion by signaling the intent of this action. You should be able to add chemistry functions too if you have schizophrenia too with an overactive imagination. If the brain attack stops the triangle from showing then use the dark area in the imagination to restart up the triangle and continue. If the entity doesn't go away, you will have to let the alter take over the symptoms causing this to happen to the alter that has been switched in to. If the brain is attacked by something the mind subconsciousness generally records the method of attack. Simply wait until you can apply the method used against the attack as a program to stall the attack. Add more shapes to force more communication if the intrusion continues. If an audio attack of control comes through, allow the flow of audio to build up a section where pressure builds up. Create an insult program to automatically insult the alter if the DID System cannot stand up for you.

- Mind control attacks can happen if there is misconduct caused by the alters causing a chemical imbalance in the brain. See chemist generation and Critical Alter Understanding to generate the missing chemistry to resolve it
- If nothing works, contact mental health services or go to hospital. Make sure you have told your support workers too.
- Try to negotiate with the alters to see if there is an alter conflict with a bad belief system.
- **Simulate the situation in your mind as if the problem had a good outcome.**
- Be aware if you have a DID System the alters may be advertising to help. They may not explain why or if they want to help. You can focus and feel the alter communication over the attack.
- If you want to troubleshoot further the imagine and scanner with intent to auto scan the symptoms to stall the symptom in any way possible.
- See Psychosis and War Video Game Understanding and if you have lost the war you may need to do an experiment with the entity to stall the symptoms. Contact mental health services etc if you want to.
- If the entity doesn't go away, you will have to let the alter take over the symptoms causing this to happen to the alter that has been switched in to. If the brain is attacked by something the mind subconsciousness generally records the method of attack. Simply wait until you can apply the method used against the attack as a program to stall the attack. Add more shapes to force more communication if the intrusion continues.

More information on mental attacks (still under study)

If you get attacked in the mind by anything then consider if you can study the attack to comprehend how to shut down from it.

- This is a good thing. Good luck!
- If it doesn't work, go into recovery and take a break.
- If you get a lack of motivation from it then switch activity.

Evolution of space travel in human race

Consider the history and travel of parallel earths to be visited undercover in sleep. Various simulations can be shown. Your ability to experience these sorts of phenomena relies on the pineal glands ability to advertise interest for these experiences. Meditation can help but I take Ormus which clears up the pineal gland. While it depends on the compatibility of the person with Ormus you could consider other options for removing calcification from the pineal gland. This will give you access to openly advertise your spirituality out to the universe which creates situations for more experiences.

FIRST DISCLAIMER: IF YOU HAVE SPENT 2 HOURS TRYING TO FIX IT AND NOT FEELING CONTENT ENOUGH YOU WON'T BE ABLE TO CONTINUE. IF YOU HAVE/WANT TO CONTINUE FIGHTING SYMPTOMS THEN CONSIDER NOT READING THESE INSTRUCTIONS AND GO WITH THE FLOW AND MAKE SURE YOU HAVE CONTACTED MEDICAL PROFESSIONAL NETWORKS. THESE DOCUMENTS DO NOTSTOP YOU FROMHAVING A MENTAL HEALTHDISORDEROR ILLNESS.

~~SECOND DISCLAIMER: Do you this at your own risk, I am not responsible for your actions from~~ you are 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 it is always better to follow your doctor. I've already lost my mind so take this procedure with a grain of salt.

Generic List of names

Queen Mitchell

Jaxon Barrera

Beatrice Vincent

Aarav Park

Lia Good

Davian Mullen

Shay Macias

Moshe Rodgers

Selah Cantu

Anakin McDonald

Daisy Meadows

Wayne Cortes

Lea Owen

Cannon Hodge

Coraline Brown

Elijah Sierra

Marceline Bradley

Richard Serrano

Allie Delarosa

Osiris Cunningham

Marley Fisher

Gael Hardy

Jessica Vasquez

Rowan Schmidt

Kimberly Hicks

Maddox Case

Cleo Hardy

Jayceon Wong

Adelaide Delgado

Colt Nolan

Itzayana Archer

Ephraim Mack

Nadia Dorsey

Enoch Murphy

Bella Leach

Westin Gould

Violeta Bennett

Leonardo Olson

Isabel Ortiz

Landon Wallace

Arianna Harris

Samuel Delarosa

Iyla Neal

Kane Huffman

Hayley Franklin

Simon Scott

Aurora Duran

Ismael Griffin

Charlie Hall

Thomas Portillo

Nathalie Cunningham

Alejandro Conrad

Bexley Stuart

Dion Sellers

Mercy Strong

Axl Armstrong

Presley Larsen

Brycen Duran

Willa Wilkerson

Carmelo Delacruz

Celine Poole

Quincy Blankenship

Rosalee Myers

Adam Navarro

Winter Parsons

Lewis Fitzgerald

Marlee Scott

Leo Hutchinson

Jamie Rogers

Colton Burch

Freyja Park

Daxton Glover

Alessia Le

Damien Quinn

Heaven Burch

Gerald Perkins

Sage Kemp

Melvin Hendrix

Zhuri King

Julian Delacruz

Celine Campos

Gideon Colon

Remy Stephenson

Joe Richard

Davina Hodges

Alonzo Chambers

Makayla Underwood

Reece Howe

Persephone Murray

Ashton Leal

Murphy Diaz

Nathan Carpenter

Lilly Mathis

Gustavo Carr

Rowan Dixon

Camden Espinoza

Lucille O’Neill

Marcel Fischer

Maci Khan

Kendrick Houston

Lylah Ballard

Kenzo Melton

Kamiyah Ho

Morgan Sexton

Ellen Farmer

Jamison Sheppard

Veda Mata

Ray Herman

Paulina Gates

Ermias Liu

Kate Vo

Gordon Keller

Logan Bowers

Dorian Maynard

Carolyn James

Jaxson Marsh

Adelina Townsend

Alexis Escobar

Erin Jones

William Boone

Mariam Friedman

Darwin Sweeney

Yara Espinoza

Dallas Brooks

Autumn Liu

Pedro Sparks

Aisha Glass

Allan Boyd

Georgia Weiss

Koa Lamb

Amaia Rodgers

Mathias Brown

Charlotte Sherman

Adan Lang

Amirah Scott

Leo Walters

Samara Cruz

Ryan Baldwin

Esmeralda Lam

Bodie McKee

Kori Fisher

Gael Crawford

Aubree Charles

Conrad Brown

Charlotte Weiss

Koa Holmes

Bailey Schmitt

Murphy Arroyo

Kyra Nicholson

Rodrigo Welch

Amira Dodson

Seven Davenport

Adrianna Pollard

Jad Wilkinson

Siena Chavez

Ian Atkins

Mina Callahan

Quinton Cabrera

Daleyza Schmidt

Zayden Paul

Daphne Ayers

Ulises Juarez

Juliet Foley

Mohammad Zuniga

Leslie Gutierrez

Luca Schneider

Delaney Parra

Davion Lester

Averi Dominguez

Kaden Simmons

Reagan Gardner

Alan Peterson

Caroline Jensen

Cash Glenn

Blaire Fisher

Gael Molina

Alexandria Dejesus

Rio Fry

Clarissa Griffith

Franklin House

Sariah Stanton

Zyair Meza

Rosa Aguilar

Milo Jackson

Avery Porter

Rhett Oliver

Camille Cardenas

Johnathan McMillan

Oakleigh Patrick

Derrick Avalos

Paloma Stanley

Manuel Rojas

Adaline Horn

Wilson Barton

Danna Franco

Gage Velasquez

Esme Norton

Callen Skinner

Mara Dodson

Seven Frederick

Sariyah Kirby

Tony Baldwin

Esmeralda Hartman

Baker Calhoun

Thalia Baxter

Tomas Good

Nathalia Madden

Everest Rocha

Emmie Wall

Issac Nicholson

Justice Dyer

Atreus Mercado

Mckinley Silva

Luka Crosby

Keily Rose

Hayden Guevara

Teresa Lloyd

Zaire Hubbard

Rosie Dalton

Fletcher Boyer

Chaya Compton

Abner Blackburn

Frida Short

Hezekiah Baxter

Lara Williams

Oliver Barrera

Beatrice Baxter

Tomas Leach

Martha Coffey

Kody Robinson

Nora Bowers

Dorian Villegas

Jessie Moss

Porter Travis

Mazikee Knox

Valentin Wiley

Lauryn Robertson

Emiliano Maynard

Carolyn Bean

Mccoy James

Quinn Acevedo

Dakari Boone

Mariam Higgins

Sterling Huffman

Hayley McDowell

Lachlan Chung

Rivka Morrison

Maximus Ellis

Ayla Huang

Ayaan Benson

Collins Melton

Lennon Anthony

Macy Contreras

Emilio Brewer

Thea Lane

Matias Robbins

Stevie James

Jaxson Foley

Zaylee Bowers

Dorian Russo

Tinsley Dickerson

Flynn Krueger

Kamari Pratt

Rowen Pham

Raelyn Parsons

Lewis Peters

Leila Underwood

Reece Nava

Scout Pacheco

Erik Barber

Cassidy Wallace

Chase Vu

Kimora Gallagher

Marcos Griffin

Charlie Knox

Valentin Daniels

Ember Hart

Joel Whitney

Madalynn Sanders

Jose Webb

Ariella Cunningham

Alejandro Calhoun

Thalia Fields

Clayton Snyder

Callie Mathis

Gustavo Lozano

Cecelia Ball

Shane Diaz

Elena Donovan

Brayan Kane

Ellianna Fowler

Kameron Wiggins

Capri Vu

Kamdyn Rojas

Adaline Suarez

Soren Cervantes

Aylin Murphy

Cameron Barton

Danna Livingston

Ambrose Hopkins

Gabriela Malone

Ruben Hancock

Katelyn McMillan

Rocky Webster

Kensley Everett

Camilo Santos

Alana Stanton

Zyair Dudley

Hadleigh Rodgers

Mathias Knight

Gracie Jacobs

Bryan Raymond

Hadlee Stephenson

Joe Hurley

Rylan Hess

Lawrence Herrera

Ximena Santiago

Beckham Wallace

Arianna Shaffer

Dexter Stewart

Maya Beil

Ariel Pham

Raelyn Michael

Bronson George

Adelyn Murphy

Cameron Fields

Annie Jaramillo

Riggs Gilmore

Chanel Mullins

Allen Bass

Zahra Pace

Dior Waters

Bristol Vaughan

Castiel Trujillo

Danielle Soto

Barrett Quintana

Kenia Parra

Davion Bishop

Brooklynn Shannon

Eliel Mata

Lillie Hanson

Khalil Wiggins

Capri McCarthy

Devin Wyatt

Liberty Nguyen

Gabriel Thomas

Elizabeth Nolan

Maximo Donovan

Azariah Walsh

Bodhi Christensen

Carmen Weiss

Koa Higgins

Leighton Brown

Elijah Lowe

Amari Cain

Benson Stephens

Millie Briggs

Case Hodges

Eve Xiong

Azrael Mullins

Maliyah Prince

Aron Cano

Egypt Anthony

Shiloh Gallagher

Elliott McMahon

Jakob Dunn

Olive Marquez

Malakai Benjamin

Jianna Garza

Judah Floyd

Yaretzi Hamilton

Jason Novak

Kaiya Montoya

Ford Mora

Jemma Warner

Jaxton Torres

Violet Faulkner

Jabari Erickson

Sabrina Swanson

Hugo Williams

Ava Wilcox

Jerry Newman

Oaklynn Strong

Axl Gonzales

Hadley Guerrero

Bryce Buck

Livia Cruz

Ryan Haynes

Lexi Lamb

Kaysen Odom

Laylani Rosales

Wilder Kline

Sevyn Lloyd

Zaire Madden

Violette Blevins

Avi Wise

Mira Herrera

River Paul

Daphne Blevins

Avi Hawkins

Ariel Vincent

Aarav Holland

Mariah Bender

Zavier Guevara

Teresa Lugo

Santos Bryant

Parker Herman

Juelz Rose

Magnolia Espinoza

Dallas Potter

Rory Atkins

Cason Michael

Aubriella Esquivel

Bridger Berger

Laylah Collier

Edison Morales

Skylar Walton

Dominick Gilbert

Jocelyn Ahmed

Harry Noble

Hunter Wolfe

Donovan Pruitt

Brylee Doyle

Kashton Acevedo

Ashlynn McCarthy

Devin Yu

Navy Dudley

Colter Hopkins

Gabriela Newman

Anderson Morton

Mallory Melendez

Nikolas Rocha

Emmie Prince

Aron Moses

Karter Navarro

Reid Boyle

Aliya McCann

Heath Lam

Karina Koch

Salvador Bruce

Marilyn Navarro

Reid Dennis

Maisie Friedman

Darwin Brooks

Autumn Patton

Moises Fowler

Lennon Poole

Quincy Dixon

Blakely Flynn

Kannon Gonzales

Hadley Stein

Creed Berger

Laylah Weeks

Anders Wright

Lily Davidson

Dante Fernandez

Amara Stevens

Zachary Cummings

Nylah Benitez

Justice James

Quinn Stevens

Zachary Hancock

Katelyn McFarland

Dane Dunlap

Iliana Robbins

Finnegan Compton

Elina Hahn

Kabir Colon

Remy Price

Brooks Diaz

Elena Williams

Oliver Hudson

Kamila McIntyre

Eliseo Knapp

Linda Sharp

Royce Juarez

Juliet Charles

Conrad Murillo

Mikaela Rios

Israel Costa

Robin Parker

Caleb Good

Nathalia Maldonado

Javier Meza

Rosa Lowery

Jaxxon Hale

Brinley Valentine

Demetrius Nicholson

Justice Beasley

Stanley Nelson

Everly Lucero

Felipe Mora

Jemma Drake

Jalen Larson

Alayna Cooper

Jonathan Giles

Bailee Hicks

Maddox Clayton

Saige Christensen

Gregory Shah

Angelica Galindo

Salvatore Willis

Alexa Snow

Houston Faulkner

Ansley Deleon

Nasir Nguyen

Nova Kirk

Alessandro McClain

Marleigh Shepard

Damari Price

Piper Avila

Jaylen Espinoza

Lucille Gaines

Talon Porter

Ryleigh Buck

Jon Benjamin

Jianna Stephens

Messiah Poole

Bonnie May

Finley Cohen

Destiny Pierce

Nicolas Dougherty

Alisson Arias

Alec Fry

Clarissa Carroll

Oscar Holt

Adelynn Peralta

Dangelo Hancock

Katelyn Maddox

Lyric Horne

Marlowe Ramsey

Luciano McCullough

Hana Stark

Kristopher McDonald

Daisy Kirk

Alessandro Campos

Sutton Payne

Edward Payne

London McLean

Crosby Haynes

Lexi Freeman

Jayce Franco

Charleigh McCarthy

Devin Ball

Abby Lin

Conor Castaneda

Keira Randolph

Eugene Fuller

Oakley Sherman

Adan Tate

Skye Richardson

Robert Strickland

Nia Bautista

Raul Donovan

Azariah Holmes

King Valentine

August Zhang

Isaias Fletcher

Anaya Aguirre

Andy Curtis

Alexis Terrell

Jaxen Vasquez

Rose Gallagher

Marcos Bush

Everlee Page

Pablo Holt

Adelynn Brady

Reed Fox

Juliette Mathews

Jamir Lynn

Samira Schneider

Raymond Hoover

Virginia Morton

Roland Fleming

Fatima Cortez

Zayn McDaniel

Dahlia Bautista

Raul Miranda

Amina Cummings

Raiden Sawyer

Marina Velasquez

Sullivan Olsen

Oaklyn Shannon

Eliel Powell

Vivian Rubio

Titan Crane

Della Medina

George Avery

Meghan Carey

Watson Welch

Amira Rice

Graham McDaniel

Dahlia Gonzales

Brayden Atkinson

Jazmin Wiggins

Azariah Austin

Alivia Curtis

Muhammad Moran

Celeste Bell

Emmett Roberson

Sasha Steele

Elian Barker

Remington Trevino

Jaime Norman

Malani Gould

Blaine Dunn

Olive Stafford

Alfredo Espinoza

Lucille Barton

Cassius Scott

Aurora Robles

Otto Walter

Penny Hickman

Jakobe Richard

Davina Stout

Callahan Vega

Dakota Caldwell

Rylan Todd

Zariah Lindsey

Jayson McIntosh

Gwen McCoy

Jett Garcia

Amelia Richards

Holden Hicks

Alina Choi

Khari Wagner

Maeve Bernal

Eithan Becker

Laura Prince

Aron Blevins

Aila Marquez

Malakai Reeves

Lana Barton

Cassius Weber

Alayah Moyer

Ahmir Medrano

Halle Melendez

Nikolas Simmons

Reagan Holloway

Sutton Richmond

Whitney Hanna

Aydin Green

Zoe Randolph

Eugene Anthony

Macy Beil

Ariel McGee

Kayleigh Anderson

Jacob Nichols

Aliyah Owen

Cannon Hensley

Malaya Mayer

Yahir Ruiz

Emery Romero

Bryson Henderson

Maria Quintana

Kelvin Joseph

Gracelynn Villanueva

Huxley George

Adelyn Acevedo

Dakari McClain

Marleigh Walls

Larry Christian

Anahi Vance

Casen Washington

Valerie Collier

Edison Gould

Violeta Carson

Ares Valentine

August Marshall

Kaiden Villegas

Jessie Conner

Phillip Cano

Egypt Duran

Ismael Kelly

Ruby Howard

Jeremiah Phillips

Naomi Hogan

Sonny Pena

Rachel Becker

Lawson O’Connell

Jillian McCoy

Jett Zuniga

Leslie Lugo

Santos Allen

Riley Burton

Zander Cunningham

Marley McClure

Reese Webb

Ariella Dillon

Alvin Daugherty

Magdalena Archer

Ephraim Wang

Kailani Dorsey

Enoch White

Layla Keith

Jagger Payne

London Salazar

Brody Horton

Aitana Wilkerson

Carmelo Gibbs

Carter Jaramillo

Riggs Park

Lia Porter

Rhett Fry

Clarissa Gilmore

Vihaan Wells

Cecilia Merritt

Colten Dawson

Veronica Koch

Salvador McCarthy

Kira Massey

Donald Moss

Bianca Tang

Rogelio Robinson

Nora Gordon

Karter Leon

Amora Little

Lennox O’Neill

Kenna Pham

Russell Graves

Elle Houston

Sylas Bradley

Vanessa Skinner

Ridge Drake

Jayleen Small

Rudy Avila

Amiyah Roach

Caspian Truong

Judith Poole

Quincy Keith

Elyse Marsh

Bo Reid

Charlee Mack

Esteban Davidson

Jayla Terry

Armani Parra

Dalary Randall

Trenton Mejia

Saylor Duran

Ismael McKay

Leanna Glenn

Zaid O’Neill

Kenna Orozco

Keanu Higgins

Leighton Levy

Harold Vu

Kimora Le

Damien Villa

Johanna Sparks

Drake Benson

Collins Ramos

Angel Rivers

Kiana Little

Lennox Casey

Sylvia Good

Davian Davenport

Adrianna Steele

Elian Ramirez

Grace Daniels

Xander Porter

Ryleigh Chase

Otis O’brien

Joanna Ryan

Timothy Delarosa

Iyla Weiss

Koa Miranda

Amina Cohen

Killian Strong

Margo Grant

Leon McIntyre

Rebekah O’Neill

Marcel Hess

Kaliyah Carey

Watson Newton

Braelynn Phillips

Andrew Frost

Paula Estes

Hakeem Black

Molly Blankenship

Ernesto Norris

Arielle Corona

Darian Beil

Itzel Vasquez

Rowan Dunn

Olive McIntyre

Eliseo Molina

Alexandria Dennis

Emanuel Waller

Whitley Davidson

Dante Hopkins

Gabriela Hubbard

Forrest Bentley

Jaylin Sparks

Drake Serrano

Allie Macdonald

Hugh Bauer

Haley Khan

Kendrick Parrish

Tiana Alfaro

Xzavier Cortez

Haven Perez

Owen Cisneros

Janelle McCullough

Briar Parks

Ainsley Ramos

Angel Choi

Karla Lowe

Julius Pacheco

Paris Fisher

Gael Meadows

Pearl Rush

Kaiser Montoya

Kamryn Roberts

Josiah Long

Jade Carpenter

Jeremy Lewis

Ellie Walton

Dominick Olsen

Oaklyn Barrett

Angelo Brock

Jada Villarreal

Nikolai Baker

Isla Dickson

Maxton McClain

Marleigh Carter

Maverick Joseph

Gracelynn Huang

Ayaan Murray

Faith Sellers

Madden Franco

Charleigh Moon

Nova Dawson

Veronica Hall

Thomas Cole

Margaret Roberson

Shepherd Silva

Lucia Decker

Taylor Vo

Artemis Roberts

Josiah Bentley

Jaylin Arroyo

Alberto Mays

Denisse Stone

Finn Alvarado

Blake Lane

Matias Middleton

Madalyn Richard

Ahmed Villa

Johanna Hood

Brixton Yang

Angelina Adkins

Kylo Lester

Averi Burch

Gerald Shepard

Noor Schultz

Cody McFarland

Annika Woodard

Westley Person

Dylan Andrews

Lukas Shepherd

Katalina Bond

Roger Rich

Sunny Dougherty

Brett Cain

Kendra Mullins

Allen Floyd

Yaretzi Perez

Owen Waters

Bristol Reyes

Eli Lamb

Amaia Davidson

Dante Collier

Ivory Terry

Armani McGuire

April Anderson

Jacob Mendoza

Cora Mullen

Shepard Moss

Bianca Underwood

Reece Bishop

Brooklynn Carlson

Paul Solomon

Mylah Nunez

Caden Kane

Ellianna Sampson

Cain Pollard

Marisol Benton

Jamal Grant

Alaina Rodgers

Mathias Mora

Jemma Horton

Garrett Fox

Juliette Sexton

Mylo Watkins

Lola Yates

Braylon Sanchez

Aria Salazar

Brody Walsh

Leia Velasquez

Sullivan Cardenas

Raven Galindo

Salvatore Huffman

Hayley Arellano

Kellan Hill

Hannah Singleton

Landyn Lu

Emani Gallegos

Jonas Tran

Kylie Rivas

Damon Moreno

Mary Park

Daxton McClure

Estella Kaur

Augustine Mason

Sienna Casey

Armando McIntyre

Rebekah Schultz

Cody Paul

Daphne Rosario

Jedidiah Strong

Margo Bradley

Richard Marsh

Adelina Pennington

Bobby Waters

Bristol Butler

Ryder Cain

Kendra Stephenson

Joe Maxwell

Kyla Preston

Vincenzo Henson

Kinslee Lopez

Michael Jarvis

Elisabeth Parsons

Lewis Hamilton

Mackenzie Griffith

Franklin Johns

Giovanna Moody

Ryland Norman

Malani King

Julian Craig

Brynn Francis

Harvey Wilcox

Ashlyn Hanna

Aydin Terrell

Paityn Dawson

Iker Doyle

Annalise McCormick

Jasiah Delarosa

Iyla McDonald

Calvin Cole

Margaret Meyer

Tristan Michael

Aubriella Charles

Conrad Cole

Margaret Winters

Deandre Bernal

Emmeline Harrison

Gavin Lugo

Kaylie Randall

Trenton Reid

Charlee Valenzuela

Jamari Kelley

Rosalie Holmes

King Allison

Chelsea Castro

Jasper Blackburn

Frida Vang

Jimmy Wilkerson

Janiyah Bowen

Trevor Hodge

Coraline Poole

Quincy Livingston

Milena Russell

Weston Mosley

Zaniyah Avalos

Coen Gray

Sarah Avalos

Coen Lozano

Cecelia Goodwin

Kaison Phelps

Laney West

Diego Garcia

Amelia Miranda

Rory Calderon

Serena Compton

Abner Johns

Giovanna Hayes

Legend Williams

Ava Carpenter

Jeremy Francis

Daniella Walters

Colson Blankenship

Rosalee Singh

Louis Crane

Della Herman

Juelz Nelson

Everly Boyer

Zeke Leal

Murphy Copeland

Axton Leal